

The Valley & East Coast Voice

Est. 1968

Volume 44 No. 6. Thursday, July 14, 2011.

50 cents



St. Marys Tigers Football Club Inc.

AFL Masters Football back in St Marys

In what promises to be a bumper day of football in St Marys the mighty Tigers will be hosting a big double header at the St Marys football ground on Sunday 24 July. Following Auskick Launceston will take on Claremont in the first game at 11.30am followed by St Marys against Sandy Bay/Hutchins at 1.00pm.

Both Launceston and St Marys had great wins at the last northern Masters match held at Windsor Park in Launceston back on 25 June. St Marys had a memorable victory against Sorell and Launceston ran out comfortable winners against Lindisfarne. Both of these southern teams are close to the top of the ladder in their respective divisions in the Hobart competition, so both Launceston and St Marys, as the only northern



Masters teams are right up there and are competitive with all teams in the state. What this means is that the people of St Marys and surrounds will be treated to some of the best Masters footy they are ever likely to see in Tasmania.

Entrance on the day will be by gold coin donation and the girls of the St Helens District Under 17 representative netball team have kindly volunteered to run the gate and will also be running a raffle to be drawn on the day. Combine this with Auskick which will be run in the morning before the games, and St Marys will be right in the thick of the sporting action. The football ground is in excellent condition so if the weather is good all the ingredients will be there for a fantastic day.

This game is the last rostered home game for St Marys for 2011 and while there is hope of a further social game later in the year, this will be the last opportunity to see the resurgent St Marys tigers in action in full match conditions. The Tigers have really developed this year and are now a fully competitive masters team playing some great footy. So gather up your black and yellow scarves and beanies and let's make this a memorable day for St Marys. Come along and cheer your team while also catching a great game between Launceston and Claremont.

Let's also acknowledge the efforts of teams travelling up from Hobart to help promote Masters footy in the north of the state and also helping the resurgent Tigers to go from strength to strength. Let us make sure we show everyone that we are a town that loves our footy and supports our local team. It's been a hard slog getting a St Marys team back on the paddock but we now have a team we can be proud of so let's show them our support.

A full range of food and refreshments will be available.

**So mark July 24th on your calendar
as local footy day
and turn up for the Tigers!**



SHOP LOCALLY AND SAVE

Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday July 26, 2011

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

*Break O'Day Regional Arts
2011 Winter Art Competition*

Theme: "Winter Dreaming"

Judges:

*Maggie Fletcher. Dip. Arts and Craft Design,
Cert JV Arts Admin*

Sarah Schmerl. Councillor Break O'Day Municipality

Colin Smith. President Break O'Day Regional Arts



Closing date has been extended to 5 p.m. 1st August
All works with entry fee to be delivered to
Manna Farm

Winner of \$1,000 prize money will be announced at
Bush Dance @ 8 p.m. 6th August Community Hall
Entries will then be displayed at the e.ScApe Cafe
Entry forms can still be obtained from Post Office
and Purple Possum or Phone Colin 63722707

IMAGE: "Bubbles" Courtesy of

Maggie Fletcher

Out of the Woodwork
Wendy Brennan, Secretary 0408656014

The Woodcraft Guild's committee brought to my attention that in the last Out of the Woodwork article I had given the wrong Saturday for the Break O'Day Regional Arts market, and they have asked me to apologise for any inconvenience. I inadvertently got my Saturday's mixed up. **Their great market is on the First Saturday of Every Month** where you will find our Sizzler King selling our most hated, most eaten sausages.

As the Guild is sometimes approached about doing renovation and building works we would like to clarify that as hobbyist's we don't do onsite repair work. The Guild does not have any problem with doing small repair work for the elderly, infirmed or the low socio - economic members of our community from the confines of our workshop. However, large structural work we leave to the experts who have the proficiency in this area and rely on this type of labour as a source for their livelihood.

