The Valley & East Coast Voice

Volume 41 No 3 Thursday, July 3, 2008 Est.1968 50 cents

My wonderful trip to Ireland - Hannah Rubenach

Well, I have made it safely back home from my short, but very exciting trip to Ireland. I was invited to attend the PASCAL conference held at University of Limerick as a community representative for a presentation of a paper titled "Arts, Health, Community Resilience and Healing after a Natural Disaster". This paper, written and presented by Dr Rosa McManamey of the University of Tasmania featured the Regener8 book and Art and Craft Exhibition following the East Coast bushfires 2006, and the benefit this was to community recovery. PASCAL is an international group made up of representatives from universities, business, policy-makers and national, regional and local public authorities, and focuses on issues of place management, social capital, learning and community development. About 100 delegates attended this conference from 33 countries.

What an amazing community we live in! In just one week, enough money was raised to pay for airfares, conference fees, and accommodation and transport costs. Much thanks must go to Jan Sparkes for having "the vision" and determinedly pursuing it. Thank you also to the major sponsors: Lions Club of St Marys, Healthy House Regener8 project, and Forestry Tasmania. Also a huge thank you to all the individuals who donated (I have tried to catch up with you all, but might have missed some, as I am not aware of all who donated).

The conference presentation was a huge success. Many delegates attending the presentation claimed it was the best session at the entire conference and that the stories really touched them. Our stories have gone all over the world, with many attendees saying they will use our book and art and craft exhibition projects as a model for their own countries for existing or future tragedies. For example, one delegate from the University of Illinois in USA told us about their University shootings and how the community wanted to have their own recovery projects rather than simply accepting the government's offers of huge amounts of money and to bulldoze the buildings. He has taken a copy of the Regener8 book back with him to use as an example of successful community-driven recovery projects. It's a great way to put our area on the map — being used as a model around the world!

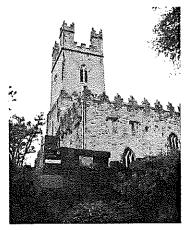
I also visited the Limerick Fire and Rescue Service and presented them with a plaque and t-shirts, stickers, etc from Tasmania Fire Service and the State Emergency Service. They gave me shirts, etc in return as well as my favourite thing I brought back from Ireland – a pink t-shirt with Limerick Fire and Rescue Service printed on it. They were very welcoming and helpful. I found that fire services in Ireland are much the same as in Tasmania, with the main exception being that firefighters are either full-time paid (in the cities) or are part-time retained (paid for attending fires and training) in the rural areas. Tasmania, however relies heavily on volunteers for rural areas which Ireland does not. And by the way, if they go a week without rain in Ireland, they start to get concerned they might be in a drought!

The Irish people are very friendly, warm and helpful. I felt at home as soon as I arrived. Most people were surprised to hear that the Fingal Valley in far away Tasmania has a strong Irish heritage, with place names such as Dublin Town, Irishtown, Avoca and St Patricks Head. One lady, from St Marys Cathedral, asked me was it really true, or just a myth that Irish convicts had been sent out to Tasmania a long time ago.

I had such an amazing time there and only wish it could have been longer. I will have to go back some time soon. One of my most amazing experiences was sitting by the edge of the Atlantic Ocean at The Burren area in County Clare and watching the sunset. I was awestruck to realise that at the very moment I was watching the sunset in Ireland, some of you at home would have been watching the sunrise. Somehow, being half-way around the world didn't seem too far away after all.



Presentation at University of Limerick with attendees of the session, 30th May, 2008.



St Marys Cathedral, Limerick City. Built in 1168.



Limerick Fire and Rescue Service.

<u>Please note</u>: Deadline for articles to be included in the next Valley Voice is: 5 pm <u>Tuesday</u>, <u>July 29, 2008</u>.

New email address: judith.spilsbury@bigpond.com

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 2 Story St, St Marys at 7pm. Come along to share your creative ideas and help Grassy Bottom maintain an artistic culture in our community.

The Tasmanian Lymphoedema Centre Inc., holds meetings every 3rd Monday of the month at 10 am at the St Marys Community Health Centre.

St Marys Ladies Midweek Tennis 9.30am each wed. Need new players - of any standard-beginners welcome-childminding included - lovely safe place to bring toddlers while you play. Ring Annette-6372 2224.

St Marys Playgroup meets each Friday 10ish at the kindergarten. All preschool aged kids welcome to bring a carer/parent/granny/pa for a play and morning tea. Very chilled relaxed group of all ages - we love new members. **Contact Jane 6372 5060.**

WOMBAT WALK WEEDERS meet every Wednesday 9am to 12 Noon (weather permitting) at St Marys Musical Playground area to plant and maintain the rivulet park and flower bank - anyone interested in joining us - please come along and meet our group. Contact - Robina 6372 2022.

Break O'Day Wine & Food Appreciation Society meets once a month on the last Sunday.

Ph: Jan 6376 1661 or Leanne Ph: 6372 5291.

The Scamander and Beaumaris Community Development Association meets at 7 pm at the Fire Station Scamander every third Wednesday of the month. New members are most welcome.

St. Patricks Head & Esk Valley Historical Society meets on the third Sunday of every month at St. Marys History & Gifts (the old railway station) at 2.30 pm. Meetings are informal and fun and new members are needed. Please contact Barry Aulich on 6372 5752 or Jim Haas on 6372 2127.

The Falmouth Community centre would like to advise members and the community that the new contact for bookings of club facilities is Ben Morgan. Ben can be contacted on 03 6372 5604.

Anyone interested in forming a Bridge Club in St Marys—please phone: Jack Foreman: 6372 2034.



SAWMILLING

YOUR TREES - YOUR PLACE FOR PORTABLE SAWMILLING Ph ROSCO: 6372 2147



Swap n Go gas cylinders now available from Gone Rustic, 37 Main Street, St Marys or call 0417 027 424 for opening hours.

NEWS FROM GONE RUSTIC:

PLAYTIME! <u>CHEATIN' BATIK</u> – make batik-style fabric without wax, for less mess and great results. Session held on Saturday, 5th July (9-12). Bookings essential; please call in for a materials list. Cost: \$10 plus materials.

GUEST EXHIBITORS – there's still time to view beautiful quilts and other items made by Sharyn Rosskelly, who specialises in hand appliqué and quilting, and to enjoy the striking H20 Challenge quilts from across Tasmania and interstate. Be inspired by the work of talented textile artists! Dates: 11th June – 11th July May.

EXHIBITION OPENING - Maureen Fisher, who is an experienced and talented quilt maker from St. Helens, will display her work in July and August. To launch her exhibition, there will be a light lunch and refreshments at 12 noon on Wednesday, 16th July; cost is \$5 per person. RSVP for catering purposes, please!

THREAD PAINTING & EMBROIDERY - next session on 16th July, 1-3 pm (and every 1st and 3rd Wednesday of the month). Bring a current project or a new one to start. Meet with like-minded stitchers to mutually improve your skills, gain ideas and keep the motivation going. Cost: \$5 per session; includes tea and coffee.

ANNUAL MEMBERSHIP – this fell due on 1st July. Cost is still only \$15, which includes bi-monthly newsletters, free pattern and recipe, and 10 % off fees for classes. Ask Rita for a form soon!

NEWS!! - the latest issue of <u>Down Under Quilts</u> magazine, No. 122, features a *profile of Rita and her work* over several pages, including *quality colour photographs* and biographical details. Available from any newsagency!

ANOTHER DEVELOPMENT is that Rita is working with the local registered training organisation (RTO), NEET, to offer introductory short courses as a lead-in to future nationally accredited training in Visual Art and Contemporary Craft / Art Craft Design – Textiles. The plan is to begin in Term 3 this year. If you are interested, contact Rita ASAP ...

If you are interested in any of the above items, please contact Rita Summers on 6372 2724 (Mon-Fri, 9-5) or 0417027424, or drop in to Gone Rustic, 37 Main Street, St. Marys.

WANTED

School Bus Driver for the Cornwall Contract. 40 minutes morning and afternoon. If you have an interest, please call Joanne on 6376 1234 or 0419 514 255 for more information.

Classifieds

FOR SALE

An electro magnetic machine for treatment of cancer. (eg Rife machine) Originally purchased from the Hope Cancer Clinic in Melb. Also red spectrum light machine purchased for the same purpose. Please contact 6372 2884 for price and details.

1991 Toyota Hilux 4 X 4, 2.8L Diesel Manual Dual Cab. Has fibreglass canopy, tonneau cover, alarm, central locking, alloy wheels, good tyres.6 months registration. \$7500 Ph: 0438 536 067.

Acer Aspire laptop computer with Microsoft Office Pro & Lexmark Printer, \$550 Ph 6372 2059.

Motorola pre-paid mobile phone. As new. \$30. Ph: 0427 607 991

2 Vertical blinds.120cm high x 75cm wide. 194cm wide x 123cm high. \$30. Ph: 6372 2426.

Westinghouse fridge-freezer. V.G.C.\$200.000.

Kelvinator 150lt chest freezer. As new. 6mths old, still under warranty. \$380.000.

Hoover 5kg top load washing machine. Goes well. \$150.

Double bed & chiro mattress. As new. 6mths old excellent condition. \$700, ono.

Coffee maker hardly used V.G.C. \$100.ono. Ph: 6372 2556

Phillips 2 door upside down fridge/freezer. 396 lt. Good order. \$100. PH: 6372 5041, ask for Adeline.

."Moo-Poo". Finely screened. Any amounts. See Norm. Ph: 6372 2380.

FORD METEOR. 4 cyl. Has some panel damage. Goes well. Suitable for "kids learn to drive" project, or parts. \$150. Ph: 0437 227 123 or 6372 2222.

Baby pet rats. Very quiet. \$10 ea. **Ph: 6372 2357.**

Single base bed with white decorative iron and brass bed head. Excellent condition. \$120. ono.

