

The Valley & East Coast Voice

Volume 44 No. 14. Thursday, November 3, 2011.

Est. 1968 50 cents

Farewell dinner at White Sands.

On Saturday October 22nd a dinner celebrating Robert Legge's forty seven years of contribution to Local Government was held at the White Sands Resort on Tasmania's East Coast.

Attended by his family and guests from all walks of life, Robert's contribution was highlighted by distinguished guests such as former State Minister David Llewellyn, Legislative Council President Sue Smith, Rene Hidding Liberal Member for Lyons and LGAT President Barry Easther.

Following a presentation on behalf of the Dorset Municipality by former Mayor Peter Partridge, and supported by fellow Councillors, Acting Mayor Margaret Osborne made a presentation to Robert and his wife Jean on behalf of the Break O'Day Municipality.

Article: Marg Osborne Photos: Matt Osborne



Jean and Robert Legge.



Robert Legge and John Brown.

<u>Please note</u>: Deadline for articles in the next Valley Voice is 5pm <u>Tuesday November 15, 2011</u> <u>EMAIL ADDRESS</u>: 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.

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

Executive Meeting Dates: 01/08/2011- 07/11/2011 General Meeting Dates: 22/08/2011- (AGM) 28/11/2011 Contact the Centre at 6376 1744.

Break O'Day Regional Arts - General meetings held on the first Tuesday of each month at 4.30 p.m. at the e.ScApe Cafe. All welcome. Inquiries to Rod 6372 2444.

Cornwall Community Development Group Inc. meets @ 7pm on the first Tuesday of each month in the Cornwall Hall. All interested persons are invited to attend. Wendy Dawson (secretary) 6372 2722.

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.

MANGANA MISSION MUSICIANS JAM NIGHTS

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

Nov 11th, Dec 9th.

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 André or Kate on 6374 2212

The Break O' Day Stitchers meets each Friday in the Bungalow at Neighbourhood House in St Helens from 10 a.m. to 3 p.m. and participants are welcome to stay for as long or short a time as they may choose. The choice of projects to work on is also optional - either to bring your own work or join in and assist on a group project.

You can get
'Inside my Skin'

www.insidemyskin.com





St Marys oldest resident Mrs Maisie Finney will be celebrating her 97th birthday on Thursday November 3.

Mrs Finney now resides with her daughter Judy and has been back in St Marys for 6½ years.

She still takes an avid interest in the local community and attends many functions such as craft days and day care at the Community Health Centre.

Maisie has always had a wonderful sense of humour, and her memory of times past is still spot on.

She has been a very busy business woman all her working life, and now in retirement she still loves to crochet, do crosswords, and read, and entertains many with her many and varied jokes.

Maisie was 90 when she learned to play card games on the computer, proving you are never too old to learn something new.

Mum, you are a delight to look after, and we are so lucky to still have you in our lives.

Happy 97th birthday to you from all your family, friends, and relatives both near and far. You are a true lady.

Classifieds

For sale

Compaq Presario Laptop.15.4" high def widescreen display, webcam, intel pentium dual core processor, 120gb hard drive, 1024mb sdram, dvd player/burner, wireless internet, 5 in 1 media reader, 6 cell lithium-ion battery, windows vista home premium, altec lansing speakers, carry case. Great laptop, must go, due to lack of use. Ideal for uni, school work. \$290. ono. Ph:0417 320 142.

2 year old Suffolk ram. \$200. 4 year old Suffolk ram. \$100. Ph Robert: 6372 2224.

1 lot blue drum set. \$200. Ph: 6372 2513.

60 metres Lysart Sheerline galvanised guttering. New- \$10.70 per meter. Bargain at \$150 the lot. Good condition. Ph: 0417 354 001.

1994 Nissan Pulsar hatch. 5 spd man, rego till August 2012, nudge bar, new battery. Good condition. Perfect first car, work car, or cheap runabout. Must sell. \$1800. ono. Ph: 0417 320 142.

Kawasaki KX60 2000 model. Recent complete re-build. As new condition. Includes all gear—boots, helmet, armour etc. \$900. Great Christmas present.

Ph: 0458 722 455.

Older style buffet.2 glass sliding doors, mirror backed, 3 drawers. \$45. 2 wht 3 drawer bedside drawers, pink trim. \$15 each. 1 wooden bookcase. \$30. 1 5 light chandelier. \$60. 1 airline cat carrier. \$15. 2 Oz trail camp beds. Cost \$50 each. \$20 each. 3 room tent in bag. Used once. \$350. 1 pr brass storks on blk imitation marble 28" high approx. \$70. Brass horse. \$20. Ph: 6374 1064 Fingal.

Electric single phase motor, 3kw all electrics connected. Brand new cost \$800. Sell for \$450. Washing machine: Simpson 5.5kg front loader. Brand new—comes with extended 4 year warranty. Cost \$578. Sell \$450. Comes with all paperwork and accessories. Scaffolding. Galvanised "Cyclone" four sets available, stackable for heights, comes with 8 Acro-prop stands (self-levelling) and also 2 x 5metre planks. \$800. Ph: 6377 1209.

Valco Runabout 2-3 wheeled pram. Comes with storm cover, sun shade and brand new interior lining as a spare. Original lining in excellent condition. Red & black in colour. \$150. firm. Black Fisher-Price baby bag, insulated side pockets and internal change mat. Assorted blankets & box of newborn baby clothes in excellent condition, some new. Some unisex, mostly boys. \$50 the lot. Firm. Ph: 0408 174 193.

1999 Nissan Pulsar SLX 1.6 litre manual 211,000 kms good tyres,new drive shaft & brakes. Rego Jan 2012,CD player. \$3,900 .ono. Ph: 6374 2165 - 0429 967 115.

Mastiff pups. All black—can view parents. Ready early November. Wormed and vaccinated. \$500 each. Ph: 0427 713 195.

Kawasaki KX85, big wheel, 2001 model. New chain and sprockets and rear suspension. Good condition, goes well. \$2000. Firm. Ph: 6372 2665.

WANTED

BRIDGE SLEEPERS FOR LANDSCAPING Ph: 6372 2813

Treadmill wanted to borrow or buy - please ring 6372 2724 or 0417 027 424

WANTED unused water tank or similar, at least 70cm high, no big rust holes, suit wombat wildlife rehabilitation.
Will collect. Simone 6377 1156.

Mad Keen Gardener looking for empty plant pots.. small to medium size, if you have pots you no longer need, please phone: 6372 2818 will pick up.

WANTED

SOMEONE TO CROCHET A SHORT SLEEVED CARDIGAN

PH: 6372 2756.

St. Marys Tennis Club advises that membership fees are now due.

Membership forms are available from Sally at the Pharmacy, Annette at the Newsagency or the clubrooms.

"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.

51 days until Christmas

GARAGE SALE

SATURDAY 5TH NOV. 16 GRAY ROAD ST MARYS TIME: 8 AM

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.

Letters to the Editor Vol. 44 No 14, November 3, 2011

Dear Editor,

Eighteen months into the Green-Labor minority government debacle, it is clear that not only have both parties sold out their principles for power, they have also overwhelmingly failed to deliver on the promises they made to the Tasmanians who voted for them.

