

The Valley & East Coast Voice

Volume 41 No 5
Thursday, July 31, 2008

Est. 1968
50 cents



'Firies and furries' receive funds.

Jan Sparkes

Saturday 26 July was another red -letter day for me. Eight months on from the publishing of Re-Gener8, we were able to get together over a wonderful afternoon tea at the St Marys Hotel, to hand over a cheque for \$7377 to the St Marys Fire Brigade, and one for \$2459.36 to the Carers for Wildlife Tasmania Inc.

Amazingly we have sold more than 765 books in 8 months, and were No 2 of the top ten best sellers during December—January at Fullers Book Shops in Launceston and Hobart. How good is that!

Apart from selling Re-Gener8 around Tassie, numbers of books have gone to all mainland states, the U.K., U.S.A., Ireland, France, Norway and the U.A.E. How exciting. How surprising.

In May, enough money was raised to send Hannah Rubenach to represent St Marys, to an International Conference in Limerick, Ireland. Rosa McManamey from UTAS, was presenting a paper on the Re-Gener8 project, to much acclaim for the community.

So many thanks to all who contributed stories, poems, photos, art and craft—wonderful work, heartfelt tales.

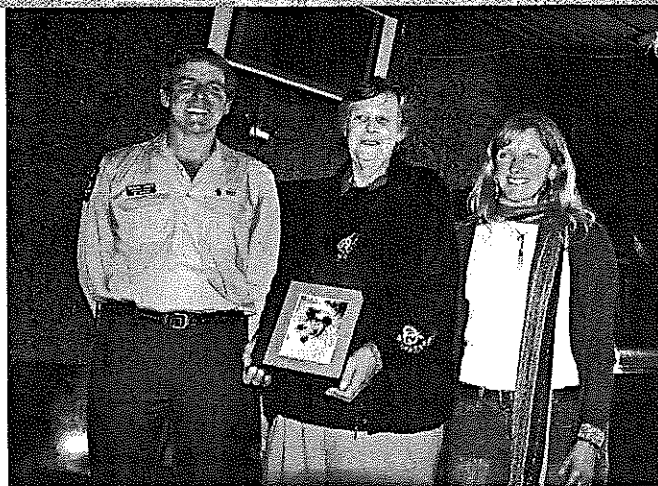
A special tribute to all the emergency people who fought the great fight on the ground and in the air.

Last but not least, much appreciation to Tasmanian Regional Arts, University of Tasmania, Dept of Rural Health, Break O'Day Healthy Community, Break O'Day Council, the Bushfire Recovery Team and the Tasmanian Government for financial, and in particular, in-kind support and expertise; and I nearly forgot, the Examiner newspaper for great coverage.

There are still a couple of hundred books to sell-at \$15 each, a true bargain price—so if you haven't got your copy or need another to send to someone anywhere in the world, get in quickly.

All monies towards Fire Brigade and Wildlife Tasmania Inc. All monies stay here.

Thank you, thank you, thank you.



l/r: Michael Aulich, St Marys Fire Brigade Chief, Jan Sparkes, instigator of Re-Gener8, and Sharlene King, of Wildlife Tasmania Inc.

Photo: Courtesy Peter Power.

THANK YOU

On Saturday 26 July, St Marys Volunteer Fire Brigade was presented a cheque for \$7377. This money was raised by the sales of the Re-Gener8 book, and will be utilised to benefit the brigades directly involved in the 2006 fires.

Some of these funds will be used to purchase additional fire fighting equipment that can be used throughout the Fingal valley and east coast districts as needed. It is proposed to use the remaining funds for a function, so the local fire fighters can get together, with their families, as a thank you to the family members who are at home worrying about the well -being of the fire fighter while out there fighting fires.

As a fire fighter, we tend to get engrossed in the task in front of us and forget that the family is still at home, worrying about us, sometimes not hearing from us for days. We know we are safe, but they don't, and without their support we would not be able to be out there, so it is a good opportunity to thank them for their support and understanding.

As can be seen, the construction of the new St Marys Fire and Emergency Services facilities is well under way. All being well, and weather depending, the new station should be completed by Christmas. Tas Ambulance and the SES will be sharing these facilities with the Tasmanian Fire Service. More on this in another issue.

I would like to take this opportunity to thank all involved with the publication of the Re-Gener8 book, including the article writers. It will be a lasting memory for generations to come, and a special thank you to Jan Sparkes for the insight and dedication in getting the book produced.

Michael Aulich, Brigade Chief, St Marys.

Please note: Deadline for articles to be included in the next Valley Voice is: 5 pm Tuesday, August 12, 2008.
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.**

Suncoast Singers meet every Friday at 10am in the Catholic Hall - Cecilia Street St Helens. New singers always welcome.....If you can yawn - you can sing. Phone Mary-Anne Wadsworth 6376 2969.

ST MARYS TENNIS CLUB

The next meeting of the committee will be at 8pm Friday 1st August at the clubroom. All members are welcome to attend.

NEWS FROM GONE RUSTIC:

PLAYTIME! PAPER COLLAGE QUILTS - make a mixed media small art quilt using fabrics and papers of your choice. We will also be painting some art paper on the day to use in our creations. This is a *handstitched* project. Date: Saturday, 2nd August (9-12). Bookings essential; please call in to see finished samples and collect your materials list. Cost: \$10 plus materials.

NEW - QUILTING BEE! - an opportunity to get together once a month and *make quilts for those less fortunate*, locally and further afield. *Trade table of fabrics* at every session, so bring your spare cash (funds are for purchase of wadding). Held every 4th Wednesday at *Rustic Ragamuffins* stitching group, from 7-9 pm. Cost: \$5, plus spending money for fabric.

GUEST EXHIBITORS - St. Helens quilter, *Maureen Cardwell Fisher*, is currently exhibiting her colourful quilts and other items. Be inspired by her creative use of fabrics and colour. Display finishes 9th August. Next exhibitor: *Barbara Mellor*, who specialises in the use of Japanese and Asian fabrics, will display her work alongside her collection of antique kimonos and other artifacts from 13th August.

FABRIC PAINTING WORKSHOP with *Cindy Watkins (Deep Peace Studio)* -includes stencilling, marbling, inclusions, heliography, salt texturing, air exclusion. We need 6-8 people to run a 1-day workshop. *Are you interested? What day would suit you?* Cost: \$50 (dep. \$15; BYO fabric and cut lunch; tea and coffee provided). Let Rita know ASAP

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

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

Beat the price rise! Find your dream home, garage, she stables and more by visiting your local Wide Span She agents for a free catalogue and quote. (Mon - Fri 9 - 5) See Rita and Ian Summers at Gone Rustic, 37 Main Street, St. Marys (03 6372 2724 or 0417 027 424).

Thumbs up to the BOD Council for getting water at last at the St Marys cemetery. makes visiting the graves much more B Payne St Marys.

PLEASE NOTE: ARTICLES MAY NOW BE THE ST MARYS PHARMACY, POSTED OR EMAIL

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

Classifieds

FOR SALE

PS2 Games

Call of Duty - Finest Hour (MA 15+) \$15.

007 Everything or Nothing \$15. (James Bond)

World Championship Poker 2 \$15.

MX vs ATV Unleashed \$20

Grand Theft Auto - San Andreas

(MA15+) \$20.

Or buy all for \$75.

All Games are in perfect working order, and come with the instruction manual.

Text/Ring Bryn after hours on 0448787150.

Queen size slatted bed & mattress. \$250. Ph 6372 2722.

18" caravan, sleeps 4, toilet, gas shower and oven, 12 volt pressure pump. \$3000. **Ph: 6372 2258** or **0417 344 209.**

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.

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.ono.

Kelvinator 150lt chest freezer. As new. 6mths old, still under warranty. \$380.ono.

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.**

"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.**

Junior tennis racquet with cover. Ex. cond. \$10. **Ph: 6372 2357.**

FOR SALE

Carpet and underfelt.

Size: 5.4m (length) x 3.5m (width)

Suitable for bedrooms. \$150.ono.

Contact D Floyed. **Ph: 6372 2176**

Acoustic Guitar. \$120.

Golf clubs & bag (new) \$150. (new alloy driver/Brosnan. Tommy Armour irons & wedge putter)

Wall batts x 2 bags. \$40.

Full Face Bell Moto X helmet & kidney belt. \$40.

20 ltrs indoor/outdoor primer.

20 ltrs satin white indoor. \$90 each.

Clear patio blinds 5 x 2.4 x 2.4 (new) \$100 each.

Landcruiser H/P clutch kit (new) \$500.

(New) **Electric single phase motor,** 4HP with electrics. \$450.

Saw bench -docking saw— (firewood) + 4 x 28" blades & belt PTO. \$200.

4 ltrs paint stripper. \$40.

Ph: 6377 1209.

packing boxes, free, all different sizes - **Ph: 6372 2686**

Stihl 039 Farmboss. \$600

CIG Transark easy welder Mack rods \$200.

Phillips 340 Fridge. \$250.

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.

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Ph: 0407 944 158.

