

# The Valley & East Coast Voice

Est. 1968

Volume 43 No. 19. Thursday, March 24, 2011.

50 cents

## Ten Days On The Island

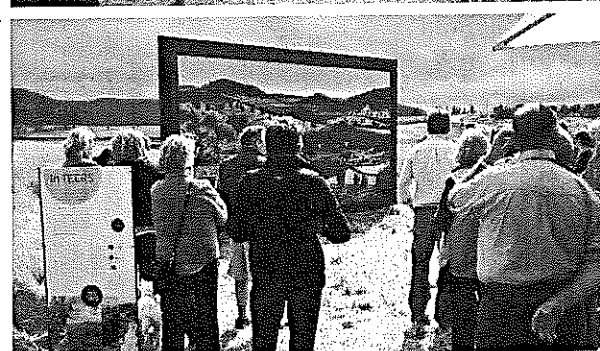
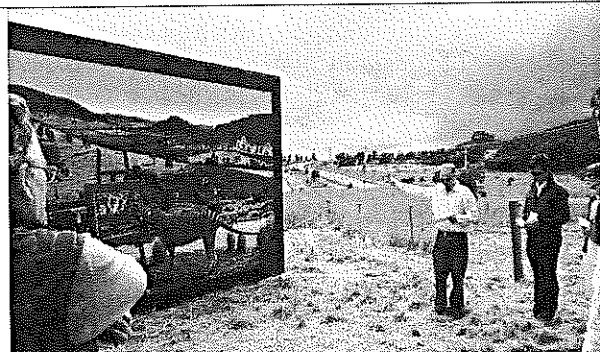
On Sunday 20th March, Ten Days On The Island launched the large-scale installation of artist Michael McWilliams at Rostrevor Estate as part of the In TEERS project.

Over thirty people were on hand to hear the artist, property owner and members of the Ten Days organisation discuss the meaning and significance of the work, which was officially opened by Mayor Robert Legge.

A CWA-style morning tea was provided by Break O'Day Regional Arts complete with Sharon Rosskelly's amazing teapot and tea cosy which drew many delightful remarks!

Special thanks to Jeanette dal Santo and Alison Hugo for their wonderful help. You are all invited to take a break when driving down the valley and have a closer look at the painting between now and the 3rd April, where there is safe parking off the road."

Article and photos by Leissa Dane BO'DRA.



**WIN** A DOUBLE PASS TO SEE  
TASDANCE'S PERFORMANCE ARTERY  
ON WEDNESDAY 30TH MARCH  
AT 7PM IN ST HELENS.

Break O'Day Regional Arts has 5 double  
passes to give away!!

For your chance to win, just become a member  
of Break O'Day Regional Arts by Monday 28th  
March. Single - \$10, family - \$15.

All BO'DRA 2011 members will go into the  
draw. Contact Leissa on 6372 2686 or email -  
pl\_elemental@hotmail.com  
for a membership form.



**Please note:** Deadline for articles in the next Valley Voice is 5pm Tuesday April 5, 2011

**EMAIL ADDRESS:** judith.spilsbury@telair.com.au

## 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 for meetings the last Saturday of the month at 2pm at the goods shed behind the St Marys Railway Station.

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

**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 Monday 10.30am - 12 noon at the **Falmouth Community Centre**, during school terms. \$2 a session per child or \$3 per family. Please bring a piece of fruit to share and your child's personal drink bottle. Bikes plus helmets welcome. **Phone or text: Danyelle: 0427 073 100.**

**WOMBAT WALK LANDSCAPING GROUP** 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.**

**St Patricks Head & Esk Valley Historical Society Inc** has a meeting one month and a field trip the next. We invite everyone to come along on the third Sunday of the month and enjoy an informative time with lots of fun. For more information Phone: **Barry Aulich (637225752)** **Darlene Wright (63722416)** or **Jim Haas (63722127)**

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

**The Falmouth Community centre** would like to advise members and the community that the new contact for bookings of club facilities is Rachel Woods. Rachel can be contacted on: **03 6372 5118.**

**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.**

**Break O'Day Regional Arts - General meetings** held on the first Wednesday of each month at 5.30pm in the supper room at the back of the St Marys Hall. All welcome. Inquiries to **Colin 6372 2707.**

Meeting dates for **Friends of St. Helens History Room & Museum for 2011.**

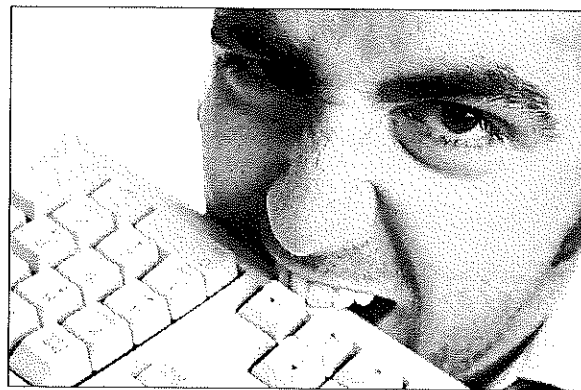
**Executive Meeting Dates:**

02/05/2011 - 01/08/2011- 07/11/2011

**General Meeting Dates:**

29/05/2011- 22/08/2011- (AGM) 28/11/2011

Contact the Centre at 6376 1744.



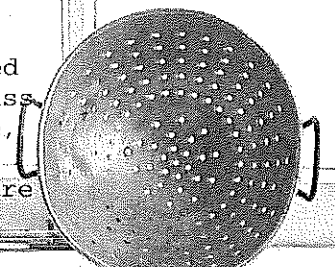
### Computer Trouble?

- . 15 years experience
- . Home & business
- . Hardware & software
- . Websites & email
- . Windows, Mac, Linux
- . ADSL, WiFi, Satellite

**Call Ray on (03) 63 722 722**

vintage &  
retro wares  
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pottery,  
tins,  
handpainted  
items, glass  
enamelware,  
alabaster,  
china & more

pilgrim cottage  
collectibles



[www.pilgrimcottage.etsy.com](http://www.pilgrimcottage.etsy.com)

**gone rustic, 37 main street,  
st marys 7215 (tues-sat, 10-4)**

**St Helens Alcoholics Anonymous (AA)** Wednesday 8pm Weekly. St Pauls Anglican Church Hall, St Helens. Murdoch 6376 3335.

**St Helens Al-Anon Family Group (Al Anon)**

To help families and friends of alcoholics recover from the effects of the living with the problem drinking of someone close. Sunday 2pm weekly.

St Pauls Anglican Church Hall St Helens

Anne or John 6376 4270 or Rose 6376 3335.

**St Marys Alcoholics Anonymous (AA)** Friday 8pm Weekly. Holy Trinity. Mick & Shirl: 6372 2909.

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 let us know if items are sold. Every effort will be made to have correct details and phone numbers. However if there is a mistake, it will be corrected in the following issue.

## Classifieds

### For sale

**Cane (oval) glass topped table** with two padded chairs \$120.00. **3 rolls 2" Irrigation pipe** (black/green stripe) 600 metres total. \$400.00ea. **Pine, two drawer student desk** \$50.00. **Diamond Doves**. \$10.00 ea, cheaper if multiple buys. **contact Noelene 0363 722 884.**

**Fridge/freezer**, Hoover Cyclic 370litre. Goes well, suit second fridge or garage. \$65. **Ph: 6372 2813.**

**Toyota Camry CSI automatic** (year 2000) immaculate body and engine. Serviced every 5000k. Like new car. Must be seen. Reg till October. **Ph: Rick 6372 2659.**

**Reebok footy boots**. US 9/UK 8. Good condition. \$25. **Ph: 6372 2665.**

**Second Hand Blocks 1001's** Approx 500 for 50c each **Ph. 0419 582 291.**

**1 x 1.5 fish tank plus stand. 1 mantle piece fire surround.** Must be sold—make an offer. **Ph: 6372 2267.**

**94 Fairlane Ghia injected 5ltr V8.** Mechanically A1 power luxury and economy. Good tyres and rego. Cruise control, air con, etc. Very nice to drive. \$4,800. ono. **Steel jerry cans x 5.** \$10 each or \$35 the lot. **44 gallon drum pumps.** 1 for fuel, 1 for oil. \$30 each. **Brown fabric 2 seater couch.** Excel cond. \$120. Contact Glen Trotter, Cornwall. **Ph: 6372 2107.**

**Glass top games table** with chess set and backgammon. \$70. **Leather recliner armchair** (blue) as new. \$300. ono. **Ph: 0438 873 789.**

**1 single wooden bed, mattress & base.** \$200 the lot. Ono **1 white girls double door with draws wardrobe, matching corner unit.** \$200 the lot. ono. All in excellent condition. **Ph: 6372 2164.**

**Yamaha keyboard.** 1000 voices. Cost \$750, take \$200. **Viking ride-on hydrostatic four wheel steer 16hp Vanguard motor.** Valued over \$2000, take \$1600. **Ph: 6372 2251.**

**Mixed daffodil bulbs.** 20c per bulb. Digging now. Paddy's View, Pass Road, St Marys. **Ph: 6372 2265.**

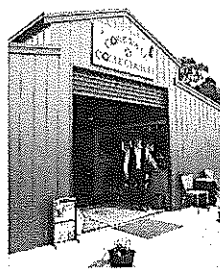
**Honda road bike VFR750, '89 model.** New brakes all round, recently serviced, forks reconditioned. In very good condition. \$4000. ono. **Ph: 0428 722 472.**

**32cm 12/240 colour TV** with DVD combo with cigarette lighter connection. \$160. ono. **3 stage adjustable sports spoiler** suitable for commodore, or similar. \$350. ono. **Very large Tosca suitcase** with wheels. \$150. ono. **Ph: 0429 676 593.** (can deliver)

**Ranbuilt shed, blue.** 9m x 6m with 6m x 6m car port. 2 roll-a-doors. All still in packaging. \$9,000. **Ph: 6372 2287.**

**Chainsaw:** Husqvarna 55cc, 18" bar, Low usage. Includes carry case and all accessories, including spare chain. \$650. **Ph: 0437 645 504.**

**Portable milling available.** **Ph: 0427 715 577.**



**CORNWALL  
COLLECTABLES  
CLOSING DOWN  
SALE  
NOW ON  
UNTIL  
THURSDAY  
MARCH 31ST**

**WANTED TO BUY**  
**HILLS HOIST GALVANISED CLOTHES LINE**  
**IN GOODWORKING CONDITION**  
**Ph: 6372 2813**

**WANTED TO BUY**  
**Small modern piano. Must be as new.**  
**Ph: 6372 2251.**

**Found on top Marshes Road, one pair of dentures**  
**and a set of bra straps. Please ring**  
**Wendy Brennan 6372 2094.**

**Indigenous Business Australia (IBA)** is holding **free Into Business** workshops for Aboriginal and Torres Strait Islander peoples who are interested in turning a business idea into reality.

We are inviting people in your area who have a business idea to attend a series of three self-paced workshops to assess whether that idea can be developed into a commercially viable business.

The *Into Business* one-day workshops are held several weeks apart and cover the following broad topics:

**Workshop A – your business idea, goals and expectations**  
**Workshop B – marketing and managing your business**  
**Workshop C – financial planning and management.**

The next workshop A will commence at:

**Devonport 13<sup>th</sup> April 2011**  
**Hobart 15<sup>th</sup> April 2011**

For future dates and further information please contact me on 1800 107 107 or visit [www.iba.gov.au/itb](http://www.iba.gov.au/itb)

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

**Frozen blueberries - \$11 kilo Phone 6372 2341.**

**Garden mulch.** Large square bales of straw.  
**Free delivery in St Marys area.**  
**Ph: Mark or Alana: 63722145.**

**Small square bales of garden mulch \$5.**  
**Small bales of grass & clover hay. \$5. (undercover)**  
**Garden mulch, in big round bales.** (wheat straw, weed free) \$60 a bale, delivered free in St Marys area.  
**Ph: 0407 944 158.**  
**Tractor slashing available. Ph: 0407 944 158.**



[www.fingalvalleyhistory.com](http://www.fingalvalleyhistory.com)

## **"ELECTRIC ERIC PAYS A VISIT"**

Whilst we are talking about famous people visiting our valley, I came across an article in the 1968 August addition of the Valley Voice which tells of a visit by one of Tasmania's best known Premiers, Eric Reece.

Eric was a member of the Labour party and held portfolios in the State Government from 1946 to 1975. Fourteen of those years from 1946 to 1969 and again from 1972 to 1975 he was Premier.

Eric's achievements as Premier were many, but perhaps his greatest were the development of the hydro electric schemes in Tasmania and the push for Australia's first casino to be built in Hobart. Public opinion was very much divided on the casino, forcing Eric's Government to call a referendum in 1968 which came out with a small majority in favour of the casino. Eric opened Wrest Point Hotel Casino in 1973.

Eric's visit to St Marys on the 13<sup>th</sup> August 1968 was to address a public meeting in the Town Hall concerning the state of the St Marys area at that time. One of the main contentions put forward at the meeting was the lack of any worthwhile employment opportunities, particularly for the young. The meeting was told that in recent years, due mainly to the downturn in the coal industry, over 500 people had been forced to leave the district to seek employment.

