

THE VALLEY & EAST COAST VOICE

Volume 35 No. 16

Thursday 5 December 2002

50 cents

Life time of work recognised

The Tasmanian Suffolk Society made a presentation of a Life Membership to a highly regarded breeder of Suffolk sheep, at the Deloraine Show a few days ago, when they awarded Miss Jean Lohrey of Clover Banks St Marys with a Life Member badge. There are now only two Life Members in Tasmania.

Clover Banks is a property of about 400 acres, with around fifty-fifty pasture and bush. Miss Lohrey first established the Suffolk Stud in 1965 with a flock of one ram and fifteen ewes.

Over the years Miss Lohrey attended many Shows - Hobart, Launceston, Deloraine, Scottsdale, Longford, Westbury - and with much success, having won the Champion Ram and Ewe, and Champion of All Breeds at both the Hobart and Launceston. The thick swathe of ribbons is testimony to the many successful years of showing at Tasmanian Royal and Agricultural Shows.

Clover Banks Suffolk have also gone overseas, a ram and three ewes to the Emperor of Japan and a ram to Indonesia. A photo taken in 1988 shows a ewe with twin ram lambs, this wonderful ewe was never beaten at a show.

A few months ago some of the flock at Clover Banks were attacked by stray dogs, the loss and the injuries to the sheep was distressing and costly, now there are new watchdogs at the farm. Maverick and Ash are two young Alpacas who have settled in well with the sheep proving to be wonderful guards and protect their flock, any hint of trouble they will stamp their feet, circle their charges and round them up. Ash and Maverick are young wethers, Ash has recently been shorn of his fine wool, but Maverick still has his black coat, they stand out alert and watchful amongst their flock.

Congratulations Jean on your Life Member award.

Where were you on Tuesday night ?

So long since there has been such a lengthy and spectacular thunderstorm. Were you watching the wonderful light and sound show or were you one of those hiding under the bed ?

Just fantastic !

Many thanks go to everyone who was involved in any way, shape or form, in the recent fundraiser held at Falmouth for Jen and Andrew, Todd's Hall, to all who helped out beforehand and on the day and all who came along and made it such a roaring success.

Thanks must also go to the Falmouth Community Centre and their crew for all they did on that day.

It makes us feel proud to be part of such a wonderful community.

Thank you once again from the 'Organisers of the Event.'

PLEASE !

The final Valley Voice for 2002 will be out on Thursday 19th December.

Could all contributions for the paper PLEASE be in EARLY.

The Valley Voice will resume mid February 2003.

Addlestone House B & B



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Bob and Charlie (Charmaine)

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COMMUNITY NOTICES



♦ Carol singing at the **Uniting Church St Marys** on Sunday 8th December at 2.30 pm. All welcome

♦ **Christmas Carols Mathinna** at the footy oval. Saturday 7th December. Starting with BBQ at 7.30 pm then performances at 8 pm. Free sausage sizzle. Puppets, Line Dancing, Local talents of the 'Snatched from Hell' band, Country singer Bert Maher.

♦ **Carols by Candlelight St Marys** will be on Sunday 15th December, 8.30 pm at 'Quinn's Corner'. This will be the 40th Anniversary of Carols in St Marys. Please bring a candle holder if you require one.

♦ **Tasmanian Lymphoedema Centre** general meeting Monday 16th December at 10am at St Marys Community Health Centre. Members are asked to bring along a friend and also a 'plate' for a Christmas lunch.

♦ **Benjamin's Lawn Mowing Service.**



Benjamin can also do odd jobs & weeding.
Phone 6372 2524

Designer Hair

Main Street St Marys
Phone 6372 2108

Make an appointment
for all your hair needs

It's nearly JESUS' Birthday !

So all of us at JAM would like to invite everyone to celebrate with us.

When: Sunday 15th December at 10 am

Where: Holy Trinity Main Street St Marys

We would love to welcome you,
to share in this wonderful time of year.

All the children of JAM say "PLEASE COME!"

SEE YOU THERE !

COUNTRY WOMENS ASSOCIATION

It has been brought to the notice of this association that a number of folks within the community are unaware of the purpose of this group. We are an apolitical group, non-denominational and non-profit organisation working together with the community for the good of the whole.