COACH HOUSE RESTAURANT WILL BECLOSED

**SUNDAY 17TH AUG FROM 2PM,
MONDAY 18—TUESDAY 19
ALL DAY.**

**RE-OPEN WEDNESDAY 20TH.
NORMAL TRADING HOURS
8AM TO 8PM.**

SORRY FOR ANY INCONVENIENCE.

ROSS & TRACY.



**St Marys Association
for Community Development Inc.
ANNUAL GENERAL MEETING
Friday August 29th 2008
at 12.30 pm.
At the Online Centre
23b Main St. St Marys.**



**St Patricks Head & Esk Valley
Historical Society Inc.
ANNUAL GENERAL MEETING
Sunday August 17th 2008
at 2.30 pm.
At St Marys History & Gifts.
(Railway Station)**

**CORNWALL
COMMUNITY DEVELOPMENT
GROUP INC.
ANNUAL GENERAL MEETING
Tuesday the August 12th 2008
at 7.30 pm.
At Cornwall Community Hall.**

**WANTED
Land to graze sheep
in the Break O'Day area.
Ph: 6372 2762.**

**WANTED TO BUY
Kennel in good condition, to suit
large dog.
Ph: Amanda 0419 440 946.**

**WANTED TO BUY
One Lortone Gem Tumbler.
Phone John Mallinson on:
6376 1485.**

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

A LITTLE BIT OF HERITAGE: Jim Haas

Coca-Cola

In today's modern world there would be very few people who have not experienced the taste of the popular soft drink Coca-Cola.

Although these days there are a number of varieties like Standard Coke, Diet Coke, Vanilla Coke, Lemon Coke and the latest addition Zero Coke, the original formula goes back to 1885. It was invented by pharmacist, Dr John Stith Pemberton and sold originally as a coca wine.

In 1886, however, when several states in the United States passed Prohibition legislation, Pemberton responded by developing Coca-Cola essentially as a carbonated, non-alcoholic version of French Wine Cola.

The first drinks sold were at Jacob's Pharmacy in Atlanta, Georgia on the 8th May 1886 and was initially sold as a patent medicine for 5 cents a glass at soda fountains. At that time it was the belief that carbonated water was good for your health. As well, Pemberton claimed in his promotion of the drink that it could cure many diseases including: morphine addiction, dyspepsia, neurasthenia, headache and impotence. To add to this he said it was a perfect brain tonic which would improve your intellect.

The beverage was named Coca-Cola because originally the stimulant mixed in the formula was coca leaves from South America, from which the drug cocaine was derived. In addition the drink was flavoured using kola nuts, which also acted as its source of caffeine.

Pemberton's recipe called for five ounces of coca leaf per gallon of syrup, which gave each glass an estimated nine milligrams of cocaine. The cocaine was removed in 1903 and a new formula was prepared using "spent" coca leaves. These were the leaves after the cocaine had been removed.

The first bottling of Coca-Cola took place in Vicksburg, Mississippi in March 1894. But it was a very different bottle from the one we have come to know and recognise as distinctive to Coca-Cola. In 1915 the Coca-Cola Company launched a competition among bottle companies to design a bottle that was unique and would better promote their product. The competition was won by the Root Glass Company whose designer, Earl R. Dean, based the shape on a photo of the coca pod he found in a copy of Encyclopaedia Britannica. Whilst cans were introduced in 1955, the bottle, although now mainly plastic, has pretty much held its shape over the decades.

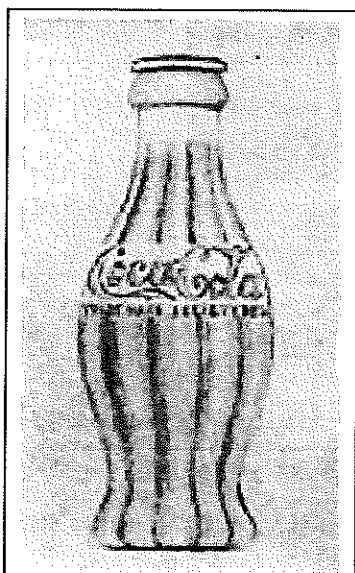
Coca-Cola is now sold throughout the World and bottled in some 200 countries. The formula, however, is a trade secret, the original copy of which is held in the main vault of the SunTrust Bank in Atlanta. The syrup concentrate is produced by Coca-Cola in the United States and distributed to franchise bottlers throughout the World where it is mixed with filtered water and sugar (or artificial sweeteners), then carbonated before filling into bottles or cans.

The World's first real taste of the famous drink came during World War Two, when the United States entered the War in 1941. Robert Woodruff, the president of the Coca-Cola Company at the time, made an order that 'every man in uniform gets a bottle of Coca-Cola for 5 cents, wherever he is, or whatever it costs the company'. This led to 64 bottling plants being set up in various war zone countries and at the end of the War some 5 billion bottles of Coca-Cola was consumed by military service personnel.

But the presence of Coca-Cola did more than just lift the morale of the troops. In many areas it gave locals their first taste of Coca-Cola; a taste they obviously enjoyed. When peace returned the Coca-Cola organisation was poised for exceptional worldwide growth. From the mid-1940s until 1960 the number of countries with bottling operations almost doubled.

During that period the world emerged from a time of conflict, and Coca-Cola emerged as a worldwide symbol of friendship and refreshment.

Although Coca-Cola was introduced to Australia in 1937, it wasn't until its popularity amongst the troops during World War Two that sent it on an upward spiral. Today the Australian franchise holder, Coca-Cola Amatil, has 14 bottling plants around the country with around 3,500 employees. When you add handling, transport and sales to this, the world's most popular soft drink is a large part of the Australian economy.



**Earl R. Dean's
original 1915
concept drawing
of the contour
Coca-Cola
bottle**



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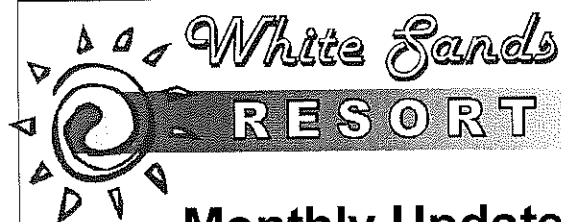
Pro Pre Loaded Ex Lease Machines (no monitor)

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Monthly Update

The **Launch of Paddies Head Stout** was a great success, we would like to thank everyone who came along to be the first to sample this great brew. Tastings are now available at White Sands bar. Takeaway sales will be available at the end of August. Our annual **French Night** was

another recent event that was full of good food, wine and company.

If you missed out on these events **be sure not to miss out on our August Event**

The Beef Eaters Dinner

Friday the 22nd of August 08

6 sumptuous courses featuring the best of Tasmanian Beef.

True winter comfort food including a delectable dessert all for \$48 pp. 6.00 for 6.30pm start. Transport available and children are most welcome

Experience something fun, Get some friends together and rsvp by Monday the 18th of August 08

Open Everyday

Lunch and Dinner

except for Sunday evenings during the month of August

Book a table now on

6372 2228

Letter to the Editor

Here is another Alzheimers Test. Count the number of times the Mayor mentioned St Marys in his message to the Break O'Day via the Sunrise newsletter.

Answer Below.

If you answered nil - correct.

Name supplied (via e-mail)

St Marys Pharmacy

For all your health and wellbeing products

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Main Street, St Marys Tas. 7215



Call in and talk to us about any health problems.
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The Say Cagerattler.

Someone commented to me the other day about our town. (He is a reasonably new resident). He told me that he immediately felt at home here and knew it was the right place to be.

That simple revelation made me feel very proud about this community. He felt genuine spirit in the place and this is not to be sneezed at. In fact it wasn't all that long ago that another person revealed almost exactly the same feelings for our area. Only the other day one of our newer educators also made similar comments about our school and added how much he was enjoying his new role within the school environment and how he hoped to be able to make big contributions to the ongoing improvements to the school learning opportunities into the future.

None of this should be taken for granted. Some of us probably do take our valley for granted, not realising how newcomers see it.

We know we do have problems and we invariably whinge and whine about certain things but perhaps they really pale into insignificance when you hear such positive comments such as the ones described here.

Maybe we need to be more vigilant so we can protect and enhance our area well into the future. There was a time when the Valley Voice encouraged our newcomers to use the pages to introduce themselves to the rest of us if they wished. Some did and it was terrific reading, if memory serves correctly. Maybe this could occur again sometime. Isn't it great to know that people really want to come to this fantastic community and contribute in all sorts of ways. Makes it all worthwhile doesn't it?

What do you think?

Letter to the Editor

Last month's council meeting saw the East Coast Surf Life Saving Club having to wait yet another month, to further progress council motions, in relationship to the required leasing of some foreshore land and decisions on a resubmitted Development Application. This is in spite of the fact, that councillors voted unanimously back at the April council meeting, to allow the ECSLSC to submit a Development Application for Lots 18 and 19, Dune St and Scamander Avenue, Scamander.

