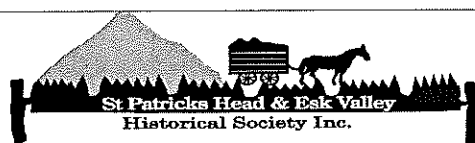


The Valley & East Coast Voice

Est. 1968

Volume 45 No. 11, Thursday September 20, 2012.

50 cents



www.fingalvalleyhistory.com

CHILDREN'S BALL AT CORNWALL

During a visit to Lois Hayes (nee Peters) in Launceston recently she showed me an article she had found on "Trove". It featured in the Examiner Newspaper on Tuesday the 11th April 1950.

As we are both old, born and bred Cornwallites, the article brought back a stack of memories and, of course, a few laughs. There was also a note of sadness as a number of names mentioned are no longer with us.

It read as follows:

Children's Ball at Cornwall

A successful children's ball at Cornwall organized by C.W.A. members raised approximately £30.

Prizes were won by Dimity Nolan (Little Bo-peep), Joan MacLean (Mother Hubbard), Rob McGeachie (Devil), Garry Worsley (Cat), Duncan McGeachie (Wounded Soldier), Helen McGeachie (Queen of Hearts), Judith and Janet Davern (Hawaiian Girls), Ronald and Sue Camplin (Pierrot and Pierrette), Jackie Nolan (Gipsy), Jill Maney (Flower Girl), Grace Nicholson (Nurse), Helen Maclean (Chinese), Bill Haas (Little Boy Blue), Jim Haas (Mr Baggy Breeches) Patty Parsons (Christmas Fairy)

Belle of the Ball was Jennifer Thomas of St Marys, with Marlene and Grace Rowlings of Cornwall equal second.

Judges were Mrs Crisp and Mrs E. Ransom.

Thanks to the National Library of Australia's website "Trove" and the Examiner Newspaper for this story.

Jim Haas

(Look inside for a photo of Mr Baggy Breeches!!)

INVITATION

Extended to all Golf Clubs for a
Junior Golfing Clinic at the
St Marys Sports Centre.

Sunday 23rd September
at 9.30am sharp.

A Golf professional,
Bryce Goram,
from Country Club Casino
will take the Juniors for 1 hour,
FREE!!!

THEN FOR THOSE ADULTS
WHO REQUIRE SOME COACHING,
HE WILL STICK AROUND, BUT THIS WILL BE AT
YOUR COST, AROUND \$50 FOR 30 MINUTES.

Then there will be a 9 hole golf competition for everyone
seniors and juniors, with some fantastic prizes donated by

HARWOOD PLUMBING

Followed by a sausage sizzle.
Total cost \$2.00 for the BBQ.

Then for those who wish to compete,
9 ends of bowls to find the
ALL ROUND CHAMPION.

PLEASE JOIN US ON THE DAY
FOR SOME GREAT FUN.

Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday October 2, 2012

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

Community news

St Marys Hospital Auxiliary meets the first Monday of every month at 2pm at the St Marys Community Health Centre.

The Break O'Day Woodcraft Guild Inc. meets for meetings the last Saturday of the month at 2pm at the goods shed behind the St Marys Railway Station.

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

St Marys Ladies Midweek Tennis 9.30am each wed. Need new players - of any standard- beginners welcome-childminding included - lovely safe place to bring toddlers while you play. Ring Karon: 6372 2382 / Dana: 6372 2033.

Playgroup at Falmouth Community Centre. Fridays 10.30 - 12.30. \$2 per family. Please bring a piece of fruit for sharing and your child's own drink bottle & sun protection. Bikes and helmets welcome. Details contact Michelle: 6372 2835 / 0418 271 315.

St Patricks Head & Esk Valley Historical Society Inc meets every second month on the third Wednesday at 3pm at various venues throughout the valley. For details please contact: Barry (6372 5752) (email: aulich@bigpond.com) or Jim Haas (6372 2127) (email: jimhaas@bigpond.com) Alternately you can check out our website :www.fingalvalleyhistory.com

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

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

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

Break O'Day Regional Arts - General meetings held on the first Tuesday of each month at 4.p.m. at Mt Elephant Fudge shop. All welcome. Ph: Susan 6372 2512.

The Cornwall Community Development Group Inc welcome all interested persons to their meetings in the Cornwall Hall on the first Tuesday of each month at 6.30 p.m. Wendy Dawson Public Officer - Ph. 0403 430 452.

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.

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.

Scamander Garden Club meets at Scamander Sports Complex at 1.30pm on the third Monday of each month. Enjoy sharing garden activities. Contact Val: 6372 2762.

SHOP LOCALLY AND SAVE

Tasmania Valleys of Adventure

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

GREATER ESK TOURISM

GET TOURISM ... meets the second Monday of each month unless otherwise notified.

WHERE: Fingal Valley Neighbourhood House

TIME: 7PM

All WELCOME.

Enquiries to the president on 63722783.

Stallholders Market Inc.

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

For stall booking and other inquiries, please phone Cheryl on 6372 2194. Leave message.



St Marys Market

Rain hail or shine the markets will be held on the 1st Saturday every month in the community hall. 9am start.

New stall holders welcome.

Phone Robina 03 6372 2022 or Sue 03 6372 2512

BINGO

at the

Cornwall hall

every Monday at 7pm.

2 Jackpots \$120 & \$100.

All welcome.

Money raised going to help with renovations to the hall.

SUNDAY JOY

12.30pm

this is a

bring-and-share lunch followed by a great time of friendship and fellowship.

You are very welcome to join us and share our **JOY!**

phone 0409 838 816.



HOMESCHOOLERS: meeting fortnightly at Bungalow, St Helens Neighbourhood House on Wednesday.

Upcoming dates: 19 Sept, 3 Oct, 17 Oct. Welcome all current/interested homeschoolers. All enquiries:

Michelle: 6372 2835 / 0418 271 315.

Homeschooling Group looking for community people to offer our group their skills—crafts/artist/music—all sorts. Any activity that can include children of various ages. Current activity is drumming. Please ring and discuss costs/options with Michelle: 6372 2835 / 0418 271 315.

For sale

Classifieds

Wanted

46" VIVO Led/Lcd TV. Purchased 03/8/2012 Still under Warranty. Perfect working condition. \$500.00 Firm.
Ph: 63742325.

QUILTING MACHINE FOR SALE - Husqvarna short arm quilting machine system; handles up to king size quilts; includes large sewing machine and complete frame with rollers and carriage, plus laser light to follow pantographs. Can be operated free style or be used as a stand alone sewing machine, with large clear 'table' attachment. Complete set of pantographs included, plus DVD on how to put it all together, instruction manual and bonus book. Like new; hardly been used. Paid \$3900; willing to let it go for \$3000. Contact Rita Summers on 03 6372 2724 or 0417 027 424.

TABLE LOOM FOR SALE - surplus to requirements; would like to find a good home for it! Made of timber and is a lovely piece of equipment. Any reasonable offers considered; paid \$250 for it originally. Contact Rita Summers on 03 6372 2724 or 0417 027 424.

Mitsubishi Magna S/W 90. Power steering, auto, 240,000kms, runs well, reg till Dec'12. \$500. ono.
Ph: 0427 603 488.

Barina XC hatch 2005, auto, reg. 04-13, silver/lilac, only 50,000kms. Full service record. Immac.cond. AC & CD player. \$10,500.ono. PH: 6372 5667.

1994 Honda XR 100, good condition. Mechanically A1. \$1400. ono. Contact Karen Polden Ph: 6372 2438 or Mob: 0439 333 398.

Set of 4 timber swivel bar stools, leather seat and back. Good con. \$400—the lot. **Wardrobe & dressing table.** \$40 for both. Ph: 6372 2357.

Budgies for sale. \$10 each. Ph: 63751949.

17" flat screen colour TV. HD set top box (never used) DVD player. Swivel wall mount (never used) \$150 the lot. Ph: K Floyd 6372 2176.

Frozen raspberries for sale 10 dollars /kg . Ideal for jams, cakes and puddings.

Raspberry canes with good roots \$1 each.
Ph: Jack 6372 2034.

Wheat for sale. 20kg bags, \$10. 20kg bags crushed, \$15.
Contact Jason: 0419 514 947.

Frozen blueberries - \$11 kilo Phone 6372 2341.

Interested in Medieval life? Arts, crafts, costumes etc?

If so please contact Michael on 0447 106 218 or Lillian 6372 2531.

The Break O'Day Woodcraft Guild and Men's Shed will be holding their **Annual General Meeting** on the 29th September at the old railway goods shed St Marys at 2pm.

WANTED

POST HOLE DIGGER.
200-300MM, TO SUIT SMALL TRACTOR WITH
3 POINT LINKAGE. IN USABLE CONDITION.
PLEASE PH: ANDREW 6397 3033 / 6372 2844

WANTED TO BUY

CHEAP CARAVAN. PH: 0429 301 140.

Wanted to buy

Exercise bike in good condition.
Ph: 0437 227 123

GIVE AWAY - PIGS

10 SOWS, 2 YEARS OLD - 6 BOARS
Ph: 6372 2271.

GIVE AWAY - CRAFT WOOD

LIMBS, BRANCHES ETC., FROM RECENTLY FELLED DOUGLAS FIR. MIGHT BE SUITABLE FOR CRAFT WOOD. PIECES HAVE BEEN TRIMMED AND THERE IS PROBABLY A COUPLE OF UTE LOADS. AVAILABLE FOR PICK-UP AT STORYS CREEK.
PHONE 6385 2114 IF INTENDING TO COME.

Orders taken for Sheep Poo - for the Scouts.
\$5 a bag. 0412 803 027.

"Moo-Poo". Finely screened. Any quantity. See Norm.
Ph: 6372 2380. Now doing mint mulch.

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

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.

Fingal Valley Meals on Wheels will be holding their Annual General Meeting at the St Marys Community Health Centre Day Room on Thursday October 11, 2012, Lundy Vosper. (Sec)

FINGAL VALLEY NEIGHBOURHOOD HOUSE INC AGM
Will be held on Thursday 20th September 2012 at 7pm at the Fingal Valley Neighbourhood House. All welcome to attend. Any enquiries, please contact the office on 6374 2344.

FINGAL ONLINE ACCESS CENTRE
Will be holding their AGM on Wednesday 19th September 2012 at 7pm, at the Online Access Centre. All welcome to attend. Any enquiries, please contact the Online Centre on 6374 2222.

FINGAL DISTRICT PROGRESS COMMITTEE INC
Will be holding their AGM on Wednesday 25th September 2012 at 7pm at the Fingal Valley Neighbourhood House. All welcome to attend.
Any enquiries, please contact Louisa on 0438 372 246

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.

Suicide Awareness Day 2012 and the Eight Hugs a Day "Recommendation"

World Suicide Awareness Day 2012 organised by the World Health Organization and held on 10 September 2012.

World Suicide Awareness Day promotes worldwide commitment and action to prevent suicides. Suicide is the leading cause of death in Australia for men under 44 and women under 34. The most recent Australian data (ABS, Causes of Death, 2009) reports death due to suicide at 2,132. That equates to 6 deaths by suicide a day, or one every four hours. It is however accepted that death by suicide is under reported in Australia. Lifeline provide a 24 hour crisis support centre on 13 11 14.