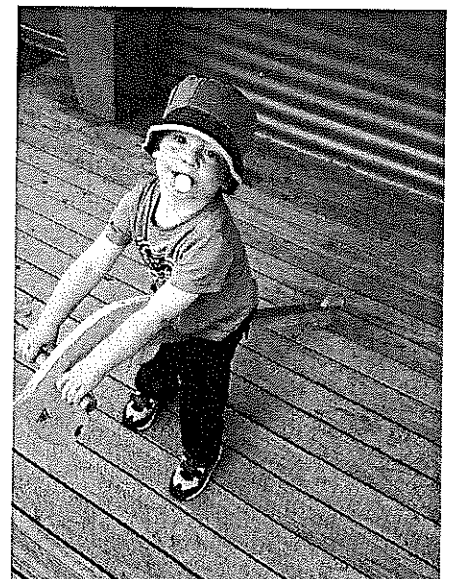
The Guild was sent this delightful picture of Oliver Ebdon on his second birthday as testament to the enjoyment that can be had from one of the Guild's wooden horses. (Thank you to Jan Clement who made several for her own children and freely gave us her pattern for the next generation to enjoy)

A gentle reminder that subscriptions are now up for renewal.

The Guild would like to extend a warm welcome to whoever is successful in leasing the Old Railway Station, and hopes that the camaraderie which has been built up from previous occupiers will continue.

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

A supportive environment where traditional woodcraft skills are taught



Pic of Oliver Ebdon, an upcoming equestrian rider.

Winter Dreaming Bush Dance

Saturday 6th August
featuring bush band

Rough Bark



It will be a night of
great food, great music and great dancing

in the St Marys Hall

Doors open 6pm for dinner, music starts at 7pm

Winter Dreaming Art Competition winners announced 8pm

Soups, curries and supper will be available.

Bar featuring our famous mulled wine, beer, wine (proof of age
required) Plus tea/coffee/cold drinks, etc

SEE YOU THERE!!

Tickets for the dance - family - \$20 (BO'DRA members \$15)

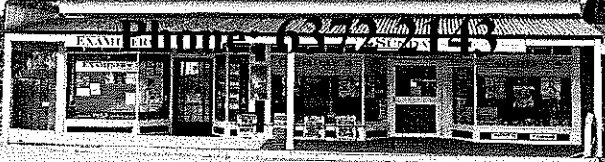
Single - \$10 (BO'DRA members \$8)

We need volunteers to help make this event happen-if you can help in any
way, please contact Kelly on 0427 713 195 or kelrod@lizzy.com.au

brought to you by



ST MARYS NEWSAGENCY



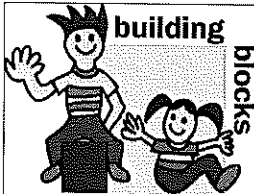
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VIDEOS STILL **CHEAP!!**



JULY 2011

All Building Blocks sessions are free of charge for children, parents, grand parents and carers of 0-5 years old year olds. Come along and see!

All sessions are held from 10.30 - 12.30

Play & Learn sessions

6th Fingal -
Neighbourhood House in the large room
12th St Marys -
Community Hall
14th Cornwall -
Community Hall
20th Fingal -

Neighbourhood House in the large room
26th St Marys -
Community Hall
27th Bicheno -
Community Hall the small room

Bicheno Community Hall -

we are holding an infant session, older children welcome, come along have a cuppa and meet other new parents, grandparents and carers.

St Helens Flowers

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Federal Member for Lyons

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PO Box 50 PO Box 271
Perth, Tas 7300 New Norfolk Tas 7140
Ph 6398 1115 Ph 6261 3366
Toll free 1300 132 689
Email D.Adams.MP@aph.gov.au



WORKING WITH YOU FOR A STRONG COMMUNITY

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

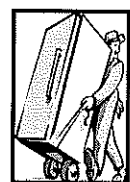
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**Promote your business or tourist venture
on the www.valleysofadventure.com website**

GET members are invited to submit a short blurb promoting their tourist venture or business plus a promotional photograph to louisa.rhodes@ecpc.com.au so GET can present you to the world. There may also be an opportunity to participate in the Northern Midland Business Association's new Tourist iPhone App currently in the planning stages. The news will be spread by Greater Esk Tourism—exciting plans are afoot. Our region has so much to offer—come along to any of our meetings and join in the enthusiasm. It is time to rev up the action promoting this region so that all our businesses can benefit. Times are hard for many so let's work together to support each other and make this happen.