The ECSLSC is about to commence its fourth season. The club is hosting a winter Dolphin Marathon Series that will see boat and ski crews from around the state, coming to our Scamander area. The ECSLSC will also be hosting our second state carnival in January. This carnival attracted boat crews from interstate, as well as senior and junior competitors from all around Tasmania, to our Break O'Day area.

Many families took the opportunity to turn this weekend into a family holiday on our sunny East Coast, thus staying longer and giving more support to our local businesses.

On this same weekend, we also hosted the Camp Quality kids. They come to Scamander every year to enjoy our beautiful Scamander beach, have a splash in the surf and chill out with their special companion partners, in a safely patrolled beach environment.

These are just a few of the community focussed things that have become annual events since the East Coast Surf Life Saving Club came into existence nearly 4 years ago. The social capital for our own local kids is another success story worth mentioning. Kids from our Break O'Day area, ranging in age from 4 to 14, are involved in our popular Nipper Program every Sunday morning, between November and March. Here they learn how to safely use the beach. They learn to recognise different surf conditions and practise water safety, board, swimming and running skills, as well as learning basic first aid. These survival skills have application that extends far beyond a beach environment.

Back in 2004, the BOD council sent out a survey to all Scamander and Beaumaris residents asking if they supported a Surf Life Saving Club on the Scamander Foreshore. The response was a resounding 'Yes' from the community. Never before had the council received so many affirmative replies to a council mail out.

As an avid beach goer, who has had years of experience in Surf Life Saving Clubs, I am very aware of the sometimes treacherous conditions that are inherent on our East Coast beaches. Tragically, this was demonstrated this summer, with 2 drowning on BOD beaches. One involved a fisherman, who I actually shared a chat with, around the camp fire, the previous season out at Cosy Corner. The other tragedy, involved a young foreign tourist, who paid the ultimate price for his ignorance and his inability to read local beach conditions. He drowned in flat water, after wading out into a channel. Such a preventable loss of life!!

I personally, grew up in Bayside Melbourne, where beaches are far more widely frequented. As a teacher at St Helens District High School, it is alarming to see how many children are not confident in water, considering that we are surrounded by such pristine beaches, rivers and bays.

The ECSLSC is providing a service to our community. It is teaching parents and children alike how to enjoy our beaches safely. It is connecting kids from different parts of the BOD area, as well as shack owners and their children, who now have a new group of friends to spend time with on their weekends. It is providing healthy, challenging experiences, through affiliation with Surf Life Saving Tasmania and Australia – a 100 year old institution. It is investing in our area's future, by training our local kids to become future Surf Bronze medallion holders, so that they can then patrol our local beaches.

So why, you may well ask, is the ECSLSC still struggling with council, to build a Surf Life Saving club and storage facility? Councillor David Clement has put his back behind the Scamander Skate Park project, which is now well on its way to completion. Some of the young members of the ECSLSC who like to skate, are really excited about this new recreational facility. It is such a shame that Clr. Clement has not put this same amount of energy into supporting the ECSLSC.

My understanding of a councillor's role, is that they are voted into council in order to represent the needs of the WHOLE of the BOD area. I would have thought that the ECSLSC, qualify on an even greater scale than the Scamander Skate Park, with members from as far a field as St Marys, Pyengana and Launceston. Instead, Clr. Clement has put hours and hours of obstructionist work, into researching government acts and planning scheme standards that attempt to sabotage the clubs efforts to build this community project.

Back in March, as part of what Clr. Clement fondly calls 'Due Process', The ECSLSC and SSPIG engaged in mediation through the appeals tribunal, to overcome the issues that arose, when both groups wanted to use the same piece of foreshore to build their projects. This mediation was severely compromised, when Clr. Clement interfered and breached confidentiality, by contacting the RMPAT mediator, accusing him of bullying the proponents of SSPIG. It was not for councillors at this stage, to even have any knowledge of the content of this meeting. I would suggest that this is a reportable offence and certainly against the code of conduct for local government constituents.

Clr. Clement's description of the ECSLSC's proposed club house and storage facility as a 'private club' discredits the not for profit, community based volunteering qualities of this establishment. It trivialises the fact that, as with the soccer, football, surf, pony, netball and basketball clubs in our community, membership is primarily to provide all volunteers and youth with insurance cover, in case of an accident. There is nothing even slightly elitist about surf life saving clubs. It is all about parents and community members giving up their time and expertise to provide fantastic opportunities for our youth.

Continued next page. →

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The July council meeting saw the Mayor postpone discussion on the leasing of the land for the Surf Life Saving Club, due to the raft of questions yet again brought forward by Cllr. Clement, even though council have already unanimously voted in favour of a Surf Life Saving Club and storage facility on the Scamander Foreshore.

Cllr. Clement has no expertise in planning matters. He needs to obtain planning advice from qualified council officers, before putting forward lines of argument that are totally invalid, such as his suggestion that the ECSLSC is effectively subdividing land on the Scamander Foreshore in order to build a storage facility. This is simply untrue. When is Cllr. Clement going to realise that a Surf Life Saving Club, more than 1 km from the high tide mark, as his ill-founded "no allowable solution" suggests, is synonymous to a duck without a pond or a fish out of water?

It would be such a tragedy to see the Port Sorell experience occur here. Similar to Scamander, Port Sorell lost valuable funding due to the time consuming squabbling that occurred in their community. It took the loss of their first committee and their first grant, as well as the tragic loss of a child's life, before their community overcame their differences. They now have a strong club, experiencing great health and social outcomes for their community, as well as keeping their beaches safer places to recreate.

The ECSLSC has invested in solutions, not sabotage. The committee has compromised time and time again, agreeing to build south of the skate park, even though Surf Life Saving Clubs are foreshore dependent. The ECSLSC has redesigned the building 3 times, in order to get the balance right. They have resubmitted a new Development Application, even though the first application was approved by council, but lost through appeal because of a technicality. Enough protesting from a minority group of critics with Cllr. Clement at the helm, who have abused democratic processes and tied up valuable rate payer funded council resources, to stall and stymie.

Enough is enough!

Lisa Neubecker,

President of the East Coast Surf Life Saving Club Inc.

NEW SALVATION ARMY APPOINTMENT

FOR EAST COAST

On Monday 28th July, Melanie Norton was Commissioned as a Divisional Envoy in the Salvation Army.

The special service was held at the JAM Headquarters in Story Street during the JAM session. The church was packed with 85 people including family members, friends, Salvation Army Officers and Soldiers from around the state, Break O'Day Councillors, JAM parents and of course the JAM children, who sang several songs during the proceedings.

Guests had travelled from Hobart, Launceston, Devonport and St Helens. Members of the Launceston Salvation Army Band added to the ceremony by playing several well known Army band pieces.

The Divisional Commander for Tasmania, Major Graeme McClimont explained the nature of the role of Envoy Officership to the assembled crowd and Melanie was presented with her new insignia and a framed certificate of her Commission. At the conclusion of the service everyone shared in conversation and refreshments.



A very happy Melanie receives her Commission and Insignia from Divisional Commander for Tasmania, Major Graeme McClimont.



ST MARYS OP-SHOP

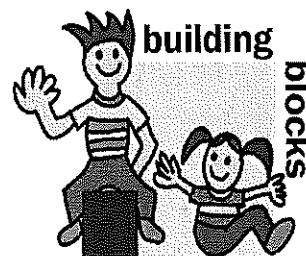
PLEASE NOTE:
OUR WINTER TRADING HOURS:
10.30AM — 3.30PM MON TO FRI.

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If you can't see what you want please ask
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Volunteers still needed. Leave your details at
the shop. Or call Tracy.

Ph: 6372 2733.

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



Bicheno Memorial Hall	Aug.6 & 20, Sept. 3
Fingal School	1.30-3.00 Thurs. Aug.14
Pyengana Hall	10.00-12.00 Friday, August 29
St Helens Neighbourhood House	10.00-12.00 Wednesday, August 27
St Helens Kindergarten	9.00-10.30 Mon. Aug.11
St Marys Kindergarten	1.30-3.00 Wed. August 13

Letter to the Editor

Letter To The Editor In The Public Interest.

Dear Editor,

The Cancer Council has failed to respond to my request for details of how they dispose of the millions of dollars supposedly used for cancer research.

I would like Mr Lawson Ride and Dr Stan Gauden to justify this huge expenditure by presenting the readers of this paper with a full and precise disclosure. This is the second time that I have asked!!!

There have been a number of positive treatments for cancer, which have been ignored by the medical establishment. I would like to name some of them and I call on the two afore mentioned gentlemen to please tell us via this paper what research has been done to test their efficacy and what results have been obtained?

Ed McCabe, an investigative journalist, came to Australia some years ago, to lecture on the cancer destroying properties of the oxygen therapies. He presented the large audience with blood reports and other evidence, showing positive cures for all types of cancers as well as aids and called for doctors there to verify them. Of course, there were no doctors present, which is the normal practice. He was later gaoled to keep him quiet.

However, these therapies have been used with great results for over eighty years in a number of countries and there is ample evidence to prove this. Also, it is a well established and accepted fact recorded in medical literature, that cancer cells are unable to survive when oxygen is present and healthy tissue deprived of oxygen will always become cancerous.

