

The Say by Cagerattler

What an exciting opportunity this community has to finally re-develop what appears an obvious need for the Recreation Ground facility.

At long last a keen, dedicated and wide ranging group of people, have resolved to give this town a chance to be a place for people to stop and take in what this area has to offer, in many and varied ways.

Because I have been fortunate to be able to attend the first couple of meetings in one capacity, I can genuinely attest to the desire for all this to be sensibly planned and implemented, into the future.

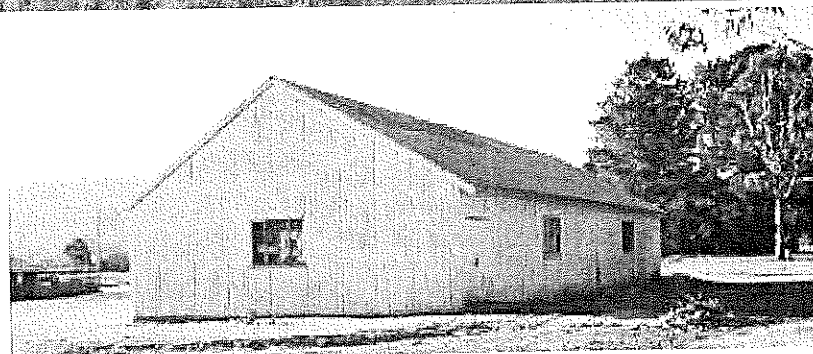
The overriding issues are camping, toilets and basic showering, but with additional spin-offs which can only be good for the area. These include high quality markets, additional recreational activities, bushwalking, and healthy choice opportunities, just to mention a few.

There is also a genuine desire to do our best to re-establish and re-invent the Industrial Hall into a multi purpose building, to accommodate a range of groups keen to use it, and an option for wet/dry markets and so on.

Even our high school is keen to be involved, and the Steering Group and Planner hope that some of their fantastic ideas to date can be accommodated as years go by.

A careful consultation process will need to take place, and a financially viable plan will be required, by what I've already witnessed. This community has spoken with a very loud voice, and when they speak you listen.

All consideration will be given to anyone with ideas, so let's keep hearing them. Let's just see what happens shall we?
What do you think?



The old Industrial Hall, looking decidedly dilapidated. This is one of the buildings it is hoped will be up-graded.

FILM MAKING WORKSHOP. by Shannon Rosskelly.



On September 9-10, 2006, a group of enthusiastic young local students/actors from St Marys District High School, were chosen to act in a movie.

Craig Cooper, our Director and Ben, our Assistant Director, asked us what we wanted to make our film about.

The students acting in the film were: Christa McColl, Shannon Rosskelly, Fern Menogue, Emily Brown, Vaughan Spilsbury, Lawrence Bretag, and Eliza Payne. The students working behind the scenes were: Allie Spilsbury, (Audio girl) Toby Micek, (Audio/Video) and Ollie Micek. (Video)

The 10 young actors/crewmen had no idea what to expect from the course. So when the director told us that we were actually going to be in a film we were quite shocked. And if that wasn't enough we had to come up with a PLOT!!!!

It was pretty hard but we all put our heads together and came up with a horror/comedy! The movie was about a group of friends who all shared their biggest fears with each other, and one by one they all start coming true. This movie was very short, 5-10 minutes, but it took 2 days to make and had like 1000 bloopers. Okay maybe not that much but there were a lot of takes!

We had a lot of fun and our Director's and crew were particularly nice. I would personally like to thank Craig and Ben and also Cassie Male for putting this whole thing together. Also a big thank you to Eo Greensticks for letting us use her garage opposite the newsagency for filming and putting the film together! We also had a lot of food, supplied by Eo.

Want to see the movie? Well you can, at the 2006 Maypole festival in St Mary's in November. We hope to start on another movie soon but until then you'll just have to wait!

Please note: Deadline for articles to be included in the next Valley Voice is: 5 pm Tuesday, September 26, 2006.

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 the last Saturday of the month at 4pm at the goods shed behind the St Marys Railway Station.

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.

Break O'Day Stitchers welcome everyone to their Friendship Day to be held on the 6th of October at the St Helens Neighbourhood House Bungalow between 10.30am to 3.00pm. \$10 entry fee which includes morning tea, lunch, lucky prizes and take home the bookmark you make. RSVP by 1st OCT. to Marj 6372 5752 or Barbara 6376 3771

North East Bioregional Network's Next meeting will be held on September 19, 2006 at St Helens Neighbourhood House at 4pm.

SMACD's next meeting will be held on September 29, 2006, 5 pm, at the St Marys Online Access Centre.

2 day Dowsing workshop THIS WEEKEND, Sat 16, Sun 17, 9.30 - 4.30 pm \$110. Enq, Ph: 6372 2986.

AFL Grand Final Day,
Sept 30, 2006

**Falmouth
Community Centre.**

**Large screen.
Food available.
Licensed bar.**

More details next issue.

The Break O'Day Woodcraft Guild AGM

is set for September 30, 2006
at noon in the Old Railway shed.

There will be a BBQ and refreshments for members at \$10.00 a head.

Please pay prior to the date.
Ring Reon on 6372 2094 for further details.

GRASSY BOTTOM REGIONAL ARTS HAS A BADGE MAKING MACHINE

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ORGANISATION

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PUBLICISE AN EVENT.

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6372 2255

Blowin' in the wind

Last week we pulled our small dome tent out of storage and set it up in the yard to air out.

That night the wind howled and upon rising the next morning we noticed that the tent was gone, obviously carried away by the wind.

We don't expect to get the tent back, most likely it has been ripped to shreds, but we are curious as to where it might have ended up.

If anyone has seen the remnants of a small blue two-man dome tent tumbling around please give us a call at the Post Office (6372 2124) - it might help us put an end to what has become quite an amusing tale.

Harry and Kerry Veldums

SAMARITAN'S PURSE

Give a needy child a gift this Christmas.

Operation Christmas Child will be giving shoeboxes of gifts to refugee camps in Thailand.