This brings me to an article I read whilst in Sydney in the Sydney Morning Herald. The article titled "The hormone that makes us good or evil" was published on September 6th 2012 and is available online at:

<http://www.smh.com.au/technology/sci-tech/the-hormone-that-makes-us-good-or-evil-20120905-25eyx.html>.

It reviews the work of American academic Paul Zak and his new book "The Moral Molecule" which examines the hormone oxytocin. Paul Zak finds oxytocin to be an all embracing "moral molecule", providing a glue that "keeps society together". Towards the end of the article a good tip is given for helping to boost your oxytocin levels, with respect always to personal space, " ... Zac says, we should all be doing more to boost oxytocin in benign ways. He recommends a minimum of eight hugs a day (pets count too)" to maintain mental well being and to boost your oxytocin levels. A simple hug might help a person who is feeling down and blue!

So, don't just reach out to others on Suicide Awareness Day, reach out every day, ask your neighbour R U Okay and smile at passing people, it might be the only human contact that they have that day. A mum told me just this story today of how she has taught her children to smile at passers-by for just this reason. Who will you smile at, or reach out to today?

Janet Drummond.

Editor of the Valley Voice,

Just a reminder that the St Marys Streetscape meeting is on Tuesday 25th September, at the St Marys Town Hall at 6pm.

From the letter I received from council, other interested parties also made submissions that are supposed to be discussed.

I was told by a resident that she can not yell loud enough to be heard by council. By attending the meeting and voting, you will be heard.

DIER and the General manager want parallel parking, the only way that will change if everyone who does not agree, turns up.

David Watkins.

LUNCH WITH THE GIRLS

A group of 15-year-old girlfriends discussed where to meet for dinner.

Finally, they agreed to meet at the Dairy Queen, next door to the Ocean View restaurant, because they had only \$6.00 among them and Brad Johnson, the cute boy in Social Studies, lived on that street.

10 years later, the group of 25-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the beer was cheap, the restaurant offered free snacks, the band was good, there was no cover charge, and there were lots of cute guys.

10 years later, the group of 35-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the cosmos were good, it was right near the gym and, if they went late enough, there wouldn't be too many whiny little kids.

10 years later, the group of 45-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the martinis were big, and the waiters wore tight pants and had nice buns.

10 years later, the group of 55-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the prices were reasonable, the wine list was good, the restaurant had windows that opened (in case of hot flashes), and they served fish which is good for your cholesterol.

10 years later, the group of 65-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the lighting was good, and the restaurant had a senior citizen discount.

10 years later, the group of 75-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the food was not too spicy, and the restaurant was handicapped-accessible.

10 years later, the group of 85-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because they had never been there before.

Author unknown.

ST MARYS CRICKET CLUB

JUNIOR CRICKET TRAINING

27TH OF SEPTEMBER

4PM START AT CRICKET GROUND

SENIOR CRICKET TRAINING

27TH OF SEPTEMBER

6PM AT ST MARYS CRICKET GROUND.

CONTACT CRAIG: 0407 908 058

Suncoast Jazz Club

presents their

Midday Lunch Concert

on Friday 5th October,
at the Portland Hall St Helens.
12-2pm.

**BYO Lunch and Mug -
Tea and Coffee provided.**

This month's guest artists are:-

Geoff Winder, a Harp Manufacturer and performer. Geoff and Don Ives are going to perform together this month and do a Chico/Harpo routine. That should bring the Hall down with their antics...and introducing a young lady by the name of Tabitha Glanville, a lovely 10 year old singer from Weymouth who is going to entertain with a selection of songs...so a concert not to be missed. entry is just \$5 for members and \$7 for non-members.

Suncoast Singers

present for your entertainment

'A Little Bit of This - A Little bit of That'
Concert to be held in conjunction with
Seniors Week, at Tidal Waters Resort
on Sunday 7th October, 1.30pm.

Bringing you a variety of songs from Musicals to a little bit of Gospel.

Performing along with the Suncoast Singers will be Simple Harmony - Infantissimo - Liquorice Allsorts (men's choir), and introducing a new talent - Kelsey Whiteley.

It's lovely to have the children performing with us, they bring a freshness all of their own to the show, singing songs from Oliver, Mary Poppins and Sesame Street.

What a way to spend a Sunday afternoon, it's only \$5 for adults, \$2 for children and of course a wonderful raffle donated by Bridget Cole. See you at 1.30pm Sunday 7th October...**for more information call Mary-Anne Wadsworth 6376 2969.**

Community Dinner Holy Trinity Anglican Church Hall

The Anglican Church Community Dinner was held on Saturday 15th September and approximately 33 people attended for the Greek Themed Goat on a Spit meal, cooked with a marvellous marinade by Kevin from St Helens. Salads and sweets were brought along to share by community members. The kids had fun colouring and playing together, so good to see such joyful friendships in action.

Gold coin donations totalling \$49.65 are to be sent to the Tasmanian Lymphoedema and Laser Centre based at the St Marys Community Health Centre on Gardeners Creek Road.

Look out for notices about the next Community Dinner when the dinner will be starting at the later time of 5.30pm for a 6pm start, so that we can all enjoy the lighter evenings a little more.



*Photos:
Janet Drummond*



OUT OF THE WOODWORK

SECRETARY: WENDY BRENNAN 6372 2094

Many people have asked why the Guild's flag was at half mast last week.

To appease any worries, all our members are well, it was lowered as a mark of respect for the five lost diggers who were brought home on that particular day.

I would like to personally thank all the animal lovers of our community who made the loss of our beloved one eyed Oliver a little less painful because of their kind sentiments. Thank you.

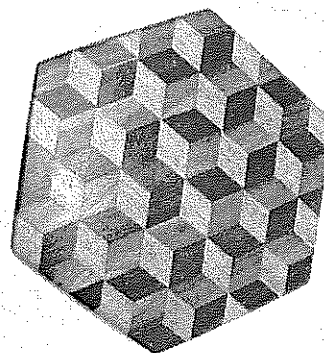
Guild's Home Hint: If you have damp issues in a wardrobe take 6 sticks of white chalk and tie them together with some ribbon. Hang them in your wardrobe to absorb the moisture. When they have absorbed as much moisture as they can and are soggy take them out and hang them on the clothesline until they are dry. You can use them over and over again. Pictured are some

of the crafts made by our talented members.

The Guild meets on the last Saturday of every month at 2pm in the old railway goods shed situated behind the Railway Station complex.

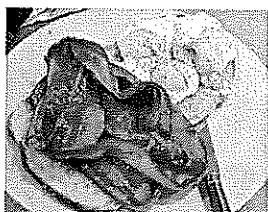
New members are always welcome, both men and women. We are open Monday, Wednesday, Thursday and Saturday. Other times by appointment. (Please note that our previously advertised day of Friday has now been replaced by Thursday)

Photos: Wendy Brennan



(Photo from front page - Mr Baggy Breeches)

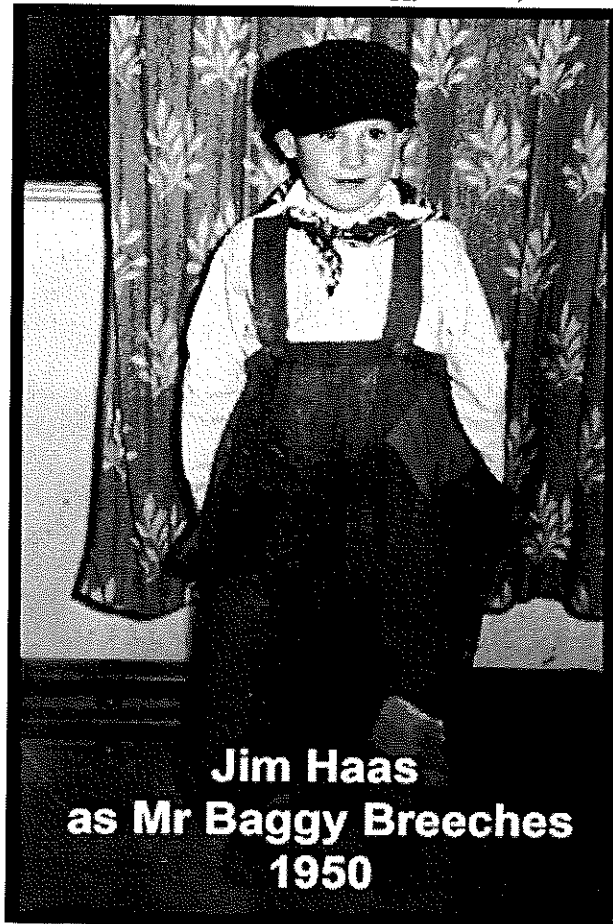
**ST MARYS SPORTS CENTRE
SATURDAY 29TH SEPTEMBER
AFL GRAND FINAL
EGG AND BACON BREKKY!!!**



**FOLLOWED BY 9 HOLES OF GOLF
COMMENCING AT 8.30AM.**

COST IS JUST \$8.

**THEN STAY IF YOU WISH TO
WATCH THE GRAND FINAL
USUALLY LOADS OF FUN!**



**Jim Haas
as Mr Baggy Breeches
1950**



Ana's Hairdressing Salon

Main Street, St Marys

Open every Tuesday & Wednesday
9am

Bringing 22 years experience

For all your cuts, colours, perms, sets.

Phone: 0448 532 531

On Tuesday & Wednesdays, or just call in.

Or phone (H) 6372 5497 to pre-book.

Same prices, service & phone numbers

Providing a service to the community.

Ana apologises, due to illness, that
her salon hours are
not as advertised.

LEAVER'S DINNER APPOINTMENTS
NOW BEING MADE.

GREAT SELECTION OF
LEAVER'S DINNER JEWELLERY,
REASONABLY PRICED.

SMALL GIFTS - COME AND HAVE A LOOK.
ALL PURCHASES WILL BE
GIFT WRAPPED IF REQUIRED.

***GIFT VOUCHERS AVAILABLE**

Ana wishes to advise clients that she is still doing
her *Mobile Hairdressing*. When she has no
mobile clients some Thursdays, she will be
available at the salon. Further to this the salon will
be open for business each Market Saturday.

Rae & Partners
Lawyers Barristers & Solicitors
113 Cimitiere St Launceston

Visiting :

St Marys Community Health Centre

Alternate Tuesdays : 9 am - 10 am

Ph: 6337 5555 For appointments.

ADVERTISE YOUR UNWANTED ITEMS.

ALL CLASSIFIEDS ARE FREE.

(excepting boxed advertisements)

SO START YOUR SPRING CLEANING NOW.
YOU NEVER KNOW WHAT SOMEONE ELSE IS
LOOKING FOR.

ST MARYS NEWSAGENCY

Phone: 6372 2143



Open 7 days a week for your convenience.

Winter trading hours

6am - 6pm Mon to Thurs Fri 6am - 7pm

7am - 6pm Sat. & Sun.

AURORA PAYG

PHONE CARDS

PRE-PAID
MOBILES

DVDs

STATIONERY

GIFTS

WRAPPING PAPER

NEWSPAPERS

MAGAZINES

FISHING GEAR

BAIT

ICE

NEW DVDs

Plus -
all the phone
credit you
will need.

CALOWS BUS DEPOT



Wholefoods and Café

you're always welcome!

5 Story Street St Marys

Ph: 6372 2655

The sun is shining and the
plants are growing.