Essiac is a compilation of herbs which grow naturally in North America and has been used by the original inhabitants for countless years as a gentle and effective cancer cure. Although there have been many lives saved with this therapy, it is now, of course, a prohibited import.

Dr John Lee, of Mill Valley California, probably the greatest authority on the endocrine system, showed conclusively, the strong connection between estrogen dominance and the incidence of cancers in the reproductive organs of both men and women. This has been covered extensively in major medical journals but is generally ignored by the profession.

I recently read a book by Sir William Keys, called "The flowers In Winter", which tells of his battle with a cancer that he was told was incurable, being cured with Chinese medicine. Has anybody bothered to follow this up?

Dr Lorraine Day, Chief Orthopedic Surgeon at the San Francisco Hospital for many years, ignored the advise of her colleagues and her medical training and cured herself of cancer using natural therapies. Is this not an area requiring further investigation?

The overriding factor in all of these treatments and one which is stopping them from being assessed is that they are all natural and therefore unable to be patented! Greed rules the disease industry!!!

Some years ago, Israel dropped its rate of breast cancers in half by banning the use of pesticides and herbicides in agriculture. We in Tasmania have two things which always go together, massive chemical pollution mainly from forestry practices and high and increasing rates of cancer.

Enough is enough, this is no longer the clean and green state. We are killing this planet and all of its inhabitants and this situation must be turned around soon if we are to survive! I shall expect an adequate response to these questions in the next issue of this paper, otherwise I shall be calling for an enquiry into the Cancer Council's honesty and credibility.

Charles Trollope,
St Marys, Tasmania.

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Extracts from St Marys Association for Community Development Inc. minutes of General Meeting held at the Online Centre on Friday 25 August 2008.

MANAGERS REPORT:

Greg Cruse reported the quote he had received to soundproof the offices was \$1,700. It was resolved that this matter be put on hold until more funds are available.

Greg said he had completed the 2008/2009 budget plan to send off to Tasmanian Communities Online, but was still working on the activities plan of the previous year, which was also required by TCO.

Val's recipe book is ready to be printed and should be a good seller. Profits will go towards running the Centre.

The Centre has purchased a new form of canvas texture paper which will allow local artists to reproduce their work in a way that almost looks like the original painting. By selling these reproductions it should be profitable to both the artist and the Centre.

Finally, Greg made mention of the great work being done by Treasurer Val Spencer. He said her efforts in learning the MYOB accounting program, as well as carrying out her duties as treasurer, was a credit to her and an enormous benefit to the Centre.

PRESIDENTS REPORT:

Eo Greensticks reported that Grassy Bottom Regional Arts would have to move out of the garage in the near future and at this stage no other suitable building appeared available. She felt this will have a detrimental effect on maintaining the arts in St Marys.

Eo said she would approach Councillor David Clement to discuss what SMACD could do in regard to securing the land at the corner of Groom and Storey Streets for a heritage, sculpture park.

GENERAL BUSINESS:

Neil Capill reported that although he had been in touch with the Minister for Environment, Parks and Wildlife, Michelle O'Byrne, he still had no official confirmation about the \$20,000 promised for the St Patricks Head walking track. It was resolved that Neil continue to follow this matter up.

It was resolved that SMACD contact the owners of "Daisy Dell" farm in the hope of holding talks in regard to reopening the Jubilee Mine walking track. With the artefact still visible on the old mine site, SMACD feels it is an important part of our heritage for people to be able to have access to them.

It was resolved a new position as Community Promotions Officer be created at the AGM. To talk on this position a number of locals, whom it is believed are already working on promoting local tourism, would be asked to attend the meeting.

A big thank you was extended to Raewyn Spears for her work as a volunteer with the Online Centre over the past 4 years. Raewyn, who is moving to Queensland, also thanked the Online Centre. She said she had enjoyed her time there and had gained valuable experience, which she was sure would be of great benefit to her in the future.

Next meeting to follow the AGM on Friday 29th August 2008 at around 1.00 pm

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Dick Adams MP

Federal Member for Lyons

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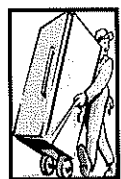
Written and Authorised by Dick Adams, 53B Main Road Perth
Tas. 7300

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St Marys 1903

David Clement
4th instalment

Agriculture and Grazing

The flat country around is very good, most of it being dark loam, though such products as potatoes do not thrive well owing to the severe frosts that are frequently experienced, due to the high elevation of the locality, which is 832 feet above sea level. On the flat land there is also a danger of rot. Also, at times the local farmers have found it a very difficult matter to gain a market for their potatoes and, as they do not care to dispose of them at the prevailing low market prices, make use of them for their cattle and pigs. It is grazing and dairying which are largely carried on in the district, the fat stock and sheep finding their way into the northern markets; the milk producers direct their attention to cheese and butter for returns. Some of the dairy herds number as many as 60 or 70 head, although the industry is almost dormant in the winter, as there is generally a scarcity of feed during that period. Large quantities of cheese and butter are made in all parts of the district, the year's supply frequently purchased in advance by the wholesale buyers.

The district contains such notable estates and properties as "Killymoon", Millbrook", "Kooringa", "Cullenswood", "Londavra" and "Harefield". The Harefield estate was cut up into blocks and sold after the death of Mr Francis Groom in 1890, the purchasers now utilizing the land for grazing and cultivation. It is regrettable that, with land so suitable, the growing of cereal crops is so much neglected, and also that those who do cultivate hardly ever change the crop or let the land lie fallow, but work it year after year without rest or change until it is exhausted.

The Cornwall Guide mentions that there are small lots of first class, and large areas of second and third class lands still available for selection in the neighbourhood. It may be added that on some of the land denominated 'second class' land, dairying is successfully carried on, as certain grasses, notably cocksfoot, perennial ryegrass, clover and fog grown on such lands do wonderfully well.

The largest holding in the district is "Londavra", of which Mr Robert Cameron is the owner. It is divided into 10 or 11 farms, each having its respective name. All are engaged in dairying, though most cultivate small areas – chiefly for their own use. The biggest dairyman in the district is Mr Henry Woodberry, whose block surrounds the original Londavra homestead. He has been a resident of the locality for some 25 years, but intends to leave when his present lease expires, 12 months hence. During the past season he milked as many as 70 cows, and treated the milk with a hand separator capable of putting through 100 gallons per hour, manufacturing butter on his premises.

Mr L Berwick, another tenant of the Londavra estate, has recently taken over the tenancy of "Ascot Vale" on the Londavra estate from Mr Robert Cadman, one of the oldest residents of St Marys and known far and wide for the perfection to which he has brought cheese-making in the district. His dairy farm comprised 240 acres of excellent dairying land, used to the best advantage. On average about 60 cows are milked daily, with the milk practically all used in the manufacture of cheese, the average output being between 5 - 6 tons each season. Mr Cadman worked the farm and lived on it for 38 years, and took many exhibition prizes for his cheeses, both in the colony and other countries, winning the medal and certificate at the Calcutta International Exhibition of 1884.

Other farmers in the season either send their milk to the factory, or make butter themselves. Mr George William Oliver carries on dairy farming at "Balaclava", which he purchased from the late Mr John Story after leasing it for five years, and has been producing cheese, butter and bacon for twenty five years. Mr Lohrey on "Daisyburn" at Dublin Town has been making cheese for the past 26 years he has been on his property.

The "Picnic" Cheese

The cheese from this quarter holds deservedly a high reputation among consumers, and the butter also commands a ready sale. In 1894 the Tasmanian Dairy Company erected a creamery apposite the Railway Station, a building 21 x 24 feet to supply the company's Launceston butter factory, but several years back in 1897 it was turned into a cheese factory, 32 x 28 feet with store 24 x 20, being completely insulated in the floors, walls and ceilings, so far their manufacture has been of excellent quality. The factory was taken over in 1901 by the Tasmanian Produce and Cool Stores Company. A separator is attached to the factory for the convenience of those farmers who care to avail themselves of its use. It closes during Winter, and re-opens in the Spring. The factory is now under the management of Mr Fallon. The product bears the brand name known as the "Picnic".

The cheeses are turned out in weights of 3, 10 and 25 pounds each, all finding ready sale within Tasmania. Only full cream milk is used in the making, and when the factory is in full work 700 gallons of milk per day is dealt with; the two vats hold 500 gallons each. The milk is obtained from farmers residing within a radius of 4 miles, and from it only cheese is turned out, butter being less profitable.

continued next page.... →

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St Marys 1903 David Clement

5th Instalment

Roadside Grazing

Dairy cattle are not restricted to the large estates or farms around the district. The townsfolk also maintain their herds, even though these may be restricted to a solitary house cow, and it is a common sight around the town to see a contented "Daisy" or "Molly" tethered on the verge beside the roadside. However some years back a letter to the 'Examiner' from "Ratepayer" was most scathing of the practice. "Sir, I feel compelled to call the attention of the Police to the most intolerable nuisance existing in the township in the shape of stray cattle. On several occasions recently, whilst driving, I have narrowly escaped an accident through suddenly coming on a mob of horses and cattle lying down, or grazing in the principal thoroughfares. At other times, horses will gallop along the streets at their own sweet will, to the great danger of passers-by, especially children. When someone is run over, or a child gets kicked, the authorities may make a move to suppress the evil. It cannot be that our magistrates and Councillors are ignorant of the nuisance existing, as the greater number of the stray animals are their own property!" Neither is the problem confined to St Marys: at the August Meeting this year of the Municipal Council, Mr McHugo drew attention to the fact that cattle were running on the road about Fingal, other than those licensed, and also that cattle were licensed and put on the common ground by persons who were not residents of the district. So seriously was the matter viewed, apparently, that the Council Clerk made notes of Mr McHugo's statement.