Leaflets and boxes are available at the St Marys Community Health Centre, and the Post Office, or ring Eileen McManus: 6372 5480

TASMANIAN CRAFT FAIR DELORAIN 2006

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4th NOVEMBER 2006**

**CALOWS COACHES
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\$150.

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2 x cot quilts & bumper sets. \$40 ea.
(Cream with teddy bears)

1 Emmalunga pram, black &
chrome. \$150. ONO.

! Port-a-cot. \$70.

1 Musical & light play gym. \$15.

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THANK YOU

To the dedicated fire fighters from
the Brigades listed, and others who
fought the fire at Red Rock Point on
Thursday night, August 31st, we
extend our personal thanks for a job
well done, as do the owners of the
property.

Falmouth, St Marys, Scamander,
Volunteer Fire Brigades.

David and Toni Brewster

Nifty Fold-out Booklet –

embellish and decorate a special
selection of photos to keep or present
to someone special. Inspirational
scrapbooking expert Elaine Hannam
will show us how at *Gone Rustic
Quilt Studio*, St. Marys on Saturday,
7th October from 10 am. Cost is \$30
(\$27 for members) including all
materials (except photos) plus tea
and coffee. Please pay deposit of
\$10 with booking. Bring-and-share
lunch on the day.

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simple and effective craft on
11th November from 10 am. Cost is
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includes your kit plus tea and coffee.
Deposit of \$10 required with
booking. Bring-and-share lunch on
the day.

Tim Morris MHA Member for Lyons



CONTACT:

33 Burnett St, New Norfolk 7140

Phone: (03) 6261 8048

Fax: (03) 6261 8047

E-mail:

greens@parliament.tas.gov.au

www.tas.greens.org.au

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

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.

Please note: Letters to be published in the
Valley Voice must be signed. Your name need
not be published, but we must have a signature.
Articles and letters published in the Valley
Voice are not necessarily the opinion of the staff
and volunteers of this community paper. Ed.

A LITTLE BIT OF HERITAGE: *by Jim Haas.*

"Waubadebar"

Almost from the time of the first white settlement of Van Diemen's Land in the Derwent River area in 1803, small ports of call were set up along the East Coast to cater for the lucrative whaling and sealing trade that was a large part of the early economy.

The men who manned the whaling ships came from all over the world, many of whom were escaped prisoners from the jails of Europe, choosing to sail to the ends of the earth rather than be in prison. They were, it was reported, some of the wildest, toughest, hard drinking, ruthless men ever to set foot in the colony.

It was on one of these whaling ship stop-overs on our East Coast in the early part of the 1800's that a fifteen year old aboriginal girl was standing with other members of her tribe on a high, round, bare rock which gave an excellent view of the sea and the bay below, in which had sailed a strange, massive canoe with a huge white top. They all watched as the white top came down and another canoe, smaller this time, appeared to emerge from the big canoe and strange men with covered bodies, hairy faces and pale coloured skin rowed the smaller canoe into the beach.

This was a strange sight for a tribe of natives who knew no other life than following the traditions of their forefathers in freely wandering from Moulting Lagoon, where they would feast on the rich swan eggs in spring, then follow the coast north as far as the Great Molar Tooth (St. Patrick's Head) collecting shellfish, then up into the hinterland where snakes, kangaroos, possums and many other animals were plentiful to fill their bellies.

Despite the warnings from the elders, a number of the young aborigines, including the girl whom they called Waubadebar, left the lookout and headed for the beach where the strange men had landed. Waubadebar's curiosity was stronger than her fear, making her a perfect target for these ruthless sailors who had little respect for any woman, let alone a young innocent aboriginal girl, and she was quickly captured by the whalers and taken back to the ship and forced to live a life as a whaler's woman. We can only assume she would have then been continually raped, humiliated, and beaten as she was made to slave for her captors.

But Waubadebar was no ordinary young woman; she soon adapted to her situation and proved her worth by becoming an excellent seal hunter. It was said she could sneak up on a herd of seals by swimming under water and kill at least three before the rest were scared off.

Heroism came to Waubadebar one day when a storm swamped a boat, carrying two of her masters several hundred metres off shore. In huge seas she swam out to the first man, who had a broken arm and was semi conscious, and brought him to safety and without any hesitation returned to the upturned boat and rescued the second man.

Great respect was given to the young aboriginal woman from that time on and she was allowed to live beside the bay where her heroic rescue took place. For some twenty odd years she lived, worked and made many friends, both black and white, beside the bay that everyone now called Waub's Bay.

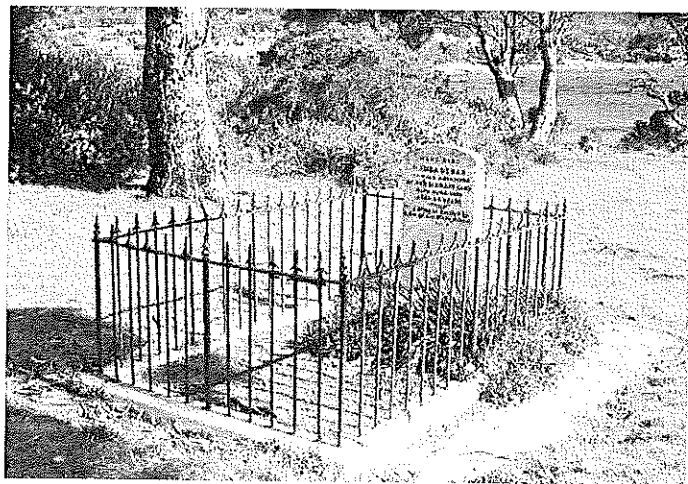
But alas, in 1829 Governor Arthur appointed George Robinson to round up all of Waubadebar's people and transport them from their homeland to the islands in Bass Strait where they would be of no more threat to the settlers who had invaded their land and broken their 35,000 year old laws.

It was June 1832 before "The Black Line" finally caught up with Waubadebar and again she was loaded onto a boat against her will, and sent off to the Furneaux Islands to join her people. But it appears she didn't make it and died on board the boat somewhere off the North East Coast of Van Diemen's Land. But thankfully her friends were able to lobby the Government of the day and have her body brought back and be buried where she could watch over her beloved Waub's Bay for ever.

The area around where Waubadebar was buried was known by a number of names including Waub's Bay, The Gulch and Fisheries until 1851 when James Ebenezer Bicheno died in Hobart Town. Bicheno, it would appear, was an outstanding contributor to the community, his most notable contribution being a donation of some 2500 books, of which was to be the nucleus of our current day library system.

