



The Valley & East Coast Voice

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50 cents

NATIONAL TREE DAY

Australia's largest community tree planting event is coming up on **Sunday August 1** and is calling on St Marys residents to join the campaign to plant a million new native trees and shrubs across Australia.

The St Mary's Rivulet Community Park/Arts Space Interest Group is hosting a **National Tree Day** event. It's taking place at the St Marys Rivulet (corner of Storey Street/Groom Street) with activities starting at 2.00pm.

National Tree Day attracts more than 300,000 volunteers around the country each year.

"If you're looking for a simple and lasting way to make a positive contribution to our community, then get involved in National Tree Day," says Janet Drummond of the St Marys Rivulet Community Park/Arts Space Interest Group. "All you need is a positive attitude and a willingness to get your hands dirty, we provide you with the know-how and resources you need to get involved."

"Community members have supported the idea of using the site as an area in which to create a community park and arts space. The idea of a community park and arts space builds upon the long-term vision of former Break O'Day councillor David Clement and is supported by his family.

The idea of the green space being managed by the community would mean that St Marys would have a permanent community space for outside events. The green space could connect the recently opened camping ground and the town via a pleasant walking track. Residents of St Marys can come along to the Tree Planting Day to show their support for the project."

For 15 years, Planet Ark, together with councils, schools, businesses and community groups, have provided Australians with an opportunity to do something good for their community and the environment through National Tree Day. In the event's history 15 million native trees and shrubs have been planted.

"National Tree Day brings communities together to learn, grow and care for Australia's unique environment and is a great opportunity for families to experience the wonders of our natural surroundings," says Planet Ark spokesperson Rebecca Gilling. "We are delighted to be partnering with St Marys Rivulet Community Park/Arts Space Interest Group to bring this event to the St Marys residents.

In addition to National Tree Day there is also Schools Tree Day, an event for young people to grow their environmental education in a fun and practical setting. This year's Schools Tree Day will be held on Friday 30 July.

"The future of our planet really lies in the hands of our children so getting them outdoors and involving them in a fun and simple activity such as planting a tree, will hopefully transpire into a life filled with positive environmental actions," says Gilling.

National Tree Day is organised by Planet Ark in partnership with Toyota and Its Dealer network which provide on-the-ground support at local and community tree-planting sites Australia wide.



Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday August 10, 2010

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.

SPECIAL NOTICE: DUE TO UNFORSEEN CIRCUMSTANCES THE JULY MEETING OF THE TASMANIAN LYMPHOEDEMA CENTRE INC. WILL BE MOVED TO AUGUST 2ND. SAME TIME, SAME PLACE. SORRY FOR ANY INCONVENIENCE.

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)

Break O'Day Wine & Food Appreciation Society meets once a month on the last Sunday.
Ph: John 6376 3130.

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 Ben Morgan. Ben can be contacted on **03 6372 5604.**

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

St. Helens Al-Anon Family Group Meeting: St. Pauls Anglican Church Hall - every Sunday 2pm Contacts: **Ann, John 6376 3270 or Rose 6376 3335.**

The Friends of the History Room hold General Meetings: 8th February, 10th May, 12th July --AGM, 11th October. Executive Meetings: 9th March, 14th June, 9th August 13th September, and 8th November. All held at Tidal Waters at 5pm.

gone rustic studio & gallery

37 main street
st marys 7215

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*featuring handmade &
contemporary art &
craft direct from
the artist to you*

*agents for wide span
kit sheds & homes*

important notice
we are discontinuing
our gas swap service
after 7th august, or
when current stock
runs out, which-
ever comes first

stitching group
rustic ragamuf-
fins
wed 7-9 (\$5)

opening hours
tues - sat. 10 - 4

www.gonerustic.com
gonerustic@yahoo.com.au

Break O'Day Regional Arts

(Formerly Grassy Bottom Regional Arts)
General Meeting First Wednesday Monthly 5.30pm
Colin 6372 2707
Janet 6372 2851

St Helens Alcoholics Anonymous (AA)

Wednesday 8pm Weekly
St Pauls Anglican Church Hall
St Helens
Murdoch 6376 3335

St Marys Alcoholics Anonymous (AA)

Thursday 11am Weekly
Day Centre St Marys Hospital
Gardiners Creek Road St Marys
Diane 044 790 3926

St Marys Alcoholics Anonymous (AA)

Friday 8pm Weekly
Holy Trinity Anglican Church Hall
Esk Highway St Marys
Rod 6372 2851

St Helens Al-Anon Family Group (Al Anon)

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

Sunday 2pm Weekly
St Pauls Anglican Church Hall
St Helens
Ann or John 6376 3270
Rose 6376 3335

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

Jag XJ6, 3/81, Excellent cond. White with red interior, Jag mags, LPG conv, twin fuel tanks, CD player, new battery, many extras. \$6.000. Ph: 6377 1100.

Gym, by 'Body Sculpture'. Different levels of resistance, leg extensions. Pull down etc... Train in a supported sitting position. In very good cond. \$300. Ph: 6377 1100.

Victa ride-on mower. 8HP, 34" cut. \$500. Ph: 6372 2460.

Sunbeam Café Series Coffee Machine. \$350. (\$700 new) **Lounge suite** \$100. **Computer desk** \$20. **Give away:** Timber single bed. Ph: 6372 2416 or 0438 534 763.

Two 1984/85 Volvos model GLT 360. Going order but need work. Rego due soon. For more details Ph: 6372 2012

Suzuki JR80 motorbike. Immaculate condition, low klms, original back tyre, bark busters. Blue, white, yellow. \$1,800. Firm. Ph: Janine or Peter on Fingal 6374 2269.

Wetsuit, Xcel ultrastretch Bamboo 4-3. brand new unused. Size L. \$300. Ph: 0427 264 983.

Automatic washing machine. 6kg, as new, with books. \$200. **Kitchen table & 4 chairs**, wooden. As new. \$70. **3 bike car rack**. Fits any tow bar. \$40. Ph: 0447 284 603.

2003 Peugeot 206XR 4 door hatch, metallic red, 111,000km, comes with warranty, new tyres/brake pads, reg. 01/11, CD player, A/C, etc. Great condition, reluctant sale \$8,800 ono. Phone Leissa on 6372 2686 or 0458 648 927.

New, still in boxes, **2 x 250mm electric exhaust fans**. DIY. \$13 each. **50 steel 6mtr lengths of plaster ceiling battens**. \$10 per 6mtr length. **Blue single pipeline bed**. \$10. **Kitchen-dining dresser**. New Zealand Kauri pine. 2 piece, top colour glass, bottom cupboards and drawers. \$300. **25 mtr undercoated 50mm colonial skirting**. \$20 the lot. Ph: 6372 5445.

Large square bales of straw for garden mulch. Ph: Mark or Alana 6372 2145.

Garden mulch or bedding. Small square bales of oaten straw. \$5. Ph: 0407 944 158.

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.

Portable milling available. Ph: 0427 715 577.

Frozen blueberries - this season's - \$11 kilo. Phone 6372 2341.

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

CALOWS BUS TIMETABLE
AVAILABLE AT NEWSAGENCY

**Remedial Massage and Naturopathy
now at the Purple Possum**
ring Sue Christiansen for an appointment
0418 515 419

WANTED TO BUY
GEARBOX TO SUIT 84 HILUX, 5 SPEED, PETROL.
PH: 6372 2465 OR MOB: 0488 927 840.

St Marys Market
Rain hail or shine the markets will be
held on the 1st Saturday every month in the community hall 9am till 2pm. Tasmanian Regional Art
New stall holders welcome
Phone Colin 03 6372 2707

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 Sylvia on 6376 8390. Saturday mornings only: 0447 589 803.

ANNUAL GENERAL MEETING
FOR FINGAL VALLEY MEALS ON WHEELS.
TO BE HELD AT THE
COMMUNITY HEALTH CENTRE
AT 2PM ON THE 17TH AUGUST, 2010.
ALL WELCOME.
LUNDY VOSPER, SECRETARY.

NOTICE OF ANNUAL GENERAL MEETING
Greater Esk Tourism (GET)
invites members to attend the next
Annual General Meeting
at 7 pm on Monday 9th August
at Fingal Valley Neighbourhood House.
Enquiries to the president on 0363722783

**MT ELEPHANT
PANCAKE BARN**
We are open all Winter.
Opening hours:
9am—4pm.
Back to normal
8am - 5.30/6pm
September 1st.



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.

A LITTLE BIT OF HERITAGE: Jim Haas

"The Van Diemens Land Amazon"

Early records tell us that the first settlers to the Fingal Valley in the late 1820s were subject to a number of attacks by Aborigines. One can only wonder if any of these attacks were led by the Aboriginal woman Walyer, named "Amazon" by Lieutenant-Governor George Arthur's Aborigines' mediator, George Augustus Roberson.

