

THE VALLEY & EAST COAST VOICE

Volume 37 No. 6

Est. 1968

Thursday 15th July 2004

50 cents

Logging coupes targeted by thieves

I referred to diesel and property thefts from logging coupes in the district in the last Valley Voice. Since then there have been a further two thefts.

Between 9th July 2004 and 12th July 2004, 15,000 litres of diesel was stolen from a logging coupe near Rossarden. Also tools, grease guns, a temperature and wind gauge along with a UHF radio were stolen from equipment at another logging coupe near Mathinna between 3rd July 2004 and 5th July 2004.

The theft of a blue Scorpion Work Station, comprising a welder, compressor and generator also occurred at Mathinna between 7th June 2004 and 14th June 2004. This has only recently been reported to Police. The item stolen was from a shed on a farm.

Closer to home, recent loutish behaviour in St Marys has resulted in broken windows in the Post Office and damage to public seating opposite the Hotel. The verandah area of the Post Office is private property and as such is not open to the public when the Post Office is closed. In the past, problems have occurred with youths loitering after hours in this area and it appears these problems are arising once again.

Again I ask for your assistance in identifying offenders in any of these matters

Recently there was an instance of dogs attacking sheep in Cornwall. This sort of incident leaves the owner of the dogs liable to quite large monetary fines up to, and in some cases exceeding \$1000.00. It is also an offence to have a dog wandering around in a public place when not under effective control of its owner. This alone can make the owner liable for a fine up to \$500.00.

Bob Baker
Sergeant St Marys Station

Valley Voice Advertising & Contacts

Classifieds 25 words or less free.

Small ads. Garage sales, Notices, etc. \$6

¼ page \$15. ½ page \$25 Full page \$40

1 year posted subscription \$25

Contacts for Valley Voice

Fax 6372 2172, Ron 6372 2105, Audrey 6372 2337

Please leave written material at the St Marys Health & Beauty Centre, Main Street St Marys.

or Post: C/- Post Office St Marys Tas 7215

Deadline for articles to be included in the next Valley Voice is Tuesday 27th July 2004.

INSIDE READING:

- * Classifieds and community notices
- * Council notices
- * Health Centre page
- * School page
- * Sports Centre news
- * Junior Football
- * M.O.W. and Church notices
- * Cagerattler
- * All your local business advertising

St Helens sewerage upgrade

Break O'Day Mayor Stephen Salter has expressed concern at Council's ability to raise sufficient funds for the construction of the new St Helens sewerage treatment plant.

"We are committed to upgrading the treatment plant and have focused on the highest level of technology currently available that has been used on Magnetic Island in Queensland. This level of treatment would give Council the option of irrigating sports grounds and gardens within the St Helens area without the costs associated with lower standard effluent."

Mayor Salter said that Council's consultants had been negotiating with the lowest tenderers but it appears that the lowest achievable cost is in excess of \$2.8M. While Council has set aside a significant amount of money for this project, it is simply not possible for a community the size of St Helens to come up with this amount of money.

Council is aware that the State Government has included in the budget for the current year \$11M for water and sewerage infrastructure required as a result of the impact of tourism. Council has applied to the Government to access funds under this program and is anxious for some decisions to be made. Tenders closed on the 23rd April 2004 and if some decisions are not made within the next two weeks, the costs may increase even further.

CLASSIFIEDS

ITEMS FOR SALE

3 piece Club Lounge suite suitable for restoration. Best offer, phone 6372 2465

1982 SE Station wagon in good condition. 11 months rego. \$1,300 ono.
Phone 6374 1041

Brand new. Sony Playstation 2. Plays CD Rom & DVD. \$250

Genuine green Army boots, size 8E near new. \$15

Airforce issue flying boots, size 8. \$15

Black velour double beanbag (with beans) \$10.

2 Wooden wine racks, each holds 1 doz. \$10 the pair.

1 Gun cleaner kit, suit 9 mm pistol \$15

2 Star Wars model kits. Speeder Biker and Terrain Transport. \$25 ea.

Squash racquet with cover & ball. \$5.
Phone 6372 2267

Metal/timber double bunks with mattresses \$80. Phone 6372 2535

St Marys School jumper, size 8 excellent condition. \$25. Phone 6372 2107

90 Ford Courier 4WD Dual Cab
\$7,900 ono.
Phone 6372 2846 or 0400 512 845

6 Hens (starting to lay) & Rooster. All young. Phone 6372 2542

Chef Select electric wall oven as new. \$120. Phone 6372 2467

Extendable table with 4 chairs \$30.

Bedroom dressing table \$30

Glass coffee centre table \$15

Brown leatherette lounge suite \$25

Rotary hoist clothes line \$50

Phone 6372 2410

Crockery for hire

The Lions Club of St Marys has crockery (enough for a setting of 50) for hire.

This is now stored in the Community Hall for convenience when hiring.