Ph: Karen Polden 6372 2438 or 0439 333 398.

Fire wood. 1, 2,& 3 tonne loads. Ph: 0407 944 158.

FOR SALE

Stihl 039 Farmboss. \$600 CIG Transark easy welder 140 amp. \$200.

Phillips 340 Fridge. \$250. Fisher 120 Watt amp \$50 Ph; 6372 2251.

Old style lounge suite. \$80. George Foreman grill (Lge) \$45. George Foreman grill (Sml) \$30. Speed Grill. \$30. Ronson combination slicer. \$40. Bookend bed with mattress. \$50. Ph: 6372 2434.

89 Ford EA sedan, 5 speed manual, air con, sports dash, new radiator, good tyres, h/d tow bar, reg till July, suspect blown h/gasket, \$550.ono. includes 2nd car for spares.

Ph: 0400 593 344.

B CLASS ST MARYS HIGH SCHOOL 40 YEAR REUNION DINNER

A reunion dinner will be held at Scamander on Saturday 29 November, 2008 for former students of St Marys High, who completed B Class in 1968.

Please contact Pat on 6391 8252 or

Email: stmarysreunion@gmail.com

ST MARYS OP-SHOP

PLEASE NOTE:
OUR WINTER TRADING HOURS:
10.30AM — 3.30PM MON TO FRI.

VOLUNTEERS NEEDED!!!!!

Can you spare a few hours a week, or fortnight? Why not try the op-shop? Centrelink volunteers welcome.

Ph: 6372 2733, ask for Tracy. Or call in to the shop and leave your details.

FOR SALE

SMALL DAIRY GOAT HERD

- 1 x registered Toggenbourg stud
- 1 x Toggenbourg doe
- 1 x Saaner doe
- 1 x Saaner kid/doe (8mths)

All have fantastic natures -NOT to be tethered—need fencing & out of weather sheds CAE tested. PH: 6372 2707

WANTED

Second hand horse gear stock saddles, bridles, head collars etc. Ph: 6372 2059.

7' x 5' trailer. Ph: 6372 2762.

WANTED

ANYONE OUT THERE HAVE A GOAT THEY CAN LOAN? FOR SEVERAL MONTHS. WILL BE WELL FED AND TAKEN CARE OF, AND SHELTERED. IF SO PLEASE PHONE 6372 2818.

HORSE DENTIST – Warrick Morgan will be coming to the East Coast.

If you would like your horses teeth done please book with Racquel on 63725080

Have your little ones grown out of their old trikes or plastic trundle cars? WANTED_ Children's ride/push toys suitable for preschool age. For the Playgroup- thanks to Mr Duke and helpers for the construction of the littlies bike track, now we need little bikes for it! Ph 0412 803 027 THANKYOU!

PLEASE NOTE: ARTICLES MAY NOW BE LEFT AT THE ST MARYS PHARMACY, OR POSTED OR EMAILED AS USUAL.

Sheds, stables, garages, affordable homes and more – for appointments, a catalogue, or a free quote, talk to Rita and Ian Summers @ Gone Rustic, 37 Main St., St. Marys (Tues-Fri, 11-4) Phone – 03 6372 2724 or 0417 027 424.

FOR SALE
1995 NISSAN PATROL WAGON.
2.8 TURBO DIESEL.
3 MONTHS REGO-GOODTYRES.
\$12,000. NEG.
PH: 6372 2033 — 0439 722 033

A LITTLE BIT OF HERITAGE: Jim Haas "Charlie Wright"

In the April 24th issue of Valley Voice, Jeff Morris told us of two St Marys boys who had perished on board the HMAS *Sydney* when she was torpedoed by the German ship *Kormoran*, off Western Australia in November 1941.

Further research into Jeff's story has told us that out of the 645 sailors on board the *Sydney* on that fateful day, 36 were Tasmanians, three of whom came from the Fingal Valley. The Launceston Examiner's report on the tragedy on the 1st December 1941 gave the names of all Tasmanians lost, they included: Robert Box, of Fingal, along with James Perger and Charles Wright of St Marys.

Since the *Sydney* wreck was discovered in March this year, family and friends have once again relived that time in our war history with many of their stories reaching the pages of our newspapers and television screens. Indeed, only this month, Melbourne's Sunday Herald Sun featured a story on our own Charlie Wright, with the headlines "Death on the Flip of a Coin".

The story was told by 88 year old Jim Francis, Charlie's best friend and Tess Piper, his fiancée. Apparently Tess, a Western Australian girl, had gone home to Perth and Charlie wanted to be stationed near her. The *Sydney* was based in Fremantle at the time and he tried desperately to get drafted into her crew. But it was his best mate Jim Francis who was given the *Sydney* posting.

Jim knew how much his mate wanted to go to Fremantle, and took Charlie along to their superior officer at their Melbourne base to ask for a swap. The officer initially refused, but then changed his mind, but only if they tossed a coin. Charlie won the toss and with a big smile on his face headed off to see his girl friend. Nineteen days later he was on the bridge of the *Sydney*, where according to accounts from survivors of the *Kormoran*, the first shells hit.

Even after all this time, the toss of that coin still haunts Jim Francis. He still remembers the day, as if it was only yesterday, when two 21 year old friends with their lives in front of them watched a coin flip through the air, with the result of its landing sending one to his death.

On Thursday the 5th June 2008, Jim flew from Echuca in Victoria to Geraldton in Western Australia to lay a wreath at the HMAS *Sydney* memorial. It was a moving final farewell to his mate, following the discovery of the wreck.

"I believe we are all blessed with one true mate in life, Charlie was mine." Jim said at Geraldton. "He was my best mate and I'll never replace him. Even though all these years have gone by, I still think about what would have happened if we hadn't swapped drafts. I would have gone and Charlie would have what I have. I've never felt lucky, to be honest, it's just been hard, bloody hard, I still think of him all the time."

Remarkably, Jim also met the woman his fallen mate had crossed the country to be near and to whom Charlie had become engaged to, all those years ago. Tess Piper, nee Hall, still lives in Perth and her thoughts are never far from her first love.

"I've never forgotten Charlie." She said recently. "He was my first love and your first love is your first love always. He was a wonderful, beautiful man and even after all these years I still have a cry now and then. I have never forgotten, I always thought and hoped he would come back. We intended getting married in the April, but the ship went down in the November."

Tess refused to believe Charlie would not return and stayed single until well after the war ended. She eventually married in 1948 and has three children and two grandchildren.

"It was hard when they found the Sydney." She went on to say. "They showed a single boot and I wondered if it was Charlie's."

The meeting between Jim and Tess at this stage in their lives was a special moment for both of them. But the most significant part of the trip for Jim was to finally put to rest the guilt he had carried for 67 years.

The card he left at the memorial reads: "In memory of Leading Signalman Charles Wright, from your mate Jim Francis. Lost but never forgotten."

Jeff Morris, too, has vivid memories of the two St Marys boys lost on board the *Sydney*. He often takes a quiet moment to remember them and the shock the whole town felt when the news of their disappearance came through.

(Story written by Jim, with excerpts and photos from the Melbourne Sunday Herald Sun.)



Right: Charlie's fiancée Tess Piper as she is today. "He was a wonderful, beautiful man. After all these years I still have a cry now and then," Tess said.

Far right:Charles with fiancée Tess in 1940.

Left: One true mate: Jim Francis and Charlie Wright in 1940. "Charlie won the toss and said "That's it, I'm going to Fremantle. Nineteen days later he was dead." Jim recalled.





Letters to the Editor

Dear Editor,

Regarding the article "A Name Change for St. Marys" by Bob Oates, (V.V.19th June) I would like to say that I have never read such a load of garbage before. If this article was meant to be humourous then it has fallen short of the target. If it was meant to be informative, it has again fallen short. If is was meant to be childish.....SUCCESS.

The article goes on and on and never really says anything constructive.

We, the people who live and work in St. Marys know it as a great place to be and really have no need to change the name. Also, I am sure the folk of Fingal would not be too impressed with the suggested name change for them.

I, for one, would rather be reading informative articles, like those of Jim Haas and David Clement. I hope you keep printing the installments of "St. Marys 1903".

Also, the extract by Reon Johns was quite interesting. I hope we see more of these types of articles.

Yours, via email.

(Name Supplied)

Dear Editor,

After reading The article by Bob Oates last issue, I felt I just had to put pen to paper and say what a wonderful laugh I had whilst reading it.

I realise it was written 'tongue in cheek' but everyone needs laughter in their lives and you certainly gave us that. Thank you.

Laughter makes the world go round. via email St Marys.

(Name supplied)

Editor.

I would like to ask the shoddy developer builder why they will not release the 3rd report, which they wanted done concerning poor quality workmanship and defects concerning building of our home.

Maybe it's because it will prove once and for all that we are not too fussy, as they stated.

Also we did not ask to be ripped off. I do not have to mention your names. You know who you are.

Murray Holloway, St Helens.

Jan West of Linking Like Minds is available on Commission / Barter Rates to market, brainstorm and sell art works, businesses using phone and mail - also brainstorming of employment/income opportunities - Phone Jan on 0421 319 586 or 6372 2596 or linkinglikeminds@bigpond.com

To the Editor

It is with regret that we have to even write this, but after the disgusting behavior of some of our youths on Winter Solstice night we feel there is a need to air our concern.

We were looking forward to another great night of live music and seeing crowds of people, including families, having a good time enjoying themselves in a safe environment.

BUT on Saturday night we witnessed the behavior of some under 18's that I haven't seen here in our establishment or town before, and which we will not tolerate under any circumstances!!!

We ask:

Why did you think you could come into our pub when you know you are under age?

Who bought you the alcohol, you certainly didn't buy it from us!

Why do you need to be drinking to have a good time?