Next meeting: Monday 11th July, 7pm at the Fingal Neighbourhood House.

Guest Speakers: Luke Martin - Tourism Industry Council Tasmania & Liz Schibig-Edgar - Tourism Tas.

Cocktail Evening to celebrate the winners of the **Photographic Competition**

INVITATION

Date: Friday 5th August 2011
Venue: Purple Possum St Marys
Time: 5:30 for 6pm
Cost: \$10 each

All welcome

Also, watch out for the Winter Dreaming Bush Dance at St Marys

August 1st is the closing date for the Winter Dreaming Art Competition - Contact: Colin mannafarms@bigpond.com.

MANGANA MISSION MUSICIAN JAM NIGHTS

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Mangana
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Oct 14, Nov 11, Dec 9

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dennis@stpaulsrivercabins.com

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 non-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.



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2 Lagoon Esplanade, Scamander 7215

Big Shed has a new **guitar teacher** with 3 years teaching experience. Book now for your weekly lesson. All abilities welcome.

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 No bookings required

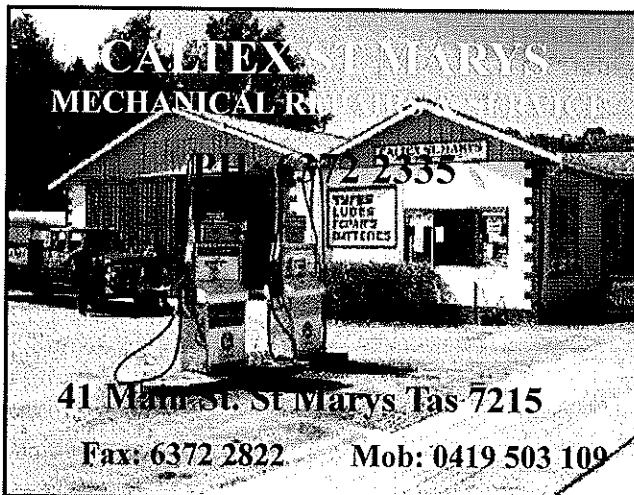
Local artist Zeb Walker is currently on site creating his amazing yurls

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.

24837 Tasman Highway, St Helens.
Phone **0428725228**
Bigshedstudios@yahoo.com

BIG SHED STUDIOS



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

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Chapel:

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Tim Morris MP

Tasmanian Greens Member for Lyons



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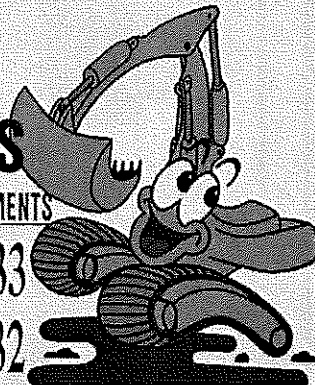
Authorised by Tim Morris MP, Parliament House, Hobart 7000.

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Visiting :

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

Ph: 6337 5555 For appointments.

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

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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.

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of processed food it is has been estimated 80% plus of
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Mon	Tue	Wed	Thu	Fri
			14 Jul ☞ <u>Launching into Learning</u> St Marys Kinder 10.30am ☞ <u>Stepping Stones</u> - Marys Kinder - 1pm ☞ St Marys Soccer Club ☞ 9/10 Science and Engineering Challenge - L'ton ☞ Country Gold Training	STUDENT FREE DAY
18 Jul ☞ Active After School Activities gr 4-8	19 Jul ☞ Neuro Science Competition - Hobart	20 Jul ☞ Active After School Activities gr Prep-3 ☞ Secondary Winter Sports	21 Jul ☞ <u>Launching into Learning</u> St Marys Kinder 10.30am ☞ <u>Stepping Stones</u> - Marys Kinder - 1pm ☞ St Marys Soccer Club ☞ Country Gold Training	22 Jul ☞ <u>Launching into Learning</u> 0-4yrs program - Fingal Kindergarten - 10am start
23 Jul ☞ Active After School Activities gr 4-8 ☞ Grade 10 W/Experience	26 Jul ☞ Grade 10 W/Experience ☞ Grade 9 Camp ☞ Grade 5/6 Field Trip - Scamander	27 Jul ☞ Active After School Activities gr Prep-3 ☞ Grade 10 W/Experience ☞ Grade 9 Camp	28 Jul ☞ <u>Launching into Learning</u> St Marys Kinder 10.30am ☞ <u>Stepping Stones</u> - Marys Kinder - 1pm ☞ St Marys Soccer Club ☞ Grade 10 W/Experience ☞ Grade 9 Camp ☞ Country Gold Training	29 Jul ☞ <u>Launching into Learning</u> 0-4yrs program - Fingal Kindergarten - 10am start ☞ Grade 10 W/Experience ☞ Grade 9 Camp