Contact: Ruth McGiveron 6372 2231



Garage Sale

Saturday 17th &
Sunday 18th July
9 am start

23317 Tasman Highway
Scamander

(Between Upper Scamander
turn-off & Scamander
township)

Garage Sale
Saturday 17th July
24 Cameron Street
St Marys

CD's, Bar Fridge, TV.,
Ornaments, Pictures,
Out-door setting,
Chain Saw, Generator,
Dressing table, Wardrobe,
Linen, Clothes, Wall unit,
Yamaha 4 wheeler,
plus lots more.
Don't miss out on a bargain
Not before 8 am
See you there.

NATIONAL TREE DAY

SUNDAY 25th JULY 2004

10.30 am start

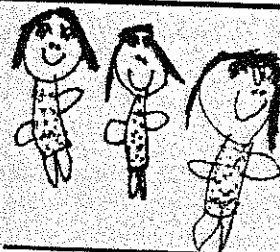
National Tree Day will be recognised in St Marys with tree planting along the St Marys Rivulet north of the township bridge.

If you are interested in joining this Australia wide tree planting day, just come along. Please bring your gloves and some digging tools. Children are especially welcome. A BBQ will be available to cook your BYO lunch on.



St. Marys Community Child Care Centre

Gardiners Creek Road
St. Marys 7215
Phone: 63722187



Do you have appointments in Launceston?
Do you need to do some shopping without your children?

Why not book your children into the Child Care Centre for the day or a half day?

Contact Jenny or Vicki for a booking and more information.

PAINTER

Ray Ross Kelly

Phone 6372 2218

St Marys





Special Committees - St Marys Hall and St Marys Recreation Ground

Following a recent public meeting in St Marys at which time Council was requested to establish two special committees for the management of the St Marys Hall and the St Marys Recreation Ground, Council has agreed to invite nominations for two working parties to be formed for this purpose.

It is anticipated that the working parties will, with Council Officers prepare appropriate Terms of Reference for each of the two committees. Nominations should be forwarded to Chris Hughes at Council by Friday 30th July 2004.

The purpose of the committees would be to provide local management and establish communication with Council in relation to the ongoing issues for the Hall and the Recreation Ground.

For further information please contact Chris Hughes on 6376 7900

Brian Inches General Manager

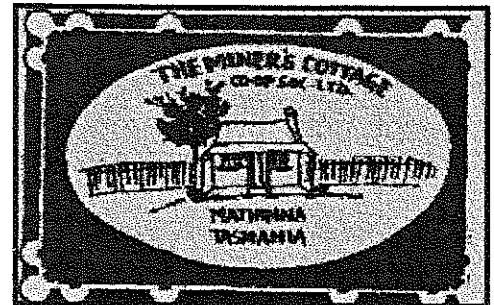
ST MARYS NEWSAGENCY

Phone 6372 2143
Open 7 days a week

We now have:
Scarves \$7.99 Beanies \$5.99

NEW VIDEOS

- ♦ DON'T LOOK DOWN
- ♦ THE SKULLS 111
- ♦ LIQUID BRIDGE
- ♦ 28 DAYS LATER



Launceston needs lunchtime Qantas flight says Michael Ferguson

Qantas must prove its lasting commitment to Launceston by adding a lunchtime flight to its daily schedule says Michael Ferguson.

"I welcome Jetstar's consideration of such a service, but the prevailing speculation is that Qantas will cease its 6.30 am Launceston service, and for that matter all Tasmanian services within a year.

"Qantas must quash this speculation because it is destructive for both commerce and tourism in Northern Tasmania. "A second daily service at lunchtime to fill a void of more than eight hours during the day, apart from a solitary Virgin Blue flight, would certainly quash such speculation." Mr Ferguson said.

"While the speculation persists I would not be surprised to see both Qantas and Jetstar lose more market share to Virgin." he said.

"I commend the lobbying business group *Fairness and Equality in Airline Travel* led by Joanne Wolff, for their doggedness in ensuring Qantas and Jetstar provide satisfactory services," he said.

EAST COAST SURVEYING

Consulting surveyors and
land planners.

Andrew MacGregor 6376 1972

We can help you.

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

Harris Funerals



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

Ph/Fax 6376 1153 0418 133 420

Office & Residence: 114 Cecilia
St. St. Helens

Chapel: 46 Tully Street St Helens

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arrange Burial or Cremation. Pre-paid
and pre-arranged funeral plans are
available.*

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
St Marys
Health & Beauty Centre

Community notices

Tasmania Lymphoedema Centre Inc. (TLC) next meeting is on Monday 19th July at 10 am in the St Marys Community Health Centre Day Room. Anyone interested in supporting the TLC is invited to attend.

North East Bioregional Network meeting 4.00 pm Tuesday 20th July at St Helens Neighbourhood House, St Helens.

QUILT BANK - the Rustic Ragamuffins stitching group invites you to help in making an ongoing collection of quick and easy quilts to give to those in need of warmth, comfort and encouragement, starting with an informal chat on Saturday 24th July at 1 pm.
1 Gardiners Creek Road St Marys.
Interested? Phone Rita on 0409 289 997.