To recognise this fine gentleman, Lieutenant-Governor Sir William Denison decreed that not only a memorial be built in Hobart's St. David's Park, but the picturesque whaling port some 28 miles north of Swansea be named "Bicheno".

When we stand today and admire the humble grave and look at the simple headstone which reads: "Here lies Waubadebar, a female Aboriginal of Van Diemen's Land, died June 1832, aged 40 years. Erected in memory by a few of her friends," one wonders if it holds enough recognition of this amazingly brave woman, who obviously made a huge mark on those around her. Perhaps if Denison had been satisfied with his St. David's Park memorial for James Bicheno, the humble whaling port could well have been more appropriately named "Waubadebar".



Waubadebar's grave today

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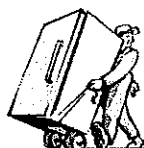
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Quilting the Blues To the uneducated, patchwork and quilting might seem merely a hobby. Of course, it has always been much more than that! Historically it has been the means whereby families were kept warm on cold nights by the precise and thrifty use of remnants of cloth and even clothing. Women also could express themselves artistically and even emotionally through their quilts. Marriages, childbirth, farewells, death and politics have all been the subject of quilts and the purpose of their making and gifting.

Hopes and dreams, tears and laughter, yearning and contentment were stitched by hands old and young, rich and poor. Money has been raised for causes such as the temperance movement, cancer and new hospitals by the making of quilts. Quilts were even made to secretly support the abolition of the slave trade and the escape of black slaves to freedom.

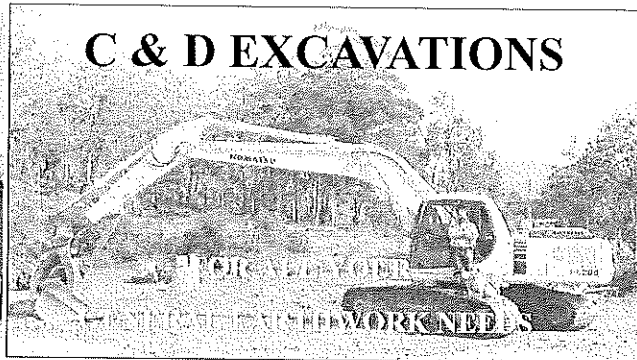
Quilting the Blues, although a modern selection of quilts, follows centuries of tradition by giving expression to experiences, stories, life as stitched by fourteen women who discovered anew, the therapeutic aspects of quilting. Depression, which affects as many as one in five Australians, is the theme. Yet the positive shines through. Hope has not died, and tears do dry.

The official opening of this exhibition brought together about 30 guests at Gone Rustic Quilt Studio and Gallery on Wednesday, 6th September. John McColl, president of Grassy Bottom Regional Arts, and Thom Ryan, East Coast Counsellor and local Anglicare worker, spoke about art, depression and ways to overcome emotional and physical obstacles to healing. Rita and Ian Summers, proprietors and hosts, also spoke. Door prizes were drawn, refreshments consumed, and friends old and new chatted and enjoyed the work on display. Seven locally made quilts were presented to Anglicare for distribution to the local community. Once again, St. Marys was and is privileged to see works of art which inspire and encourage.

Quilt the Blues is on display until Thursday, 28th September, so there is still plenty of time to visit Gone Rustic and view both the touring exhibition and locally made items.

Door prizes: 1st – Liz Rice 2nd – Alizon McColl
3rd – Ruth Spencer

Special thanks to Main Street Clothing for donating the first prize.



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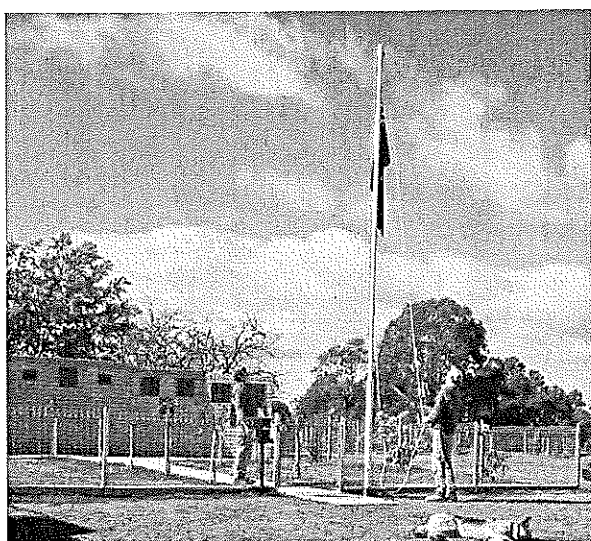
THIS MONTH

- 16 Sept: The Microwaves
(featuring Pete Cornelius)
- 30 Sept: AFL Grand Final Day
- 30 Sept: Karaoke (from 8pm)

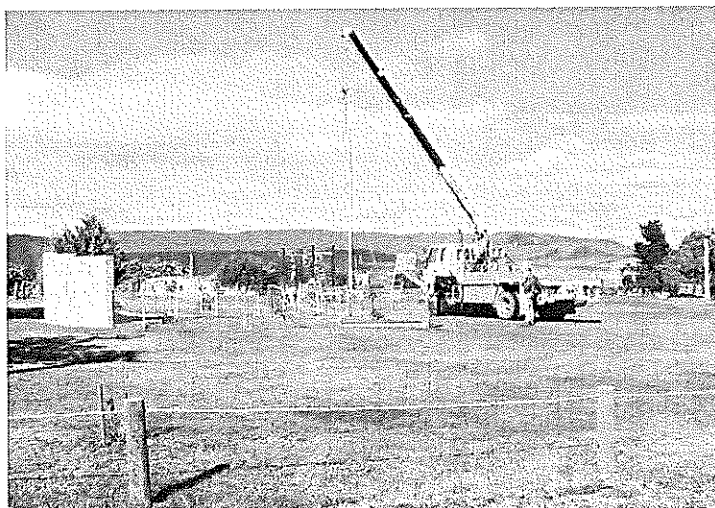
CORNWALL NEWS: *from Jim Haas*

Last week all over the nation, flags were hoisted on National Flag Day and Cornwall was no exception.

