

THE VALLEY & EAST COAST VOICE

Volume 35 No. 9

Thursday 29 August 2002

50 cents

TASMANIAN LYMPHOEDEMA & LASER CONVENTION 2002

Thank you, thank you, thank you to everyone who had an input into what turned out to be a very successful and huge convention. St Marys and the East Coast were displayed in all their glory with the most perfect winter weather. Some interstate delegates were in awe of the ice on the ground, trees and cobwebs and wanted to "walk on the spectacular frost" we had on the Sunday morning (one local resident eloquently describing the trees as "chandeliers").

We had 160 attendees overall for the 3 day period coming from South Australia, Queensland, New South Wales, Victoria and all parts of Tasmania, with 28 speakers taking part. What an organisational feat, but we made it, how proud we were of our beautiful town and its people, the delegates commented constantly about the friendliness of the people they had encountered throughout their stay. Thank you to all the accommodation places that hosted visitors, for making them feel welcome.

Well where do I begin? Marissa Walker for her advice and input. Recognising and acknowledging our ever surprising talented children, of St Marys, Fingal and St Helen's schools who wowed us with their artistic displays of artwork, thank you to the headmasters and teachers who encouraged, coordinated and ensured that we received their works to showcase. To Steve Wally who was only too happy to assist where possible, especially with the loan of much needed items. To Mary Targett and Vivienne Young for their computer skills and to the boys of St Marys High School who helped set up the electrical equipment. To Pauline, Heather and Tanya who were there for morning and afternoon teas and lunch session ensuring that our delegates were "fed and watered" !

Which brings me to the St Marys Community Health Centre, what a great bunch of workers. Robyn (who put in so much), Neville and Ian for their manpower and assistance, to Joy and all her kitchen staff for their marvellous cooking and catering, from Management to cleaners we thank you most sincerely, for without you our weekend would surely not have run so smoothly. To our very own Laser and Massage Therapists' Kate Williams and Sue Christiansen who were on hand to answer questions and give demonstrations.

Our convention opened with Patsy Burgess on the Friday at 1pm and closed by Michael Polley on the Sunday at 1pm (yes exactly to time). Our Keynote Speaker Professor Neil Piller was awe inspiring to everyone, the doctors and health professionals in attendance all wanted to harness his enthusiasm, the knowledge this man imparts is mind blowing and so important to so many, not just lymphoedema sufferers. The guest speakers who travelled from interstate were specialists in their own fields covering Physiotherapy (Complex Physical Therapy), benefits of Laser (including sports injuries etc), Massage, Yoga and Aromatherapy, keeping with our intent to cover different areas toward maximising peoples' health and wellbeing in general. The Continuing Professional Development Program held for the Health Professionals was also a success, leaving them with new knowledge and much thought. Heartrending stories by Lymphoedema sufferers and their family's endurance of this ailment and lack of assistance and knowledge by the powers that be, had us determined to keep the pressure on the government and health providers, also to keep up the awareness of lymphoedema to the medical professionals, their first contact.



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On the Friday night we held a welcoming reception at Todd's Hall, Jenny and Andrew doing a marvelous job as usual. A video projection backdrop of the Fingal Valley and East Coast was presented, courtesy of Mary and Vivienne.

Convention report continued next page

**Even if you do not speed, there are 28 pages of
other offences which occur on the roads !!
See the Police Report**

TLC Convention Report continued

On a lighter note, we all had a great laugh along with Daryl Peebles whose theme was Humour for Health. Daryl also entertained us at our dinner on Saturday night at the Scamander Beach Resort, 109 people attended the dinner and a big thank you to Geoff and Denise Anyon and staff who looked after everyone tremendously well and with great food. To the local invitee's a special mention as you showed great support for our organisation by being there. Geoff was so positive for us from the beginning and I would personally like to express my gratitude for his encouragement (when at times it did look awfully daunting a task that we had undertaken) Geoff also organised the musical entertainment by Rita and Ian and a talk on Pyengana Cheese by John Healey.

Demonstrations and displays, samples and advice were ever present and a talk and practical (albeit gory) demonstration by Julie Severin our Paramedic and her band of volunteer ambulance officers was extremely enlightening. This is one very talented and dedicated lady. (Ask Julie about her participation as the wizard's assistant and, her kettle)!!

Now to our sponsors, without their generous assistance this convention would never have been possible to the extent it was. A very big Thank You to The Tasmanian Government, Break O'Day Council, Cornwall Coal, Aurora Energy & the St Marys Aurora Workgroup, Break O'Day Tourism, Ken Dorsey & Associates, Tasmanian Independent Wholesalers, Malahide and St Marys Golf Club Associates, St Marys Pacing Club, Collex, The Valley Voice, The Online Centre, St Marys Lions Club and to all of those people or organisations who helped with either practical or financial support.

Finally to Jan Sparkes and the dedicated band of committee members whose marriages (or even lives) were at times "in jeopardy", especially when our husbands received faxes of newspaper articles on wives being "done in" for talking on the phone too long ?? Hayley must surely have wondered what she had got herself in for, her tireless input over the weekend left us amazed, she was wearing 101 hats and did justice to them all. We all worked as a team and that is what got us through in the end. Thankyou Jan, Audrey, Ruth, Doris, Jean, Premella, Terese, Patti, Margaret and Matt, along with John, Bob, Dale and Geoff for their brawn. How many times can one say thank you? But I do - to everyone.

Charlie Cormack - Vice President

Our condolences go to Jan for the very recent loss of her husband Ken.

We would also like to offer our sympathy to John and Ruth McGiveron and family for the loss of John's mother Grace on Friday 23rd.