Our first donation is to be to the children of Bali through the Red Cross. We have also helped with the Samaritans Purse by donating some 166 gift boxes from the North East and 4,900 from Tasmania wide. These boxes are for the under privileged children overseas who may never know Christmas otherwise.

Our next regular meeting will take place on Thursday 16th January 2003, all visitors welcome.

Also at this time, this organisation together with Miss Jenny Binns, wish to thank all those generous ladies of the community who have kindly offered their time in making a Quilt for Jenny. This was one of Jenny's artistic endeavours and sadly was lost in the fire at Todd's Hall, so a very big heartfelt thanks to all those involved.

St Marys Child Health Centre

Open Sessions 1st & 3rd Thurs.

9 am to 12 noon

Thursday 5th & 19th Dec.

Appointments 0409 361 005



Regional Office 6336 2130
After hours 1800 808 178
Mobile: 0409 361 005

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- + Vulcan 300 chest freezer, stainless steel liner. \$100.00.
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Phone 6372 2152
- + Kawasaki GTR 1000.
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Dive compressor. \$3,500.00
Small camper. \$3,200.00
Large camper. \$2,900.00
Wheel Alignment. \$1,400.00
Rotary Hoe. \$650.00
Ride on Mower. \$350.00
Fridge. \$350.00
Small freezer. \$250.00
Washing machine. \$250.00
Colour TV. \$200.00
Copper wood box. \$40.00
2 Video players. 1 @ \$100.00, the other @ \$150.00
Phone 6372 2260
- + Swing set. \$75.00
Fish tank. 2 ft tank with accessories. (Pump missing) \$50.00
Phone 6372 2846
- + Vertical blinds x 8. \$500.00
Dishwasher. \$300.00
Shed. \$250.00. Desk. \$50.00
Phone 6372 2676
- + 50 cm Junior motorbike helmet. \$20
Small quantity plastic sewer and drainage pipes, also galvanised pipes. *What offer?*
Set of Sidchrome tools plus wall cabinet \$1,000
Antique cane setting, 4 chairs and lounge \$500
Phone 6372 2155

For Sale continued

- + 600 Leyland diesel motor, 6 speed gear box and new clutch \$1,000
New radiator (suit bus or truck) \$400
6 tyres, 825 x 20 \$1,000 the lot.
Phone 0419 703 864

Wanted to buy

Smaller size fridge in good working order.
6372 2172 BH, 6372 5570 AH

WANTED

At JAM, we are in great need of a bookshelf. Is there anyone out there who could help with this?
Please phone Pam, 6372 2426 or Melanie, 6372 2099

Display in Post Office

Everyone at JAM would like to thank Peter 'Wombat' Wilson for his kindness in being so willing to display the photos and articles about our first Birthday celebrations. If you haven't already had a look, please do. You may be pleased to see all the children dressed in their new JAM tops!

Thankyou Peter

J R & M C Faulkner

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Wombat and Staff
would like to extend a very
Merry Christmas and
Happy New Year
to everyone

Please post early
this Christmas
See you at Wombat Post

Contacts for Valley Voice

Ron: 6372 2105.
Audrey: 63722337
Fax: 6372 2172
Leave written material with Kathryn, St Marys Health & Beauty Centre or post:
C/- Post Office St Marys Tas 7215

Redline deliver this paper.
Statewide passenger & parcel service. 6372 2142

Valley Voice Advertising Rates:

Classifieds free.
Small ad. \$6.
¼ page \$15.
½ page \$25.
Full page - \$40

VALUE PLUS

ST MARYS SUPERMARKET

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Mark Kate John Roseanne

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Melt & Mix Fruit Cake

(W.W.C.B.)

A yummy, easy fruit cake suitable for any occasion (I promise you won't get tipsy!)