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

NEW Bus Parking Initiative

We have began a new bus parking initiative at the St Marys Campus. In consultation with the School Association and DIER the following scheme has been implemented.

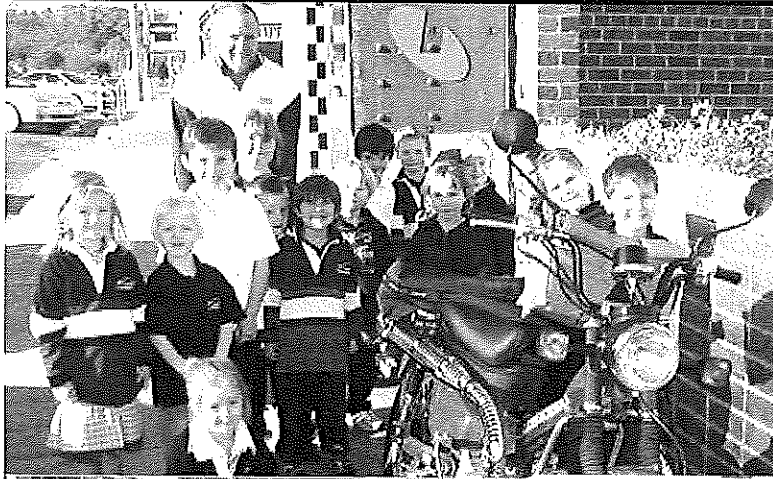
- ☞ All school buses will now park in the courtyard area, morning and afternoon, to enable students to embark and board;
- ☞ The buses will line up in the same order each day to ensure students can easily locate their bus;
- ☞ At 3:00pm students will line up under cover and bus monitors will complete an attendance check;
- ☞ By lining up under cover we will minimise the possibility of students getting wet;
- ☞ The buses have total right of way, both morning and afternoon;
- ☞ Parents will not be permitted to enter the courtyard area by vehicle and staff may not enter during times of bus movement 8:30 – 8:45am and 2:50 – 3:05pm;
- ☞ Parents will now have unrestricted access to the front turning circle to drop off and collect children;
- ☞ Students travelling with parents must move via the designated safe route outside the Science block;
- ☞ There is to be no parking of vehicles outside the front door of the school in the unmarked areas near the steps. This is a real safety issue.

All the above changes have been implemented to maximise the safety, comfort and well-being of students. The same procedure will be used if the school is closed during the day due to flooding.

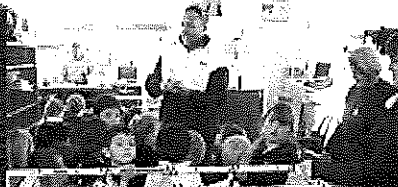
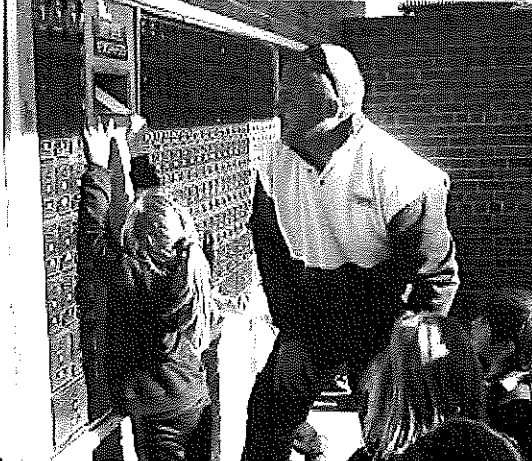
We thank you in anticipation of your support.