Volunteers score 100%

The Tasmanian Ambulance Service has been given an overwhelming vote of public confidence, with patient satisfaction survey released showing 98% were happy with the service. In country Tasmania the accolades were even greater, with 100% satisfaction levels in volunteer and rural branch stations.

Minister for Health and Human Services David Llewellyn said the survey results were outstanding and a credit to the expertise, professionalism and dedication of the Tasmania's ambulance personnel.

'Patients throughout Tasmania have given the Service a huge vote of confidence', Mr Llewellyn said. 'It's a clear message for the Service's 200 career staff and 500 volunteers, they do a wonderful job.'

The Patient Satisfaction Survey 2002 was conducted by the Tasmanian Ambulance Service from a random sample of 551 patients Statewide who used the service in March this year. Patients were sampled for every station in Tasmania.

'It is particularly pleasing that the public's views about the quality of services provided are high throughout the State and in every facet of ambulance operations-from handling emergency calls in the Communications Centre, through to responding to and caring for patients.'

Mr Llewellyn said it was obvious Tasmania now has one of the nation's best ambulance services. 'That we have some of the finest people capable of delivering a first-rate service is borne out by this survey.'

The Government has strengthened the foundations of the Ambulance Service by appointing additional staff and has made a major financial commitment to a safer, more efficient and better equipped Ambulance Service.



Police Report from Luke Rockliffe

There has been a spate of crime in the Scamander area over the past few weeks. The crime has predominately focused on vehicles and their contents. Commonly stolen items include cash, wallets and mobile phones. Most of the vehicles targeted have been left unlocked. There are a number of suspects for these crimes and investigations are continuing. If any one notices any suspicious activity occurring in Scamander, or in St Marys for that matter, please let us know.

As the warmer weather approaches, so do the tourists. Most road crashes occurring in and around the East Coast over the past two years have involved interstate and overseas tourists. Most of these 'crashes' (they are not accidental !!) have been the result of inattentive driving or speed. Therefore, you can expect to see the radar gun in and around the area on a more regular basis. Consider this a privileged piece of information and a friendly warning !!

Just for your own personal reference, speeding offenders will attract the following penalties for the following speeds:

- ☛ up to 10 km/h over = 1 point and \$50
- ☛ between 10 - 14 km/h = 1 point and \$80
- ☛ between 15 - 22 km/h = 3 points and \$110
- ☛ between 23 - 29 km/h = 3 points and \$140
- ☛ between 30 - 37 km/h = 4 points and \$190
- ☛ for speeders exceeding the speed by 38 km/h and above, an instant disqualification can be expected to be received.
- ☛ And for those that do not speed, we have a list containing **twenty eight pages of other offences** which occur on our roads! Please be careful.



**FATHERS DAY
LUNCH or DINNER**
For booking: 6372 2237

*TRY OUR NEW AUTHENTIC
'MEXICAN' DRINKING CHOCOLATE*

Thumbs up — to the volunteers who have worked on the Wombat Walk gardens.
Without your help it would still be a mess.
Thank you. *Clr Robert Legge*

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www.scamanderbeachsurfshop.com.au



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Clothing Watches & Accessories**

St Marys Health & Beauty Centre

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Super absorbent **FLUSHABLE**
disposable pads
(use with Weenees baby pants or
Eenee undies)

*If you are concerned about our
environment this is definitely
the product for you.*

**We stock several brands of
Head Lice Treatment**

What to look for :

- ✓ Look for small red dots behind ears and the nape of the neck where headlice have been feeding.
- ✓ Tiny black specks on pillows
- ✓ Adult headlice can be hard to see
- ✓ Eggs are easier to see and can be found glued to the base of the hair shaft near or on the scalp
- ✓ Dandruff is flaky and easily removed
- ✓ Eggs may have a 'sandy' or 'gritty' feel when running fingers through the hair
- ✓ Eggs more than 10-15 mm from the scalp are probably hatched or dead

**Month of October
is Pink Ribbon Month**

Breast Cancer Awareness

**Pink Ribbons will be available at
St Marys Health & Beauty Centre**

<http://dickadams.vision.net.au>
email: D.Adams.MP@aph.gov.au

St Marys
The gem of the
East Coast

*"Tasmania is going to be
the tourist destination of
Australia."*

*The East Coast has got
all the best of Tasmania.
lets make the most of our
great community."*

**SUPPORTING COUNTRY
COMMUNITIES**



DickAdams MP

Fax 03 5398 1120 Federal Member for Lyons PO Box 50 Perth, Tas. 7300 Freecall 1800 811 134

COMMUNITY NOTICES

The St Marys Hospital Auxiliary Next General Meeting will be on Monday 2nd September 2002 All welcome. R. Cranch Sec.

A slide evening showing birds of north eastern Tasmania will be given by well renown bird watcher and photographer Mr Jim Napier.

- * Thurs. 12th September 2002
- * At 7 pm
- * Community Hall Supper room

Hosted by **CWA**. Supper will be provided and a gold coin donation would be appreciated

*
Next meeting of the **CWA** is on Thursday 19th September 2002 in the Supper Room of the Community Hall at 11 am. Ladies please remember the Trading Table. Mr Michael Polley MHA will be with us for this meeting, so a full roll up would be appreciated to discuss matters pertaining to the advancement of CWA in St Marys and the Fingal Valley.

Tasmanian Lymphoedema and Laser Centre (TLC) monthly meetings are on the 3rd Monday of the month at 10 am.

Next meeting will be on Monday September 16.

St Marys Sports Centre AGM will be on Friday September 20th.

