The Valley and East Coast Voice

Volume 34 Issue 9

Friday 1st September 2000

 $50 cents \ {\tt GST \ incl}$

I W W I W W W I W W OPEN LETTER FROM

DR PRAVESH SHAH:

A few weeks ago, I would never have dreamed that I would be writing a letter such as this, but sometimes dreams don't come true....

As most of you are aware, my visa expires in a few weeks from now. Commonwealth regulations require that certain preconditions be met before any consideration consideration will be given for an we extension of a temporary residence visa. I have endeavoured to fulfil these requirements since July 2000, but nothing concrete came of my efforts.

A time came when I had to make a decision to either stay, in the knowledge that my application for an extension of my visa was not a guarentee, or accept an woffer of a job in a place I haven't seen, but which came with the guarentee of sponsorship and an employment contract.

With so much at stake, and so few options, I really had no choice.

الَّعَ الْعَ الْع I wish to Thank all those who have offered my family and I support in these difficult few weeks, your kindness will never be 🖏 forgotten.

Over the years I have had the opportunity to work in many different Communities. I would like to say, in sincerity, that these last two years rank amongst the most pleasant in my career.

To those of you whom I have had the privilege of serving, I hope to believe that

It is difficult for me to practice under these circumstances, and in fairness to these circumstances, and in fairness to everyone involved I have indicated to the Authorities that Friday 1st September 2000 will be my last day of practice in St Marys.

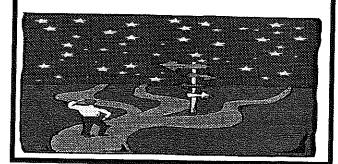
Pravesh Shah (Dr.)

I would like to take this opportunity to say a fond "farewell" to Pravesh, Premella, Kajal and Jasbir

Thank you for all you have given us. We wish you every happiness and success in your new position.

We are a far lesser place for your leaving. It was not only your dream that did not come

Travel on safely, you will be in our thoughts.



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LATE RELEASE TO PRINT: ST MARYS DOCTOR UPDATE

Following the decision of Dr Shah to take up a position in Bundaberg efforts have concentrated in two areas, to secure a Locum in the short term and to find a GP willing to take up Practice for the longer term.

Finding a Locum in the short term may prove more difficult than usual due to the Olympics and school holidays. This is the advice from the Department of Health and Human Services. A couple of potential Locums are being pursued with the assistance of the Department.

Contact has been received from a couple of Doctors interested in coming to St Marys to practice and further information is being pursued on their qualifications and ability to practice as a GP. Registration issues have to be addressed and this occurs through the Tasmanian GP Division and the Australian Medical Council.

Information on the River Medical Service option has

been requested and is yet to arrive. A number of costs exist that will need to be met on an ongoing basis if this is the option taken.

J A BROWN GENERAL MANAGER BREAK O'DAY COUNCIL.



MAHATMA'S PLIGHT:

Mahatma Gandi, as you know walked barefoot most of the time, which produced an impressive set of calluses on his feet.

He also ate very little, which made him rather frail and, with his odd diet, he also suffered bad breath.

This made him what?

"A SUPER CALLUSED, FRAGILE MYSTIC PLAGUED WITH HALITOSIS"

SEPTEMBER MOONS:

1st Quarter 6th Full Moon 14th Last Quarter 21st New Moon 28th

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Federal Member for Lyons

Telecommunications Service Inquiry

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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 D.Adams.MP@aph.gov.au

Dick Adams MP

Federal Member for Lyons



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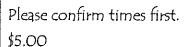


AT:

TODD'S HALL, ST.

MARYS

TUESDAY 6pm—7.30pm THURS 10am—11.30am





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Likewise, attempts to use the other machine may cause it to malfunction too—they belong to the same Union.

Keep cool and say nice things to the mcahine. Nothing else seems to work.

GREMLINS!!!

Well, I think the "piece" adjacent says about it all!

I am enjoying the experience of doing your paper but have to admit that at times the "hands move faster than the brain!"

I therefore have ended up with some pretty obvious spelling errors to say the least!

Also, in last issue particularly I had some "goof" ups with some of the adds.

I managed to "drop" off the endings leaving people wondering where they could obtain advertised bargains...sorry, repaired this issue!

I also lost a Wave but found some Suns.

