The Valley of East Coast Voice Volume 38 April Est. 1968 Thursday March 2, 2006 50 cents

More Beds for St Mary's Community Health Centre

Deputy Premier David Llewellyn today announced a doubling of patient bed capacity at the St Marys Community Health Centre, with the opening of four new 'step down' beds.

Mr Llewellyn said the \$400,000 initiative had been funded by the Australian Government under the 'Pathways Home' program.

"This latest boost comes on top of the State Government's \$800,000 refurbishment of the community health services area at the Centre and the construction of four single bed wards," he said.

"This restored 24-hour care at St Marys, after it had been shut down by the Liberals.

"The 'Pathways Home' funding has enabled us to build new wards to accommodate an additional four beds.

"The new beds offer an interim step for patients

coming out of acute hospital care - a 'half-way house' or 'transit stop' to ease their path home. "In doubling the number of beds at the St Marys centre, more people living in the Fingal Valley and adjacent

areas of the East Coast will have the opportunity to come back to their community to recover. "They will be able to receive health care within their own area, in familiar surroundings, where their relatives and

friends can support them and help them get better sooner and return home faster."

Mr Llewellyn said the State Government had also contributed another \$200,000 to the latest developments at the St Marys Community Health Centre.

"This has enabled the development of a handover area for staff; improvements to security around the reception area; installation of a much needed airlock at the front door and development of the waiting area."

Mr Llewellyn said the State Government was committed to providing high quality health services in Tasmanian rural communities like St Marys.

"It is only right that these communities get the same level of access to health care provided to people living in or closer to the cities.

"The State Government has spent around \$38 million on our rural and regional health recovery program, including the redevelopment of the St Marys Community Health Centre.

'The Government has committed more than \$3 million since 1998 to build or upgrade health facilities across the East Coast, from Orford to St Helens, including:

- \$955,000 for the upgrading of the St Helens District Hospital;
- More than \$500,000 for the redevelopment of acute care and general practice facilities at May Shaw;

Mrs Jean Schier, Deputy Premier David Llewellyn and Mrs Polly McGee.

- \$615,000 for a new Community and Health Centre at Triabunna, and
- \$1 million for the St Marys Community Health Centre."



Community news

St Marys Hospital Auxiliary
meets the first Monday of every
month at 2pm at the St Marys
Community Health Centre.

The Break O'Day Woodcraft Guild Inc. meets every 4th Saturday at 4pm at the goods shed behind the St Marys Railway Station.

The Cycle Ride for Cancer Research supports the Cancer Council of Tasmania.

A Brunch will be held 10 -11am Thursday March 9th outside the St Marys Town Hall..

Food and drink will be available with gold coin donations... PLEASE COME AND MAKE A DONATION!!!

Some St Marys people will also join the ride and travel to Conara..

Grassy Bottom Regional Arts are holding General meetings on the first Tuesday of every month at the e.ScApe Café at 6.30pm. Come along to share your creative ideas and help Grassy Bottom maintain an artistic culture in our community. Next meeting: 7th March.

Volleyball Meeting, March 2nd 7pm St Marys Hotel Loungeroom. All interested players and teams...

PLEASE ATTEND
Ian Bradbury: 6372 2209
Mob: 0427 039 641

ST MARYS SPORTS CENTRE INC.

ARE YOU NEW TO OUR AREA, AND LOOKING FOR A WAY TO MEET PEOPLE IN A VERY SOCIAL WAY?

IF YOU ARE, OR EVEN IF YOU'VE BEEN HERE FOR YEARS, AND WANT TO TRY YOUR HAND AT GOLF, BOWLS, DARTS, EIGHTBALL, OR JUST LIKE A QUIET FRIENDLY BEER AMONGST FRIENDS, WHY NOT CONTACT US AT THE

ST MARYS SPORTS CENTRE? WE'D LOVE TO HEAR FROM YOU. RIGHT NOW, TO JOIN IS CHEAP, WITH PRO-RATA SUBSCRIPTIONS, IT'S GREAT.

ALL ENQUIRIES VERY WELCOME.



Please note:

Deadline for articles to be included in the next Valley Voice is 5 pm Tuesday, March 14, 2006.

Create your own ceramic buttons, learn how to make ribbon pansies or dye your own fabric using a microwave at Gone Rustic Quilt Gallery and Studio! To find out more about these and other new workshops for 2006, call in to 37 Main Street,

St. Marys or call Rita on 0409 289 997.

Attention Stitchers! Do you enjoy machine and hand stitching? Would you like to earn some cash? Materials, facilities and equipment provided at no cost to you – an opportunity to help to develop and make innovative new designs and products for sale. For a chance to participate, bring samples of your work to Gone Rustic Quilt Studio and Gallery or ring Rita on 0409 289 997.

THANK YOU

Mark, Alana, Kasey and Michael would like to thank all of those who gave gifts and cards for our son & brother,

JACK THOMAS HENDLEY

Born 27-12-2005

DID YOU MISS THE LIONS BACK TO CORNWALL DAY?

If so, or if you want something to remember it by, for a donation of \$10 (\$13 if postage is required) a DVD with the entire event recorded plus some thirty still photos all put together by Greg Cruse is available at the St.Marys Online Centre or by contacting Jim Haas on 6372 2127.

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St Patricks Day

St Patricks Head Festival

and

BUSH DANCE!!!!

Friday 17th March St Marys Town Hall

- 5.00 Kids Potato Tossing Competition
- ♦ 5.25 Footpath Art Awards
- 5.30 Boot Throwing (adults)
- 6.00 Photo Competition Winners announced in e.ScApe gallery
- 7.00 Bush Dance in St Marys Town Hall

8.30 − supper − please bring a plate!!!!