Did your parents know you were here causing trouble, destroying property and harming people?

Why did you deliberately smash glasses and bottles?

Why did we have to tell you several times to leave our premises, we are not going to pay a \$12,000 fine, and be responsible for you, that's your parents job!!

Fake IDs will be taken and handed over to the Police for collection.

No-one under the age of 18 is allowed to come to the hotel unless accompanied by Your Parent or Legal Guardian, not your big sister/brother/friend etc.

You will be 18 one day, hopefully have respect for others, yourself and property, then maybe we might allow you to enter our premises. Some people think the hotel is a public space for anyone to do anything, BUT it's our 'home' and business where we allow or invite people who respect and know their boundaries.

Bruce & Julie Cornelius, St Marys Hotel.

Spring bulbs

The response to a previous request for the donation of bulbs for planting along Wombat Walk was very generous and has added colour to the gardens.

It is now a time when gardeners may again be dividing up their bulbs and any surplus ones would be appreciated for planting around the trees along the nature strip in the centre of town.

If you are able to donate some, The Wombat Walk weeding group is at Wombat Walk between 9 and 12 on Wednesday mornings or bulbs can be left with Kelly at Ratha B'zar.

Wombat Walk Weeders, a St Marys volunteer group.

Letters to the Editor

The Editor,

Valley Voice.

Dear Sir, Madam,

I love your little town with its long history and beautiful

I am a regular visitor from Queensland, and always stay with my friends at St Marys.

As an experienced traveler, Australia wide and overseas, I would like to make a suggestion that would benefit your town financially.

Daily, you have hundreds of travelers in motor homes, caravans, camper trailers etc, who drive through St Marys. You don't want them to all 'drive through'. You want them to stop a few days and spend some of that 'tourist dollar'.

You have so much to offer a traveler in your large open area. I don't have to tell you this as you already know.

Your "STOP AT ST MARYS" will not cost you a cent as you have the showground to accommodate many. All a traveler needs is a toilet and water and he will open the wallet.

SIGNS MUST SAY, 'MAXIMUM 4 NIGHTS'. This is very important, as the last thing you want to happen is some unwanted travelers who want to stay forever because it is free. Permanents are an ugly sight, travelers don't like to see them.

I saw some very good Council signs at Gravelly Beach, near Exeter. They were well worded and brief. (re free stopover) I was one of twenty who enjoyed the free site there.

I congratulate you and your town on the improvements I have seen in the past nine years.

Good luck for the future.

Cheers.

Peter T Hill.

P.S.

I stayed at Avoca with two other vans. They had a write-up in "The Wanderer" as being a friendly town, and free parking.

The Wanderer is a magazine put out by the Campervan & Motor Home Club of Australia.

You could probably get a mention to its 30,000 members.

Postal Address:

Campervan & Motor Home Club of Australia PO Box 3327, Hamilton DC

NSW. 2303.

Healthy Community Project Community Email Distribution List

If you are interested in receiving community information by email please email admin@healthyhouse.org.au with 'ADD ME to the Community List' in the subject line.

If you would like to promote a community event please have a succinct description in the subject line and attach any relevant promotional material and forward it to admin@healthyhouse.org.au

To the Editor,

The Valley and East Coast Voice.

There have been heaps of letters to the editor lately, this is good, people are being published. Were it me, I would like my poems, prose and short stories to be included.

This is not about that. Some of these letters are worth keeping and remembering. "Concern for our neighbours, St Marys" published June 5, 2008.

The rest seem to be long-winded, yet all have a valid point. Your forum is valuable, not just to our writers, also to our readers. I value the Valley Voice for our Valley and the Eastern Highlands where I live, and the East Coast, where a lot of us aren't finding it that easy.

My friends range from the midland highway, North and South, to the East Coast. Not a lot of the economics are suiting our rural ways. Things are getting worse. Businesses are doing okay with the tourist dollar, yet this is not spread to the resident. Prices still go up. China is a send (not a Godsend) by cheap imports. We are paying for it with coal and steel, finite exports.

The price of petrol and diesel has made many people stay at home. The price of electricity and wood fuel still has made many people go back to bed at 12 noon in the winter, just to stay warm.

The price of a barrel of oil has just gone up on this day, 11%. Soon to hit the pumps. It just gets better, doesn't it? Cartel, Conglomerate, Government, we are the mince in a pie we don't eat.

Simon Flynn,

St Marys.

This is an open letter to Mr Lawson Ride of the Cancer Council of Tasmania, to be printed in the public interest. As Mr Ride refused my invitation to debate the merits of the Rife machine in its role of curing cancer publicly, I am asking him to be more open and forthright regarding the following:

Dear Mr Ride,

As you are, I believe, the person responsible for collecting the "millions of dollars" supposedly used for cancer research, I would be most grateful if you would kindly supply me with the details of precisely where this huge sum of money goes?

Although it has been going on for many years, there is little evidence of it doing much good at all.

With cancer statistics ever on the increase and the medical fraternity losing the battle against disease, I strongly believe that this information should be made public.

I look forward to your early reply.

Yours sincerely, Charles Trollope. 461 Gardiners Creek Road, St Marys, TAS. 7215.

Letter to the Editor

Letter to the editor,

Because of the great interest shown in the Rife machine and its inventor, I have been asked to write down some words about the man, to show what a genius he was. Dr Rife should be applauded and remembered for his wonderful contribution to science and medicine, instead he has been hidden from sight for over sixty years. Although he was the worlds greatest bacteriologist and optical engineer you will not find his name mentioned anywhere. The reason being, because he discovered a safe, simple, cheap and drug free cure for cancer and other diseases. Shame!!!

A short history of Royal Raymond Rife 1888--1971

He started his medical training at John Hopkins University, and was given an honorary doctorate of parapsychology by the University of Heidelberg. His interest in optics led him to join Carl Zeiss ,the world's greatest optical manufacturer, where he worked with their top microscope designer and learned about microscope design and lens technology.

He then went to work for Henry Timkin, manufacturer of Timkin Bearings, where he invented the world's first X Ray machine for checking steel on a conveyer belt and shutting down production if faulty steel was detected. In 1915, Timkin wanted to have a racing motor built for a speed boat that he owned and asked Rife if he would machine it up for him which he did. It had an output of 2700hp which was unheard of in those days. It raced a distance of 100 miles with Rife at the helm at the staggering average speed of 87mph, which was a record held for over 60 years. Henry Timkin's sister became very ill and was not expected to live. No expense was spared finding the best doctors to treat her but to no avail. Rife did some tests using one of his microscopes and was able to determine the microbe responsible and under his treatment she was soon well again. Timkin's gratitude was so great that he gave Rife a stipend and enough money to set up a good laboratory and machine shop.

It was here that he designed and built several microscopes of revolutionary design and great complexity and of a magnification never seen before. His final one, known as the Universal had over 5000 parts and was built to the cutting edge of precision. It was capable of magnifications of up to 60,000 times. It is the only one ever made that was powerful enough to allow the viewer to see clearly the agents of disease whilst alive. None of the research instruments used today can do this.

The electron microscope, kills the subject as well as sometimes destroying it with particle bombardment. So Rife had a great advantage over other scientists. Rife then asked his friend Lee De Forest, the father of radio and motion picture sound, to make him a frequency generator to see if it could be used to kill pathogens and in particular the cancer virus. He found that it worked with no ill effects and after thousands of trials decided to try it on humans. Sixteen volunteers with terminal cancers were treated with what is now known as the "Rife Machine" .Fourteen were pronounced fully cured within two months, and the other two, six weeks later with no ill effects whatsoever.

During his work perfecting the cure, not just for cancer but for all disease, Rife was supported by a number of very prominent people in medicine. To name a few:Dr Arthur Kendall Professor of research bacteriology at the Northwestern University in Chicago, Dr Milbank Johnson, MD, BSC, LLC, Medical Director Of the Pacific Mutual Life Co, Dr Alvin G Foord, pathologist at the Pasadena Hospital and President of the American Association of Pathologists. They held a dinner in Rife's honour which they called 'The End Of All Disease'.

In 1932, Dr Edward C Rosenow, world renowned bacteriologist at The Mayo Clinic Division of Experimental Bacteriology,

endorsed the wonderful work done by Royal Raymond Rife and had his findings verified by the Mayo Clinic.

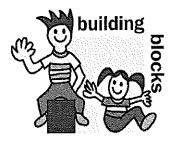
Rife was presented with 14 government awards for scientific discovery.

Several "Rife" machines were constructed and doctors started using them. Reports of a 90% + cure rate became commonplace, and you have to take into consideration that these early machines were rather primitive compared to the modern ones we have today.

However it was a great improvement on the "cut, burn and poison" methods which are still used even now. It didn't take long for a number of doctors to start complaining that the machines were working so well that they were losing business. The next thing to happen was for the drug barons, who could see an end to thier monopoly on sickness looming, having the "cure for all disease", the "Rife" machines confiscated and smashed up. What a disgrace this has been for humanity!!!

Charles Trollope, 461 Gardiners Creek Road, St Marys.

'Play and Learn' sessions for under-5s their parents and carers



Bicheno Memorial Hall July 9 & 23, Aug.6 & 20, Sept. 3 Fingal School

1.30-3.00 Thurs. July 17, Aug.14 10.00-12.00 Friday, June 27, Pyengana Hall

July 25, August 29

St Helens Neighbourhood House 10.00-12.00 Wednesday,

July 2 & 30, August 27 9.00-10.30 Mon. July 14, Aug.11

St Helens Kindergarten St Marys Kindergarten

1.30-3.00 Wed. July 16, August 13

Call Karen on 0400002116 for further details



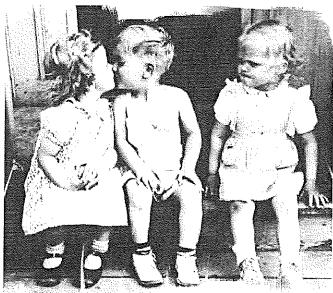
BITS AND PIECES

On the 19th March 1861 the Launceston Examiner Newspaper reported that a few days ago at Cullenswood the wife of a shoemaker in St Marys Township, caught fire.