Walyer was born into the Tommeginne tribe somewhere in the north of Van Diemens Land around 1800. Her given name by her people was Terenorerer, but as a teenager she was abducted by a rival tribe and traded to sealers for flour and dogs. The sealers took her to the Bass Strait Islands and re-named her Walyer.

Like most Aboriginal women who were taken by sealers in those days, she would have been subjected to untold abuse and made work hard in catching seals, hunting mutton birds and submitting to the sealers' desires. But Walyer was no ordinary woman; she refused to become victimised by her captors and instead stood up to them and learnt their ways in an attempt to fight them at their own game.

By 1828 she was able to speak English and use a firearm as good as any man. She also had the knowledge, athleticism and courage to escape from the sealers of Bass Strait and return to Mainland Van Diemens Land.

Once back with her own people she banded together a group and trained them in warfare, teaching them to fight, use fire arms and strategically plan their attacks. Led by Walyer they travelled far and wide attacking the *luta tewin* (white men) settlers at random.

They were masters of guerrilla warfare and Walyer soon became the most infamous person in the Colony.

There are many entries in Roberson's diaries about the woman he named the Amazon. He described her as an athletic woman who could speak fluent English and issued her orders in a most determined manner. He wrote she collected together the disillusioned of several tribes and roamed over a vast area of the country committing dire outrages.

Modern day Aboriginal historian Vicki Maikutena Matson-Green writes: ".....*She (Walyer) gathered an army of other disenchanted Aborigines in warfare. She hated the luta tawin (white men) as much as she hated a black snake for the injuries perpetrated against her people through massacre, torture, enslavement, incarceration, disease and the stealing of Aborigine women by sealers.....*"

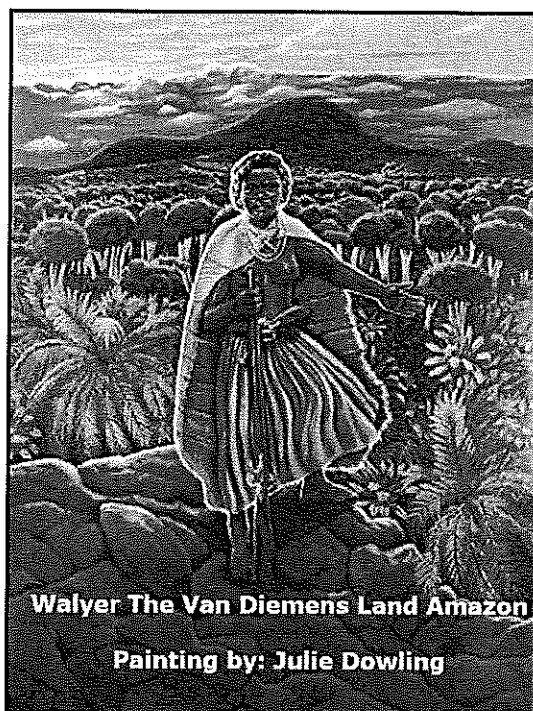
In the latter part of 1830 Walyer and her warriors were being pursued heavily by Roberson and the Government and her small group had somehow broken down. This led Walyer to flee back to the Bass Strait Islands where she was once again captured and forced to live with sealers.

It seems that despite being tortured and raped by the sealers in her teenage years and having the ability to lead her people against the invaders of their land, she still wasn't able to avoid re-capture by the sealers. Or, perhaps, in her return to the Islands she felt the sealers were a better proposition than being captured by Roberson and his troops.

Roberson and the Government continued the hunt for Walyer because they were concerned with the fact that sealers were teaching Aborigines to use fire arms. If an army of sealers, Aborigines and ex-convicts, most of whom hated British rule, were to take up arms against the Government, an American style revolution was an imminent fear.

Walyer could well have been the person to lead such a revolution if she hadn't caught influenza and died on a lonely Bass Strait Island. Her death on the 5th June 1831, caused by the white man's disease and isolated from her people, was quite undignified for a woman who had lived such a spirited life.

There is no doubt, however, Terenorerer (Walyer) was a truly remarkable woman at a time when Aboriginal women were, by and large, looked upon as nothing more than a commodity to be traded. The Tasmanian Aboriginal community honours her memory and acknowledges her as a true warrior of the cause which still continues today. Her memorial is the example she set for the future generations of her people who have survived, adjusted and grown stronger in the examples set by their ancestors.



Walyer The Van Diemens Land Amazon

Painting by: Julie Dowling

GARAGE SALE **SATURDAY 31ST JULY**

STRICTLY 9AM-1PM

FOR ONE DAY ONLY

**ALL ITEMS ARE 'MAKE AN OFFER'
11 ALEXANDER ST CORNWALL.**

GARAGE SALE

Dinning sets, Bedroom Furniture, Convair Heater, Rotary
Hoe, Tucker Box Freezer, Baltic Pine Boards, Garden
Tools, BBQ, Paint, Clothing, Fish Tank, Landcruiser
(SWB) EA Falcon Wagon Duel Fuel, 3 X 4wheel Motor-
bikes, Bike Rack, Drum Heater, Corner TV Unit, Canoes
PLUS LOTS MORE

**MINE MANAGERS HOUSE 28-32 CROSBY STREET
CORNWALL SAT 31ST JULY - 8AM START**



Happy Birthday

Mary Targett

from

your Valley Voice colleagues

Letter to the Editor

Vol. 43 No 5, 2010

Letter to the Editor

Hopefully the St Marys Memorial Park proposed for the corner of Storey Street will soon become a reality.

What a wonderful way to honour and remember the people who have contributed to make the area such a wonderful community.

Some suggestions

- Have sections (possibly around the perimeter) dedicated to local pioneering families with relevant displays eg: mining, agricultural, blacksmith, hotel keepers etc.
- Sections dedicated to people who have helped make the community special eg:
Horace Davern—renowned cheese maker
Alf Faulkner—developed new and also unusual daffodils (a bed of “Alfie” daffodils would look great at springtime).
- People interested in preserving their family heritage could possibly help design and contribute to their family section.
- Name the Park “The David Clement Memorial Park” - it was he who had the vision. Also he courageously and passionately pursued everything that he believed in. What an example for the community to perpetually remember and follow.
Peter and Beverly Rubenach.



White Sands Estate is located on Tasmania's East Coast, midway between Bicheno and St Helens. Details on the property can be found at www.white-sands.com.au.

We are currently seeking applicants for casual and part-time house keeping positions

All applicants must be reliable, trustworthy and work well individually and as part of a team. Applicants must be willing to follow strict procedures and pay attention to even the smallest detail.

Some early starts and weekend work is required so applicants will need to nominate at least one day they would be available early morning and also one weekend day.

Rosters are provided a fortnight in advance; applicants who are unable to commit to these hours need not apply.

Full modern award available and all successful applicants should intend to make White Sands their **priority** employer.

Must have drivers license and reliable transport

Please forward your application and resume to:
White Sands Estate

PO Box 147

St Marys

Tas 7215

Or email: admin@white-sands.com.au

Applications close Monday 9th of August 2010

Advertisement

St Marys is a fabulous community, one that is known and recognised for its support and friendly residents. Our town looks wonderful with all the flower baskets and colourful shops, we have done a great job in cleaning up our town, so lets go one step further and make our town a healthy town!

It is time to take more responsibility for our own health, and clean up our own personal environment, or our body! The Purple Possum has a wonderful reputation and is attracting people from all over the state, a great start!!! Now that I am working from the Purple Possum, I can hopefully encourage many to join our healthy revolution! The Detox program will help to head you in the healthier direction. Detox, just means house cleaning, and your body is the house you live in, so are you ready to spring clean?

The Detox Program

The program begins with an assessment with me, the usual consultation fee. (\$40) This involves, Iridology, to assess basic health and how much of a toxic load you are carrying. In the Iris, the toxic load is usually seen as a dark ring around the coloured part of the Iris.

The program will have several areas that we will look at, a basic look at how many chemicals you are using and their known effects, Lymphatic massage to cleanse the body, a detox footbath that helps determine where you are holding toxins. Exercise is essential in the flushing of the lymphatic system, which is the sewerage system of our body.

Exercise sessions will be organised with Isabel Whitten doing basic Tai Chi, this will also help in freeing up joints and muscular aches and pains.

Diet will also come under close scrutiny! So many hidden chemicals in our food, also our washing habits, and talking of habits, our thinking becomes very much set in patterns, so there will be a meditation course to help us change things that don't suit us anymore.

There is also a lot of emotions that never get used up, we have been taught not to show emotion and many of us just don't know how to deal with it. Group sessions will be offered to help release past traumas and pain. Emotion is an energy and unless it is used, it will stay in that form, getting caught in the myofascial tissue around muscles and organs. This results in a tightening of these organs and muscles. For example, a very common one is releasing the pain of broken relationships, quite often we understand why things happen so we don't release the hurt it has caused. This results in shallow breathing and restricted upper chest. There is also a special kind of massage that I do that will release emotion and help to prevent re-occurring patterns, such as always picking the wrong kind of relationship!