Classifieds

Items for sale

Ceiling fan \$15 Black entertainment unit \$25 Mens Malvern Star 24" bike. As new \$70

Akai 51cm TV \$100 BBQ, 2 burner, solid plate \$30 CARAVAN, 16ft Millard, 6 berth. Good Condition \$2700

Contact: Karen Polden

Ph; 6372 2438 Mob: 0437 463 370

FALCON EF FUTURA

EF FUTURA: auto, 193K, near new g. box, long rego, AC, elec. windows, c. control. Interior excellent, v.g paint. No prangs or rust, always well maintained - \$4850 Tel. 63722767

Ozito 210mm Compound Mitre Saw 1200 Watts. (new) \$80 Super Works high pressure cleaner 1600 P.S.I. Stainless steel pistons & brass pump. (new) \$95

Suzuki JR 80 K2, 2002 model Kick 'N' go. \$1800. Be Quick. PH: 6372 2258 -0417 344 209

CHOICE DAFFODILS \$20 per 100 bulbs

PH: St Marys 6372 2265

Bedroom Suite:

PH: 03 6372 2337

Double bed (ensemble) bedhead, 2 side chests, dressing table. In excellent condition. \$350. ono.

PH: J Kelly, St Marys 6372 2541

Lada Niva 4 x 4, March 2006 Rego. Goes well. Plus two other whole cars for wrecking. \$1,000. one the lot. PH: 6372 2050

Cast iron/Porcelain bath, in good condition \$100. Pedestal hand basin, also in good condition. \$45. Medicine cabinet. \$10. PH: 6372 2155

Astor fridge, suitable for shack or shed. \$50 **PH:** 6372 2266 68cm colour TV 'panasonic' with remote \$200. 1 TV/ video stand, as

D Floyed, 24 Frank St., St Marys.

PH: 6372 2176

new. \$15. Contact:

More items for sale VL COMMODORE WAGON

5 speed manual. Runs like a dream. Low klms, sports exhaust. New Tyres & tow bar. Service History. Tidy, reliable, well kept vehicle. Awesome CD sound system. \$2,300,00 one PH: 6372,2846

\$2,300.00 ono PH: 6372 2846 or 0400 512 845

Baby Bath Seat In good condition \$15.00 Ph: 6372 2846 or 0400 512 845

1 Emmaljunga pram, black & chrome. \$250 ono 'High-low' chair, \$80. 1 nappy bag. \$10 1 3HP Rotary Drum Mower. \$120. PH: 6372 2573 or 0419 382 287 Paul or Genevieve



Storage shelves to fit Pajero. \$50 PH: 6372 2846 or 0400 512 845

Wanted to buy

In the St Marys area - automatic washing machine and 2 door fridge. Must be in good condition. Phone: **0429 951 426**

Interested in block of land St Marys township. Reply C/-Valley Voice, St Marys Post Office St Marys, 7215, with location, size, price, and contact address. All replies will be passed on.

Cleaning done

Hate ironing?
Contact Daph Quin on: 6372 5230
At Fingal – St Marys Wed & Fri.
\$10.00 per hour.

For rent

Large 3 B/R house with adjoining land, for rent at Mathinna. \$100 per week. Contact Trish: 6383 1347

Fingal Valley Neighbourhood House Inc.

The Committee of the Fingal Neighbourhood House are re-advertising the following positions; expressions of interest are again being called and we envisage the positions being filled by the end of April.

CASUAL FINANCIAL MANAGER:

Some experience in this field would be welcome, but training regarding MYOB etc. will be offered to the successful applicant. Employment will be on a contract basis. Financial payment for this position will be an Honorarium of \$2,500 pa.

CASUAL CHILD MINDER:

This position will be on a needs be basis, and may involve evening or weekend casual employment. Training will be offered.

For further information on these vacancies, contact either the FVNH Office: B.H. 6374 2344 A.H. 6374 2235 or the FVNH President on 0419 500 847

The Fingal Valley Neighbourhood House Inc. is an Equal Opportunity Employer, which is funded through the Department of Health & Human Services.

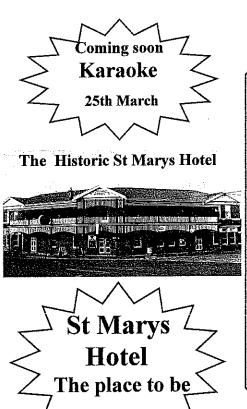
Classifieds in the Valley Voice are free of charge.

If your articles are not sold after the first entry, we will repeat the ad in the next issue.

Please inform us if your items are sold.



(From Kidz menu)



Bottle Shop Specials

Vat 69 Scotch	\$25.99
McCoy Bourbon	\$25.99
Remy Brandy	\$24.99
Bundy Rum	\$29.99
JD & Cola 4 pack	\$15.99
Bacardi & Cola 6 pack	\$17.99
Sunnyvale casks	\$ 7.99
Ice Block 30 cans	\$32.99
Blue Ice 30 cans	\$20.99
<u> </u>	

Plus a huge range of discounted wines!!

St Marys Businesses Want Tourists To Stop In Town

A breakfast meeting was recently held by SMACD (St Marys Association for Community Development) for the business owners and operators of St Marys.

The aim of the meeting was to develop further the spirit of cooperation and enterprise within St Marys, and to encourage employment opportunities particularly within the booming Tourism sector.

SMACD President Reon Johns asked the meeting to consider two questions.

- 1. Do the businesses and locals of St Marys want tourists to stop in the town?
- 2. And if they do... what needs to be done to get tourists to stop?

The unanimous answer to question one was... YES...

With many ideas to encourage visitors to stop and stay longer...

- The establishment of camping facilities at the recreation ground
- Beautification of the town
- parks and gardens better maintained
- footpaths made uniform and safer!!
- welcoming signage
- screening of the sewage pond from view
- development of walk / hiking / bike tracks
- hanging baskets and flower pots around the town
- Covering of the ST Marys swimming pool
- Development of a new St Marys and Fingal Valley brochure

SMACD is a non-political organisation pursuing the best interests of St Marys.

If you wish to join SMACD, fill in the below form and bring it with you on the morning.