The Show

Many of the local business people indulge their inclinations in the prevailing predilection for pastoral pursuits. At the Recreation Ground is held, annually, one of the biggest and best shows of dairy produce in Tasmania. Mr F Napier's fancy is breeding Ayrshire cattle for dairy purposes, and this year he carried off the trophy at the St Marys Farmers' Association show for improvement in dairy stock.

Mr A V Doyle, stepson of Mr James Phillips, is another, but his farming is more intensive, for in addition to grazing and fattening stock at Harefield, Spring Plains, Four Mile Creek and Scamander, he crops 200 acres of land and sends his grain to the northern markets. During September, Messrs Fitzgerald Bros held a very successful sale of stock. Starting at 1.30 pm, all stock was sold by 3.30 pm for £2060, a record for St Marys.

Though much of the feed for the dairy stock is obtained on the natural pastures, there are fodder crops grown in ever increasing quantities, especially clover and a new South African fodder plant, locally called "pensilage" or "penselaria", which is said to supply an astonishing quantity of feed and is both drought and frost resisting. Thousand headed kale is also grown, and the velvet bean is being tried. Some magnificent samples of wheat have been harvested in the district, and fine crops of Tartarian Oats. A crop of oats at Cullenswood was so enormous that many people went out there purposely to see it. There are also some very fine fruits grown, especially Scarlet and Ribston apples.

The Ploughman

Mr Jack Strochnetter works as a ploughman on the 'Back Run' on the Londavra estate. His quota for the year is some 80 – 90 acres with a single furrow swing plough drawn by two horses. Mr Thomas Gray's "Elegy in a Country Churchyard", written in 1751, starts:

*"The curfew tolls the knell of parting day'
The lowing herd winds slowly o'er the lea,
The ploughman homeward plods his weary way,
And leaves the world to darkness and to me".*

One hundred and fifty years later at "Londavra", Jack Strochnetter might well be that ploughman: "I leave the homestead early each morning in the winter months, and take my team to the Back Run where most of my ploughing is done. Very often I leave with a billy of scalding tea, but when I reached my destination it will be frozen with a pile of frost on the lid, where it tracks through the tall thatch grass that grows along the track; and when I take the lid off to have a drink there will be spikelets of ice on the top – Gee, it is cold.

But my job is ahead of me, so I look up and away to work. A man alone and his team out there is practically lost. The fog is so dense I can only see a few chains. But I can hear the skips running up and down the haulage at Cornwall Mine, and the trains running back and forth on the railway. I can hear the horse drawing the vehicle along the road, and all the noises of the farms around, men's voices shouting to each other, but I can see nothing until about 11 o'clock when that awful fog lifts to present a lovely blue sky for the rest of the day. But in the late afternoon the fog begins to form again around the tall reeds along the river banks and ditches, and remains dormant until about nine o'clock, when it seems to explode and again cover the whole landscape in an impenetrable veil.

But long before that I've returned home, stalled and fed my horses, had a wash as the gong sounds to call me to my repast, tired and hungry but satisfied with the work I've done for the day. And how I enjoy the lovely meal provided by the mistress of the house, who never forgets to provide the best for the ploughman who puts in these long winter days behind the plough, a plough whose members are serviced by that doyen of blacksmiths, Alf Thomas".



Continued next issue if space permits.



Bits and Pieces

Transportation of convicts to Australia began when the First Fleet arrived at Port Jackson (Sydney Harbour) in January 1788. It ended when the last ship carrying convicts berthed in the Swan River in Western Australia in 1868. This followed the ending of transportation to New South Wales in 1848, and Van Diemens Land in 1853.

Although there is some argument among historians about the accuracy of convict transportation records, it is estimated that 156,584 convicts arrived in the colonies during the 80 year period. Another 2,971 is believed to have died in transit.

124,626 males and 24,568 female came to New South Wales, Van Diemens Land and Norfolk Island, with over 70,000 ending up in Van Diemens Land.

We're not sure how many of these came to the Fingal Valley, but with some 450 working on the construction of St Marys Pass and many more working on other infrastructure, plus those assigned to the settlers as servants, builders and farm labourers, it would have added up to quite a few.

To learn more from the Historical Society, or if you would like to become part of researching our valuable history, call into the

(Old Railway Station) History and Gifts at St Marys, or phone: Darlene: 6372 2007, Barry: 6372 5752, or Jim: 6372 2127.

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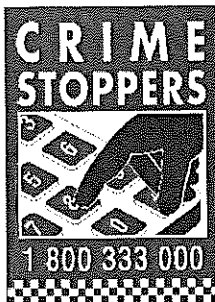
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St Marys Police report

I'm Acting Sergeant Nathaniel ELDERSHAW. I'll be filling in for Sergeant ROUGHAN for the next two months while he is on leave. My regular station is Northern Traffic Services and I'm looking forward to working here in the Valley.

Now is a good time to take stock and assess security around your homes and outbuildings. Chainsaws in particular and other power tools are common targets for thieves as they are both costly and difficult to trace.

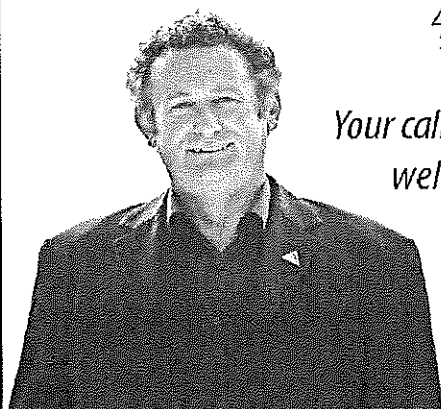
If you have large amounts of power tools it is a good idea to write yourself an inventory of their cost, a quick description and any serial number marked. This will greatly assist Police in any enquiries that are needed in the event that you are the unfortunate victim of a burglary. As always though, prevention is better than cure, so ensure that all outbuildings or sheds where your tools are stored are secure or you store your tools in locked tool boxes or cupboards.

The focus on road safety is always paramount, with an unfortunate number of accidents in the north of the state recently. Remember to wear your seat belt and if you are sleepy or losing concentration take a short break to revive, the thirty second break could make a big difference in whether you complete your journey or not, and isn't going to greatly impact on how long it takes to get to where you are going.

Nathan ELDERSHAW
St Marys Police

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Tim Morris MHA
Tasmanian Greens Member for Lyons



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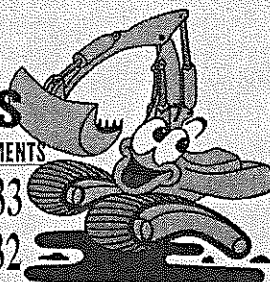
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OUT OF THE WOODWORK

Wendy Brennan Treasurer 6372 2094

The Guild has received a letter from Senator Helen Polley's office asking for our organisation to assist with the consultative process via a Questionnaire regarding National Men's Health Policy. It was encouraging to have the opportunity to participate with issues at the grass roots level.

Some members attended a lunch invite from the Tamar Woodworkers Guild, to network and swap ideas. It was an informative day and we had the privilege of one of their long time members Mr Len Wakefield attending our club last weekend for a workshop on the techniques of woodturning.

Len has had sixty years experience and some of his turned clocks are recognised internationally. We would all like to express our sincere thanks to him for giving us the opportunity to be mentored by such a wealth of his expertise.

Please note that it was decided at our last monthly meeting to change our meeting time to a **2.00pm start**.

Please try and keep the **6th September** free as this is when we celebrate our **official opening**. I have written to **His Royal Highness Prince Charles** via his Clarence House press office in London to see if he would officiate at our grand opening.

Please keep an eye out for a raffle which consists of a large wheel barrow filled with goodies. **(The barrow is included)**

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 **2.00 pm**.

The Guild is open Monday, Wednesday, Friday and Saturday. Any other times by appointment
Below is a group photo taken with Len Wakefield in front.



If you want someone who will never touch the remote, doesn't care about football, and can sit next to you as you watch romantic movies.....
...then buy a dog.



DOING THE ROUNDS

Cllr Reon Johns 0429 722 091

I am sure that most of the residents are now aware that Mr Tony Walker has been appointed to the position of General Manager. His performance will be assessed at the end of the year.

The rate notices have been issued; I am pleasantly surprised at the lack of questions asked. I can only assume that there is general approval, however if you have any concerns please feel free to discuss them with me.