It is not essential to do all parts of the program, just what suits you!

If you would like to take part, please ring me for an appointment, or if you have any queries, on 0418 515 419.

A healthy town has a nice sound!

Lion's Club of St Marys Changeover Night



*Outgoing President Lion Ruth McGiverson,
Lion John McGiverson.*



The Lions Club of St Marys held their Annual Changeover Night on Saturday 17th July 2010 at the St Marys Sports Centre.

A big thank you to the Golf Club for making their Centre available and to the Golf Ladies for the wonderful meal they supplied. 28 Lions and guests enjoyed a great evening.

All Lions received awards for years of service, with four Lion Charter Members (Kevin Faulkner, Brian Forsyth, Len Miles and John McGiverson) receiving awards for 35 years of continual service to Lions and the local community, a great achievement.

The new Office Bearers for 2010 – 2011 are:

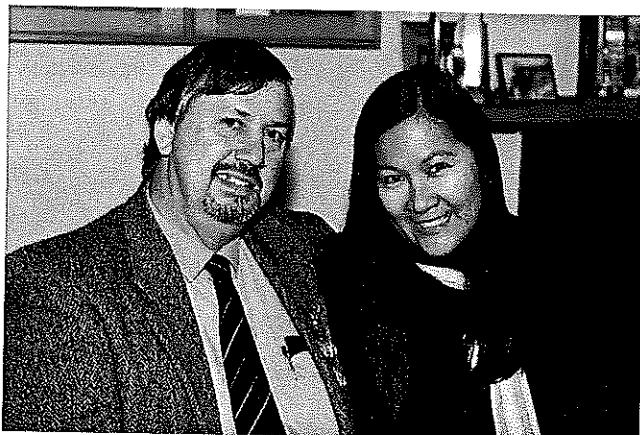
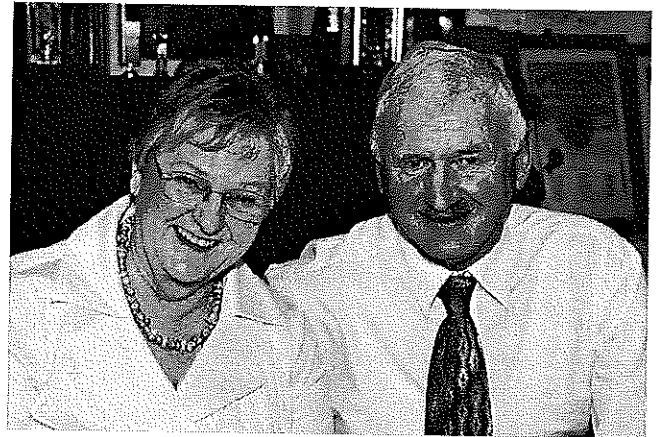
President:	Bob Hersey
Secretary:	John McGiverson
Treasurer:	Harry Veldums
Vice President:	David young
Membership Chairperson:	Kerry Veldums
Lion Tamer:	Kevin Faulkner
Tail Twister:	Charlie Hersey
Publicity Officer:	Harry Veldums
Other Club Members:	

Peter Burns, Brian Forsyth, Henry Holder, Jean Legge, Robert Legge, Ruth McGiverson, Len Miles, Peter Troode, Jake Smythe

Report by Outgoing President Lion Ruth McGiverson.



*Incoming President
Lion Bob Hersey.*



Lion Club of St Marys Inc.

Activities 2009 - 2010

Donate LCD TV/DVD player to St Marys Community Health Centre Day Care.

Donate BBQ to St Marys Community Health Centre Day Care

Installed aerial & fittings to St Marys Community Health Centre, as the only one there was broken

Purchase of Christmas stocking goods

Raffle for Christmas

Make up & repair bunting for town decoration

Reply to Santa letters

Arrange collection of conveyor belting for sale (often)

Continual servicing of BBQ in Lions Park

Cutting grass

Donate more smoke detectors to anyone who needs them (free service)

Decorate town for Christmas

Conduct Annual town Christmas Party & Parade (all free)

Clean-up in Park around BBQ area & playground

Clean-up decorations after Christmas

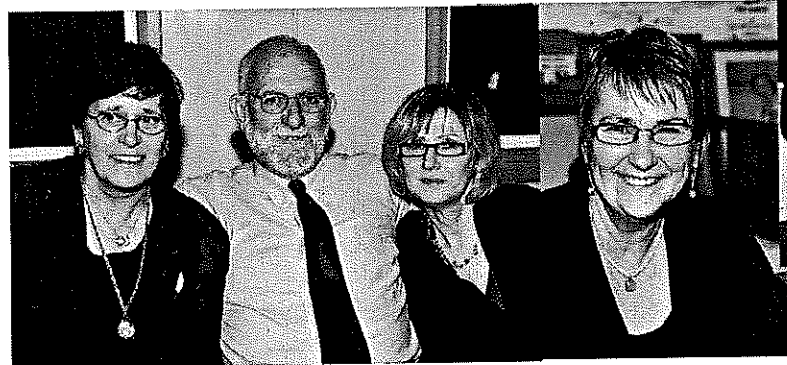
Donate to Drug Awareness

Donate to Cystic Fibrosis

Donate to Graeme Milburn ride for Prostate Cancer

Worked with St Helens & WheelChair provider for Lawrence

Gilbert. Joint application to both the Tasmanian & Australian Lions Foundation for the balance of funding



St Marys Golf Ladies and helpers, who supplied the delicious food.

All photos on both pages courtesy Peter Troode.



www.fingalvalleyhistory.com

DALMAYNE WALK

ALL WELCOME

The next Historical Field Trip is to the old Dalmayne Coal Mine Site.

We plan to meet at the Rubenach property at

10:30 am on

Sunday 15th August 2010

and begin a walk to the mine site a little further along Dalmayne Road.

Bring a picnic lunch and enjoy it at the mine site set in beautiful bushland overlooking Piccaninny Point and Hughes Beach.

Please note: Although the track is relatively flat, the walk will be about 5 kilometres return and will require a reasonable amount of fitness.

For more information phone:

**Barry, 6372 5752, Darlene, 6372 2416,
or Jim 6372 2127**

St Marys resident Ken Young (right) was awarded the Kellion Victory Award and Medallion this week.

This award is to acknowledge the achievement of 50 + years of managing and surviving severe diabetes mellitus.



Ken says he can remember vividly the early days when he first contracted the disease.

"Things were not easy," he said. "I can remember that everything had to be sterilized and reused, and the needles were sent from the St Marys Hospital to Launceston to be sharpened and returned for re-use. It is much easier these days with everything pre-packaged."

Ken would like to thank Diabetes Australia for this recognition and says he hopes to last another 10 years.

AMAZINGLY SIMPLE HOME REMEDIES

YOU ONLY NEED TWO TOOLS IN LIFE - WD-40 AND DUCT TAPE. IF IT DOESN'T MOVE AND SHOULD, USE THE WD-40. IF IT SHOULDN'T MOVE AND DOES, USE THE DUCT TAPE.

IF YOU CAN'T FIX IT WITH A HAMMER, YOU'VE GOT AN ELECTRICAL PROBLEM.

The Say Cagerattler

What's in a name? To many, how a place or service is named is important. That's fair enough. It all depends on circumstances I believe.

Someone quite involved with the up coming federation of St Marys District High School and Fingal Primary School from 2011 onwards suggested that this be a topic in this column given the close proximity to meetings to discuss the name change (if any) as well as any possible changes for a uniform uniform (pun intended) for the schools.

The major change to the running of the two schools will actually not be seen outwardly especially in the context that the locations are to remain the same as always. The main outcome is that of budgets, funding, staffing and administration. Some might say that they don't want to see a loss of identity for either school and by changing uniforms and name this might be the case. Others would see it differently. They might say that with compromise it would be seen as a fresh start and re-invigoration with the new monetary and administrative changes in 2011.

A single logo for the schools is also being considered and the community has been given the opportunity to contribute toward this in the event that this is also finally accepted. You have a chance to make suggestions for name, logo and clothing if you wish. Submissions/ideas etc. can be left at either schools offices by July 31st. A lot of the responsibility for these decisions now rests on the relative School Associations from St Marys and Fingal. This must officially become one ratified School Association and hence their importance to the Fingal Valley, part of the school community and this of course is one of the major administrative changes required.

Almost all of the preliminary nuts and bolts work on the new constitution has been done and it seems that a pretty much cohesive and agreeable outcome will be reached. A few little tidy up's I expect will need to occur in the coming months.

