

THE VALLEY & EAST COAST VOICE

Volume 37 No. 11

Est. 1968

Thursday 23rd September 2004

50 cents

Reminder: Please have material to be included in the next Valley Voice in by Tuesday 5th October 2004.

Inside reading:

- ♦ Community notices and coming events
- ♦ NEET courses coming up
- ♦ Saving South Sister
- ♦ A Bloomin' success at Health Centre
- ♦ Under 16 Premiers Grand Final, Soccer, Golf, Bowls
- ♦ Support the businesses who support this paper

St Marys District High School NTFA Division 2 Under 16 Premiers



BACK: A. McColl, T. Spilsbury, S. Oats, M. Dawson, B. Miller, J. Salter, D. Cooke, J. Bourke, A. Lowe. MIDDLE: M. Bourke, A. Midson, L. Gillies, B. Faulkner, B. Singline, R. Maher, H. Dawson, T. Howe, N. Hyland. FRONT: P. Spilsbury (manager), M. Cooke (coach) R. Howe (capt.), B. Leedham (v. capt), L. Carr, B. Miller (trainer), C. Bean (mascot)

Domestic violence in our communities

Recent articles relating to domestic violence have appeared in both newspapers and on television. Domestic violence is common in all communities.

The Department of Police and Public Safety's position is that of a pro arrest policy in relation to domestic violence. Whilst the recent Bill that is being debated relating to domestic violence infers an increase in powers of Police when dealing with cases of domestic violence, it has always been the case that the Police Department has pursued a pro arrest policy.

Undoubtedly the new Legislation will lead to a harder stance, reflected in increased penalties for perpetrators of domestic violence.

It is important that victims of domestic violence are supported within the community and in the case of assaults and other domestic violence related incidents that they are encouraged to contact police. Victims of domestic violence are able to be referred to other affiliated agencies for advice, counselling and support.

Bob Baker Sgt St Marys Police

A Domestic Violence Hotline is available for victims and the contact number is: Freecall 1800 633 937.

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- * Shallow Hal
- * The Recruit
- * Two Weeks Notice
- * & lots more

Community notices

St Marys Hospital Auxiliary meeting Monday 4th October at 2 pm in the St Marys Community Health Centre Dayroom.

North East Bioregional Network meeting Tuesday 19th October at St Marys Online Access Centre at 4 pm.

St Helens Neighbourhood House Happenings

St John First Aid Level 11: Tuesday 19 & 26 October.

St John First Aid Refresher: Monday 8th November.

Feng Shui: Friday 15 Oct with Vicki Sauvage. Vicki will also be available to Feng Shui your home or business.

Indian Head Massages: Saturday 2 Oct., Tuesday 5 & 12 Oct. This is an hour of relaxation, head & scalp massage with aromatic oils. Bliss!

Leadlighting: Saturday 20 & 27 Nov. & Saturday 4 Dec. with Bill Astley.

Natural Basketry: Sunday 5 & 12 Oct with Lee Cole.

Trace Your Family Tree: Wednesday 6 Oct. Free.

Digital Camera Operations: Saturday (date to be advised), 9 - 1 pm.

Life Drawing Group: Started 20 Sept. Phone Jeannette 6372 5463

Standing Bear Workshop: 3 workshops starting Friday 22 & Sat 23 Oct. Life skills, Totems & Dreams, and Earth Medicine Drum Circle (children under 16 free) Phone Lynn 6382 6302 or 0407 409 646.

Tasmanian Indigenous Cross Cultural Workshop: Monday 22 Nov. Field Trip to Bay of Fires. Tuesday 23 Nov: Cultural Awareness. Wednesday 24 Nov: Cultural Awareness with Palawa Aboriginal Corporation & Gloria Andrews. Gold coin donation encouraged.

Internet Access available 5 days.

St Helens Neighbourhood House
6376 1134 for more information.



Lost

Lost in the vicinity of Fingal Valley Day Care Centre almost a month ago, my ring, garnet, 2 blue sapphire with 5 white sapphires around it.

H.S Paternoster
St Marys 6372 2280

'Thumbs Up'

- must go to Ratha B'zar for the colourful show of ranunculus and pansies in the flower boxes outside their shop.

Wouldn't it be great to see more around the town!



Congratulations

to Michael Griffiths of Cornwall for achieving his Second Dan certificate in karate.

Second Dan is an award after the Black Belt.

Karate teaches discipline and fitness.

Michael travels to Launceston weekly after working in shearing sheds as a wool presser.

Not bad for a Grandfather!



White Sands Resort

Four Mile Creek Restaurant and Bar

Welcome their new Chef
Darren Johnson.

We invite you to experience our
New Spring Menu
Contemporary Australian
Cuisine with specialty regional
produce.

Serving
Lunch 12.00 - 2.00
and
Dinner 5.30 - 8.00

Happy Hour 5.30 - 6.30

- ♦ *Fantastic location*
- ♦ *Outdoor dining on the deck*
- ♦ *Panoramic views*
- ♦ *Delicious and tantalising meals*
- ♦ *Extensive wine list*

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Butcher Ph. 6372 2274
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FOOTY SPECIALS

200g Smiths Chips \$1.79
230g Doritas \$1.79
Arnott's Shapes \$1.79
12 pk Sausage Rolls & Party Pies \$2.39

Cookies Corner Meat Specials

This Week:

Premium mince \$7.99 kg
T-Bone steaks \$12.99 kg
4¼ Chops \$7.99 kg

Next Week:

Silverside \$7.99 kg
Rump steak \$11.99 kg
Chicken breast fillets \$12.99 kg
.....