St.Marys Association for Community Development
Member Application Form

Name	
Address	
Phone	
Fax	
e-mail	
Joining Fee \$5 per Annum	
I will agree to abide by the rules of incorporation of SMACD	



The next breakfast meeting will be held:

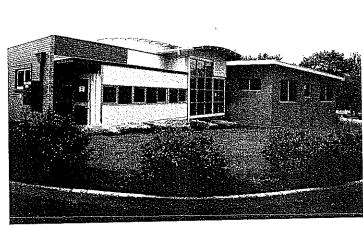
7.00am for 7.30am start -finish 8.30am

To book /rsvp Patricia O'Donnell 63722418

DATE: Friday 17th March, 2006

VENUE: Show ground, ST.MARYS

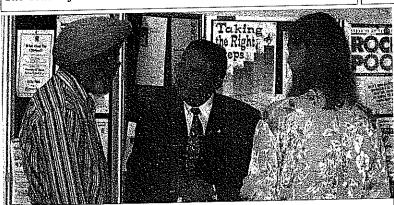
More photos from the Official Opening of the reconstruction of the St Marys Community Health Centre.



The Centre after the reconstruction



Happy smiles all round after the ribbon cutting ceremony



L-R: Dr Mohan Singh, Deputy Premier David Llewellyn and Mrs Sophie Legge



L-R: Mr Len Miles, Mr John McGiveron, Deputy Premier David Llewellyn and Mr Robert Legge. (partly obscured)



Special points of interest to the Break O'Day Community

- Council has sent a letter to the Hon Minister Bryan Green to reiterate our concerns regarding the South Sister.
- White lines on the Main Street at St Marys will be repainted, possibly next week.
- Council to investigate access and parking for the St Patricks Head walk.
- Congratulations to all those involved in the Back to Cornwall Weekend celebrations.
- Best of success to the three new business enterprises in the former Westpac Bank Building in Main Street, St Marys.
- The Scamander Surf Carnival was an outstanding success.
 - Tennis Finals abandoned participants enjoyed competition and weekend.



Sea of people in the reception area

A LITTLE BIT OF HERITAGE: by Jim Haas

The Coalminer's Heritage Wall at Cornwall is playing, and will continue to play, an important roll in the preservation of our coalmining heritage in Tasmania. It is, however, concentrated on the Mt. Nicholas Range where the bulk of Tasmanian coal has been produced.

But we must not forget that pockets of coal can be found all over Tasmania from Ida Bay and Cygnet in the south, all the way up the east coast, through the midlands at Cole River and Hamilton, to Macquarie Harbour in the west and the Latrobe area in the North West. And whilst most of the seams are small and commercially unviable to mine in today's economy, almost all known seams have been worked at some stage over the last two hundred years or so. Indeed, the first recorded use of coal was by a Reverend Robert Knopwood at Colebrook in 1805. It is believed the coal was taken from an outcrop found in the nearby Cole River.

In 1834 the Colonial Government of the time opened the first productive coal mine in Tasmania using convict labour. They sank two shafts almost fifty metres deep at Saltwater Creek on the Tasman Peninsular and extracted coal from a 1.2 m seam, bringing it to the surface in baskets and shipping it to Hobart Town where it was sold for ten shillings per ton.

St Marys Newsagency

Stationary Studies

Stati

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Ventilation was always a problem at Salt Water Creek and an old method of fires near the entrance was used; theory being that the heat would create a draught sucking the air out of the shaft helping it to circulate. The mine was leased to Alexander Clark in 1848 and convict labour ceased, but by 1877 it was worked out and closed.

In our East Coast area, Schouten Island was the first to start in 1843 but it was only a small pocket, and the life of the mine was short lived and operations were concentrated at Denison River or Old Mines Lagoon where several shafts were sunk and a 6.5 kilometer wooden tramway was built to the wharf at Bicheno. One can only assume that in a wooden tramway, the rails were made of timber.

Despite an expert in 1855 describing the Denison River coal fields as the best in Tasmania, the quality was poor, extraction and transport was costly, causing the Company to fold in 1858 leaving some twenty specialized miners who had been brought out from England, without a job.

But coal was still needed and exploration was still going on, and the next venture was a few kilometers north at Seymour where in 1861 Mr. A. J. Swift employed twenty men and began sinking two 20m shafts down to the coal seam. The shafts were only a few hundred metres from the sea and a jetty, along with an iron tramway from the mine to the jetty was completed and small amounts of coal were shipped to Hobart in 1863, and trials were carried out in a number of steam ships and the Hobart Gas Works, both of which rejected the coal because, despite the coal being of good quality, it had too much shale mixed in and the ash content was too high. Consequently, ten shillings per ton, the current domestic coal price, was all Mr. Swift could get for his coal. He then went about extracting kerosene oil from the coal and in 1868 sent 2700 litres to Melbourne to be refined. Apparently it too was unviable as there is no record of any more being sent.

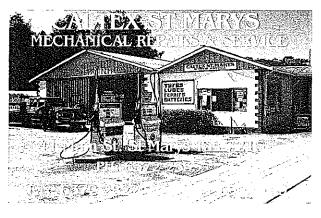
Although Seymour has had two brief workings in the Twentieth Century, 1928 to 1931 and 1959 to 1964, the original workings being the longest, lasting seventeen years and closing in 1880. The operation was continually hampered by high shipping costs and rough sea damage to the jetty.

With the completion of the railway to St.Marys in 1886 the Fingal Valley coal fields became the most dominant, and have remained so and whilst some 20 million tones of coal reserves remain in the Douglas River-Dalmayne area above Seymour

the seams are reported to be full of faults; couple this with high transport costs and we are unlikely to see mining in this area in the foreseeable future.

But the history of our coastal miners is unique and should hold a special place on our heritage tree; they not only fought the power of the earth to win their coal but the wrath of the sea to transport it, leading most ventures to failure. But they were strong, brave, persistent men and their part in pioneering the coal industry will not be forgotten.

Thanks to Carol Bacon, Managing Geologist Mineral Resources of Tasmania, for information on this article.



The Say by Cagerattler

What does an Information Officer do? Give out and collate community information and statistics I expect, from the title.

You might ask why I put this to you. Well, it seems our local council is currently offering this position, according to last Saturday's papers. All I ask is: Is this position necessary to the running of our council, and not a job that might be integrated to current staff members?

Will this salary come from our rates base, or funded in other ways? What are the aims and objectives of the position? Maybe someone from the council could answer these questions in these pages next issue.