1½ kg mixed fruit in rum

½ cup sherry

4 eggs

1 teaspoon mixed spice

1 Granny Smith apple

1 tablespoon honey

1 cup brown sugar—firmly packed

250 g butter - melted

1½ cups plain flour

½ cup S.R. Flour

Place chopped mixed fruit in large basin, add sherry, peeled coarsely grated apple, honey, sugar and eggs. Mix well with hand or a wooden spoon. Add cooled melted butter, sifted flours and spice. Mix thoroughly, place in deep 23 cm round or deep 20 cm square tin lined with three sheets of greaseproof paper. Bring paper 5 cm above edge of tin. Bake in a slow oven (150° C) for 3½ hours or until cooked when tested. Remove from oven, brush evenly with about 2 tablespoons of extra sherry, cover tightly with foil, leave until cold. Refrigerate in plastic food wrap. Can be kept for at least 6 months.

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Heaps of delicious goodies and Christmas fare in our store for all your Christmas shopping

A Thumbs Up!

Thank you for the quick response when the untidy state of the streets of St Marys was reported to Mayor Salter on Monday evening. Council men were at work in the town by Wednesday morning, cleaning out gutters and removing weeds from the Main Street.



Dips for Christmas

Avocado Style Dip

1 Large Avocado mashed
Juice one lemon

1 tblsp sweet chilli sauce

Chopped parsley

Savoury style garlic &

pepper Yoghurt

Stir all together until smooth, refrigerate.

Garlic Pepper Spread

250 Cream cheese (soft)

1 tub Garlic & Pepper Yoghurt

1 tblsp chopped parsley

1 tblsp chopped capers

Few drops Tabasco sauce

Combine all ingredients until thoroughly mixed. Chill in fridge till set (about 2 hours). Serve with celery or carrot straws and water crackers.

Savoury Hommus Dip

2 Cups cooked & mashed chickpeas

¼ jar tahini

¼ cup lemon juice

1 teas cumin & crushed garlic

Savoury style Tomato & Olive Yoghurt

Stir all together

St Marys Health & Beauty Centre

42 Main Road St Marys

Phone 6372 2172

Novelty photo frames were \$10.95 now special buy @ \$6.95 ea

Bear Wall plaques \$9.95 ea

Fruit baskets \$12.95

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Gillette Mach 3 Mens Gift sets \$27.50

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these are not copies

This section is **R Rated**!!

Purple Ronnie Novelty
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Trouser Truncheon
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Christmas & New Year
Special



Pregnancy test kits
were \$7.95
to clear at only
\$4.95

Doll & Toy Museum

Main Street St Marys

Museum now open:

10 am to 2 pm weekdays

Members of the community:

You are invited to display and sell your local crafts in the museum (to be sold on commission).

Contact Elaine
on 6372 2655

ST MARY COMMUNITY HEALTH CENTRE

GP ROSTER, ON CALL: **DEC**

DR SHAH Sat 7th - Sun 8th

DR GENIOLA Sat 14th- Sun 15th

DR SHAH Sat 21st - Sun 22nd

Dr Geniola on call phone: 6374 2288

Dr Shah on call phone: 6372 2311

Medical Emergencies Phone:

000

or

The Ambulance on:

1800 008 008

HACC BUS

***'DRIVERS ARE URGENTLY NEEDED
FOR THE ST MARYS HACC BUS'.***

If you have a current drivers license and would be interested in volunteering for the HACC Bus Roster please contact Jim Haas on 6372 2 127.

Our Community needs your support!



COMMUNITY HEALTH CENTRE CHRISTMAS PARADE FLOAT

Anyone in the Community who is interested in being part of the CHC Float please phone 6372 2111 and leave a contact name and number and we will contact you in relation to the Christmas Eve Parade. Theme has been decided we just need people!

A MESSAGE FROM

THE ST MARYS DAY CENTRE

To everyone in the St Marys, Fingal, Scamander Communities, Merry Christmas from everyone at the St Marys Day Centre. And a big thank you to everyone who has helped support us over the last twelve months, We couldn't have done it without you!

'WHAT'S ON AT THE CENTRE?'