The **St Marys Online Centre** is requesting expressions of interest for the recommencement of a weekly Seniors Morning.
For further information please contact Patti O'Donnell on 6372 2418

St Marys Community Garden

- * Are you interested in gardening?
- * Do you like getting your hands dirty?
- * Do you have skills worth sharing with others?
- * Would you like to participate in encouraging kids to grow produce organically?

Then we have the land and enthusiasm to help you grow!
For further information contact Ross Quinn on 6372 2113

- * A few blocks of camphor placed in a mouse hole is often an effective way of getting rid of the pest.
- * Two or three drops of glycerine in a glass of ice-cold water could help cure hiccup.



TIM MORRIS MHA
GREENS MEMBER FOR LYONS

Supporting appropriate development

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

Return Thanks

OLIVER (Marj)

March 1st 1912 - June 19th 2004

Pam, Shane, Tanya, Natasha and families sincerely thank all relatives and friends for their kind expressions of sympathy, for the cards, telephone calls, cooking and flowers received following the loss of our loved Mother, Grand Mother and Great Grand Mother.
Special thanks to Melanie and Kelvin.

The family of Tom Spencer who recently passed away, would like to thank the people of St Marys for their many kindnesses and for their support of him.

Particular thanks go to Wendy Aulich for her tireless assistance.

Also thanks to all those who have visited and phoned and just talked to him and therefore have made his life happier.

Grateful thanks to Dr Geniola and the staff at the St Marys Community Health Centre for their assistance and care while he was a patient and especially those who helped look after him in the last few days of his life.

It was his wish to have a very private cremation service and we thank those who have offered support and assistance to us too.

He was unassuming, independent and most of all a wonderful husband and father.

Alison Garrison and Adrian Spencer
and their families.

East Coast Autism Support Group

Winners of raffle drawn on 30.6.04

1. Kerry Barr St Marys
2. Jeff from Scamander Newagency
3. L. Williams St Marys
4. Barry Thorpe St Helens
5. A. Larby Beaumaris
6. H. Lodge St Marys
7. M. Spilsbury St Marys
8. Jeff from Scamander Newsagency

Thank you to all who participated, another \$250 was raised, helping to raise awareness of Autism in our community.
Karen Rawnsley



St Marys School Op Shop

Main Rd St Marys

Monday-Friday 10 am to 2 pm

Tasmanian a'cappella festival 2004

present

Vocal Nosh - singing & food

Composer/performer Teresa Beck-Swindale will lead a session of community singing with a special new song written for the a'cappella festival

No experience needed...

Come and join us for lunch and a sing!

Sunday 15th August
Swansea Town Hall
12 noon to 3 pm

\$7 everyone, includes a light lunch
Bookings appreciated for catering
Phone Trudy 6435 4255 or
Teresa 0408 050634

The Regional Arts Fund is a Commonwealth Government initiative supporting the arts in regional and remote Australia.

Tips to help you stay young: *continued*

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next district, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

George Carlin

Meals on Wheels Roster

July	St Marys	Fingal
Mon 19th	Tina Floyed	Shirley Parker
Tue 20th	Barbara Young	Suzie Smith
Wed 21st	Pam Lynch	Barbara Saunders
Thu 22nd	Patti O'Donnell	Bob Yates
Fri 23rd	Mary Viney	Malcolm Saunders
Mon 26th	Audrey Wright	Debbie Speers (W)
Tue 27th	Dawn Lodge	Linda Bean
Wed 28th	Ruth McGiveron	Susan Woods
Thu 29th	Heather Griffiths	Belinda Byard
Fri 30th	Pauline Berwick	Shirleen Woods



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 3pm

St Helens

Every Saturday

Vigil Mass 5pm

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

Fingal Tuesdays 12 noon

Ross Wednesdays 10am

Anglican Parish - St Helens

6376 1144

St Helens Every Sunday

8am and 10.30am

KANGA Sunday School

10.30 am - 12 noon every Sunday 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

Ransleys Appliance Services

P O Box 154 St Helens 7216

- * Washing Machine noisy?
- * Refrigerator runs too long?
- * Clothes Dryer blows cold air?

Then you need the service
of our technicians

Ring us on: 6372 5307 Mobile 0428 761 811

Lions Club of St Marys installation of new Officers and activities for past year

The Lions Club of St Marys recently held their Change-over Dinner at the Chancellor Inn Scamander on Saturday 10th July 2004.

The Club increased their membership from 10 to 15 during the year but has now dropped back to 13.

Rita and Ian Summers provided music for the evening which was very much appreciated by the members and guests

Officers for the year 2004 - 2005 were sworn in to their new duties within the club.

President: Brian Forsyth
Vice President: Ruth McGiveron
Secretary: John McGiveron
Treasurer: Len Miles
Tail Twister: Kevin Faulkner
Lion Tamer: Ian Faulkner

Directors for 2004 - 2005

Charlie Cormack
Jake Smythe
Ron Sumner
David Young
Bob Hersey
Bob Legge
Jean Legge

The following list is of activities and donations made over the past year by the Lions Club of St Marys.