SPRING is here
Flower & vegetable seedlings
now in stock

IN-house Bakery, IN-House Butchery, Weekly
Specials, IN-House Specials

ATM / EFTPOS available

Tasmanian Lymphoedema & Laser Centre Inc. 'Getaway to Freycinet' Raffle

1st Prize: 2 nights accommodation
at Freycinet Lodge **plus** Dinner for 2
at Edge of The Bay Restaurant **plus**
Scenic Flight for 2 with Freycinet Air
over Wineglass Bay and Freycinet
National Park

2nd Prize: Original Painting by
Tasmanian Artist Leo Cook

3rd Prize: Timber Clock - hand-
crafted by Ken Bailey

TICKETS ONLY \$1.00 ea available

St Marys P.O & TLC members

Drawn Tuesday 2nd November 2004



Break O'Day Council

Celebration of Seniors Week for Break O'Day
Municipality

Lets celebrate the important contribution that Seniors make to our
community !

You are invited to a Free Luncheon at Portland Memorial Hall St
Helens on Wednesday 6th October 12 noon to 3 pm.
Entertainment provided...so...come along and join in the celebration!

RSVP to: Break O'Day Council on 6376 7900 by 29/9/04
If transport is required please notify on booking.

*This event is a partnership between:
Break O'Day Council and Volunteer Resource Centre*

Calendar of Events

January to June 2005

The Break O'Day Council is currently seeking information for its
2005 Calendar of Events - January to June 2005

If you are holding an event between January and June next year, and
would like to advertise your event free of charge on the calendar,
please contact Tim Faircloth on 6376 7900 or email
tim.faircloth@bodc.tas.gov.au and provide the following informa-
tion.

Name of Event

Date of Event

Contact Name

Contact Phone Number

Information must be received by Friday the 26th November 2004

Cornwall Heritage Wall

A Heritage Wall is to be erected at Cornwall to honour those men
who worked at Cornwall's Mt Nicholas and Jubilee Mines. We are
looking for the names of the men who worked at these mines
between the years 1886 to 1960 - the pick and shovel days. We are
calling on the descendants of miners during this time, that if they
wish their descendants names to be recorded on the wall to contact
Una Camplin on 6372 2248 or write to her at 25 Alexander Street,
Cornwall, Tasmania 7215.

Tasmanian Lymphoedema & Laser Centre Inc.

Operating from the St Marys Community Health Centre

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

As well as treatment for the condition of Lymphoedema, the low level laser at the
Tasmanian Lymphoedema Centre, can help with treatment of these common conditions.

Call the enquiries/bookings office on 6372 2900

Laser Therapist Kate Williams 6372 2111

Massage Therapist Sue Christiansen 6372 2111, 0418 515 419



Email: tlcstmarys@hotmail.com

www.taslymphoedema.asn.au

CLASSIFIEDS

Wanted to buy

Tall-boy or chest of drawers in good condition.
Elastrators.
Phone 6372 2846

Items for sale

One purple scooter, suit boy or girl age 4 yrs up. Very good condition. \$75 ono, must sell.
Phone 6372 2164

Crockery for hire

The Lions Club of St Marys has crockery (setting of 50) for hire. This is now stored in the Community Hall for convenience when hiring. Contact: Ruth McGiveron 6372 2231

Valley Voice advertising

Classifieds 25 words or less free.
Community notices free
Small ads. Garage sales, etc. \$6
¼ page \$15. ½ page \$25
Full page \$40
1 year posted subscription \$25

Contacts for Valley Voice

Audrey 6372 2337
Fax 6372 2172
Please leave written material at the St Marys Health & Beauty Centre, Main Street St Marys.
or Post: C/- Post Office
St Marys Tas 7215



Find out what makes you feel good
Learn how to problem solve and make time for yourself by getting
SWITCHED ON

to

Be the best you can

The program will be run at the NEET Centre on Wednesdays from
October 6th - November 24th, 10.00 - 12.00 noon
If you are interested in participating in the program you need to fill out an enrolment form by contacting Shan or Julia at the
St Marys Community Health Centre 6372 2111
Free child care available to sole parents.

*This program is funded by the
Office of Post Compulsory Education and Training Tasmania.*

Adult Literacy and Numeracy Tutor Training

We all have the right to know how to read and write, as well as do simple arithmetic.
Helping others to get these skills can be very rewarding.
You can learn how to help adults learn reading, writing and arithmetic skills. TAFE will deliver this training free of charge.

When: Monday October 4th 2004

Time: 9 am - 4 pm

Where: St Helens NEET Centre Purple Room

How to register: Phone 6376 1366 (please leave a message).

On completion of this training you may have the opportunity to be employed by either NEET or TAFE to assist adults with low reading and maths skills. For further information contact Jenny at the NEET Centre 6376 1366.

• We don't stop laughing
because we grow old,
we grow old because
we stop laughing.