See our new garden shop
opening soon

650 ORIENTEERS CONVERGING ON TASMANIA

650 Orienteers from across Australia and New Zealand will be converging on Tasmania later this week for the Australian Orienteering Championships Carnival which commences on Saturday 22 September 2012.

Carnival Director Greg Hawthorne said yesterday that the championships are bringing 650 competitors, together with family members and teachers, for the 9 Day carnival which includes the Australian Schools Orienteering Championships.

The first event, the Australian Middle Distance Orienteering Championships will be held just outside St Helens on Saturday. The following Friday will see the Sprint Distance Championships in Bicheno with the Long Distance Championships back in St Helens on Saturday. Additional events will be the Tasmanian Long Distance Championships and the Australian Orienteering Relay Championships.

The Australian Schools Orienteering Championships will be held at Royal George near Avoca in the Fingal Valley on Tuesday 25 and Wednesday 26 September.

The Tasmanian schools team won the competition last year in NSW and is looking for a good finish at this years event. Coach Mike Dowling said that this year's team is strong with many of last year's competitors running again. "In particular we are looking for a great result from Launceston competitor Brodie Nankervis" said Mr Dowling "as he has just returned from a very successful performance at the Junior World Championships in Slovakia".

In the senior ranks all eyes will be on current Australian top ranked Tasmanian orienteer Grace Crane who will be trying to repeat her winning form in the Easter 3 Days carnival in Queensland earlier this year and take out the women's elite competition. Other Tasmanians likely to place in the age classes are Bernard Walker in men's 50, David Marshall in men's 60 and Sue Hancock in women's 45.

The oldest competitor in the carnival is Tasmanian Joyce Jones who will be competing in the womens 85+ class.

Carnival details:

- | | |
|-------------------------------|--|
| Saturday 22 September 2012 – | Australian Middle Distance Orienteering Championships –
10.00 am – 2.00 pm – follow signs past the St Helens Golf Club |
| Sunday 23 September 2012 – | Tasmanian Long Distance Orienteering Championships –
10.00 am – 2.00 pm - follow signs past the St Helens Golf Club |
| Tuesday 25 September 2012 – | Australian Schools Individual orienteering Championships –
10.00 am – 12.00 pm – Follow signs on the Royal George Road |
| Wednesday 26 September 2012 – | Australian Schools Orienteering Relay Championships –
10.00 am – 12.00 pm – Follow signs on the Royal George Road |
| Friday 28 September 2012 – | Australian Sprint Orienteering Championships –
10.00 am – 1.00 pm – Central Bicheno |
| Saturday 29 September 2012 – | Australian Long Distance Orienteering Championships –
10.00 am - 2.00 pm - follow signs past the St Helens Golf Club |
| Sunday 30 September 2012 – | Australian Orienteering Relay Championships –
10.00 am – 1.00 pm – Follow signs north of St Helens on the Ansons Bay Rd |

FALMOUTH COMMUNITY CENTRE

AFL GRAND FINAL

SATURDAY 29TH SEPTEMBER

HUGE T.V.SCREEN

FULL BAR FACILITIES

FOOTY FOOD

AVAILABLE

OPENS 1.00PM

SEE YA THERE!!



JAM IS TURNING 11!

WITH **BOB**
THE JUGGLER
MAGICIAN!

Gold Coin Donation

SUNDAY

23RD

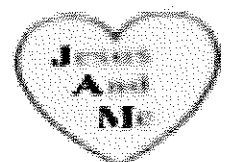
SEPTEMBER

11.30 START

Bring the **FAMILY** & help us celebrate!
everyone is welcome



JUMPING CASTLE
SAUSAGE SIZZLE GAMES
AND...LOTS MORE!



St Marys Salvation Army - Story Street

Enquiries Envoy Melanie Norton 63 722099 Mob 0409 838 816

St Marys
PHARMACY

**Kodak quality
prints in seconds**

Pharmacist on duty 5 days a week

Main Street, St Marys Tas. 7215

Phone: 6372 2844 — Fax: 6372 2874



Ear Piercing

\$27

*Includes:- Piercing, Earrings
and solution to take home.*

*With qualified staff
Bec or Sally*

The Say Cagerattler

At the moment there is a push on for better, more accurate labelling of Australian made items. According to a report I listened to and saw recently, labelling laws are somewhat ambiguous to say the least.. Products especially affected are food items.

It seems that where a product is packaged, may be nowhere near where it is harvested, even in a different country altogether and legislation is hoped to be invoked to make this clearer to the consumer. Perhaps this would let buyers make better decisions, especially in regard to our struggling farmers and the competition they face from overseas markets. So bad has it now gotten in Tasmania with our iconic apples, that this year for the first time since 1870, yes 142 years, that we can't export our apples other than to mainland markets because we just can't compete price wise due to much cheaper apples flooding the world markets. That is so sad. Aren't we supposed to be the Apple Isle? One apple farmer being interviewed said that only really special first grade apples can be sold for eating and the rest end up in tins or apple juice, where there is still a market locally, and he also said the markets today are only between 30-40% of their heydays of the 1960s.

When are successive governments of ALL persuasions going to start thinking of really looking after our primary producers before it's all too late and we lose them. Abattoirs closing down all over the place, prime farmland going into trees, overseas products at a fraction of the price flooding our markets and of course inaccurate labelling even affects consumers making decisions on whether they are buying Australian or not. It's about time we put our foot down. Perhaps it would be good if we fully understood the ramifications of a Free Trade Agreement with some of the countries we do business with. Perhaps we also need to make hard decisions, some of these trading partner countries leave a lot to be desired when it comes to fair pay for their workers, decent return for effort and humanitarian reasons. Maybe we should only trade with countries that truly meet certain standards in return for our considerable resources wealth, pretty much our only real bargaining chip lets just say.

So many of our day to day products aren't, and haven't been for a while, manufactured in Australia, even though they probably could be in some instances. Our local car industry is on it's knees with imported vehicles and components increasing all the time. Where does it all stop? In global terms we are travelling pretty well, mainly again due to massive wealth in the resources sector but one day this will not be the case and perhaps we should be starting to think beyond now, and look at a couple of generations down the track. The first step might come from being able to read a label on a can of peas and know exactly where it comes from.

What do you think? (Column by Rod McGiveron)

Landcare Conference 2012

I was recently honoured to receive a grant from Natural Resources Management to fund my attendance at the National Landcare conference for 2012. The Landcare conference was held from 3-5 September 2012 at the Sydney Convention and Exhibition Centre at Darling Harbour. The conference brought together individual Landcarers, Landcare and community groups, regional bodies, natural resources management (NRM) practitioners, international Landcare members and Australian Government representatives.

The conference theme was 'Landcare - the future in our hands' and focussed on the growing interest and concern within Australia regarding sustainable living and food security. The conference examined how the Landcare community, being at the forefront of land management in Australia, could help to ensure that Australia can move confidently towards a smart and resilient agricultural and environmental future.

Day one involved a field trip and I went on a trip around Sydney Harbour combined with a walk from Bradleys Head to the Taronga Zoo wharf. This field trip looked at the coastal environment and the work being done on the Harbour islands since they have been handed back to the New South Wales National Parks - Goat Island was of particular interest. The Sydney Harbour National Park now protects a number of islands and foreshore areas and it was interesting to see how some Landcare groups accessed the islands by kayak to undertake weeding and rehabilitation work.

Days two and three involved plenary sessions, workshops and smaller discussion groups. There were some incredible and inspiring speakers, one of the highlights for me was Dr David Suzuki who said "Food was once very much alive, the vast bulk has come from the soil. Surely, the soil quality is what we should be looking after. We destroy clean air, water and soil, and we treat the earth as a garbage can for toxic materials. Photosynthesis is vital, capturing sunlight and thereby making life possible. **It is the web of living things around the earth that maintain the health of the systems of air water soil sunlight and biodiversity; they are sacred.**"

Other inspirational speakers included Tim Flannery, Mia Freedman and Peter FitzSimons. The winners of the 2012 National Landcare Awards were announced at a gala awards dinner in the Convention Centre on the Tuesday evening - the People's Choice Award was awarded to Youngtown Primary School in Tasmania. This is a publicly voted for category so for a small rural Tassie school to win was quite a feat! The students have been working in conjunction with the residents at the Glenara Lakes Retirement Village to transform two man-made lakes in what was once just a paddock, to a place now brimming with native plants and wildlife. They have been encouraging the breeding of the endangered green and gold frog. I came back to St Marys inspired and ready to start propagating again. If you wish to receive any information about the Understorey Network and the work that they undertake in restoring and rehabilitating habitat, please contact Janet Drummond on 0404 562 320.

Story & photos: Janet Drummond.



Facelift for St. Marys Industrial Heritage Building

In 2004, Ian and Rita Summers purchased an old garage in St. Marys' Main Street and converted the front half into a gallery and studio, which is operated by Rita. The back half became Ian's domain, and houses a number of classic cars in various stages of restoration, as well as many other treasures.

Originally known as Brown's Garage, and later as Spilsbury's Garage, parts of the building date back to the 1920's. In fact, there are actually two buildings: The earlier structure, which is just behind what is now the gallery, was originally a blacksmith's shop. During the 1940's it was obscured by a new service station, built directly in front of it.

The ability of people to make do on a shoestring budget is evident everywhere. The iron on the roof still had the holes in it from where it had been used previously, and recycled mining pipe and track lines form posts and trusses in what is now the gallery interior and exterior.

Ian replaced the roof on the front building in 2004, and added a wall at the front where the cars used to drive in off the street.

He also converted the office and parts storeroom into one large space - this is now the studio area. The original hatchway in the parts storeroom was retained, as were the worn thresholds into the studio and the bathroom. The original doors are an additional feature, as well as two other restored doors which were added during the conversion.

The original timber office floor was also restored. It took Ian two days of work with a heat gun and scraper to remove the worn brown linoleum on what is a relatively small space. It had been stuck down with an adhesive that could rival any super glue! Rita asked him not to over-restore the floorboards, so that they would still retain the patina of years of use. The old storeroom, which had a concrete floor on a lower level, was raised and refloored with timber joists, compressed fibre board, and a slate-look vinyl.

Ian also meticulously sealed and painted the original concrete floor in the gallery, lying down for hours with a paintbrush to simulate lines of 'mortar' to make it look like terracotta tiles.

It is 7 years since this work was done, and it was time for a facelift!

The ceiling in the gallery has now been replastered, and a decision was made to repaint both the gallery and the studio.

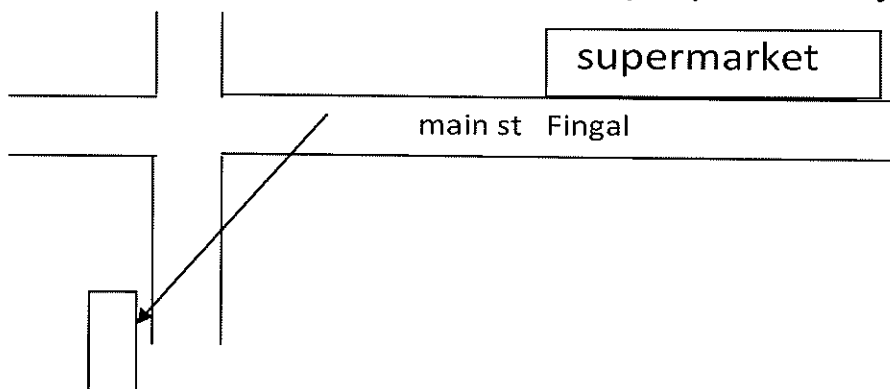
Of course, everything had to be moved! It was a lot of work emptying everything out, but Rita and Ian had great fun re-organising and re-arranging everything to compliment the new decor.