St Marys Tennis Club next General Meeting will be on Thursday 26th September at 7.30 pm

MONDAY JAM !

(Sunday school on Monday !)
Corner Clive St & Main Street St Marys.

3.15 pm to 4.45 pm Mondays
Open to children of all denominations.

Can you help ?

At **JAM** (Jesus And Me) we are in great need of a food trolley. The wheels need to be in good rolling condition !

If you are able to help, please ring Mel 6372 2099 or Pam 6372 2426

St Marys Child Health Centre

Open sessions

1st & 3rd Thursday 9 am -12 md

Appointments available

Phone 0409 361 005

Next sessions:

Thursday 5th September

Thursday 19th September

Phone Regional Office 6336 2130

After hours 1800 808 178

Mobile: 0409 361 005

Lorraine McGee RN

Benjamin Payne
Lawn mowing Service
Can also do odd jobs and weeding



Phone 0409 407 692
Home 6372 2514

Do you know anyone who has **ERGOPHOBIA** ?

Ergophobia is a fear of work !

Ransleys Home Appliance Services

Do your appliances need repairs or spare parts ? We also have a range of reconditioned/used appliances for sale in our show room.

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Ian & Narelle Ransley

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Wombat Post Specials

Telstra Mobilenet Prepaid
Mobile Phones \$129 includes \$50 worth of calls.

Telstra Communic 8
Startup Kits for Mobiles \$25 includes \$25 worth of calls
All you need is your own handset

Hanimex 3 hour Video Tapes
\$2.65

Scenic Tasmania
2003 Calendars RRP \$9.95.
Wombat's price \$9.00
- includes envelope.
Ideal Christmas Gifts

From 2nd Sept. to 22nd Sept.
Reflex A4 white Copy paper
\$6.45 per Ream

Kodak CD-R Ultima 80
Pack of 10 only \$8.95

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Contacts for Valley Voice

Ron 6372 2105

Audrey 6372 2337

Fax: 6372 2172 or 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. Ph 6372 2142

Valley Voice Advertising Rates:
Classifieds free.

Small ad. \$6. ¼ page \$15.

½ page \$25. Full page - \$40

St Marys Newsagency

Phone 6372 2143
Open 7 days a week

FATHERS DAY
SUNDAY 1st SEPT.
Cards from \$1.50

CLASSIFIEDS

Wanted to buy

Old, solid, red bricks.
Phone 6372 5533

Weight bar, preferably with weights. Phone 6372 1001

Picture frames, Prints etc, Books, Old linen and materials.
Senior Lady buyer. Ph 6376 3901

Items for Sale

Fisher Price baby rocker. Rocks for approx ½ hour. Winds up (no batteries/electricity). Keeps baby amused until falling asleep. Perfect for indoor/outdoor. \$100 ono. Phone 6372 1001

Rottweiler, male, 2 y o., desexed, vacc, wormed and dew claws removed. Vets records also. Genuine reason for sale. Very good home only.
Ph 6372 2053 or 0419 239 627

Big suitcase \$20.
3 plate Chef stove \$30.
Phone 6372 2218

1 Power-rider exercise machine
\$60 ono. Phone 6372 2267

Pure bred 4 ½ month Rotti pup. Good temperament, great with children, vaccinated.
\$200 not negotiable
Chef stove, solid hot plates. Good condition. \$180
Saxon inbuilt wood heater in good condition. \$150
Hot house runners & glass. \$500
1000's of pot plant pots, punnets, tubes, trays, seeds. (new & used) \$300 the lot.
Phone 6376 1129 or 6376 1399

St Marys Lions Club have used conveyor belting for sale.
Contact John. 6372 2231

To give away

Adorable 6 week old male spaniel / kelpie cross pup.
Ph 6372 2658, 0409 722 658

Garage sale

1 Desk lamp - lounge
Large cupboard
Electric bar heater
Wooden fruit bowls
Toast griller
Double bed (wood & metal)
2 Wardrobes
Large mirror
Reclining chair
2 Seat lounge
Pots & Pans
Golf cart, trailer & spare motor
Ride-on lawn mower
Tools and more.
Joe Clayton 6372 2227

FOR SALE continued

Sigma automatic car with spare gearbox, steering wheel, door, mudguard, & dash. \$300
Holden car with new radiator, gear box reconditioned, new alternator, new front brakes. \$300 ono
Phone 0408 596 152

1972 SWB Toyota Land-cruiser
• Hemi 265 conversion
• ULP converted
• Sunraysia
• Towbar & Bullbar
Clean, reliable, mechanically sound 4WD. \$3,500
Contact Karen & Wayne Polden on 6372 2438



The joy of producing a newspaper.
It is certainly not without its interesting moments.

Redline bus time table:

Departs:

St Marys Newsagency:
Mon. Wed. Fri. 10.10 am.
Tues. & Thurs. 8.40 am

Returns:

Mon -Thurs. 7 pm
Fridays 8 pm

Value Plus

ST MARYS SUPERMARKET

38 Main Road St Marys
Mark Kate John Roseanne

Ph/Fax 6372 2240
Butcher Ph. 6372 2274

Mon- Fri. 8am - 6pm Sat: 8am - 12

Come on all you 'Sadies' out there

Dust off your gloves
Tie back the hair
Spring is in the air !

Grab the bucket
Fill the water

Find all those happy missing daughters
Gather your mops, brooms and dusters
Don't be all in a Fluster !

Jump in the car
Run down the street
Come to **Value Plus**
We'll help you a treat

We have all your cleaning needs
in store waiting for you !