- * Rolling and selling used conveyer belt
- * Cut and stacked wood for retired couple
- * Provided BBQ and tent for Winter Solstice
- * Donation to St Marys Community Child Care Centre for sand pit. \$500
- * Donation to Junior Country Gold Netball Carnival \$150
- * Conducted Fathers Day raffle
- * Provided flowers to sick resident
- * Purchased BBQ tables for use at functions
- * Applied and obtained \$7,000 Grant from Break O'Day Council Community Fund for playground in St Marys
- * Working bee in cold water under bridge in attempt to remove dead trees!
- * Christmas raffles, stocking etc. Thanks to Wombat Wilson for assisting selling raffle tickets during year
- * Provided BBQ and Fairy Floss machine for Spring Fair at Hospital
- * Donation to St Marys District High School Prizes \$250
- * Assisted with Christmas Carols
- * Decorated town with Christmas bunting etc.
- * Conducted Christmas functions, Children's Party with Santa Claus, BBQ and drinks, music with Gypsy Rose on Faulkners block. (an excellent event)
- * Constructed shelter for back of truck donated by Grant and Jeff Faulkner, for music
- * Installed new playground in Lions Park, total cost approx \$12,000
- * Donation to Drug Awareness \$75
- * Conducted free BBQ at playground when officially opened by District Governor Tony Roney
- * Arranged Easter raffle of camping gear. Thanks to Bob Hersey and Charlie Cormack for obtaining goods at 'rock bottom cost'. Award Certificate sent to Primus Australia for their support
- * Received donation of \$500 from St Marys Aurora Work Group towards playground equipment
- * Clean up work at BBQ and Park area, cut grass etc.
- * Provided paint for JAM (Jesus And Me) to paint chairs etc. Approx \$200
- * Lay wreath on ANZAC Day
- * Combined dinner meeting with St Helens Club
- * Donation to Community Safety - Helmets for Holidays at St Marys District High School. \$300
- * Committed \$500 donation towards swimming pool change-room/toilets
- * Sold Lion Mints and Cakes

Total money donated and used in our community this year: \$14,165.00



Grassy Bottom Regional Arts Planning meeting

If you would like to be a part of our small but dedicated group, or have some ideas to share, or wish to see a particular art form taking place in St Marys, (workshops, environmental art etc) why not come along to our planning meeting – **Sunday 18th July at the St Marys Hotel 10.00 am . You will be most welcome.**

Lunch provided.

(If you would like to attend, please phone Jen (6372 5175) for catering purposes.)

St Marys Playgroup

Meet every Friday morning, 10 ma to 12 noon at the School Kindy Room. Cost \$2. All welcome! Bring some fruit to share.

Reminder: Membership fees \$23 / \$16 concession, are due now. This month.

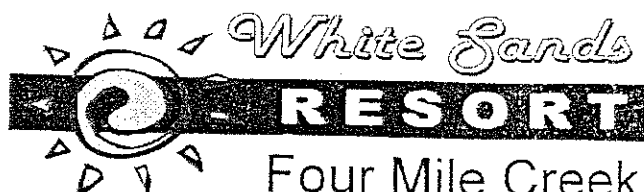
16th July: Indian and Cowboy hats

23rd July: Paramedic Julie Severin visiting at 11 am to discuss first aid for children, eg. Choking and fits.

Meeting this week after playgroup to discuss 'spending of grant' ideas, come and offer your suggestions!

NOTE: There will be no playgroup on August 20th due to Book Club using room.

More info: Claudia 6372 5510 or Tanya 6372 2534



Four Mile Creek

Isn't it time you treated yourself at White Sands?

Lunch 11.30- 1.00

Dinner 5.00-8.00

Closed for Dinner Sunday nights only

Happy Hour 5.30-6.30

Enjoy a Movie after your meal

Free of Charge- Bookings Essential.

Friday night's movie-Veronica Guerin (M)

Saturday night: Fighting Temptations (PG)

Phone Briggsy or Danyelle 6372 2228

VALUE PLUS

ST MARYS SUPERMARKET

38 Main Road St Marys
Mark Kate John Roseanne

Phone/Fax 6372 2240

Butcher Ph. 6372 2274

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

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4 cents per litre

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1. Fill up with petrol or diesel at any fuel outlet
2. Bring your fuel receipt to any participating IGA Supermarket
3. Spend \$25 or more on groceries
4. Collect a reimbursement of 4 cents per litre on your petrol receipt to a maximum of 60 litres.

please refer to full terms and conditions

Cookies Corner Meat Specials

This Week:

Mince	\$6.99 kg
Rump Steak	\$9.99 kg
Round Steak	\$7.99 kg

Next Week:

Roast Beef	\$7.99 kg
Porterhouse	\$13.99 kg
Diced Steak	\$7.99 kg

ATM / EFTPOS available

I am not young enough to know everything. Oscar Wilde.

Letters to the Editor

Reminder:

Anonymous correspondence will not be published.

All articles must be accompanied with the writers name, address and contact number.

Name can be withheld and a pseudonym used if requested.