Eric's response was that he was totally aware of the situation in St Marys, as well as many other country towns around Tasmania and his Government was doing all it could to address the problem. One industry that was on the drawing board for future development was the wood chip industry. This industry had the potential to create jobs all over the south, east coast and north east with forestry operations and planned ports at Triabunna and George Town. Eric urged voters to continue to support the Labour Government so that pressure could be kept up to ensure the wood chip industry and other industries were established in this State.

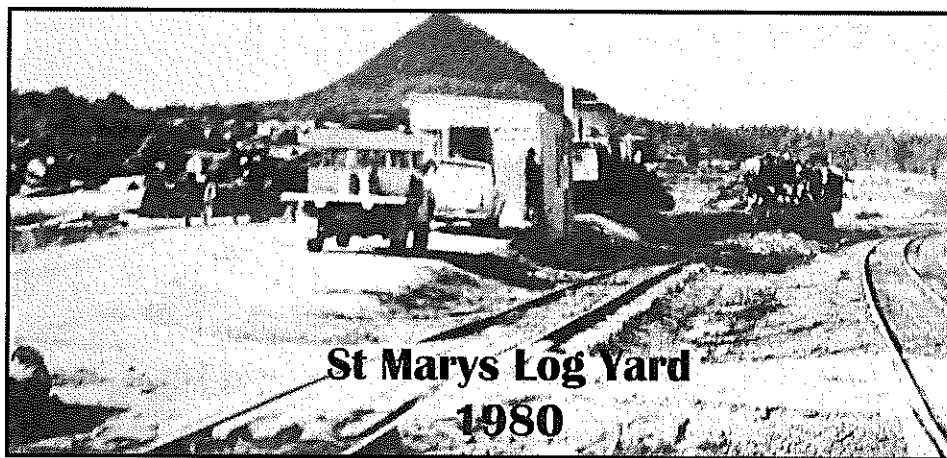
As we know, the wood chip industry did go ahead in the early 1970s and consequently created a wealth of employment for the people of the Fingal Valley. Two rail log yards were built at Fingal and one at St Marys. Plus the Fingal Forestry offices were expanded and an office and store built at St Marys. Forest contractors like Aulichs, Walkers, Freeman and Wagner, to name a few, soon became the largest employers in the district.

Although the closure of the Aberfoyle tin and wolfram mine at Rossarden in 1982 was a blow to the Valley, the timber industry along with a rejuvenation of the coal industry saw employment relatively steady for quite a few years. We saw new businesses start up, new homes being built and the economy of the Valley relatively stable.

Someone once said, however, that all good things must come to an end and this was surely the case for the Fingal Valley. The timber industry is almost gone, many businesses have closed and young and old alike not only have to leave the Valley for work, but in many cases leave the State.

At the meeting with Eric Reece in 1968 he was able to come up with some answers to the employment problems of the Valley at that time. A meeting with Premier Giddings today would be quite different, I suspect. The problems facing us in 2011 are similar, but much more complex than those of 1968.

**Jim Haas**



# **SPLASH**

## **ST MARYS**

*You swill it, we fill it!*  
*You dump it, we pump it!*

**Water cartage**  
**Septic pumping**

Contact: Mick

**0488 777713**

## Letters to the Editor

Vol. 43 No 19, 2011

Dear editor, Re: Optus Tower, Gray Rd, St Marys.

I refer to an article of "Valley Voice: 16/12/10, titled "Councillor's Corner", by Clr Reon Johns.

In his second paragraph he states that "also this tower meets all the Australian standards for E.M. radiation." (E.M meaning electro-magnetic)

I now refer to an article, (V Voice 10/3/11) His reply to a letter from P. McDermott (V.V 24/2/11) It is not clear whether Clr Johns finds large erections ugly, or has now decided that the Australian Standards for E.M. radiation do not suit him, or both.

In the article "Councillor's Corner" of 16/12/10 he states that it took him from the closed meeting of 10/11/2008 until 14/9/2009 (10 months) to question the existence of 5 other considered sites. Surely, such questions would have been raised at the first meeting if they were relevant to the application for the tower. The processing of development applications consumes a certain amount of council time.

It is doubtful that Optus is in the business of wasting its own time and money or that of the B.O.D. Council. Therefore, I think that it is very unlikely that "Optus-Daly International" would submit 5 or 6 D.As when they only intended to build 1 tower.

It is the company's business which site they choose to submit, for council consideration. A similar example would be if I owned four urban blocks of vacant land but wished to build on only one of them, what I did with the other three would not be relevant to the building application, and no one's business.

So the application to build the Optus tower in Gray Rd, described only that site.

"Clement Tower No1" in the midst of a group of 5 or 6 could be a significant sculptural installation. The ultimate sculpture park!

The "Clement Tower" is already an unofficial signpost to the caravan/camping facilities at the recreation ground. The first site for the tower was that of 54 Harefield Road, and the project was on display for 2 weeks - rejected.

As a neighbour I was invited to make comment. The council acknowledged my written submission and stated that there had only been one other.

In "Councillor's Corner" Clr Johns states that on 24/9/2009 under "Council Watch", David Clement said that only 2 submissions were received between Nov. 2008 and Sept, 2009, (10 months!) and that no petitions or other enquiries were made during that time. This means only 2 submissions for both sites.

Telstra have had a mobile phone installation behind the St Marys Post Office for some time. It is closer to the ground, and also conforms to the Australian Standard for E.M. radiation output. No one seems to have noticed that tower.

Councillors Clement and Johns were the only ones to vote against the Gray Road facility. Did David Clement and Reon Johns favour Telstra in their decision regarding the Optus tower? If so, for what reason?

The "Clement Tower" seems to have faded to a state of unimportance after 24/9.2009.

The subject of council amalgamation had come to the fore. This was closely followed by the "hype" of the December 2009 council election.

"1 CLEMENT", I Gray Road was mentioned, but not "Clement Tower No 1". It was not an issue, as it had been passed by council. Is it now a new election issue for Reon Johns, seeking re-election?

The phrase "closing the gate after the horse has bolted" comes to mind, or maybe the one, "flogging a dead horse".

The readers may like to check for themselves:-

V Voice Dec 3, 2009	{	Voting for the election ran
V Voice Dec 15, 2009		from 8th - 22 Dec, 2009
V Voice Dec 16, 2010		"Councillor's Corner"
V Voice Feb 24, 2011		Letter - P McDermott
V Voice Mar 10, 2011		Letter - Clr Johns

Jeanette Peryman.

Without Prejudice,

COUNCIL CEASES TO RECORD MINUTES.

With reference to my letter in the Valley and East Coast Voice, February, 2011 and Mr. Legge's reply in the same paper Vol. 43, No 17, 2011.

This is my right of reply to Mr. Legge's comments and with due respect for the office of Mayor. In regards to Mr. Legge's reply/comments, it is my opinion that that reply was formulated to be ambiguous, evasive, ommissive, dismissive and to avoid scrutiny by the general public. With a wages bill of some 3 million dollars taken from the public purse to provide staff etc, to operate the Council, then surely we the public can expect far greater service from our Council for such an amount of money.

When Mr. Legge requests that I go to the source or right sources is he saying that the article in the East Coast News, January 2011 was printed without his knowledge for that was the source which prompted my letter in the first instance and Mr. Legge was the main participant in that article, or is he saying that the Editor published the article under discussion without his consent?

It appears to me that Mr. Legge has not crystalised his thoughts on this matter or is there a mafia of secrecy in Council which provides standards for the select few and does not provide protection for the population/municipality as a whole? I had the notion that when a person is elected into Public Office it is a pre-given that in all dealings they will be ruthlessly honest in all matters pertaining to running that office.

I consider that community trust has been breached by whatever means Council has employed, how does the Council intend to reconstruct that trust in the matter of not recording the complete Minutes in their entirety.

A detailed reply is expected, the emphasis on detailed, from Council.

Patricia O'Donnell.

### St Marys Soccer Club

will hold its

#### AGM

on Wednesday 23rd march at 6 pm  
at Mt Elephant Fudge headquarters.

All soccer enthusiasts welcome.

Jack Foreman (6372 2034)



## Letters to the Editor

Vol. 43 No 19, 2011

Dear Editor,

I wish to support Beverly Rubenach's public stand calling for transparency, honesty and accountability in the way that our council is being run. She is absolutely correct when she says that "We the people are not voiceless or powerless." This is our council, it belongs to "We The People" and "We The People" will make sure that it abides by the common law rules that have applied since before Federation!

Unfortunately, at present, some of Mrs Rubenach's suggestions are inconsistent with the way our council operates:

She suggests that we can request and access council minutes. Contrary to the rules of running meetings, council does not keep minutes of public meetings or even recordings. All that they do, is write a report covering matters that are considered relevant or not likely to cause embarrassment.

Another suggestion that Mrs Rubenach says is that we can attend meetings and ask questions. Wrong again. I recently asked council for permission to address the next public meeting on a very important matter of common law rights and was told by the Mayor that my request was denied.

It is also a well recorded fact that simple straightforward questions relating to some matters of public importance are consistently ignored or deliberately misconstrued.

Either way, we are not getting value for money from this council, we are not getting consultation on important matters with the people, there is no transparency or accountability and this must change!

Charles Trollope.

Editor of the Valley Voice

On the 17th of March I sent a letter to Council requesting that my demand: that Break O'Day Council hold a public meeting in St Marys, in the early evening (6-7pm) with adequate notice and advertisement to openly answer questions re parallel parking on the southern side of Main Street, before any works commence on the footpath, road surface or line markings, be placed on the agenda at the next Council meeting.

I have received the following from the Mayor, "Your letter will not be placed at the next Council Meeting owing to the fact that Council on the 15th of March, 2011, moved a motion that a public meeting be called as soon as all information is sought and a representative from DIER can attend in St Marys." (that meeting re this matter was a closed session)

I hope this is so and that all St Marys residents attend, including anyone else that drives through and or parks in St Marys any time, for this affects not only the businesses, it affects everyone.

In the same letter it was stated by the Mayor, "It is wearing a bit thin that the innuendos being canvassed are far from correct and are based on assumptions."

My questions (letters) to Council have been based on conversations with representatives of DIER. (questions raised by these conversations were put to Mayor and councillors)

I am currently awaiting reply to one letter (12 questions), others have not been directly addressed (7 questions and previous letter to the Valley Voice.

Due to the above, I will make the following comments with the information I have, the Mayor may like to respond to these publicly via a letter to the editor or wait until the public meeting.

Choices are:-

1) Council proceeds with works to the footpath on the southern side of Main Street St Marys and parking/ road markings remain as they are. (Option proposed in the Council workshop dated 28th February 2011; (also closed to public) and position of Council adopted in December 2008, after community meeting of the St Marys Streetscape resulting in 72 votes to retain angle parking with 6 voting for parallel parking. Result;- Nice looking footpath. (Hopefully)

No changes to traffic or parking.

2) Council proceeds with works to footpath and (alleged) proposed parallel parking plan approved by DIER to the southern side of Main Street St Marys implemented. Result;- Nice looking footpath.

A two (2) meter (6 feet 6½" in imperial measurement for relics like myself) painted safety refuge in the middle of the road (which traffic is not allowed to cross). The loss of approximately 15 car spaces on the southern side of Main Street (this is from the plan for parallel parking, that was shown to Kim Chappell at Main Street Clothing by the Mayor on the 29th February; (this plan still has not been confirmed by council too exist). These losses in parking spaces are to be compensated by the "CAR PARK" (I am awaiting a response on its location).

A loading Zone in front of the Post Office (?Goods loading and pick up only; no parking).

Increases in traffic flow to Cameron, Groom, Story, Grant and Frank Streets, because anyone coming from Fingal side of town, who wishes to park on the southern side of Main Street, St Marys (the side where the majority of the businesses are located between Cameron and Story Streets) will have to go around the block legally to park. Anyone parked on the southern side of Main Street St Marys, who wishes to travel east will have to do the same (NO "U" TURNS) (The other possibility voiced is that people simply will not stop).

Increase in safety due to changes to current practices (comment from DIER representative) ; information I have is that there have been NO traffic incidences, reported to police in the area this plan relates to.)

Hopefully the community WILL GET TO CHOOSE (again) and that decision will be carried out by council.

Yours sincerely,  
David Watkins.

*More letters next page...*



**MT ELEPHANT FUDGE**

New Autumn hours of Trade

Thursday, 10 am - 5pm

Friday, 12noon - 5pm

Saturday, Sunday & Monday - 10am - 5pm

Thanks for your continued trade -

TRULY APPRECIATED!!



"HANDMADE in ST MARYS"



## Letters to the Editor

Vol. 43 No 19, 2011

### Letter to the editor

The Productivity Commission's report into Disability and Care has provided at least some hope for people living with disability, parent/families and carers by proposing significant social reform. And it's about time.

If implemented, the proposed National Disability Insurance Scheme (NDIS) will fix the untenable disability system that was described as 'irretrievably broke and broke ... struggling against a vast tide of unmet need'.