The water metre installations are almost finished. I was asked if there would be any "dummy bills" issued for the properties that are just now having the metres fitted. The answer is "Sorry, but no" so all new bills raised are now the real thing.

Just when I thought that the Scamander Surf Club was put to bed it has turned up again. Hopefully this issue will be resolved once and for all at the next Council meeting.

An item was raised at the last Council meeting regarding a fence. The facts are:-

A Development Application (DA) was granted for a fence of 1.6 metres high.

The completed fence was built higher.

This raised concerns of neighbours and the matter came to the attention of Council.

At the Council meeting we were forced to abide by the original DA and the owner will have to lower the fence to the correct height.

The moral of this is, if you apply for a particular DA and if you decide to change specifications, inform the Council. The staff can then advise you of your options and this could save a lot of heart ache and expense.

Fieldwicks P/L applied for a level two quarry in Dianas Basin, this was refused as it did not meet the necessary requirements.

I visit **Mathinna and Fingal** on the last **Thursday of each month**. I will be in **St Marys, at the Bakery**, on the **first Thursday of the month from 10:00am till 11:30am**. Then on to **Scamander, Mouth Café**, from **12:30pm till 2:00pm**.

*I can be contacted on mobile 042922091 or
Fax 6372 2098.*

Councillor Reon Johns.

I would like to invite any other Councillor to share this article with me and help keep the Break O'Day informed. Like to raise an issue? Feel free to contact me on mobile 0429 722 091.

My wife and I were sitting at a table at my high school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table.

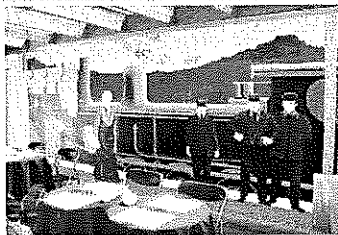
My wife asked, 'Do you know her?' 'Yes,' I sighed, 'She's my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn't been sober since.'

'My God!' says my wife, 'Who would think a person could go on celebrating that long?'

And then the fight started.....

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Did you know?

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Avocadoes, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



**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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46 Tully Street
 St Helens

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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: tlestmarys@hotmail.com
www.taslymphoedema.asn.au

Sport and Recreation Tasmania grants available for 2008-2009

The Labor Member for Lyons, Heather Butler has encouraged organisations to apply for Sport and Recreation Tasmania grants available for 2008 - 2009.

"There is a total of \$3 million available to organisations from six grants programs that aim to help serve the different needs of sport and recreation groups in the community," Ms Butler said.

"The programs available are the Major Grants Program, Community Recreation Grants Program, Minor Grants Program, National Championships Program, State Grants Program and Trainee Subsidy Program.

"Last year's grants programs saw 248 successful applicants from around the state."

To find out more about the grants, eligibility details, or to obtain a copy of the grant application forms, visit Sport and Recreation Tasmania's website at www.development.tas.gov.au/sportsrec/grants or call Sport and Recreation Tasmania on 1800 252 476.



*Working
for you in
Lyons!*



Rene Hidding MHA

Your Liberal Lyons Member

Ph: 6397 7411

Fax: 6391 3103

17a Marlborough Street, Longford
rene.hidding@parliament.tas.gov.au

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- * Sound System cabling
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St Marys 7215
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Mob: 0409 959 121**



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- Licensed water cart for bulk supplies of drinking water
- Water cart for roadwork
- Also St Marys Wood Yard for all your wood supplies

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**6372 2107 or 0417 279 422
6372 2742 or 0419 322 035**

Excavator fitted with grab • Custom made v drain buckets • Narrow trench bucket for poly pipe & electrical • Ripper and all digging & clean-up buckets • Supplies of bedding sand & gravel • House sites & blocks cleared • Rubbish removed & roadwork

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to find you someone who can*

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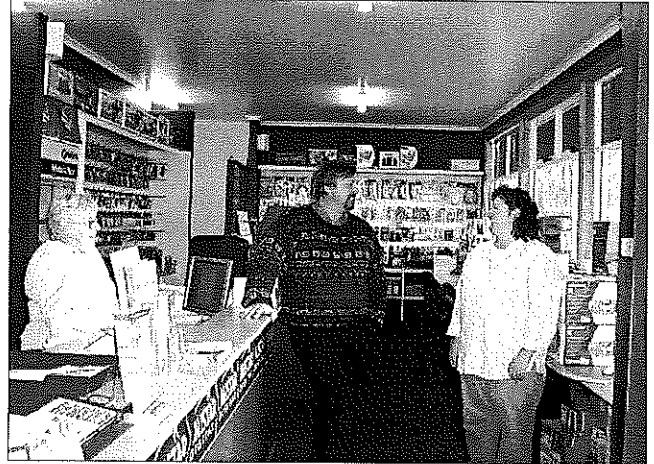
Established 1995 ABN 44 074 123 425

3/34 Quail St Ph: 6376 2445

St Helens Fax: 6376 2447

Email: sales@necomputers.com.au

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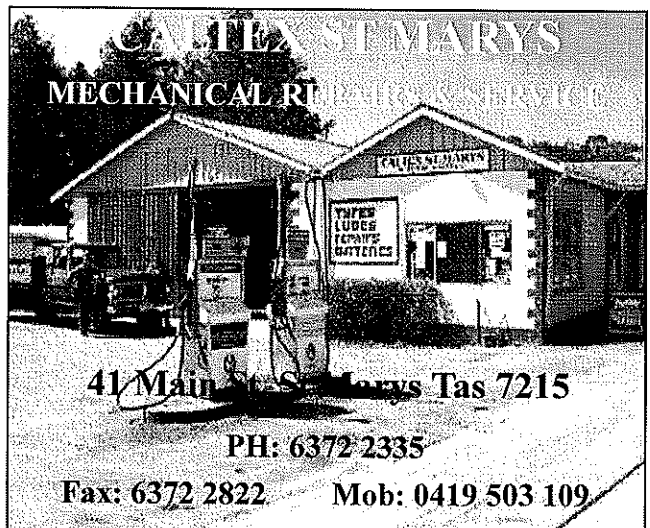
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**Bus. Hrs: Open 9am to 5pm Monday to Friday
9am to 12pm Saturday.**



41 Main St St Marys Tas 7215

PH: 6372 2335

Fax: 6372 2822

Mob: 0419 503 109

THE first divorce directly related to the September 11th terrorist attacks has been filed in New York. It appears a guy with an office on the 103rd floor of the World Trade Centre spent the morning at his girlfriend's apartment with his phone turned off. He wasn't watching TV either. When he turned his phone back on at about 11am, it rang immediately. It was his hysterical wife, "Are you OK? Where are you?" He said, "What do you mean? I'm in my office of course!"



St. Marys Country Music Gospel Service 2008

at Holy Trinity Anglican Church, Main Street, St. Marys

Sunday, 31st August, 2008 @ 11 a. m.

followed by a Bring & Share lunch

Get into that country swing
and dress up in your jeans, hats, and boots,
or any country gear that gets you in the mood!



Singalong to some great country gospel songs
and enjoy listening to -

**The Break O'Day Banjo Boys
Suncoast Singers
Grassy Bottom Singers
Valley Coasters (line dancers)
Don Ives
Charlie Koellner
Hetty Binns
Ian and Rita Summers**

Entry/offering by donation

**PROCEEDS TO EAST COAST COUNSELLING
SERVICE/ANGLICARE**

ALL WELCOME – BRING YOUR FAMILY & FRIENDS!