She was so dreadfully burnt that yesterday (Friday) she died. What was the immediate cause has not yet clearly transpired. But that cause, whatever it was, resulted from the recklessness induced by intemperance (overindulgence).

Another account says: At the beginning of last week the shoemaker, in company with his wife, went to an Irish wake and there, as a natural consequence, imbibed an extra quantity of the "Merry God". On their return home the husband very considerately set fire to his wife's clothes. She was burnt in such a frightful manner that she only survived it for two or three days, expiring on Thursday night.

For more from the Historical Society 'Phone: 63722007, 6372127 or 63725752,



Absolutely priceless. They say every picture tells a story.

A little boy got on the bus, sat next to a man reading a book, and noticed he had his collar on backwards. The little boy asked why he wore his collar that way. The man, who was a priest, said, " I am a Father." The little boy replied, "My Daddy doesn't wear his collar like that.

"The priest looked up from his book and answered "I am the Father of many."

The boy said, "My Dad has 4 boys, 4 girls and two grandchildren and he doesn't wear his collar that way." The priest, getting impatient, said, "I am the Father of hundreds" and went back to reading his book.

The little boy sat quietly thinking for a while, then leaned over and said,"Maybe you should wear your pants backwards instead of your collar!!!!".

OUT OF THE WOODWORK

Wendy Brennan Treasurer 6372 2094

Thank you to Reon, Grant Faulkner, Michael Scott, Dave Mallett, Pat Wells (Bicycle Pat) and Michael Neighbour, who acted as Pall Bearers at Michael Holmes's funeral.

It was comforting to know that although Michael had no family in St Marys his final journey was accompanied by a dignified service in the presence of well meaning friends. Guild members will be contributing towards a commemorative plaque to place on Michael's grave as a token of our appreciation for all the work he performed for the club. I would like to again give recognition to Harris Funerals for their sensitive service.

On a lighter note it was pointed out to me that I made a mistake in my last article. The photo of Ted Koop's (spelt backwards is Spooks) guitar was an electric model not acoustic.

Our board room, or as we call it the West Wing now has several colourful mugs kindly donated by one of our female members Lorraine Scott. Small gestures like this are much appreciated.

Please keep an eye out for a raffle which consists of a large wheel barrow filled with goodies.

The Guild will be sponsoring the Northern Veterans Cycle Club who will grace our town on the 5th October 2008 with their athleticism, and hopefully for many years to come.

The Guild meets on the last Saturday of the month at the Old Railway Goods Shed at 4:00pm.

The Guild is open Monday, Wednesday, Friday and Saturday. Any other times by appointment.

Below is a photo of a side table made by one of our clever members, Michael Scott.



WINTER MARKETS held 1st & 3rd week every month Community Hall, St Marys.

ORGANISED BY GRASSY BOTTOM REGIONAL ARTS.



News from the St Marys Association for Community Development Inc.

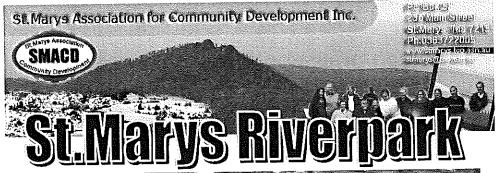
The main points to report from the SMACD meeting held on Friday the 27th June were: The tenth birthday of the Online Centre will be held on Friday the 6th September to coincide with Adult Learners Week. All past and present Online and SMACD members will be invited.

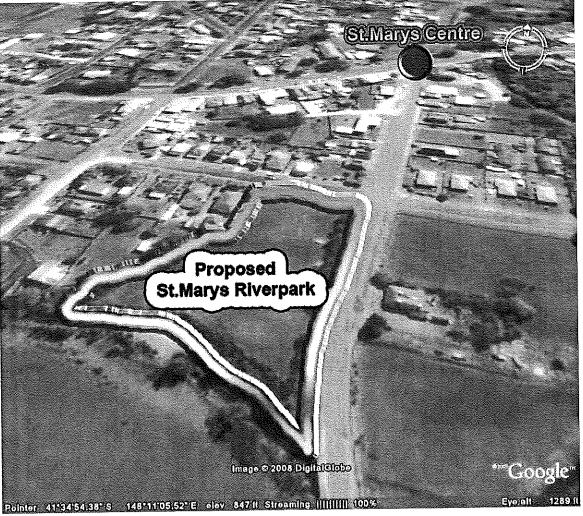
A plan of what SMACD sees as being ideal for the proposed Heritage and Sculpture Park on the corner of Groom and Story Streets is to be made and displayed in shop windows around the town for public comment. (Proposed plan displayed below.)

SMACD is proposing a forum to bring representatives of all community groups in St Marys together. The main purpose of this is to discuss what each group has planned for the future in the hope we can support one another and not double up on current and projected projects.

As we head towards the next tourist season, SMACD is hoping to look at more ways of promoting the many different attractions we have in the St Marys area compared to the coast. The promotion will include a more detailed section on our St Marys website, further representation on the Greater Esk Tourism Association and, if funds can be sought, a brochure printed and sent to tourist operators. The SMACD AGM was set for Friday the 29th August 2008 at 12.30 pm.

Anyone wishing to be part of SMACD, your community group, please pop into the Online Centre and you will be made most welcome.





The proposed St.Marys Riverpark Which is currently before council for consideration. Council will discuss it at the next meeting on Monday July 14th 2008.

> More Info: phone 0438 571291

Civil Marriage Celebrant A Justice of the Peace



Are you getting married?

I can offer you a wedding service that is professional and fun!

I am a professionally trained and qualified Celebrant.

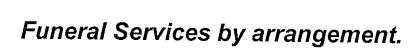
I have performed several Weddings, Renewal of Vows, Commitment and Naming ceremonies on the East Coast.

I will help you plan, prepare and create a ceremony that you and your families and friends will cherish and remember forever.

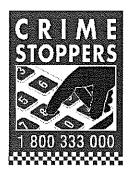
I will look after all the legal paperwork and all you have to do is relax and enjoy your special day!

I am also a Justice of the Peace appointed by the State Government.

Please phone Peter on 0417 017 105 or check out my website @ www.peterpowercelebrant.com.au







St Marys Police report

Recently, in St Marys, a concerned resident raised an alarm with police about a neighbour they had not seen for a few days. Unfortunately the man had died of natural causes and there was nothing anyone could have done. It was pleasing that the concerned man kept an eye on his neighbour.

I have spoken to the organisers of the Winter Solstice and the owners of the St Marys Hotel about the behaviour of people on the night of the Winter Solstice. There were drink/drivers, assaults, street drinking, under age drinking and drug use. Efforts will be made next year to address these issues. The liquor licence is issued by police and we can impose conditions or refuse any application.

Over the same weekend as the Winter Solstice, two arsons were committed in the area. One was on a caravan at Cornwall, the other was an attempt to burn down a house at Clive Street, St Marys. Any person with information is asked to contact Police.

Please remember to turn on your lights in the thick fog we sometimes have through the Valley.

St Marys Police will no longer take vehicle registration, transfer of registrations, renewals, as from 31st July 2008. They can be paid at the Post Office. All licence and firearm fees can still be processed at the Police Station.

Please check your house number. Make sure it is clearly visible.

There has been a number of local residents who have received what is regarded as a 'chain letter'. The letter requests details of your bank account to be sent to an international address with the promise of large amounts of money returned. This money is claimed to be from a death benefit of persons in Europe. Police would encourage people NOT to disclose any information in reply to these letters as they appear to be fraudulent.

Very shortly, I will be going on 8 weeks annual leave. Acting Sergeant Nathaniel ELDERSHAW will be taking over from me, and will live in the flat above the Police Station.

Tony **Roughan**

Sergeant St Marys Police

StMarys Police Phone Number Non Urgent Number Urgent and Life threatening 63721010 131444 000

LAND WANTED TO LEASE FOR 6-12 MONTHS FOR QUIET, WELL CARED FOR HORSES WHILST OUR NEW PASTURES GET ESTABLISHED. SMALL ACREAGE CONSIDERED, AND WILL CONSIDER ANY AREA AND SIZE.

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NEW WINTER MENU

FOR SNACKS & LUNCHES, CATERING AVAILABLE PHONE: 6372 2044.

WINTER TRADING HOURS
OPEN: WED, THURS, FRI, SAT, 10AM—4PM

News from the Healthy Community Project

PHONE 63765242 FOR MORE INFORMATION ON ANY OF OUR ACTIVITIES

YOUNG MUM'S COFFEE MORNING

Venue: Healthy Community Project

Days: Wednesdays
Time: 10am – 12 noon

For young Mum's under 25 to meet with other young mums and get out and about. For more information phone Cassie or Abbie on 63765242.

'APPY 'OUSE AMBLERS

Days: Every Wednesday, Saturdays fortnightly Walks every Wednesday morning departing from the Healthy House and 2 Saturdays per month take a bus to different walking locations and have a great day out with a friendly group, walks are easy to easy/medium. Phone 63765242 for more information.

Tasmanian Lymphoedema & Laser Centre Inc. Operating from the St Marys Community Health Centre

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

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

Call the enquiries/booking office on 6372 2900

Laser Therapist Kate Williams

Massage Therapist Sue Christianson 0418 515 419

Email: tlcstmarys@hotmail.com

www.taslymphoedema.asn.au

SHOWCASING LOCAL TALENT - HERE AND ONLINE

We often think we have to travel interstate or overseas to find talented artists or artisans, and tend to overlook the wealth of talent right under our noses.