Until you experience disability, do you realise how dysfunctional the current disability system actually is despite well intentioned governments. Australian's take for granted that they have a natural entitlement to service support if they are severely impaired by, for example: stroke, accidents, disease. But this is just not the case. Under the current system, you may find yourself having to lobby hard for basic needs, independence, and choice and there is no guarantee that you will receive such support. And if you do, you may experience bouts of guilt for being so 'lucky'.

Under the NDIS structure, you will have natural entitlement. And the stigma of disability becomes positive.

The NDIS is good policy sense. Pledge your support to a NDIS by logging onto [www.everyaustraliancounts.com.au](http://www.everyaustraliancounts.com.au) because, every Australian does count.

Jane Wardlaw

Chair

NDIS Taskforce Tasmania

### Dear editor

In answer to Jeanette Peryman Volume 43 No 18, March 10, 2011, unless Jeanette has been on the receiving end of the council's so-called final inspections etc., and council unqualified and incompetent inspections, I don't think she has any idea about bleeding hearts.

The council do not use the building code of Australia to pass new homes for occupancy and final inspections they make up their own also they do not make sure that all health issues are met also this was proved by our good friend David Clement at a meeting which I had with Mayor and several councillors and since then no other councillor has had the backbone to carry on with this issue also please note that my wife and myself are out of pocket thousands of dollars because of council failed to carry out proper inspections and I call this injustice not bleeding heart.

Murray Holloway.

### Harness Racing

It appears that we have a local rival for Bart Cummings as the cup king! Clinton Woods, a young trainer from Fingal, has, over the past few weeks, trained the winners of the New Norfolk, Burnie and Carrick Park pacing cups.

These are very much sought after races and to win them all, especially with the one horse, Touchwood Bucksta, is a very unique and wonderful performance.

Congratulations to Peter, Christine, Clinton, Emma, Summer and Lyndon, the part owners. Hope there are many more winners to come.

On another matter, we would like to thank Trevor Viney and Roger Donald for keeping our track in wonderful order. Eric Bean, Secretary.

### To the Valley Voice editor

People who dump their rubbish in bushland should be absolutely appalled with themselves. Not only is it illegal, it proves sheer ignorance toward our environment, and all of the past and present strategies in effective land conservation for future generations.

In today's world where rubbish dumps are educated and encouraged to process our rubbish accordingly, there is no excuse for people to go out bush to unload their trash. And don't use the 'tip fee' as a poor excuse... it's a small fee with far greater benefits than choking up the ecosystem or being charged for littering.

Has anyone else noticed the disgusting sight along Top Marshes Road? You would think that if the area was for sale it would deter such mindless acts.

Instead people continue to dump items such as old tyres, car parts, old whitegoods, beer cans and bottles, animal carcasses, hospital and pharmaceutical grade wastes and general household wastes. Green wastes, to me are not so harmful.

Oh, and note to whoever dumped general waste mid-February: make sure you know what's in your trash. Wildlife sure do love food scraps and scattering the remaining rubbish. They don't go much on old prescription medication boxes or credit card applications, which had all your details, minus the signature. Oops! Lucky I reported the rubbish then burnt the application on your behalf. If only you did the right thing in the first place!

If you need to report littering on roads, parks or bushland, please consider lodging an online complaint form on the Tasmanian Environment Protection Authority website.

[WWW.environment.tas.gov.au](http://WWW.environment.tas.gov.au)

Kristy Harrison.

## Specialty breads from the Possum – where every slice is twice as nice!

For something deliciously different for toast or sandwiches, use your loaf and pop into the  
**Purple Possum.**

**Our Tuesday delivery** of specialty breads includes

- Organic Spelt Sourdough • Gluten-free Roasted Seed • Organic Rye Cyprus Seed
- Organic Barley Sourdough • and Organic Oat Sourdough.

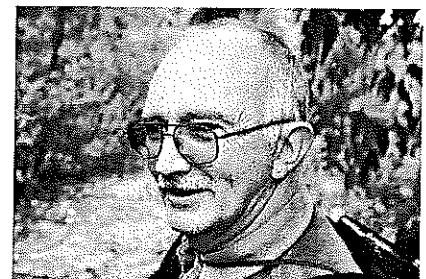
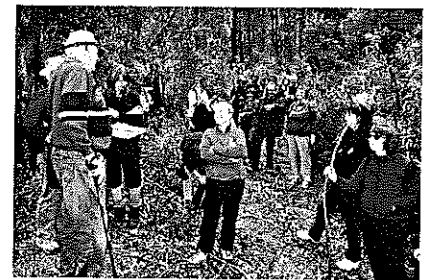
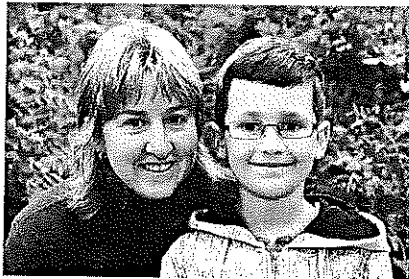
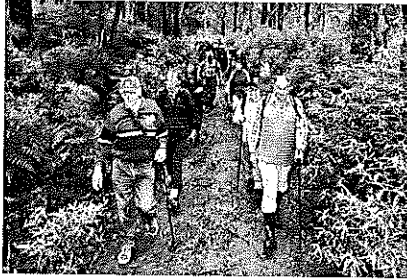
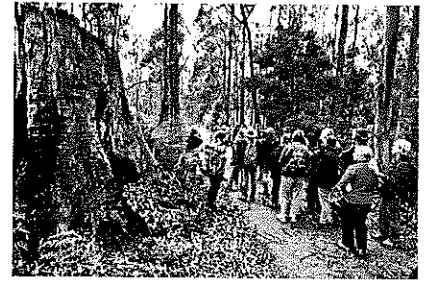
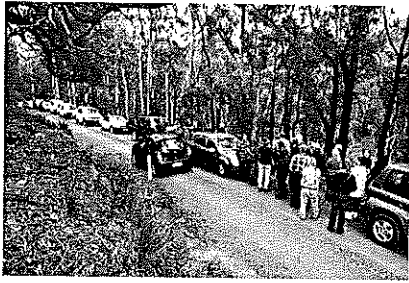
**Our Thursday delivery** includes

- Sourdough Vienna • Sprouted Rye Sourdough • Sourdough Fruit and Nut. All popular – so it's a good idea to order a week prior so you don't miss out!

## Purple Possum

**Wholefoods & Café**

7 Story Street St Marys. Phone 6372 2655.







[www.fingalvalleyhistory.com](http://www.fingalvalleyhistory.com)

## IRISHTOWN TO FOUR MILE CREEK HISTORICAL WALK

On Sunday the 20<sup>th</sup> March over thirty walkers turned up outside the Purple Possum in Story Street, St Marys, all keen to set off on a trek to the coast via Irishtown.

We car pooled and drove, first to the old Irishtown school site, where Barry Aulich, who spent most of his life living and working in the area, produced an old photo of the school taken in 1909. From there we continued the drive to the turn-off to the Jones property where the cars were parked and we set off on foot down the old road, which could well have been in existence in some form even before the St Marys Pass opened in 1846.

At a number of spots along the way Barry called the group together and produced more old photos and pointed out various places of interest, including where his great grandfather, Julius (Yuli) Aulich, set up the first mechanical sawmill at Mill Ridge. He also told us of the many families who had lived and reared large families on small 50 acre dairy farms around Irishtown.

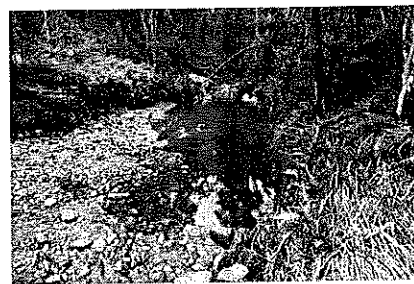
Further down the mountain Barry told of the group of people who had worked their way up from the coast into the gullies know as Davis and Isis, where fertile soil up to several metres deep had been found. Here some of the best market gardens in the State were established.

A point of interest in the creek, only a kilometre upstream from Four Mile Creek, is a water hole known as the "Bottomless Hole". The story goes that back in the early days of settlement to the area, John King, who was known as the fittest and strongest swimmer in the whole district, had several unsuccessful attempts to reach the bottom of the hole. His onlookers finally had reason to cheer one day when, after he had disappeared down the hole for several minutes, came up with a handful of pebbles.

The final story Barry told was of three sailors who were said to be shipwrecked off Four Mile Creek in the mid 1800s. At the time three convicts had escaped from Port Arthur and were believed to be in the area. Unfortunately the sailors were mistaken for the convicts and shot by troopers as they came ashore. They were buried on the point just south of the current township of Four Mile Creek. For years that piece of land was known as Burial Point.

The day ended at the Tasman Highway, with several of the younger, fitter members of the group walking back up the mountain, while those of us, who are a little less adventuress, brushed off the leeches and motored back to our vehicles at Irishtown.

*Photos on this and previous page courtesy Peter Troode.*



### **Councillors Corner**

**By Cllr Reon Johns.**

**Like to raise an issue? Feel free to contact me on mobile 0429 722 091 or Fax 6372 2098**

The recent concern shown by some residents of St Marys over the parking issue in Main Street has highlighted some misconceptions with the operation of Council Meeting.

The Council meets on the second Monday of the Month, unless this is a public holiday then it meets on the Tuesday, and these meetings are open to the public.

Council also holds workshops on the 4<sup>th</sup> Monday of the Month. Workshops are used to improve communication between Councillors; discuss future plans, administration processes, team building, educational updates, actions to achieve particular organisational aims and the budget for the upcoming fiscal year.

If you wish to place a question on notice you can write, or hand deliver, to the General Manager and have this put on the agenda. However; you must have your letter into Council 7 working days before the Council Meeting. Then your question will be answered in the agenda. This also applies to a petition.

If you decide to attend the Council meeting you can hand your petition in at the Meeting and/or ask a question(s), but as these are regarded as questions without notice there is no requirement to have these answered immediately.

Generally you will get a written response at a later date, because the question must be researched.

Closed Council meetings are listed in the agenda and are held at the end of the meeting, as the name implies it is closed to the press, public and sometimes to all staff.

Closed Council meetings can be about staffing issues, commercial in confidence, Australia Day awards or grant applications etc.

## World's greatest shave!!

Break O'Day Councillor Sarah Schmerl had her very long luxuriant hair reduced to a buzz cut on the 11th of March as part of the World's Greatest Shave fundraising event for the Leukemia Foundation.

Sarah's fund raising total stands at \$3810.03, which is the second highest amount raised in Tasmania, for patients and families living with leukaemia! This is a great sum raised in exchange for her dark and curly locks.

The event took place in front of a buzzing crowd at the CrossRoads Wine Bar in St Helens, hosted by Steve and Jan.

Sarah auctioned off 14 individual plaits which each bidder got to cut off before finally being buzz cut by Theresa from Ambient Beauty.

Sarah is donating her hair to an organisation that makes hair pieces for children undergoing chemotherapy. Sarah's first words after the final buzz cut were "I feel so light headed"!!

Sarah wanted to extend thanks to everyone involved in the event and all the staff at Targett's pharmacy in St Helens for running a crazy hair day and contributing to her fundraising.

In St Marys, we have a local lady, Shirley Barratt who is going to shave her head at the Hospital Day Care Centre on 31st of March to raise funds for the Leukaemia Foundation and there are fundraising collection points around town, all are welcome to attend the shave which will be held in the hospital day care centre, at 1.30pm. Come along and show your support for a GREAT Cause.

*Pictured right: Sarah, before and after.  
Photos: Courtesy Janet Drummond.*



## The Say Cagerattler

A couple of nights ago I was watching an ABC current affairs program and one of the stories revolved around a new initiative by Inland Fisheries officials to encourage more people to take up the fabulous pastime of trout fishing. So far it has been introduced to North and North Western rivers whereby agreeing and co-operative land owners provide access to parts of rivers that transverse their property. Inland fisheries staff construct stiles, access points and signage that give novice and expert fishing enthusiasts alike the opportunity to fish that defined section of the river under conditions agreed by the landowner. I believe you must have a fully validated and current fishing licence to take part.

The story showed that the landowners involved at present were keen to be a part and spin offs were worthwhile. Likewise the anglers were thrilled to be able to fish areas not previously accessible. It is to be introduced down south soon also. I wonder have the Fingal Valley rivers been considered and I wonder equally if local landowners would consider this initiative if it were to become a reality. The South Esk, Break O'Day and other streams are fished and provide great times for those who love fly fishing in particular. I understand that the visiting anglers from interstate and overseas are the main targets and their feedback when fishing (mainly our lakes) is crucial to our fishery, hence this new project to focus more on river fishing in this instance. This area is primed to help regenerate interest in this terrific recreational pastime.

As a community we definitely need to consider a CRAFT FAIR sometime in the next few years. Just in the past few weeks a couple more incredible craftsmen living close by have been pointed out. Add them to the already great things happening at the Woodcraft Guild, Gone Rustic, sculpting, painting, knitting, music, modelling, photography, restorations, antiques etc ... and the biggest problem might be where to find a space big enough to do an exhibition. Just don't know where to start.