Thanks for your patience..better goings this issue. Wendy.

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 3pm

St Helens

Every Saturday

Vigil Mass 6pm

Mangana

2nd Sunday 11am

Eurcharistic 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



Harris

 \mathcal{F} unerals

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New Beginnings Church

Every Sunday at 10.30 with children's time, tea and coffee afterwards. Last Sunday of month we will share lunch together.

108 High St Mathinna Ph 6377 1234 New Beginnings Church is a branch of The Vine Church A.O.G Launceston

Anglican Parish of the Northern Midlands Services each Sunday

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

Daily Office Reading

Avoca Tuesdays 10am
Fingal Tuesdays 12 noon
Ross Wednesdays 10am

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

THANKS TO YOU ALL!!

I wish to express my gratitude & heartfelt thanks to the following people & friends for their help & encouragement to tidy up the old Cullenswood Catholic Cemetery.

THANK YOU: John McGiveron, Cormwall Coal Co; Murray Johns, Break o'Day Council Fingal; Bob Legge, Cullenswood; Glen Trotter, Cornwall; Father P Connolly, ST Marys; Staff of St Helen's History Room; David Clements, St Mary's Library; Don Smith, St Marys.

Thanks to my dear wife, Anne. Roseanne & Don Scott, Scamander for the bulbs, finally Thank you Scotty Gray, Scamander for helping me to carry the cross & running late for your dinner.

My Humble Thanks to you all

George.



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FINGAL VALLEY MEALS ON WHEELS ANNUAL REPORT 1999-2000

I have pleasure in again presenting this annual report for the past year for Meals On Wheels, Fingal Valley Group.

The service has continued to provide meals on a regular basis. The number of meals delivered for the year totalled 3777. A reduction of 736 from the last year.

The price of meals has increased to \$4.60. The financial position of the group is sound as the financial report will show.

This year we were very sorry to lose the service of Vicki Woods as Treasurer who moved to Launceston, a position she has carried out in a very efficient manner for the past four years.

During the year Mrs Audrey MacFarlane died in Hobart; she was a stalwart and supporter of Meals On Wheels early days.

It is proper at this time that we record our thanks to the many people who support the service in so many ways and particularly to the voluntary drivers who turn up each day as rostered without complaint of any kind. This is something the committee should keep in mind and not over extend our drivers with unneccesary trivial formalities. I would like to thank the committee members firstly for your interest and unfailing support; without you the service could not continue.

Special thanks to St.Marys Community Medical Centre (shortly to return to hospital status) for the continued supply of quality meals and for the co-operation given in various ways. Thanks to Heather Lodge for arranging Christmas cakes and cards and also special thanks to Jack Miller as Secretary for carrying out the day to day routine matters. These are ever increasing with demands for information and statistics. Jack's job has been made more difficult this year as he has not enjoyed the best of health with several trips to hospital but we are confident that he is now on top of his troubles and can look forward to a healthier year.

In closing I would like to express my gratitude to all you committee members for your willing cooperation. It is one of my personal pleasures to be part of Meals On Wheels for the Fingal Valley.

R. Yates, President.

MEALS ON WHEELS

AUGUST ST.MARYS

FINGAL

Mon, 4th Vanessa Spilsbury Kaylene Sutton

Tues, 5th Denise Dawson Patsy Death

Wed, 6th Mary Viney Barbara Saunders

Thurs, 7th Yvonne Salter Maureen Hall

Fri, 8th Frank Turner Robyn Miller

Mon, 11th Selby Targett Carol Woods

Tues, 12th N & A Challis June Hall

Wed, 13th Glen Lodge Mim Woods

Thurs, 14th Kath Read Rhonda Hoskinson

Fri, 15th M & P Berwick Malcolm Saunders

MEALS ON WHEELS - OFFICE BEARERS

President: Bob Yates Vice Pres (1): Doris Bullock

Vice Pres (2): Mim Woods

Secretary:

Jack Miller

Treasurer:

Julie-Ann Claridge

Auditor:

Jim Pawson (non a member)

Committee: Prev Mills, Shirleen Woods, Pauline Berwick, Heather Lodge, Patsy Burgess, Frank Turner, Lyndall Herring, Robyn Summers.