The Kinders have a Post Office set up in their classroom. We wrote letters which we posted at our local Australia Post. We toured the post office and found out all about how the Post Office works - some people even found their family's post box.



Craig Freiboth, our friendly postman, delivered our mail, on his postie bike, to our classroom.



A big thank you to Craig Freiboth, and Ruth McGiveron at the St. Marys Post Office, and the St. Helens Post Office staff for all their contributions to our learning. We have had great fun!



ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Cyril Latt- 14/7/11-29/7/11
Dr L. Reeckman- Women's Health Clinic 21 June

St Marys Community Health Centre

GP Surgery Hours:

Monday—Friday 8:50am-12:30pm
12:30pm-1:30pm LUNCH
1:30pm-4:30pm

PATHOLOGY SERVICE

No Pathology Service between
12:00-1:30pm or before 8:30am daily.

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

INR TESTS

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

AFTER HOURS SERVICE CONTACT NUMBERS

PLEASE PHONE GP ASSIST ON 1300 780 011

AMBULANCE 1800 008 008 or

EMERGENCY 000

COMMUNITY HEALTH CENTRE 6372 2111

PLEASE RING BEFORE PRESENTING AFTER HOURS

SCRIPTS AND DOCTORS APPOINTMENTS

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

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

RSPCA CUPCAKE DAY

The St Marys Health Centre is running a colouring competition for the RSPCA Cupcake Day August 15.

Entry is **FREE** and blank pictures are available from the reception area (or the back of this page). Finished pictures can be left in the box at the Health Centre's Reception.

The winning picture drawn will win a colouring book and pencil set- drawn Wednesday 17 August 2011.

Cupcakes will be available for sale from the reception area on Tuesday 16 August 2011 for \$2.00 each.

LAUREL HOUSE COUNSELLING

PHONE 6334 2740 / A.H. & WEEKENDS 0409 800 394

Support for women, men and children who have experienced rape, sexual assault/ harassment or child abuse. Local appointments available.

'NATIONAL WEE WEEK' is 18th- 24th July 2011

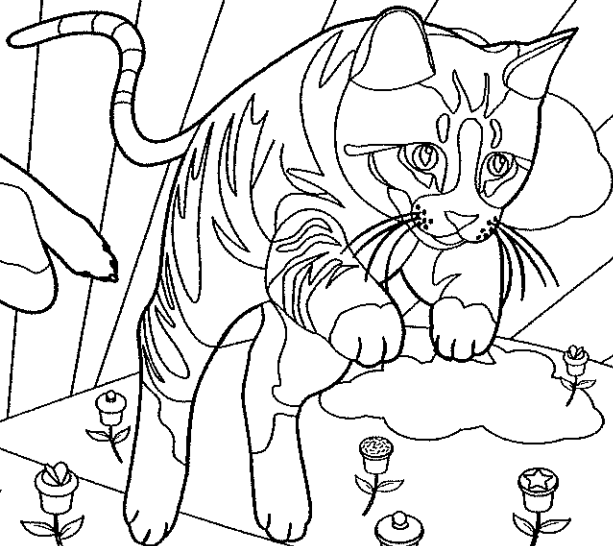
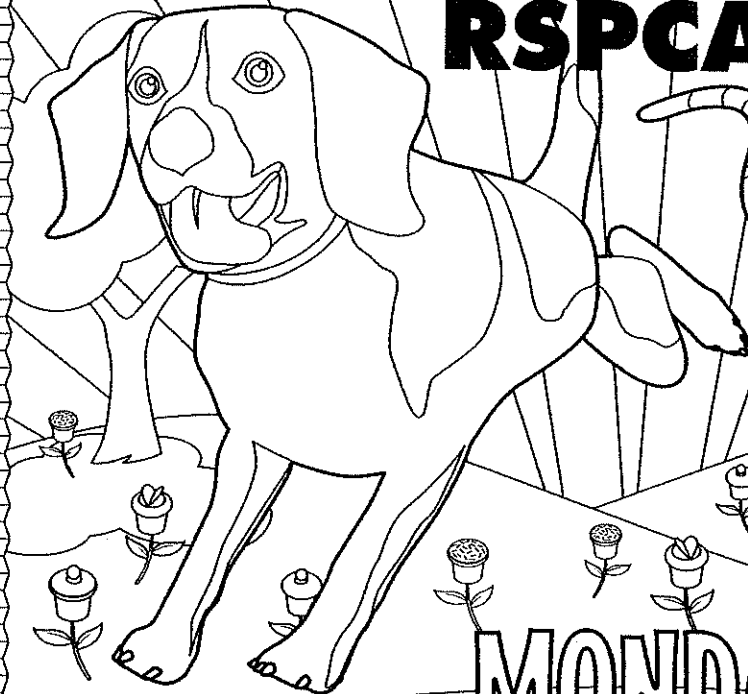
Check out the Health Display Board at the Centre for details