I thank Second Hand Rose for her response to a previous article on the contentious parking issues recently. I appreciate the strong views she and so many others obviously have on this important matter and exactly why I wrote what I did. Such overwhelming opinions cannot be ignored. Having said that though, I still would at least like to see some improvements made if angle parking is to stay. All must agree that as it is at present cannot be considered as ideal because SAFETY and LINE OF SIGHT when reversing into traffic is not at it's best. There must be conciliation and a little compromise as part of the process to make our Main Street the safest possible version of angle parking if it is to stay. Surely that's not unreasonable if works are to happen anyway. Let's have some constructive talking by all parties here very soon.

What do you think ?

# Valleys of Adventure

AVOCA • ROYAL GEORGE • ROSSARDEN • FINGAL • MANGANA • MATHINNA • UPPER ESK • CORNWALL • ST MARYS

## GREATER ESK TOURISM

GREATER ESK TOURISM INC ABN: 86 608 256 076

### VALLEYS OF ADVENTURE - PHOTO COMPETITION

Great News!!! The closing entry date has been extended to enter your photographs that showcase

### "Adventure within the Valley"

Finalists to be notified by phone or e-mail and photos printed for judging and placed at the Purple Possum, St Marys for display. Entries will be judged by Owen Hughes – Tasmania's award winning Master Photographer.

For further information, please visit our website [www.valleysofadventure.com.au](http://www.valleysofadventure.com.au) and click on the 2011 Photo Competition link. You can download a copy of the entry form. Terms and Conditions can be found here too.

**Competition now closes on May 31st 2011 at 5pm.**

Entries must include: *Entries must be posted and include the completed entry form below, a \$5 entry fee, the digital image/s on a CD OR sent by email (must be named to correspond with the Title/s on your entry form), and a 6"x 4" print of each image. The \$5 entry fee is for up to 6 entries (the more photos you enter, the better the value) The 6"x 4" prints must display the Title on the back of the print and the name of the photographer.*

#### ENTRY FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Please send your photo entry in a digital format by e-mail or on CD and a hard copy with completed form and payment by post to:  
Louisa Rhodes

GET Photo Competition

PO Box 43

FINGAL TAS 7214

Email your entry to: [Louisa.rhodes@ecpc.com.au](mailto:Louisa.rhodes@ecpc.com.au)

"Adventure within the Valley" can include  
outdoor experiences, gourmet indulgence,  
art fun, "Ten Days on the Island" adventures,  
any exciting event or activity.

**GET THOSE CAMERAS OUT NOW!!!!**

Entry 1 Title: \_\_\_\_\_

Entry 2 Title: \_\_\_\_\_

Entry 3 Title: \_\_\_\_\_

Entry 4 Title: \_\_\_\_\_

Entry 5 Title: \_\_\_\_\_

Entry 6 Title: \_\_\_\_\_

**Prizes for the Competition will be listed shortly on our website. Be sure to check it out. While you're at it, become a friend on our Facebook or Twitter pages! Look for the Valleys of Adventure logo!**

Don't forget

### Easter at Upper Esk

11am Easter Sunday 22.4.11

Free Easter Egg & Gift for each Child  
Easter egg hunt / colouring competition  
(Easter picture available in the Re-Echo)

Everyone welcome

Free family BBQ

1476 Upper Esk Road

What to bring: Salad or Dessert

(Meat provided)

& Picnic Rug or Chairs

RSVP: 18.4 for catering purposes

Contact: 6377 1134

Email: [Tanya@successmasters.com.au](mailto:Tanya@successmasters.com.au)



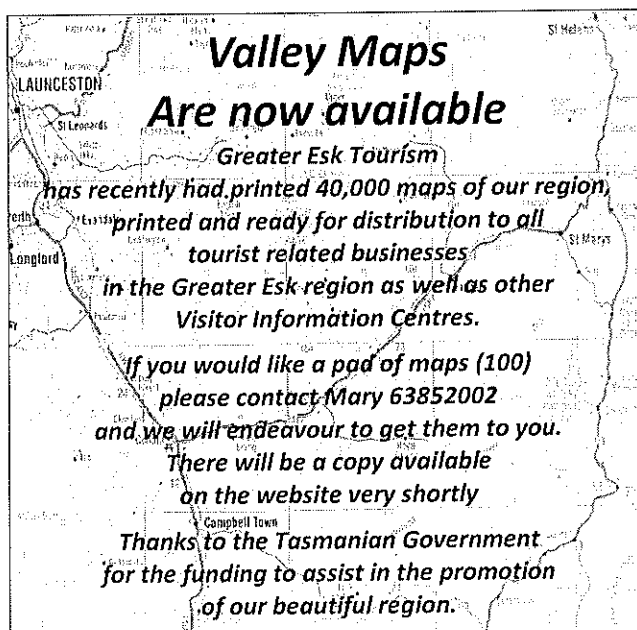
### Valley Maps

### Are now available

Greater Esk Tourism  
has recently had printed 40,000 maps of our region,  
printed and ready for distribution to all  
tourist related businesses  
in the Greater Esk region as well as other  
Visitor Information Centres.

If you would like a pad of maps (100)  
please contact Mary 63852002  
and we will endeavour to get them to you.  
There will be a copy available  
on the website very shortly

Thanks to the Tasmanian Government  
for the funding to assist in the promotion  
of our beautiful region.

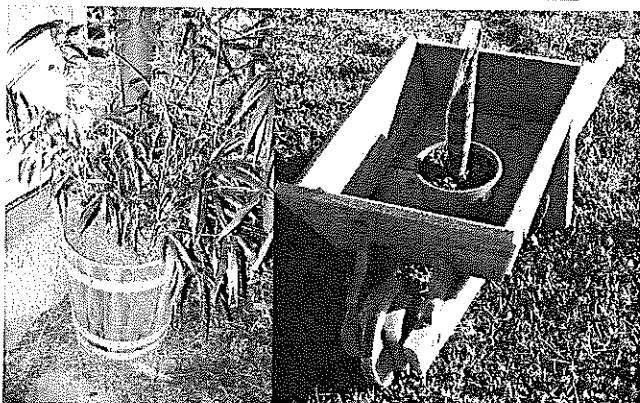


## Cub Scouts Clean UP!

The newly regrouped Sea Scout Cubs for 7-10 year olds met on Sunday 6th March to join in with community groups cleaning up our beautiful part of the world. Cubs from St Marys, Scamander and Pyengana meet on Thursdays at 4.30-6pm to learn outdoor skills and have fun. If you would be interested in joining us as a Cub Scout or an adult volunteer, please contact Arkela on 6372 5060 and leave a message.

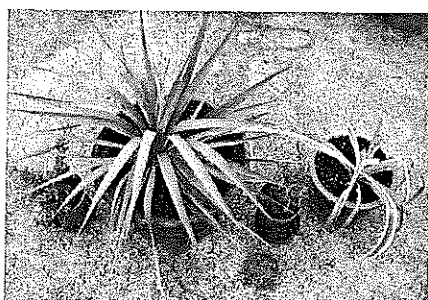


*L-R: Liz Dent, Bailey Barnes, Ana Hayes, Zoe Bucknell, Eric Hayes, Chloe McCann, Lily Mae Hayes, Drew Mason, Maddy McCann and Kylie Bucknell.*



Pics (above & left) of raffle prizes, which now include plants donated as part of prize by VAL MacDonald.

Photos:  
Wendy Brennan.



## OUT OF THE WOODWORK

Wendy Brennan, Secretary. 0408 656 014

Many thanks to **Val MacDonald** who kindly donated plants to be placed in our tubs that are being raffled, it was very much appreciated, and to **Kelly Bond** for the donation of Daffodils which will be planted in the Guild's garden.

Thank you to **Dave Mallett** who drove the troops to another great Beef and Burgundy Dinner put on by the **Fingal Valley Neighbour Hood House**.

As the **OPEN DAY ON THE 16<sup>TH</sup> OF APRIL** is fast approaching I would like to take this opportunity to continue with the personal profiles of some of the talented artists and artisans who will grace our day with their exceptional talent.

**Warped Productions** owned and operated by the talented Jacinta Allen will again make an appearance. **Jacinta** makes beautiful hand spun and colourful scarfs from her loom.

**Reptile Rescue** will do a safety demonstration on the correct method of catching snakes. I partook in their last workshop and thoroughly enjoyed watching and having a chance to actually catch with safety one of these beautiful creatures. (Not beautiful to many!!!) However, it was fascinating to have a better understanding of their place in the ecological chain.

Our esteemed coopers **George Marki** and **Les Thompson** will again demonstrate the vanishing trade of barrel making. Technology has unfortunately, ceased the need for this trade. These two at work are well worth a look and are only too happy to answer any of your questions.

**Victor Tracey** renowned psychic and numerologist (Victor has been featured in the **Woman's Day** and **ABC talk back radio**) will be having a stall. He has predicted a great day!!

**Hannah Rubenach** will put her proficient skills to painting children's faces and **Melanie** will be there with her tried and enjoyed jumping castle.

Please keep a lookout for our raffle manned by our club member **Lorraine Gill** (be warned Lorraine can charm the birds from the trees) and help support our club by buying a ticket.

First prize has **first choice** of either two plant wheel barrows, a picnic table or two plant tubs.

Second prize has choice of the **two items left**.

Third prize receives **unchosen item**.

The Guild meets on the last Saturday of every month at 2pm in the old railway goods shed St Marys. New members always welcome. We are open Monday Wednesday and Friday. Other times by appointment.

**A supportive environment  
where traditional woodcraft skills are taught**

### MANGANA MISSION MUSICIANS JAM NIGHTS

Monthly musicians jam nights will be held at Mangana Mission, 63 Elizabeth Street, Mangana on the 2<sup>nd</sup> Friday evening every month.

Apr. 8<sup>th</sup>, May 13<sup>th</sup>, June 10<sup>th</sup>, Jul. 8<sup>th</sup>, Aug 12<sup>th</sup> Sept. 9<sup>th</sup>, Oct. 14<sup>th</sup>, Nov 11<sup>th</sup>, Dec 9<sup>th</sup>.

Starting time will be 6.00 pm

BYO Meat and drinks for a BBQ.

All styles of music, instruments and vocalists are very welcome.

For more information call Andre' or Kate on 6374 2212





## BREAK O'DAY REGIONAL ARTS

**Wishes to announce its newly established  
Art Competition**

**Our 2011 theme is "Winter Dreaming"**

All winners will be announced at 8pm on 25<sup>th</sup> June 2011  
at "The Winter Dreaming Bush Dance"  
in the St Marys Town Hall

All mediums of art are eligible for entry

Awards and Divisions –

1. Under 11 yrs : entry fee \$2-award \$50 plus certificate of achievement
2. 12 yrs to 16yrs: entry fee \$2-award \$50 plus certificate of achievement
3. Adult – entry fee \$25 – award \$1,000 plus certificate of achievement

All divisions will also have a highly recommended certificate

All entries must be accompanied by entry form and entry fees to  
Manna Farm, 45 Main Rd, St. Marys. Tasmania 7215

**Closing date – Monday 20<sup>th</sup> June, 2011 @ 5pm.**

Forms can be collected from Purple Possum and the Post Office, St. Marys  
or The Suncoast Art and Craft Gallery, St. Helens or download a copy from  
[www.mannafarm.com.au/arts.pdf](http://www.mannafarm.com.au/arts.pdf)

### **The St. Marys Market**

**2nd April**

**Rain, Hail or Shine  
in the Community Hall**

**9am to 2pm**

Wood raffle will be drawn at  
11am

Something new this market  
**"OPEN CORNER"**

A quiet corner if you wish to read  
poetry, short stories,  
practice musical instruments or  
share a talent or skill.

No cost involved, just your time.

For more information phone

Colin 6372 2707.



Open 7 days a week for your convenience.  
6am – 7pm Mon. to Fri. 7am – 6pm Sat. & Sun.

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AURORA PAYG

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PHONE CARDS

DVDs

-

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ICE

**Check out our windows!!  
Lots of new and interesting stock.**



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coming soon!!**

# Dick Adams MP

Federal Member for Lyons

Please contact one of my offices if I can be of any assistance  
53B Main Road 58A High Street  
PO Box 50 PO Box 271  
Perth, Tas 7300 New Norfolk Tas 7140  
Ph 6398 1115 Ph 6261 3366

Toll free 1300 132 689

Email D.Adams.MP@aph.gov.au



**WORKING WITH YOU FOR A  
STRONG COMMUNITY**

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

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### Break O'Day Regional Arts Diary of events coming up in March and April 2011

**March** Art Made Easy workshop -

Tuesday 22nd - presented by Dr Jane Deeth  
and 10 Days on the Island.

- "In Teers" - 20th March - 3rd April -  
a large-scale, site-specific art installation by  
Michael McWilliams as part of 10 Days on the  
Island with assistance by BO'DRA -  
Rostrevor Estate, Fingal Valley -

Take the opportunity to stop on your drive down the  
valley and see some truly beautiful art right on your  
doorstep!

**April** - monthly market in St Marys' hall - Saturday  
2nd - local produce, music, cafe, books, plants, etc.

- Birthright Quilt exhibition at Gone Rustic -  
"Booeegigat tongberangi - creating birth" -  
15 quilts and DVD display of Aboriginal & Torres  
Strait Islander work.