The Greens and Labor have lost all credibility having trashed at least 117 promises between them since taking office 18 months ago. Not only have they demonstrated they can't be trusted, the list also exposes the warped priorities of both parties, placing budget cuts above frontline services and jobs.

The broken promises started on day one with former Premier David Bartlett failing to resign as promised if he got less votes than the Liberals, then doing a deal with the Greens and making Nick McKim a Minister.

Since taking over as Premier earlier this year, Ms Giddings has been even worse, walking away from Labor commitments at break-neck speed and breaking promises including:

- The commitment of an extra \$6.65 million over four years for a major dredging program for the Tamar River;
- The cancellation of the 2011 police recruitment course and closing the Avoca police station;
- Creating 15,000 new jobs. Instead 2100 jobs have been axed;
- Honouring \$32 million in extra funding to tackle elective surgery waiting lists. Instead \$100 million has been cut from the health budget.

And in an attempt to keep their disastrous union intact, Labor and the Greens have also sold out the forest industry, relegating thousands of workers to the dole queue.

The simple fact is, you can't trust Labor and the Greens, and Tasmanians are now paying the consequences.

Rene Hidding MP

Editor, Valley Voice

Congratulations to Leigh Spilsbury and your other contributors, for voicing their opinions, I believe they should be commended, whether you support or oppose their views, they at least have the fortitude and belief to voice them openly and not just stand by and let things happen that they believe are wrong, it is too late to complain after the event.

I find it amazing that respected members in this town can, at public meetings, support the proposed parallel parking proposal, but conceded in private conversations that they believe its implementation will KILL THIS TOWN.

We are told we should accept change, but not when the change makes conditions/lives worse.

Yours sincerely,

David Watkins.





St Patricks Head & Esk
Valley Historical Society Inc
are pleased to announce that, thanks
to Henry Biggelaar, our walk & field
days will continue as from Sunday the
20th November 2011

The November walk will be to the old Jubilee Coal Mine, meeting at the Purple Possum in Storey St, St Marys at 10:30 am

All Welcome

Remedial Massage and Naturopathy ring Sue Christiansen for an appointment. 0418 515 419





The Say Cagerattler

With summer fast approaching (we think) it's about time both as property owners and/ or tenants and especially Council, to look at grass and undergrowth situations. As you get around there are lots of instances where vacant land and blocks are in need of attention before they become extremely hard to deal with. Of course we think of fire risk but also something that is very concerning. Snakes. If not already our reptilian friends will be getting about pretty soon and after a couple of experiences last summer the thought of long grass havens for tiger and copperheads especially where kids, adults of course and pets frequent, is certainly concerning. This is not to say we should go around whacking every snake we see on the noggin. That's not really needed. We just need to respect that they are part of the environment but we need to be able to see the buggers if they're around, until they can be removed for safety reasons. Perhaps we need to look at our circumstances and see if our properties or nature strips are potential homes for snakes.

Congratulations to the successful candidates at the recent Local Government Break O'Day elections from the Mayor down. I'm sure that they'll all do their best.

All I ask as a ratepayer is that plenty of consideration goes on in regard to over regulation. This is never more evident than at Local Government level as we all know and a common sense evaluation particularly in regard to building regulations would be great to aspire to, given Tasmania's dogs breakfast on this matter.

To the respondent to my recent comment on political party endorsed candidates. I still maintain that NO PARTY should need to enter into local government by ENDORSING candidates. Each councillor would have their own preferences in regard to mainstream politics. That's fine. That's democracy. But what scares me is where ENDORSED councillors

might be under pressure to pursue certain issues. Otherwise why would Political Parties bother endorsing candidates in

the first place?

Finally a special thanks to Robert Legge. I don't often mention names but after an amazing period of time (around half a century I believe) serving the community, some as Mayor or Deputy Mayor his commitment cannot be questioned whether you agreed with him on some things or not. His experience at Local Government level will be hard to replace and I truly hope that he'll enjoy a bit more time to do other things that many Council commitments used to eat into.

What do you think?

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- * Site cleaning & leveling
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Arnhem Experience

As many people in St Marys would know our daughter Alex is a first year teacher at Ramingining School in Arnhem Land, Northern Territory. Ramingining is just over 500km east of Darwin.

Some months ago I booked flights to visit with Alex and her partner Stuart (also a teacher at Ramingining) for a week in late October, hopefully before the wet season started which isolates the small community of a thousand or so people. So, bright eyed and bushy tailed I set off from St Marys at 7.30am last Saturday week for the 90 minute drive to Launceston airport. Fortunately my flight to Melbourne was on time and an hour later I was at Tullamarine. A four hour wait ensued and then it was onto another flight for the four hour trip to Darwin.

I was met at Darwin airport by Alex and Stuart and we spent a very pleasant weekend wining and dining in Darwin City. Darwin is a very vibrant city with a high proportion of young people making up its population so there was real feeling of energy about the place. There was a fabulous choice of restaurants and pubs plus it was a great opportunity for Alex and Stuart to stock up on groceries and supplies that are not readily available in Ramingining.

Early on Monday morning as we commenced to pack up the car for the seven hour drive to Ramingining we were deluged by a torrential downpour that didn't look like letting up. Stuart was quite concerned because the bulk of the drive was over dirt roads that can turn to a quagmire very quickly. As we commenced our drive out of Darwin there was already a great deal of surface water on the road and the mood within the car was quite gloomy.

Fortunately, within the hour, the rain stopped and the sun came out to our great relief. It was an uneventful three hour drive to Jabiru, the gateway to Kakadu National Park. We refuelled and then it was on to our first challenge, crossing the East Alligator River which is subject to a great deal of tidal effect. Again luck was on our side as the crossing was quite low but the evidence of crocodiles, to me at least, was a little daunting.

Then we hit "the dirt" and what a bone rattling experience that was. The road is quite wide and in places deeply rutted so you just have to rattle over it, then you would have a stretch of relatively smooth road, then a creek crossing, then a pot-hole as big as a house and so on and so on.

While the terrain was reasonably mundane I found the whole experience fascinating. Some of the water crossings were in fact luxurious oases and it was always a pleasure to stop and marvel at the scenery around the water. To me at least the drive went in a flash and it was late afternoon when we pulled into the driveway of Alex and Stuart's modest but comfortable house.

The next morning I went to the school with Alex and Stuart. For the Primary School the day starts with physical education activities which Stuart coordinates. The children are so friendly and inquisitive and took a little while to figure out how I was connected to the community. Both Alex and Stuart have been "adopted" by members of the community and are in every sense very real members of their respective families. Accordingly I am also part of those families and there was just that little period of puzzlement when you were introduced to someone as they figured out the "family" connection. I won't pretend to understand how it all worked but I was someone's uncle, someone else's great grandfather, a husband etc. etc. What it did mean though was that I was fondly and kindly accepted by everyone I met.

Alex is the pre-school teacher and in the morning has a class of four year olds and then in the afternoon a class of three year olds with mothers (some with their babies) also in attendance. The children are very responsive and extremely affectionate. It was lovely to hear them chattering away in their native language which is quite lyrical.