Medical emergencies 1800 008 008 or 000
St Marys Community Health Centre 6372 2111 Dr Geniola 6374 2288

POLICE St Marys	6372 1010	Seaview Farm Accommodation	6372 2341
Addlestone House B & B	6372 2783	St Marys Bakery	6372 2131
Aurora	132004	St Marys District High School	6372 3900
Aulich G & M	6372 2283	St Marys Hotel	6372 2181
Australia Post	6372 2124	St Marys Health & Beauty	6372 2172
Business Enterprise Centre	6376 2044	Scamander Beach Surf Shop	6372 5529
Break O'Day Council - Fingal	6374 2111	St Marys Library	6372 2114
Caltex Garage	6372 2335	St Marys Newsagency	6372 2143
Coach House Restaurant	6372 2529	St Marys Online Access Centre	6372 2005
Commonwealth Bank	6372 2268	St Marys Sports Centre	6372 2177
C & D Excavations	6372 2033	St Marys Top Shop	6372 2242
East Coast Glass	6372 5361	Shell Service Station St Marys	6372 2210
Harris Funerals St Helens	6376 1153	St Marys Value Plus &	6372 2240
Hendley M Contractor	6372 2145	St Marys Butcher	6372 2274
Hair Design Salon	6372 2108	Trotter GM & CM Pumping Service	6372 2107
Harwood RG & RI	6372 2445	Tasmanian Lymphoedema	6372 2900
Plumber	419 373 074	& Laser Centre St Marys	6372 2111
Mt Elephant Pancake Barn	6372 2263	The Gums' Boarding Kennels	6372 2512
Purple Possum Bulk Foods	6372 2655	Valley Voice Publications	6372 2105 63722337
Ransley's Home Appliances	6372 5307	Quilt Gallery <i>Gone Rustic</i>	0409 289 997

For any amendments, additions or deletions to this list please contact the Valley Voice

C & D EXCAVATIONS : Local Owner Operator

Phone Dana 6372 2033 , or Craig 0439 722 032

FOR ALL YOUR GENERAL EARTHWORK NEEDS

- | | | |
|-----------------|---|-------------------------|
| ○ Dams | ○ Bridge construction | ○ Track loader |
| ○ Roothing | ○ Road gravel available | ○ Root rake |
| ○ Slashing | ○ 12 . 20 ton Excavators with log & rock grabs, | ○ Bucket & Forks |
| ○ Fire breaks | buckets & ripper | ○ Compaction roller |
| ○ House sites | ○ Firewood: Free delivery St Marys area | ○ 4WD Tractor & Slasher |
| ○ Land clearing | | |



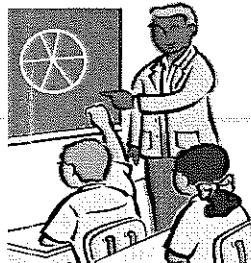
J R & M C Faulkner Pty Ltd

41 Main Street St Marys

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School Attendance

"Be Cool Go To School"

The number of students missing school each day has been a concern to our school for some time. We now have data which backs up our concerns.

In 2002 St Marys District High School had the second highest overall absentee rate of all District High Schools in the Esk District. In 2003 the figures were a little better but we still had a total absentee rate of 8.92%. This figure represents 35 students being absent each day.





In the coming weeks we will provide parents with information regarding attendance and implement a number of initiatives. These will include:

- Provide parents with an education pamphlet
- Educate students about the effects of absenteeism
- Contact parents by phone initially, of students who have a high absenteeism rate or a long period of absence
- Discuss with staff ways to reduce absenteeism
- Collate all known data and address the findings

Look out for further information. Remember working together we can overcome this problem and help improve the educational opportunity for many students.



"Be Cool Go To School" - every day counts!

 JULY / AUGUST 2004 				
Monday	Tuesday	Wednesday	Thursday	Friday
19th July  Primary Assembly 11.10am - Hall	20th July Gymnastics	21st July Gymnastics Soccer after school	22nd July	23rd July
26th July Work Experience Rock Challenge Dentist here	27th July Work Experience Dentist here	28th July Work Experience P & F meeting 7.00pm - staff room Soccer after school	29th July Work Experience	30th July Work Experience
2nd August  Primary Assembly 11.10am - Hall	3rd August Primary Dance Day	4th August Soccer after school	5th August	6th August
9th August	10th August	11th August Soccer after school	12th August	13th August

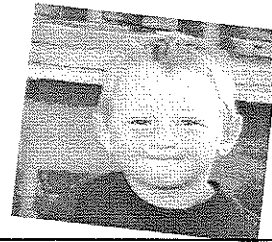
At Kinder, I like



Kris Madden - I like doing puzzles.



Larna Wright - I like playing outside.



Hayden Squires - I like playing with blocks.



Lachlan Bradbury - I like playing on the computer and doing puzzles.



Ashlee Strochnetter - I like playing 'mothers' with the dolls.



Courtney Middendorp - I like painting.



Madeline Hardwicke - I like playing on the computer.



Madeline Bates - I like playing with Ashley.



Cathrina Smith - I like making dinosaurs out of playdough.



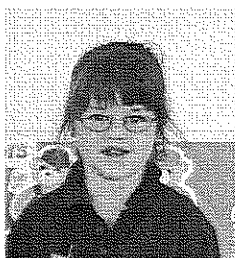
Joseph Nykiel - I like playing on the computer.