But at Cornwall it was not only the Australian flag that rose and fluttered in the breeze, but the flag pole itself was put into place, adding another great feature to the park and Coalminers Heritage Wall.



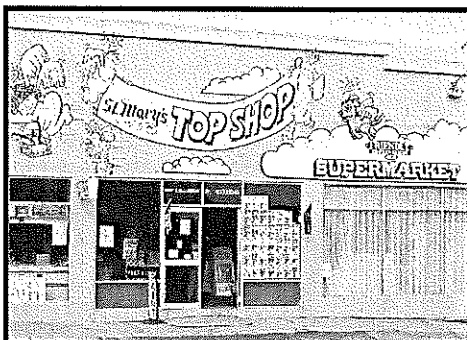
Razz McDonald and Graham Hayes raise the Australian flag at the Coalminers Heritage Wall.



Graham Hayes supervises the erection of the flag pole.

Special thanks must go to Graham Hayes who skillfully made the pole; Aurora, through Macka who provided machinery to erect the pole and the wire rope for the park fence, and as always when things need to be done, Razz McDonald and his sidekick Wayne Squires, were on hand to lend their support.

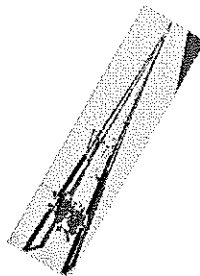
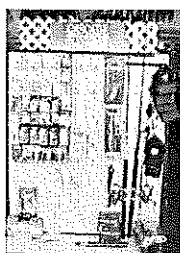
Don't forget Remembrance Day on the 11th of the 11th when our soldiers will be remembered, the Lone Pine from Gallipoli will be planted and the Australian flag will fly proudly from our new pole.



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Letter to the Editor

Dear Editor,

May I, through the pages of the Valley voice, express my gratitude and thanks to the doctors, nursing staff, kitchen staff (the food was absolutely delicious) and the cleaning staff, for the wonderful treatment afforded to me during my recent stay in the St Marys Community Health Centre.

What a wonderful place to convalesce. I couldn't have been treated any better in a city hospital.

Also, what about having the Tasmanian Lymphoedema Centre here in St Marys?

I needed several low level laser treatments and Kate Williams, the laser therapist, was so caring and kind to me. We certainly are lucky to have such a facility here in St Marys.

I also attended the day centre, coordinated by Hayley. What a wonderful job she does with the senior citizens. Nothing is too much trouble. I also found out at the day centre that you can have lots of other treatment such as toenails attended to, and hearing aids. This is something to be very grateful for, as it saves a long trip to the city.

At 3.30 am, I was transported to the Centre by two wonderful ambulance personnel, and I wish to also offer my thanks to them.

Congratulations to all of you for a very well run community health centre. You certainly deserve all the praise I can give, and then some.

Lastly I wish to thank family and friends for visits, flowers, cards and emails.

Maisie Finney.

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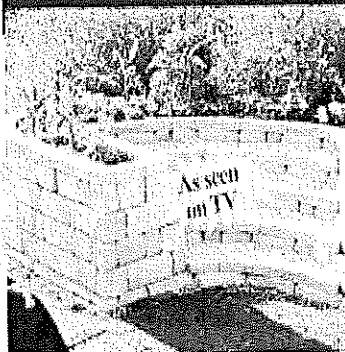
Phone Chris

0417 344 209

or

A.H: 6372 2258

NORTH EAST LANDSCAPING SUPPLIES ST HELENS



- Meadow stone (as above)
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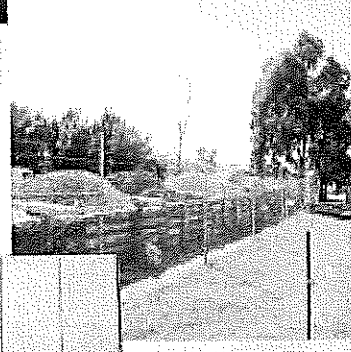
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DESIGNER HAIR STUDIO

(UNDER NEW MANAGEMENT)

MON – FRI: KELLIE
 WED- THU - FRI: EMMA
 TUESDAYS: FRAN
 FRIDAYS: JANELLE

Opening hours:

MON - WED - FRI 9 – 5 PM
 TUES - THUR 9 – LATE. BY APPOINTMENT

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 Ladies, Gents & children.

Ph: 6372 2108

TASBASH - VARIETY CLUB

GOLF FUN DAY

Saturday 16th September, 2006

THIS SATURDAY

Day commences 8 – 9 am at the
 St Marys Sports Centre,
 with a slap-up bacon and eggs breakfast,
 followed by 18 holes Team Ambrose (4person)
 golf comp.

The moths will only drag out \$10 from your
 wallet for that. Cheap!!

Then you're off to the St Marys Hotel for a
 sumptuous lunch, dragging out a further \$15 from
 your wallet, followed by you collecting
 your trophies at the presentations.

Sounds like fun? If it does let's see you there.

Don't forget, the money raised goes to a great
 charity organisation, that does fabulous work.

Get a team
 see you

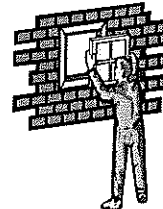


together and
 there.

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Falmouth Ph: 6372 5361

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 St Marys 7215
 Ph: 6372 2402
 Mob: 0409 959 121

John Heron
 30 years
 experience
 ACA Licence

MEALS ON WHEELS ROSTER

Sept	St Marys	Fingal
Mon 18th	Trish Pike	Sharon Hall
Tues 19th	Pat O'Donnell	Robyn Holder
Wed 20th	Ruth McGiveron	Christine Woods (P)
Thurs 21st	Yvonne Salter	Maureen Hall
Fri 22nd	Claire Bean	Christine Woods (S)
Mon 25th	Annette Davey	Debbie Speers
Tues 26th	D & K Floyed	Tom Brady
Wed 27th	D & V Rice	Susan Woods
Thurs 28th	Heather Griffiths	Mim Woods
Fri 29th	Geoff Herrmann	Julie -Ann Claridge

Church Services

Catholic Parish of St Marys

Sr. Helen Hickey,

Parish House. Ph: 6372 2252

Mob: 0427 055 963

1st Week: MASS

St Helens Vigil 6.00pm
Bicheno 9.00am
Fingal 11.30am
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 11.30am
Campbell Town 5.00pm
Bicheno LITURGY 9.00am