It was very pleasing to see how effective both Alex and Stuart are as teachers and how well they have been embraced by the children at the school and by the community in general.

I had a wonderful week there spending a great deal of time at the school and wandering about the community. Stuart took me fishing on a number of occasions and I was able to satisfy a long held ambition of catching a barramundi while, at Alex's insistence, keeping an ever watchful eye out for crocodiles.

Sadly the week ended much too quickly and last Saturday morning we set off for Alex and Stuart to drive me to another community (Maningrita) about 90 minutes away where I was going to catch a light aircraft to Darwin. So it was back on the dirt road. Approximately 25km out of Ramingining there is a stretch of road that has been christened the "wash out" which was severely affected by the last wet season. The old road was completely washed away left by a gaping ravine 3-4 metres deep and maybe 500 metres long which is testimony to the volume and force of water that it was exposed to.

Then came the trickiest river crossing over the Blythe River. As we approached it we noticed a steel structure on the river bank which we soon discovered was a crocodile trap containing a seven foot crocodile which I was informed was just a baby; I certainly wouldn't want to meet its parents!. The trap would have been set by local park rangers no doubt in response to recent sightings.

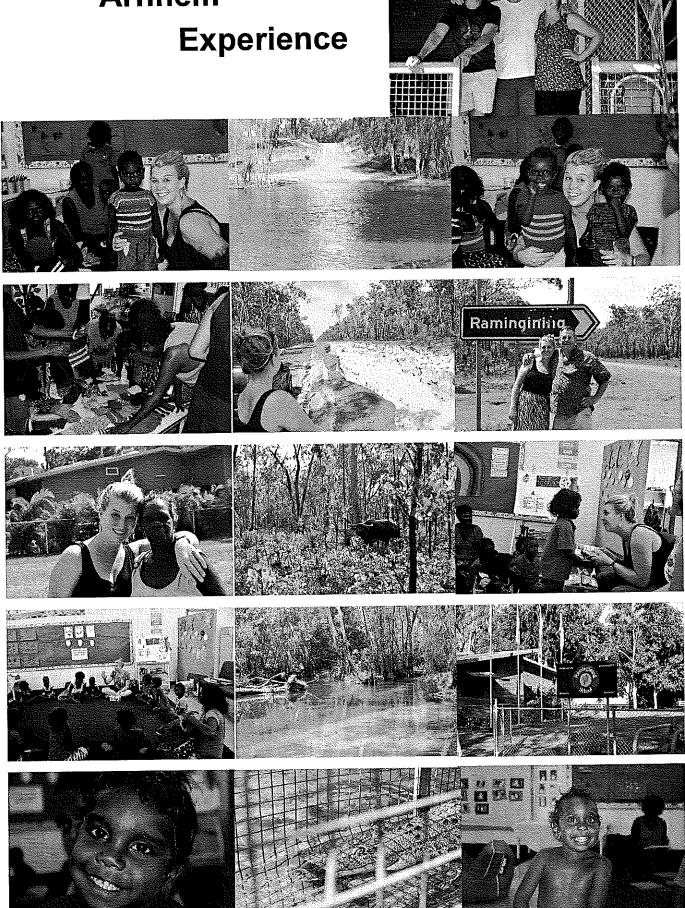
Maningrita is quite a large settlement of maybe 3000 residents on the coast; there is some mining activity there though I didn't have a chance to discover what for. We only had time for a quick drive around the town before we had to make our way to the airport. Sadly it was time to farewell my gracious hosts and climb aboard a modern 30 seater turbo prop for the 50 minute flight to Darwin. It was a real experience to fly over Kakadu and gain some sense of the grandeur of it all.

I then spent a pleasant evening in Darwin and next morning managed to sleep through two sets of alarms. Fortunately Kerry rang my mobile and woke me with literally minutes to spare to get into a cab and make a mad scramble to the airport. What a stressful way to start a long day of travel – a four hour flight to Melbourne; a three hour wait, a 60 minute flight to Launceston and then a 90 minute drive to St Marys. Being glad to be home was an understatement.

In the space of 8 days I covered something like 12,000 kilometres. I saw my daughter for the first time in 10 months and was able to see where she worked, who she worked with and her living environment. I caught a barramundi, saw crocodiles, water buffalo, brolgas and magpie geese (which I am assured is very good eating). I met the most wonderful people and an army of the most beautiful, caring and affectionate children and I fell into the Arafura Sea. Most importantly I walked away with a genuine feeling of satisfaction and pride that my daughter was a great teacher with a great partner and living a great life – not much else a parent could ask for.

I can't also help but think that I left a small part of me up there that will leave a lingering desire to return. Harry Veldums

Harry's Arnhem Experience





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Please note:

CLOSED: Saturday 5th Nov - Wed 16th Nov Baby visit!! YAY!!

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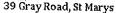


- 31 Gray Road, St Marys -3 large bedrooms
- (All with Built-in wardrobes)
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This surplus Crown property is being offered for sale for the first time and offers first home buyers & investors the opportunity to secure a fantastic low maintenance home or investment. This could be an opportunity to get that place you have been looking for without blowing the budget. If you are looking for an affordable home or investment with good returns, this is well worth an

Tender Closing - 16th November 2011

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- -Wood Fire place and Electric Heating ·Low maintenance
- Quiet Location
- Potential rent of \$200 \$220 p/w



Tender Closing - 16th November 2011 Contact Agent: Dane Cumming 0419 630 019

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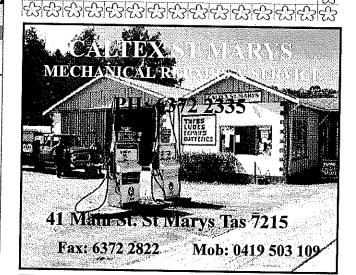
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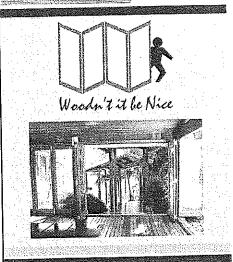
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OUT OF THE WOODWORK

Wendy Brennan, Secretary 6372 2094

Congratulations to our new Deputy Mayor... our own home town girl Hannah Rubenach. The Guild members wish you every success with all your future accomplishments.

Thank you to Cate Deak who donated to the Guild, woodworking utensils. They will be put to good use. The Guild would like to acknowledge the help that was given by Gary King, Grant Faulkner, Bill Targett, and Col Mackenzie who all gave freely of their time to help Reon unload an extraordinary heavy piece of machinery into our shed.

Finally, to George Wyrostek (no. 3) who helped turn our turf into something that resembles a lawn! and Sister Lorraine who kindly donated some plants for our garden.

Guild's Home Hint:

Anywhere you find mould. Oil of cloves solution:

Quarter teaspoon of oil of cloves per one litre of water in spray bottle. Lightly mist over mould and leave to dry. The mould will die and drop off in a couple of days.

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

A supportive environment where traditional woodcraft skills are taught.



Guess who is our member in picture?????

Baking a Chrissie cake or making a pudding? See us now!