WHAT'S ON AT THE CENTRE

- 14 July Relationships Australia- Leanne McMurtie for appointments please phone 1300 364 277
Social Work- Shan Williams. Please phone 6372 2111 for appointments
GP Podiatrist- Annabel. Please see your GP for a referral.
- 15 July Social Worker- Shan Williams appointments available by phoning 6372 2111.
TABIS (Tasmanian Acquired Brain Injury Service)- Hannah Rubenach phone 0437 076 100
Diabetes Educator (GP North) - Appointments available by referral from your GP
Dietician (GP North) - Appointments available by referral from your GP
Exercise Physiologist (GP North) - Appointments available by referral from your GP
- 18 July TLC Meeting (Tasmanian Lymphoedema Centre) 10:00am in the Day Room
- 19 July Child Health Session with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381
- 20 July 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
- 21 July Social Work- Shan Williams. Please phone 6372 2111 for appointments.
GP North Mental Health Worker- Brady Young for appointments please see your GP for a referral
- 22 July TABIS (Tasmanian Acquired Brain Injury Service)- Hannah Rubenach phone 0437 076 100
Social Work- Shan Williams. Please phone 6372 2111 for appointments
Dietician (GP North) - Appointments available by referral from your GP
- 26 July Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
Child Health Session with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381
GP North Mental Health Worker- Brady Young for appointments please see your GP for a referral
- 27 July Day Centre- For details on the group please contact Hayley Gilbert 6372 2111.
Social Work- Shan Williams. Please phone 6372 2111 for appointments.
GP North Mental Health Worker- Brady Young for appointments please see your GP for a referral
- 28 July Relationships Australia- Leanne McMurtie for appointments please phone 1300 364 277
Social Worker- Shan Williams appointments available by phoning 6372 2111
Confidence Nurse- Sue Walker. For appointment please see your GP or Health Professional for a referral.
- 29 July TABIS (Tasmanian Acquired Brain Injury Service)- Hannah Rubenach phone 0437 076 100
Social Worker- Shan Williams appointments available by phoning 6372 2111

CUP CAKEDAY

for the
RSPCA 



MONDAY
15 August 2011

www.rspcacupcakeday.com.au

Name _____

School _____

Contact number _____



MEALS ON WHEELS ROSTER

July	St Marys	Fingal
Monday 18th	Pam Lynch	Neighbourhood House
Tuesday 19th	Ruth Aulich	
Wednesday 20th	Liz Rice	
Thursday 21st	Yvonne Saiter	
Friday 22nd	Patricia Barr	
MOW Contact		Phone: 0488 384 344
Monday 25th	Lundy Vosper	Neighbourhood House
Tuesday 26th	Pam Breiz	
Wednesday 27th	Lorraine Gill	
Thursday 28th	D & V Rice	
Friday 29th	Patricia Barr	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
Bicheno LWC 9.00am
Fingal LWC 9.30am

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

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am
Divine Service 11 am

Contacts for Valley Voice

PH: Judy: 6372 2155

email: judith.spilshury@telair.com.au

Accounts: Mary: 6372 2328

Please leave written material at the
St Marys Pharmacy,
Main St, St Marys,
or post: G4 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.

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

Full page \$50.

1 year posted subscription \$40.

On Air Now!

Vision FM 88.0 at

St. Marys, St Helens and Fingal.

Join Greg and Shelley on their 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

NEW WINTER TRADING HOURS:

11AM — 3PM MON TO FRI.