Here are the results - the photos were taken by Rita just after reopening last week, and the afternoon light was magical!

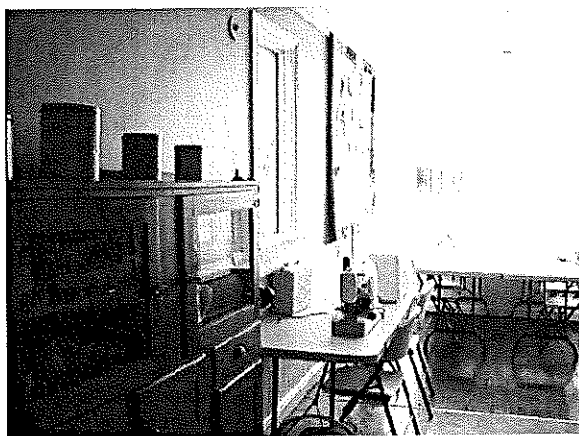
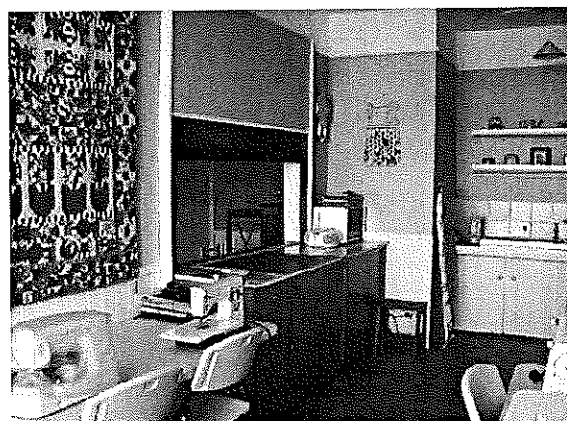
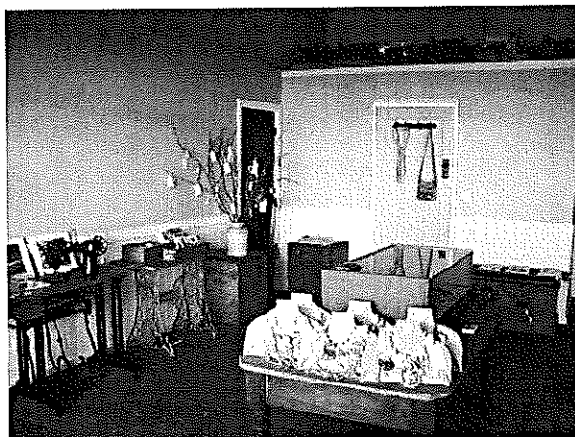
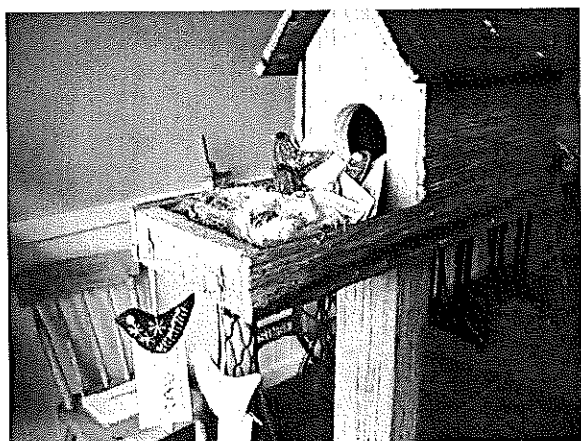
Double Garage Sale

When : - Saturday, 22 September 9am till 1pm

Where: - 4 Brown Street Fingal- two properties adjoining



What's for Sale ? Older household furniture, ornaments, crockery, leather lounge suite, electric recliner chair, bric-a-brac, caravan annexe, gas heaters, camping gear, power tools, Honda CT90 motor bike, fridges, freezers, Nissan Navara ute body, 4 x 4 wheels and tyres, external window blinds and lots more.



Up next: exterior repaint (trims and doors) and professional hanging system for the gallery, depending on funds ...

Ian and Rita would especially like to thank *Rodney Bushing and the crew* for the new ceiling, and *All Home Services* for the repainting.

Photos: Rita Summers.



St. Marys Tigers Football Club Inc.

St Marys Tigers Football Club Inc.
& Healthy House

are proud to announce

“A return to the Glory Days”

St Marys vs Campbell Town

St Marys Football Ground

1.00pm

Saturday 22 September

Game to be followed by St Marys Tigers
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Full range of food and refreshments available

Free admission

All welcome

Expressions of Interest

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SECURE REAR YARD

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ST MARYS PACING CLUB INC.

ANNUAL GENERAL MEETING

WILL BE HELD IN THE
COMMITTEE ROOM UNDER THE GRANDSTAND

ON FRIDAY 21ST SEPTEMBER
AT 7PM

ALL OLD AND NEW PERSONS INTERESTED
WILL BE MADE VERY WELCOME.

ERIC BEAN, SEC.



TRUE NATURE - an exhibition by Break O'Day
textile artist **Beth Verschoyle** will be launched at
12 noon on *Saturday 29 September* at *Gone Rustic Studio
and Gallery, 37 Main Street, St Marys*
(phone - 03 6372 2724). Entry is free, but please bring a
plate of finger food to share for lunch (tea and coffee
provided). **ALL WELCOME!**

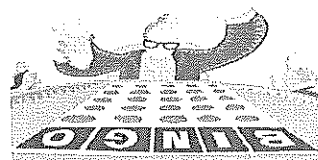
gone rustic studio & gallery



fibre & textile, mixed media, gifts, kit homes & sheds,
collectibles, classes, exhibitions (open tues - sat, 10 - 4)

37 main street, st marys, tasmania 7215 - 03 6372 2724
www.gonerustic.wordpress.com - gonerustic@gmail.com

*Last chance
to attend Bingo at the
Fingal Valley
Neighbourhood House*



Bingo

Eyes down at 1pm

Every 1st and 3rd Thursday
of the month starting
6th September

Journals Anonymous will now not be held on Saturday
29 September; instead, an exhibition by Beth Verschoyle
will be launched (see separate notice). Journals
Anonymous will resume as usual from October on the
last Saturday of each month (11-2), unless otherwise
notified. For details, please call Rita at *Gone Rustic
Studio & Gallery, 37 Main Street, St Marys* (phone -
03 6372 2724).

stitchedupmama -
www.stitchedupmama.wordpress.com

WRAPPED IN ST MARYS

See photos, slideshows and more at
www.wrappedinstmarystas.wordpress.com
Also a great way to keep up to date with developments
for next year!
An initiative of GET (Greater Esk Tourism)

St Marys Op Shop

SUMMER OPENING HOURS

Monday - Friday 10 - 4 Market Saturdays 10 - 2

As volunteers are available.

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ALL EXISTING WINTER AND GENERAL STOCK HALF PRICE

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Please note: shop will be closed on
Thurs 20th, Fri 21st, Sat, 22nd, Sun 23rd



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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.

"Knowledge is knowing a tomato is a
fruit; Wisdom is not putting it in a fruit
salad." - Brian Gerald O'Driscoll.

"The shinbone is a device for finding
furniture in a dark room." - Unknown

Surf Coast Realty

Ph. (03) 6372 5321

Binalong Bay to Bicheno and Hinterland

Suite 1, 158 Scamander Ave.
Scamander Tas 7215



Great Feel, 1438m2 Land, Ocean Views 23377 Tasman Highway, Scamander

This 4 bedroom home offers a very modern open plan feel. Downstairs consists of an open plan living/ kitchen/ dining space with great sun, deck access and 2 bedrooms. Upstairs offers 2 large bedrooms and a great deck with ocean views. This house has a very contemporary feel with good angles and space. The property has a double garage and workshop at the rear and sits on a 1438m2 block offering plenty of space with good parking and landscaped grounds.

All this within a couple of minutes walk from Scamander's shops, hotel, fishing, boat ramp, river mouth and all Scamander's facilities.

Price: \$289,000

Land Size: 1438m2



14 Acres River Frontage with Ocean Views Lot 2 Riverview Road, Scamander

Within walking distance to the heart of Scamander, this acreage offers privacy & space with fantastic river & ocean views. With 60m river frontage, formed gravel roads, multiple possible house sites, power to the property & some landscaping completed, this is an opportunity to build your dream home & have that lifestyle acreage with all the conveniences of Scamander on your door step. With fishing from the property & great surf, shops, golf club, beaches & much more all close by you will never be short of things to do. With the possibility of further development, this may also be a golden opportunity to invest in your future. Previous approval has been gained for strata title development offering an option of a greater yield for investors.

Auction Onsite: 12:00pm Sat. 20 October 2012



Great Outlook, 3 Bedrooms, 1449m2 Land 20 Fraser Street, Fingal

GOOD INVESTMENT! This weatherboard home offers 3 good sized bedrooms, cosy living area, eat in kitchen, 9ft ceilings and the potential to polish some floor boards and bring out the houses character.

The house sits on a 1449m2 block with room at the rear for some animals or large vegie patch and orchard. There are some outbuildings and a small stock yard at the rear.

With a lovely rural outlook and only 5 minutes walk to the local supermarket and 30 minutes drive to the coasts beaches this one has plenty to offer.

Price: \$129,000

Land Size: 1449m2



COASTAL COTTAGE - WALK TO BEACH 8 Stieglitz Street, Falmouth

Redruth cottage is one of those rare gems loaded with rustic character & located in the popular coastal hamlet of Falmouth. The inside has 2 bedrooms, polished floor boards & open fire place with timber mantle piece. The undercover decks are an ideal place to relax. Outside offers established trees & gardens, veggie patch, gazebo, bbq area, garden shed & access to ground water for the gardens, all sitting on a 1041m2 block with plenty of space for expansion. Currently tenanted & providing a stable income, this would be a smart investment & offers many attractive options for the future. Properties like this will only become more sought after and provides a great opportunity to enjoy the magic of Falmouth while making a smart investment for the future.

Price: \$239,000

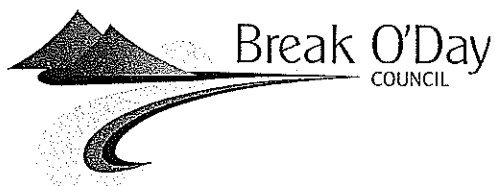
Land Size: 1041m2

Honest

Reliable

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www.surfcoastrealty.com.au



St Helens Flood and Fire Community Expo

10am – 4pm October 6th 2012
Portland Hall, St Helens

On October 6, a public expo will be held in St Helens. A number of emergency service stakeholders will be involved including: State Emergency Service; Break O'Day Council; Tasmania Fire Service; Parks and Wildlife; Bureau of Meteorology; Ambulance Tasmania; Tasmania Police.