With Christmas only five weeks away, you don't want to run out of time to bake that perfect cake or pudding. So pop into Purple Possum with your list of ingredients and we'll put it together on the spot or have it ready for you to pick up later. Alternatively you can phone your order through and collect it when you're next in town. We'll even home deliver! With the Purple Possum's reputation for quality you know you'll get the best ingredients – and in exactly the quantity you need so there's no wastage. And your family will love you for those delicious, rich cakes and puddings!

Purple Possum

Wholefoods & Café
5 Story Street St Marys. Phone 6372 2655.
Open seven days – indoors and garden



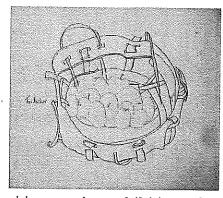
EVENTS

TABIS COLLECTION

Tasmanian Acquired Brain Injury Syndrome "The lives and thoughts of the artists, achievements of a remarkable group"

Exhibition opens 10am 5th November until 28th November

At the e.ScApe Cafe
Entry to Exhibition is free





"PASSAGES" This exciting touring exhibition of textile works will be on display at "Gone Rustic Studio and Gallery" in December, dates to be announced. Stitching and Beyond is a group of over 300 members who have a passion for fabrics, fibre and threads, colour and texture. Exhibition opens 12 noon Saturday 10th December. Christmas theme with finger food, tea and coffee—BO'DRA members \$5 non members \$6

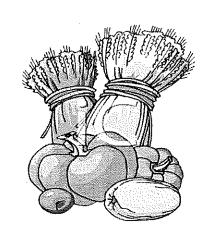
EXTRA .. EXTRA .. MARKETS

Sat 3rd December Sat 17th December Sat 7th January 2012 Sat 21st January ROCK N ROLL DANCE Sat 28th January 2012 St. Marys Community Hall

ST. PATRICKS HEAD FESTIVAL Sat 17th March 2012 St. Marys Township

ST. MARYS MARKETS

Rain, Hail or Shine
1st Saturday of every month next market 5th Nov
Community Hall, St Marys - 9 am start
Fresh Produce, Art, Craft, Trash and Treasure
Mini Raffle drawn every market day
Wood raffle won by K. Balzar
Phone Robina 63722022



Thank you from Splash 2002-2001

Well our 8 day ride is done for 2011, Thanx to those in the local communities that donated to Variety's Special children around Tasmania. For those who have not returned their sponsorship forms YOU STILL CAN!, if you don't wish to support us then please tick the box "i don't wish to donate" and return in the stamped envelope that you were provided. We've gathered a lot of statewide support as the Pirates and Kraken and have already collected monies in for 2012

Day oneHobart to Derwent Bridge (lunch) approx 104 miles...cold, raining, fog Derwent Bridge to Strahan (overnight stop) approx 76 miles...cold ,sleet, snow and hail

Theme night Girls to boys -Boys to girls

Day Two.... Strahan to Penguin...(lunch) Penguin Market, approx 136 miles... rain

Penguin to Wynyard (overnight stop) approx 70 miles

Day three..... Kraken, lost rear wheel bearing...limping to Launceston for parts. Pirates continue on track

Wynyard to Beauty Point (lunch)...Pirates accept large Donation From Publican...Thanx

Visiting Burnie Special School, Devonport Special Schools along the way...miles approx...76

Beauty point to Grindelwald. (overnight)..With a quick lap at Symmons Plains...40km they said- was the rule...lucky cars are in miles! Approx 43 miles

Day four...Grindelwald to Evandale (lunch) Visiting Giant Steps at Deloraine, along the way, and a noisy drive by the Evandale school Approx 75 miles. Evandale to Georgetown (overnight Stop)...approx 75 miles.

Day five...Georgetown to Scottsdale, (lunch) via Lilydale School

Scottsdale to St Helens (overnight) Trick route ...left us up the Bush (Goshen) for us to find our own way back to St Helens approx 100 miles Thanx To Linda Little for Fanfairytastic cakes

Day Six... (lay day...half day)...St Helens to Ledgerwood via St Helens School athletics carnival, Cherie accepted donation from School thanx everyone... then on to Ringarooma school, and the weather was great! Approx 40 miles for the day then the fun stop Bra Bar at St Helens...the best fudge in the state (Mount Elephant of course) and fresh shucked oysters, and loads of laughs! St Helens (overnight)

Day Seven... St Helens to Avoca (lunch) Morning tea at Griffin Park...with Lindas cakes and fun stop.

Lunch stop at the school where the kids paraded their own tasbash cars...great 94 miles

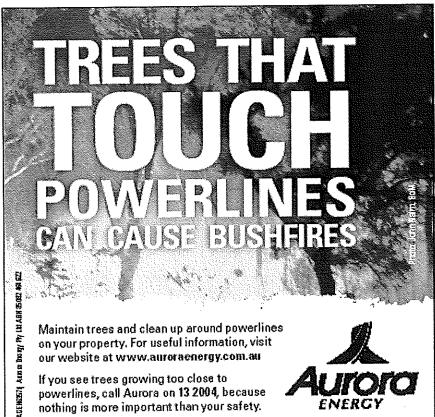
Avoca to Coles Bay overnight...early check in to appreciate the scenery, approx 59 miles

Bash trophy night where individual trophies are given...receiving my 15 year tasbash plaque.

Final Day Day Eight.....Coles Bay to Richmond..Finish.... approx 132 miles

And its all over till next year..... If you would like to join us or perhaps put your own car in, I am always available to help...If you wish to donate its always appreciated and personal donations 100% tax deductibleFind us also on Facebook...Splash Tasbash 2002-2001

Please continue to help our Special Children of Tasmania...These Children have so many needs, and no expectations or wants...Tasbash a true reminder of Life, and unconditional love.



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- protect property by preventing fires that are caused by vegetation coming into contact with powerlines: and
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Aurora and its authorised Contractors will be entering properties, where required. for the clearing of Aurora-owned lines. In most cases this work will be at no cost to property councie

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For further information call Aurora on 13 2004.

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Would you like to learn how to save money, eat a more varied diet and improve your health and wellbeina?

Community Kitchen Program is for anyone and everyone. Participants will come together to socialise and cook delicious, affordable and nutritious meals which they then share together.

You do not need to have any previous cooking experience as a trained kitchen facilitator will be there to help.

WHERE: St Marys Community Hall

WHEN: Monday Evenings 6 pm- 8.30 pm

DATES: 7th November to 12th December

COST: \$2 per week

Bookings are essential

Call Healthy House at 6376 5242

Funded by the Australian Government Department of Health & Ageing under the Rural Primary Health Services Preventative Health Initiative

Armistice Remembrance Day 2011

The 11th Hour of the 11th Day of the 11th Month of 1918, saw the end of hostilities in The Great War (First World War as it was unfortunately to become known)

Remembrance Day has largely been superseded by ANZAC Day in Australia, but is still the day the majority of the world remembers its fallen.

When the Tomb of the Unknown Soldier in London, England was unveiled, one hundred Victoria Cross recipients (the highest bravery award the Commonwealth awards) were present.