Mops
Cloths
Brooms

Buckets
Cleaners

Scourers
Sugar Soap
Disinfectants



ATM / EFTPOS available
Weekly specials / Home deliveries

East Coast Glass

Falmouth 6372 5361

- * Glass repairs
- * Security doors
- * Shower screens
- * Wardrobe doors
- * Double glazing
- * Aluminium windows



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

After 32 years of service and still continuing to deliver

3635 meals delivered in the past year.

At the AGM of the Fingal Valley Meals on Wheels, President Mr Robert Yates reported on another very rewarding year and once again encouraged committee members to seek new drivers to fulfill the needs of this service as at present there are barely enough.

Christmas cakes, cards and calendars were distributed, with the Lions Club of St Marys kindly assisting with the cost of the cakes, and Heather Lodge for looking after the cards.

New eskies have been in use this year which enables the supply of a much hotter meal, the price of which has been raised to \$5.30 by a decision of the Health Department.

Special thanks were given for the work of Secretary Mr Jack Miller and Miriane Woods as Treasurer, also Shirleen Woods who with Mirianne and Jack assemble the monthly rosters.

Mr Yates extended thanks to the St Marys Community Health Centre for providing tasty and satisfying meals on a daily basis. A lack of complaints is a testimony of the quality and variety of the meals.

During the year a Soup and Sandwich luncheon was arranged for drivers. This was held at the Fingal Community Centre in conjunction with the Fingal Senior Citizens Club. This event was a great success and was greatly assisted by the active participation of the pupils of the Fingal Primary School.

'Finally I would like to record the thanks of this committee to the many drivers who make the service possible.'

'I would also like to thank members of the committee again for their support given to Meals on Wheels which provides this service to clients in an efficient manner thus allowing them to remain in their own home, thank you one and all'.

R.H Yates President

Election of Office Bearers and Committee at the AGM Monday 19th August 2002

President: Bob Yates

Vice President: Doris Bullock

Vice President: Frank Turner

Secretary: Jack Miller

Treasurer: Mirianne Woods

Auditor: Jim Paulsen

Committee: Shirleen Woods, Heather Lodge, Sue Woods, Robyn Summers, Pauline Berwick, Joy Nehls, Sophie Legge and Prev Mills.



St Marys & District Chamber of Commerce

Disappointing closure

A meeting was held at the St Marys Hotel on the 27th July at 6.30 pm to try and establish the amount of interest in continuing with the Chamber of Commerce.

For many years the Chamber has struggled to attract members. Those few in attendance agreed with deep regret that no new interest has been shown and an inability to encourage new members left the St Marys Chamber no alternative but to wind up the Chamber.

It would cost the Chamber large fees to Corporate Affairs to stay in a dormant state and our small amount of funds would soon be whittled away. The books have been audited and the account closed.

The past members in attendance voted to donate the balance of the funds to The Tasmanian Lymphoedema and Laser Centre in St Marys. The Chamber has requested that the funds be used to promote the TLC which in turn would promote the Fingal Valley. After much discussion it was felt that the donation if used for promotion would best fit the aims of the Chamber by promoting the area.

It is disappointing to see the end of another group in St Marys but it highlights the difficulties of country community groups. SMACD is trying to pull the information of community groups together. We wish them well with their aims. Karen Saunders President

No charge for bicycles

Bicycles will now travel free across Bass Strait except for in the peak holiday period, courtesy of a \$21 rebate secured by the Tasmanian Liberal Senate Team, Senator Richard Colbeck announced.

The new arrangements for bicycles would come into force from 1st September 2002 coinciding with the operation of the new twin passenger ferries. The rebate will be administered by the TT-Line through its ticketing system.

Bicycles tourism contributed an estimated \$15 million to the Tasmanian economy every year.



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★★★★½ Accommodation at very reasonable rates.

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Break O'Day Health Resource Association Inc

Mayor Stephen Salter chaired the Annual General Meeting on Tuesday 6th August 2002 at the Scamander Beach Resort.

Elected Office Bearers and Committee

President/Chairman: Julie Severin

Vice Chairman: Gail Paulsen

Treasurer: Roger Harlow

Secretary: Matt Osborne

Committee: Len Miles, Anne Challis, Sue Gofton, Pat O'Donnell, John Denman, Colleen McGee, Sally Spilsbury, Marg Osborne, Allison Bleaney, Craig Mullins and Caroline Wright.

From the Presidents report:

'My vision for the future of our Association is that we must be here for the long haul. We are a volunteer, community driven Association who will continue to act in a professional, responsible manner. I feel it is also essential that we continue to prove to the Break O'Day community that our Association is here to improve health services for all in the region and that we remain transparent in our actions.'

Julie Severin

Fingal Online Access Centre

Old Tasmania Hotel Fingal

Phone 6374 2222

Neighbourhood House 6374 2344

Email: fingal@tco.asn.au

Programs;

1. Using a Digital Camera

Tuesday 3rd September from 6-8 pm

(Limited places available)

Gold coin donation

A two hour session introducing you to capturing images with a digital camera

- * Operate the camera
- * Understand the controls & settings
- * Store images & transfer them to a computer
- * Basic photo manipulation

2. Book your travel on the Web

Tuesday 3rd September from 10 am to 12 noon

- * A two hour session introducing you to the vast travel resources of the Internet.
- Gold coin donation



SUPERMARKET / HARDWARE

56 Main Street St Marys 7215

Graham & Karen Saunders

Phone 6372 2242

Fathers Day gift ideas

— Dad - the Fisherman & Camper:

Inland Fisheries Licences.

Cast iron saucepan, Cast-iron Dutch Oven, Thermos, Kerosene Lantern.