The expo will have a key focus on flood and fire risk as it affects the Break O'Day communities. Key activities on the day will include:

- ❖ Information displays in the Portland Hall
- ❖ Showcasing emergency service vehicles and equipment
- ❖ Sandbagging demonstrations
- ❖ Tips on how to flood proof your home and business
- ❖ Tips on how to reduce your risk of fire
- ❖ Tips on how to prepare for bushfire
- ❖ Activities for the kids
- ❖ Sausage sizzle
- ❖ Water safety
- ❖ Water rescue
- ❖ And much, much more...



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Commencing September 2012

► Aims to increase and improve access to high quality, safe, evidence based maternity care.

► Provides continuity of care from known health care providers.

► Facilitates referrals and introductions to other health professionals throughout all stages of pregnancy to support and help you throughout your pregnancy and early motherhood.

East Coast *Maternity Service*

DELIVERING COMPREHENSIVE ANTENATAL CARE TO THE WOMEN OF THE EAST COAST OF TASMANIA.

Maternity Services have arrived on The East Coast of Tasmania

An Antenatal Clinic and Maternity Services have been developed through a funded program from the Medical Specialist Outreach Assistance Program—Maternity Services based in St Marys and St Helens.

We are providing the service aiming to meet needs of pregnant women on the East Coast through a local and accessible clinic where everyone is welcome. We do note that women may choose to continue to access services at the Launceston General Hospital Antenatal Clinic.

Services include General Practitioner Obstetrician, Midwifery Antenatal Clinic, Physiotherapy, and Social Worker support.

The Midwifery Clinic will provide antenatal care to women with low risk pregnancies. Women with high risk pregnancies will continue to need to have their care provided by the Launceston General Hospital Antenatal Clinic.

Once linked with the Midwifery clinic, referrals will be made with the Obstetrics General Practitioner, Physiotherapist, and Social Worker where required or requested.

Appointments can be made by contacting either St Marys Community Health

Centre or St Helens District Hospital. If you have only found out recently that you are pregnant, initial appointments can be booked after referral to the service by your General Practitioner.

The Midwifery Antenatal Clinic will occur every Wednesday, week about at St Marys Community Health Centre and St Helens Child and Family Centre. Obstetrics General Practitioner appointments will be available every 6 to 8 weeks by appointment. Appointments with the Physiotherapist and Social Worker can occur at either St Marys Community Health Centre or St Helens District Hospital after referral by appointment.

During your pregnancy the service will also introduce you to the Child and Family Health Nurse who will be available to provide support to you following the birth of your baby.

The service does not provide home visits or intrapartum care. Intrapartum care will continue to be delivered by the Launceston General Hospital and women are to present there when in labour.

We look forward to meeting you and supporting you throughout your pregnancy.



Contact Details

St Marys Community Health Centre
Gardiners Creek Road
St Marys TAS 7215
Phone (03) 6372 2111
Fax (03) 6372 2559

St Helens District Hospital
Circassian Street
St Helens TAS 7216
Phone (03) 6376 5222
Fax (03) 6376 5210

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Liberal Member for Lyons

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need assistance with any matter

Mark.shelton@parliament.tas.gov.au

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Written and authorised by Mark Shelton MP, Parliament House Hobart

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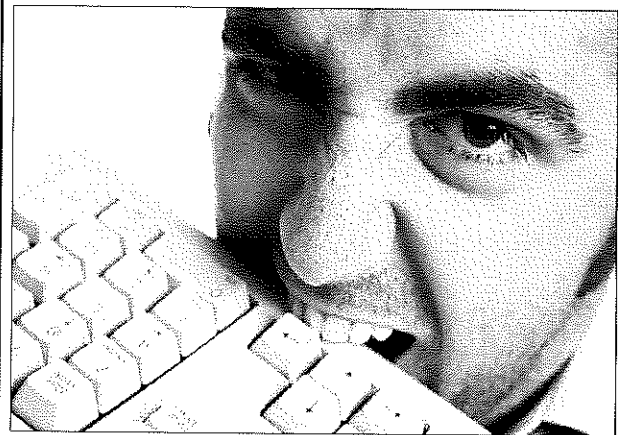
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EVENTS & EXHIBITIONS



"This trans-generational group of wandering minstrels certainly gave new life and energy to some age-old pieces of music in their robust performance... The skill and finesse of the performances was awe inspiring and their presence was equally commanding." *Australian Stage Online*

A'CO₂ connects the next generation of talented young Australian musicians with the stars of the Australian Chamber Orchestra, creating a combined ensemble with a fresh, energetic performance style.

In this concert, A'CO₂ perform some of the best music for string orchestra from the Baroque, Romantic and Contemporary eras. Bach's sprightly *Brandenburg Concerto No.3* is one of the most popular pieces in classical music. Russian composer Igor Stravinsky's elegant concerto has been choreographed several times as a ballet. Dvořák's *Serenade*, full of flowing melodies and wistful waltzes, is a delight. Meale's *Cantilena Pacifica* features a long, lyrical line for solo violin. Rising young British composer Tarik O'Regan has already received two Grammy nominations.

Don't miss this chance to hear musicians from Australia's most dynamic and critically acclaimed orchestra performing with the stars of the future.

STRAVINSKY Concerto in D
O'REGAN Choabi
BACH Brandenburg Concerto No.3
MEALE Cantilena Pacifica
DVORÁK Serenade for strings
Helena Rathbone Director and Lead Violin
A'CO₂

St Helen's
10 October, 7.30pm
Portland Memorial Hall
0363722512



Under 16 years \$10
Adults \$18
Family \$40

AUSTRALIAN CHAMBER ORCHESTRA

aco₂



BOATS

by Finnegan Kruckemeyer
performed by
Terrapin Puppet Theatre

Terrapin Puppet Theatre

Community Hall
St Marys

Wednesday 31st, October

Details for both events

Phone
Sue 6372 2512

SIDE BY SIDE

Jessica Turale and James Brewer

Jessica works in design and photography. James

works in music, design and photography.

Both from Penguin, NW Tasmania, aged 21.

Their work is all based on the landscapes of
North West Tasmania.

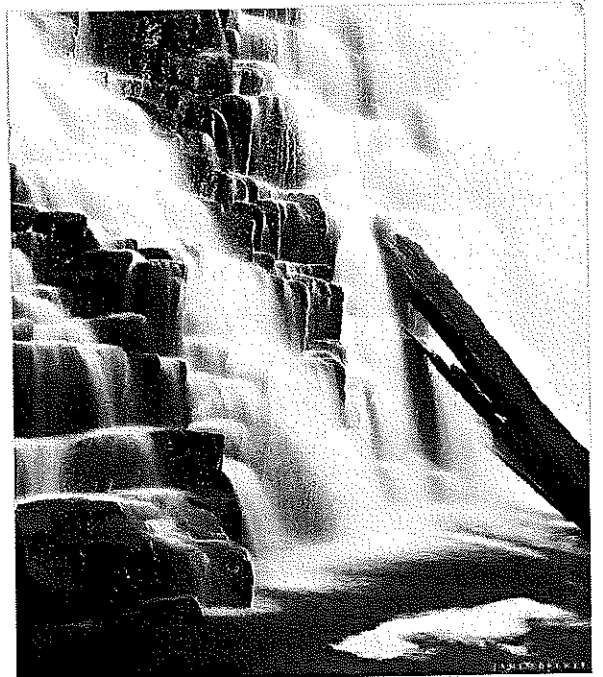
James photographs coastal and forest scenes with
a haunting, ethereal feel.

Some are powerful, others poignant. Some are
given a dramatic vertical format rather like viewing
through a contemporary architectural window

Tasmanian Regional Arts Touring Exhibition

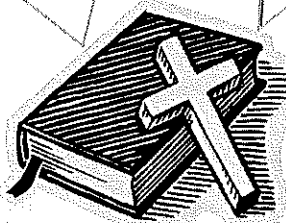
On Display at GONE RUSTIC, St Marys

During November.



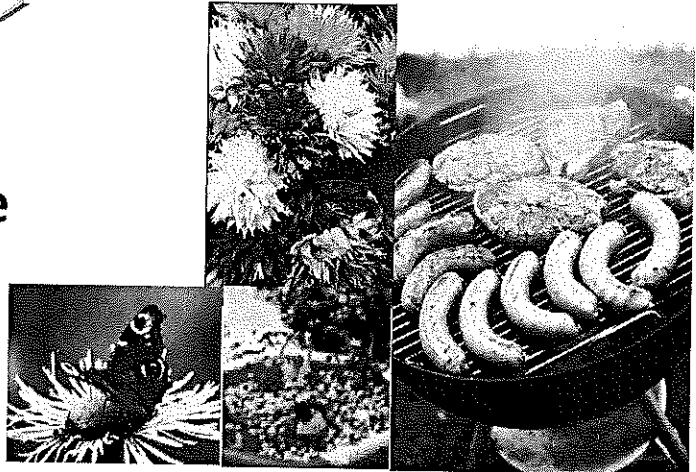
Church in the Valley

11am SUNDAY 23/09/12



Everyone Welcome

Free Family BBQ



Join your Friends & Neighbours for Spring Fun & Fellowship with
a difference under the trees down by the River and stay to enjoy the
Free Family BBQ .



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

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

Who: Everyone—Especially the kids!

RSVP: 20/09/12 (please for catering purposes)

Contact: Tanya or Peter 6377 1134

Email: tanya@successmasters.com.au



GET ACTIVE ST. MARYS

Venue: St Marys Community Hall

Date: Wednesday 26th September, 2012

Time: 11.00 a.m. – 1.00 p.m.

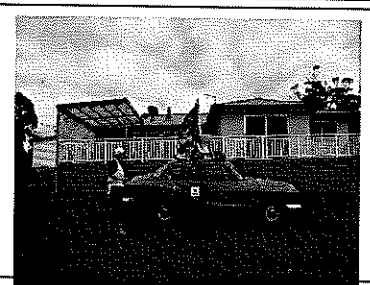
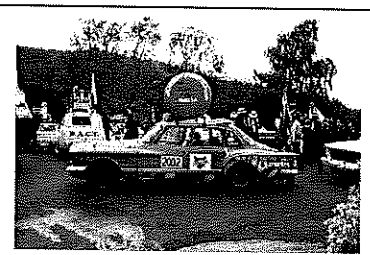
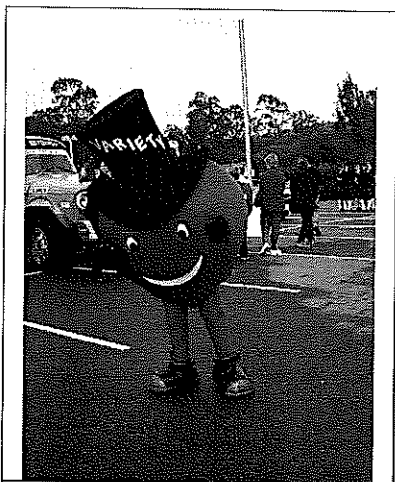
**Do you want to get active, choose your activity
and have a good time?**

- Enjoy being active in a friendly, supportive atmosphere.
- Enjoy activities you may not have tried before.
- Learn how to set yourself goals and achieve them
- Gain confidence to try activities you only dreamed of.
- Learn self-management skills that will assist you to independently participate in physical activity.
- Take the opportunity to do something for yourself without feeling guilty.

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TasBash Entrants

Car 2002 & Car 2011,



Sponsor form2012

From snowfields to beaches, dirt roads and rivers, (wheat fields to wildflowers, red dirt and the fabulous west coast,) join Variety Tasmania for an unforgettable eight day adventure on the 2012

Variety Tasbash.