Monique Polden - I like reading.



Penelope Greensticks - I like singing.



Kaitlyn Webb - I like sitting



Ruby Mason - I like reading



Maddison McKimmie - I like playing with playdough.



Lukas McDiarmid - I like playing on the computer.



Michael Campain - I like painting.



Bronty Greaves - I like painting.



Henry Watson - I like playing with blocks.



William Haberle - I like singing "Baa baa Black sheep".

ST MARYS COMMUNITY HEALTH CENTRE

GP ROSTER- ON CALL:

DR SINGH TUESDAY & THURSDAY

DR SINGH:

Dr Mohan Singh- 6372 2111

DR GENIOLA MONDAY & WEDNESDAY

DR GENIOLA:

Dr Gess Geniola- 6374 2288

Medical Emergencies phone:

000 or

The Ambulance on:

1800 008 008

'WHAT'S ON AT THE CENTRE'

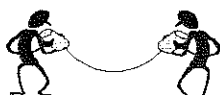
- 15th July **Child Health Centre** with Lorraine McGee 9am-12noon. Afternoon appointments are available by phoning 0409 361 005
- 15th July **Coffee & Chat Session** with Lorraine McGee and New Mum's. Please call 0409 361 005 for more details. All welcome.
- 19th July **Sharpe & Fowler Optometrists** at the St Helens Hospital. Please phone 6334 1566 for appointments.
- 20th July **Tai Chi** 7pm-8pm with Dawn Denholm in the upstairs physio Room CHC. \$5.00/ hr.
- 22nd July **Garrots Accountants** 9:30am – 4:00pm. Please phone 6323 1222 for appointments.
- 22nd July **Farm Safety Seminar** 12:30pm–4:00pm
- 23rd July **Volunteer Resource Centre**, Penny Clifford 10am-12noon in the Day Centre.
- 27th July **Tai Chi** 7pm-8pm with Dawn Denholm in the upstairs physio Room CHC. \$5.00/ hr
- 29th July **Garrots Accountants** 9:30am – 4:00pm. Please phone 6323 1222 for appointments.

TEEN TROUBLE AT HOME?

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ANGLICARE FINANCIAL COUNSELLING

Can provide counselling, information, advocacy and support services to individuals and families experiencing financial difficulties. It is also involved in community education and development.

Phone: 1800 243 232.

Next visit 25th August with Emma Ryan

Information from this page was submitted by:

The St Marys Community Health Centre, Gardeners Creek Rd, St Marys, TASMANIA. 7215

Valley Voice Article

Break O'Day Community Neuropsychology Service

Many people who have a chronic medical or physical condition such as an acquired brain injury, stroke, Multiple Sclerosis, Lymphoedema or cardiac disease also suffer from a range of neurological or psychological problems. Impaired memory functioning, depression, anxiety, sleep disturbance, grief, anger and relationship difficulties are commonly experienced.

In order to assist people in the Break O' Day municipality who may be suffering from these conditions, The University of Tasmania Department of Rural Health and School of Psychology have collaborated with the Tasmanian Lymphoedema Centre Inc. and the Department of Health and Human Services to provide an innovative clinical neuropsychology service to the area. Over the past 12 months, postgraduate clinical psychology students have completed 3-5 month internships, gaining invaluable experience in working in a rural setting whilst providing a free service to the Break O'Day community. The project has also involved the development of resources and facilitating workshops to support groups and health professionals in the Break O'Day area. The "What About Me" series of workshops held earlier in the year proved to be extremely popular with the community, with approximately 40 health professionals and support volunteers attending.

The current interns, Ty Dawson and Louise Dewis are both thoroughly enjoying the opportunity to work in the Break O'Day area. "As well as providing a wonderful opportunity to develop expertise in clinical practice and neuropsychological assessment, I am really enjoying working in a close-knit community setting" Louise said.

The service, which is free, is currently operating in St Marys and St Helens on Mondays, Tuesdays and Wednesdays. Ty and Louise would like to speak to any community members, health professionals or coordinators of support groups who would like more information about the service or to make a referral. Enquiries may be directed to the St Marys Community Health Centre on 6372 2111 or the St Helens Hospital on 6276 5222.

ST MARYS COMMUNITY HEALTH CENTRE DOCTORS ROSTER

GENERAL PRACTITIONERS:

Dr Jess Geniola - Fingal. Ph: 6374 2260 (FINGAL) Ph: 63722111 (ST MARYS)
Dr Mohan Singh - St Mary's. Ph: 6372 2111(ST MARYS)