Rita Summers, of Gone Rustic, St. Marys, is seeking to change this by featuring a different *local* guest exhibitor each month. So far, Lundy Vosper and Sharyn Rosskelly from St. Marys have been featured, and Elsie Jaensch from St. Helens.

Sharyn's work is still on display, and can be seen at Gone Rustic until 11th July.

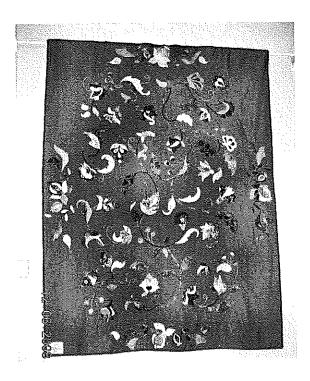
Both Lundy and Sharyn specialise in hand stitched appliqué and quilting, while Elsie's work features computerised machine embroidery as well as machine piecing and quilting.

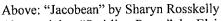
To ensure that no-one misses out on seeing the beautiful quilts, embroidery, cushions, toys and other items made by people right in our own area, slideshows of each guest exhibitor's work are now available for viewing online. It also means that the richness of work produced in a small municipality in a small island state can be seen from anywhere in the world!

Rita's own work is also featured, in the form of an online slideshow which changes on a regular basis, as well as online photo albums.

Future guest exhibitors will be Maureen Fisher (July/August) and Barbara Mellor (August/September). Maureen has been a quilter for many years, and is especially known for her "scrap" quilts and her intuitive use of colour and fabric. Barbara features Asian fabrics in her work, particularly those purchased while travelling in Japan, and also has a collection of antique kimonos and obis.

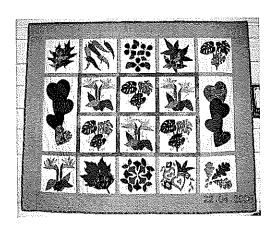
Please support our local artistic community, and either drop in to Gone Rustic to see the various exhibitions, or view them online at www.myspace.com/gonerustic.





Above, right: "Swirling Roses", by Elsie Jaensch Below, right: "The Long Trek", by Lundy Vosper





St Marys 1903

Second instalment

David Clement

The Township

The township is typical of a thriving country district. It has several streets, adorned by neat and comfortable weatherboard dwellings of assorted sizes, and is splendidly drained by the St Patrick's Rivulet. Two more streets lamps were put in place last year, making a total of three. Several important buildings have been erected quite recently, in 1896 Holy Trinity, the Church of England, and in 1899 the Roman Catholic Church, previously at Cullenswood. There is also a Wesleyan Chapel, established almost 20 years since. The respective clergymen are the Rev W Cockerall, Father Fleming as the visiting priest, and Pastor A. S. Wellard. Apparently the Catholic Church service was postponed for two days recently as Father Fleming missed the train. A bazaar recently resulted in £40 being raised to help for a new church at Gray, the remainder for painting Holy Trinity.

The public hall is the Victoria Hall, connected with the Criterion Hotel, recently built by Mr Jacob Morey, a substantial weatherboard structure, capable of holding about 400 persons. The buildings and business places have a modern appearance, on account of the youthfulness of the town. Early this year the building line of the township was further improved, when Mr James Smith erected an attractive two story shoe shop and residence. In addition to the Railway and Police Stations, the Post Office, Churches and Saleyards, there are two hotels, a hall, four stores, blacksmiths, a saddler bootmakers, wheelwrights, butcher, baker, barber and chemist shops, a branch of the National Bank close to the Post Office, under the management of Mr Ditcham, the St Marys State School, a Circulating Library, a Recreation Ground and a Cheese Factory.

The Stores

Mr William James Todd started in business here in premises which he leased in 1890 for five years adjacent to the Criterion Hotel. He then erected a handsome two storey building, Todd's Hall, adjoining the St Marys Hotel which had been purchased by his father, Mr William Todd, who made very great improvements thereto in 1895, both inside and out, adding eight new rooms and a balcony running round two sides of the house. The store is lofty, well lighted and ventilated, and the stock is thoroughly comprehensive, embodying jewellery and stationery, besides the usual goods kept by a first-class store, viz groceries, ironmongery, drapery, boots and shoes etc. The purchase of the dairy produce of the district for export is also an important feature of the business.

The business of Mr Frederick Napier in Groom Street was founded about 1862 by Mr William Lade, and is the oldest general store. It commands the trade not only of the immediate neighbourhood, but of the coal mines and the entire surrounding country. An important feature of the business is the purchase of the dairy produce for export to the principal markets. The stock is varied and extensive, replete with every class of goods to meet the requirements of the district. The business was purchased by the father of the present proprietor in 1885, in partnership with Sir P. O. Fysh, and came into his possession when the former died in 1892.

The store in the Main Road, recently taken over by Mr Hilton Dawborn, is on equal terms with those of Messrs Napier and Todd, having been a major centre of commerce in the town since its construction by Joseph Ebenezer Clarke in 1880 and the subsequent ownership of Mr John Tomlin Cramp. The other store in town, Messrs Dawson Bros, is a soft goods establishment, and customers can always depend on securing articles of the latest fashion at little more than cost price.

A few weeks ago, Mr T. G. Collins opened a hairdressing saloon in the main street, and is prepared to give patrons the benefit of his experience as a tradesman.

Law and Order

Disturbers of the peace and breakers of the law are rarities, and Trooper Lamb is quite equal to keeping order in the town; the apartments at the rear of his quarters in Groom Street are more often "to let" than tenanted. However, it is not always tranquil in the town, as evidenced by this letter to the Editor of the Examiner in April. "The Roman Catholic Chapel is a very nice building situated at the very end of the township; very recently bullets were fired through its ornamental windows. There is a reward offered for the conviction of those who did this dastardly deed. W. G. Mitchell, St Marys". Even the reputation and standing of members of the community is no guarantee that they may not fall foul of authority, as witnessed by the presence of Messrs H. Woodberry, W. Lohrey, H. Lohrey junior and A. V. Doyle at the St Marys Police Court in June for failure to dip their sheep according to the Act, for which they were each fined £1. On the same occasion, Mr W. Smith appeared on a school case, suffering to the extent of 2/6d for the failure of his child to attend school.

St Marys Hotel

The St Marys Hotel built in 1861 and opened in 1867 by Mr Thomas Hardy, and the Criterion Hotel built by Mr Jacob Morey in 1890, are the public conveniences. The former is currently licensed by Mr M. Cullenan and the latter by Mr A P Lucas. A short time ago a first class billiard table was added to the St Marys Hotel, and exponents of the art are confident that it is one of the best tables in Tasmania. After Mr William Todd purchased the St Marys Hotel in 1894 he requested his son-in-law Mr Cullenan to come from Bendigo to manage it; the hostelry is the popular family and commercial hotel of the township, and is situated close to the Post Office and Railway Station. The house can accommodate twenty guests, and during the busy season additional room can be utilised. The St Patricks River, which is teeming with trout and blackfish, runs at the foot of the garden and affords excellent sport for visitors.

Continued next week if space permits.

The Say Cagerattler

I wonder how many of us like the idea of having to do a compulsory council vote in the future. It seems our politicians, at least some of them, want this to be the case.

I really think that this is not necessary at local government level. It's bad enough that Federal and State Government elections have this status and denies us the right NOT TO VOTE if we so choose, in a democracy that we think we are.

This is however the current law and we must abide by it of course, such as it is. I believe that at Council level though it is a different kettle of fish and as it is yet to happen we can decide whether this matter needs to occur at all.

Local Government is a lot more personal and interactive than the others, because we see these people a lot more than State or Federal reps. What I like is we really choose our councillors because we do know a lot more about them and what they do for us, and we exercise our right as a ratepayer to try to see those persons handling local affairs.

Now be honest. For many of us when it comes to State and Federal Elections we often vote for a person purely because they are a member standing on behalf of the Party they represent. That's a major reason why we tick the box without REALLY knowing the person themselves.

Thankfully local government tends to leave political affiliations in the back seat, and deals with much more every day matters. It worries me that a move to compulsory voting here might mean our Councillors will become more tagged as politicians rather than actual councillors and then become resented much more by us. It would be fascinating to find out what some of the incumbent councillors think of these recent proposals and whether it would affect their considerations to stand or not, if mandatory council voting was used in the future.

Legally we are required to vote federally and at state level. So be it. That's the way it is, and has been so now for a long time. All I hope is that before a similar situation occurs at the local level, the decision makers in charge at least canvass us all on how we feel about making it all compulsory and any ramifications that may be a part of such a decision.

If after all that a solid majority decide it's a good idea then in a funny way DEMOCRACY will DICTATE that it goes ahead won't it, and we will have to abide by that too.

What do you think, and what do our councillors think?

Rae & Partners Lawyers Barristers & Solicitors 93 York St Launceston

Visiting:

St Marys Community Health Centre Alternate Tuesdays: 9 am – 10 am

> Ph: 6337 5555 Appointments: 6337 5555



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Main Street, St Marys Tas. 7215



Call in and talk to us about any health problems. Or discuss your medications. Our friendly staff are only too willing to help with any problem.



Phone: 6372 2844 — Fax: 6372 2874

NATIONAL TREE PLANTING DAY.

Wombat Walk Weeders will again host National Tree Planting Day this year, to be held on 27th July, 2008, starting at 10.00a.m at Wombat Walk.

Bring a hat, water to drink, and sun screen, and wear appropriate foot wear. Come along, bring the children and have a great day.

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St Helens

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Pre-paid and pre-arranged funeral plans are available.



The 2008 Medibank Private Active Tasmania Awards -Open 16 June, Close 31 July 2008

Local governments, schools (public and private) and community organisations from around the state are invited to enter their physical activity initiatives in this year's new-look awards program.