Why did my friend ask me to mention all of this? The decision on any name change, uniform alterations and logo ultimately rests with you, the parents and guardians of the kids attending the federated school, one of the first to do it in Tasmania.

With these important decisions pending it is up to you to have your opinions heard now. Once it's all done it will be no good complaining about it. Those opinions will also greatly assist in the decision making processes which should allow for a much more open and transparent changeover to the new federated arrangements.

Ultimately the whole thing is for the security of educational opportunities to the kids who are our future so as with everything else we do we should give careful thought to these things and respect whatever decisions made are designed for the kid's and community best interest, into the years to come.

The bottom line though is this: Should names, logo's. and uniforms change in whole or part during this process just remember one very important thing: The newly federated schools will still be providing the education your kids will need to see them right. You might say in fact. "The more things might change, the more they stay the same".

What do you think?

The St Mary's Memorial Association
will be commemorating
Vietnam Veterans Day / Long Tan
at the St Mary's Cenotaph
 at 12.30pm on the
 18th August 2010.

All residents and families are invited to attend.
 If you or your organisation would like to lay a wreath
 please phone
 Wendy or Reon on 6372 2094.

BREAK O'DAY STITCHERS FRIENDSHIP DAY

Our annual Friendship Day is on the 15th October at
 St Helens Neighbourhood House in the Bungalow.

For \$15 you will receive morning tea and lunch, lucky
 door prize, trade table and much more.

Come along and meet old and new friends and have a
 good time making one or two small projects to take home.

Bring along your latest stitching project for
 'Show and Tell'.

Book your place by phoning Elsie 6376 1663 before the
 4th October, 2010.

The early bird may get the worm, but the second
 mouse gets the cheese in the trap.

When everything is coming your way, you're in the
 wrong lane.

Just remember -- if the world didn't suck, we
 would all fall off.

Strawberry Jelly
 EFTPOS — LAYBY

42 Main St. St Marys Ph: 6372 2684

TOYS TOYS TOYS
HEAPS OF BIRTHDAY
GIFT IDEAS
FROM \$2.

THIS WEEK'S
SPECIAL
PRAYER FLAGS
WERE \$10
NOW \$6

OPENING HOURS
 MON—FRI 10AM—4PM—SAT 10AM—1PM

DESIGNER HAIR STUDIO

46 Main St St Marys Ph: 6372 2108

NOW A KEUNE SALON
 With great products in stock

TRIMS FROM \$22.
GREAT RANGE
OF PRODUCTS
FROM \$8. 25

"DIVA" hair straighteners
 Order yours today.

CHANGE OF TRADING HOURS
 (AS OF 9TH AUGUST 2010)
 TUESDAY - FRIDAY 9.30AM - 5PM
 WILL REOPEN MONDAYS IN THE
 WARMER MONTHS.
 PHONE 6372 2108 FOR APPS.

Hot muesli for brekkie? Now there's a good idea!

The whole family will warm up to a
 bowl of hot muesli in the morning –
 and it's quick and easy to prepare.
 Choose from • Our own special mix •
 Light brekkie mix • Honey toasted
 muesli • Organic Bircher muesli
 • and three gluten-free mueslis.
 • Our mueslis are fresh and wholesome
 and you can buy them in any quantity
 from a cup or two upwards – great
 value too!

Call in and see our 'Spot Specials' – 10% off
 popular products – limited time only

Purple Possum

Wholefoods & Café
 7 Story Street St Marys. Phone 6372 2655.



St. Marys Tigers Football Club Inc.

St Marys Tigers Football Club news

Our last "official" game for the season will be a match against Triabunna, at Triabunna on this Sunday, 1 August.

There will be a bus leaving St Marys Hotel at 11.00am. The bus will head down St Marys Pass and pick up passengers at the Link Rd turnoff at approx 11.15 am and then head onto Bicheno arriving at approximately 11.45 picking up passengers at the Bicheno Post Office. Then straight to Triabunna arriving approx 1.15pm for the game which will start at 2.15pm.

We have been invited to attend the Spring Bay Hotel after the game for drinks and nibbles and the bus will depart from there at approximately 5.00pm returning to St Marys just after 7.00pm in time for a drink/meal at the St Marys Hotel.

There are a few spare seats on the bus for spectators so if you are interested in coming down for the day please let me know (PO number 6372 2124) so we can book you a seat – strictly first come first serve basis.

All indications are that it will be a great day so we would love to see you come down and support the mighty Tigers.

We hope to have another trivia night in the near future and look out for details for our end of year function/presentation night.

Finally congratulations to Graham Flood who had a run in the AFL Masters North team (north of the state) who had a good win over the South team last Sunday at Campbell Town.

Harry Veldums,
Club President.

Eric Hutchinson, Federal Liberal Candidate for Lyons.

For the past 12 months, I have been working hard visiting the 93 towns and communities and 13 local governments across the Lyons region. By discussing the issues that are important to the people of Lyons, it has become clear to me that it is time for a new energy in Lyons, someone who can actively represent the interests of the electorate.

After 17 years of the same Federal representative, a staggering 33% of families in our electorate live on less than \$650 per week. Lyons also has the lowest uptake of broadband services, and very low education retention.

I see that small business is the backbone of this region and the essential key to improving the quality of life of all residents; especially businesses connected to mining, agriculture, fishing, tourism and forestry industries. The small businesses that evolve from these industries are vital to building local employment.

Incentives for locally driven community economic development, water infrastructure initiatives and appropriate response to drought will enable small business and primary producers to thrive.

Clearly, the electorate wants development rather than growth. Getting bigger doesn't necessarily mean getting better. Development is about the forestry, agriculture, tourism and mining industries becoming more sustainable. I also see the need in Lyons for improved road infrastructure, better health and aged care facilities and more local service provision.

As a new voice for Lyons, I will conduct ongoing community forums to listen to the people of Lyons. These will coincide with a series of open local government forums. Such forums will aim to identify issues, develop regional plans and work together for solutions.

I am dedicated to actively working for local communities to ensure Lyons is a better place to live, work, play and invest. For more information, visit my website www.erichutchinson.com.au or call my mobile 0447 777 251 or campaign office 6331 5112.

OUT OF THE WOODWORK

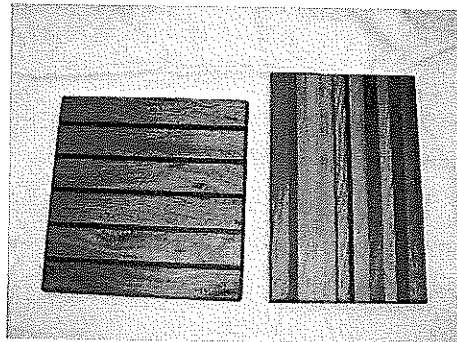
Wendy Brennan Secretary 0408 656 014

Thank you to Jan Clement who let the Guild copy a template from a wooden horse she made and painted herself which was enjoyed by her children's yesteryear. (Jan is a very clever woodworker) The Guild intends to use the design in the children's toys we have been asked to produce for a child care community centre.

The guild would like to extend a quick recovery to one of our faithful supporters **Graham Derbyshire**. **Graham and Margaret** often supply the club with free onions for our BBQ and they are always available to give us support when needed. It would be a pleasure for members to build Graham a step which is needed to enhance his mobility.

The Guild is one step closer in becoming a sub-committee of the **Fingal Valley Neighbourhood House** which will open up many more opportunities and alleviate many obstacles which are incurred due to insurance limitations.

The Guild meets on the last Saturday of the month at the Old Railway Goods Shed at **2.00 pm**. The Guild is open Monday, Wednesday, Friday and Saturday. Any other times by appointment.

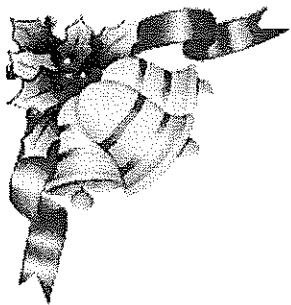


Pic of our popular breadboards which are for sale @ \$25.00 each.

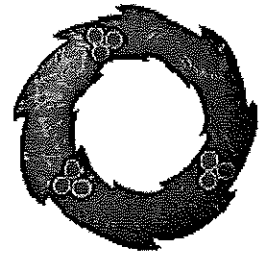


CATHOLIC CHURCH FUND RAISER

Christmas in August



Friday
August 6th, 2010
12 noon for 12.30pm
\$20.00 per person



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 Wendy / Gerald **6372 2283**

If you need transport, please call one of the above numbers to assist you.

*Where can you have morning tea,
lunch and a fun day for just \$8?*

*You can at the Fingal Activity
Centre!*



If you like the idea of meeting for lunch with some friends (new or old) and perhaps doing some activities together; these days could be the thing for you! Groups run five days a week.

Perhaps you fancy being part of an organised trip or learning more about health or fitness?