Contacts: Ian and Rita Summers, 03 6372 2724 (BH) or 0417 027 424

BreakO'Day Woodcraft Guild Grand Opening

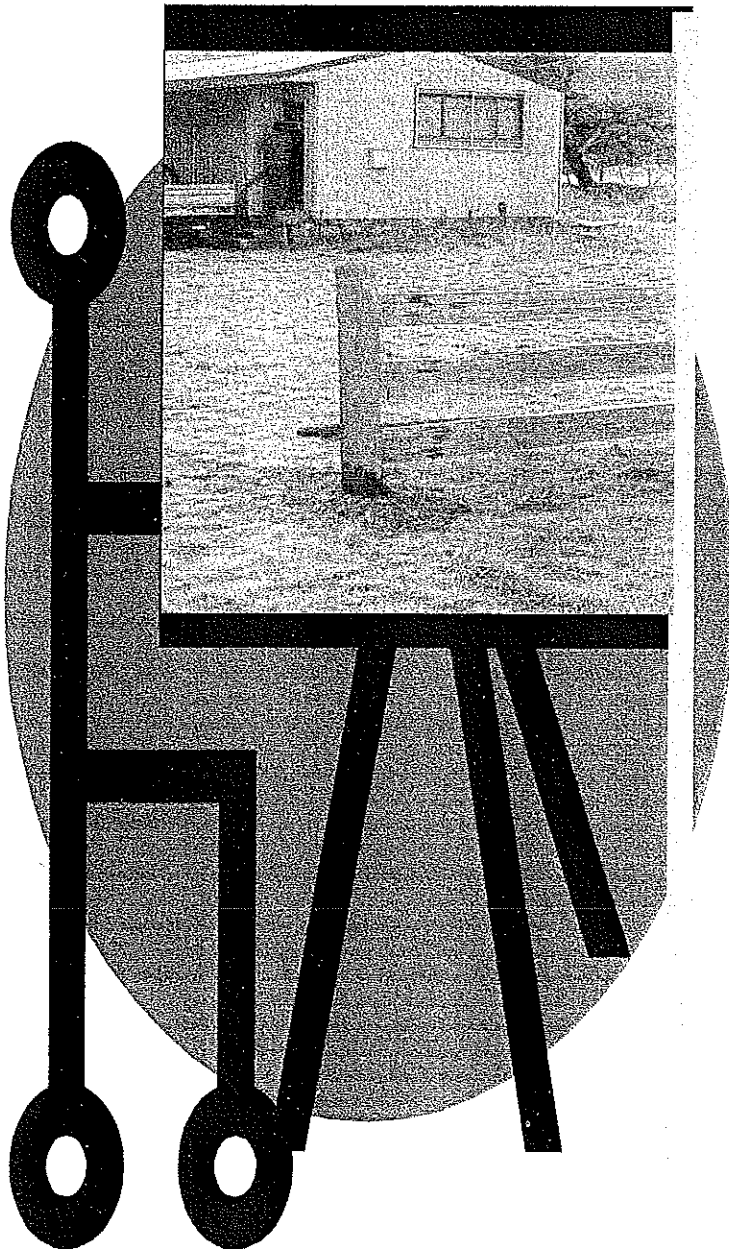
6 September 2008

Time: Start 8.30am

Location Old Railway Shed
behind St Marys Railway Station

All day markets, BBQ, wood-
turning, barrel making, pet
show, history display and sing-
ing

Contact person: Reon 63722094



you who!



calling
women in
business

We know you're busy...
but we'd love you to join us for
Regional Women in Business Week

Recharge your business batteries,
replenish your entrepreneurial spirit and
rendezvous with inspiring women who
like to mix business with pleasure!

Event in St Helens

*Having the cake and eating it too –
making the most of your hard work*

**Guest Speaker: Ros Bird, General Manager of
Coopers Recruitment**

Hear the inspirational story of a small business
woman who had a dream, worked hard and is
now reaping the benefits.

Ros Bird transformed her two-person operation
into a successful statewide business before
becoming an international brand. Learn
about her journey and winning business
strategies, including her succession planning
which has paved the way for her dream
retirement.

Friday, 22 August 2008

5.30 sharp to 7.30 pm

Village Store & More

Cecilia St, St Helens

\$25 per person

(main course and dessert)

This is a partnered event with the Break O'Day
Business Enterprise Centre.

RSVP by

18 August to:

Mel Smylle

Phone: (03) 6376 2044

Email: becmngr@bigpond.net.au

Friends and colleagues are most welcome



**business &
employment**

We bring it all together.

Regional Women in Business is an initiative of the Women in Rural
Industries Program, Department of Primary Industries and Water.

MEALS ON WHEELS ROSTER

June/July	St Marys	Fingal
Monday 4th	Debbie Barnes	Carole Woods
Tuesday 5th	Pam Gillies	
Wednesday 6th	R & B McAllister	
Thursday 7th	Patricia Barr	
Friday 8th	Pat O'Donnell	Mim Woods
Monday 11th	Fe Gillies	Sharon Hall
Tuesday 12th	Ruth Aulich	
Wednesday 13th	Liz Rice	
Thursday 14th	Kaye Nailer	
Friday 15th	Hannah Rubenach	Robyn Miller

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

St Helens 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 every Sunday 10 am

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

Fingal 11.15 am

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am
Divine Service 11 am

St Marys Online Access Centre

Opening Hours:

Monday 10am -3pm

Tuesday 10 am-4pm

Wednesday 10am-4 pm

Thursday 10 am – 3 pm

Friday 10 am – 3 pm

Saturday 11 am – 2 pm

Ph: 6372 2005

On Air Now!

Vision FM 88.0 at both St. Marys and Fingal.

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

Have breakfast with Robbo in the morning
on the

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.

¼ page \$20. ½ page \$30.

Full page \$50.

1 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

Monday	Tuesday	Wednesday	Thursday	Friday
28th July	29th July ♦ Try-a-Trade (Grade 9s) ♦ Julia Martinovich - Speech Pathologist	30th July ♦ Aust Tech Info Session (grade 10s) ♦ East Coast Choir	31st July ♦ ENE Gymnastics (Grades 3-6)	1st August ♦ ENE Gymnastics (Grades P-2)
4th August ♦ Visit to Newstead College for interested students. ♦ Dental Service	5th August ♦ Dental Service	6th August ♦ Visit to Launceston College for interested students. ♦ NHSSA Football/ Netball - L'ton. ♦ Reports to parents. ♦ Dental Service	7th August ♦ ENE Meeting	8th August ♦ A-E Reports sent ♦ NEET Reports sent ♦ Orientation Day for Students interested in Psychology and Sociology - Launceston College

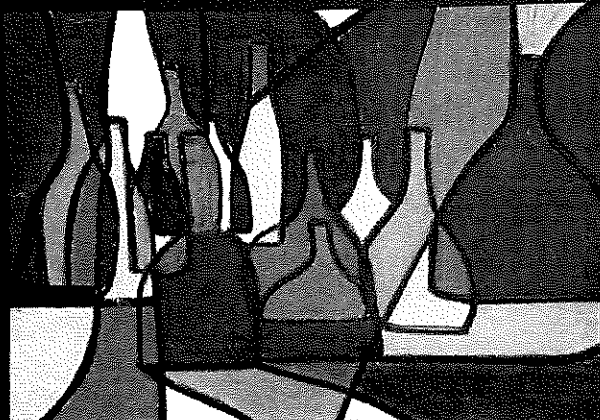
SCHOOL DENTAL SERVICE

Dates for St Marys:

- Monday, 4th August
- Tuesday, 5th August
- Wednesday, 6th August

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

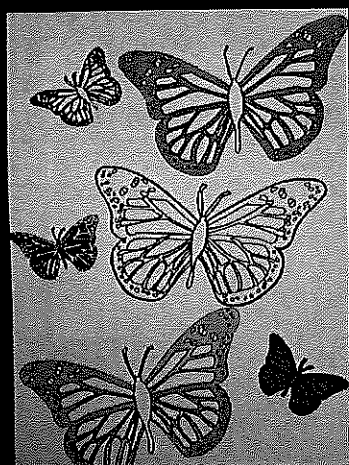
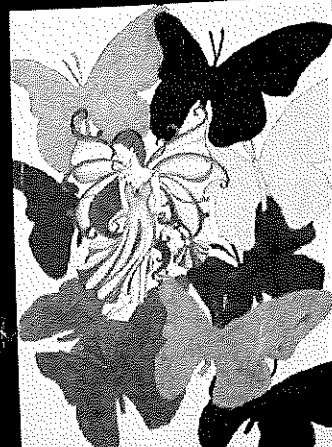
St Marys Dental Unit 6372 2488
St Helens Dental Unit 6376 5208
Kelham Street Dental Unit 6336 4100



Emma Spilshbury



Allie Spilshbury



Hannah Spilshbury

NEWSTEAD COLLEGE IS HOLDING AN EXHIBITION OF YEAR 10 ART WORK THAT WILL RUN FROM THURSDAY 24TH JULY UNTIL FRIDAY 22ND AUGUST. IT IS CALLED ARTX16 (X16 SYMBOLISING THAT 16 SCHOOLS FROM THE NORTHERN REGION WILL BE REPRESENTED).

THE PIECES OF ART WORK PICTURED WERE CHOSEN AND WILL BE EXHIBITED AT NEWSTEAD COLLEGE.



Fern Menoogue

100

By Jesse McColl

First of all we got where up because
the other first didn't like so they threw
a couple of people that offer to
be the duty. He followed church up
was a very good friend to them. Then
because the fight till where the strike
the second then he had a day before
the strike till March and then
there.

A black and white photograph showing a person in a small boat on a body of water. The person is positioned in the lower right of the frame, looking towards the left. In the background, there is a large, dark, rocky structure, possibly a dam or a large rock formation, with a small figure standing on top of it. The water is calm, and the sky is overcast. The overall tone is somber and contemplative.

[illegible]

By Ayla Harvey & Aleisha McGivern

Jacob
IT WAS FUN. A bundle of home spun wool is called a hank or a skein!

By Sam and Jesse

ST MARYS COMMUNITY HEALTH CENTRE

CHANGES TO THE DOCTORS ROSTER

Please be aware of ongoing changes to the doctors roster

DOCTORS on ROSTER

Dr. T. Tymms 2/8/08– 11/8/08 and
15/8/08– 24/8/08

Dr. H. Baker 11/8/08– 15/8/08

Dr. L. Reeckman– 11/8/08 and 20/8/08– 22/8/08

Women's Health Clinic– Tuesday 12/8/08

PLEASE BE PATIENT

Our Locum Doctors are doing their very best but waiting periods can apply, please be patient. We appreciate your cooperation.