Starting at Burnie on 13 October and finishing in Hobart on October 20, 2012, the Bash is a madcap journey complete with colourful costumes, camaraderie, surprise fun stops, entertainment and more.

Tasbash 2012 travel dates

Start ...Burnie Saturday 13th October to Bronte Park
14th Oct Bronte park to Launceston
15th Oct Launceston to Scamander
16th Oct Scamander
17th Oct Scamander to Swansea
18th Oct Swansea to Cambridge
19th Oct Cambridge to New Norfolk
20th Oct New Norfolk to Hobart...Finish

Take closer a look at www.variety.org.au/tas

Local sponsor forms will be distributed within the next few weeks, please take a look at what we do to help disadvantaged kids- be kids!

Please return your form in the stamped envelope provided, even if you choose not to support us, as then we can remove you from our mailing list

Thankyou

Please donate to our Special Children of Tasmania

Lets Help kids be kids!

All donations are fully Tax Deductable

Thanking you for your generous support

Cheques made payable to Variety the Childrens Charity

PING'S PLACE

C.B.D., ST MARYS

Dr Jun Li invites all to the
Tried and Tested Benefits of

Traditional Chinese Medicine

After two university degrees in China and five year's practice in Britain, Jun continues her skills in this ancient health restorer to the benefit of St Marys and District.

Many have come from the coast and valley to benefit and some return regularly for on-going therapy.

Jun is very approachable, as all who consult her have found.

Consultation is free. Call into the shop or phone her mobile: 0411 186 573.

Welcome to Ping's Place.

PLAYING TABLE TENNIS EVERY DAY

FINGAL VALLEY NEIGHBOURHOOD HOUSE NOTICE

FREE LEGAL LITERACY ON TUESDAYS 11 TO 4- OPEN TO EVERYONE IN THE VALLEY FOR FREE
LEGAL HELP - THOSE FORMS, CONTRACTS, INFO ETC...

NEED HELP WITH READING, WRITING, OR MATHS? -
HELP AVAILABLE IN THE VALLEY - FREE LITERACY PROGRAM - PHONE - 6374 2344 TO ENQUIRE....

VOLUNTEERS NEEDED - HOW ABOUT DRIVING FOR THE HOUSE ON A CASUAL BASIS? WORK IN THE OP SHOP? DESIGN A PROGRAM? GREAT TO SATISFY CENTRELINK REPORTING REQUIREMENTS...

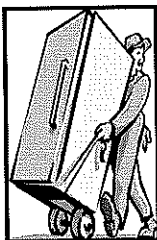
PLEASE PHONE OR POP IN AND SEE DEB...
6374 2344 OR 0488 562 538

Ransley's Appliance Service

P O Box 136
Scamander Tas 7215

- ° Washing machine NOISY?
- ° Refrigerator runs too LONG?
- ° Clothes dryer blows cold AIR?

Then you need the service
of our technicians.



Ring us on: Scamander: 6372 5307
Mobile: 0428 761 811

95 days until Christmas.

EAST COAST GLASS

Falmouth Ph: 6372 5361

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



Locally owned and servicing the East Coast.

Call David and Anne Cannon
for prompt and reliable service.

Scamander Beach Surf Shop

6 Lagoon Esplanade
Scamander

Ph: 6372 5529

Bathers Wetsuits DVDs
Clothing Footwear
Bodyboards

Surfboards:

Milch McTavish
Surftech Bic G Boards

Bay Surf Shop

2 Pendrigh Place
St Helens

Ph: 6376 1755

CALTEX ST MARYS MECHANICAL REPAIR SERVICE



41 Main St. St Marys Tas 7215

Fax: 6372 2822 Mob: 0419 503 109

Valley and Coast Hobby Craft and Arts Guide.

Thanks to all those contributing to this guide for either groups or individuals.

Your permission to add content to these great activities in knowledge skills or information will hopefully aid others keen to try new things. We welcome more groups to add as time goes on so ring Rod McGiveron on 6372 2215 or email me at rodneymcgiveron@bigpond.com any time to come on board. Thanks again.

CRANKS AND TINKERERS (St.Marys)... Anything mechanical /classic cars / modelling. You name it ...we do it. Contact Ian Summers on 6372 2724 or Grant Faulkner 6372 2335 (business hours)"Get your motor started".

SWANSEA MODEL YACHT CLUB (Swansea) Model yacht/boat building and racing. Contact Barry Lord (Commodore) on 6257 8200 or email halahcottage@bigpond.com or ring Secretary Cheryl Hodgetts 6257 8548, email: bill49@bigpond.net.au. "Just like the real thing only smaller".

GONE RUSTIC (StMarys) Contemporary art and craft, quilting, card making and regular workshops. Contact Rita Summers at 6372 2724 or email: gonerustic@yahoo.com.au "come and say g'day".

LAUNCESTON MODEL AERO CLUB (LMAC) Headquarters at Symmons Plains. Everything radio control RC. aeroplanes, helicopters and gliders. Contact Kevin Hay (President) or Geoff Hays (Secretary) by typing in Launceston Model Aero Club in your browser and send us a message via the Contact Us links on our website and... "Come fly with us".

JOHN McCOLL (St Marys) Sculpting, sketching and art skills and contacts. Ring John on 6372 2413 for tips, advice, help or leave a message.

PETER TROODE (Addlestone House B/B St. Marys) All things photography. Contact Peter for help, guidance or tips on 6372 2783 and he'll help if he can. Or leave a message.

ST MARYS FITNESS GROUP. All level fitness to music. Lots of fun on Monday and Thursday evenings. All welcome any age. Ring Fran on 6372 2614. Love to hear from you.

BREAK O'DAY WOODCRAFT GUILD (St Marys Railway Station) We provide a centralised meeting place for mature men and women to share skills, knowledge, access to services, building of friendships and projects and we welcome newcomers to our community. Open Mondays, Wednesdays Fridays and Saturdays. Contact Cr. Reon Johns on 0429 722 091 mobile or 6372 2094 home. "Come and join us sometime".

SUNCOAST SINGERS (St Helens) We sing, sing, sing. Get together at St Helens on Fridays from 10am-12.30 pm. For more info ring Maryanne Wadsworth on 6376 2969 or email her at mawadsworth@yahoo.com.au "If you can yawn you can sing".

RODNEY MC GIVERON / PAUL DAVERN American HO Model Rail. If interested in model rail contact Rod on 6372 2215 or email rodneymcgiveron@bigpond.com or call Paul on 6372 5526 sometime. "See you down the line. woo.hoo".

St Marys Police Phone Number 6372 1010
Non Urgent Number 131 444
Urgent and Life threatening 000
SES (Flood & storm only) 132 500
Fire 000



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.

Dick Adams MP

Federal Member for Lyons

Please contact one of my offices if I can be of any assistance
53B Main Road 58A High Street
PO Box 50 PO Box 271
Perth, Tas 7300 New Norfolk Tas 7140
Ph 6398 1115 Ph 6261 3366
Toll free 1300 132 689
Email D.Adams.MP@aph.gov.au



**WORKING WITH YOU FOR A
STRONG COMMUNITY**

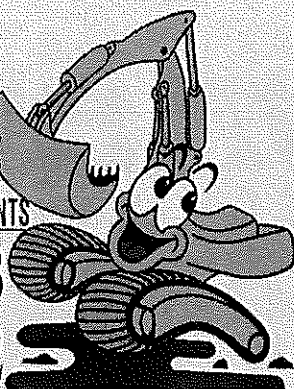
Written and Authorised by Dick Adams, 53B Main Road Perth

C & D EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS

Phone : 03 6372 2033

Mobile : 0439 722 032



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

Ph : Dana or Craig

6372 2033 /0439 722 032

Incorporating all your needs in:

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

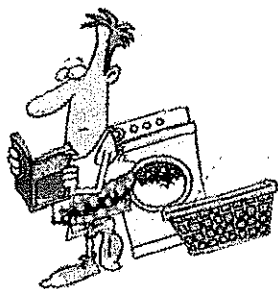
- ◆ ROAD GRAVELS
- ◆ TOP SOIL
- ◆ SCREENED TOP SOIL
- ◆ SAND
- ◆ ROCKS
- ◆ ON SITE SCREENER 20mm to 75mm (TURN YOUR RUBBISH INTO TOP SOIL)
- ◆ 20 TONNE EXCAVATORS WITH TILT BUCKET & RIPPER, ROCK & LOG GRAB & QUICK HITCH
- ◆ D 65 KOMATSU DOZER, RIPPER & TILT BLADE
- ◆ 10 YARD TIPPER
- ◆ COMPACTION ROLLER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

AND MUCH MORE

CLEAN CRACK LAUNDROMAT

32 MAIN ST., ST MARYS
(NEXT TO SECONDHAND ROSE)

Coin operated washers & driers



OPEN FOR BUSINESS

**Winter trading hours:
7am - 5.30pm (ish)
(Fri & Sun a little later)**

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

Tim Morris MP

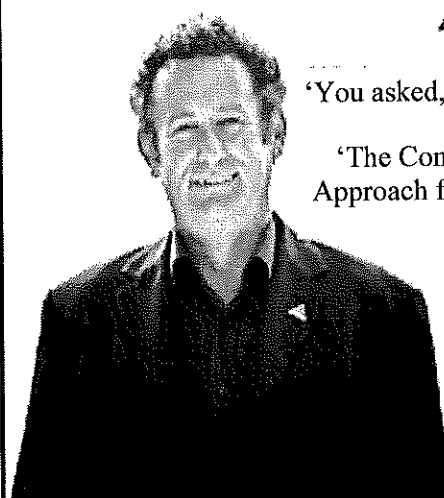
Tasmanian Greens Member for Lyons



Tasmania

'You asked, we delivered'

'The Common Sense
Approach for Tasmania'



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

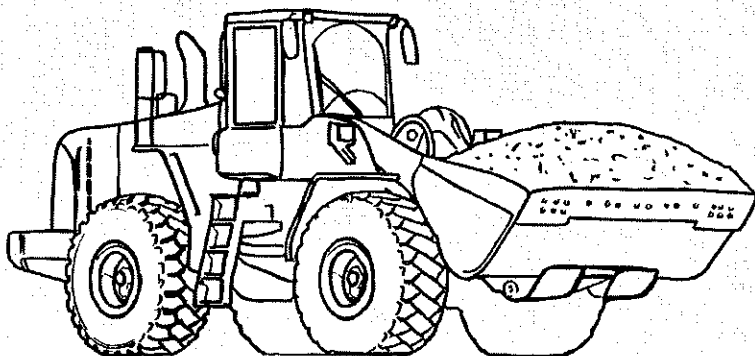
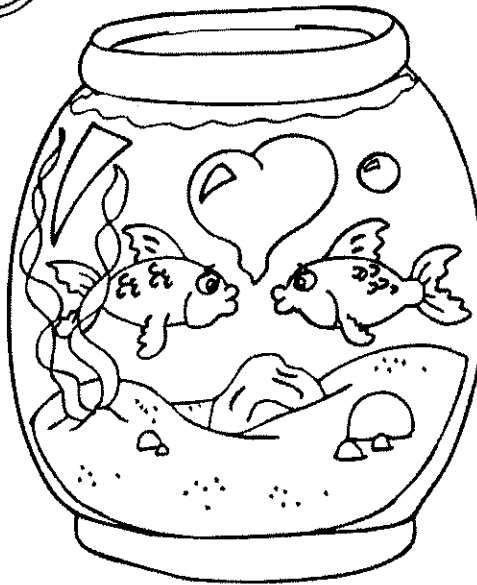
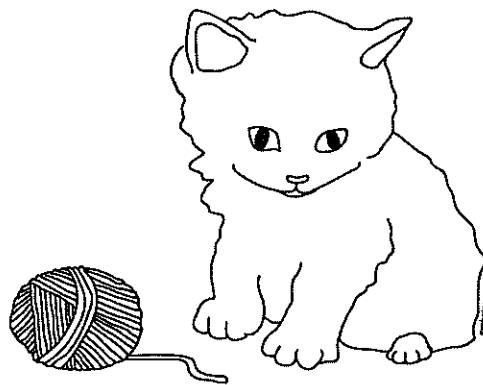
Phone: (03) 6263 3801