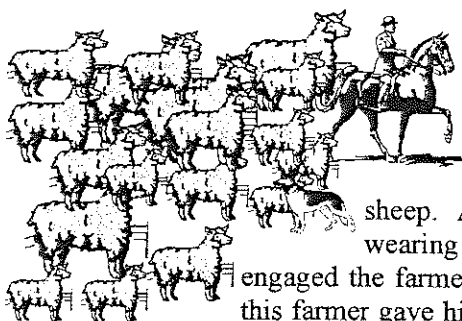
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DR SINGH	8.30 - 11.40	ST MARYS	ST MARYS	ST MARYS	ST MARYS	ST MARYS
	1.30 - 4.40	ALL DAY	ALL DAY	ALL DAY	ALL DAY	ALL DAY
DR GENIOLA	8.30 - 11.40	FINGAL	ST MARYS	FINGAL	ST MARYS	OFF
	1.30 - 4.40	ST MARYS	FINGAL	ST MARYS	FINGAL	
AFTER HOURS ON CALL 5.00 PM - 8.00AM		GENIOLA	SINGH	GENIOLA	SINGH	ALTERNATE WEEKENDS

FOR ALL APPOINTMENTS, PHONE ST MARYS COMMUNITY HEALTH CENTRE - 6372 2111

How to count sheep!

These days, employing the services of a consultant seems to be a necessary requirement before anything can go ahead!

Several requests have been made to reprint this article.



One day, a farmer was sitting on his horse, in a paddock, by the side of a road, minding his sheep. A man driving a flash car and wearing an expensive suit pulled up. He engaged the farmer in conversation and said, that if this farmer gave him one of the sheep, he would tell the farmer how many sheep he had.

"Alright" said the farmer, so suit-man counted and came up with a figure of 674. "That's correct!" said the farmer "Please select your beast." So the suit-man did. Curiosity got the better of the farmer and he asked, "How did you arrive at that figure?" "Well", said the suit-man "I counted all the legs in the paddock, deducted two for me, two for you, four for your horse, four for my beast, and divided the remainder by four, to arrive at this number of sheep." "I see." said the farmer "If I can guess your occupation, may I have my animal back?" Suit-man agreed, and the farmer told him he must be a consultant. "That's correct, how did you know?"

The farmer replied "You charged an outrageous price for a service I didn't need, for information I already knew, and although your answer was correct, your method was way too complex to be of any use to me. You know nothing of my business, yet you offered your service as an expert, so if you don't mind, may I have my dog back?"

Good advice

Benjamin Franklin 1706 - 1790, who discovered many secrets to a long and successful life, advised his readers to avoid pessimistic or quarrelsome people, as they would be harmful to health.

Tasmanian Lymphoedema & Laser Centre Inc.



Operating from the
St Marys Community Health Centre

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.

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www.taslymphoedema.asn.au



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With winter making it's mark, ensure that your flue or chimney is clean and in good condition so that your heater can be a source of enjoyment

Remember the good times?

Many of our locals will recall the 1970's when for over a span of a few years, a major highlight of our town 'culture' was that of the Community Concert.

During the evening of these concerts, we had a veritable plethora of local talent in abundance. These performances included everything from singing to comedy skits to recitals, dance performances, magic, and even music and dance routines from the musical 'Hair'. Who could forget the terrific jazz ballet and the footy club acting, brought together magnificently by the organising committee and Mr Keith Cook as Master of Ceremonies. Without doing huge research I can remember fairly well that most of the money raised went to great causes such as the Hospital Auxiliary and Fire Brigade and I think Red Cross was involved also. These concerts were held in the Town Hall and were a packed house every time. How everyone enjoyed the concerts!!

It has been well documented over a number of years how Grassy Bottom Regional Arts and Todd's Hall have provided the perfect outlet for once also nurturing local talent in more recent years as well as giving us an opportunity to regularly see some excellent artists not only from around Australia but also from overseas.

I think it would be safe to say that St Marys has been and still is a leading community in the municipality for cultural and artistic development.

This years Winter Solstice was held at the Recreation Ground by this same hard working group and was attended by at least 500 enthusiastic patrons. Once again the effort put into the various performances and in the main by locals, as well as the overall organisation by Grassy Bottom Regional Arts, was a joy to behold. A number of components of the night are ongoing and developing concepts and their-in lies the gist of this column.

Once again Cagerattler's *pie in the sky* is coming out, but this time it is a bit different because truly the idea is tangible and real.

Nothing can quite replace our previous venue but a proposal through Break O'Day Council and some keen and visionary Grassy Bottom-like people to be partners in developing the Town Hall into a much more user friendly facility might just give many more people the opportunity to have a cultural and performing home again.

Acoustics and heating issues are paramount to the necessary components on the physical side. Many have already suggested that performers and users themselves be consulted especially in regard to acoustics. This makes good sense particularly if they are looking to be regular users of the building, however outside advice should not be discounted either.

Like before, the key is a consultative collaboration of the right people with a long term vision for the many years to come. This is extremely important when deciding on sustainable funding ideas. One day the St Marys Town Hall might become a major venue on the East Coast Entertainment and Arts Scene and who knows maybe another Community Concert might once again happen.

What do you think?

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St Marys Sports Centre News

by Kackhander

Ladies Championships

Over the past few weeks the Ladies have conducted their Championships and congratulations go to Mary-Anne Ennis for winning this years B Grade and Club Championship in a close battle with Bobbie Harwood. Well done. In C Grade Beth Haas had a great tussle with Judy Blake, both returning some excellent scores and with Beth finally getting up.