**June** - stay tuned for details of Winter Dreaming - a  
celebration of the Winter Solstice with great food,  
music and dancing. Please consider how you can help to  
make this a night to remember!

E.C and F.V

## Auskick

**Registration Day at St. Marys**  
**Sunday 10th April start-**  
**ing at 10:00**

Registrations will be taken  
from 9:30.

Canteen is available.

Sausage sizzle—\$1 each

**A.G.M at 11.00**

Information about A.F.L game  
**12:15**

**Game day at Aurora Stadium**  
**Saturday 16th April**

All registered Auskickers  
are welcome.

Children must be accompanied by  
an adult and will need to have own  
transport.

**If interested please ring**

Richard 63 742183

Fiona 63 722088



## Malakide Golf Club

*Are holding a*

### **Carvery Nite**

**Friday April 8, 2011. - 6.30pm**

**\$25.00 + dessert.**

*Tickets available at*

**St Marys Newsagency**

**Only 50 seats available.**

**You are invited to attend a public forum**

To learn more about a new scheme  
for ALL Australians

## **NATIONAL DISABILITY INSURANCE SCHEME**

**Guest Presenter:**

**John Della Bosca**

**NDIS National Campaign Director  
Launceston forum**

**Wednesday 6th April**

**9.30am—11:30am**

**Launceston Tramsheds, Inveresk**



[http://everyaustraliancounts.com.au/take\\_action/](http://everyaustraliancounts.com.au/take_action/)

**“As Australians, if we experience serious disability, all our needs will be met; we have access to natural entitlement of services, equipment and support so we can live every day...right?”. Unfortunately, no. But...**

A National Disability Insurance Scheme (NDIS) is a new system that will guarantee natural entitlement for ALL Australians who experience serious disability. But its early days.

A NDIS will offer ALL Australians choice, flexibility, control over their own lives if they experience serious disability.

**RSVP: Jane Wardlaw by 2 April 2011**

Mobile: 0409961844 or

Email: [jane.wardlaw@bigpond.com](mailto:jane.wardlaw@bigpond.com)

**WEAR RED TO SHOW YOUR SUPPORT**

**John Della Bosca**, NDIS National Campaign Director is a familiar political figure having served in the NSW Government. He is passionate about a fair and just society. Mr Della Bosca will present at this forum in Launceston sharing the stories of why it is so essential for ALL Australians to support this campaign.

A National Disability Insurance Scheme (NDIS) has been proposed as a new support system for people with disabilities, their families and carers. It will transform the way services are funded and delivered, ensuring people are better supported and enabling them to have greater choice and control over their own lives.

The Productivity Commission has recently released a draft report recognising that the current system doesn't work and is in desperate need of an overhaul. The Commission recommends the establishment of a NDIS as a key reform.

This forum will provide information about the proposed NDIS, the Commission's draft report and the Every Australian Counts campaign which aims to make the NDIS a reality. There will be information about how to make a response to the draft report. It is important that everyone (whether they are currently affected by disability or not) gets to hear about the scheme and adds their voice to support a NDIS.

**CALEX ST MARYS  
MECHANICAL REPAIRS**  
TEL: 6372 2335  
41 Main St. St Marys Tas 7215  
Fax: 6372 2822 Mob: 0419 503 109



### **The Chocolate Shop Singers** (formerly Grassy Bottom Singers)

A Cappella choir  
meets every Thursday  
5-7pm at the

Mt Elephant Fudge Shop, St Marys.  
We are looking for new choir members.  
Male and female.

Phone Leissa on 6372 2686  
for more information or just turn up."



St Marys  
**PHARMACY**  
Ph: 6372 2844



Kodak quality  
prints in seconds



St Marys Pharmacy is now stocking  
**Designer Brand**  
make-up.

Call in and get your **Loyalty Card**, which  
entitles you to buy 6 products, get your card  
stamped and get the  
**7 product FREE.**

Purchase 3 products at the same time and  
receive a **FREE Pen.**

Purchase 2 products at the same time and  
receive a **FREE Lipgloss.**

You also get a **FREE Mascara** when you  
purchase a foundation.

**Prices start at a low \$4.99.**



**Presents**

## The Aboriginal and Torres Strait Islander Birthright Quilt



Tasmania  
Explore the possibilities

booeegigat tongberangi creating birth



**The Aboriginal and Torres Strait  
islander Birthright Quilt is a national  
campaign to address the  
unacceptable high infant and  
maternal mortality of Aboriginal and  
Torres Strait islanders mothers and  
babies**

**venue: "Gone Rustic" Main Street St Marys 63722724**

**dates: Opening 6<sup>th</sup> April 7pm RSVP 4<sup>th</sup> April**

**hosted by: Break O'Day Regional Arts**

**Cost: Regional Arts/Gone Rustic members \$5.50 Non members \$6**

**Savoury Supper Provided**

No cost for viewing after Exhibition Opening  
Opening hours—Tuesday to Saturday 10am—4pm



# THEY HAVE RETURNED !!!!!!!

TO TELL US.....TO BE AT THE



## BREAKO'DAY WOODCRAFT GUILD OPEN DAY ON THE 16<sup>TH</sup> APRIL, 2011.

(Behind the Old Railway Station, Esk Highway St Marys)

10am ...4pm

**Working exhibits, local crafts, jumping castle, outdoor market,  
live music (Ted, Sarah and Paul) local artists,**

**Reptile rescue, and the renowned psychic and numerologist**

**Victor Tracey.** (featured in the Woman's Day and ABC radio talkback)

**Old machinery club. Face painting.**

**Sausage sizzle, vegetarian soup, hot tea and coffee.**

Supported by Fingal Valley Neighbour House, Break O'Day Council and StarFM

**Raffle drawn on the day.**

### **Beautiful Crystal Healing**

Necklaces for sale.

Custom made. \$40

Phone Rose and let her know of your health needs.

Ph: 6374 2265

St Marys Police Phone Number 6372 1010

Non Urgent Number 131 444

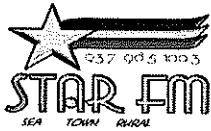
Urgent and Life threatening 000

SES (Flood & storm only) 132 500

Fire 000



# STAR FM Program Guide



	Mon	Tu	Wed	Th	Fr	Sa	Su
Brekkie	Mad Mondays with "The Mad Hatter"	Brekky with Mary Anne	"Wake up" with Bobster	Bob's Breakie Show	Bobs - Friday Breakfast Show	Evie on Toast And Fishing Show	Sunday's Sunny Side Up with Evie
Morning	RFM On Star FM	Have a Hoot with SKOOT or Marc	Starry Starry Morning The Trace Element	Down under with DJ - BJ	The Silver Fox's Classic 60's Music Mix	Sammy's Sizzling Saturday	
Arvo	In the mood with Mary-Anne	Trace Element's 2 for Tuesday	"Enjoy the Arvo" with Terry Post	Around the world with Tim	Friday round-up with RFM	Brian's Saturday Show	Colin's Mystery Music
Late afternoon	Damo's Drive Show	After School with Neesha and Chloe	Damo's S Drive Show	In the back seat with Angela	In the Car with Jackie		Dave's Blues Mix
Eve	Mellow Monday's with Roger Dr Sax with Roger	Neville's Country Corner and more	Mary Anne's Thanks for the Memories	Easy Listening with "Wally"	Marc's Boiler Room Stido's Blast from the Past and Party Mix	Get into the Party Mode with Stido's Party Mix - til late	

## EAST COAST PHONE & COMMUNICATIONS

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DIGITAL TV & FM Antennas  
DVD-Set Top Box - Audio Installations  
NEXT-G Wireless Internet Antennas  
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JOHN HERON  
EAST COAST PHONE & COMMUNICATIONS

Mob 0409 959121

A/H 63722402





# Tai Chi in St Marys

---

**WILL COMMENCE: Saturday 26th March**  
**10.30am-11.30am**  
**ST Marys Community Health Centre**  
**Day Centre**

This course is specifically designed for arthritis sufferers to assist in gentle exercise for the mind and body. This promotes relief of joint pain.

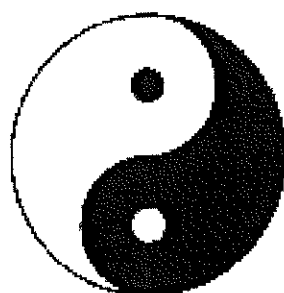
**It is also a great introduction for ANYONE who would like to learn Tai Chi.**

This course is an easy, relaxed way to meet new people as well as kick start a healthy lifestyle. Classes will run for 1 hour per lesson x 8 weeks gold coin donation per class.

**ALL ARE WELCOME**

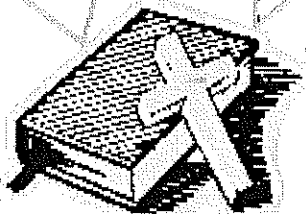
**COME AND HAVE A BIT OF FUN**

Please visit Kim at Main Street Clothing for more info



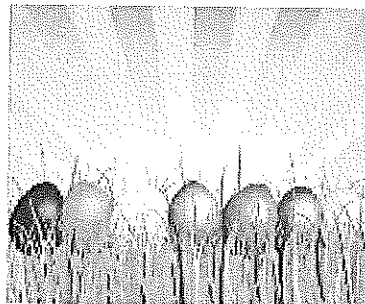
# Church in the Valley

11am EASTER SUNDAY 24/04/11



Free Easter Egg & Gift  
for each Child

Everyone Welcome  
Free Family BBQ



Join your Friends & Neighbours for Easter Fun & Fellowship with  
a difference under the trees down by the River and stay to enjoy the  
Free Family BBQ , Easter Egg Hunt & Kids Colouring In Comp Draw



Where : 1476 Upper Esk Rd, Upper Esk (end of the bitumen road west from  
Mathinna and beginning of Gunns Rd to Roses Tier)

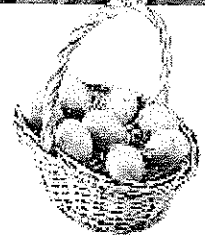
What to bring: Salad Plate or Desserts (Meat is provided) & Picnic Rug or Chairs

Who: Everyone—Especially the kids!

RSVP: 18/04/11 (please for catering purposes)

Contact: Tanya or Peter 6377 1134

Email: [tanya@successmasters.com.au](mailto:tanya@successmasters.com.au)





**Kids Colouring in Competition—Church in the Valley Sunday 24th April**



Entries can be posted to 1476 Upper Esk Rd Upper Esk 7214 or hand delivered to St Mary's Anglican Church or bring with you on

Easter Sunday 24th at 11am and join in the Easter Egg hunt & Free Family BBQ

Winners/Prizes at 1.00pm . Remember to put name, address, age & phone number on your entry

## St Helens Flowers

*Donna of St Helens Flowers takes all the  
fuss out of ordering flowers.*

*Arrangements, Bouquets, Gift  
Baskets, Wedding Flowers,  
Floral Tributes*

*Member of the Petals network—we can  
now send or receive flowers worldwide!*

*Fantastic Fresh Flowers delivered to your  
door or statewide*

**Ph Donna—6376 1211**



*Fun Range of Helium Balloons!*



## DESIGNER HAIR STUDIO

**46 Main St St Marys Ph: 6372 2108**

**"WACKY WEDNESDAY"**  
**\$5 OFF ALL SERVICES.**

Pensioner rates remain  
the same  
at \$22.50 for trims.

**ALL HAIR PRODUCTS A LOW  
\$17.95**

Salon hours: Monday: Closed  
Tuesday/Wednesday: 9.30 - 5.30  
Thursday/ Friday 9.30 till late. (App only)

*I'd like to thank Georgina Williams for  
her time spent working with me. I'm sure  
whatever career path you choose in life,  
you will be great. Best of luck for the  
future.  
Rachael.*

## DELIBERATIONS

*By Charles Trollope*

It constantly amazes me how we manage to survive all of the nasty and unnatural substances that are forced on us in the name of health care. Were we told many years ago of the dangers of eating butter, and the health benefits of margarine?

So what is margarine, what is it made from and why should we not listen to the "experts" who tell us how good it is for us!

Margarine is only one molecule away from being plastic and shares 27 ingredients with paint. It was originally formulated for the turkey industry but unfortunately had the property of killing the turkeys. This should have been enough evidence to show that it was not fit for anyone or anything to eat, but no, the next thing that we were told was that here was a "wonder food" that would protect your heart by lowering plaque buildup in your arteries. What utter rubbish!!!

Here are the facts: A recent Harvard Medical Study showed that it can increase heart disease in women by 53% over eating the same amount of butter. It increases total cholesterol and LDL (bad cholesterol) and lowers HDL, the good cholesterol and increases the risk of cancer by up to five times.

Both butter and margarine have the same amount of calories, butter is slightly higher in saturated fats at 8 grams, compared with margarine at 5 grams. However, butter increases the absorption of many beneficial nutrients in other foods.

Margarine is very high in fatty acids, is hydrogenated which changes the molecular structure, it decreases immune response and also decreases insulin response.

Here is a little test to see if it really is a food. Leave an open tub of margarine in a shady area for a couple of days and you will see that no flies will go near it. They know what food is a lot better than us. Nothing will grow on it because it has no nutritional value, proving conclusively that it is not a food.