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.

SOCIAL WORK SERVICES IN BREAK O'DAY

Helen Jennings will be on annual leave from 20/8/08– 10/10/08.

There will be limited social work cover for the St Marys Community Health Centre during this time.

Shan Williams will be available at St Helens on 6376 5244. Other social workers available:

Thom Ryan, East Coast Counselling Service
Ph: 6376 1810/ 1800 111 878

Abbie Ford at the Healthy Community House
Wednesday and Thursday 8:30am-4:30pm
Ph: 6376 5242

Stewart Miller, Senior Social Worker will be available for phone consultation and visits if required
Ph: 6336 5155 Continue next column...

SOCIAL WORK SERVICES IN BREAK O'DAY

Social Work Services at St Marys will be as follows:

Shan Williams

9am-5pm Alternate Wednesday's

9am-5pm 27/08/08

9am-5pm 10/09/08

9am-5pm 24/9/08

9am-5pm 08/10/08

PATHOLOGY SERVICES

There will be no Pathology Services
between 12:30pm-1:30pm
at The St Marys Community Health Centre

WHAT'S ON AT THE CENTRE

4th August **Hospital Auxiliary Meeting** 2:00pm in the Day Room.

5th August **Child Health Session** with Sue Gofton
Every Tuesday by appointment.
on: 0428136381

5th August **C.H.A.T Session** 1pm in the Day Room
phone 6372 2111 for further details. All
parents and guardians welcome to attend.

6th August **Podiatry**– Lightfoot Podiatry Service.
Phone 6331 9568 for appointments.

6th August **Psychologist**– Dohotay Teboul
appointments by referral from your GP.

7th August **St Giles**– Michelle Downs.

12th August **Women's Health Clinic** with Dr Libby
Reeckman. Please phone 6372 2111 for
appointments.

12th August **Child Health Session** with Sue Gofton
Every Tuesday by appointment.
on: 0428136381

12th August **Tom Bain, Rae & Partners Lawyers**.
At the Community Health Centre Tuesday
fortnights. For appointments please
phone 6337 5555

13th August **Psychologist**– Dohotay Teboul
appointments by referral from your GP.

18th August **TLC (Tasmania Lymphoedema Centre)**
General Meeting 10am in the Day Room

19th August **Meals on Wheels** 1:30pm– 3:00pm

PODIATRY SERVICES 2008

Bookings for Private Podiatry Services can be made
by phoning: Lightfoot Podiatry Services Launceston
Phone 6331 9568 for appointments.

Next Podiatry Session– Wednesday 6th August
St Marys Community Health Centre.



**5 minutes in
the morning...**



**...or 5 months
off the farm**

PROTECT YOUR FARM'S MOST IMPORTANT ASSET. YOU.



Slip on sun-
protective clothing



Slip on SPF 30+
sunscreen



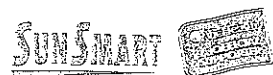
Slip on
a hat



Seek shade
when possible



Slide on some
sunglasses



www.sunsmart.com.au

Cancer Council Helpline 13 11 20

Fingal Primary School News



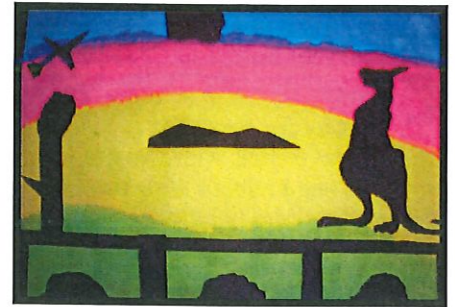
Grade 4/5/6 Art Work



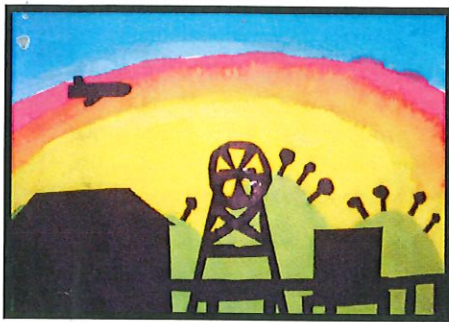
Ben Bishop



Thomas Gee



Brady Woods



Bradley Mc Gill



Jye Baldwin



Curtis Westbrook



Alex Johns



Joshua Lowe



Tayla Stingle

Calendar of Events - July/August

28th School Association Meeting 6.30 p.m.	29th	30th Choir Practice St Marys 10.30-1.00 p.m. Jeans for Genes Day	31st East Coast Gymnastics Gr.3-6 St Helens Small Newsletter Launching into Learning 1.30 p.m.	1st East Coast Gymnastics Gr. Prep-2 St Helens Australian Mathematics Competition Gr. 3-6
4th	5th	6th Assembly Grade 2/3/4 to Lead 2.15 p.m. Reports to go Home	7th Launching into Learning 1.30 p.m.	8th

Sports Centre News Kackhander

Club Championships commenced last weekend with a smallish field. This was due to all sorts of reasons despite the dates being allocated around 3 months ago for the event.

It was also done with no pre-conceived ideas detrimental to any individual and alternative dates were never an option in fairness to members who planned their time for these dates. To ANY player who could not play on the scheduled dates we are truly sorry but after last year's debacle when dates were changed late, the club would not do that again for obvious reasons. This must not be understated.

On to the golf, and with most of our single figure players unable to play, the 36 hole leader is our top junior member Kodie Donald. Kodie recorded two solid rounds of 79 and 75 to lead by 4 shots from Rod McGiveron with Col Payne and Brent Leedham slightly behind that. Craig Freiboth leads C Grade and Kodie comfortably heads the overall handicap. John McDonald won the seniors with nett 74. This upcoming weekend is the concluding 36 holes and it is hoped most will compete so all the championships are decided with a solid field.

In the next few weeks the club holds the Australian Golf Museum Day, the Annual Tournament of course, and a very special Spilsbury Trophy celebrating 50 years of this wonderful event.

Interspersed through this is the coring of our greens at the end of August. It's a very tight schedule. Just a reminder that our friends at Hobart House of Golf are our major sponsor again and will be in attendance to handle your equipment requirements.

Congratulations to Bobbie Harwood and Beth Haas, and Liz Clayton and Kath Blair, for their success in the recent Foursomes Championship. In fact congratulations to all players for your continuing support. Well done indeed.

Another big thanks to Col and Kim at Main Street Clothing for sponsoring again the Main Street Clothing Mulligans, last week. All the trophy recipients really appreciated the day and these days are wonderful for the club. Col is in the process of organising a day involving the Tasmanian Golf Anniversary and it should be a top event. Thanks Col.

Now to bowls, and believe it or not the season is not all that far away. In little more than a month the various opening days commence and President Jim Turner hopes to organise some early club events to kick start our own year. The green, thanks to Jack Viney and crew, is looking good so it augers well for another solid season.

Just the same we'd love to hear from anyone new to the area who wants to join us. You will be made very welcome. Please feel free to contact Jim Turner on 6372 2441 or Nikki Viney on 6372 2552 for further details.

Mark's Footy tipping is going great and Milo's Pub Rules Eight ball has been going great and there's plenty happening as we can see, and it's timely again to thank all our intrepid volunteers in whatever capacity. Don't know what we'd do without you.

Anyway until next time, good hitting and rolling.



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

Lethborgs ham steaks	\$ 8.99kg
T bone steak	\$15.99kg
Corned silverside	\$ 7.99kg
Nichols 6 legged chicken	\$ 4.99kg
Nichols chicken bocconcini	\$ 5.99kg

In store

Doritos corn chips/salsa dips	\$ 2.79
Arnotts shapes biscuits 110/200g	\$ 1.99
Spree laundry powder 2kg	\$ 3.99
Kelloggs sultana bran 820g	\$ 4.99
Campbells red/white canned soup	\$ 1.49

Late week

Kelloggs nutigrain/coco pops	\$ 4.99
Kelloggs cornflakes 525g	\$ 1.99
Kelloggs muesli bars 187g	\$ 1.99
Devondale long life milk 2lt	\$ 2.99

In-store butchery

Next week

Fresh chicken kiev 350g	\$ 8.49pk
Porterhouse steak	\$15.99kg
1st grade beef mince	\$ 8.99kg
Beef casserole steak	\$ 8.99kg
Nichols chicken drumsticks	\$ 4.99kg

Dairy case

Meadowlea margarine 500g	\$ 2.99
Duck River butter (pat) 250g	\$ 1.99
Kraft single cheese slices 500g	\$ 4.99
King Island yoghurt 300g	\$ 4.35
King Island sour/pure cream 200ml	\$ 3.85

Late week

Chum canned dog food 1.2kg	\$ 1.49
Coca cola/Zero/Sprite 1.25lt	\$ 1.79
Smiths m/pack potato chips 18/20s	\$ 5.99
Tresemme shampoo/conditioner 900ml	\$ 7.99

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.**