Also present were one hundred widows, who had also lost their sons in the Great War. The last sentence does not sound much until you realise, that it means one hundred families effectively ceased to exist, for there were no more males alive to continue their line.

I wonder how many Australian families received the same fate by serving their country.

So as you pause for 1 minute at 11am on Friday the 11/11/2011, whether it be at work, home, at the cenotaph or elsewhere, remember the men and women who gave their futures so we can have ours.

Heroes are not braver than ordinary people, they are just braver 5 minutes longer.

David Watkins.

Chef extraordinaire Jeff Peacock is producing another scrumptious Beef & Burgundy feast – with a Christmas theme – so get dressed up if you like – **When** Saturday 12th November 6.30 for 7pm start and only \$40 per person – so invite your partner, workmates, friends and make up a table. **Where** – Fingal Valley Neighbourhood House.

Phone 6374 2344 or 0488 562 538 to book or enquire – see you there.

Tourism in St Marys

Of the hundreds of thousands of tourists who visit Tasmania each year, it is estimated (TT figures) that 70,000 pass through St Marys on their way to the coast. Of this number over 40% are looking for an eco-tourism experience.

I disagree that we cannot compete with Freycinet for a share of these numbers. We have three magnificent and very beautiful entrances to St Marys whereas the entrance to Coles Bay is somewhat flat and uninteresting. They have the Hazards and Wine Glass Bay but we have vast areas of tree covered hills with spectacular views that equal, if not surpass, those in Freycinet. Paddy's Head and South Sister are just two – but to have walks along the ridge of Mt Nicholas and through Mt Elephant would not only be breathtaking for the views but also for the rich biodiversity contained in the these areas.

Also we have an area big enough to accommodate large numbers of visitors without compromising the tranquillity and the feeling of getting away from it all that it has to offer. I heard that in recent years the numbers tramping up to see Wine Glass Bay necessitated making another walk – hardly a wilderness experience!

Having talked with many overseas visitors who stay at Seaview Farm, I know for certain that what we have here is unique. For people visiting from Singapore or Hong Kong to sit in front of a log fire, feed a pet lamb or get up close and personal with a cow, not to mention watching the dog round up sheep are, for them, exotic experiences. Add to this the space, the lack of crowds, the clear night skies, the wildlife and the bushwalks and they are having a holiday of a lifetime. The potential market in South East Asia alone is enormous – and growing.

But if we don't appreciate or recognize just what we have got we are in danger of losing it. If we allow these forests to remain unprotected and open to short term greed and exploitation by companies who don't give a toss for our local environment and who would take all profits out of the area, then perhaps we deserve to live in a fragile place subject to the whims of outside agencies and one doomed to remain in the economic doldrums.

I echo all that Rita Summers says and also find the proposal exciting with many possibilities for truly sustainable development of this area. While forestry and mining have provided some immediate jobs in the past these two industries have not exactly made St Marys into a boom town. Nor are they likely to do so in the future. Or have I missed something?

Do we want to keep young people in this town? Do we want to see the area prosper and grow? If so we need to look to our major resource which is the natural beauty of our surroundings both in the forests and the farmlands. If we appreciate this it is possible to find constructive ways of selling it while still maintaining the integrity of the whole.

I believe this to be achievable but it will require knowledge, imagination and hard work combined with a positive vision of the future.

Frank Giles.

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Letter of thanks.

My name is Maureen Agars from 22 Noble Avenue, Goolwa, South Australia (where the river Murray goes out to sea).

My daughter Sharon has been a resident in Mathinna for almost 3 years, but in late July this year she was taken to Launceston hospital and then transferred to Royal Hobart Hospital with serious effects from a second brain tumor. I flew down with my son and daughter-in-law and I requested she be transferred to Royal Adelaide hospital under the same surgeon that removed the first tumor 7 years ago.

Amazingly this was organised and she was transferred by commercial airlines with a nurse to accompany her on the 12th. Aug and was operated on the 15th. As a result Sharon is paralysed down her left side and currently in a re-habilitation hospital until she is strong enough to come and live with me.

What I would like to do is thank the local community who have been so supportive to my daughter during her time in Mathinna when her partner suicided 18 months ago and especially more recently as her health deteriorated.

People in St. Marys took her into their home when she was struggling at home. They also accepted her greyhound, cat and cockatiels. Friends and neighbours have since maintained her property and when my youngest daughter and I flew down 10 days ago to organise a garage sale to clear her household goods we found so much already done for us and the resulting sale quit more than 80% of her possessions and what was left a neighbour and friends are going to continue to sell for her.

Sharon's dog who is still in care in St.Marys will be flown to Adelaide next Wednesday and come to me and when possible I will take her to see Sharon at the hospital as I am sure this will help her through the roughest phase in her life. She has her last radiation treatment today after a 6 weeks course, so we hope for a good result.

Sharon's property is on the market and we hope for a sale as soon as possible but I know Sharon is missing her many friends and hopes one day to go back for a visit.

Thank you one and all. Maureen.

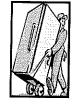
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COMBINED PROBUS CLUB OF SCAMANDER INC.

Our guest speaker for October was Heather Butler. Heather and other community members are planning to establish a branch of the Bendigo Bank in

St. Helens. Heather outlined their progress to this stage and provided information on the benefits our community may enjoy once the bank is established. She emphasized it will employ local people and will be a bank "for the community".

The weather was sunny and warm and after the meeting a BYO lunch had been planned. Our hosts for this month were Barry and Marj Aulich. We sat outside in the sun sheltered from the wind by Marj and Barry lovely garden and enjoyed a "chinwag" and much laughter.

This month will be a busy one for our club. After our meeting [23rd November] our BYO lunch hosts will be Betty and Alan at Douglas River. On November the 28th we will be tripping to George Town and Low Head.

For \$60 why not join us on our trip to Low Head and George Town. Lunch and morning tea provided. For information about departure times from St Helens, Scamander and in the Valley please contact Barry Aulich on 6372 5752.

Not all members of our club live in Scamander. Members travel from St. Marys, Pyengana and St. Helens, so if you would like to join our club, phone Greg on 0438 431 017 for membership details.



NOVEMBER

All Building Blocks sessions are free of charge and for children, parents, grandparents

All sessions are held from 10.30-12.30

carers of 0-5 years old year olds. Come along and see!

Play & Learn Sessions

3rd - Cornwall- Community Park
9th Fingal - Fingal Park
15th- St Marys- Community Hall
23rd Fingal - Fingal Park
29th St Marys - Community Hall
30th Bicheno - Community hall (rear entrance)
Building Blocks will be at Cornwall and Bicheno
this month come along and support these
Play & Learn session for 2011

For more information or to share ideas/suggestions
Please call Cathy at Healthy House

63765242 or 0400 002 116 Email:

HOUSE

cathy.parker@healthyhouse.org.au



INFORMATION AFTERNOON

For the parents of children aged 7 ½ - 10 ½ (or close

to)

When: Sunday 13th November

Time: 2pm

Where: Cub Shed, 220 Argonaut Road, St Helens (Last property on the right before the State Forest)

Why: Come and meet our new leaders, find out all the benefits that being in Cubs brings to your family, meet some Cubs and Scouts, find out about the financial side, participate in a healthy activity and be part of a long standing tradition of Cubs and Scouts in the St Helens area.