Not whinging, but maybe council could also consider repairing those little potholes near the café, opposite the Post Office soon too. They are, dare I say it, bloody annoying where you pull up at the kerb.

Some years ago I caused a little debate about our local radio station which operates as a community outfit. As time went on I was very relieved to find that the volunteer programs that I mentioned became very good, and developed into a top service.

Recently, someone who is a keen advocate for community radio, suggested to me that maybe we should all listen to the station, and decide for ourselves, that the just recently re-named and expanded service may have gone perhaps a little more commercial, and less than before community, and with not heaps of Fingal Valley input at the moment.

Wouldn't it be great to hear from the station in the Valley Voice on how they feel they put the service across to the valley, and if they have plans in the future to involve more personnel from this area of the municipality, if such people offered their time.

Perhaps some previous valley announcers could be re-looked at if suitable. That would be good for us to hear old or new volunteers on air.

Why don't you all switch on, listen to our local station, and see if you like what comes across, and see if it is being used as it was meant to be?

I'm going to listen, and decide for myself.

What do you think?

AMBULANCE VOLUNTEERS

Interested in becoming a volunteer ambulance officer?
All training is given free. Driver's licence is required.
Our group of volunteers are committed to giving your community the best service possible.

NEW MEMBERS ARE URGENTLY NEEDED

For further information contact: Ian Bradbury

6372 2209 - 0427 039 641

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Contacts for Valley Voice.

Fax: 6372 2172

PH: Judy: 6372 2155

Email: j.spilsbury@tassie.net.au

Accounts: Mary: 6372 2328

Please leave written material at the St Marys Health & Beauty Centre, Main St, St Marys, or post: C/- Post Office, St Marys Tas 7215

Advertising:

Classifieds:

25 words or less: free Community notices: free Small ads. Garage sales etc. \$8, 1/4 page \$15. 1/2 page \$25. Full page \$40

1 year posted subscription \$25.

.Deadline for articles: Tuesday before publication.



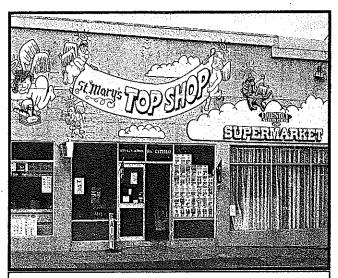
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Taken from Cleveland Ohio paper: "The bride wore a gown of white sheer with lace insects."

Ad in a Scottish Daily: TURKEY CARPET for sale good condition the property of a lady too large for her rooms.

From a Canadian paper: CLOTHES BRUSH. The genuine pigskin back opens with a zipper and inside are tweezers, scissors, nail-file, and a bomb.

womensport and recreation TASMANIA



Existing recreation and fitness programmes are adequately catering for the 'converted' or for those who already participate in recreational activities.

However, there is a large group of women who are not currently active and do not receive the physical, social and physiological benefits of

active recreation. Many women suffer from lack of confidence or have endured negative exercise experiences in the past. These and other constraints may severely limit their participation.

The Healthy Community Project is taking an active step towards helping women in our community to become more physically active and at the same time meet new friends and enjoy themselves socially. The Healthy Community Project will be delivering Womensport and Recreation Victoria's very successful Get Active Program where topics such as the following are discussed in a friendly and non-threatening way.

- ➤ Goal Setting
- Motivation
- Personal Safety
- **▶** Body Comfort
- Self Esteem, and
- Stress Management

In addition to the discussion component of the course, the group will participate in a range of physical activities that could range from the more passive activities such as tai chi, yoga, singing, to more challenging pursuit activities such as dance, aerobics, rock climbing etc. The group will decide upon the activities and all efforts are made to ensure that everyone's needs are met.

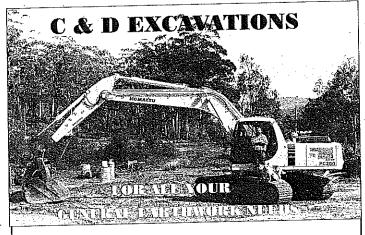
The program will be conducted at St. Marys Community Health Centre commencing Tuesday 21st March, and runs for 2 hours per week for 10 weeks. Transport may be provided from other areas of Break O'Day if requested. For more information contact **Fiona Watts** on **63765242**.





Rae & Partners Lawyers Barristers & Solicitors 93 York St Launceston Ph: 63375555

Visiting: St Marys Community Health Centre Alternate Tuesdays 9 am - 10 am Appointments: St Marys: 6372 2172



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St. Patrick's Head

Over the past year St. Marys Association for Community Development Inc. has been working to solve the St. Patrick's Head walking track issue, which has arisen because of public liability concerns by land owners whose land has been used for public parking and access to the walking track.

In today's climate SMACD has always been sympathetic to the land owners concerns and have pursued a number of avenues around the problem, all of which have met stumbling blocks.

However, on Monday the 17th February 2006 a meeting was held at the base of the mountain with senior members of National Parks and Wildlife, Forestry Tasmania, Break O' Day Council, St.Marys Association for Community Development and local councillors Stephen Salter, John McGiveron, David Clement and Robert Legge.

Several proposals were looked at including forming a new track through the Old School Reserve on Irishtown Road, through a Forestry coup and into the reserve via what is known as Mill Ridge and linking up with the existing track on the

eastern side.

Whilst this was the preferred proposal put forward by SMACD, as we felt it would eliminate the private land issue as well as open up a new area with a much flatter track to the base of the mountain, it was rejected by both Parks and Forestry on the grounds that, in their opinion, it would be unviable, as new track construction these days is rather involved and quite costly and recommended a solution be sort to keep the existing track open in its current form.

After a lengthy discussion it was resolved that the easiest and most practical solution was for the community in conjunction with Council purchase the land needed for a car park and pursue an easement over the private land needed for track access and whilst Council had stated in the past that the issue was not their responsibility the four local councillors present all agreed, as St. Patrick's Head was not only an icon for St. Marys but has significant heritage and tourism value for the whole of the Break O' Day region and indeed Tasmania, they would take it back to Council in the hope that Council could take the necessary steps to negotiate the land purchase and easement to ensure generations to come can continue our forefathers tradition in climbing and experiencing the magnificence of our breathtaking "Paddy's Head", where the coastal and valley views will blow you away in an awe-inspiring moment of splendor. *Jim Haas, Project Manager*.