4th Week: LITURGY

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

5th Week: MASS

St Helens Vigil 6.00pm
Bicheno 9.00am
St Marys 11.00am
Ross 5.00pm

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
yrs

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

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am

Building Blocks is a new mobile child development program for children aged 0 - 5 years in Break O'Day

**WE NEED YOU BECAUSE WE
NEED A LOGO!**

**AND WE ARE OFFERING \$100
FOR THE BEST ENTRY**

**Get out the pencils/paints or whatever
and design a logo for this
exciting new program**

**Entries close 29th September @ 3.00pm
Entry forms available from:**

St. Marys District High School, St. Marys
Community Health Centre, Fingal Primary School,
Fingal Valley Neighbourhood House,
St. Helens Neighbourhood House, St. Helens District
High School and Healthy Community Project

Peter Dane Gardening

St Marys

Qualified Horticulturist

Over 25 years experience in all aspects
of garden maintenance, restoration
and organic vegetable growing,
specialising in pruning.

**Get your garden
into shape for spring.**

Call 6372 2686

or 0408 208 658

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- * L.P.G. & NATURAL GAS INSTALLATIONS

FOR FURTHER ENQUIRIES RING KEN ON

6374 2141 OR 0429 142 887





What's On In St Marys

<i>What</i>	<i>Date</i>	<i>Time/s</i>	<i>Where</i>	<i>Who</i>
"Quilt the Blues" Exhibition	5 th – 28 th September	11am – 4pm	Gone Rustic Gallery	Grassy Bottom Regional Arts
AFL Grand Final Event	Saturday 30/9/06	1pm – onwards	St Marys Hotel	
Makers & Growers Market	Saturday 7/10/06	9am – noon	St Marys Town Hall	Grassy Bottom Regional Arts
Karaoke	Saturday 7/10/06	8pm – onwards	St Marys Hotel	TasBash Variety Club
<u>THE MELBOURNE CUP LUNCHEON</u> "The EVENT of the year!!"	Tuesday 7/11/06	11am – 5pm	St Marys Sports Centre	Tasmanian Lympho- edema Committee
Melbourne Cup Fashion Parade Lunch	Tuesday 7/11/06	tba	St Marys Hotel	Ratha B'zar
Makers & Growers Mar- ket	Saturday 4/11/06	9am – noon	St Marys Town Hall	Grassy Bottom Regional Arts
Maypole Festival	Saturday 4/11/06	10am – onwards	Faulkner's Green	Grassy Bottom Regional Arts
Makers & Growers Market	Saturday 2/12/06	9am – noon	St Marys Town Hall	Grassy Bottom Regional Arts
Christmas Carols	Sunday 17/12/06	(evening)	St Marys Town Hall	St Marys Community
Lions Christmas Parade	Sunday 24/12/06	Tba	Main St St Marys	St Marys Lions Club
St Marys 'Sesquicentenary' Pacing Cup	1/1/07	(afternoon)	St Marys Racecourse	St Marys Pacing Club

Whats On In St Marys

To those of you who appreciate the above column, may we ask for more forthcoming information so we can frequently up-date the details. We can only print information IF it comes to hand. Reon is taking over from Rod, who has done the job for the last few months. Thanks Rod. Reon can be contacted on 6372 2094

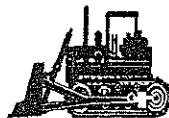
MILLERS SKID STEER EARTHMOVING

General Earth Works. George Miller 44 Elizabeth Street Mangana

FREE QUOTES - 6374 1024

- * DRIVESWAYS/ROAD PREPARATION (Graded & rubble supplied)
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- * ROTARY HOEING FOR HOUSEHOLD VEGETABLE GARDENS
- * TREE TRIMMING & GARDEN CLEAN UPS

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



ST MARYS COMMUNITY HEALTH CENTRE

PLEASE BE PATIENT

Current demand on our doctor is at an all time high. Please be aware that **waiting periods do apply**. **Phoning in advance may save you a wait**. Please be patient, we are doing our very best and your cooperation is appreciated. Everyone's health is important to us. — Manager CHC

DOCTORS ROSTER

DR MARK LOEFFLER WILL BE THE ONLY DOCTOR ON ROSTER FOR THE FOLLOWING FORTNIGHT.

PLEASE PHONE THE COMMUNITY HEALTH CENTRE ON 6372 2111 FOR APPOINTMENTS OR BEFORE PRESENTING AFTER HOURS.

SCRIPTS AND DOCTORS APPOINTMENTS

PLEASE ENSURE DOCTORS APPOINTMENTS ARE BOOKED **PRIOR TO YOUR MEDICATION/S** RUNNING OUT OR **IN ADVANCE** IF YOU ARE ATTENDING THIS PRACTISE REGULARLY.

AT PRESENT THERE IS A 14 DAY WAITING PERIOD FOR APPOINTMENTS.

- AT THE TIME OF PRINT, SUBJECT TO CHANGE DEPENDING ON DEMAND.

SCRIPTS **WILL NOT** BE TAKEN OVER THE PHONE.

PLEASE PHONE GP ASSIST ON 1300 780 011 FOR AFTER HOURS SERVICE OR IN AN EMERGENCY PHONE 000

GP ROSTER- ON CALL: 6372 2111

Please phone the after hours number for the doctor on call.

Medical Emergencies phone: 000

The Ambulance on: 1800 008 008

GP Assist on: 1300 780 011

EAST COAST SOCIAL WORK DEPARTMENTS

Thurs 14/9	Shan Williams, St Helens
Fri 15/9	Shan Williams, St Helens
Mon 18/9	Helen Jennings, St Marys
Tues 19/9	Helen Jennings, St Marys
Wed 20/9	Shan Williams, St Helens
Thurs 21/9	Shan Williams, St Helens
Fri 22/9	Shan Williams, St Helens
Mon 25/9	Helen Jennings, St Marys
Tues 26/9	Helen Jennings, St Marys
Wed 27/9	Helen Jennings, St Marys

Continue....