Worried about getting there? Transport can be arranged

**We welcome you to our free morning
tea open day on August 9th (from 10am).
Lunch on the day will cost \$5.**

For more information you can chat and register with our friendly team on 6374 2359

or drop in for a look around at 29 Esk Highway Fingal

We're next door to the Online Centre and IGA.

Who is Family Based Care (North)?

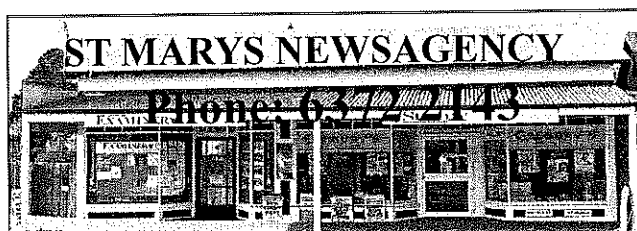
We are a not for profit organisation dedicated to caring and providing services to people with disabilities (regardless of age), people who are frail through age or illness, people who have dementia, people with mental health issues and their families or primary carers

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St Helens

August

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26th

6th
27th

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Grab some friends and make a booking for a great night out to see
4 brilliant performers present 4 brand new plays,
inspired by 4 Tasmanian regional communities.

Sex, Death & a Cup of Tea

A Tasmanian Theatre Company Production: Playwrights:
Adam Grossetti, Finegan Kruckemeyer, Debra Oswald & Sue Smith
Director & Designer: Robert Jarman

In 2008, four internationally regarded playwrights spent a week in four widely separated and unique Tasmanian communities, Miena, Swansea, King Island and Zeehan. Each playwright drew inspiration from the communities and their people to write four new plays. *Sex, Death and a Cup of Tea* – an eclectic offering of keenly observed perspectives on the Tasmanian experience.

Four great new plays about love, loss, laughter &...coming home. Linked by journeys across beautiful landscapes and between emotional states, *Sex, Death and a Cup of Tea* is funny, poignant and provocative theatre. These plays are unique and at the same time universal, reminding us how our own sense of place can connect us to those miles away.

**Tasmania Performs has presented a range
of first class productions in St Helens...**

2006 *Tasdance* and *It's a Dad Thing*
2008 *Bombshells*, *Happy Me*, *A Girl and Her Squid*
2009 *Cross*, *Helena* and *the Journey of the Hello*

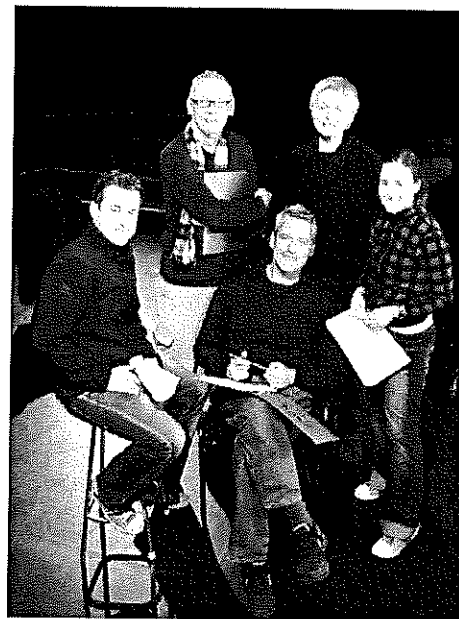
**Now we bring you *Sex, Death & a Cup of Tea*
from the same Company that produced *Bombshells*.**

St Helens Wed 11 August 7.00pm

Venue: Portland Hall, Cecilia Street
Tickets: St Marys: Purple Possum Cafe, 6372 2655
St Helens: Choc-A-Lolly, 6376 2977
Tickets: \$23.00 Adult / \$18.00 Concession

The show contains adult themes and occasional strong language,
recommended 15 years+ Duration – 2 hours (including interval)

Sex, Death and a Cup of Tea was originally commissioned through a partnership between the Australian Script Centre and the Tasmanian Theatre Company to commemorate the Centre's 30th anniversary.





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St Helens Golf Club,
7pm Fri 20 Aug.
\$35 ea or 2 for \$60**

**There will also be a Dutch Auction on the night.
Contact Bec Mason 6372 5157 or 0409 253 504.**

**All monies raised go to
2yr old Madison Chessum's on-going medical expenses.**

**Tickets will be available in St Marys
so people can purchase easily.**

**St Marys Police Phone Number 63721010
Non Urgent Number 131444
Urgent and Life threatening 000**



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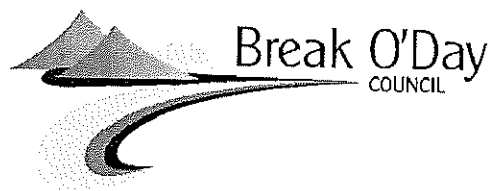


**25 Quail St, St Helens, Tasmania. 7216.
Ph: (03) 6376 2629
Mob: 0400 054 110
email: marycporter@bigpond.com**

COUNCIL MEETING HELD ON MONDAY 12 JULY 2010

The following information is provided as a brief of matters that were discussed and decisions that were made at the Council Meeting held on Monday 12 July 2010 at 10.00am at the St Helens Council Chamber.

The following Notices of Motion were submitted by Councillors for investigation and full reports to be provided to the July Meeting of Council.



- Council Leased Binalong Bay Foreshore Land Known as Boat Harbour Point ("Peoples Park") – An amendment was moved for a public meeting to be held - CARRIED
- Council Meeting Lunch Breaks – CARRIED
- Register of Interests – The General Manager advised this would be done as part of a full Legislative Compliance Audit – CARRIED
- Dredging at Pelican Point – CARRIED

Other items listed for information and decisions by Council were as follows:

- The Break O'Day Council Annual Plan for 2010/2011 be endorsed by Council. – CARRIED
- Request for Council Sponsorship – Ten Days on the Island 2011 – CARRIED
- Dog Management Policy – endorsed for public consultation – CARRIED
- Lease of Dog Exercise Area at the St Helens Sports Complex – CARRIED
- Eat Safe East Coast. – CARRIED
- Feasibility Study – Civic Centre – Approved for the General Manager to prepare a brief for a Feasibility Study and sketch concepts and seek fee offers and report to back to Council. – CARRIED
- Break O'Day Council Tourism Strategy – The General Manager be authorised to seek fee offers. – CARRIED
- Break O'Day Council Website – Redevelopment. – CARRIED
- Council Office Opening Hours. – CARRIED
- Standing Representatives and Annual General Meetings – Ben Lomond Water – Mayor, Deputy Mayor and General Manager were endorsed to exercise the powers on behalf of Break O'Day Council – CARRIED
- Broadband Access – CARRIED
- St Marys Flood – CARRIED
- Dwelling Additions and Alterations – Onshore Designs obo J Zanker – 34 Tasman Highway, St Helens – CARRIED
- Rezoning and 46 Lot Staged Subdivision and Tourist Development and Draft Amendment 2-2010 – East Coast Surveying obo Rrand Group Pty Ltd – 6-8 Scamander Avenue, Scamander – LOST
- Construction of Dwelling – Harper – Lot 1 Tasman Highway, Four Mile Creek – LOST
- 46 Lot Strata Titled Subdivision – Bromfield and Keys – Riverview Road, Scamander - LOST

A full set of Council's minutes are available on the Council Website at bodec.tas.gov.au alternatively, hard copies are available at the St Marys and St Helens Libraries and the St Helens History Room. Copies can also be requested free of charge by contacting Council's Executive Officer on 6376 7900.

The Vietnam Veterans' East Coast Sub Branch will be holding a March on Wednesday 18th of August 2010.

Form up will be at Hillys' Supermarket at 10.50am to March to the Cenotaph for the service, which commences at 11.00am. Following the Service the Memorial Wall at the Veteran's Drop In Centre in Quail Street will be rededicated and a BBQ and light lunch will be available.

Any enquiries Please phone Brenda Imlach (Secretary) on 6376 3567.

Dick Adams MP

Federal Member for Lyons

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

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

58A High Street
PO Box 271
New Norfolk Tas 7140
Ph 6261 3366

Toll free 1300 132 689

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



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

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Your visit is looked forward to by our recipients, a little small talk does make a difference to an isolated life.

Fingal is difficult to roster with so many unable to manage work on Mondays.

Think about it please.

Lundy Vosper Secretary.

Ph: 0488 384 344 or 0409 098 060.