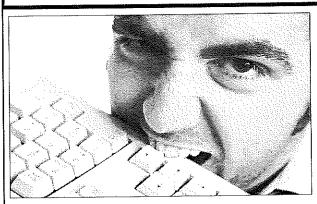
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Dick**Adams**MF

Federal Member for Lyons

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58A High Street PO Box 271

Perth. Tas 7300

New Norfolk Tas 7140 Ph 6261 3366

Ph 6398 1115

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

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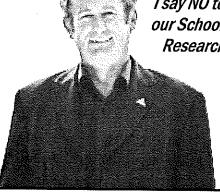
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Tim Morris MP

Tasmanian Greens Member for **Lyons**



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Authorised by Tim Morris MR, Parkament House, Hobart 2000.



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Break O'Day Councíl Australia Day Awards 2012

Citizen of the Year & Young Citizen of the Year

Award Description:

Citizen of the Year:

To be eligible, the person must be 27 years or older on or before the 26th January 2012.

Individuals Eligible for Award:

Persons who have made a noteworthy contribution during the current year and/or given outstanding service to the local community over a number of years shall be eligible

Young Citizen of the Year:

To be eligible, the person must be under 27 years of age on or before the 26th January 2012.

Individuals Eligible for Award:

This award is for a young citizen who has made a noteworthy contribution during the current year and/or given outstanding service to the local community over a number of years.

Nominations for Awards close 5.00pm Friday 16 December, 2011.

Nomination forms available from the Break O'Day Council Office, or email

Chris.hughes@bodc.tas.gov.au

Jenny.singline@bodc.tas.gov.au

Council will not accept any late nominations.

Postal Details:

Australia Day Awards

Break O'Day Council

PO Box 21

ST HELENS TAS 7216

Awards will be presented at the Australia Day Award Ceremony on January 26th 2012

IMPORTANT NOTICE REGARDING DONATIONS TO THE ST MARYS OP SHOP

from Janet Drummond

Please do NOT leave donations outside the St Marys Op Shop.

If the shop is closed please take donations to the St Marys News Agency, from where Op Shop volunteers will collect.

It has been noted in recent weeks, that bags of donated goods are being left outside the Op Shop.

It has also been noted that some donations disappear before the volunteers arrive to take them inside the Op Shop.

PLEASE do not leave donations outside the Op Shop door, as we cannot guarantee that they will make it to the inside of the shop.

Don't forget the Op Shop is open on Saturday mornings on Market Day each month if that makes it easy to bring donations to the Shop.

Funds raised go directly towards assisting the St Marys District School



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LOOKING FORWARD TO PROVIDING A SERVICE TO THE COMMUNITY.

The Valley & East Coast Voice Guidelines.

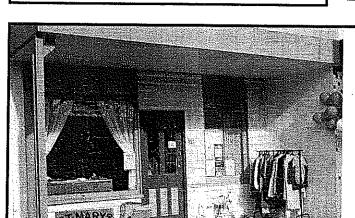
- Opinions in any letters published are not necessarily the views held by the editor and voluntary workers.
- Our pages will remain open to fair and honest criticism, so that on all questions, both sides may be presented, but any letters containing personal attacks or hinting at libel or slander will not be accepted. Stick to the issue rather than making personal attacks.
- 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. Letters most commonly published are those that have bearing to current community issues.
- Keep letters short, simple and to the point. Letters are restricted to 300 words or less.
- The Editor reserves the right to edit your letter for grammar, spelling or reduction in size where necessary.
- 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.
- Do not be discouraged if your letters don't get published. Whilst each submission is reviewed on its own merits, we generally receive more letters than we have space available.
- The Valley & East Coast Voice reserves the right at all times, without notice, to update, change or amend our guidelines.
 Whilst we value & welcome community letters, The Valley & East Coast Voice does not provide specific feedback regarding any decision made not to publish a submission.

St Marys Police Phone Number 6372 1010 Non Urgent Number 131 444

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15 nov (wednesday) - mobile quilting shop with judy duckett; free tea and coffee; lots of fabric, bargains & sewing supplies (11-3) 26 nov (saturday) – journals anonymous; learn a simple bookbinding technique with beth verschoyle (11-2); call rita for more info 10 dec (saturday) – launch of 'passages' exhibition from stitching & beyond (12 noon); Christmas theme with finger food, tea & coffee

contemporary art & craft

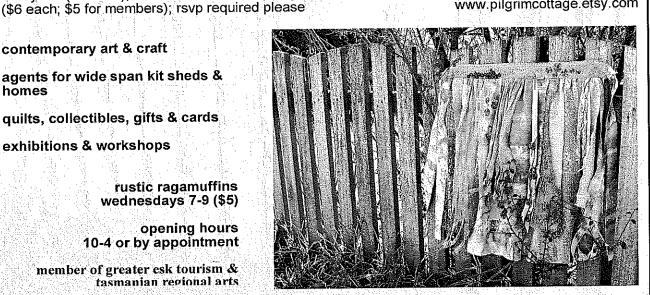
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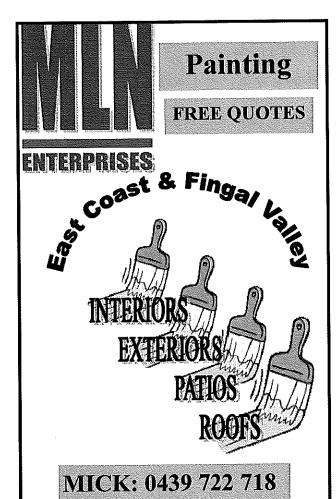
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Ph: 6337 5555 For appointments.

ROAD RULES



Child Restraints

Changes have been made to the road rules about child restraints and there will be further changes.

From 30 November 2010, children:

 aged four years to less than the age of seven must be restrained in either an approved forward facing child restraint with an inbuilt harness or an approved booster seat restrained by a correctly adjusted and fastened seatbelt.

Children aged less than four years of age are already required to wear an approved child restraint that is properly fastened and adjusted when travelling in a car for improved safety. The type of restraint will depend on the age of the child as follows:

- under the age of six months: to be restrained in an approved rearward facing child restraint (e.g. infant capsule)
- from six months to less than the age of four: to be restrained in either an
 approved rearward facing child restraint or an approved forward facing child restraint
 with inbuilt harness (e.g. child safety seat)

There are also new laws about where children can sit in vehicles.

- If a car has two or more rows of seats, then children under four years must not travel
 in the front seat.
- If all seats, other than the front seats, are being used by children under seven years, children aged between four and six years (inclusive) may travel in the front seat, provided they use an approved child restraint or booster seat.

Penalty

The penalty for failing to ensure a child aged under 16 years wears a child restraint or seat belt is 3 demerit points and a \$350 fine.

Department of Infrastructure, Energy & Resources



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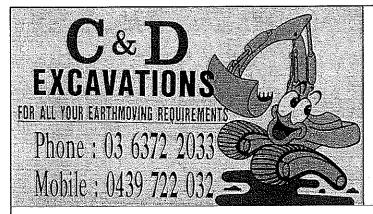
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Weds 4.30-6 New time with John McColl Garden sculptures - John will assist you with your individual project. High school students welcome. No Experience needed. \$20 concessions Available.