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EAST COAST & FINGAL VALLEY

September 6, 2000 (Olympics Year)



NATIONAL MEALS ON WHEELS DAY



PLEASE JOIN US IN CELEBRATING
NATIONAL MEALS ON WHEELS DAY IN OLYMPICS YEAR.

On National Meals on Wheels Day in Australia, nearly 60,000 people of all ages will receive a meal from Meals on Wheels services in all States and Territories. In addition, many thousand more meals will be served throughout the world on this day.

National Meals on Wheels Day will draw the community's attention to the value of this vital service, organised to enable people to remain living at home, no matter where they live, and to recognise the huge volunteer force that helps deliver the service.

Australian Country Information Service

Community Hall—St.Marys
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I would like to express my Thanks to Jan & Ken Sparks, Wendy Maher, Greg Seward, Roseanne and Lorraine Gill for all their work organising Dr Shah and A families farewell night.

It was an emotional evening for many of

Thank you also to all those who braved the dreadfull winter's night to come and say their farewells and thanks.

Finally, Thanks to "Cornie" for his musical entertainment.

Wendy.

KIDS, MUMS and ORIFICES.

We all know it is a Cardinal Sin to embarrass your children, at any age, so this excerpt from our life shall have to be written with the "persons unknown" title.

Toddlers are always very busy little people, learning all the time and non - stop go. I had one in particular who was like a wind up toy, that never wound down!

This little person always found a way around any problem that cropped up for them. Like the dilemma of only having two hands!

It soon discovered that this was not the previously thought drawback, in point things could be transported in the mouth, under arms and crayons often protruded precariously from the ears. The ultimate push Mum too far came when it was discovered that sandwiches could easily be held firmly between the buttocks on those lazy, hazy days of summer when clothing was optional.

So it became very apparent that drastic retraining methods were needed, this was reaffirmed after a nasty incident involving orange pips in the ear

during an already arduous trip to Hobart.

Time progressed and life was normal.

Then the child became ill. Off its food with an increasingly nasty odour following them about. Off to the Dr, no, no ear infections, no throat infections, bad teeth or constipation. My imagination as a nervous Mother! Well my imagination grew each day as did the aroma!

Finally reduced to tears, the child and I sobbed together. I lovingly wiped ite eyes and nose reassuring it that all would be well, then I went to wipe my nose....I had found "the smell".

A tearing trip to the Dr revealed what was once a white fluffy cotton ball firmly imbedded in the right nostril, now mush.

The nose had to be quarterised and even today I think it lacks the ability to sense smell very well.

The up side of this is of course that the lesson had been learnt by both child and parent. Stuck heads in pots and leggo blocks are far from the only dangers.

Keep a watch for those innocent white fluffy cotton balls lurking in bathrooms everywhere..... Just awaiting their chance to pounce.....

Wendy.

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WHAT'S ON AT THE SHED?

Kids Pottery
Mondays
3.30 till 5.00
cost: \$4.00
Materials supplied.

Felting
Tuesdays
10.30 till 2.00
cost: \$4.00
Materials available
to purchase.
SCHOOL HOLIDAY PROGRAM

TO BE ANNOUNCED!! enquiries ph 63 722 012

GRASSY BOTTOM SPINOVER UPDATE

Grades 4 5 & 6 from St Mary's Primary School applied to have a 2 day Basketry workshop using some of the monies raised to be held at the school.

We were fortunate enough in getting Mrs Eileen Koops from Beaumaris as the Teacher.

With approximately 75 children a day attending the classes it was great to have so many willing helpers.

This workshop proved to be so successful that a similar event will be held later in the year to use the rest of the funds raised

THANK YOU....To the person who placed a freshly shorn fleece in a bag over our gate. It was much appreciated.

Carole Furlow

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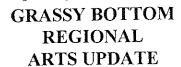
Latest Vidoes and New Playstation Games in stock NOW

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The Play "For better, for worse" was hosted in conjunction with the Community Health Centre (hopefully the last minute change of venue didn't put anyone off) and was much enjoyed by all who attended. A comedy on the rather unlikely and perhaps challenging subject of Prostate Cancer, the play was based on the Author's personal experience and was both informative and very funny.

The Cast enjoyed the St Mary's audiyence so much that — they invited us to tour with them!