Donations wanted urgently

Northeast Wildlife Carers are a group of volunteers who are in desperate need of used playpens or cots to house orphaned and injured wildlife. If you can help, please phone 6372 2168 or 0417 017 105

Advertisement

Dick Adams MP

Federal Member for Lyons

Web Page—[Http://dickadams.id.au](http://dickadams.id.au)

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A Bloomin' Success !

By Jan Sparkes

In 2003 we had the Blooming Women's Day. This year the St Marys Community Health Centre held a Blooming Natural Health Day and both days have been bloomin' good.

According to the Australian Institute of Health and Welfare the 34% of Australians who live in rural and remote areas experience greater health problems and risks than our urban dwellers; so it is good to see that our local health care providers are actively helping us to seek fun, interesting, stimulating alternatives and preventions to serious illness and accidents. Apparently people in rural areas mostly focus on treatments and cures rather than prevention - but, not in St Marys.

Thursday 9th September began looking festive with balloons, and some strength training demonstrations, led by Jacqui Geniola our 'Living Longer Living Stronger' instructor, for balance, flexibility, and coordination for the over 50's.

Then we were free to discover and experience information about Tasmanian Wildflower Essences, iridology, massage, and a range of delicious breads and salads for sale. The a cappella Singers entertained us with their delightful voices, a good display of books on well-being and personal care products, made from natural ingredients, were there to be perused, to try and to buy.

Line dancing by the Valley Coasters boot scooted for fun and health. Herbal teas and tisanes for a myriad ills and discomforts, stimulating coffee for that vital mid-morning pick-me-up, real fresh fruit juices, home cooked soups and fresh rolls for lunch, followed by belly dancing for self-confidence, flexibility and the joy of dancing by the Kalena Paru group, which means wandering butterfly, I read, was fun for all.

Advice on low cholesterol diets and suggested menus, zodiac stones and birthstones, eye exercises and information about where to obtain herbal medications. There was something for everyone, but best of all was the fact that it was almost all available here in St Marys. Available for us to taste, experience, look at or listen to and it is local, fresh, home grown, fun and positive. City dwellers may enjoy some health advantages such as more health services but what was on offer locally was a bloomin' good idea and a lot of fun.

Thanks to Marguerite, and one and all for showing ways to a more active and healthy lifestyle.

I.G.A. FRIENDLY GROCER

St Marys Top Shop

Supermarket/Hardware
56 Main Street St Marys
Phone 6372 2242

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Huge Statewide Promotion
Starting Wed 22nd September

Come in, spend a minimum of \$20.00 and receive your free ticket. Major Prize plus monthly bonus draws, come and ask new owners Barry or Lyn to fill you in on the details.

We are the only business in St Marys participating in this promotion, so for your chance to enter come and say hello.

Monday - Friday 8 am to 6 pm
Saturday 8 am to 12 noon

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- * 30-40% off pre-loved winter jumpers & jackets
- * Emu oil skincare reduced
- * New living art on display
- * Candles, incense & beautiful chemical free soaps
- * New & pre-loved summer gear
- * Heaps of good reading

South Sister Reigns

831 metres she stands above Tasman Sea, panoramic views 369 degrees

Include, sea & landscape, from Freycinet to Flinders Island, Mt Elephant, Mt Nicholas, Paddy's Head & Lomond in the highlands.

Home of Wedge-tailed eagles & Blind velvet worms,
Much is at stake, lets express our concerns!

South Sister tourism benefits our town,
It won't! if we allow Gunns to knock off her crown!

C'mon St Marys. Be united. Get involved.
You're all invited!

See it. Save it. Get ready and remember.....

Official Campaign starts 17th September.

By Sonia Progly

What happened last Friday night the 17th September?

What was seen?

Wonderful, amazing photos of South Sister, OUR mountain.
Fantastic pictures of our townscape, with our two Sisters in the background.
An informative, helpful and accurate Powerpoint presentation.
T Shirts, hats and stickers, adorned with our Sisters, our eagles and our Blind Velvet Worm!

Who was seen?

Approx., 100 people, all enjoying an incredible night at the eScApe Wilderness Café/Gallery.

What was heard?

Great speakers, lively music and lots and lots of busy conversation.

What was smelled?

The most awesome and tempting food for supper.

What was tasted?

The most awesome and irresistible food for supper!

What was touched?

Our collective hearts, as we called for our Mountain (and our town) to be saved!

Please feel welcome to join our team of committed people, each Wednesday at the eScApe Café at 7.30 pm.

Please visit the SOS website!

Website: etas.ws/southsister/

Also available is this email address, if you would like to forward ideas/suggestions for the website.

email: southsister@etas.ws

St Marys Playgroup

Just a reminder that Playgroup started back this week. Everyone welcome. 10 am to 12 noon Friday at school Kindy room.

Cost \$2 and fruit to share.

We hope to have our new sandpit toys ready to play with.