- 5th Dec **Child Health Clinic** with Lorraine McGee 9am-12noon. Afternoon appoint. available by phoning 0409 361 005.
- 5th Dec Margaret, **Centapact** 9:30am-3:30pm
- 9th Dec Chris White, **Podiatry.** Appointments through the St Marys Health & beauty
- 10th Dec Tom Baine, **Barrister** by appointment on 6372 2111.
- 11th Dec Day Centre Break-up.
- 12th Dec Margaret, **Centapact** 9:30am- 3:30pm
- 12th Dec **Breast Cancer Support Group** 2pm in Day Room at the CHC
- 13th Dec Sue Hayes, **Diabetes Educator** 10am onwards.
- 16th Dec **TLC Meeting** 10am in Day Room. Bring a plate and a friend for Christmas lunch.
- 19th Dec Carmel Taylor, **Continence Clinic.** Phone 63722111 for appointments and Carmel will contact you.

Meals on Wheels Roster

December	St Marys	Fingal
Mon 9th	Debbie Barnes	Kaylene Sutton
Tues 10th	Pauline Berwick	Christine Woods
Wed 11th	Sheridan Kindred	Lynda Bean
Thurs 12th	Claire Bean	Patsy Death
Fri 13th	Tracy Bean	Mac Saunders
Mon 16th	Sally Spilsbury	Shirley Parker
Tues 17th	M & P Berwick	June Hall
Wed 18th	Audrey Wright	Rachael Reid
Thurs 19th	Kath Read	S Smith, S Walker
Fri 20th	Trish Pike	Shirleen Woods

ST MARYS ONLINE ACCESS CENTRE

HOURS OPEN:

Monday: 9.30 am to 3 pm
 Tuesday & Wednesday : 9.30 am to 4 pm
 Thursday & Friday : 9.30 am to 4 pm
 Saturday: 11 am to 3 pm



We are situated behind the Town Hall in the School NEET Centre. The Centre will be open on some evenings for your convenience.

For more information please contact St Marys Online Access Centre on 6372 2005 or call in and see one of the volunteers.

Harris Funerals

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



Office & Residence:

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.

Church Services

Catholic Parish of St Marys

Priest: Father Bill Egan

Fingal

Every Friday Mass 10am

1st and 3rd Sunday Mass 10.30am

St Marys

Every Sunday Mass 9am

Bicheno

Every Sunday Mass 4pm

St Helens

Every Saturday

Vigil Mass 6pm

Mangana

5th Sunday Mass 11am

Anglican Parish of the Northern Midlands

Services each Sunday

Avoca 8.00am

Fingal 10.00am

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

Monday JAM:

3.15 pm to 4.45 pm for children 5-12 yrs

Pyengana 11am

2nd and 4th Sunday

Break O'Day Uniting Church

Fingal 9.00am

St Helens 11am and 7pm

Seventh Day Adventist

Hodgeman Street Scamander

Sabbath School 10am

Divine Service 11am

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

A CLOSER LOOK AT DIABETES

Lee-Anne Mundy - Community Dietitian

Since starting in April I have seen many people newly diagnosed with diabetes and those who have had diabetes for some time. The common issue that keeps coming up is SUGAR. Sugar **does not** cause diabetes. It was once thought that as diabetes resulted in too much sugar in the blood, avoiding sugar was the best treatment. In fact sugar in normal serves (such as jam on toast) have no greater effect on blood sugar levels than many 'starchy' foods. Saturated fat is worse for people with diabetes. There is **no special diet** for people with non-insulin dependent diabetes and use of artificial sweeteners are not necessary. Effects of foods on blood glucose levels are not determined by sugar content.

If you are familiar with food labels you will notice that carbohydrate is split into two parts, total and sugars. The sugar component can be quite high even in low fat products particularly if they contain fruit or milk. Why? Both contain natural sugars fructose in fruit and lactose in milk. This does not mean they should be avoiding foods containing fruit and milk such as fruit yoghurt and are sources of carbohydrates.

Foods that contain carbohydrate (bread, cereal and dairy products, legumes, fruit and some vegetables) once digested produce glucose (also a sugar) but at different rates some slowly, some fast.

A diet that is good for diabetes is a diet that is good for everyone!

The following easy recipe is a good source of carbohydrate and also low in fat... enjoy!