ST. MARYS CHILD CARE CENTRE

Gardiners Creek Road, St Marys 7215 Telephone: (03) 6372 2187

Northern Children's Network would like to welcome Emily McCormack as the new Supervisor of St Marys Child Care Centre.

The centre is open Monday to Friday 8.00 am — 4.30 pm Morning session: 8.00 am—12.00 midday Afternoon session: 12.30 pm - 4.30 pm.

Fees

Full day: \$30.00 per child

Morning or Afternoon session: \$17.00 per child

Child Care Benefit does apply, which will reduce these fees.

Enrolment information

For bookings or an Enrolment package, including CCB information please contact Sarah on 6341 1555 or Emily at the Centre on 6372 2187.

St. Marys Child Care Centre is sponsored by Northern Children's Network Inc., P.O. Box 724, Kings Meadows. 7249 www.ncn.org.au

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Be pleasantly surprised at the price.

Phone: Peter, Shan or Daryl for a free quote and friendly advice.

Business Hrs: Mon.Tue & Fri 9am to 5pm (2 Techs available)

Wed & Thurs 9am to 3pm Sat 9am to 12pm



VOLUNTEERS REQUIRED

Palliative Care is the specialised health care of people of all ages facing a life limiting illness.

Role of the Volunteer Support Person

The Palliative Care volunteer's role is to support the capacity of a person with a life limiting illness and their family, to cope with life, to see them participate in as much as they can and to live life as fully as possible.

Volunteers provide:

- O Practical Support including respite and transport in the community setting
- O Companionship
- O Emotional Support with compassion, comfort and understanding

We are currently seeking committed people in the Break O' Day region including St Helens, Bicheno, St Marys, Avoca and Fingal.

Successful participants will be required to provide a satisfactory good character check. Men are particularly encouraged to apply.

Commitment

An induction program will be held on the East Coast at the Chancellor Inn, Scamander commencing on Thursday, 30th March and Friday 31st March. There will be an Information Session and opportunity to meet the Coordinator on the afternoon of Wednesday, 29th March.

The full program will be a total of 7 days over a seven week period.
All participants will receive a certificate on completion.

There is a commitment for all volunteers to attend ongoing education offered in the ensuing 12 month period.

If you are interested in participating please contact Leanne Preston,
Coordinator Volunteer Support Service
on Telephone: 63 365544
by Tuesday, 22 March to register.

Our Vision

To enhance quality of life by ensuring that every person affected by a life limiting illness has the knowledge, capacity and right to access quality palliative care appropriate to their needs.

St Helens Special Children's Fund.

will be holding a

Masquerade Cocktail Party

on the deck at



Doherty's

on



St Patrick's Day Friday 17th March

starting at 7pm

\$25 per ticket:

includes 2 cocktails, nibbles and music by

Gypsy Rose.

There will also be lucky door prizes on the night.

There will be a limited selection of masks available for sale on the night for \$3.00.

A bus service will be operating from Fingal, St Marys, Falmouth and Scamander for the low cost of \$5.00 per person return trip!!!!

Tickets are on sale now at The Carlyle, Doherty's and T-Lissa Hair and Nails in St Helens.

Any enquiries:

please call **Rachael** on 63725304 after 6pm or **Kim** on 63761150 or 63761355 (w).

We encourage people to pay and book for the bus when collecting their tickets.

We would like to take this opportunity to thank Doherty's, Callows Coaches and Gypsy Rose for their involvement in this fundraiser.

> Please come along and support this worthwhile charity and help us keep helping families within our Community.

DICK ADAMS MP Federal Member for Lyons

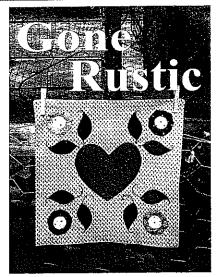
Web Page. Http://dickadams.id.au Email: D.Adams.MP@aph.gov.au

PH. (03) 6398 1115 Fax. (03) 6398 1120 Local Call Cost 1300 132 689

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- * Radha Jhamaya visiting by appointment at Ratha Bzar.

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0408 330 070 for appointments

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MEALS ON WHEELS ROSTER			
Feb/	Mar	St Marys	Fingal
Mon	27th	Annette Davey	Karen Lohrey
Tues	28th	Pam Lynch	June Hall
Wed	1st	Wendy Aulich	Barbara Saunders
Thurs	2nd	Heather Griffiths	Jan Marshall
Fri	3rd	N & A Challis	Julie-Ann Claridge
Mon	6th	Tina Floyed	Carole Woods
Tues	7th	Hannah Rubenach	Tom Brady
Wed	8th	Pauline Berwick	Susan Woods
Thurs	9th	Liz Rice	Rhonda Hoskinson
Fri	10th	Claire Bean	Christine Woods (S)

Church Services

Catholic Parish of St Mary	S
Sr. Helen Hickey,	

Parish House. Ph: 6372 2252

Mob: 0427 055 963

1st Week: MASS

St Helens Vigil 6.00pm
Bicheno 9.00am
St Marys 11.00am
Campbell Town 5.00pm

2nd Week LITURGY

St Helens Vigil 6.00pm St Marys 9.00am Bicheno 9.00am Fingal 9.30am

3rd Week: MASS

St Helens Vigil 6.00pm St Marys 9.00am Swansea 11.00am Campbell Town 5.00pm

4th Week: LITURGY

St Helens Vigil 6.00pm St Marys 9.00am Bicheno 9.00am Fingal 9.30am

5th Week: MASS

St Helens Vigill 6.00pm Bicheno 9.00am Fingal 11.00am Ross 5.00pm

Seventh Day Adventist

Hodgeman Street Scamander Sabbath School 10 am Divine Service 11 am

Anglican Parish of the Northern Midlands

Services each Sunday
Avoca 8 am
Fingal 10 am
Mathinna 2nd & 4th
Sunday monthly at 11.30am

Daily Office Reading
Avoca Tuesdays 10 am
Fingal Tuesdays 12 noon
Ross Wednesdays 10 am

Anglican Parish - St Helens

Ph: 6376 1144

St Helens Every Sunday 8 am and 10.30 am

Kanga Sunday School

10.30 am -12 noon every Sunday for children 5-12 vrs

St Marys 10 am

(No service 5th Sunday)

Pyengana 7.30 pm

5th Sunday months only

Break O'Day Uniting Church

The Manse St Helens Ph: 6376 2405

St Helens 9.00 am Fingal 11.15 am

Police report

As many of you would be aware road works are occurring on the Esk Highway between St Marys and Avoca. As a result of the road works the speed limit for the length of road under repair is usually reduced to 60 kilometres and at times it can be 40 kilometres. The span of road is sign posted at both ends with the standard prescribed signage showing the reduced speed limit.