The awards are a fantastic way to recognise schools and communities who are encouraging physical activity in their local area. Over the past four years, the awards have grown enormously in popularity, with Tasmanian communities taking great pride in their physical activity initiatives and showing increasing enthusiasm to share their ideas with the rest of the state.

This year sees an exciting development for the awards, previously known as the Medibank Private Active Towns Awards, with Medibank Private committing to the program for a further three years and increased prize money with up to \$30 000 available across five major categories.

Changing the name and categories of the awards acknowledges the diversity of groups, programs and running throughout Tasmania, recognition and support of a greater range initiatives. The new categories and entry forms can be found at www.getmoving.tas.gov.au.

The awards are an initiative of the Premier's Physical Activity Council together with Medibank Private to acknowledge the crucial role that local councils, schools and community groups play in promoting and facilitating physical activity across the state.

Nominations for the 2008 Medibank Private Active Tasmania Awards open on 16 June and close on 31 July 2008.

A presentation ceremony will be held in October to celebrate both the participants and winners of the awards.

You are strongly encouraged to support the 2008 Medibank Private Active Tasmania Awards by either nominating your local community or school or by distributing the entry form to relevant groups in your area. If you would like more information about the awards or copies of the entry form please phone free call 1800 440 026, email businesspoint@development.tas.gov.au or visit www.getmoving.tas.gov.au

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ST MARYS HISTORY & GIFTS

WINTER TRADING HOURS. MON - SAT: 10-4PM SUNDAY: CLOSED



NOW OPEN

Reduced menu for winter months.



Full menu available for group bookings



Ph: 6372 2007

THUMBS DOWN TO THE PERSON OR PERSONS WHO LIT A FIRE AT MY HOME IN CLIVE STREET SATURDAY THE 22ND BETWEEN 1AM AND 5AM.

YOU HAVE CAUSED THOUSANDS OF DOLLARS DAMAGE TO MY HOME. I DONT FIND THIS FUNNY OR AMUSING, AND WHO EVER IT IS PLEASE LEAVE ME ALONE, ENOUGH IS ENOUGH.

ALSO A BIG THANK YOU TO THE ST MARYS FIRE CREW, WHO SAVED MY HOME AND A VERY BIG THANK YOU TO SERGANT TONY ROUGHAN / ST MARYS POLICE AND ALL FAMILY AND FRIENDS WHO RALLIED AROUND TO HELP.

BENJAMIN PAYNE.



Neighbourhood watch

CGU Insurance

MEETING DATES NEIGHBOURHOOD WATCH.

AREA 102 SCAMANDER, BEAUMARIS. UPPER SCAMANDER, FALMOUTH.

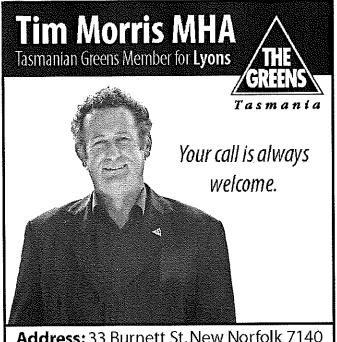
WEDNESDAY 13TH AUGUST. 7.30PM WEDNESDAY 8TH OCTOBER. 7.30PM WEDNESDAY 12 NOVEMBER. 7.30PM

ALL MEETING ARE HELD AT THE HOME OF MRS SHEILA CHUGG. 2 SCAMANDER AVENUE, SCAMANDER, 7215. PHONE: 6372 5406



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E-mail: greens@parliament.tas.gov.au

www.tas.greens.org.au

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

Melbourne Cup Luncheon change of venue

Yes it will be on again this year, but due to the popularity of this function it has to move to a larger venue, to comfortably cope with the increasing number of people wishing to support this major fundraising event for the Tasmanian Lymphoedema Centre at St Marys, and the reputation it has for a great afternoon of fun, food and give-aways.

The TLC appreciate and thank the St Marys Sports Centre for the venue of the Melbourne Cup Luncheon in the past few years, but the Committee will this year move the Luncheon to the Town Hall in the centre of St Marys.

The TLC working committee look forward to being able to seat everyone comfortably and once again present a great day out and the opportunity to catch up with friends.

Watch out for more details as we get closer to Tuesday 4th November, 2008.

Jan Sparkes, President, Tasmanian Lymphoedema Centre Inc. St Marys.





Well its official we are managing to beat the winter blues!

The new Winter menu is fantastic and is keeping families and epicureans alike very happy. The school holidays were great, so we are going to continue our childrens special forever, all kids meals are \$10, includes main course, icecream & drink, plus kids can watch a movie @6.30pm in our cinema opposite the restaurant, so that mum and dad can enjoy a relaxing meal.

Thank God its Friday

Happy 2 hours, 5-7pm w/ \$5 schooners, spirits & snacks- plus IHB giveaways- get some friends together and welcome the weekend!

Midweek Madness

2 course lunches \$20 2 course Dinners \$35

JULY EVENTS!

Live Music

This Saturday night, acoustic duo, Therese & Bruce will be livening up our lives during dinner-Book a table now!!

We are again hosting our annual French Night on the 11th of July. 5 courses by our highly trained head chef. Glen Cordwell and french wines presented by our guest sommelier, Kirk Denne for only \$80 pp. Kirk has some wines from the 05 vintage that was the best in 20 years to share with us.

Beer Appreciation night 18th of July 08 Be here for the launch of St Paddy's Stout beer, canapes and main course \$35

> To book your tickets/table now call 637222228









Public Meeting East Coast Child Care Needs

Northern Children's Network Inc will be holding a meeting to discuss child care needs and our services along the East Coast:

- Saturday, 26 July 2008
- The White Sands Resort,
 FALMOUTH (in the theatre)
- 1.00pm to 2.30pm



Ph 6341 1555

Northern Children's Network Inc is a not-for-profit, community based, multi-service child care provider. Our services include St Marys & Scottsdale Child Care Centres, Family Day Care, In Home Care, After School and Vacation Care.

Your fine can this Care



Gagged—An explanation

In view of the continued comments and enquiries about the purpose of my protest outside the Council Chambers on 10th June 2008, I set out below the basis of my protest against the motion passed at the Break O'Day Council meeting of 12th May 2008.

The Principles

- 1 We look forward to a world founded upon freedom of speech and expression. (FD Roosevelt)
- 2 I disapprove of what you say, but I will defend to the death your right to say it.

The application of the Principles

- 3 The function of an individual Councillor is to represent the community. (Local Government Act 1993 S28 (1) (a))
- 4 To represent is to present ideas or facts with a view to influencing action, acting for a larger class of persons, representing a number of persons in a special capacity.
- **5 Motion** is a proposal, a suggestion, an idea, a proposition, formally made in a deliberative assembly to obtain a decision necessary to progress an action.

The denial of the Principles

- 6 Gag to prevent, dent or limit speech.
- 7 "Councillors Notices of Motion be **limited** to two (2) per Council Meeting".

For: Cllrs Legge, Osborne, McGiveron, Holder, Warren.

Against: Cllrs Clement, Johns, Harper.

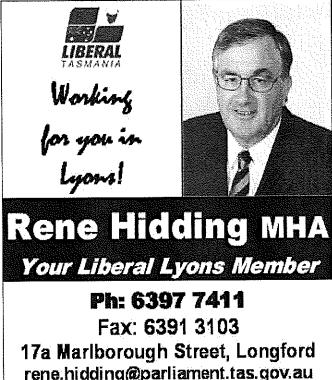
Absenr: Cllr LeFevre.

The consequence of denial

The Break O'Day community is gagged from full and unfettered representatives and participation in the decision making process of its affairs.

David Clement, Councillor.





St Marys Newsagency and staff would like to ask the people who kicked over the plants out the front of the shop what they actually achieved from this, and would they like to come in and explain to us? And kicking and tearing up the golf greens. What on earth would you achieve from doing that?!!!!!!!

AURORA AGENT

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TELSTRA F156 \$129.

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Private Road Closure

Road Works will begin on THE TRACK from Cherrywood Drive to Riverview Road on Wednesday 11th June. This is not a public road, and as such must be sealed during the proposed upgrade.

For safety reasons there will be no public access through this site until approximately 23rd September.

Fieldwicks of St Helens will seal the site immediately. Any access must be with the appropriate safety gear (hard hat and reflective safety clothing.)

The landowner regrets any inconvenience to local residents, but hope that the new road provided will compensate for any inconvenience incurred.

Emergency services have been notified (Fire, Police, Ambulance) and it is hoped that the weather will remain conducive to a timely project and a fine new road for the residents.

Jan West Promotions and Marketing, on behalf of Grassy Bottom Regional Arts, would like to say a huge thank you to the business people of Northern Tasmania for their generous donations towards the staging of the 2008 Winter Solstice.

Everything received, large or small was very much appreciated, and contributed to making this year's Solstice a memorable event.

THUMBS DOWN to all the LITTERBUGGERS who continue to dump their rubbish in the bush or roadside. Garden waste, heaps of cotoneaster (berry bush) prunings, tyres, old building material, ornamental garden moulds, dead animals, esky, you name it, these despicable people are dumping it, too lazy and too lousey to go to the rubbish tip.

Dick/AdamsMP

Federal Member for Lyons

Please contact one of my offices if I can be of any assistance

53B Main Road PO Box 50 Perth, Tas 7300 Ph 6398 1115

58A High Street PO Box 271 New Norfolk Tas 7140

Ph 6261 3366

Toll free 1300 132 689 Email D.Adams.MP@aph.gov.au



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6 Lagoon Esplanade Scamander

Ph: 6372 5529

Scamandersurf.com

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Surfboards:

Milch McTavish

Surftech Bic G Boards

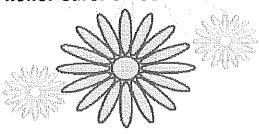
Bay Surf Shop

2 Pendrigh Place St Helens

Ph: 6376 1755

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Once upon a time there was a lady who never nagged, never whined and was always happy.