Historically, butter has been around for many hundreds of years. The people who eat it in large quantities every day, are the same people who have the privilege of living the longest. Tibetans have traditionally always put salt as well as a pat of butter in their tea and were some of the oldest living and active people in the world before the Chinese destroyed their society, while Australia looked the other way.

Unfortunately, it is very difficult to avoid many of the harmful ingredients found in our foodstuffs today no matter how hard we try.

Where has the honesty gone, where we could rest assured that we were being looked after by the people who's job it is to do so?

We live in a pill popping society with a high proportion of sick people and the medical profession overworked and unable to cope, and the expense is enormous. Good nutrition is undoubtedly a major factor if one wants to maintain good health.

Perhaps we should study the lessons of history and go back to a few of the products that have been proven to benefit mankind over the centuries and avoid the products that are only thrust on to us for the benefit of large multinational corporations.

## Break O'Day Stitchers Inc. Exhibition 2011



### QUILTING & EMBROIDERY EXHIBITION

Saturday 23rd - Wednesday 27th April 2011,

10am to 4pm

Portland Memorial Hall, St. Helens

This year's challenge is 'Butterflies' along with our usual entries of Quilts, Cross Stitch, Embroidery, Knitting, Journal Cover, Dolls and Teddy Bears, miscellaneous, with Men's and Novice sections.

Juniors - This year to encourage more junior entries, you can enter three times for free

Entries close Friday 1<sup>st</sup> April, 2011.

For enquiries:- Lundy - 0409 098 060,

Libby - 6376 2702

Entry forms:- can be picked up at Annie's Cottage Crafts

## The Vortex Healing Centre has opened its doors!

A magnificent Yurt built by Zeb Walker, is now ready for business. Sue Christiansen is working from here, doing massage and naturopathy. 0418 515 419.

There will be many different types of healing available soon, plus workshops, meditation groups, discussion groups, Art therapy. Qi Gong, Reflexology, Crystal bed, a therapy advocated by John Of God. (Brazilian Healer)

The first Sunday in every month will be an afternoon when everyone can come and experience healing, or alternatively, give healing, just turn up at 215 Dalmaine rd Gray at 2 pm.

A Meditation group on Fridays at 10 am, is open to anyone who would like to learn how to Meditate. This is a visualization method that focuses on personal growth. It is an easy and enjoyable method taught by Sue who has been teaching this method for 30 years.

We have a workshop on Crystals and their uses on the 16th and readings on the 17th of April. This is facilitated by an American couple, Marilyn and Tohmas Twintree. They are touring Australia and we are very lucky to have them here! Bookings are essential so don't miss out! You can find out more about them at their website [www.ahhhmuse.com](http://www.ahhhmuse.com). To book ring Sue 0418 515 419.

To find out what is available and when go to [www.vortexhealingcentre.com](http://www.vortexhealingcentre.com) and click on calendar of events, or ring Sue on 0418 515 419.



## BOBCAT HIRE

- \* Site cleaning & leveling
- \* Excavations
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- \* Landscape preparation

SAVE HOURS OF HARD WORK.

GIVE MARK A CALL

Ph: 6372 2145.

## Ransley's Appliance Service

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° Washing machine NOISY?

° Refrigerator runs too LONG?

° Clothes dryer blows cold AIR?



Then you need the service  
of our technicians.

Ring us on: Scamander: 6372 5307

Mobile: 0428 761 811

## HARRIS FUNERALS

Lindsay & Diane

(D. Bailey & son) A.F.D.A

Ph/Fax: 6376 1153 Mob: 0418 133 420

Office & Residence:

114 Cecilia St

St Helens

Chapel:

46 Tully Street

St Helens

We are here when you need us  
to arrange Burial or Cremation.



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

## Remedial Massage and Naturopathy

ring Sue Christiansen for an appointment.

0418 515 419

## Scamander Beach Surf Shop

6 Lagoon Esplanade

Scamander

Ph: 6372 5529

Bathers Wetsuits DVDs

Clothing Footwear

Bodyboards

Surfboards:

Milch McTavish

Surftech Bic G Boards

## Bay Surf Shop

2 Pendrigh Place

St Helens

Ph: 6376 1755

### The Valley & East Coast Voice Guidelines.

- *Opinions in letters published are not necessarily the views held by the editor and voluntary workers.*
- *Our pages will remain open to fair and honest criticism, so that on all questions, both sides may be presented, but any letters containing personal attacks or hinting at libel or slander will not be accepted.*
- *Please do not attack the editor, the paper or the authors of previous letters.*
- *Letter writers will be given the chance to respond over a suitable period of time, but anonymous and/or nom-de-plume letters received as from 11-02-10 will not be published. Subjects may be closed at the editor's discretion.*
- *Please make sure of your facts. Do not write letters just to let off steam. Keep letters short and simple. Letters restricted to 300 words or less will be given preference.*
- *All letters arriving by post must be signed, including a printed name and also contain your contact details, such as full name, address and phone number.*
- *All letters sent by email must contain your contact details, such as full name, address and phone number.*
- *All letters left at drop-off points must have a signature, plus a printed name and also contain your contact details, such as full name, address and phone number.*

### 10 yard truck

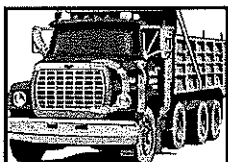
Cart anything - gravel, moo poo, dirt, rubbish.

Back hoe work.

Grader blade, ploughing.

**Cheap rates.**

Phone Norm Dawson on:  
6372 2380.



### Rae & Partners

Lawyers Barristers & Solicitors  
113 Cimitiere St Launceston

#### Visiting :

St Marys Community Health Centre

Alternate Tuesdays : 9 am - 10 am

Ph: 6337 5555 For appointments.

### Stallholders Market Inc.

Is a non profit organisation holding markets every Saturday from 8am in St Helens, at the Library car park. There is a variety of stalls and the fees charged to stall holders is donated to various charities.

For stall booking and other inquiries, please phone Marilyn on 6376 1858.



### St Marys Market

Rain hail or shine the markets will be held on the 1<sup>st</sup> Saturday every month in the community hall 9am till 2pm.

New stall holders welcome

Phone Colin 6372 2707 or Sue 6372 2512

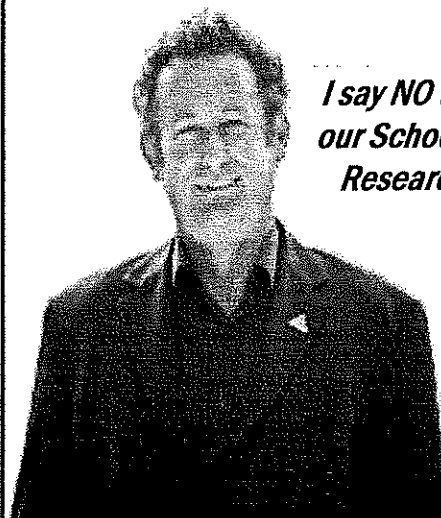
## Tim Morris MP

Tasmanian Greens Member for Lyons



Tasmania

**I say NO to selling off  
our School Farms and  
Research Stations**



**New Address:** Shop 9, Covehill Shopping  
Centre, Bridgewater 7030

**Phone:** (03) 6263 3801

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

**www.tas.greens.org.au**

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

Articles for any edition may be left at the St Marys Pharmacy. This also includes items for sale and wanted. Please ensure that your details are included.



**St. Helens Electrical**

ROD SHAW

LIC: C00489

Domestic, Commercial, Industrial:

*Wiring and Repairs, Rewires,*

*Underground.*

Home Heating:

*Advisory, Sales & Installation of heat  
pumps and fixed heaters.*

Lighting Specialist :

*Interior and exterior, Advise,*

*Sales and Installation.*

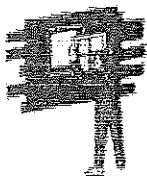
Ph: 6372-5522 Mbl: 0407-615-072



### **EAST COAST GLASS**

Falmouth Ph: 6372 5361

- ▶ Glass repairs
- ▶ Shower screens
- ▶ Wardrobe doors
- ▶ Double glazing
- ▶ Aluminium windows
- ▶ Security doors



Locally owned and servicing  
the East Coast.

Call David and Anne Cannon  
for prompt and reliable service.

### **Yanni's**

Café / Laundromat / Catering



25 Quail St, St Helens, Tasmania. 7216.

Ph: (03) 6376 2629

Mob: 0400 054 110

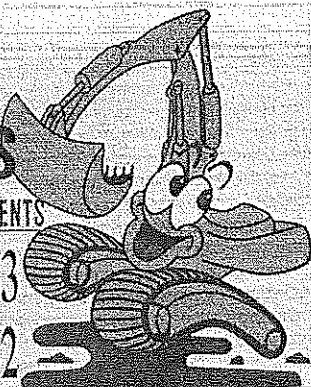
email: marycporter@bigpond.com

### **C & D EXCAVATIONS**

FOR ALL YOUR EARTHMOVING REQUIREMENTS

Phone : 03 6372 2033

Mobile : 0439 722 032



**LOCAL OWNER - OPERATOR  
OVER 20 YEARS EXPERIENCE**

**Ph : Dana or Craig**

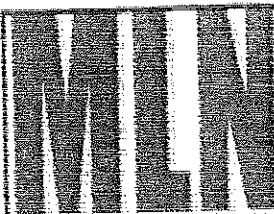
**6372 2033 /0439 722 032**

### **Incorporating all your needs in:**

**DAMS, ROADING, FIREBREAKS, LAND CLEARING, HOUSE SITES, DRAINAGE, BRIDGE CONSTRUCTION.**

- ◆ ROAD GRAVELS
- ◆ TOP SOIL
- ◆ SCREENED TOP SOIL
- ◆ SAND
- ◆ ROCKS
- ◆ ON SITE SCREENER 20mm to 75mm (TURN YOUR RUBBISH INTO TOP SOIL)
- ◆ 20 TONNE EXCAVATORS WITH TILT BUCKET & RIPPER, ROCK & LOG GRAB & QUICK HITCH
- ◆ D 65 KOMATSU DOZER, RIPPER & TILT BLADE
- ◆ 10 YARD TIPPER
- ◆ COMPACTION ROLLER
- ◆ WHEEL LOADER

**AND MUCH MORE**

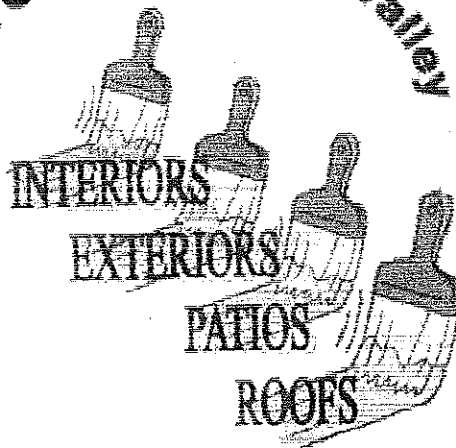


**Painting**

**FREE QUOTES**

**ENTERPRISES**

**East Coast & Fingal Valley**



**MICK: 0439 722 718**

## MEALS ON WHEELS ROSTER

March/April		St Marys	Fingal
Monday	28th	Val Spencer	Neighbourhood House
Tuesday	29th	Ruth Aulich	
Wednesday	30th	Liz Rice	
Thursday	31st	Kaye Nailer	
Friday April	1st	Claire Bean	
MOW Contact		Phone:	0485 384 344
Monday	4th	Wendy Dawson	Neighbourhood House
Tuesday	5th	Trish Pike	
Wednesday	6th	Val Spencer	
Thursday	7th	Heather Griffiths	
Friday	8th	Pam Gillies	Neighbourhood House

## Church Services

### Catholic Parish of St Marys

Sr. Lorraine Groves  
Parish House. Ph: 6372 2252  
Mob: 0409 172 741

#### 1st Sunday: MASS

St Helens Vigil L/W 6.00pm  
Bicheno L/W 9.00am  
Swansea LWC 9.30am  
Fingal 11.30am  
Campbell Town 5.00pm

#### 2nd Sunday: LITURGY

St Helens Vigil LWC 6.00pm  
St Marys LWC 9.00am  
Bicheno LWC 9.00am  
Swansea LWC 9.30am  
Fingal LWC 9.30am  
Campbell Town LWC 5.00pm

#### 3rd Sunday: MASS

St Helens Vigil 6.00pm  
St Marys 9.00am  
Swansea 11.30am  
Campbell Town 5.00pm  
Bicheno LWC 9.00am

#### 4th Sunday LITURGY

St Helens Vigil LWC 6.00pm  
St Marys LWC 9.00am  
Bicheno LWC 9.00am  
Swansea LWC 9.30am  
Fingal LWC 9.30am  
Campbell Town LWC 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  
St Marys Every Sunday  
10am  
Pyengana: Kids Church,  
2pm - 4th Sunday every month.