ERIC HUTCHINSON for LYONS

To contact me:

Phone: **0447 777 251**

Email: eric.hutchinson@tas.liberal.org.au

Post: **PO Box 83, Evandale, TAS 7212**



REAL ACTION TO GET THINGS DONE

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You dump it, we pump it!*

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Septic pumping**

Contact: Mick

0488 777713

Kids Art Club - "Mosaics" Weds 3-4.10
Starting August 4th \$12 per week for 5 weeks

"Textiles and Fibre"-Exhibition & Live music
Sat Sept 4th 6.30pm - 9pm

Mosaic group has moved to SAT 2.30
\$20 Tuition & basic materials supplied
\$12 Basic materials supplied
\$5 Byo Project (can be anything arty)

Tues & Weds Afternoons
Guitar, bass or drums with Sim \$15 - 20 mins

Weds 1 - 2.30 - Garden Sculptures (clay
Modelling, Ferro Cement, heble carving)
with John McColl \$20

1st Wed of every month 5 - 6.30
Life Drawing (Model and materials provided.
No tuition) \$12 No bookings required

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to CD, PA Hire etc.

Big Shed has art space for hire, artists
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24837 Tasman Highway, St Helens.

Phone 0428725228

Bigshedstudios@yahoo.com

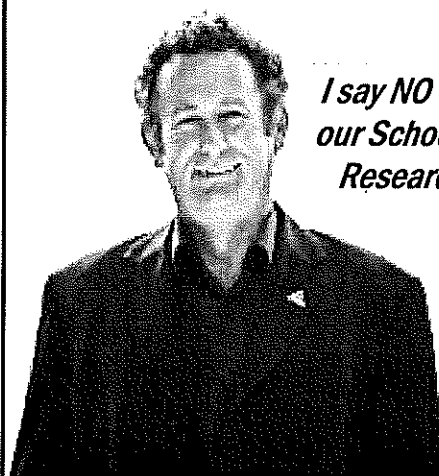
New
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Hours

Mon
11-3
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Tasmanian Greens Member for Lyons



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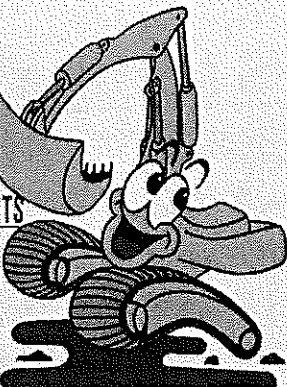
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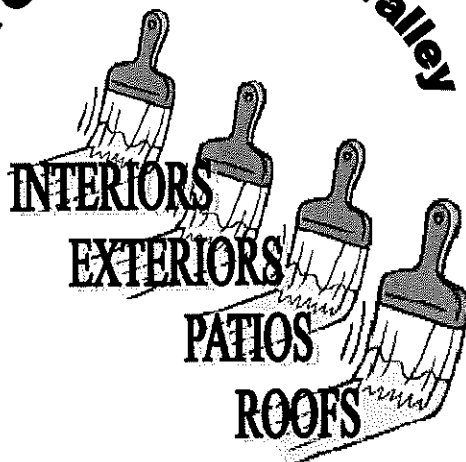
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for all your sweet desires!!!**

has re-opened

*and Lizzie looks forward
to seeing everyone very soon!!*

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ST MARY'S MARKETS

Tasmanian Regional



SAT 7th AUGUST 9 am until 2 pm.
RAIN, HAIL or SHINE in the community hall.

Kathy's Kitchen will be serving

Devonshire teas and a curry surprise.

The Woodcraft Guild's popular sausage sizzle.

Over twenty stall holders with items ranging from cakes
and biscuits, handmade crafts, trash and treasure, plants, cds, dvds,
home grown vegies, homemade soy candles,

herbal creams, gifts made by local artists, silk scarves,

new and second hand books, quality clothing, jewelry

plus a huge variety of new and secondhand items.

Orders taken for pet portraits by a very talented local artist.

Come and discover your family name origins.

Come and enjoy the music and food, meet up with friends and family while you have
a wander around the stalls, or join a great community market and have a stall yourself.

Community groups get free space.

For more information phone Colin on 6372 2707

Grassy Bottom Regional Arts name change

After many years of the Grassy Bottom Regional Arts holding successful arts events in the St Marys area, it was decided by the new committee to change the name of the arts group to embrace the entirety of the municipality of Break O'Day. So, the Grassy Bottom Regional Arts will from this point on be known as the **Break O'Day Regional Arts**.

A new feature of the committee is the Youth advisory committee which is looking for more members, the idea behind the Youth Advisory committee is that they give guidance on events that might be booked for the youth of the Break O'Day area and also get some idea of what it is like to serve on a community based organisation. Any interested parties could speak with any of the committee members to find out more.

The new committee members of the Break O'Day Regional Arts are as follows:

Colin Smith - President & Market Coordinator

Jan West - Vice President

Leissa Dane - Treasurer

Susan Nelson - Minutes Secretary & Market Coordinator

Janet Drummond - Secretary

Jeanette Dal Santo - Exhibition/Events Coordinator and Grants/Funds Coordinator

Kees Van Ruth - Assistant Exhibition/Events Coordinator and Grants/Funds Coordinator

Kelly Farrell - Volunteer Coordinator

Robina Balzer - Markets Coordinator

Sandra Ransom - Media/Advertising Coordinatory

Jeanette Peryman - General committee member

Robina Balzer - General committee member

Hannah Rubenach - General committee member

Lillian McRostie - General committee member

Sharon Norton - General committee member

Chloe Bond, Shara and Mabel Norton - Youth advisory committee members

Contact Colin Smith 6372 2707 or Janet Drummond 6372 2851 if you require any further information or want to become involved in the representing your community by helping with the organisation of the Break O'Day regional arts.

Hi My Name is

Paige Anne Walker.



I was born a very small and sick little girl. I am now 2 months old and have not left hospital yet. I have been in Hobart and now I'm in Melbourne, having further tests done and trying to find out what is wrong with me. So my Mummy Courtney, and my daddy Andrew can bring me home.

Please buy a ticket and help us in our time of need.

Thank you.

The raffle will be distributed through out the east Coast region by the end of the week.

MEALS ON WHEELS ROSTER

August		St Marys	Fingal
Monday	2nd	Wendy Dawson	Carole Woods
Tuesday	3rd	Pam Bretz	
Wednesday	4th	Val Spencer	
Thursday	5th	Heather Griffiths	
Friday	6th	Claire Bean	
MOW Contact		Phone:	0488 384 344
Monday	9th	Debbie Barnes	Christine Woods
Tuesday	10th	Trish Pike	
Wednesday	11th	Dianne Troode	
Thursday	12th	Kaye Nailer	
Friday	13th	Wendy Aulich	

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 5.00pm
Bicheno 9.00am
Fingal 11.30am

2nd Sunday: LITURGY

St Helens Vigil 5.00pm
St Marys 9.00am
Bicheno 9.00am
Fingal 9.30am

3rd Sunday: MASS

St Helens Vigil 5.00pm
St Marys 9.00am
Bicheno 9.00am
Fingal 9.30am

4th Sunday LITURGY

St Helens Vigil 5.00pm
St Marys 9.00am
Bicheno 9.00am
Fingal 9.30am

5th Week Liturgy

St Helens 5.00pm
Bicheno 9.00am
St Marys 9.00am
Fingal 9.30am

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

Anglican Parish of Break O'Day

Ph: 6376 1144

St Helens Every Sunday
8 am and 10.30 am
Kanga Sunday School
10.30 am - 12 noon
every Sunday for children 5/12 yrs
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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.spilsbury@telair.com.au

Accounts: Mary: 6372 2328

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

Advertising: 2010

Classifieds: 25 words or less: free

Community notices : free.

Small boxed ads. Garage sales. Greetings.

Thanks etc. \$12.

¼ page \$20. ½ 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

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 MON TO FRI.

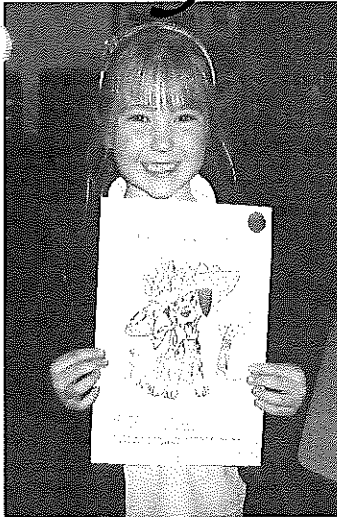
PH:6372 2733.

Due to other commitments
we will be closed
Mondays until 9.8.10.
Sorry for any inconvenience.