Recent speed checks conducted at local road works sites has revealed many drivers are failing to slow down. The purpose of the reduction in speed limit is two fold; firstly to protect personnel engaged in activities relating to the road works and secondly to reduce the chances of an accident resulting from changes to road topography and the presence of heavy machinery.

Some of the speeds recorded have been high and the appropriate penalties have been applied. I think it worth mentioning that exceeding the prescribed speed limit by 38 kilometres or more results in the automatic disqualification from holding or obtaining a drivers licence for three months.

Also we have some found keys at the station. If you have lost any keys eg. car/house/miscellaneous, over the past year or two, please call in with a description and we will try and match your missing key.

Cameron TANNER
Constable 2398

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OF OUR TECHNICIANS

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SEAFOOD & SYMPHONY

Tasmanian Symphony Orchestra

In concert at St Helens Friday 31 March. 6pm at Portland Memorial Hall. Book now!

Enjoy a weekend break on the beautiful East Coast and catch the TSO in concert at the popular Break O'Day Seafood & Symphony Festival. Tickets \$32.50 adult, \$26.25 concession, \$17.50 student.

After the concert, you can join us at Doherty St Helens Resort for

- Dinner with the Orchestra at 8.30pm.
 \$45 per person, excluding drinks.
 Bookings essential.
- Champagne Breakfast on The Deck the next morning from 8am to 11am.
 \$25 including champagne.

Phone TSO Box Office on 1800 001 190 or book at Break O'Day Council offices or the new Visitor Information Centre.

For special weekend packages or to book Dinner with the Orchestra call Doherty St Helens Resort on 6376 1999 seven days.

CONCERT PROGRAM

JUN YI MA, leader LISA STORCHHEIM, bassoon

From Holberg's time

WIREN Serenade Op.11

VIVALDI Bassoon Concerto in E minor NIELSEN Little Suite for string orchestra Op.1

GRAINGER Molly on the shore GRIEG Suite for strings (in olden style from Holberg's time) Op. 40













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ST MARYS COMMUNITY HEALTH CENTRE

GP ROSTER- ON CALL:

Please phone the after hours number for the doctor on call. **Dr Mohan Singh- 6372 2111**

Medical Emergencies phone: 000

The Ambulance on:

1800 008 008 <u>GP Assist</u> on: 1300 780011

The St Marys Community Health

Centre GP Surgery Hours:

8:30am-12:30pm 12:30pm-1:30pm LUNCH 1:30pm-5:00pm

Doctors work Monday—Friday's with alternate Thursday and Friday's off.

For appointment please phone the Community Health Centre on 6372 2111.

FREE Shredded paper available for compost, pet bedding, paper bricks etc. Please collect from the reception area at the St Marys Community Health Centre. Donations accepted.

STRENGTH TRAINING COURSE

For anyone aged 30-100 years who wants to: Improve muscle tone, bone density, replace fat with muscle, improve strength, reduce chronic pain.

When: Friday 10am, starting 17th March 2006 Where: St Marys Day Room

Cost: \$30.00 for 6 sessions. Refreshments supplied.

or

'WALK & TALK GROUP'

The first meeting will be held at St Marys Day Centre (Community Health Centre)

Time/ Date: 10am on the 10th March 2006

Group Activities will be supported by the Community Physio Assistant

For more information phone:

David (Physio Assistant) on 6372 2111

WOMEN GET ACTIVE PROGRAM

Especially for Women in Break O'Day
Facilitator for this Women Get Active Program is
Fiona Watts from the Healthy Community House

Registration is Essential: 6376 5242

Continue over page ...

Continued...

Beginning Tuesday 21st March 2006 2hrs/week for 10 weeks!

Gold Coin Donation/ transport can be arranged WATCHING FOR MORE DETAILS....

'WHAT'S ON AT THE CENTRE'

3rd March Alcoholics Anon (AA) Holy Trinity Church St Marys at 8:00pm. Please phone 6372 2725 for details.

3 March Physiotherapist, Diane Seeney

8 March Alcoholics Anon (AA).

Anglican Church St Helens at 8pm every Wednesday evening. Phone

6372 5026 for further details.

9 March Weight Loss with Laughter Therapy

2pm-4pm, please phone Helen Jennings for further details on

6372 2111

10 March Physiotherapist, Diane Seeney

10 March Alcoholics Anon (AA) Holy Trinity
Church St Marys at 8:00pm. Please

phone 6372 2725 for further details.

13 March PUBLIC HOLIDAY

14 March Child Health Clinic 9am-12noon, with

Bernice Kelly. Afternoon appointments are available by

arrangement.

15 March Alcoholics Anon (AA).

Anglican Church St Helens at 8pm every Wednesday evening. Phone

6372 5026 for further details.

16 March Weight Loss with Laughter Therapy

2pm-4pm, please phone Helen Jennings for further details on

6372 2111

17 March Physiotherapist, Diane Seeney

17March Alcoholics Anon (AA) Holy Trinity

Church St Marys at 8:00pm. Please phone 6372 2725 for further details.

Information on this page was submitted by:
St Marys Community Health Centre, Gardiners Creek, Road, St Marys, TASMANIA. 7215

EVERYONE WELCOME TO A

SATURDAY 1ST APRIL 2006 @ 10am

ST MARYS GOLF CLUB

- 14 HOLE AMBROSE FOLLOWED BY A BBQ Open to Everyone, even if you haven't played golf before. Come along and have a go!