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

www.tas.greens.org.au

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

Colour us in



MEALS ON WHEELS ROSTER

Sept/Oct		St Marys	Fingal
Monday	24th	Pam Lynch	Neighbourhood House
Tuesday	25th	Lorraine Gill	
Wednesday	26th	Barbara McAllister	
Thursday	27th	Ruth Aulich	
Friday	28th	Drew Adam	Neighbourhood House
MOW Contact		Phone:	0488 384 344
Monday Oct	1st	Lorraine Gill	Neighbourhood House
Tuesday	2nd	Trish Pike	
Wednesday	3rd	Val Spencer	
Thursday	4th	Heather Griffiths	
Friday	5th	Claire Bean	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 6.00pm
Bicheno 9.00am
Fingal 11.30am

2nd Sunday: LITURGY

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

3rd Sunday: MASS

St Helens Vigil 6.00pm
St Marys 9.00am
Fingal 9.30am
Bicheno LWC 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
Sr Lorraine
Ph: 6372 2252

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

8am St Helens
10am St Marys
10.30am St Helens
4th Sunday Kids Church
Pyengana, 2pm
3rd Saturday of each month -
Community Dinner @ St Marys

Salvation Army TUESDAY JAM

3-5pm every Tuesday.
excepting school holidays.

Envoy Melanie Norton Ph: 63722099

SUNDAY JOY 12.30pm

this is a bring-and-share lunch followed
by a great time of friendship
and fellowship. You are very welcome
to join us and share our JOY!

Ph:0409 838 816.

Break O'Day Uniting Church

The Manse St Helens

Ph: 6376 2405

St Helens 9.00 am
Fingal 11.15 am

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am
Divine Service 11 am

Contacts for Valley Voice

PH: Judy: 6372 2155

email: judith.spilsbury@telair.com.au

Accounts: Mary: 6372 2328

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

Advertising: 2012

Classifieds: 25 words or less: free

Community notices : free.

Small boxed ads. Garage sales. Greetings.

Thanks etc. \$12.

¼ page \$20. ½ page \$30.

Full page \$50.

1 year posted subscription \$40.

Copy of guidelines available on request.

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 pm

Friday 10 am - 3 pm

Saturday 11 am - 2 pm

Ph: 6372 2005

ST MARYS OP-SHOP SUPPORTING YOUR LOCAL SCHOOL

SUMMER OPENING HOURS:

MON TO FRI. 10AM — 4PM

ST MARYS MARKET SATURDAY
10AM—2PM

From October 1st.

As volunteers are available -
always looking for NEW volunteers.

Contact Janet Drummond on
0404 562 032 or call in to the shop
for a chat on a Friday.

Sports Centre News

Golf: Nice to see a few having a hit last Sunday, a 2 person ambrose event won by Barry Harrison and partner from Bobby Harwood and Ingrid Mitchell and half a stroke back to Glenn and Bradley McDonald. This weekend, don't miss out on the Harwood Plumbing Day on Sunday the 23rd which will include a junior golf clinic conducted by Casino professional, Bryce Goram at 9:30 to 10:30am, this will be at no cost to whoever takes up the opportunity. Bryce will then take any senior golfers that are interested in a half hour coaching session at around \$50 cost to the individual. Whilst this is going on, also at 10:30 the juniors and parents will hit off in a 9 hole golf competition with some great prizes supplied by our sponsors. Then it's on to a sausage sizzle at minimum cost of \$2 per person and we will then take to the bowls rink in the afternoon for a leisurely 9 ends of bowls. So you can see that there is plenty for everyone, if you just want to play golf or simply have a roll, just choose your time. If you are interested in both, then stick around for some great fun and entertainment for a miserly cost of \$2, can't get any better than that! The next weekend, Saturday the 29th will be the Grand Final breakfast at 8:30am, hope to see you there. A few upcoming events include the Ray Ridgers Memorial and the Tom & Harold Newman Memorial Shield, more details next issue.

Bowls: A call to all bowlers to make themselves available for the inaugural Nan Stewart Memorial day at Scamander on Sunday the 30th of September. All details are on the board at the club and everyone who is available has been requested to put their name on the notice provided. Please make this a well supported event, as we have the return game here at the same time next season. After all, it will be a good way to shake off a few cobwebs prior to the main season commencing in a few week's time. Whilst on the subject of bowls, the rink will be available for some training commencing this Thursday night. After all the hard work that has gone into the green, please take the opportunity to have a roll. Of course the rink will not be lightning fast but a few trial bowls last weekend proved that we will have a very flat track.

Fundraising: Saturday the 29th of September will be the Grand Final Brekky and 9 holes of golf, commencing at 08:30am with an egg and bacon breakfast, golf and then stay and watch the grand final if you wish. Cost is \$8 per player and usually some good fun. Saturday October 6th is the Macca and company trivia night, get your tables of 6 - 8 together for an interesting evening. We must add that this is a fairly risqué event so rather than give it an R rating, let's say it will be PGR. Get your tables together and your thinking caps on. Also, Dr. Diesel Dip.b & Wce. will be cooking up a storm on the Great Aussie Bush Tucker Night on Saturday the 20th of October, at a cost of only \$15 per person for a two course meal, I am sure everyone will enjoy the evening. There will also be some great prizes and chocolate wheel spins that evening.

Once again on a sad note, we have recently heard of the passing of one of our great club stalwarts in George Oliver. Although he spent his recent years close to family at St.Helens, George maintained an avid interest in the club. He was a Life Member and also an enthusiastic golfer and founding member and participant in our bowls club. It should be remembered that whilst we enjoy all the trimmings of our great little club and the sports and enjoyment that it offers, we should never take for granted the hard work of individuals in previous years. Our thanks to George for his commitment and of course our sympathy to Ron, Christine and families.



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 20th Sept - Wed 26th Sept)
from the butchery

Beef mince	\$8.99kg
Legs of lamb	\$9.99kg
Beef stirfry strips	\$12.99kg
Ingham chicken thigh fillets	\$10.99kg
Nichols turkey rump roast	\$4.99kg

from the coolroom/freezer

Duck River butter soft 375g	\$3.99
Flora spread 500g	\$2.59
Streets Blue Ribbon icecream 2lt	\$5.99
Ingham chicken tenders 400g	\$5.99
Birds Eye potato gems 1kg	\$3.99

all only \$1.99

Morning Fresh dishwashing liquid 450ml
Arnotts choc TimTam/Slices/Crowns/Royals 150/200g
Tassie Quench cordial 2lt
White Wings sponge pudding mix 255g
Doritos corn chips 175g
Doritos Salsa dip 300g

next week's specials

(available from Thurs 27th Sept - Wed 3rd Oct)

from the butchery

Rump steak	\$10.99kg
Regular mince	\$7.99kg
Topside beef roast	\$8.99kg
Beef casserole steak	\$9.99kg
Lamb BBQ chops	\$9.99kg

from the shelves

Nestle Milo 450g	\$4.99
Juicy Isle long life juice 2lt	\$2.79
Cottees cordial syrup 1lt	\$3.99
Pedigree canned dog food 1.2kg	\$2.95
Bundaberg white sugar 2kg	\$3.49

all only .99c each

Nabisco water crackers 125g
Fountain squeazy tomato/BBQ sauce 500ml
Golden Circle sliced beetroot 450g
Devondale long life milk 1lt
Heinz baked beans/spaghetti 420g



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 PUBLISHED BY
 VALLEY VOICE
 PUBLICATIONS
 ST MARYS TASMANIA 7215.**

Do you know someone...

Who would like to improve their English?

Who wants to make a career change but is unsure where to begin?

Who could be a team leader/manager but letter/report writing and/or computer skills are holding them back?

Who would like to help their kids with their school work but feel they don't have the skills to be able to help?

If so please tell them about Literacy Services - we can help with...

- ☺ *Reading*
- ☺ *Writing*
- ☺ *Maths*
- ☺ *Computer Skills*
- ☺ *Speaking Skills*
- ☺ *And much more.....*

Why not show someone you know the road to **LINC Tasmania Literacy Services**, it's the pathway to new opportunities....

Contact Fiona on 63 762742

or call into our office between the Online Access Centre and Service Tasmania in St. Helens.

LITTLE DRUM BIG FUN

A rhythm circle for children



WEDNESDAY 5TH AND 19TH SEPTEMBER

@ St Helens Neighbourhood House Bungalow

3:15pm – 4:30pm

THURSDAY 13TH AND TUESDAY 18TH SEPT.

@ BIGSHED STUDIOS, St. Helens

1pm – 2pm

\$10 or \$15 for two children. Instruments provided.

PLUS,

SCHOOL HOLIDAY SPECIAL EVENT:

MAKE YOUR OWN DRUM

Using recycled office water containers

THURSDAY 13TH AND TUESDAY 18TH SEPT.

@ BIGSHED STUDIOS, St. Helens

2:30pm – 3:30pm

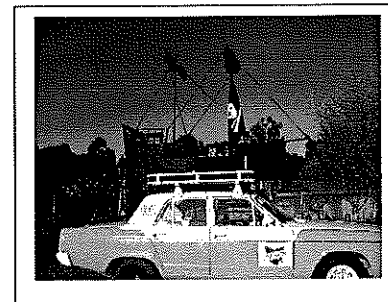
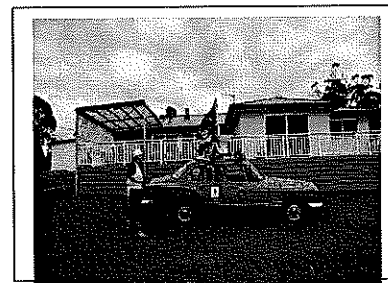
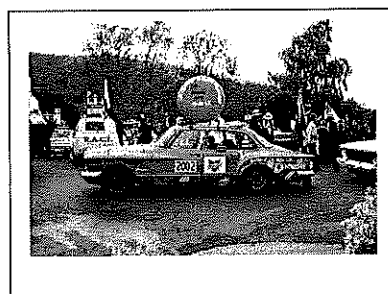
COST: \$25 which includes materials

SUPPORTING healthy MINDS, healthy BODIES and healthy RELATIONSHIPS

FACILITATOR:

Lila Meleisea B. Ed., B. Music, certified DRUMBEAT facilitator

PLEASE BOOK YOUR PLACE BY CALLING: 0477436700 / 63725431



TasBash Entrants

Car 2002 & Car 2011,



Sponsor form2012

From snowfields to beaches, dirt roads and rivers, (wheat fields to wildflowers, red dirt and the fabulous west coast,) join Variety Tasmania for an unforgettable eight day adventure on the 2012

Variety Tasbash.