Contacts: Claudia 6372 5510 Tanya 6372 2534

Wanted

Volunteers are needed in all areas to help collect donations on BAJA Day (Buy A Joke for Arthritis) on Friday 1st October 2004. If you are able to spare a few hours to help raise money for arthritis, please contact Craig Opie on 1300 650 647



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Your hosts: Bob and Charlie (Charmaine)

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Opportunity

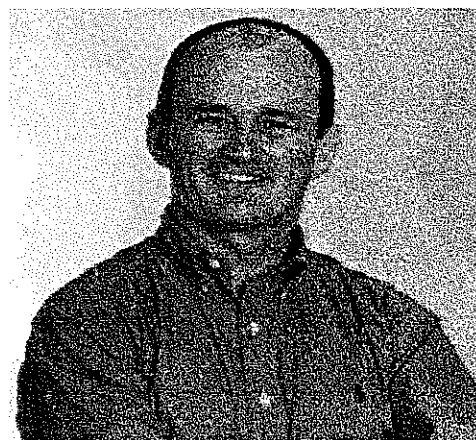
Around the turn of the 20th century, a shoe manufacturer sent a salesman to Africa to try to expand their market. After a few weeks in the foreign land, the salesman dispatched a telegram to his home office, warning; "Disaster! Disaster! These people don't wear shoes. Cancel production immediately!"

Later that year, a salesman from another shoe manufacturer travelled to the same region, also hoping to increase his company's client base. Soon he sent a telegram to his home office, too. But this one read: "Opportunity! Opportunity! These people don't wear shoes. Triple production immediately!"

from Alan Cohen

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Letter to the Editor

Federal Member visits St Marys

Dear Sir

I would like to report on the meeting last Wednesday with Mr Dick Adams, Federal Member for Lyons.

Approximately 10 people attended with a range of concerns relating to the proposed logging operation on South Sister.

Issues of concern for local business people included current and future impact on tourism and water quality.

Dick Adams is well known for taking a generally pro-forestry stance, and he was certainly consistent in that regard. He said that the visual impact of the proposed logging was not sufficient reason to call a halt to the plan.

He was also unwilling to accept the concerns that residents had regarding security of their water.

Mr Adams was not prepared to enter a debate on environment v's forestry issues, but was more receptive to economic arguments. Our suggestion that eco-tourism and farming may provide a more viable alternative to a short-term logging operation was given consideration.

It was suggested that the community need to establish an economic management plan for the area we would like protected. Mr Adams said that even with reserves there are costs involved, but he would be prepared to give consideration to the issue.

Yours faithfully

Tanya Greenwood, Public Officer, SMACD.

Good things to remember:

- When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us
- It is better to regret something you have done than to regret something that you haven't done.



Volunteer Resource Centre

'Get up and Go'

Motivational seminars for the Break O'Day community will be happening in St Helens and St Marys on the 20th & 21st Oct. 2004.

Tom O'Toole of Beechworth Bakery fame, Peter Kenyon & Mike O'Meara from the Bank of I.D.E. A.S. and Allana Corbin from Rotor-Lift Helicopters, Tasmania, will be presenting at both venues.

Topics will cover ways in which we can all become more motivated by the desire to succeed in our chosen field:

- * overcoming personal obstacles
- * engaging our youth
- * creating healthy and sustainable communities.

Registration forms are available from

- * St Helens Neighbourhood House
- * St Marys Online Access Centre
- * Fingal Valley Neighbourhood House
- * or by contacting Terese Tanner 6372 2846 / 0400 512 845 by 1st Oct. '04

These seminars are free to volunteers in this municipality and at a minimal cost to those employed. Booking is essential as numbers are limited.

East Coast Motocross

Sunday October 3rd

Clinic Day starting at 10 o'clock

Sunday October 17th

Last Race Day for the year with Trophy Presentations etc. 8.30 am start.

Sunday November 7th Long Weekend

Grass Track Racing at St Helens, our Annual Club Grass Track, our major fundraiser for the year.

November 12th to 22nd Australian Motor-cycle Week The Club will be helping out with the Enduro Riders. They will be staying 3 nights in St Helens.

Anne Franks 6376 1380, 0417 304 840 A.H.

C & D EXCAVATIONS : Local Owner Operator

Phone Dana 6372 2033, or Craig 0439 722 032

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| • Land clearing | | |

The CARPET Walk

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ST HELENS
Ph: (03) 6376 2555
Mobile: 0417 331 536



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AND HALLWAY
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Carpets – Rugs – Hallway Runners – Domestic and Commercial Vinyls – All types of Timber
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You are once again invited to the

MELBOURNE CUP LUNCHEON

Tuesday 2nd November 2004
at the

St Marys Sports Centre

Doors open 12 noon for 1 pm Lunch

4 Course (Roast) Luncheon

only \$18 per person

Book early for a group table, tickets can be purchased from
Ruth @ St Marys P. O., Audrey 6372 2337, Ruth 6372 2231,
Margaret Osborne 6376 1772 or Charlie 6372 2783

Door sales available on the day

Prizes galore!!!

lucky door

cup lady

cup gentleman

cup hat

novelty hat

& much much more

'GETAWAY TO FREYCINET'
RAFFLE
DRAWN AT LUNCHEON

THE TASMANIAN LYMPHOEDEMA & LASER CENTRE Inc.

More on 'Opportunity'

Every situation offers you an opportunity - if you're open to recognising it. Negative thinkers blame their limits or failure on external conditions such as the economy, the weather, germs, incompetent people, politics, childhood programming, cultural conditioning, genetics, reincarnation, karma and astrological aspects. Yet they rarely look to the one place where limits actually do exist and can be transcended - their own minds.