Fairy story.

But that was a long, long, time ago.

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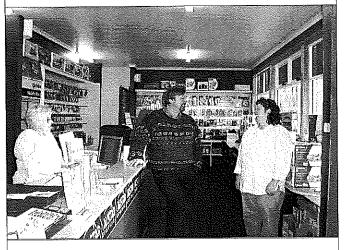
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- ♦ D 65 KOMATSU DOZER, RIPPER & TILT BLADE
- 10 YARD TIPPER
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- 4 WHEEL DRIVE TRACTOR & SLASHER
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- ♦ LAND CLEARING
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MEALS ON WHEELS ROSTER

7th	*** *** *** *** *** *** *** *** *** **	 Mount for Post Conference instruction for Proceedings (Conference)
7 111	Fe Gillies	Carole Woods
8th	Ruth Aulich	
9th	Liz Rice	
10th	Kaye Nailer	
11th	Hannah Rubenach	Robyn Miller
	9th 10th	9th Liz Rice 10th Kaye Nailer

Monday	14th	Debbie Barnes	Leslie Lohrey
monuay	17UI	Dennie Dailles	Lesile Loilley
Tuesday	15th	Pam Lynch	
Wednesday	16th	Wendy Aulich	
Thursday	17th	Heather Griffiths	
Friday	18th	Claire Bean	Susan Woods

Church Services

Catholic Parish of St Marys

Sr. Lorraine Groves

Parish House. Ph: 6372 2252 Mob: 0409 172 741

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

Week 4 LITURGY

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

5th Week MASS

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

Anglican Parish of Northern Midlands

Avoca: 11am 2nd/4th Sundays
Fingal: 3 pm 1st/3rd Sundays
Mathinna: 3pm 2nd/4th Sundays
Ross: 11am 1st/3rd Sundays
Campbell Town: 9am every Sun,
(3rd Sunday –Family Service)

Anglican Parish of Break O'Day

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 4th Sunday, 2pm.

Salvation Army Monday JAM

3-5pm every Monday. except school holidays.

Sunday JOY

12.30pm—2pm.
For soup & Sandwich
Fellowship lunch.

Melanie Norton Ph: 6372 2099 Break O'Day Uniting Church

The Manse St Helens
Ph: 6376 2405
St Helens 9.00 am

Seventh Day Adventist

11.15 am

Hodgeman Street Scamander Sabbath School 10 am Divine Service 11 am

Fingal

St Marys Online Access Centre Opening Hours:

Monday 10am -3pm Tuesday 10 am-4pm Wednesday 10am-4 pm

 $\begin{array}{ll} Thursday & 10 \ am-3 \ pm \\ Friday & 10 \ am-3 \ pm \\ Saturday & 11 \ am-2 \ pm \end{array}$

Ph: 6372 2005

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100% positive music & talk all day long; connecting faith to life.

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National Vision Radio Network. Phone 1800 007 770. web www.vision.org.au

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. Please keep letters to 500 words or less.

Articles and letters published in the Valley Voice are not necessarily the opinion of the staff and volunteers of this community paper. Ed.

Contacts for Valley Voice

PH: Judy: 6372 2155 email: *judith.spilsbury@bigpond.com* Accounts: Mary: 6372 2328

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

Advertising: 2008

Classifieds: 25 words or less: free
Community notices: free.
Small ads. Garage sales. Greetings.
Thanks etc. \$12.
½ page \$20. ½ page \$30.

Full page \$50.

I year posted subscription \$28.

Spring of the Vineyard Church Pentecostal Christian Church

Church Services Every Sunday at 10:30 am At Scamander Fire Station

For all enquiries: Pastor David Brewster Ph: 6372 2796

ALL WELCOME

JUNE / JULY 2008



Monday	Tuesday	Wednesday	Thursday	Friday
			3rd July ® R.D.A.	4th July ® Performance - Gr k-8 ® Bell Shakespeare 9/10s
7th July © Dental Service © 1/2RH Excursion - Launceston	8th July © Dental Service	9th July Prep Health checks School Association Meeting 7pm - school staff room	10th July ® K-10 Performance	IIth July STUDENT FREE DAY
14th July	15th July ② Paul Dillon workshop Gr 10- 12 ③ 2pm L'ton College visit	16th July	17th July ® Next Newsletter	18th July





O Monday 7th July



U Tuesday 8th July



Monday 21st July



Tuesday 22nd July



Wednesday 23rd July



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 5208 Kelham Street Dental Unit 6336 4100

Student Leaders Report - June 2008

'Get ya Hair Off' Day – 29th May





This year, the St Marys District High School Student Leaders decided that they would like to support charities that had some direct link with our school or local communities. So, when a staff member asked if we would be interested in raising money for the Leukaemia Foundation, we thought it was a great idea.

For the month of May we ran a classroom competition to see who could raise the most money. We also placed donation tins around many local businesses in St Marys, Bicheno, Fingal and Scamander. Our aim was to try and raise \$600.

If we managed to reach this target, the Student Leaders would dye their hair, Mr Shepheard would wax his legs and Miss Gillard would have her head shaved.

The winners of our class competition were Mr Croswell's class, who managed to raise \$100. Their prize was a special lunch cooked by Mr Stonehouse and his Year 11/12 Catering students.

The final counting took place on Wednesday and it is amazing how quickly each of those smaller amounts start to add up. In total, we managed to raise \$740! So Mr Shepheard, Miss Gillard and the Student Leaders were in trouble!

On Thursday afternoon, we held an assembly so that everyone could watch the outcome of their money-raising efforts. Jo Beam, from the Leukaemia Foundation also talked to the school about what Leukaemia is and how our money will be used, and we presented our cheque to her.

The Student Leaders ended up all shades of orange, blue, purple, pink, black and blonde. Mr Shepheard was extremely brave and didn't scream once, and Miss Gillard will need to buy a few beanies now to keep her head warm!

We would like to thank all who donated, the local businesses for supporting our cause, and Michelle Gray and Janelle Duke for helping with the waxing and shaving on the day.



Under the Sea' Socials - May 2008

Our first socials for the year were a great success. The K-2 social was full of games, fun and dancing, as our hall was taken over by pirates, mermaids, deep sea divers and sea creatures. The Grade 3-6s had air guitar competitions, dance-offs, a limbo contest and there was plenty of crazy dancing. The 9-12 social had everyone up and dancing, some saying it was 'the best yet'!

Thankyou to the teachers for their supervision, parents for helping to design some great costumes, Melanie Casey for her contribution of decorations, and to all the students for their great behaviour and for making the socials such a success.







Reporting our school's performance is a mandated requirement - the following information refers to 2007. I strongly encourage all members of our school community to take a moment to consider the following data. I am more than happy to meet with people who may like further clarification.

Staff attendance

In 2007 the average daily teaching staff attendance was 96%

Staff retention

The proportion of permanent teaching staff retained from 2006 to 2007 was 26 out of 27.

Teacher qualifications

All teaching staff in our school in 2007 met the professional requirements of the Teachers Registration Board for teaching in all Tasmanian schools and colleges

Qualification .	Number of Staff
senior Staff	\$
s year trained	1
t year trained	27
Other (e.g. 2 or 4 year trained)	ı

The senior staff category includes principals, assistant principals and advanced skills teachers.

Professional learning for teaching stafi

During 2007 all teaching staff received four days of training in implementing the Tasmanian Curriculum including assessment of that curriculum Five other compulsory professional activity days, provided for in the Teaching Service Public Sector Award, were undertaken for purposes of professional development, curriculum development and school planning. These were additional days to those when schools and colleges were open for students.

The average expenditure per teacher on professional learning in 2007 was \$1853

Staff satisfaction

The 2007 staff survey indicated that, overall, staff were highly satisfied with our school.

Parent satisfaction

The 2007 parent survey indicated that, overall, parents were moderately satisfied with our school

Student satisfaction

The 2007 student survey indicated that, overall, students were highly satisfied with our school

Student attendance

In 2007 the average daily student attendance was 91%. This improved marginally from 2006 - 89.6%. Learning opportunities will continue to be personalised so as to address attendance

Student retention

The proportion of students retained in our school from Year 9 2006 to Year 10 2007 was 91%

A pleasing improvement; up from 86.8% in 2006. It is worth noting that student retention rate in the Break O'Day municipality is the second highest in Tasmania

Reading: growth similar to the state average Writing: growth similar to the state average Numeracy: growth similar to the state average Year 7 to Year 9

Post-school destinations

Of the 33 students lewing Grade 10 in 2007 26 enrolled in Year Heducation in a variety of educational settings with the

Percentage of students achieving national benchmarks in 2007

The Australian Government sets minimum desirable standards for reading, writing and numeracy at Years 3, 5 and 7. These are referred to as national benchmarks. The figures below are estimates only, based on students who sat the literacy and numeracy monitoring tests, and should be interpreted with caution. * denotes where the percentage is based on fewer than 30 students

2006	%16	87%	87%		83%	76%	%99		83%	%88	88%
2007	*%88	71%*	*%78		93%*	71%*	%11		84%	%98	72%
Year 3	Reading:	Writing:	Numeracy:	Year 5	Reading:	Writing:	Numeracy:	Year 7	Reading:	Writing:	Numeracy:

Average scores for Year 9 reading, writing and numeracy

The scores below represent the median (or middle) score for students who sat the literacy and numeracy monitoring tests. Student scores range from about 200 to 550.

Reading: 441 Writing: 419 Year 9

Numeracy: 438

Grade 9 scores remained consistent with those achieved in 2006 placing students at 'state average''.