Fruit and Nut Loaf

1 cup oat bran
¾ cup currants
1 cup raisins
½ cup walnuts
½ cup dried peaches or apricots
½ cup plain flour
1 cup wholemeal plain flour
3 teasp baking powder
2½ cups skim milk

Combine bran, fruits and milk, cover and stand for 1 hour. Add sifted dry ingredients and nuts to bran mixture. Mix well. Transfer into non-stick loaf/cake tin. Bake in moderate oven 180° C for about 1 hour. Turn out and leave until thoroughly cold before serving.

Are you new to the area?

*Would you like to meet
new people?*

*Come along for a BBQ and
make some friends!*



COMMUNITY BBQ

20th December 2002

**St Helens Foreshore
at the
Game Fishing BBQ area.**

Time: 6.00 pm

*BYO meat and a side salad
to share.*

*Anyone wanting to meet
new people and make
new friends welcome.*



Just come along on the day or
contact Betsy Floyde at the
Healthy Community Project on
6376 5242 for more information

*"I may not be where I want
to be, but I'm glad I'm not
where I used to be!"*

Tasmanian Lymphoedema & Laser Centre

Do you have a sporting injury, ulcer, arthritis, gout or tennis elbow?

As well as treatment for the condition of Lymphoedema, the low level laser at the Tasmanian Lymphoedema Centre, operating from the St Marys Community Health Centre, can help with treatment of these common conditions.

If you would like more information, please contact us.

Call the enquiries/bookings office on 6372 2900

Laser operator Kate Williams on 6372 2111

Massage Therapist Sue Christiansen 6372 2111 or 0418 515 419



TLC Inc.



Sports Centre News by Kackhander

Not a real lot to report this time because it has been a bit on the quiet side around the Club, more's the pity.

Firstly to Bowls and pennant results were split 50/50 with a close win firstly against Scamander. It would have been a better day except for an unfortunate accident to a visiting bowler whose foot gave way underneath him causing a broken ankle. To Fred Green our best wishes and a speedy recovery.

Well done Craig Mitchell who recorded his first win for a while as a skip and to Chris Davern's side who also won.

Last weekend at Swansea the team was comfortably beaten on 3 rinks but at least no substitutes were required which is a positive sign for the rest of the year. Congratulations to Steven Dawson's rink who recorded a top win for the club.

No pennant this week but Jim Rankin invites as many as possible to play their first round singles games if they can, as it has to be finished by mid January.

To Golf now and unfortunately no comps since the hugely successful 'Awesome Foursome' day that was so popular with everyone who took part. Thanks again to John, Trevor, Roger and Mark for again sponsoring the day. Just about every player received a 'trophy' which was great atmosphere indeed and the barbeque lunch was tremendous indeed.

These are the days that bring everyone together.

This up-coming weekend we see the Todd's Hall Benefit Day, again an Ambrose event but **mixed**, this time. It should be a great day and hopefully plenty of funds can be raised. An empty sheet is available in the Clubhouse for all those interested.

Veterans Day is also held this week with the Annual Christmas event. Upwards of 80 golfers are expected - let's hope so.

Finally a reminder that subscriptions are now overdue and it would be appreciated if these could be paid as early as possible, if not already.

Anyway until next time, good hitting and bowling



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It's that time of year again!

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- ✓ Land clearing
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- ✓ Dams
- ✓ Roding
- ✓ Gravels

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41 Quail Street St Helens

Ian & Narelle Ransley

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St Marys Tennis Club

Membership Fees

Membership fees are now overdue. Could all people intending to become members please pay the Club Treasurer, Drew Adam as soon as possible.

The Milo Evonne Goolagong Getting Started Program

A very successful finale was held at the Tennis Club on Friday 29th November where the 23 participating girls had the opportunity to meet and have a hit with Evonne Goolagong Cawley. Although the weather was disappointing, there were many spectators in attendance. On behalf of the girls, the Club would like to thank our coach Michelle Rowell and Tennis Tasmania for such a wonderful program. We are looking forward to seeing the tennis skills of these junior girls continue to develop.

Night Roster end of Season Function

Due to inclement weather last Friday night, the Night Roster BBQ, Presentations and Tennis Fun Night has been re-scheduled for **Friday 13th December** from 6 pm. Meat and refreshments will be provided and participants are asked to bring a salad or a sweet and their racquet!