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

Local artist Zeb Walker is currently on site creating his amazing yurts

Big Shed has a recording studio, PA hire and experienced engineers.

Big Shed has art space for hire, as well as a network of artists available for commissioned artworks,

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NOVEMBER 2011

			6 2 2	3000
			Launching into Learning— St.Marys Kinder - 10.30am Stepping Stones—St.Marys Kinder 1.00pm ENE Athletics	Launching Into Learning— Fingal Campus Australian Business Week
7th	8th	9th	Australian Business Week 10th	IIth
LONG WEEKEND	Centrelink Visit - Yr 10 students Swimming & Water Safety Program	Swimming & Water Safety Program	◆ Launching into Learning— St.Marys Kinder - 10.30am ◆ Stepping Stones- Parent Free Session -St.Marys Kinder 1.00pm ◆ Swimming & Water Safety	Launching into Learning— Fingal Campus Swimming & Water Safety Program
			Program	

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.

Community Access to School Pool

To sum up

The builders have finished, the heat pump has been fixed - staff and students have been using the pool for a few weeks so when will the community have access?

The community traditionally have access to the school pool at the beginning of November until late April if they satisfy the requirements of being a key holder.....and fingers crossed, we should have access for our community mid to late November at the latest.

On September 1 we had a Swimming Pool Safety Assessment by the Tasmanian manager of the Royal Life Saving Society Australia (RLSSA). The assessment is based on the assessor's knowledge of the relevant statutory requirements, Australian Standards and the RLSSA Guidelines for Water Safety: Commercial Learn to Swim and School Pools.

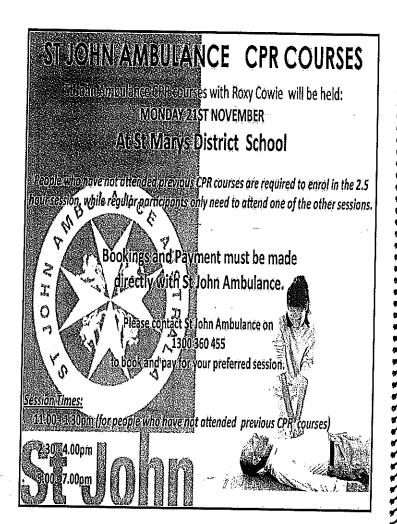
A Safety Improvement Plan was then completed based on the results of this assessment, were non compliant in 2 main areas - Administration and Safety Signage., in order for us to be able to open to the community we have to ensure that we have an action plan in place to address these two areas and that we taken steps to address the High Risk areas as identified by the RLSSA. This doesn't mean we have to tick off every High, Medium and Low risk identified it just means we have to have a plan in place, with timelines, to address areas of non compliance and to ensure we have ticked off the essentials.

The good news is that a good portion of the Signage has arrived and is now up. We are in the process of developing an Operations Manual and an Emergency Action Plan as well as conducting a chemical audit and risk assessment pool chemicals. We are also finalising documentation and costs for the 2011/2012 pool season.

We know how important the pool is to our community and what a vital function it serves. Rest assured that we are doing everything we can to prepare for the swimming season so we can all enjoy this fabulous facility.

Louise Rose A/Principal





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Certificate 2 Agricultural Science

You can also build your literacy and numeracy skills by studying at our Post Year 10 campus.

For more information please contact us through the school on 63 723 900.

Re-train, build your skills, gain employment.

Louise Rose Principal

St Marys District School Association is calling for expressions of interest from

Qualified swimming instructors

Who may be interested in providing a Learn to Swim Program for infants and 4-12yr old children from the 3rd - 17th January 2012 (10 week day sessions), at the school pool.

Please forward your resume, including contact details to St Marys District School, Gray Rd St Marys 7215, by Tuesday 15th November, marked: **Learn to Swim Program.**

Please note that the decision to proceed with the program will be dependent on sufficient interest from families.

Further information: Tanya Greenwood: 6372 2187 or tlgreenwood@hotmail.com

Jacqui Lockwood: 6372 5449



THE STAMARYS DISTRICT SCHOOL WILL

000 GIVING ABOTREE BE TAKING DONATIONS OF NON PERISHABLE ITEMS.
PLEASE BRING TO THE OFFICE BEFORE WEDNESDAY

14TH DECEMBER BEFORE 10.15AM

WHERE THEY WILL BE PRESENTED

TO THE ABC GIVING TREE.

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Latt 1/11/11- 17/11/11 Dr Libby Reekman 16/11/11-18/11/11

Public Holiday 7 November-Recreation Day

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.

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

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

3Nov GP Podiatrist- Annabelle. For appointment please See your GP or Health Professional for a referral.

> Social Worker- Shan Williams appointments available by phoning 6372 2111

> Relationships Australia- Leanne McMurtie for appointments please phone1300 364 277

C.R.S BY Appointment

4 NOV TABIS (Tasmanian Acquired Brain Injury Service)-Hannah Rubenach phone 0437 076 100

Social Work=Shan Williams, Please phone 6372 2111 for appointments

L.G.H Physiotherapists Appointments referral by

7 Nov Long Weekend- Recreation Day. There will be no Doctor's Surgery on this day. Normal Surgery hours will resume on Tuesday 2 Nov 2011, please call after hours Service contact Number above.

WHAT'S ON AT THE CENTRE continued ...

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

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

Ellen Naef- counsellor for app phone 0409864182

9Nov Continence Nurse- Sue Walker. For appointment please see your GP or Health Professional

> 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

Social Worker- Shan Williams. Please phone 10 Nov 6372 2111 for appointments.

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

> GET THE MOST OUT OF LIFE .see flyer back page

11 Nov TABIS (Tasmanian Acquired Brain Injury Service)-Hannah Rubenach phone 0437 076 100

> Work- Shan Williams, Please phone 6372 2111 for appointments

L.G.H Physiotherapists. Appointments referral by G.P.

Hospital Auxiliary Meeting 2:00pm in the Day Room 14 Nov.

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

> 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

> Lightfoot Podiatry- Perry Daly. Phone 6331 9568 for appointment

Meals on Wheels Meeting 2:00pm in the Day Room.

16 Nov Day Centre- For details on the group please contact Hayley Gilbert 6372 2111

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

> C.R.S By appointment Social Worker-Shan Williams. Please phone 63722111 For appointments

Get the most out of life, see back page

Continence nurse Sue Walker. For appointment Please see your GP or Health Professional for A referral

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

Information of this page was supplied by: St Marys Community Health Centre, Gardiners Creek, Road, St Marys, TASMANIA. 7215

17 Nov



Northern Area Health Service

7/10/11

Get the Most Out of Life in six weeks

Residents in St Marys are encouraged to Get the Most Out of Life.

Get the Most Out of Life is a six-week program – with the next program being held at St Marys Community Health Centre, st Marys on 10th November to 15th December 2011.