Continued .. EAST COAST SOCIAL WORK DEPARTMENTS

Shan Williams St Helens- 6376 5244

Helen Jennings St Marys- 6372 2111

St Marys Community Health Centre

GP Surgery Hours:

8:50am-12:30pm

12:30pm-1:30pm LUNCH

(Please do not phone during lunchtime as appointments can not be taken)

1:30pm-5:00pm

'WHAT'S ON AT THE CENTRE'

- | | |
|---------|---|
| 15 Sept | <u>Alcoholics Anon</u> (AA) Holy Trinity Church St Marys at 8:00pm. Please phone 6372 5026 for further details |
| 18 Sept | <u>Tasmanian Lymphoedema Centre</u> (TLC) General Meeting. 10am Day Room of the Hospital. New faces welcome. |
| 19 Sept | <u>Laurel House Counsellor</u> , Marg. 9am-1pm phone 6334 2740 for appointments |
| 20 Sept | <u>Alcoholics Anon (AA)</u> . Anglican Church St Helens at 8pm every Wednesday evening. Phone 6372 5026 for further details |
| 22 Sept | <u>Alcoholics Anon</u> (AA) Holy Trinity Church St Marys at 8:00pm. Please phone 6372 5026 for further details |
| 26 Sept | <u>Child Health Clinic</u> 9am-12noon, with Lorraine McGee. Afternoon appointments are available by phoning 0428 136 381 |
| 27 Sept | <u>Alcoholics Anon (AA)</u> . Anglican Church St Helens at 8pm every Wednesday evening. Phone 6372 5026 for further. |
| 2 Oct | <u>Hospital Auxiliary General Meeting</u> 2pm at the Hospital. |

The St Marys Community Health Centre is having a COMMUNITY INFORMATION SEMINAR

In the Day Centre Room.

WHEN: 26th October (10am-3pm) Lunch Provided

WHAT: A day free of charge to have your questions answered.

WHO: CENTRELINK, ADVOCACY TASMANIA, PUBLIC TRUSTEES, MENTAL HEALTH, HEALTHLY COMMUNITY HOUSE.

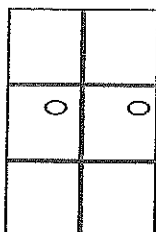
For any queries contact Helen Jennings on 6372 2111

ST MARYS COMMUNITY HEALTH CENTRE

ITEMS FOR SALE

The St Marys Community Health Centre has a number of items for sale. To place a bid please fill out the opposite section a submit to the reception **before 29th September 2006**

2 X 1200 X 1200
FROSTED WINDOWS



2 X 3 SECTION WINDOWS,
MIDDLE WINDOW
OPENS. (EACH SECTION
740 X 1130)

○ - OPENING SECTION

MAY BE SOLD INDIVIDUALLY OR AS ONE



1 X 4 SECTION WINDOW, NON OPENING
3350 X 900

PLUS VARIOUS DOORSPHONE PAUL
FOR FURTHER DETAILS 6372 2111

ITEMS FOR SALE

'MY BID'

ITEM (BRIEF DESCRIPTION OF ITEM)

BID AMOUNT \$

(IF MULTIPLE ITEMS) \$

\$

CONTACT DETAILS (NAME & TELEPHONE)



TAKE A SENIOR FISHING DAY A 'Don't Retire from Life' Event

Fishcare Volunteers invites senior citizens from the Break O'Day area to join us for a fishing day at St Helens's Wharf. Join us for a fun afternoon at the wharf and learn about a day in the life of a Fishcare Volunteer.

WHERE: St Helens Wharf

WHEN: Wednesday 4th October 2006,

11am-3pm

WHAT TO BRING: comfy clothes, hat and sun screen, chair, fishing rod if you have one available.

WHAT'S PROVIDED:

~ Volunteers will have some tackle available as well as bait.

~ Tips on rigging gear, casting and responsibly handling/ returning fish to the water will be discussed.

~ Fly casting tuition will also be available for all those who wanted to learn but thought it too hard.

~ We will be having a sausage sizzle with refreshments between 12:30pm and 2:00pm.

We look forward to meeting you on 4 October for a bit of fun and a sizzled sausage!

Please RSVP, Mick Barrett Ph: 6372 5026 by Friday 29th September 2006

Best regards and tight lines,

Quenton Higgs

Fishcare Volunteer Coordinator- Northern Tas.

AS WELL AS THE ABOVE.....

There will be a number of other activities on the foreshore throughout the day. Interactive demonstration from the Fitters Sitters, a sing-a-long, take-away information from the Tasmanian Fire Service AND LOTS MORE!

Transport can be arranged by booking through Hayley on 6372 2111 at the St Marys Community Health Centre.



Information of this page was supplied by:

St Marys Community Health Centre, Gardiners Creek, Road, St Marys, TASMANIA. 7215



SCHOOL DENTAL SERVICE



Monday 2nd October

Tuesday 3rd October

Wednesday 4th October

Thursday 5th October

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

St Marys Dental Unit 6372 2488

St Helens Dental Unit 6376 1713

Kelham Street Dental Unit 6336 4100

Reading Together

**Come and join us in a new
and exciting program at school.**

Reading Together is a free weekly parent and child program run by a teacher at the school in conjunction with the State Library of Tasmania. The *Reading Together* program is an opportunity for parents and carers to introduce their children to books and reading in the friendly surroundings of the local school. The program involves parents and carers bringing their pre-school aged children into the Kindergarten once a week to hear stories, sing songs, do activities and borrow books. The *Reading Together* program will begin on:

Friday 29th September

Come along and have some fun with your children!!

**Fridays 9.30 - 10.30am
At St Marys District High School
Kindergarten**

Reading Together co-ordinator - Susan Miles

Any further queries please contact
Susan at the school on 6372 3900



Tasmania

DEPARTMENT of EDUCATION
STATE LIBRARY of TASMANIA

STUDENT FREE DAY

Just a reminder that our third
Student Free Day for 2006 will be on

Monday 25th September.

On this day teachers from our school will be engaged in
professional learning.

There is one Student Free Day remaining for this year. The date
for this will be:

- Friday November 3.

We understand that Student Free Days can cause issues of
childcare and supervision for parents, so if parents or caregivers
are unable to provide adequate supervision at home, provision will
be made for their supervision at school. Any student who arrives
at school on a school professional learning day will be
appropriately cared for by a relief teacher. We would appreciate it
if you could let us know if this is likely to be the case for your
child by Wednesday September 6.