Lots of Prizes: Chocolate Wheel Spins, raffles etc.

Each Team will have at least one member with a registered handicap

Gring your smile as this is a fun day

Bar Facilities Available

All monies raised go towards buying equipment for the St Marys Community Health Centre \$10.00/ player included BBQ \$7.00 Juniors

For further details phone: Julie Gunton or Karen Spilsbury on 6372 2111 or register at the Golf Club

\$5.00 BBQ Only



RELIEF SCHOOL ATTENDANTS WANTED ARYS - CLEANING & GROUNDS

Expressions of interest are called for people who are interested in relief cleaning duties while permanent staff members are on leave. It is a departmental requirement that all relief personnel satisfy a pre-employment check before undertaking any relief duties.

Contact: Maureen Bushing – School Executive Officer

6372 3900 Phone:

St Marys District High School Association

The first meeting for 2006/07 will be the Annual General Meeting with elections of the Committee members and Office Bearers.

> This meeting will be held in the school staff room on Wednesday 8th March at 7pm followed by an ordinary meeting.

All parents/guardians and staff are welcome to attend.

Come along and support YOUR School Association.

Social Worker

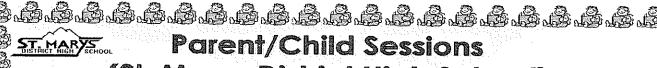
Elizabeth Spencer has been appointed as the permanent Social Worker for St Helens and St Marys District High Schools this year. She will be working at St Marys on Wednesdays and Thursdays. We also have a new Social Worker, Tanya Greenwood, who will be working one day per week at Bicheno, Fingal and Avoca Primary Schools. This is the first time that we have ever been able to offer this level of Professional Support Services to our East Coast Cluster Schools and Communities. The social work service may be of help for parents who are worried about their children, e.g. being bullied, quiet, and not able to make friends, to behaviour problems. Elizabeth Spencer is a fully accredited Family Therapist and if you wish to have your child assessed or counselled, there are consent to referral forms available at the office.

Elizabeth and Tanya will also see parents who wish to access social work services. There may be a range of issues that you wish to discuss, from Centrelink payments, parenting issues, child care or even respite. We know that most people experience some financial difficulties at some stage, so if you are experiencing difficulties with the payment of uniforms or books, then feel free to make an appointment to discuss this and you might be surprised what we can do for you.

At the end of last year we were able to organise financial help for some families who were experiencing difficulties prior to Christmas. For us to be able to help, we need to have the information early as all the organisations that help are really busy at the end of the year.

We are looking forward to working with you and your children this year.

Elizabeth Spencer Social Worker.



Parent/Child Sessions

(St. Marys District High School)



PARENT/CHILD SESSIONS WHERE: ST. MARYS KINDERGARTEN

MONDAYS 1.30-3.00 P.M.

STARTING: 20th March, 2006

WHEN:



This session is provided for those children who will turn 4 during 2006. Parents must accompany their child, and younger brothers and sisters are welcome. A fee of \$2.00 per child or \$3.00 per family a session is required to cover the cost of art materials.

Please bring a hat, a drink and a piece of fruit (for your child or children)

FIRST SESSION 20th March, 2006 - an informal session (get together) where we will become organised for the year.

SEE YOU THERE!!!!!!!

Anne Bennet and Michelle Bennett (Parent/Child Co-ordinators)





• Tuesday 7th March

• Friday 10th March

Tuesday 21st March

• Friday 24th March

Please feel free to contact them regarding your child's dental health on the numbers below:

St Marys Dental Unit

63 722488

St Helens Dental Unit 63 761713 Kelham Street Dental Unit 63 634100



March 2006

Mon	Tue	Wed	Thu	Fri
•	•	1st Mar.	2nd Mar. • Heather Butler Presentation • St Helens Swimming Carnival at SMDHS.	3rd Mar. • St Helens Swimming Carnival at SMDHS.
6th Mar.	7th Mar. • Fingal Swimming Carnival at SMDHS	8th Mar. • School Association Meeting • St Marys DHS Primary Swimming Carnival	9th Mar. • Student Leader's Camp	10th Mar. • Student Leader's Camp
13th Mar. • HOLIDAY	14th Mar. • E.N.E. Miners Carnival	15th Mar. • Grade 7 Camp	16th Mar. • Grade 7 Camp	17th Mar.

ST PATRICKS HEAD DAY PHOTOGRAPHY COMPETITION

THE DEADLINE HAS BEEN EXTENDED...

ENTRIES MUST BE TO THE POST OFFICE BY **FRIDAY 10TH MARCH**FOR YOUR CHANCE TO WIN. ENTRY FORMS ARE AVAILABLE
AT THE POST OFFICE, OR ON THE REVERSE SIDE OF THIS PAGE. **PLEASE NOTE:** ENTRIES THAT DO NOT HAVE A COMPLETED ENTRY FORM
AND THE REQUIRED ENTRY FEE OF \$5 PER PHOTOGRAPH WILL NOT BE ELIGIBLE.

1st PRIZE - \$250 + an enlarged framed print of the winning photograph

LIONS CLUB PEOPLES CHOICE - \$175+2 bottles of wine

SPONSORS PRIZE - \$150 + 1 bottle of wine

And a prize for the quirkiest photograph!!

SO GET AMONGST THE COMMUNITY... Take a photograph that captures a local identity in their familiar surroundings.

24 finalists will be selected and will have their photographs professionally printed by Fujifilm Australia. The finalists' images will be used to create a series of 'Back to St Marys' calendars so it is essential that subjects give their permission for the photograph to be taken.

THE JUDGES DECISION IS FINAL AND NO CORRESPONDENCE WILL BE ENTERED INTO

A SPECIAL THANKS TO ALL THE SPONSORS OF THIS COMMUNITY EVENT

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St Patricks Day Photography Competition

Entry Form - Entry fee is \$5 per photograph.

Name of photographer:
Name of person in the photograph:
Where was the photograph taken:
I have supplied a digital jpeg file: Yes No
I have supplied a negative: Yes No
Contact number or email:

Please attach this form to the front of your A4 envelope, with the copy of your photo, a digital jpeg file or negative, and the \$5 entry fee enclosed.