— Dad - the Car Fanatic

Cleaners, cloths, paint & fillers

— Dad - the Gardener:

Hose, fittings, watering cans, secateurs, pruning saw, potting mix & tubs

— Dad - the Handyman:

Tools, tool box, paint, brushes, screwdriver sets, socket & ratchet sets.



Call in and ask
Graham for his
Fathers Day
suggestions
in all price ranges.

I've learned..... that no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned.....that being kind is more important than being right.



TLC Inc.

Tasmanian Lymphoedema & Laser Centre

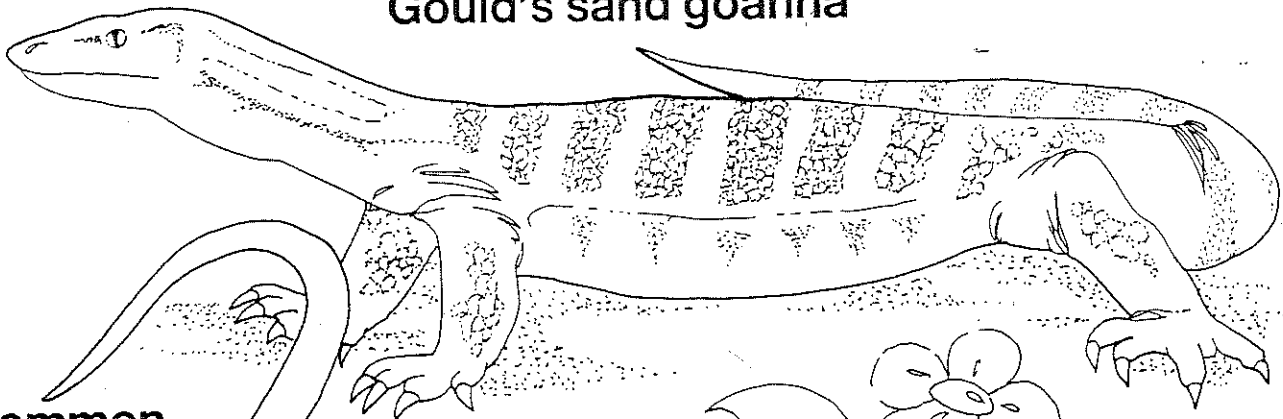
Do you have a sporting injury, ulcer, arthritis, gout or tennis elbow ?

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.

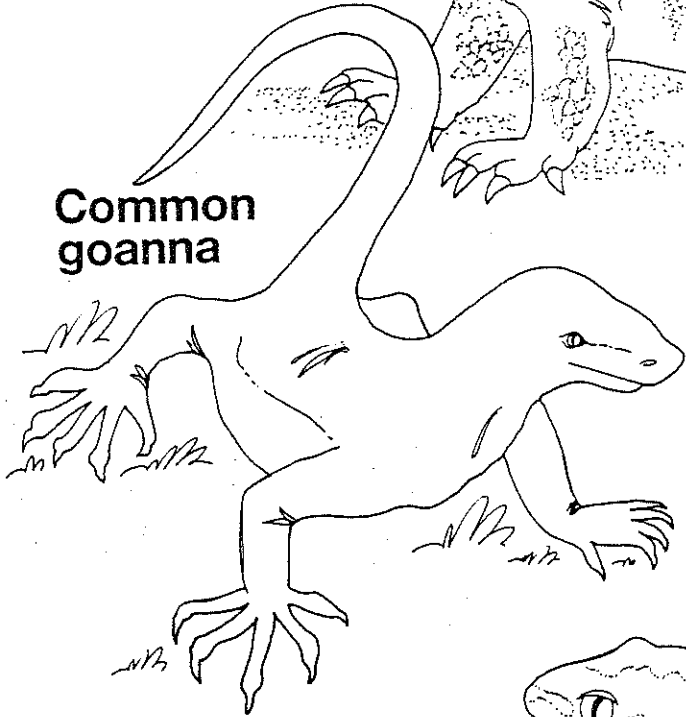
If you would like more information, please contact us.

Call the enquiries/bookings office on 6372 2900 or call Laser operator Kate Williams on 6372 2111