ST JOHN AMBULANCE CPR COURSES

St John Ambulance CPR courses
with Roxy Cowie will be held on:

MONDAY OCTOBER 9
in the School Hall

People who have not attended previous CPR courses
are required to enrol in the 2.5 hour session, while
regular participants only need to attend one of the other
sessions.

Cost for this course is \$40.00
and certificates are valid for 12 months.

**Bookings and Payment must be made
directly with St John Ambulance.**

Please contact St John Ambulance on
6343 4226 or 1300 360 455
to book and pay for your preferred session.

Session Times:

- 11.00 - 1.30pm (for people who have not attended previous CPR courses)
- 2.30 - 4.00pm
- 5.00 - 7.00pm

ENE Country Gold

Netball



Indi Douglas, Kara Turner, Emily Miles, Kirsty Panoff,
Shari Donald, Georgina Williams.

On the 17th and 18th of August we went to Launceston to represent our school in the ENE Miners netball team.

On the 17th our Div B team won 1 game but unfortunately for the Div A team they didn't win a game on the first day.

On the second day Div A was lucky enough to have won 2 games including the grand final and Div B won 1 game.

Shari Donald and Emily Miles won Coaches' Awards for Sportsmanship.

We all enjoyed ourselves and we would like to thank Miss White for being our coach, Miss Broomhall, Mr Miles and all the other people that helped.

By Shari Donald, Kirsty Panoff and Kara Turner.

On the 17th and 18th of August a number of people from St Marys from St Marys participated in the ENE Country Gold Hockey Carnival. Our team was called the Hockeyroos. The day started with rain but then became sunny. Our first game was against Circular Head - we lost 16-0. We drew in our second game against Tamar 1-1. Brody Mitchell was the only goal scorer.

We would like to thank Mr Wells our skills trainer, Miss Morrison our Manageress and Miss Coleman for helping to organise the Hockey Carnival.

Well done to all players for their efforts and also thanks to players families for getting us to the Carnival.

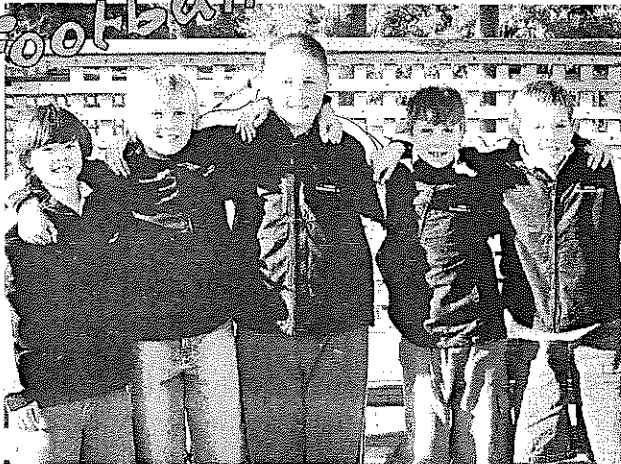
By Christin Heron and Brody Mitchell.

Hockey



Joshua Nehls, Christin Heron, Brody Mitchell

Football



David Nickson, Stuart Wright, Jordan Kitchin,
Liam Norton, Jacob Spilsbury.

On Thursday and Friday the 17th and 18th of August 2006, we went to Launceston to play football at Aurora Stadium as part of the Country Gold Carnival. In the first game we played Tamar. They beat us by quite a large margin - our whole team played well.

In game two we played against North Midlands West (Devils). We played a great first quarter and the scores were really close, unfortunately they flew away from us winning by a fair amount.

Day 2: Our only game was against Circular Head. The game was close for a quarter then they got away too. This game was our best game of the Carnival.

Tamar won the Carnival beating North Midlands East.

We would like to thank Mr Bennell (manager), Mr Freeman (Coach), Mr LeFevre, the parents of our team members, St Marys District High School Association for helping pay the fees and the players.

By Jacob Spilsbury and Jordan Kitchin.

Retirement specialist to conduct free seminar

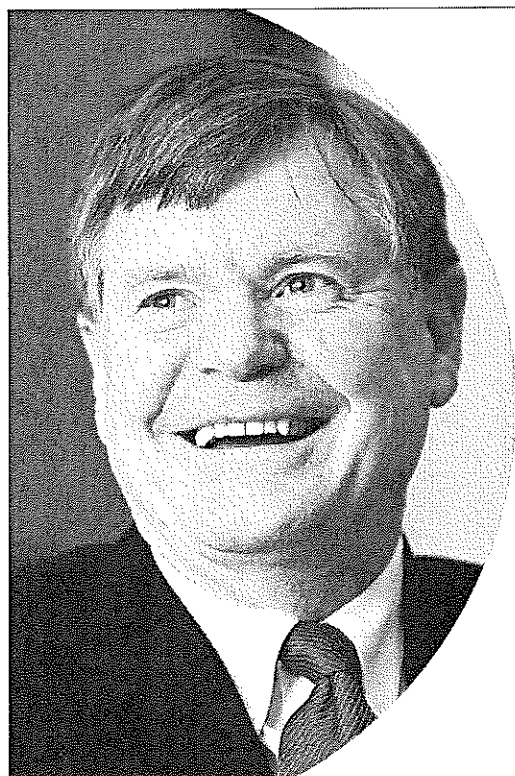
Quadrant will be conducting a free retirement seminar at Doherty's Resort on 28 September designed to provide members of the local community with up to the minute information on retirement planning.

Quadrant First retirement specialist Richard Taylor will provide an insight into the many issues to consider in planning for retirement. The program will cover areas such as taxation, the latest Centrelink information and pension income streams. Richard is a Certified Financial Planner with experience in all sectors of the financial services industry, specialising in retirement planning.

According to Richard, one of the key aspects of retirement planning that people often forget is giving some thought to the type of lifestyle they envisage in retirement and how they plan to achieve that goal.

"Research undertaken by the Australian Superannuation Funds Association (ASFA) in 2003 found there is an increasing gap between expectations and the reality of what is actually being saved", he said.

Join Richard for this free retirement seminar on Thursday 28 September at Doherty's Resort, St Helens from 6:30 – 8:30pm. Refreshments will be provided. Contact Quadrant to reserve your place on **1800 222 209**.