Obstacles are what you see when you take your eyes off the goal. Complaining about what isn't working only nails you in a box and increases the distance between where you are and where you want to be. A possibility thinker notices a problem just long enough to discover the solution. Success is what you achieve when you give no power to failure.

Success-minded people are service-minded. They realise that there's always a way to help people, and customers are glad to pay for goods and services that improve their lives. In addition, success thinkers recognise that they themselves deserve to be supported for the gifts they render.

Don't be put off by challenges. Each challenge is an illusory limit that exists only to be transcended. With vision and determination, you will surmount it. When you hit a wall, it just means that you're being guided to a different door. Your creative genius will map out the route to your dreams.

From Wisdom of the Heart
Alan Cohen

Yorkshire Potato Puffs

275g potatoes (milk & butter for mashing)

1 tsp chopped parsley

1 tsp chopped tarragon

2/3 cup plain flour

1 egg

1/2 cup milk

Salt & pepper

- * Cook potatoes and mash, stir in chopped parsley, tarragon, salt and pepper.
- * Heat oven to 200° C.
- * Process flour, egg and milk to a smooth batter.
- * Place about 1/2 teaspoon oil in each of six ramekins, place in oven on a baking tray for 2-3 minutes until oil is very hot.
- * Pour a small amount (about 4 tsp) batter into each ramekin. Add a heaped tbsp of mashed potato on top.
- * Cook for 15-20 minutes until puffy and golden brown. Carefully ease out with a knife.

Griddle Scones

225g potatoes -cut into chunks

1 cup plain flour

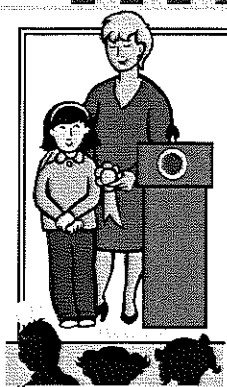
1/2 tsp salt

1/2 tsp baking powder

4 tbsp butter

1 1/2 tbsp milk

- * Cook potatoes & remove all moisture
- * Mash well
- * Sift together flour, salt and baking powder
- * Rub in butter with finger tips
- * Add mashed potato and mix well with a fork
- * Make a well in centre and pour in milk
- * Mix to form a smooth dough
- * Knead gently for about 5 minutes until soft and pliable
- * Roll out to a round 1/4 inch thick
- * Cut in half then cut each half in three wedges
- * Grease frying pan with a little butter and heat until very hot
- * Add the cakes and fry for 3-4 minutes until golden brown on both sides - turning once
- * Serve with grilled bacon.



Term 3 - Primary Assembly Dates:

Mon 27th Sept
Mon 11th Oct
Mon 25th Oct
Mon 8th Nov
Nov 22nd
Mon 6th Dec

All parents and grandparents are invited to join us in the hall at 11.10am.

Adult Literacy and Numeracy Tutor Training

We all have the right to know how to read and write, as well as do simple arithmetic. Helping others to get these skills can be very rewarding.



Dental Visits - Term 3.

Monday 4th October
Tuesday 5th October
Wednesday 6th October

Wednesday 20th October
Thursday 21st October

Thursday 4th November

Monday 15th November
Tuesday 16th November
Wednesday 17th November

DECEMBER - to be advised



You can learn how to help adults learn reading, writing and arithmetic skills. TAFE will deliver this training free of charge in the St Helens

When: October 4th 2004

Time: 9 am - 4 pm

Where: St Helens NEET Centre Purple Room

How to register: Phone 6376 1366
(please leave a message)



On completion of this training you may have the opportunity to be employed by either NEET or TAFE to assist adults with low reading and maths skills. For further information contact Jenny at the NEET Centre 6376 1366.



SEPTEMBER/OCTOBER 2004

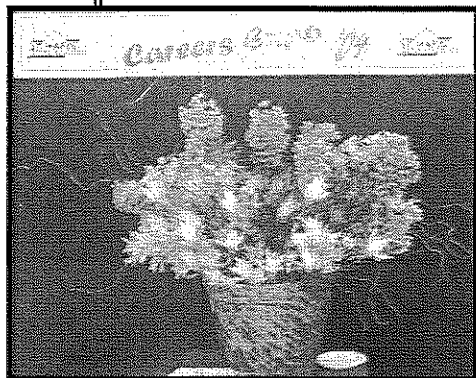


Monday	Tuesday	Wednesday	Thursday	Friday
20th September	21st September Gr 7/8 Circus workshop	22nd September Soccer after school	23rd September Performance San Angelico All grades	24th September Playgroup 10am-12noon - Kindy
27th September Primary Assembly 11.10am - Hall	28th September	29th September Soccer after school	30th September	1st October Playgroup 10am-12noon - Kindy
4th October Dentist here	5th October Dentist here	6th October Dentist here Soccer after school	7th October Meeting for parents of Grade 9 & 10 students	8th October Playgroup 10am-12noon - Kindy
11th October Primary Assembly 11.10am - Hall	12th October	13th October Soccer after school	14th October	15th October Playgroup 10am-12noon - Kindy