The overall handicap title was won by Beth also and both Norma Mallinson and Bobbie Harwood shared the putting championship. Congratulations to all who took part and in some pretty ordinary weather at times.

To Mens golf and due to the Memorial Shield at Malahide and another big event last week, not much has happened, but that's about to change starting this week. In regard to the Memorial Shield and L.T. Wallace Shield, congratulations to the St Marys team in winning both. Like the A Grade Pennant, St Marys held off Scamander in both. It was also good to receive the A Grade flag for the season as it was to see Scamander take the A Reserve flag.

Jack Viney finished second to Rod Macbeth in the Champion of Champions event, Mark Birch won the Division 2 Gross and John McDonald won the nett score for St Marys. Well done to everyone.

Division 3 Regional semi final to be played at St Marys

Last Saturday the club was notified by the NTGA as 2004 East Coast Champions, we will host Launceston Golf Club for the Regional Semi Final in Division 3 on Sunday 25th July.

All pennant players and interested players please note that this Saturday 17th July at 12 noon, we will be holding the Pennant Challenge Match between Daffy's Mob and Roy's Boys, followed by some eats, a drink or two and a pennant meeting to discuss the team strategy for the big game the following week. Let's see twenty to twenty-five there for a top day.

The Mens Foursomes Championships now need to be moved to a suitable weekend in August, after pennant commitments are complete. Sorry for any inconvenience.

- Please note also that there are some great days coming up so keep on the look-out for dates and times.
- Start gargling because the Steak and Chip night and Karaoke St Marys Idol date will soon be decided.
- Sub-committees don't forget to have any item for the AGM Agenda ready before the end of the month so it can be published.
- Everyone please be advised that due to the success of the recent working bee another one won't be far away. All help greatly appreciated.

Anyway until next time, good hitting and rolling.

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- * RUBBISH REMOVAL
- * SHED SITES CUT
- * LANDSCAPING



St Marys Soccer

Join us for fun and fitness

Wednesdays after school on the School oval.

Juniors - Boys and Girls 3 pm

Adults 4 pm

More info ? contact Jack 6372 2034

East Coast Motocross Club

Come along and see if you enjoy
Motocross Riding.

July 25: Practise Clinic Day

August 8: Practise Clinic Day

Enquiries: phone /fax 6376 1380 A.H. or
Mobile: 0417 304 840

Junior Football and young talent on show at York Park

Last Saturday forty boys from the East Coast and Fingal Valley Junior Football Association had the privilege of travelling to Launceston to provide the half time entertainment for the AFL game between Hawthorn and West Coast.

The boys were split into four teams to provide a game on each wing as the highlight of the day. A crowd of around 15,000 turned up to watch these games which we considered reasonable for such a high standard of junior football!

Congratulations to all boys for their enthusiasm and conduct on the day, you did yourselves, your parents and our AUSKICK Centre very proud, also to the parents who helped out a big thankyou.

Coming events:

Sunday 18th July Inter-club day at Scamander 10.30 am

Sunday 25th July Inter-club day at St Marys 10.30 am

The date for the Presentation Day (1st August), may have to be changed, all will be informed as early as possible.

Coordinator Leigh Spilsbury

St Marys Tennis Club

Pennant Players

The St Marys Tennis Club is seeking players to participate in the upcoming East Coast Pennant Association Sunday Competition. The season will be a little different from previous years. This mixed (men and ladies) competition will be played on Sundays and start in mid-August and run through till December. Dates to be finalised when the amount of participating teams has been confirmed.

Members who wish to play in this roster on either a full-time or fill-in basis are asked to contact the Club Captain, Randal Faulkner on 63725637 by the **end of July**. Our club is hoping to field two teams.

Coaching

Our Club Coach, Michelle Rowell will be holding tennis coaching lessons at the Club on **Saturday 7th August** for junior and adult players. Please contact Michelle directly on 63432075 (AH). Come along and support tennis in our community!

Annual General Meeting

As a reminder, our next meeting is the AGM to be held on **Thursday 26th August at 7.30 pm** at the Clubrooms.

Looking forward to seeing lots of members present!

Susan Miles Secretary

St Marys Tennis Club: Midweek Ladies

Wednesday Roster starts again, 21st July through until November - December depending on how many teams are involved.

If there are any ladies who would like to participate either full-time or as a fill-in please contact: Kaye 6372 2100 or Annette 6372 2224.

New residents to our district are most welcome to join our club - have fun and keep fit.

Membership and affiliation is very reasonable at \$40 per year.



The Historic St Marys Hotel

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Live Music

Saturday 24th July:

Wolf Mayall from Canada. This will be a great night of music. Wolf is doing a world tour so come check him out. \$10

Saturday 28th August

Brian Fraser

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- × Hahn Ice Blocks \$29.95
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- × Banrock Station Wines \$6.95
- × Outback Chase Wines \$6.95
- × Stones 4 pack \$8.95

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Please Note

Coffee Shop will be closed Sunday 18th July for a private function.

Sorry for any inconvenience.

ST MARYS ONLINE ACCESS CENTRE

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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