PH: Janet Drummond: 6372 2851.

WANTED

Winter blankets, curtains of any
kind & warm winter clothing.

Thanks to those who volunteered for the
new roster. If anyone is interested in going
on a casual list to cover when regular
volunteers have other commitments,
please call in and see Janet at the shop on
a Monday or a Thursday.

Please note change of phone number
whilst Tracy is convalescing.

St Marys Sports Centre Inc. news. Kackhandler.

Short and sweet this time, and I do mean sweet. All good news...First of all the Christmas in July bookings are going great so if you haven't booked a table, please make sure you do so by this Friday/Saturday. Will be a fantastic feed and eagerly awaited.

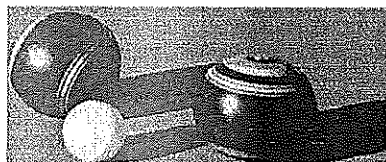
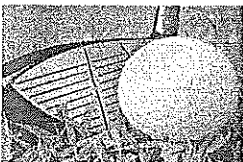
Congratulations to Russell and Bobbie Harwood who won our first Pairs night in indoor bowls last week. We had a pretty good number to play. The following Friday evening it was good to announce that we had several interested younger players who began learning how to play, and handled themselves with aplomb. This Friday night it is a draw for partner night so please try to be there by around 6.30 pm. All very welcome. Just come along for the Sav's if nothing else. They taste great.

Black Rock Sunday Golf has commenced again. Thanks to Macca and the crew, a 9 hole event every Sunday is conducted at the club (weather permitting of course). Decided to start with 9 holes allowing older or even brand new golfers to play in winter conditions. Added benefits of course are later start / earlier finish. Hopefully this great initiative will lead to most wanting to play 18 holes (maybe even on Saturdays) again before long. It certainly deserves a big try.

Want to be a part of another great initiative designed to encourage and enhance the club's social side? You'd be more than welcome to be part of the brand new ENTERTAINMENT COMMITTEE. Macca would love to hear from you on this too. Already some exciting events being considered to try. Sounds great.

By the time this column is being read, the first meeting of the new Committee would have taken place so in the next issue we should have some news there to report.

Until next time, good hitting and rolling.



Happy Hour!



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 14th July - Wed 20th July)

from the butchery

Porterhouse steak	\$14.99kg
Lamb shanks	\$ 9.99kg
IGA chicken drumsticks	\$ 5.49kg
Lamb loin chops	\$14.99kg

something for breakfast

Uncle Tobys Plus cereal 410/460g	\$3.99
IXL conserve jam/marmalade 600g	\$2.79
Up & Go breakfast drink 250ml 6pk	\$5.99
IGA Eggs 59g 1 dozen	\$2.99
Just Juice long life juice 2lt	\$2.79

grocery lines

Campbells red/white cond. soup 410/420g	99c.
Golden Circle cordial syrup 2lt	\$2.99
SPC baked beans & spaghetti 415/425g	.99c
Bundaberg white/raw sugar 1kg	\$1.79
Lindt Excellence/ Lindor choc. block 100g	\$1.99

Next week's specials

(available from Thurs 21st July - Wed 27th July)

from the butchery

Blade roast	\$ 9.99kg
Beef mince	\$ 8.99kg
Ingham microwave chickens	\$ 5.99kg
Round BBQ steak	\$ 9.99kg
Smocked hocks	\$ 7.99kg

from the freezer

Scott's meat pies 900g 6pk	\$3.99
Kraft cheese slices singles 410/500g	\$3.99
Peters choc wedge vanilla bonus 12pk	\$4.99
Meadowlea margarine spread 1kg	\$3.69

grocery lines

Safe toilet tissue 12pk	\$2.79
Thick & Thirsty paper towel 2pk	\$1.99
Purina Friskies dry cat food 1kg	\$3.49
Heinz tomato sauce squeeze 500ml	\$1.49
Nestle Milo 750g	\$6.55
Natural confectionery Co bags 140/200g	\$1.99

We now have in stock

Enviro Care Earth products.

100% Australian owned, with NO phosphates, chlorine, animal testing or harsh fumes.

Laundry powder to pet shampoo.

Check out the new stand next time you are in store.