Ph: Tracy 6372 2733

Mon	Tue	Wed	Thu	Fri
26th July ☐ Work Exp. Grade 10	27th July ☐ Work Exp. Grade 10 ☐ Grade 9 Camp	28th July ☐ Work Exp. Grade 10 ☐ Grade 9 Camp	29th July ☐ Work Exp. Grade 10 ☐ Grade 9 Camp	30th July ☐ Work Exp. Grade 10 ☐ Grade 9 Camp
2nd August	3rd August ☐ Jeans 4 Genes Day	4th August ☐ NHSSA Round #6	5th August	6th August ☐ Reports to parents
9th August	10th August	11th August	12th August	13th August STUDENT FREE DAY
16th August	17th August ☐ Gr. 10 Mock Interviews ☐ Teacher/Parent meeting	18th August ☐ Teacher/Parent meeting ☐ NHSSA Round #7	19th August ☐ Country Gold Carnivals ☐ Next Newsletter #7	20th August ☐ Country Gold Carnivals

Campbell Town Show Art Prizes



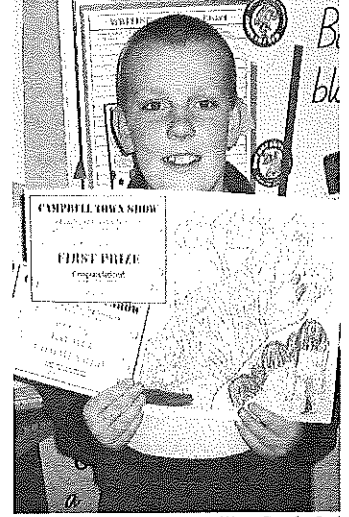
Bonnie Faulkner - Mrs Gee Prep
First Prize - Colouring-in Comp.



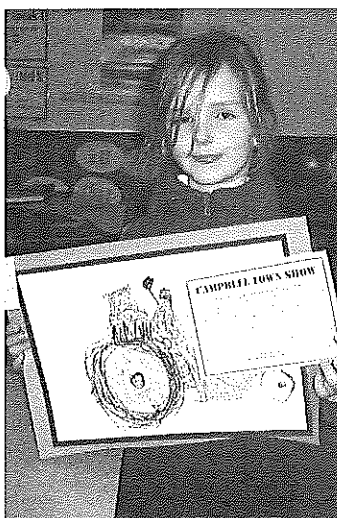
Shania Latross - Mrs Fyle Grade 1
Equal First - Colouring-in Comp.



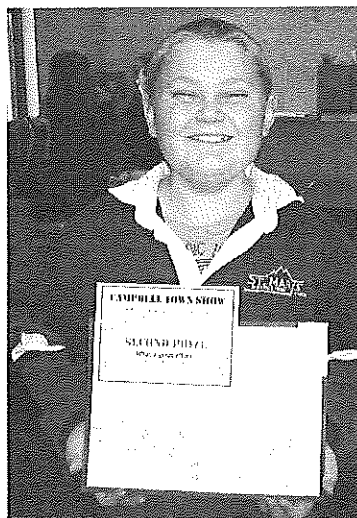
Harrison Gee - Mrs Mrs Fyle Grade 1
Highly Commended



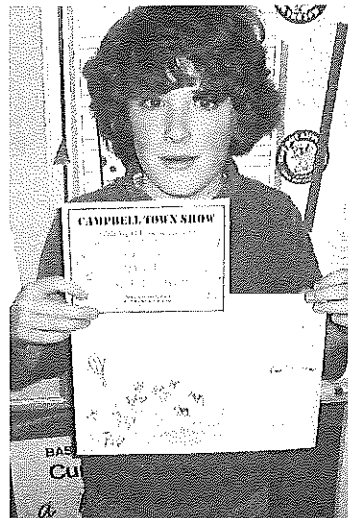
Jayden Cooper - Mrs Miller Grade 3-4
First and Highly Commended



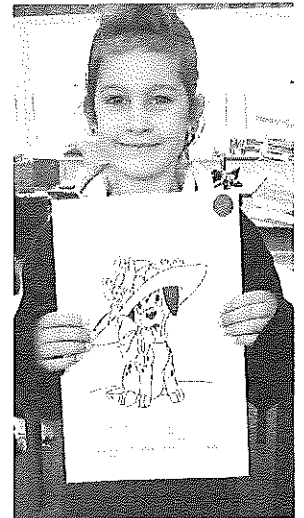
Mathison Gillespie-Jones - Mrs Gee Prep
Highly Commended



Dylan Spriggs - Mr Hunt/Mr LeFevre
Grade 5-6
Second Prize



Max Morris - Mrs Miller Grade 3-4
Highly Commended



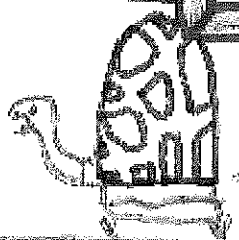
Mia Pribil - Mrs Fyle Grade 1
Equal First - Colouring-in Comp.

The Biodiversity Science Fair!



Organised by St Marys District High School

Where: St Marys Town Hall



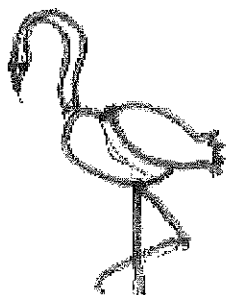
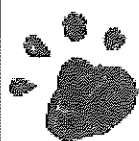
Entry: Free!

Help save our
lovely forests, reefs,
deserts, rainforests and beaches.

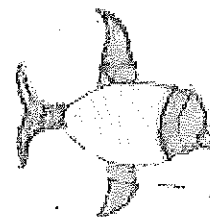


Date: Wednesday The 11th
Of August.

Poster designed by
Madeline Hardwicke
grade 5



Time: 10^{am} to 2^{pm}



ST MARYS DISTRICT HIGH SCHOOL
13 Gray Road, St Marys, TAS, 7215.
Phone: 6372 3900 Fax: 6372 2543
Email: st.marys.district.high@education.tas.gov.au



Tasmania
Explore the possibilities

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

28th July-1st August Dr Jenny Conway
1st August- 27th August Dr Cyril Latt

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

BEFORE PRESENTING AFTER HOURS.

St Marys Community Health Centre

GP Surgery Hours:

Monday-Friday 8:50am-12:30pm

12:30pm-1:30pm LUNCH

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.

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.

IMPORTANT INFORMATION TO PATIENTS

If you are unable to get a doctor's appointment at the time of ringing and you feel you need more urgent medical attention please inform the reception staff who will put you through to the Nurse on duty.

Daily Doctor appointments are not always available but if the need arises we can prioritise.

If in doubt- Call an Ambulance 000

AA in ST MARYS



If you are trying to control your drinking or trying to stop and can't- **AA CAN HELP!**

AA is about to start running a day time support group in St Marys. If you are interested in attending or would like some more information about the group or the AA organisation then please phone:

Helen Jennings on 0407 505 901

WHAT'S ON AT THE CENTRE

28th July

Day Centre- For details on the group please contact Hayley Gilbert

Dr Libby Reeckman- **Women's Health Clinic.** For appointment please phone the Health Centre on 6372 2111.

29th July

Dr Libby Reeckman- **Women's Health Clinic.** For appointment please phone the Health Centre on 6372 2111.

Continence Nurse- Heather. For appointments please see your GP or Health Care Professional for a referral.

Social Work- Helen Jennings. Please phone 6372 2111 for appointments- Meeting 11am in the Day Room

2nd August

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

TLC (Tasmanian Lymphoedema Centre) General Meeting 10am in the Day Room

Hospital Auxiliary Meeting 2:00pm in the Day Room.

3rd August

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

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

4th August

Day Centre- For details on the group please contact Hayley Gilbert on 6372 9512

Social Work- Helen Jennings. Please phone 6372 2111 for appointments- Meeting 11am in the Day Room

5th August

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

Social Work- Helen Jennings. Please phone 6372 2111 for appointments- Meeting 11am in the Day Room

9th August

Social Work- Helen Jennings. Please phone 6372 2111 for appointments- Meeting 11am in the Day Room

10th August

Social Work- Helen Jennings. Please phone 6372 2111 for appointments- Meeting 11am in the Day Room

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

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

11th August

Day Centre- For details on the group please contact Hayley Gilbert on 6372 9512

12th August

Social Work- Helen Jennings. Please phone 6372 2111 for appointments- Meeting 11am in the Day Room

**FREE HEARING SESSION COMING TO ST MARYS-
MORE DETAILS NEXT ISSUE OF THE VALLEY VOICE**

ST MARYS COMMUNITY HEALTH CENTRE
P.O.BOX 125 ST MARYS
GARDINERS CREEK RD
ST MARYS TAS 7215



APPOINTMENTS

Longer consultation times are available, so please ask our reception staff when making your appointment.

Every effort will be made to accommodate your request.

Emergencies are exceptions, waiting times will be kept to a minimum, however if there is unforeseen circumstances staff will make every effort to contact you and offer you another appointment.

Please talk to the reception team about any queries you may have. Please inform the staff of any special needs, such as an interpreter service on arriving at the surgery for your appointment. On arrival you are requested to present to the reception desk.

Our staff will make every effort to be efficient, courteous and to maintain confidentiality when carrying out duties.