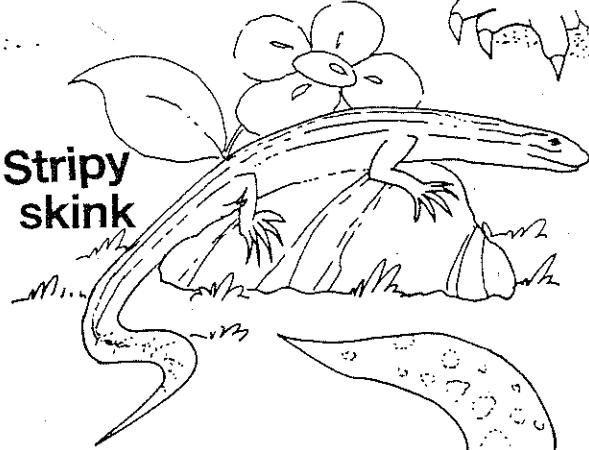
Gould's sand goanna



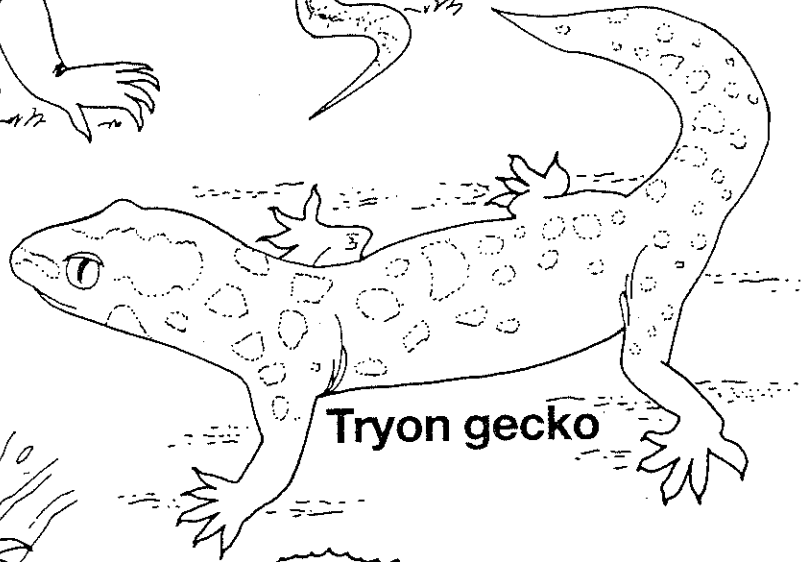
Common goanna



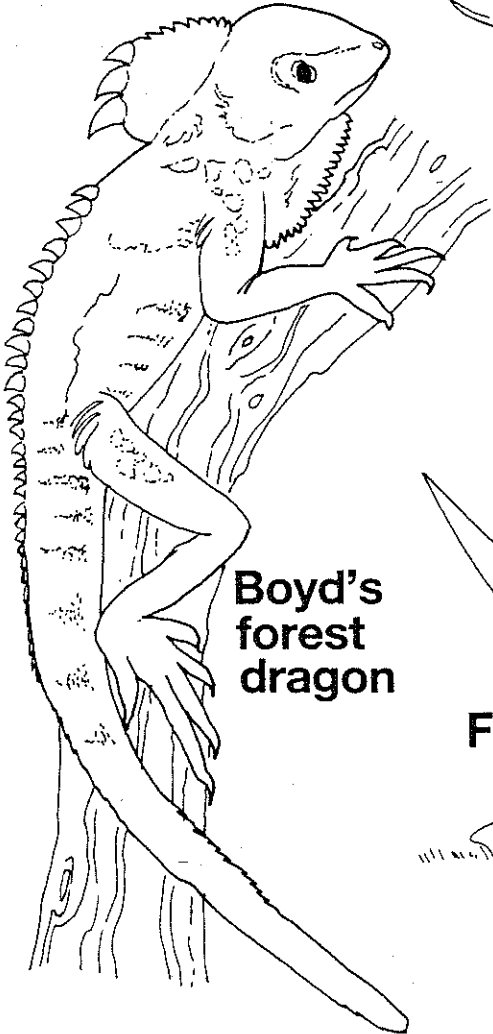
Stripy skink



Tryon gecko



Boyd's forest dragon



Frilled lizard





St Marys A Team
1st in heat / 1st in semi final / 3rd in final
(Chris Lowe and Adrian Speers not in photo)



Australian Maritime College Dash

The challenge was to design a boat using the motor and propeller supplied, to carry 3kg over 10m in the quickest time.

40 entries were received from around the state, 28 made it to the pool.

St Marys came 2nd and 3rd overall

***Congratulations to our two teams
and Mr Ennis on such a great effort!!***



St Marys B Team
1st in heat / 2nd in semi final / 2nd in final

NEET Centre Inc

North East Education and Training



DEPARTMENT

Classes - NEET will be holding department classes beginning early in third term providing we have sufficient numbers. Details such as price, dates and times etc are yet to be finalised until we get numbers. If you or your child is interested, please leave your name and age with Liz at the office on 6372 3900.



LIBRARY NEWS

We are still participating in the Mercury Newspapers competition "**Free Books for Schools.**" There has been many people collecting the tokens published in the *Mercury* daily and in *The Sunday Tasmanian*.

For every 100 tokens collected we can choose a book for the school library. tokens being collected by the community so please keep them coming in.

We appreciate the
THANK YOU!!





WINTER

WINTER

I see my footprints on the sparkling frosty ground.
I see a frozen spider web glistening in the frost.
The sun is coming up and melting the ice.
On the dam the icy blanket slowly melts away.

By Blake Greaves

WINTER

Outside I see a pond,
With a thin sheet of ice on it.
I can just see a fish,
Gasping for cold air.
I grab a rock,
Crush a hole in the ice.
The fish surfaces,
Gets air, leaps out and dives back under.
By Nicholas Cottrell

*poems by Mrs Miller's
Grade 4/5*

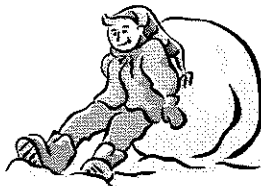
WINTER

I just woke up on the first day of
winter.
Leaves on the street start to glitter.
It starts to rain-
Pitter, pitter, patter.
And hail starts falling
Click, click, clatter.
By Rose Young

White, frosty, cold mornings
Mushy snow on tree branches.
Small, fragile snowflakes falling from the sky.
Frozen spider webs sparkling in the cold.
Avalanches roaring down mountains.
Windy blizzards lifting the snow.
Children throwing snowballs at each other.
Cats lying in front of the heaters away from
the cold.
Birds of many kinds are flying north.
Animals hibernate.
Winter.
By Jessica Panoff

WINTER

The freezing water at minus zero.
The ice on the water is thin.
The birds sleep peacefully in their
nests.
For when winter is here they rest.
By Sam Panton