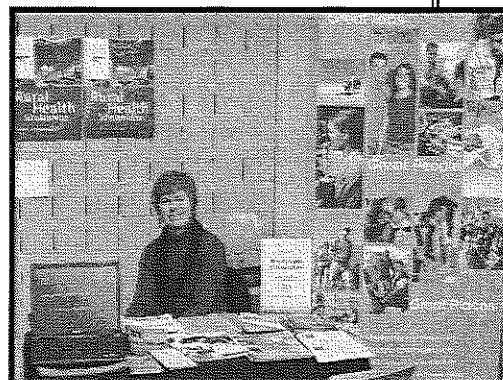
ST MARYS DISTRICT HIGH SCHOOL

CAREERS EXPO

23/9/2004



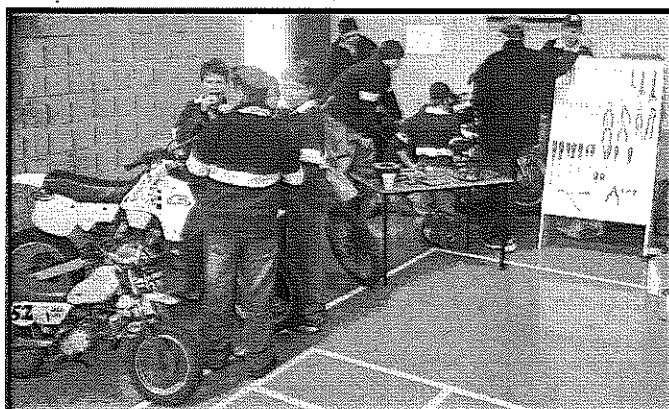
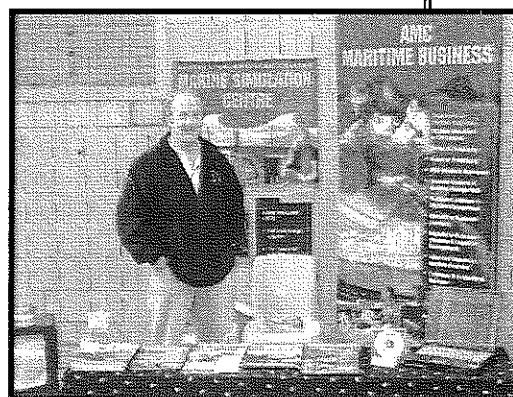
**On Thursday 19th August,
2004 St Marys District High
School hosted
a Careers Expo Day.**



Approximately 30 organisations and small businesses participated on the day making it a successful event all round. The day involved students from Grade 6 to 12 from St Marys with students also from St. Helens and Campbell Town invited to participate. Students were given the opportunity to discuss career pathways to ultimately enable them to make more appropriate subject choices, with such organisations as Jobnet, Forestry Tasmania, Police, Centrelink, Launceston and Newstead Colleges, N.J.L., Rural Health and Defence Forces, just to name a few.

From the feedback received already we felt the day was very beneficial for the students to not only gain some insight into possible career paths but it also gave them an opportunity to look at occupations they may not necessarily have given consideration to previously.

It was also pleasing to hear from both exhibitors and the public alike regarding our students' positive attitudes and behaviour on the day. This is something already we were aware of at St. Marys District High but it is always pleasing to have our beliefs reinforced.



A big thankyou should also go to our Student Leaders, Multi Media and other students and all who made this day a success.

Charlotte Marshall
Principal

Matt Bennell
AST 3

Heather Green
Liaison Officer

Church Services

Catholic Parish of St Marys

Priest:

Father Bill Egan 6372 2252

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: 2nd & 4th Sunday
monthly at 11.30 am

Daily Office Reading

Avoca Tuesdays 10am

Anglican Parish - St Helens

6376 1144

St Helens Every Sunday

8am and 10.30am

KANGA Sunday School

10.30 am - 12 noon every Sun-
day for children 5 -12 yrs

St Marys 10am

(No service 5th Sunday)

JAM: Mondays

3.15 pm to 5 pm for children
5-12 yrs

Pyengana 7.30 pm

5th Sunday months only

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

Meals on Wheels Roster

Sept/Oct	St Marys	Fingal
Mon 27th	Annette Davey	Debbie Speers (W)
Tue 28th	Dawn Lodge	June Hall
Wed 29th	C & G Dawson	Susan Woods
Thu 30th	Pauline Berwick	Suzie Smith
Fri 1st	G & M Derbyshire	Julie-Ann Claridge
Mon 4th	Audrey Wright	Carolc Woods
Tue 5th	Ruth Aulich	Alana Johns
Wed 6th	Wendy Aulich	Linda Bean
Thu 7th	Kaye Nailer	Rhonda Hoskinson
Fri 8th	Claire Bean	Mim Woods

PAINTER

Ray Rosskelly



Phone 6372 2218
St Marys

Rae & Partners Lawyers Barristers & Solicitors

93 York St Launceston
Ph 6337 5555

Visiting St Marys Community
Health Centre

Alternate Tues. 9 am -10 am

Appointments:
6372 2172



TIM MORRIS MHA
GREENS MEMBER FOR LYONS

Supporting appropriate development

greens@parliament.tas.gov.au
33 Burnett St New Norfolk
Ph 6261 8048

Call for protection of Blue Tier

The Blue Tier is the icon of the Break O'Day municipality and even the local Council has expressed concern about the chemical contamination of the catchment and the threatened species including the wedge-tailed eagle, said Greens Senate Candidate Christine Milne in St Helens last week.