"Get the Most Out of Life is a fun and practical way for people with ongoing health conditions to learn how to overcome daily challenges and maintain an active life," program leaders Shan Williams and Hayley Gilbert said.

"Self management skills can be useful for everyone. So this program is for anyone living with an ongoing chronic condition, as well as people who are caring for someone who is."

Run in small groups of 10 to 15 people, and for a gold coin donation, topics covered in the program include:

- managing your symptoms
- · the benefits of healthy eating and physical activity
- communicating effectively with doctors and healthcare teams
- managing difficult emotions
- making daily tasks easier.

Get the Most Out of Life is coordinated by the Department of Health and Human Services in partnership with the MS Society of Tasmania and Kidney Health Australia. It is based on the international Stanford Chronic Disease Self Management Program, which has been proven to improve both the physical and mental (social) impacts among participants with chronic illness.

For more information go to www.dhhs.tas.gov.au/pophealth/chronic_condition or to sign up, phone Shan or Hayley on 6372 2111

MEALS ON WHEELS ROSTER			
November		St Marys	Fingal
Monday	7th	Lorraine Gill	Neighbourhood House
Tuesday	8th	Pam Bretz	
Wednesday	9th	Barbara McAllister	
Thursday	10th	Kaye Nailer	
Friday	11th	Pam Gillies	
MOW Contact		Phone:	0488 384 344
Monday	14th	Debbie Barnes	Neighbourhood House
Tuesday	15th	Ruth Aulich	
Wednesday	16th	Liz Rice	
Thursday	17th	Yvonne Salter	
Friday	18th	Hannah Rubenach	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 Fingal 11.30am

2nd Sunday: LITURGY

St Helens Vigil LWC 6.00pm St Marys LWC 9.00am St Helens Bicheno LWC 9.00am 8 a Fingal LWC 9.30am St Marys

3rd Sunday: MASS

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

4th Sunday LITURGY

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

5th Sunday LITURGY

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

Enq: Baptisms & Weddings
Ph: 63 31 4377
Church of Apostles
Presbytery
Officer Hours: 10.00am - 3pm.

Sr Marjorie Ph: 6381 1122.

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

G 41 D 1 3....

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: 2011

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

The Breakfast program is now hosted by Matt and Karen on weekdays.

There are now over 500 stations

Australia wide.

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

National Vision Radio Network. Phone 1800 007 770.

St Marys Online Access Centre Opening Hours:

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

Thursday 10 am - 3 pmFriday 10 am - 3 pmSaturday 11 am - 2 pm

Ph: 6372 2005

ST MARYS OP-SHOP

SUPPORTING YOUR LOCAL SCHOOL

NEW SUMMER OPENING HOURS: STARTING MONDAY 3RD OCTOBER MON TO FRI. 10AM — 4PM (WHERE VOLUNTEERS ARE AVAILABLE)

WHERE VOLUNTEERS ARE AVAILABLI ST MARYS MARKET SATURDAY 10AM—2PM

PH: Janet Drummond: 6372 2851.

The summer opening hours have now started - 10am-4pm.

Shop will only be open as volunteers are available. So sometimes the shop might have to open late or close early.

If you're interested in assisting the school and volunteering at the Op Shop, please contact Janet Drummond 6372 2851.

St Marys Sports Centre Inc. news Kackhander.

Bloody rain. Not bad. Three weeks into the new pennant season and already two washouts. I think the year before last we had 4-5 washed out games for the season so that record might be under threat. In regard to players it's great to report a plethora of great junior players. We are the envy of the whole competition and it's going to stand us in great stead in the future. Just a reminder though to all our new kids. There will be weeks when we won't be able to play you all. What we want to do is to be fair to every one and try to share the games around. If you aren't available any given week just let us know and we'll factor that in. We are so glad to have you all.

There is no pennant next weekend because of the Public Holiday break but the following game is at St Helens on the new artificial green which should be fun.

Also coming up is the East Coast Triples on Nov 13th and 20th. We need both players and helpers for this first part of the 2011/12 East Coast Championship series. After that there is the Fours, Pairs and Singles as the season goes on, that's if the bloody rain stays away of course.

Barefoot Bowls commences on November 18th. It's mainly aimed at non members, or non bowlers and will involve a competition, a feed and a drop if you wish. Come along or send someone along if you think they might enjoy trying a new game at a great club. 6pm for 6.30pm start. Cost \$5 per player. Prizes to winning team each time.

Thanks to the crew from the school who ventured over last week to try bowls and spend a few bob. Much appreciated. Also some of those people chose to have a Melbourne Cup Draw function this week at the club. We hope you enjoyed it.

To golf and a couple of biggies... Don't forget McDonalds Cup on this upcoming Long weekend. Thanks to Macca and the family this is a really fun and popular day and if you can play, you should. Even if you haven't got a team of four you are guaranteed to play if you come along. Thanks to the McDonalds...blood worth bottling.

Also coming up is the visit by the Motor Home people. Think some will be enjoying the golf course as part of their visit. Finally the Spilsbury Trophy will be played on Sunday November 27th over 18 holes. Let's make it a ripper.

Until next time, good hitting and rolling.











ST MARYS SPORTS CENTRE INC. Every Friday — 6.30 - 7.30pm drinks at discounted prices



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.

(available from Thurs 3rd Nov - Wed 9th Nov)

from the butchery

3	
Porterhouse steak	\$14.99kg
Blade roasts	\$ 8.99kg
Short loin lamb chops	\$13.99kg
BBQ meat packs	\$ 9.99kg
Ingham microwave chicken	\$ 5.99kg

from the coolroom/freezer

Kraft dip 220/250g	\$2.29
Gold'n Canola margarine spread1kg	\$4.79
Nestle drumstick 24pk	\$21.99
Bulla ice cream 2lt	\$3,99
Ingham chicken Kiev 350g	\$6.99

grocery lines

Devondale longlife milk 1lt	99c
Quilton toilet tissue 6pk	\$2.99
Juicy Isle long life juice 2lt	\$2.59
Kelloggs cornflakes 380g	\$1.99
Fountain squeezy Tom/BBQ sauce 500ml	.99c

Next week's specials

(available from Thur 10th Nov - Wed 16th Nov)

from the butchery

I ama - £ 11.	* * * * * * * * * * * * * * * * * * * *
Legs of lamb	\$ 8.99kg
T-bone steak	\$14.99kg
IGA corned silverside	\$ 6.99kg
Diced steak	\$ 9.99kg
Ingham chicken portions	\$ 5.59kg

from the coolroom/freezer

Eta 5 star spread 500g	-	\$1.69
Bega super slices IWS	cheese 500g	\$3.99
Peters chocwedge Vani	Ila bonus 12pk	\$4.99
Birds Eye oven bake ch	ips 1kg	\$2.99
Vita Cee juice orange 2	.4lt	\$3.49

grocery lines

grocery times	
Sanitarium Weetbix 750g	\$2.99
Arnotts choc TimTam/slice/crowns/royals.	\$1.99
Sanitarium So Good UHT reg/lite milk 1lt	\$1.79
Kleenex cottonelle toilet tissue 8pk	\$3.99
Sunsilk shampoo & Cond. 200ml	\$2.99

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