**Community Radio Station
BOD FM 93.7 and 100.3
Program Guide**

Mondays

7-9 am Breakfast Show with Adam Bowen
9-12 noon Music with Mel Haines
12-3 pm More music with Rita Summers
3-6.30 pm Drive with John Mitchell

Tuesdays

7-9 am Breakfast Show with Adam Bowen
9-12 noon Music with Mel Haines
12-3 pm More music with John Collins
3-6.30 pm Drive with John Mitchell

Wednesdays

7-9 am Breakfast Show with Adam Brown
9-12 noon Music with Mary Anne Wadsworth
12-3 pm More music Rita Summers
3-6.30 pm Drive with John Mitchell

Thursdays

7-9 am Breakfast Show with Adam Brown
9-12 noon Music with Mary Anne Wadsworth
12-3 pm More music with Rita Summers
3-6.30 pm Drive with John Mitchell

Fridays

7-9 am Breakfast Show with Adam Bowen
9-12 noon Music with JR or Mel Haines
12-3 pm More music with Rita Summers
3-6.30 pm Drive with John Mitchell

Saturdays

7-11 am Music with Mary Anne Wadsworth
11-3 pm More music with John Mitchell

Sundays

7-11 am Music with JR
11-3 pm More music with Mel Haines or
Mary Anne Wadsworth

Regular features at Break O'Day FM

- * *Breakfast Show:* On This Day, Fingal Valley weather with Robert or Edward Legge, local football Fridays with Michael Boots.
- * *Throughout the day:* Regular news updates, boating weather forecast, local weather details, sponsors, community notes.
- * *In the pipeline:* expansion of local weather details, interviews, special interest programs.

Are you an everyday mother
who worries about everyday things
and wonders to yourself
'Am I the only one'
WHO THINKS THIS WAY ?

Take heart.
Most mothers - if they are honest -
sometimes feel inadequate.

After all it's the only job that requires:

- no previous experience,
- no training,
- provides no holiday or sick pay
- or any pay for that matter,
- and one in which you work in isolation from other workmates.

But you still ask yourself if you are doing and saying the right thing and helping your kids the best way possible.

**WOULD YOU LIKE TO MEET
OTHERS WITH THE SAME
THOUGHTS AS YOU ?**

AIMS: To learn new skills and strategies for dealing with the everyday job as a parent, and for support.

VENUE: Scamander Sports Complex

DATE & TIME: To be announced

COST: \$4 per session

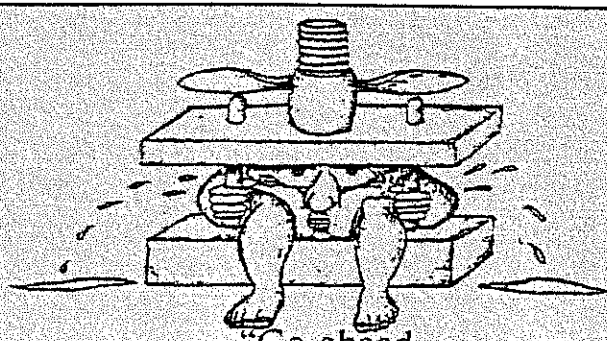
If you are interested please contact:

Julia 6372 2111 or
Darlene on 6376 1555

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Go ahead,
Give it another turn
I work better under pressure"

Meals on Wheels Roster

Sept	St Marys	Fingal
Mon 2nd	Annette Davey	Carol Woods
Tues 3rd	Peter Williams	Katrina Johnson
Wed. 4th	Mary Viney	Barbara Saunders
Thu 5th	Jean Schier	Maureen Hall
Fri 6th	Ann Birrell	Julie-Anne Claridge
Mon 9th	Glen Lodge	Joan Lowe
Tues 10th	Trish Pike	Robyn Holder
Wed. 11th	Lorraine Gill	Rachel Reid
Thu 12th	Claire Bean	Sue Woods
Fri 13th	Tracy Bean	Robyn Miller

Harris Funerals

Lindsay & Diane

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

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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.

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ST MARYS ONLINE ACCESS CENTRE

OPENING HOURS:

Mon/Tues: 9 am to 4 pm

Wednesday: 2 pm to 4 pm

Thurs/Friday: 9 am to 4 pm

Saturday: 10 am to 4 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.

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 3pm

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

New Beginnings Church is a branch of The Vine Church A.O.G Launceston

St Marys Tennis Club

Office Bearers from the August AGM

Many thanks and congratulations to those who have taken on positions for the upcoming tennis season.

President: Michelle Loane

Secretary: Susan Miles

Treasurer: Drew Adam

1st Vice President: Chris Gunson

Club Captains: Randal Faulkner and Mark Williams

Selection Committee: Paul Spilsbury, Mark Williams and Randal Faulkner.

Club Delegates for Pennant: Maureen Bushing and Bruce Nailer

Publicity Officer: Susan Miles

Night Roster Committee: Susan Miles, Chris Gunson, Randal Faulkner, Maureen Bushing, Rodney Bushing, Mark Williams and Jill Faulkner.

Midweek Ladies Committee:

To be announced.

Night Roster

Our next Night Roster will begin on Monday 23rd September and will continue till December. A reminder to members that names and the \$15 entry fee are to be given to any Night Roster Committee member (Susan Miles, Randal Faulkner, Mark Williams, Maureen Bushing, Chris Gunson, Jill Faulkner and Rodney Bushing) by Saturday 31st August. No late entries will be accepted. If you would like to participate in the Night Roster on a casual basis (as a fill-in player) please phone Susan Miles on 6372 2431.