We also held a quilt exhibition which was displayed in Todd's Hall - an interesting collection of small intricately detailed quilts which were very beautiful.

Speaking of quilts, the raffle has been drawn for our Community quilts project at the last Saturday Market - the winner was Juliane Wicks of St Marys.

Thank you to everyone who participated in the piecing and quilting. We raised \$104.00 which will go towards future Grassy Bottom Projects.

Meanwhile, we have applied for funding to do a compilation CD of East Coast Musicians. In the lead up to the making of the CD we will be holding workshops in songwriting, recording and performance so we can look forward to hearing some interesting new developments on the local Music scene.

ATTENTION:

The East Coast Counselling Service had launched a Christmas Appeal for the residents of the Community 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 Slavation Army's Reg & Eve Tolput, and our concern that those families facing financial hardship will find Christmas that much more difficult with out the Salvo's presence this Christmas

The Counselling Services is staffed by socail workers Helen Preston (ph: 63 762 385) & Thom Ryan (ph: 63 761 545) and we wish to advise that donations of cash/food/toys can be left at the St Helen's 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 Helen or Thom, and can be assured of the strictest confidentiality. All donations of cash/food/tays will be directed towards 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

St Marys Community Band

Rehearsals every Tuesday: 7.30-9.00pm at Todd's Hall

Some Instruments
Available

Info Phone 63 722,012.

TASMANIAN LYMPHOEDEMA CENTRE update.

Firstly, many thanks to all those who have supported us over the past 18 months. Those who have so generously given time, money, ideas and affort. Many Thanks!

Our second meeting with Michael Polley was 28th August (speaker of the House) Mary Bent (director Community & Rural Health) Jasmine Potter (senior Project Officer Hospitals & Ambulance Division) as well as members of the TLC and service providers.

A very positive and amicable meeting.

The Minister has just announced the Governments recommendations to improve access to services for Tasmanians with or at risk of developing Lymphoedema.

- 1. Treatment will recognise physical, social & emotional needs clients.
- 2. Improve client access & specialist services
- 3. Facilitate access to revelent information
- 4. Ensure fair & equitable access to compression garments.
- 5. Representation made to Private Health Funds to (continued).

VALLEY IDEOS

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Grizzly Falls

4th Sep. 5th Sep

Stuart Little

6th Sep

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assist with treatment, travel costs & accomodation.

6. Departmental Specialists to liaise with appropriate bodies to develope best practice

Anyone who wishes to see the full report may do so by ringing T.L.C. Office St Marys 63 722 900, or Jan Sparks 63 722 433.

Next meeting with Michael Polly & Health Dept, February 2001.

For treatment of Lymphoedema, sporting injuries etc contact T.L.C Service Providers on 63 722 111. Find out how they can help you!

Jan Sparks.

Sports Centre News, by Kackhander.

Firstly to the Club Championships and thanks to all the players who competed. Well done to Smokey Dawson who ran the championship this year to continue on Trevor Viney's fine work from the last year or two. We are lucky to have these blokes like Smokey and Trev to do the job.

Congratulations to Chris Davern in securing the A Grade and Club Championship, Raz McDonald in B Grade and Paul Spilsbury in C Grade with the Junior title going to Tristan Clement.

The handicap titles were won by Chris Davern, in A Grade, Mark Carrick in B Grade, Todd Spilsbury in C Grade and Todd again in Juniors. Well done to all! A special mention also to Chris for a hole in one, the first in his career on day one on Misery. Also to speed our greenkeeper for somehow managing to get the greens cut for the final day after over 4 inches of rain during the week. Finally, to Wendy and Dot for the food and refreshments during the events. Dot keeps the bar running every Staurday too and is always there...Thanks Dot!

Don't forget the Tournament in a couple of weeks and we need plenty of local players, donations for the hamper and any help you can offer to make the tournament a success again. Saturday 9th Sep is Mens and Womens Day, Sunday 10th is Foursomes Day.

Most important to all Members should be the Annual General Meeting on September 8th at 7.30 pm. There are many important issues to be discussed and we really need to see a big turn-up on the night.

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Prizes

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Adult Learners Week 2000.

Expanding your opportunities while living in the fingal Valley.

All members of the community a warmly encouraged to come to the Old Tasmanian Hotel Community Centre at Fingal to share in whichever activities interest them. Pencil on your calendar: Thursday 7th September.