### Salvation Army TUESDAY JAM

3-5pm every Tuesday.  
excepting school holidays.  
Envoy Melanie Norton Ph: 63722099

### 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

### Contacts for Valley Voice

PH: Judy: 6372 2155  
email: [judith.spillsbury@telair.com.au](mailto:judith.spillsbury@telair.com.au)  
Accounts: Mary: 6372 2328

Please leave written material at the  
St Marys Pharmacy,  
Main St, St Marys,  
or post: G/- Post Office, St Marys Tas 7315

### Advertising: 2011

Classifieds: 25 words or less: free  
Community notices: free

Small boxed ads: Garage sales: Greetings:

Thanks etc: \$12.

1/4 page \$20. 1/2 page \$30.

Full page \$50.

1 year posted subscription \$40.

### On Air Now!

Vision FM 88.0 at

St. Marys, St Helens and Fingal.

Robbo isn't alone at breakfast anymore.

Shelley has joined him and  
they are calling the program  
'The Journey'

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

National Vision Radio Network.

Phone 1800 007 770.

web [www.vision.org.au](http://www.vision.org.au)

### 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

### ST MARYS OP-SHOP

#### TRADING HOURS:

10AM - 3.30PM TUES TO FRI.

PH:6372 2733.

New winter clothing  
arriving every week.

The volunteers would like to  
thank the public for their  
support whilst Tracy is not well,  
and we all send our regards  
and best wishes for  
a speedy recovery.

Mon	Tue	Wed	Thu	Fri
21 Mar	22 Mar	23 Mar	24 Mar ☞ Dental Service ☞ <u>Launching into Learning</u> St Marys Kinder 10.30am ☞ <u>Stepping Stones</u> - Marys Kinder - 1pm	25 Mar ☞ <u>Launching into Learning</u> Fingal Kinder 10am ☞ Dental Service
28 Mar	29 Mar	30 Mar ☞ Dental Service	31 Mar ☞ Dental Service ☞ <u>Launching into Learning</u> St Marys Kinder 10.30am ☞ <u>Stepping Stones</u> - Marys Kinder - 1pm	1 Apr ☞ <u>Launching into Learning</u> Fingal Kinder 10am ☞ Inter-high swim carnival ☞ Progress report to parents
4 Apr	5 Apr ☞ Primary Assembly - St Marys - Primary multipurpose room 2:10pm	6 Apr	7 Apr ☞ <u>Launching into Learning</u> St Marys Kinder 10.30am ☞ <u>Stepping Stones</u> - Marys Kinder - 1pm	8 Apr <b>STUDENT FREE DAY</b>

Above calendar is correct at time of printing, for regular updates and other information please go to the school website:-

**[www.schools.education.tas.gov.au/stmarys](http://www.schools.education.tas.gov.au/stmarys)**

## YOU CAN SCHOOLS PROGRAM

### Support teens with cancer and Reward your school by recycling phones!

The You Can Schools Program gives schools the opportunity to not only help young Australians survive cancer and contribute to a greener planet, it is also an easy way to get amazing educational products for free! Schools can receive educational products by collecting and donating old mobile phones.

Grade 10 Student Leaders have registered our school to participate in the program. Collection Boxes will be outside the office at both St Marys Campus and Fingal Campus. **Collect up all your old mobile phones, batteries, chargers etc as well of those of family and friends and place them in the collection boxes!** We hope to gain support of local businesses in this initiative that helps the school, kids with cancer and our environment.

More information about You Can Schools at: <http://youcan.org.au/schools/about-us/>

Other small electronic waste items such as Ipods, cameras etc can also be recycled through the collection boxes, however will not count towards the number of phones collected.

## FREE FAMILY EVENT—DINOSAUR PETTING ZOO

Come on down, bring the family and meet the menagerie!

\*Erth's awesome prehistoric creatures, from cute baby dinos to teeth-gnashing giants, live in a petting zoo like no other! There's not a wallaby or llama to be seen. As these ancient life-like dinosaurs come to life, they are (mostly!) friendly in this fun, educational and imaginative performance that will thrill and delight children of all ages. There's an amazing array of creatures from bygone eras. Meet a gang of insects, mammals and dinosaurs that once roamed free around the southern hemisphere.

**FINGAL PRIMARY SCHOOL OVAL, 5.00PM FRIDAY 1 APRIL 2011**

**PART OF THE TEN DAYS ON THE ISLAND EVENT** <http://tendaysontheisland.org/>

\* [www.erth.com.au](http://www.erth.com.au)

# Prep/One Science

The Prep/One Classes have been learning about the senses.  
We have investigated using the senses of sound and touch by participating in lots of fantastic activities.



Lucian, Taylor, Jakobe and Natasha  
at the touch table



Kate and Ruby playing  
with goop



Bonnie, Keisha and Amali playing  
in the corn



Tasharna, Ava & Evie making music  
on the noise frame



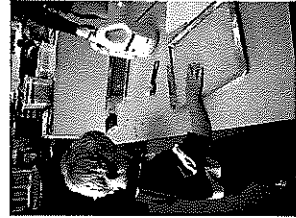
Hamish playing  
Sound Bingo



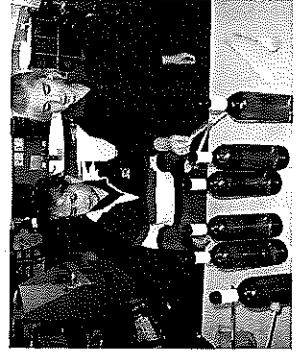
Eric, Darshini and Ava making  
shakers



Lani and Keisha identifying objects  
on the touch table

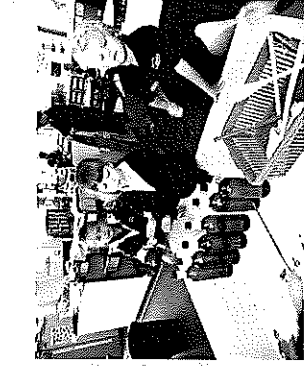


Jack making hand  
prints

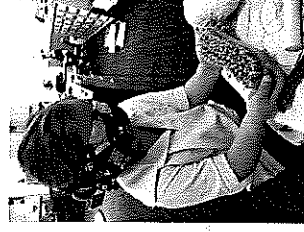


Sativa and Jasmine trying to put the  
bottles in order of pitch.

# Prep/One Science



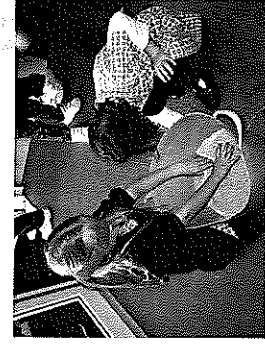
Sativa, Sophie and Max Exploring  
pitch



Natasha feeling the  
Mystery object.



Kimberley and Lucian playing  
in the goop



Bridie and Lani feel for hidden  
Treasures in the sand



Evie exploring the  
beads in the playdough



Zoe, Kimberley and Jackson  
moving the water around



Catherine feeling  
the squishy paint.



Tiana making music



Hamish, Elvis, Leo, Aaron and  
Ziggy listening for sounds.

# ST MARYS COMMUNITY HEALTH CENTRE

## DOCTORS ROSTER

Dr Cyril Latt 23/3/11-8/3/11  
Dr Reeckman- 24/3/11 & 25/3/11  
(Women's Health Clinic 24/3/11)

### (St Marys Community Health Centre

#### GP Surgery Hours:

Monday—Friday 8:50am-12:30pm

12:30pm-1:30pm LUNCH

1:30pm-4:30pm

#### **PATHOLOGY SERVICE**

*No Pathology Service between*

12:00-1:30pm or before 8:30am daily.

If you require Pathology **before 8:30am** an appointment **must** be made with the Nurses Station **the day/night before**.

#### **INR TESTS**

A doctor's appointment is required if you are having an INR test. Please **let reception staff know when making your appointment that you are having an INR test**. This is a 5 minute doctor consult.

#### **AFTER HOURS SERVICE CONTACT NUMBERS**

PLEASE PHONE GP ASSIST ON 1300 780 011

AMBULANCE 1800 008 008 or

EMERGENCY 000

COMMUNITY HEALTH CENTRE 6372 2111

**PLEASE RING BEFORE PRESENTING AFTER HOURS**

#### **SCRIPTS AND DOCTORS APPOINTMENTS**

Please ensure doctors appointments are booked **prior** to your medication/s running out or **in advance** if you are attending this practice regularly.

Scripts **can not be requested by patients over the phone** and are unable to be done over the weekends, ensure you have enough medications in advance. **PLEASE BE PATIENT** waiting periods can apply.

#### **WHAT'S ON AT THE CENTRE (MARCH 2011)**

24th March Relationships Australia- Leanne McMurtie for appointments please phone 1300 364 277

Social Worker- Shan Williams appointments available by phoning 6372 2111

25th March Diabetes Educator (GP North) - Appointments available by referral from your GP

Dietician (GP North) - Appointments available by referral from your GP

Exercise Physiologist (GP North) - Appointments available by referral from your GP

Social Worker- Shan Williams appointments available by phoning 6372 2111

#### **WHAT'S ON AT THE CENTRE (MARCH/APRIL 2011)**

Continued...

25th March Tasmanian Acquired Brain Injury Service- Margie Williams

26th March Tai Chi 10:30am in the Day Room. All welcome to attend. For further details please phone the Healthy House on 63765242

28th March GP North Diabetes Assessment Consultant- Sue Hayes

29th March Child Health Session with Sue Gofon every Tuesday- Appointments only. Please phone 0428 136 381

30th March Day Centre- For details on the group please contact Hayley Gilbert 6372 2111.

GP North Mental Health Worker- Brady Young for appointments please see your GP for a referral

31st March GP North Mental Health Worker- Brady Young for appointments please see your GP for a referral.

Social Work- Shan Williams. Please phone 6372 2111 for appointments

1st April Social Worker- Shan Williams appointments available by phoning 6372 2111

Tasmanian Acquired Brain Injury Service- Margie Williams

2nd April Tai Chi 10:30am in the Day Room. All welcome to attend. For further details please phone the Healthy House on 63765242

4th April Hospital Auxiliary Meeting 2:00pm in the Day Room

5th April Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555

Child Health Session with Sue Gofon every Tuesday- Appointments only. Please phone 0428 136 381

6th April Day Centre- For details on the group please contact Hayley Gilbert 6372 2111.

Social Work- Helen Jennings. Please phone 6372 2111 for appointments

7th April Eyelines- For appointments please phone 1300 139 363. All consultations Bulk Billed to Medicare

Relationships Australia- Leanne McMurtie for appointments please phone 1300 364 277

Social Worker- Shan Williams appointments available by phoning 6372 2111

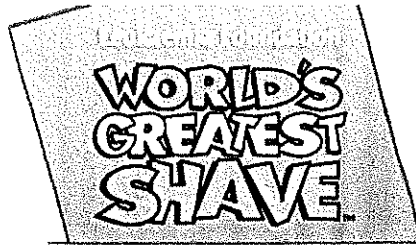
GP Podiatrist- Annabelle. For appointment please see your GP or Health Professional for a referral.

Continence Nurse- Sue (Replacing Heather). For appointment please see your GP or Health Professional for a referral.

8th April Social Worker- Shan Williams appointments available by phoning 6372 2111

Tasmanian Acquired Brain Injury Service- Margie Williams.





## 'SHAVE SHIRLEY'



Local lady Shirley Barrett is braving the St Marys cold and is raising funds to participate in '*World Greatest Shave*' for the Leukaemia Foundation.

Please feel free to leave a donation at the Health Centre  
Reception or the St Marys Post Office  
Or

Come along to Shirley's Public Shaving on:

Wednesday 30<sup>th</sup> March 2011  
at 1:30pm  
Location: St Marys Day Centre

All welcome to attend!  
For further details please ring Hayley on 63722111

# StMarys & district emergency & business contacts

CRIMESTOPPERS 1 800 333 000 AMBULANCE 000 NON EMG. 1800 008 008  
POLICE 000 COMMUNITY HEALTH CENTRE 6372 2111  
NON URGENT 131 444 DOCTOR 6372 2111  
POLICE ST MARYS 6372 1010 BEN LOMOND WATER AND SEWERAGE 13 6992

FIRE 000  
SES 132 500  
(FLOOD & STORM ONLY)  
AURORA 13 20 04 EMG.