St Patricks Day Photography Competition

Entry Form - Entry fee is \$5 per photograph.

Name of photographer:
Name of person in the photograph:
Where was the photograph taken:
I have supplied a digital jpeg file: Yes No
I have supplied a negative: Yes No
Contact number or email:

Please attach this form to the front of your A4 envelope, with the copy of your photo, a digital jpeg file or negative, and the \$5 entry fee enclosed.

TASMANIAN SUPER FUND GETS GOLD

A TASMANIAN Superannuation fund has been rated among the best value for money funds in the country.

Quadrant Superannuation is the only Tasmanian fund to have been awarded a Gold rating in a national survey undertaken by SuperRatings, a specialist in the research of Australian superannuation funds.

Wayne Davy, Quadrant's chief executive officer said Quadrant, which has operated for more than 60 years in the state, was one of only 25 funds nationally and the only Tasmanian fund to achieve a gold rating.

"Quadrant has an excellent range of services and is commission free which is a critical consideration for people," he said. "It ensures that members get the most out of their savings."

Mr Davy said following the introduction of fund choice in July last year, people had become more aware of the benefits offered by a fund that was commission-free.

"Ratings are extremely useful when people are evaluating funds because a lot of the hard comparison work has been done for them," he said.

The ratings, which were released this month, look at overall value for money including fees and investment returns, the evaluation of member benefits and employer services, website access and functionality, super advice, insurance services and fund governance.

SuperRatings is a company that conducts research on Australia's major superannuation funds. Its latest ratings report was released this month.

Its assessments have become even more important with the recent 'choice of fund' legislation allowing people to elect their own funds.

More than 125 superannuation funds across Australia were assessed in the recent ratings, covering \$100 billion in superannuation savings on behalf of 10 million members.

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Tim Morris MHA Member for Lyons



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greens@parliament.tas.gov.au

www.tas.greens.org.au

Authorised by Tim Morris MHA, Parliament House, Hobart 7000.

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Ph: 6376 1755

St Marys Sports Centre news by Kackhander

To Pennant Bowls and...'close, but not quite'. That's the way you'd describe the result in the second Semi-Final last Saturday, at Scamander against St Helens. The final margin of 11 shots, after leading by at least that many shots after half way, means that we're not that far away. Unfortunately now though, we have to do it the hard way, and defeat Swansea in the Preliminary Final, before having the chance to beat St Helens in the Grand Final.

All the boys are asked to make sure practice is paramount this week, because we'll need everyone to have a go next weekend. Special mention to Jack Viney's rink for a big win, and to Peter (PeeWee) Singline's rink, who beat Brian Harnson, after being 0-10 down at one stage. PeeWee wasn't well either. Great effort boys.

Wouldn't it be great to crack the 19 year drought since our last pennant win. It's in our hands too. If we're good enough, we will do it.

Thanks to everyone who is supporting Sunday golf at the moment. Last weekend a new multiplayer event was played, and was met with keen support. Each week the comps have been well supported.

Now, our attempt to win a fifth consecutive East Coast Pennant, and Simply buy 2 Cottees or Cadbury's even more importantly a red hot crack at a Division 3 flag, both Northern products to enter, for this quality and State is only a month away, and with potentially one of the strongest Compact Grill. teams we've ever had a possibility. It would be great if all players could get their names on the board. This is so we can get the team organised properly. This year will be a great opportunity to go a long way with a couple of new faces with us, and others returning for a big go.

Couple this with several new innovations and improvements to the course, some keen volunteer work and new events organised or in the Cooking oil spray, 8 lamb chops (lean) process, as we write, and it should be a huge year for our golf. We need 6 small onions, halved, 2 cloves everyone to get behind the club and become involved.

One new idea is to use one of our Perpetual Trophies (The Ruth and 11/2 cups boiling water, 40g pkt French Geoff Gill Memorial) as an opening day event on March 25th.

This will be an 18 hole stroke event, open to any golfer, and can be won parsley. by the best next score on the day. This will hopefully let us invite visitors from other clubs to the day if they choose, and give our own players a Coat medium flameproof baking dish chance to win a top event. Men and Women's nett scores, best gross and with oil spray; cook lamb, in batches, special events will be conducted to open our Saturday golf calendar for until browned both sides. Cook onions, 2006. The following day the pennant season commences with an away garlic and leeks in same dish, stirring game at St Helens.

We are keen to hear from anyone, or business who would like to run a amb to dish, sprinkle with soup mix, golf event, from July onwards. If you'd like to run a mutually beneficial pour water over. day for your business and also support a club on the up and up, then St Marys Sports Centre is the venue.

Just a reminder that one of our big days in the next few weeks is the 30 minutes. Uncover, bake about 20 St Marys Community Centre's Fundraising and Fun Day, on Saturday minutes, or until lamb is tender and April 1st. This event is mainly aimed at the new golfer and will be a sauce has thickened. Just before social, as much as anything, day. The Centre crew or golf club would serving, sprinkle with parsley. Yum!!! love to hear from you if you are keen to play.

On a sad note, all of us at the Club would like to send our sincerest wishes to Noelene, Trinity, Clinton, Stephanie, Rita and Shan, and extended family for the recent loss of our great cobber, Craig Mitchell. Noelene very kindly asked us to say a few words at the church service, through Len Miles, which was a great honour for us. We will always remember his fun, no nonsense approach to life, and his terrific sense of humour. He'll always be a special part of the club.

Anyway, until next time, good hitting and rolling.



IGA St Marys Value Plus Supermarket

38 Main Street St Marys Mark Kate Phone/Fax 6372 2240 Butcher Ph. 6372 2274 Mon – Fri 8am –6pm 8am -12 noon Sat

" LAST CHANCE TO WIN" Sunbeam Compact Café Grill

Write your name & phone number on your docket & place in box. Drawn Thursday, 9th March.

French Onion Lamb Chops.

crushed garlic, 2 small leeks, chopped, Onion soup, 1 tablespoon chopped

until onion is lightly browned. Return

Bake, covered, in moderate oven for