10.00 am **Adults on the Internet.** A special invitation is to the parents of school children but all adults are welcome. An informal instructive session including a Trivia Quiz requiring use of the internet to locate answers. *Hopeless beginners welcome*. Prize for most accurate and fastest. \$25 Dstore Gift voucher.

12.00 noon Welcome and Presentation. Guert Speaker Christine Jessup of the Learning Skills'Unit at the University of Tasmania

Free luncheon Provided. Contributions of food items are welcomed. Please contact Debbie Speers at the Fingal Valley Neighbourhood House.

Ph: 6374 2344

2.00 pm **50+ Online** A special session for mature age members of the community incorporating an internet Chat Session.

3.30 pm Grannymail. Email for Grandparents.

Children are encouraged to bring along a grandparent to open a free Email account for communication with family members

Afternoon Tea provided.

Please come along. have fun. and learn something

Presented by The Fingal Online Access Centre.

fice lunch

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So, please make your best effort to be there.

Bowls season is fast approaching and once again we need a few new names to make themselves available to keep the side viable. The Sub Committee is hoping to make the new season one of our best. Tony Blake asks the bowlers to attend an Annual General Meeting on Monday Septmeber 4th to discuss all the issues needing attention. Please try and be there.

The team indoor bowls has been quiet successful this winter and the finals are currently being held culminating on September 15th with the Grand Final. The Club Thanks all the Players this year and a reminder that Friday night Pairs and Singles will commence soon so watch this space...

Until next time, Good Hitting and Bowling!!

St Marys Sports Centre Indoor Bowls News by Shoot Through.

Essmond completed the Roster series as they began with a win against Goldies. "Speed" and "Rocket" Mahar and "Almighty" Fletcher had to do without "Wonder" Mahar and "Ace" Greenwood but aquitted themselves very well to earn 4 points. The undoubted star for Goldies was "Glitters" Grose whose exhibition in the singles was just fantastic. "Gentleman" Jim Heerey and "Rambo" McDonald did well too and "Turbo" Viney was unfortunately unavailable.

Game two saw Supermen continue on their way to qualify in top spot and earn a Grand Final Berth but not without a fight from top of the town. One of the best games all season eventuated in the pairs. Between "Tracker" and "Blockbuster" Blake for Supermen and Top of The Towns "Macca" McDonald and "Wizard" Saunders it came down to the last shot on the last end and the Supermen just did enough. Great Stuff! Once again "peewee" Tapp played a ripper for The Top of The Town and definitely cemented her place in the side for the next year to quell rumours of her being put in the draft for Stevie Wonder.

We can't forget "Blizzard" McDonald either. His efforts each week have been great and his team is proud indeed. "Cruiser" Carrick for the Supermen would go close to the Rookie of the year Award this year if we had one but seeing we are all Rookies that puts an (continued)

to that

However, he has had a great season and no doubt would love to grab the Premiership. "Ox" Cox acted as non playing Coach and dedicated himself to making sure the bar was safe! Nothing goes past the "Ox".

The final game turned out to be a cliffhanger especially for Richwood when they took on the Darts. The results ebbed and flowed more than the tide. Darts, courtesy from Star "Flick" Fletcher and Legend "Spike Berwick" With "Toddles" McGiveron and "Hurricane" Chartrain palyed their best all year to secure second spot. But Richwood had to do it the hard was by drawing the triples.

Richwood's Daffy Davern, "The Biz" Baldwin "Roy" Ridgers and "Spock" Aulich really fought it out through to gain the necessary point to secure third place and a re match in the Preliminary Final. Looks like they'll be a dangerous mob to contend with!

Final Ladder:

- (1) Supermen 23 points 131%
- (2) Darts 17 points 113%
- (3) Richwood 15 points 127%
- (4) Goldies 15 points 97%
- (5) Essmond 13 points 91%
- (6) Top of The Town 7 points 57 %

Preliminary Final August 30th 7.15pm between Darts and Richwood to see who plays Supermen on September the 15th in the Grand Final 7.30pm.

A not to ALL Indoor bowlers from ALL the teams:

"You are invited to come to Grand Final Night and enjoy a super and Trophy presentation after the game.

Thats what your Dollar each night is for.

See you there!!