Sunday Pennant

Any member wishing to play Pennant as either a fill-in or permanent player need to give their name to the Club Captains, Randal on 6372 5637 or Mark on 6372 2158 by mid September. It is anticipated that Pennant will start mid October. We are looking forward seeing some old and new members in our Pennant team(s).

Next Meeting

Our next General Meeting will be on Thursday 26th September at 7.30 pm.

Rae & Partners

Lawyers Barristers & Solicitors

93 York St Launceston Ph 6337 5555

Visiting 44 Main Street St Marys alternate

TUESDAYS 9am - 10am

Accepting instruction in all legal matters.

Appointments made with: St Marys Health & Beauty Centre 6372 2172

St Marys Football Club Notes

by Old Tiges Offsider

The start of the finals saw the Tiger Reserve side travel to Evandale to play the Tamar Cats on Sunday 18th. A hard game was predicted as the Cats side had beaten our side by over 10 goals in both the previous meetings. However in a great display of team football the Tigers prevailed by 7 points. It was a tough rugged game and all the players did their bit and it would be unfair to pick out better players.

However the side lost one of its play makers in Andrew Arnott to a serious knee injury which would put him out for the rest of the finals. His luck did improve that night though as his horse Olympic Legend won at the Devonport trots while Andrew was laid up in hospital.

On Sunday 25th the Tigers travelled to Perth to face Old Launcestonian Reserves. With one win each through the year, the Reserves were very confident of a good showing, however on the day O L's were the superior side and coasted in by 13 goals to put our Reserves out of the finals. Better players for St Marys were Alec Dornauf, Andrew Wright, Paul Webb, Josh Cooke, Scott Wigg and Michael Cooke. Alec's mark in the centre of the ground was a highlight and was as good as any seen this year.

While Old Tige's Offsider is never one to complain, surely with three umpires in charge some of the more cowardly acts that take place on the field should be seen and acted upon. However it seems not, as the only player sent off was probably the fairest player on the field in Michael Cooke whose face was gouged while on the ground, however the retaliator always seems to get caught.

Coming up in the next couple of weeks is the Thirds Dinner on Friday night and the next Saturday the St Marys Football Club Dinner will be held in the St Marys Community Hall. It would be nice to see good attendances at both these events. So let's all get along and enjoy a meal and refreshments and dance to the music of Midnight Rendezvous who will be playing at the dinner on Saturday 7th September.

Just a final note to thank all those Thirds boys who filled in when the Reserve and Senior sides were short of players. Good on you boys. A great effort. See you at the dinner.

Cheers from 'Old Tiges Offsider'.

The Thirds dinner will be on Friday night at the Clubrooms and followed with music from Ray Singline and Dave Evelyn at 7.30 pm.

Everyone is welcome (free entry - for entertainment only). Looking forward to seeing you there.



St Marys Sports Centre

by Kackhander

Firstly to the Men's Foursomes Championships. The field was a little down on last year but quite good just the same.

In the Gross Championship, Chris Davern and John Miles combined very well to shoot 72-74 to take the title. Both played very steady golf indeed and congratulations to them both.

In the Handicap it was an extremely tight finish with a count-back required to split Bob Hersey - Roger Donald from Steven Dawson - Mark Carrick on 129 nett. Finally the title went to Steven and Mark but we also congratulate Bob and Roger for a fine effort. The second day saw the best scoring and several teams posted good results.

The previous week was the Ultimate Challenge Pennant Day and a huge thanks to everybody who made it such a fun day to be a part of. Special mention to Umesh for his part in the day and for skippering his side to victory over the much vaunted A Grade side. So popular was the day that the general consensus was that it should be an annual event to culminate the club pennant year, let's hope so.

The next few weeks are extremely busy indeed. This coming weekend is the Memorial Shield at St Helens and good luck to the side. The 2002 Pennant flag and Board will be presented to the club as well as the Association Awards. The Memorial Shield, Wallace Shield and Champion of Champion events will be played. The following week sees the commencement of the popular Michael Loughland Golf Shop Day.

After that is the completion of the Club Championships and September 20th is the date for the 2002 AGM - this is extremely important.

Plans are coming together for the new irrigation to the course. One major way of saving money will be to do most of the pipe laying ourselves so please try and help where-ever possible. As the time gets nearer we will have more details.

The Bowls green looks magnificent and again thanks to Peter and John for their recent major levelling work and to any other helpers. The season is only a bit over a month away.

Anyway until next time, good hitting and rolling.

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East Coast Motocross Club

Bar Twenty Track
Goshen

This Sunday the 1st of September, East Coast Motocross will be holding a Practice Clinic Day starting at 10.30 am and bike scrutineering at 9.30 am.

Day Licences are available on the day.

This is a great day not only for the riders but for the public to watch. Hot food and refreshments will be available.

Hope to see you there at our Bar Twenty Track at Goshen, 13 km north of St Helens, sign at gate turnoff from highway.

Enquiries: Phone 6376 1702 AH

Mt Puzzler Forest Reserve Meadstone Falls

Access:

Turn south off the Esk Highway onto Valley Road 4km east of Fingal. Follow for 16km and turn right into MG 28 and go 5km to the parking area.

The Walk:

The walk descends into a small gully before entering the forest. The rocky track then slowly descends through open forest to reach a point just above the St Pauls River. The track then sidles along above the river as it enters a steep gorge which dissects Mt Puzzler and Cut Off Hill. At a point just downstream from the falls the track drops quite steeply to a viewing platform. Here there are excellent views of the falls and downstream to Mt Misery.

Walking time: 1- 1½ hours return

The track is cairned and marked, but is steep and rocky in places.

Facilities: Nil

Maps: Tasmap: 1:100,000 Break O'Day