CARE OUTSIDE OF NORMAL OPENING HOURS

In an emergency phone **000** for an ambulance

For medical advice phone **GP Assist on: 1300 780 011**

Fingal Primary School News



Grade 2/3/4

The Grade 2/3/4 class have been reading books written by Paul Jennings. After reading 'Skeleton on the Dunny' the children wrote their own 'Spooky' stories. This is the students work and has not been edited by their teacher.

Night In the Valley

Ok you want to hear the story of night in the valley well lets get started. I (Lisa) live with my Aunt and Uncle. We live in Fingal. Fingal is a valley. There have been lots of spooky stories going about, like oh last night I went down to the dunny, and I was a ghost hanging around, Ha Ha Ha. They always try to trick us kids, you know. But they don't scare me. One day I went to a man's place. I had to stay there over night because Aunt and Uncle needed to go to an eighteen hour meeting. That was a pain because he had an outside dunny. It was spooky.

That night I couldn't stop myself I just had to go. I got my torch and went down to the spooky dunny. Then I saw two eyes and ran. Next night was the same I had to stay with him. So this night I saw some fur and it started to purr. So it happened for the rest of the MONTH!!!!!! I know it sucks.

Next day I went to the dunny. I wasn't scared in the day. As I was sitting on the loo I saw a cat it came over and jumped up on to me then Aunt came to pick me up I asked if we could take him home. She said yes.

By Catherine Bean

The Haunted House

Once there was a big hill. On the big hill was a big old house. The house had not been open for 60 years. There lived two girls named Clare and Sophie. Sophie said lets go for a walk to the top of the hill. They stopped on the top of the hill. They opened the door of the house. When they opened the door they went in the old house. The door slammed when they went in. Clare said "Lets go back". "No lets go up the stairs first" said Sophie. "Ok but you are going first" said Clare. "Let's go then" said Sophie. "I am coming said Clare. They went to the top of the stairs and they saw a lollipop floating in the air. Clare said what was that? "It is a lollipop" said Sophie. "But how did the lollipop get in the air?" said Clare. We are just imagining that. "No we are not look again. Maybe we are not imagining that the lollipop is floating in the air" It's a ghost lets run. Run fast as you can! But when they got to the bottom of the stairs the doors would not open. We are trapped. Let's go through the door up the stairs. "Okay lets go then" said Sophie. I'm scared said Clare. I can see that said Sophie when they got to the top of the stairs they tried to open the door. It opened. They went in there. There were ten more doors in the one room. In the room were two bunk beds. There were spider webs all over the beds. In the next room was a fridge in the fridge were some lollipops and some bottles of invisible water. Sophie loved water and Clare hated water. They took a bottle of water each and drank a drop of the invisible water. They turned into **GHOSTS**. They could go through walls and doors. Clare said, "We are free". Sophie said, "Yes." Clare and Sophie went and told their friends and they did not believe them.

By Sophie Guy



Calendar of Events - July/August

26th Jasmine Johns Work Experience Janine Away	27th Jasmine Johns Work Experience Mim Away	28th Jasmine Johns Work Experience	29th Jasmine Johns Work Experience Newsletter	30th Launching into Learning 10.00-11.30 a.m. Jasmine Johns Work Experience
2nd Justin Here For Music	3rd School Photos	4th	5th Janine B SEO Conference Assembly 2.15 p.m.	6th Launching into Learning 10.00-11.30 a.m. Janine B SEO Conference Reports to go home

St Marys Sports Centre Inc. news Kackhander.

One of the most important meetings the club will have in a long time is set down for Sunday August 8th at 3.30 pm. This meeting will ultimately decide the fate of the bowls component of the club in the short term and may well have a big say in the overall future of the whole club it seems. Some weeks ago a notice was sent around the members asking for commitment in the upcoming season 2010/11. Whilst many did offer that commitment, for varying reasons some others couldn't or can't at this stage.

With all this in mind the club must make all sorts of decisions for both men's and women's pennant so that we step the right way into the new season, hence this meeting on **AUGUST 8th**.

Even if you are not playing this season your opinions will be welcomed if you attend, as I doubt any of us either playing or not playing wish to risk the club going under.

WE CANNOT AFFORD WHAT HAPPENED IN GOLF A FEW YEARS AGO.

Ever since we stopped playing Pennant golf in 2007 we have struggled to get players in bigger numbers. THAT'S A CERTAINTY. Pennant really helps keep your club together. If for no other reason that's why we can't risk losing Pennant bowls too.

It's taken a lot of hard work to get golf to the point that we hopefully might be able to ask our members to commit to re-entering a side in 2011 maybe with a bit of luck, but in bowls we still play and it's not too late to fix yet. **PLEASE ATTEND ON AUGUST 8th at 3.30 pm. VERY IMPORTANT...**

We need a greenkeeper for bowls as well. Due to work times it will be pretty difficult, nigh on impossible for Damon to be able to do the green all the time, so in fairness to him we'd like to think someone might like to have a try at doing the maintenance of the green at least during the week ie.. Mowing on Tuesday's and Thursday's at least. In regard to the rest it might be a duty system or something similar to take place. This might also be a topic at the August 8th meeting. If you can help out in any way we'd love to hear from you soon.

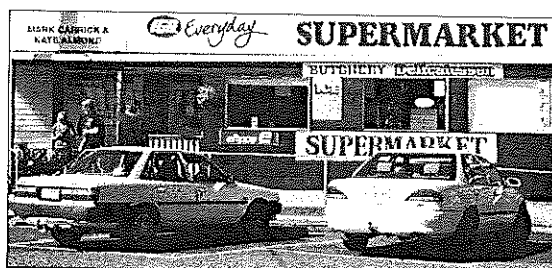
To golf now.. **SUNDAY AUGUST 1st MOORINA VISIT..** On Sunday Aug 1st Moorina Golf Club members are visiting us to play a two person Ambrose. We need to support their kind visit and they really are a great bunch and you'll have a ball with them. It's 10.00 for 10.30 am start and everyone is welcome to come along. There will be some tucker, the odd refreshment and a lot of fun. Ring Bobbie Harwood 6372 2445 or Barry Harrison 6372 2705 for more details.

We'd like to thank each and ever one of you who has gotten behind the Friday Night Indoor Bowls idea. It's going really well with 16 attending last week. That was great.

A huge thanks to Prez Jim who found us a second mat enabling two games to be played concurrently which is fantastic. Each night too the fabulous idea of a sports card has been initiated which raises \$30 each time as well as \$20 to the winner of course. This money will go to us purchasing our own second mat permanently. A great idea and fun fundraiser. SO.. If you are at a loose end, want to win prize money for indoor bowls and a sports card we'd like to see you at the club Friday nights. This Friday 30th July is a 3-3-2 Triples game which will be fun. The following Friday we will have a one week spell as there is a function on that night. In a few weeks we hope to hold a best of three sets Singles comp too and an organise your own partners Pairs Championship. Thanks to all who are getting behind it. All new players very, very welcome. Don't even have to be a member.

Finally on memberships. You should be receiving your membership renewals early August. Attached will be a form for you to fill out re.. Address details. Can you try to return these to the club so we can complete the member data base we need.

Any way, 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

This week's specials.

From the butchery

Rump steak	\$12.99kg
Legs of lamb	\$ 8.99kg
Diced steak	\$ 9.99kg
Gerello roast	\$ 8.99kg
First grade beef mince	\$ 9.99kg

From the freezer

Scotts meat pies 6pk	\$4.55
PW flathead fillets 360g	\$6.99
Birds Eye oven fries 1kg	\$3.85
Sargento slices 350g	\$3.45
McCains family pizza 500g	\$5.99

Winter warmers

Heinz Very Special soup 535g	\$2.99
Country Cup soups 22/62g	4 for \$5
Rosella tomato soup 500g	\$1.79
Campbells chunky microwave soup 430g	\$3.29
Uncle Toby's Oats 1kg - Buy any two for \$10 - and get free commemorative Uncle Toby's tin.	

Next week's specials.

From the butchery

Porterhouse steak	\$14.99kg
Easy carve lamb roast	\$13.99kg
Lamb loin chops	\$14.99kg
Beef stir fry strips	\$ 9.99kg
Ingham chicken kebabs 375g	\$ 5.95

Pet food specials

Supercoat dog food 380g	\$2.19
Chum dry dog food 3kg	\$6.75
Supercoat adult bones 450g	\$4.75
Chum canned dog food 700g	\$1.29

Grocery specials

International Roast coffee 200g	\$5.99
Nestle Milo 700g	\$7.99
White Wings plain/SR flour 1kg	\$2.89
Kelloggs Nutrigrain 560g	\$4.99
Kleenex cottonelle toilet rolls 8pk	\$4.99
Hurricane laundry liquid 1lt	\$4.99

**HOT CHICKENS
\$11.50 EACH**