The Break O'Day Council has recognised the aesthetic and ecological value of the area and appealed to the State Government for the protection of the area from the forestry operations currently underway. Ms Milne also called for an end to the planned logging operations proposed for South Sister, St Marys whose likely effects on tourism and farm water supplies, have already raised community ire.

"South Sister is a threatened species hot-spot with at least six threatened species confirmed within the logging coupe, including the grey (white) goshawk, the spotted tail quoll, the blind velvet worm, and the flora species *Eucalyptus brook-erianna* and *Euphrasia collina deflexi-foilia*."

Whilst in St Helens, Ms Milne also inspected a coupe in the vicinity of Mt Pearson Reserve and was shocked to see clear breaches of the Forest Practices Code including the blasting of a road through the area and large quantities of the discarded rock in an adjacent stream.

"There is no way that the area near Mt Pearson Reserve should have been logged as the soils are highly erodable and the forest practices plan itself identifies 98% of the forest for woodchips," Ms Milne said.



Sports Centre News by Kackhander

Another Mens Singles Championships and Mens Foursomes have now been completed since our last report and as with the Spilsbury Family sponsoring the first two rounds through the Spilsbury Perpetual Trophy we would also now like to thank St Marys Newsagency through Diedre, Ros, Rick and Dale for sponsoring the third round of the championships and we can honestly say thank you all so much. John Miles was the main winner there. Would like to say here, that all at the club wish Noonie all the best at this time.

A major thanks to the Hobart House of Golf through John and Dianne Watkins for sponsoring the final round in similar fashion and putting on a terrific showcase of equipment for us all as usual. A reminder to our members that it would be well worth your while to check out House of Golf for your gear as a discount will always apply to St Marys Members. Thanks John and Dianne. Craig Mitchell, Beth Haas, Liz Clayton and Rod McGiveron were the winners that day.

To the final results and its great to report that we had three players who broke the 300 scoreline for 72 holes in A Grade. This hasn't happened for a while. Congratulations to Dale Ridgers in winning his second club championship with 284 by 12 strokes from Craig Mitchell 296 and a further 2 shots back to Shan Wilmot on 298. Dale's 4 rounds were all between 68 and 74 which is very consistent. Also well done to Shan Wilmot for taking out the Handicap section in A Grade from Craig Mitchell and Rod McGiveron.

This year's B Grade Champion in both Scratch and Handicap is Mark Carrick. Mark is one of our most reliable players every Saturday and a great supporter of the club. Well done Mark.

In C Grade one of our newer members, Richard Davies won by a big margin in both Scratch and Handicap and its great to see a few in C Grade for a change. Well done Richard.

As we reported before, well done to Kodie Donald for winning the Junior title and John McDonald for the Senior Champion. All in all a good event, thanks to everyone.

Dale Ridgers and John Miles represented the club at Country Week where Dale shot 78-79 to finish a fantastic third and only for bad luck would have been the winner or tied. Well done to Dale and John.

Last weekend we ran the Mens Foursomes Championship and the field was fantastic, probably the most we've had for some time which is excellent. Better yet all competed the second round. It was great to be able to catch up with Umesh Pratap again who came up from Hobart to play with Chris Davern. After Day 1 Dale Ridgers and John Miles had shot a brilliant 69 to lead by 7 shots from Jack Viney-Craig Mitchell 76 and Chris Davern-Umesh Pratap 76. John McDonald and Glenn McDonald also did marvelously with 78 to lead the handicap with 60½ fairly comfortably.

Day 2 saw Dale and John shoot 70, Jack and Craig 72, whilst in the handicap Trevor Viney and Kodie Donald came home with a wet sail to win the day comp with 61½ nett but in a fantastic finish John and Glenn McDonald held on to win by a shot overall from Dale and John with scores of 128 and 129 respectively.

Congratulations to Dale, John, John and Glenn and a big thanks to the entire field for a fantastic turn-out. The club is planning a Monster Seafood Dinner in November and all our Annual Championship trophies and Club awards will be presented that night. A date will be allocated very soon and hoping for a big roll-up that night.

Don't forget Saturday September 25 is our AFL Grand Final Breakfast and competition (9 holes) day and Floyedy wants to see a good roll-up here.

The date for the Mixed Foursomes Championship (27 holes) has been changed to Sunday 17th October to fit in better with more anticipated entries. A sheet is available at the club.

Bowls practice is commencing now on Thursdays and President Jack Viney wants to see plenty there and helping out with the duties involving the green etc. Special thanks to Roger Donald and Trevor Viney for their work on the ditch carpetting recently. It looks fantastic and to Jack for co-ordinating everything.

Subs notices will be issued fairly soon once the capitation fees are set out and prompt payment would be terrific.

The first meeting of the new committee is set for Sunday 26th September at 4 pm.

The club is looking for anyone interested in helping to run Summer Golf this year and ideas to make it successful. Contact Rod McGiveron if you want to help.

Anyway until next time, good hitting and rolling.

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The Premiers: St Marys District High School Under 16's

It was a perfect day for the big occasion. Grand Final 2004

We arrived at York Park at 8.30 am, the boys were very excited about playing at one of the best venues in Australia!

After losing by six goals in the second semi-final to St Pats, we knew we were going to be in for a hard game.