Progress in reading, writing and numeracy

The average value added to student performance over the two-year period 2005–2007 for reading, writing and numeracy is assessed against other schools in the state. The values below are estimates only based on students who sat the literacy and numeracy monitoring tests, and should be interpreted with caution

Reading: growth similar to the state average Numeracy: growth similar to the state average Numeracy: growth similar to the state average Writing: growth similar to the state average growth similar to the state average Reading: growth above the state average Year 3 to Year 5 Year 5 to Year 7 Writing:

balance entering the work force.

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS on ROSTER

Dr L. Ottosen- 3rd July- 4th July Dr. G. Trezise- 5th July- 16th July Dr. L. Reeckman- 14th July- 17th July Women's Health Clinic- Friday 18th July

AFTER HOURS SERVICE

PLEASE PHONE GP ASSIST ON 1300 780 011 AMBULANCE 1800 008 008 or **EMERGENCY 000**

COMMUNITY HEALTH CENTRE 6372 2111 BEFORE PRESENTING AFTER HOURS.

St Marys Community Health Centre **GP Surgery Hours:**

8:50am-12:30pm 12:30pm-1:30pm LUNCH 1:30pm-5:00pm

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. Patients can not request scripts over the phone.

PLEASE BE PATIENT

Please be aware that waiting periods can apply. Please be patient, we are doing our very best and your cooperation is appreciated. Everyone's health is important to us. - K. O'Shea DON

CHANGES TO THE DOCTORS ROSTER

Dr Ottosen will be finishing his time at the St Marys Community Health Centre as our GP as of Friday 4th July 2008. Please be aware of changes to the doctors roster over the next few weeks.

We would like to thank Dr Ottosen for his valuable time here in our community and wish him all the best in his future endeavours.

SUPPORTING ARTISTIC YOUTH PROGRAM

The St Marys Community Health Centre would like to announce they will be hosting a number of Artistic Youth Displays in the reception area of the Health Centre over the next few months.

Our current display is a selection of woodwork items that has been made by Aaron from Scamander. Aaron is a very talent young man who is excelling in his chosen skill of woodwork.

A selection of items is on display and items can be purchased or ordered, price list available.

If you are an Artistic Youth in our Community and you would like to display some of your work please contact Hayley Gilbert on 6372 2111. Items don't necessarily have to be for sale..

WHAT'S ON AT THE CENTRE

3rd July St Giles, Michelle Downs

Meditation & Visualisation Class with 4th July Sue Christiansen. 2pm-4pm in the downstairs Ambulance Training Room.

Phone Sue on 0418 515 419 for bookings.

7th July Auxiliary Meeting 2pm in the Day Room

Child Health Session with Sue Gofton 8th July 9am-12noon. If you would like to make an appointment with Sue she can be contacted

on: 0428136381

8th July C.H.A.T Group 1pm in the Day Room of the Health Centre. All parents and Guardians

welcome to attend.

Anglicare, Malcolm 3:00pm-3:45pm 10th July

11th July Meditation & Visualisation Class with Sue Christiansen, 2pm-4pm in the

downstairs Ambulance Training Room. Phone Sue on 0418 515 419 for bookings.

15th July Child Health Session with Sue Gofton 9am-12noon. If you would like to make an

appointment with Sue she can be contacted

on: 0428136381

18th July Women's Health Clinic with Dr Libby

Reeckman. Please phone 6372 2111 for

appointments.

18th July

Meditation & Visualisation Class with Sue Christiansen. 2pm-4pm in the downstairs Ambulance Training room.

See below for further details.

MEALS ON WHEELS

Are you finding it difficult preparing a meal? Have you just been in Hospital or you're just not well? Are you finding it difficult to get to the shops? Want something different to eat?

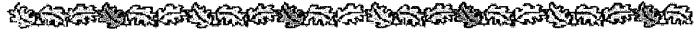
MEALS ON WHEELS IS FOR YOU!

3 COURSE HOT MEAL- \$6.90 1 COURSE FROZEN MEAL- \$5.90

Arrangements can be made to have your meal/s delivered daily, weekly or once a fortnight. And you can select the days you want a meal!

For further details on Meals on Wheels or to VOLUNTEER TO BE A DRIVER please call:

Joy Nehls (Cook) - St Marys CHC 6372 2111 Shirleen on 6374 2267 Sue on 6374 2193 or Mim on 6374 2209



~~~ | 9th & 20th July ~~~ learn the basics of Swedish massage

## MASSAGE workshop

Sue Christiansen Nd, dip Rem massage, CPT therapist 0418 515419

### Fingal Primary School News



### Campbell Town Show

All our students entered art work at the Campbell Town Show. To our surprise our School won first prise in the painting and drawing section. Well done everyone. We have got some up and coming artists in our school.



Sam Herbert Grade 3 First Prize



Harvey Flynn Grade 4 First Prize



Claire Oates Grade 6 First Prize



Jorgia Woods Grade 4 Second Prize



Madelaine Mc Gill Grade 6 Second Prize



Curtis Westbrook Grade 6
Highly Commended

Sharnee Casserly Grade 3 Highly Commended



### Calendar of Events - June/July

| 30th | 1st July | 2nd                                                           | 3rd Small Newsletter ENE Country Gold Training at St.Marys 1.30 - 3.00pm | 4th                   |
|------|----------|---------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------|
| 7th  | 8th      | 9th<br>State Cross Country<br>Championships<br>Symmons Plains | 10th                                                                     | 11th Student Free Day |

### **Sports Centre News** Kackhander

During the past couple of weeks we have had great on-field results but somewhat disappointing off field so to speak. First the good stuff, We held the Harold and Tom Newman Memorial Trophy on June 21st with a good attendance and some excellent scoring.

Congratulations to Kirk Bean in winning the trophy back to back with a great 60 nett. Also well done to Jim Haas who won the runner up trophy. Thanks to all who participated.

This last weekend St Marys Value Plus, through Mark Carrick, put on a terrific day for us with an excellent field taking part. Not far off the good old days in fact, with several groups out there. Thanks heaps Mark and IGA Value Plus. Congratulations to Brent Leedham with 40 points taking out the major prize and Col Payne with the runner-up booty. These two chaps also won the main nearest pin events and once again the scoring was good.

This upcoming weekend is the Men's Foursomes Championships, so hopefully there will be some continuing support for the club. Thanks to club captain Col Payne there are some excellent additional events to be played soon with scope for winning players to represent the club in State events later. Should be great.

Now to the not so good news. The AGM scheduled for June 20th didn't go ahead due to no quorum that night. Several reasons contributed to this but we must try to be aware of what's going on. It has been rescheduled now to Friday July 11th. Please note that it will be at 6.30 pm to allow other Friday evening functions to occur at the club so please take note and do your best to try and accommodate the new date if you can. ( AGM notice below )

The other not so good news was very disappointing indeed. Vandals attacked two of our greens on the night of the Solstice. Anyone who had something to do with this be warned. If we find out, look out, because our incredible volunteers who give up heaps of time to maintain the course don't deserve this crap and it WILL NOT be tolerated ever again.

Finally its good to report that on August 23 and 24 our tournament will be sponsored by Hobart House of Golf again. We thank our friends Brian and Trish at the House of Golf for this. If you have any special requests for new gear that weekend just let us know or ring the House of Golf and tell them.

Anyway until next time, good hitting and rolling.

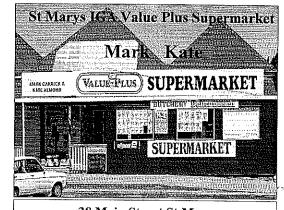
### NOTICE ANNUAL GENERAL MEETING OF St Marys Sports Centre Inc.

To be held in the clubhouse on Friday, July 11th 2008 at 6.30 pm. (Rescheduled from June 20th)

### **Business includes:**

Reports, Elections, Subscription setting and other matters.

R.B. McGiveron (Hon. Sec.)



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

### In-store butchery

### This week

| TIIIS WEEK                          |           |
|-------------------------------------|-----------|
| Gourmet chicken portions            | \$ 5.59kg |
| Rump steak                          | \$10.99kg |
| Legs of lamb                        | \$ 7.99kg |
| Chicken chilli sausages             | \$ 8.99kg |
| Beef topside roast                  | \$ 7.99kg |
| <u>In store</u>                     | _         |
| Arnotts family asst'd biscuits 500g | \$ 2.99   |
| Arnotts asst'd cream biscuits 500g  | \$ 3.49   |
| Redhead firelighters 24pk           | \$ 2.99   |
| Ardmona canned fruit 825g           | \$ 1.99   |
| Sorbent facial tissues 180s         | \$ 1.99   |
| Late week                           |           |

| Wondersoft toilet tissue 8pk          | \$<br>2.99 |
|---------------------------------------|------------|
| Black & Gold sliced bread 680g        | \$<br>1.99 |
| International Roast coffee bonus 250g | \$<br>5.99 |
| Coca Cola/Zero/ Sprite 1.25lt         | \$<br>1.69 |

### In-store butchery Next week

| Seas'd & marinated whole chick'ns | \$ 5.49kg |
|-----------------------------------|-----------|
| T-bone steak                      | \$15.99kg |
| First grade beef mince            | \$ 8.99kg |
| Nichols curried chicken sausages  | \$ 8.99kg |
| Turkey drumsticks                 | \$ 6.49kg |

| Turkey drumsticks                | \$ 6.49kg |
|----------------------------------|-----------|
| <u>Late week</u>                 | _         |
| Juicy Isle longlife juice 2lt    | \$ 1.99   |
| Kelloggs cornflakes 525g         | \$ 1.99   |
| Pears shampoo/ conditioner 400ml | \$ 1.99   |
| Spree dishwashing liquid 11t     | \$ 1.99   |
|                                  |           |

### NOW AVAILABLE AT IGA

HOT NICHOLS CHICKENS. \$11.50 EACH

ALSO AVAILABLE, A RANGE OF READY TO EAT SALADS.



PLACE YOUR ORDER, OR JUST COME IN AND PICK UP. IT'S THAT EASY.

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