## ACCOMMODATION

ADDESTONE HOUSE B&B 6372 2783  
19 GRAY RD ST MARYS WWW.ADDLESTONEHOUSE.COM.AU  
FISH-TALES ON THE BAY (BH) 0439 265 362  
(PET FRIENDLY) (AH) 6372 2128  
MARITON HOUSE B&B + HORSE RIDING  
1 IRISHTOWN ROAD ST MARYS 6372 2059  
RAINBOW RETREAT (LOT 1 OFF GILLIES ROAD)  
(info@rainbowretreat.com.au) 6372 2168  
SEAVIEW FARM 6372 2341  
ST MARYS HISTORIC HOTEL 6372 2181  
(48 MAIN ST ST MARYS)

## ARTS & CRAFTS

BLUEBERRY COTTAGE (OPEN GARDEN & CRAFTS)  
(ELEPHANT PASS) 6372 2755  
dave@blueberrycottage.com.au  
GONE RUSTIC STUDIO & GALLERY 6372 2724  
(37 MAIN ST ST MARYS)

GRASSY BOTTOM REGIONAL ARTS  
(CONTACT ANY MEMBER)

## ART SUPPLIES

BIG SHED STUDIOS 0428 725 228  
(24837 TASMAN HIGHWAY ST HELENS)  
WHATEVER ART 6372 2287  
(LOT 1 GARDINERS CREEK ROAD)

## AUSTRALIA POST

ST MARYS POST OFFICE 6372 2124  
(MAIN ST ST MARYS)

## BAKERY

ST MARYS BAKERY 6372 2131  
(MAIN ST ST MARYS)

## BANKS

COMMONWEALTH BANK 6372 2268  
(MAIN ST ST MARYS)

## BERRY FARM

BLUEBERRIES SEAVIEW FARM 6372 2341

## BOARDING KENNELS

THE GUMS KENNELS AND CATTERY  
(IRISHTOWN ROAD ST MARYS) 6372 2512  
UPPER SCAMANDER KENNELS AND  
CATTERY (905 UPPER SCAMANDER ROAD) 6372 5157  
WAGABOUTS (0429 170 077) 6376 2131

## BREAK O'DAY COUNCIL

ST HELENS 6376 7900

## BREAK O'DAY BUSINESS

ENTERPRISE CENTRE  
BEC SHOP 1/34 QUAIL ST ST HELENS  
(ADMIN@SMALLBUSINESS.ORG.AU) 6376 2044

## BUS SERVICES

CALOWS BUS SERVICE (ST MARYS) 6372 2476  
(ST HELENS) 6376 2161

## BUTCHER

INSTORE SUPERMARKET 6372 2274

## CABLE LOCATIONS

TELSTRA COPPER NETWORK & UNDER-  
GROUND POWER CABLES ETC.  
MICHAEL SMITH 0408 059 521

CARERS FOR WILDLIFE TAS INC.  
6372 2973 / 0417 017 105

## CARTAGE CONTRACTORS

C & D EXCAVATIONS 6372 2033  
M HENDLEY 6372 2145  
TROTTERS CONTRACTING 6372 2107 6372 2742  
(EXCAVATION, DRAINAGE, & GENERAL CARTAGE)

## CHILD CARE

ST MARYS CHILD CARE CENTRE 6372 2187

## CHURCHES

ANGLICAN CHURCH 6376 1144  
CATHOLIC CHURCH 6372 2252  
UNITING CHURCH 6376 2405  
SALVATION ARMY 6372 2099

## CLOTHING

MAIN STREET CLOTHING 6372 2211  
STRAWBERRY JELLY (MAIN ST) 6372 2684

## COMMUNICATIONS

DAVID MORRIS 0402 969 393 6372 2743  
(david@delafontera.com.au)  
(INSTALLATION & SERVICE TECHNICIAN)

## CONFECTIONARY

MT ELEPHANT FUDGE (7 STORY ST ST MARYS)  
(PROPRIETOR LIZ DEAN) BUS: 6372 2034 H: 6472 2787.

COMMUNITY CAR 0428 308 622

## DESIGNER-BUILDING

BUILDING DESIGN STUDIO 6372 2000  
(56a MAIN ST ST MARYS)

## ELECTRICIANS

ST HELENS ELECTRICAL 6372 5522  
0407 615 072

## ELECTRICAL & COMPUTER

GAZZMAN'S BETTA ELECTRICAL (ST HELENS)  
INCL. FURNITURE, BEDS, MANCHESTER FLOOR  
COVERINGS, HOME WARES Fax: 6376 2159  
(gazzmans@bettastores.com.au) 6376 2555

## ELECTRICAL REPAIRS

RANSLEY'S HOME APPLIANCES 6372 5307  
(SCAMANDER) 0428 761 811  
RICK ENGINEERING (MAIN ST ST MARYS) 6372 2460

## FUNERAL DIRECTORS

HARRIS FUNERALS (ST HELENS) 6376 1153

## GARAGES

CALTEX ST MARYS (MAIN ST ST MARYS) 6372 2335

## GARDEN CENTRE

MANNA FARM 6372 2707  
(45 MAIN ST ST MARYS OPEN THUR/SUN 10 - 4pm)

## GIFTS

AVAILABLE IN MANY BUSINESSES

## GLASS REPLACEMENT

EAST COAST GLASS 6372 5361

## GOLF CLUB

ST MARYS SPORTS CENTRE INC 6372 2177

## INSURANCE BROKERS

MCKILLOP INSURANCE (LYN) 0400 984595

## JUSTICES OF THE PEACE

K FAULKNER 6372 2196  
H VELDUMS 6372 2124

## HAIR DRESSER

DESIGNER HAIR (MAIN ST ST MARYS) 6372 2108

## HEALTH FOODS

PURPLE POSSUM WHOLE FOODS 6372 2655  
(STORY ST ST MARYS)

## HEALTHY COMMUNITY PROJECT

(5 PORTLAND COURT ST HELENS) 6376 5242

## HORTICULTURIST

PETER DANE (QUALIFIED HORTICULTURIST) 6372 2686

## HOTEL

ST MARYS HOTEL (MAIN ST ST MARYS) 6372 2181

JAM (JESUS & ME) M NORTON 6372 2099

## LIBRARY

ST MARYS LIBRARY 6372 2114  
(MAIN ST ST MARYS)

## LINE DANCING

VALLEY COASTERS 63 72 2266  
(SUE FISHER)

## LYMPHOEDEMA CENTRE

ST MARYS LYMPHOEDEMA CENTRE 6272 2900  
(LOCATED AT ST MARYS COMMUNITY HEALTH CENTRE)

## MARRIAGE CELEBRANTS

PETER POWER (peterpowercelebrant@gmail.com)  
0417 017 105

TERESE TANNER 0400 512 845 6372 5745

MEALS ON WHEELS 0488 384 344

## MECHANICS

MICHAEL AULICH (MECHANICAL & WELDING REPAIRS  
& GENERAL STEEL & ALUMINIUM FABRICATION)  
209 IRISHTOWN ROAD MOB: 0417 507 239 6372 2991  
GRANT FAULKNER (CALTEX ST MARYS) 6372 2335

## MUSEUM

CRANKS & TINKERERS (IAN) 0417 648845  
(MAIN ST ST MARYS)

## NEWSAGENCY

ST MARYS NEWSAGENCY 6372 2143  
(STORY ST ST MARYS)

NEET CENTRE (ST MARYS) 6372 2175

## ONLINE ACCESS CENTRE

ST MARYS ONLINE CENTRE 6372 2005

OP-SHOP (MAIN ST ST MARYS) 6372 2733

## ORGANIC VEGETABLES

JACK FOREMAN (7 STORY ST ST MARYS) 6372 2034

## PACING CLUB

ERIC BEAN SEC. 6372 2136

## PAINTERS

MLN ENTERPRISE PAINTING 0439 722 718  
RAY ROSSKELLY 6372 2218

## PHARMACY

ST MARYS PHARMACY 6372 2844  
(MAIN ST ST MARYS)

## PLUMBERS

P J & H K CHILD 6372 5378  
R G & R I HARWOOD 6372 2445

## PROOF READER

LEISSA DANE 6372 2686

## PROPERTY CONSULTANT

LYN DAWES PROPERTY CONSULTANT  
(TOWNS SHEARING) 0427 560 565

## RESTAURANTS/CAFES

COACH HOUSE RESTAURANT 6372 2529  
ESCAPE WILDERNESS CAFE 6372 2444  
HAPPY BELLY DELI 0404 725 430  
MT ELEPHANT PANCAKE BARN 6372 2263  
PURPLE POSSUM WHOLE FOODS 6372 2655  
SEASALT 1300 646 001

## SECONDHAND DEALERS &

## COLLECTABLES

SECONDHAND ROSE (AH) 6372 2267

## SEPTIC TANK CLEANERS

SPLASH ST MARYS 0488 777 713

## SCHOOLS

ST MARYS DISTRICT HIGH SCHOOL 6372 3900  
(GRAY ROAD ST MARYS)

## SUPERMARKET

ST MARYS SUPER VALUE 6372 2240  
(MAIN ST ST MARYS) BUTCHERY 6372 2274

## SURFING SUPPLIES

SCAMANDER BEACH SURF SHOP 6372 5529  
(6 LAGOON ESPLANADE SCAMANDER)

BAY SURF SHOP (2 PENDRIGH PLACE ST HELENS) 6376 1755

## TELEPHONE, DATA & TV

EAST COAST PHONE & COMMUNICATIONS  
(JOHN HERON) (DIGITAL TV & SET TOP BOXES)  
0409 959 121 6372 2402

DELAFRONTERA (DAVE MORRIS) INSTALLATION &  
SERVICE TECHNICIAN MOB: 0402 969 393 Ph: 6372 2743

## SURVEYORS

EAST COAST SURVEYING (ST HELENS) 6376 1972

## VALLEY VOICE PUBLICATIONS

ACCOUNTS 6372 2328  
ADVERTISING 6372 2155  
(judith.spilsbury@telair.com.au)

## WATER CARRIERS

SPLASH ST MARYS 0488 777 713

## WOODWORK GUILD

OLD RAILWAY GOODS SHED (ST MARYS) 6372 2094

WIDE SPAN SHEDS 6372 2724

## YOUTH HOSTEL

SEAVIEW FARM (GERMANTOWN) 6372 2341

## St Marys Sports Centre Inc. news Kackhander

Well done to our bowlers who have finished off the regular (and long) season in great style with two huge wins. This has secured an unexpected but appreciated finals berth and has made the potential for the next few years look quite positive. This comes however with the possibility that several of our players are likely not to be able to play in the Saturday finals starting next week.

For the future of the club we hope that at least one or two can find a way to play for the First Semi Final at least. We will struggle to field a side otherwise. Hopefully something can be arranged.

A special thanks goes to Bicheno at the last roster match. We had a ball, a very enjoyable day indeed and a tight series of matches was the order of the day. It was also good to see Bicheno with strong numbers for coming seasons. Thanks again.

The ladies were already set for finals and a good run will see them very competitive again.

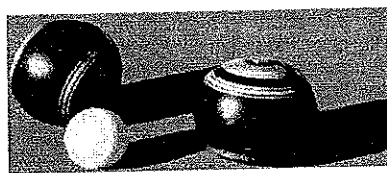
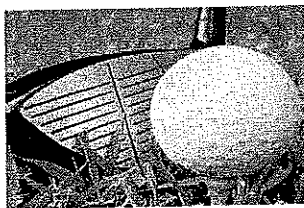
All players please do your best to get to practice this week so we can try to organise finals teams without too much drama.

Club games are going okay but a bit of catch up is still required in the next couple of weeks before the green closes. It's pretty important because next season St Marys is due to be host club and important work to the green and ditch is being scheduled

To golf, and new events are on the horizon this year and will be commencing fairly soon so look out for an interesting year approaching. Congratulations to the ladies pennant team who had a fine home win last Thursday. Some very nice compliments were also received from all on the course that day. It is in beautiful nick at present that's for sure.

Club President Jim Turner wishes to remind all that the Annual Club Dinner is set down for April 30<sup>th</sup> and RSVP is by April 15<sup>th</sup>. You can book a place by contacting the club on 6372 2177 or Jim 6372 2441 or Nikki Viney on 6372 2552. As usual it should be a top night again.

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 Sun - closed

### *This week's specials.* *from the butchery*

Beef mince	\$ 8.99kg
Ingham chicken breast fillets	\$12.99kg
Netted legs of lamb	\$ 16.99kg

### *instore specials*

Morning Fresh dishwashing liquid 450ml	\$ 2.19
Prefer Premium toilet tissue 6pk	\$ 1.65
SPC canned fruit 825g	\$ 2.99
Aim regular toothpaste 90g	.99c
Schweppes/Pepsi soft drink 2lt	\$ 1.89

### *All only \$1.99*

Arnotts shapes 160/200g  
The National confection company 140/200g  
Alberto Balsam Shampoo/conditioner 444ml  
Arnotts TimTam/slice/crowns/royals 150/200g  
Birds Eye frozen peas (excl. baby peas) 500g

### *Next week's specials* *from the butchery*

Rump steak	\$11.99kg
Corned silverside	\$ 6.99kg
Beef stirfry strips	\$ 9.99kg
IGA chicken breast fillets	\$12.99kg

### *from the freezer*

Bulla Creamy Classic icecream 2lt	\$ 5.99
Bulla splits 10pk	\$ 4.99
Baron table chicken kiev 350g	\$ 7.99
Bulla frozen choc bars 10pk	\$ 4.99
Bulla frozen yoghurt 2lt	\$ 5.99

### *instore specials*

Fab Ultra laundry powder 500g	\$ 1.99
Sanitarium Weetbix value pack 1.3kg	\$ 3.99
Tyneee Tips teabags 100s	\$ 4.55
Sorbent toilet tissue 6pk	\$ 3.99
PeaBeu fly spray 250g	\$ 2.99

Cadbury Easter eggs now in stock



CHECK OUT OUR NEW RANGE OF  
BOKS GOURMET SMALLGOODS.  
WOODFIRE SMOKED BACON,  
BRED FREE RANGE,  
AND AWARD WINNING SAUSAGES.

ALL MADE IN TASMANIA.