Retiring?

Join Richard for a free seminar

If you're contemplating retirement and want to know more about the budget changes, how to increase your retirement income and maximise your Centrelink benefits, call us to confirm your place.

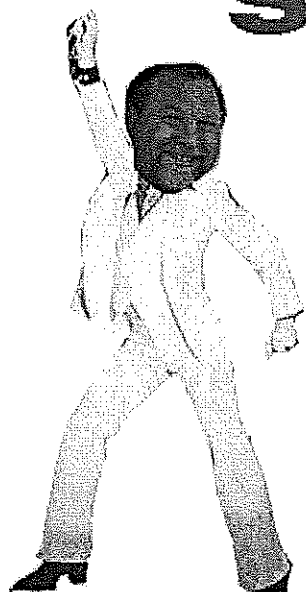
Thursday 28 September: Doherty's Resort, St Helens
6:30 – 8:30pm. Refreshments provided.



Call Quadrant to find out about our retirement seminar on 1800 222 209

Personal financial advice is provided by Quadrant First Pty Ltd ASFL no. 284443

Live Band



St. Marys Night Fever

**Music
from the
70's & 80's**

**Venue : St. Marys Town Hall
Date : 28th October 06
Time : 7pm**

Bring a plate

Ticket Price

Adults - \$6

Children - \$3

Family up to 4 - \$12

- **Licenced Bar**
- **Milkshakes & Spiders etc.
provided by the Girl Guides**
- **Proceeds to support
Sesquicentenary Celebrations**

**More Information
Phone Reon 63722094**



St Marys Tennis Club news

Welcomes any and all who would like to join our night roster.

Good Clean Fun! A quick set and a cuppa/bbq.

Doubles format / mix and match

Names and \$15 must be in by Thursday 21st Sept 7pm

Matches start Mon 25th Sept

All Players must be financial members-

Names to Mark Williams

Gary Townsend 6372 2524

Randal Faulkner 6372 2158

Sunday Pennants has started-

St Marys Blue were in devastating form against the enthusiastic St Marys Red. Well done Linda, Randall, Mark, Jill, Maureen and Drew.

St Marys Netball Club news

After being unmercifully beaten about the head with a damp netball tunic, your humble netball correspondent wishes to report a major omission in the Netball Season wrap-up, included in the last issue of the Valley Voice.

Unfortunately your correspondent didn't actually attend the Association awards presentation, and it wasn't brought to my attention that Lizzie Jones, in her first year of netball, won the Association Division 3 "Most Improved" award.

My profuse apologies to Lizzie and her family. It is tragic that such a significant achievement went unreported.

So congratulations to Lizzie, the award is a remarkable achievement in your first year and we hope that you have a long and successful netball career.

St Marys Wood Yard

Cnr Top Marshes Road and Esk Highway



Is now operating.

For all your winter wood supplies.

Wood sold by the metre.

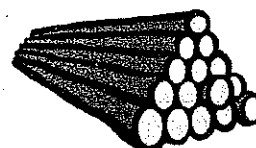
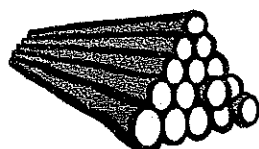
Truck, ute, trailer and boot load.

Also camper's wood available.

\$5.00 per bag.

If yard is unattended please phone:
Glen 6372 2107 Or Marcus 6372 2742

Anytime. We are only 5 minutes away.



Sports Centre news by Kackhander

It's a bit like a duck, our club at the moment, smooth on top but paddling furiously underneath.

Very quiet indeed, the past two weeks, in regard to events, due to the Malahide Tournament and then a switch of dates, and the Scamaryhide Cup at Scamander.

The ladies ran a very successful L'Oreal day a couple of weeks back, and by all accounts, all who played had a great time. Several winners enjoyed some very nice prizes. Well done to you all.

Like we said, smooth but furiously going at it is very apt. Macca has been working hard helping to organise some big days, with the onus on fun and participation in coming weeks.

The Variety Club Tasbash Day is scheduled for this weekend. All the details are available at the club and anyone who would like to be a part of it, just give us a ring, and take notice of the ad in this edition.

In a couple of weeks or so it's the AFL Grand Final event, with a 9 hole comp, preceded by a slap-up breakfast. This is always extremely popular, and Macca hopes to see you all there. Contact the club for details.

The big one is the event on October 7th, with the Tote Day. This promises to be one out of the box, with it being a joint event with the St Marys Hotel, and a value added day to all participants. We will let you know more in the next issue.

The main aim of these days is to get people out there playing golf and having fun. Not a bad idea at all.

Well done to all those who played at Scamander last Sunday. There were some pretty good scores from all the teams involved.

Now to bowls. Practice officially commences this Thursday night, Sept 15th, from about 4.30 pm onwards. The green is in marvellous nick at such an early time and already is a pleasure to bowl on. Thanks to all those involved in its preparation. All we need now is bowlers to use it.

A new 100 up comp will be commencing shortly, and the lights will be used soon too. We'll give it our fullest support. The new markers and re-vamped scoreboards look great too – well done to everyone involved.

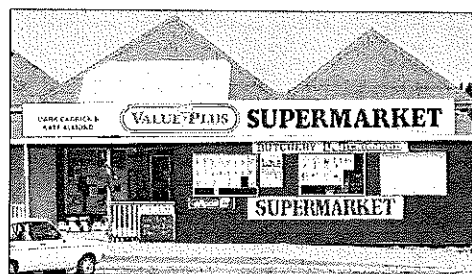
In the next few weeks we have some pretty big working bees planned, for all sorts of work around the club and we'll need commitment to see through some exciting work to the course, bowls green and clubhouse, to enhance what we already have. Sounds great doesn't it?

The subs are wandering in at the moment, and with summer just around the corner there's plenty to look forward to.

Thanks so much to our new 'Tuesday Crew', who have done an incredible job on the course. Great to see Jimmy among them too. Anyone keen to be involved is very welcome each Tuesday. Terrific effort boys.

Good luck to the Eightball side in the Grand Final. A great effort last week to qualify for the final again. Roger has you all firing at the right time of the year.

Anyway until next time, good hitting and rolling.



IGA

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