The Caltex St Marys Mixed Doubles Competition and Club Christmas Function

There will be a social/fun day of mixed doubles competition on Saturday 7th December at 9.30 am and a combined Christmas BBQ function. This event is being sponsored by Caltex St Marys and the Club would like to sincerely thank the Faulkners. There will be prizes for winners and runners-up. Couples are requested to bring a sweet or salad and own refreshments and meat will be provided. **All members and their families** are invited to attend whether participating in the tennis or not.

Club Championships

Club Championships Entries close this **Saturday 7th December at 5pm**. Forms and money are to be given to Club Captains only – Randal Faulkner or Mark Williams. Postal entries with money will be accepted prior to the closing date.

Christmas Raffle

The Club is currently raffling a decorated Christmas cake, a bottle of wine and chocolates. Thanks Linda Faulkner for a superbly decorated cake again this year! Tickets are \$1 each and are available from any member and also local businesses, St Marys Health and Beauty, St Marys Post Office, St Marys Newsagency, St Marys Police Station and BP Scamander. The raffle will be drawn on Christmas Eve.

Twilight Tennis

Twilight Tennis is on at the Club every Thursday night from 6 pm.

General Meeting

The next general meeting will be on Thursday 23rd January at 7.30 pm. All welcome to attend.

Susan Miles Secretary

Rae & Partner Lawyers Barristers & Solicitors

93 York St Launceston
Ph 6337 5555



Visiting
44 Main Street St Marys
alternate **Tuesdays 9 am – 10 am**
Accepting instruction
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Appointments: St Marys Health &
Beauty Centre 6372 2172

- General steel welding
- Light fabrication
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East Coast Cricket Association Inc. Weekend 23/24 November

Results of the game played at St Marys, St Helens were 5 for 283 after 40 overs, defeating St Marys all out for 147 in the 38th over. Shane O'Byrne scored his first century for St Helens.

Better scores for St Helens		Better St Marys Bowling figures	
S O'Byrne	102	W Gillies	2/37
S Johns	41	C Freiboth	1/50
W Barker	43	B Leedham	1/48
S Sonners	39	J Salter	1/37

In reply to St Helens score, St Marys started slowly losing wickets in the 3rd, 4th and 5th over before Gillies and Salter had a good partnership to put some respectability into the St Marys score.

Better scores for St Marys		Better St Helens Bowling figures	
W Gillies	94	A Bryan	3/33
R Salter	19	S Johns	2/21

Unfortunately the Junior cricket played between St Helens and St Marys was washed out on the Sunday, after Daniel Bottger had scored a stylish 50 for St Helens.

Rostered Two Day Game

7th December : St Helens B v's St Helens A



EAST COAST MOTOCROSS CLUB

What's been happening and what's on before Christmas

There have been some track alterations which I feel you'll all be excited about. Bill and Steve Jenkins have been locking heads together and the outcome looks great. We have a different start position, extra track and a table top finish, with another table top before that one. Riders will be impressed !

Clinic Day report for October 2002

Good day, the rain held off for the 15 riders of the day. The track was a little slippery causing a few minor falls, plus a few specky ones in the 125's and open classes, but you would expect that from those guys !!

Congrats to Zac Johnson on the new bike and not to be left out Zac's dad Rodney turned up to the clinic day with a bike for himself. It's amazing how a new bike in the group makes everyone ride that bit harder and keener.

Sunday the 1st December a half Clinic Day was held.

2003 : Next year there will still be Practice Clinic days, but also Club Race days for the riders who want to get into racing.

A Grass Meeting has been set for Sunday January 12th 2003, this will be held on our land at St Helens. Help will be needed both Sunday and the Saturday before, to cart tyres, set track etc. This will be one of our major fund raisers to help with our Public Liability.

Track riding

From now until Christmas hopefully every Sunday we will have someone up at the track doing some work, so if you like to volunteer to help, please do.


If you like, bring along the bikes for a few laps and then help with a bit of the work we need to do. Just give a ring on the Friday before for more information.

Anne Franks Phone 6376 1702

<http://dickadams.vision.net.au>
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St Marys

The gem of the East Coast



Dick Adams MP

Fax 03 6396 1120

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