And wow, what a game it was, the boys came out firing to lead by four points at quarter time and from then on it became a battle of the back lines and at half time we were up by one point.

After pushing to the limits for the first half, the boys were looking tired and were down by one point at three quarter time. In a display of determination and courage after being behind by one point with five minutes to go, they rallied, tackled, smothered and pushed the ball forward and goaled to win by five points. We can be very proud of the boys. It was a great performance.

Final score: 4-7 31 to 3-8 26.

Goals: J Salter 1, B Leedham 1, N Hyland 1, T Howe 1.

Best: B Miller, D Cooke, B Leedham, R Howe, A McColl, B Singline, T Spilsbury in a great team effort.

Congratulations

The Say by Cagerattler

South Sister

I notice there's been a fair bit of debate recently on the logging of the South Sister area soon to begin by all reports.

As with any such issue there is always a lot of emotion involved and no doubt whatever happens, there will be some unhappy people one way or the other.

I have no claims on knowing the legalities of logging but the paramount issue that must surely be remembered is this, (quite simply).

The outcomes must be fair and balanced. Right across our State, logging and the timber industry evokes passionate debate as we all know. Also as we all know there are places that cannot and will not be logged and are protected under law for perpetuity and it's been widely quoted that 40 % of Tasmania is in this category.

With the other 60% then, we must round table all the parties and reach uniformity on sustainability, regeneration practices and the like so that people with conservation in mind and similarly those with a desire to provide a functioning timber industry can co-exist. It shouldn't be a war.

We all know how severe the penalties are for breaching Forestry Practices and no operator in their right mind is going to do that. If they do then they deserve to cop it in no uncertain terms.

On the other side though anyone who takes it upon themselves to tamper with legally permitted timber work also deserves the penalties incurred.

Lets hope consultation is the order of the day here from all proponents on the South Sister issue and that all abide by what is legal.

Please sit down and talk it through rationally. This is an absolute must.

What do you think?

ST MARYS ONLINE ACCESS CENTRE

23b Main Road
St Marys Tas 7215
Ph/Fax 03 6372 2005

Monday	10 am - 3 pm
Tuesday	10 am - 4 pm
Wednesday	10 am - 4 pm
Thursday	10 am - 3 pm
Friday	10 am - 5 pm
Saturday	11 am - 2 pm

Scamander Beach Surf Shop

6 Lagoon Esplanade Scaman-
der
Ph 6372 5529
scamandersurf.com



& Bay Surf Shop 2.
2 Pendrigh Place St Helens
Ph 6376 1755

MILLER'S SKID STEER EARTHMOVING

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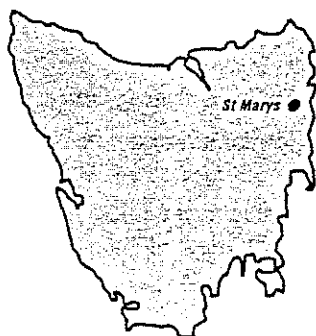
- * DRIVEWAYS/ ROAD PREPARATION (Graded & rubble supplied)
- * FINES SUPPLIED FOR ROADWAYS
- * LANDSCAPING STONES POSITIONED (Placement of Rocks)
- * ROTARY HOEING FOR HOUSEHOLD VEGETABLE GARDENS
- * TREE TRIMMING & GARDEN CLEAN UPS

- * TRENCHES BACK FILLED
- * RUBBISH REMOVAL
- * SHED SITES CUT
- * LANDSCAPING

East Coast Soccer Carnival



**Saturday October 16, 2004
St Marys, Tasmania**



For registration details contact :

Jack Foreman

Tel: 03 6372 2034

Mail: PO Box 78

St Marys

Tasmania 7215

email: lizdean@tasmail.com

The Carnival Committee would like to thank:



Soccer Tasmania

**Break O'Day
Regional Tourism
Development Association**



St Helens Gun Club: 26th September 10.00 am

Event 1. 10 target Eye Opener

Event 2. 50 target Balltrap

Event 3. 40 target Double Barrel

AA, A, B, C, over all events. Cash prizes. All welcome.



The Historic St Marys Hotel

48 Main Street St Marys

Ph 6372 2181 Fax 6372 2184

This weekend:

Saturday Sept. 25th

BIG SCREEN

to watch the footy - 2 pm start.

At night come and dance to the great rock-a-billy band the 'Chrome Daddies' doing another tour from Brisbane with special guest Pete Cornelius
\$10 cover charge. 8.30 pm start

Specials

Brown Bros Everton Wines \$10.95

Wild Turkey & Cola 4 pack \$14.95

McGuigan selection wines (wine of the month) \$8.95

12 yr old Glenfiddich only \$45.95 (great gift idea)

A member of United Cellars
Discount Liquor

More live music coming up

Saturday 2nd October

Those "Bloody McKennas" back again, playing their own variety of acoustic entertainment, excellent crew, great times.
\$10 cover

Saturday 9th October

The 'Nervous Investors' from WA are doing a tour over here. Les Karski (front man), has been involved with Midnight Oil (produced Head Injuries album) the originator of the Bondi Cigars etc, with Dave Holes rhythm section Roy Daniels Bass, Ace Follington on drums. One of the best blues bands. \$10 cover

Join in the Footy Fever

Grand Final Day

25th September

Come & watch on the

BIG screen