Starting at Burnie on 13 October and finishing in Hobart on October 20, 2012, the Bash is a madcap journey complete with colourful costumes, camaraderie, surprise fun stops, entertainment and more.

Tasbash 2012 travel dates

Start ...Burnie Saturday 13th October to Bronte Park

14th Oct Bronte park to Launceston

15th Oct Launceston to Scamander

16th Oct Scamander

17th Oct Scamander to Swansea

18th Oct Swansea to Cambridge

19th Oct Cambridge to New Norfolk

20th Oct New Norfolk to Hobart...Finish

Take closer a look at www.variety.org.au/tas

Local sponsor forms will be distributed within the next few weeks, please take a look at what we do to help disadvantaged kids- be kids!

Please return your form in the stamped envelope provided, even if you choose not to support us, as then we can remove you from our mailing list

Thankyou

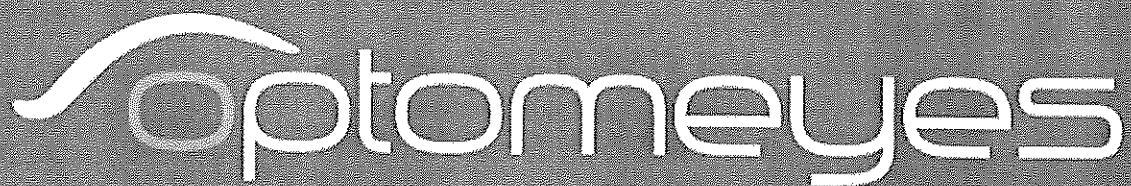
Please donate to our Special Children of Tasmania

Lets Help kids be kids!

All donations are fully Tax Deductable

Thanking you for your generous support

Cheques made payable to Variety the Childrens Charity



OPTOMETRISTS VISITING ST HELENS

Optomeyes are your long term East Coast optometrists, offering friendly, professional eye care to the people of St Helens for more than 25 years.

Susan Sluce and Greg Dennis make regular 3-weekly visits to the St Helens Medical Centre, and will

bring with them fashion frame selections for your convenience.



Susan Sluce

NEXT VISIT DATES:

Thurs 20th Sept.

Fri 21st Sept.



Greg Dennis

To make an appointment to discuss all your vision needs, call Targett Pharmacy on

6376 1374



SEE LIFE DIFFERENTLY

WWW.OPTOMEYES.COM.AU

Tim Morris MP

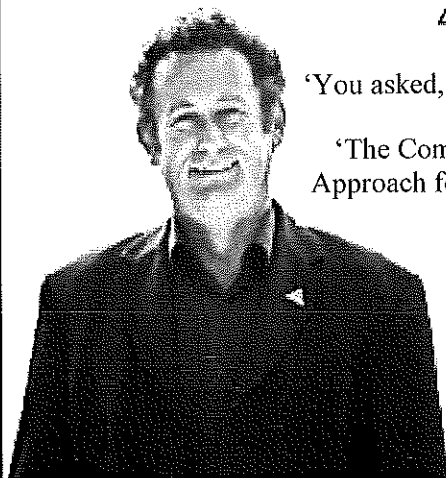
Tasmanian Greens Member for Lyons



Tasmania

'You asked, we delivered'

'The Common Sense Approach for Tasmania'.



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

Phone: (03) 6263 3801

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

www.tas.greens.org.au

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



MT ELEPHANT FUDGE

**Mt Elephant Fudge
for all your sweet desires!!!**

Trading Hours

Thursday, Friday, Saturday, Sunday.
10am - 5pm

Authentic hot chocolate!!

Assorted handmade Belgian chocolates,
yummy fudge and delicious sweet treats.

Cone Ice creams, Banana Splits, Sundaes, Milkshakes,
Iced Choc/Coffees, Coffee, Chocolates, Cheesecake,
Gift and Post Cards

**NEW - Books on local interest and history
Gift Vouchers available.**

HANDMADE in ST MARYS"

SUNDAY JOY

12.30pm

this is a

bring-and-share lunch
followed by a great time of
friendship and fellowship.

You are very welcome to join us and share
our **JOY!**

phone 0409 838 816.



CAITEX ST MARYS MECHANICAL REPAIRS & SERVICE



41 Main St St Marys Tas 7215

Fax: 6372 2822

Mob: 0419 503 109

HARRIS FUNERALS

Lindsay & Diane

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

Ph/Fax: 6376 1153 Mob: 0418 133 420

Office & Residence:

114 Cecilia St
St Helens

Chapel:

46 Tully Street
St Helens

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

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



ST MARYS BAKERY

PH: 6372 2131

OPEN 7 DAYS A WEEK



**FRESH BREAD, ROLLS & BUNS,
PIES, PASTIES, CAKES,
HOT FOOD,
COFFEE, COLD DRINKS,
ICE CREAM.**

52 MAIN ST ST MARYS.

Fingal Valley Meals on Wheels will be holding their
Annual General Meeting at the St Marys Community
Health Centre Day Room on Thursday October 11, 2012,
between 2pm—3pm. All welcome.

Note:- Good report from the Cook for our drivers. Life is
hassle free because our drivers are all soooo dependable.
PAT YOURSELVES ON THE BACK, you are a great group
of drivers.

Lundy Vosper. (Sec)

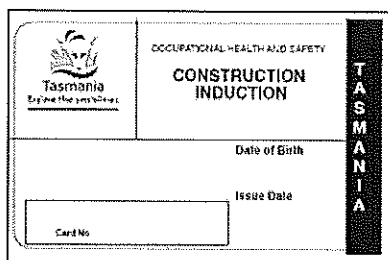
HELP

Do you need help passing the Road Rules Test ?
Do you need help to read and understand the questions ?
Are you currently driving without a licence ?
Literacy Services can help.

**For more information phone or text: 6376
2742**

WHITE CARD

(Occupational Health & Safety Training for the Construction Industry)



FREE TRAINING IN FINGAL AND ST. HELENS
(Conditions apply)

PHONE or TEXT 6376 2742 to find out if you are eligible

SPLASH

ST MARYS

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

Water cartage
Septic pumping

Contact: Mick

0488 777713



St. Helens Electrical

ROD SHAW
 LIC: C00489

Domestic, Commercial, Industrial:

*Wiring and Repairs, Rewires,
 Underground.*

Home Heating:

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

Lighting Specialist :

*Interior and exterior, Advise,
 Sales and Installation.*

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

2 Lagoon Esplanade, Scamander 7215

St Marys Police Phone Number **6372 1010**
 Non Urgent Number **131 444**
 Urgent and Life threatening **000**
 SES (Flood & storm only) **132 500**
 Fire **000**



Dick Adams MP

Federal Member for Lyons

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

53B Main Road

PO Box 50

Perth, Tas 7300

Ph 6398 1115

58A High Street

PO Box 271

New Norfolk Tas 7140

Ph 6261 3366

Toll free 1300 132 689

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



**WORKING WITH YOU FOR A
 STRONG COMMUNITY**

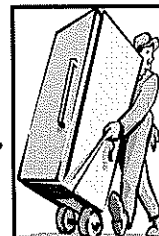
Written and Authorised by Dick Adams, 53B Main Road Perth

Ransley's Appliance Service

P O Box 136
 Scamander Tas 7215

- Washing machine NOISY?
- Refrigerator runs too LONG?
- Clothes dryer blows cold AIR?

**Then you need the service
 of our technicians.**



Ring us on: Scamander: 6372 5307

Mobile: 0428 761 811

FINGAL VALLEY NEIGHBOURHOOD HOUSE NOTICE

FREE LEGAL LITERACY ON TUESDAYS 11 TO 4- OPEN TO
 EVERYONE IN THE VALLEY FOR FREE
 LEGAL HELP - THOSE FORMS, CONTRACTS, INFO ETC...

NEED HELP WITH READING , WRITING, OR MATHS ? -
 HELP AVAILABLE IN THE VALLEY - FREE LITERACY
 PROGRAM - PHONE - 6374 2344 TO ENQUIRE....

VOLUNTEERS NEEDED - HOW ABOUT DRIVING FOR THE
 HOUSE ON A CASUAL BASIS? WORK IN THE OP SHOP?
 DESIGN A PROGRAM? GREAT TO SATISFY CENTRELINK
 REPORTING REQUIREMENTS...

PLEASE PHONE OR POP IN AND SEE DEB...

6374 2344 OR 0488 562 538

EAST COAST GLASS

Falmouth Ph: 6372 5361

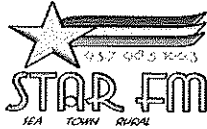

- ▶ Glass repairs
- ▶ Shower screens
- ▶ Wardrobe doors
- ▶ Double glazing
- ▶ Aluminium windows
- ▶ Security doors



Locally owned and servicing the East Coast.

**Call David and Anne Cannon
 for prompt and reliable service.**



STAR FM Program Guide  		Mon	Tu	Wed	Th	Fr	Sa	Su
	Brekkie	Toast and Jam with Mary-Anne	Bacon and Eggs with Damo	"Wake up" with Bobster	Enjoy your Fruit Loops with Astro Boy	Friday Breakfast Show with Laurelle	Saturday Morning Show with "Noodles"	Chucker ou Toast
	Morning	RFM On Star FM	Have a Hoot with SKOOT	In the Garage with Greg	The Morning Show with "Harpo"	Colin's Classic 60's Music Mix	Greg's week-end MIX	
	Arvo	"In the Groove" with Laurelle	Jeany-Maree's 2 for Tuesday	Your host with the "Most" Terry Post	Around the world with Tim	Friday round-up with RFM	Colin's History and Mystery Music	80's Hits with "The Tone"
	Late Arvo	Jackster's MUSIC BOX	Drivin' along With Terry	After School with Pinky or the Brain	In the back seat with Angela	Hot Hits with The Jackster	Hot Country with JEANNY MAREE	Dave's Blues Mix
	Eve	Mellow Monday's with Roger Dr Sax with Roger	Neville's Country Corner and more	Mary Anne's Thanks for the Memories	Thursday Night "LIVE" with "Chucker"	Mare's Boiler Room Party Mix	Brians Party Mix - til late	

Valley and Coast Hobby Craft and Arts Guide.

Thanks to all those contributing to this guide for either groups or individuals.

Your permission to add content to these great activities in knowledge skills or information will hopefully aid others keen to try new things. We welcome more groups to add as time goes on so ring Rod McGiveron on 6372 2215 or email me at rodneymcgiveron@bigpond.com any time to come on board. Thanks again.

CRANKS AND TINKERERS (St.Marys)... Anything mechanical /classic cars / modelling. You name it ...we do it. Contact Ian Summers on 6372 2724 or Grant Faulkner 6372 2335 (business hours)"Get your motor started".

SWANSEA MODEL YACHT CLUB (Swansea) Model yacht/ boat building and racing. Contact Barry Lord (Commodore) on 6257 8200 or email halahcottage@bigpond.com or ring Secretary Cheryl Hodgetts 6257 8548. email: bill49@bigpond.net.au.

"Just like the real thing only smaller".

GONE RUSTIC (StMarys) Contemporary art and craft, quilting, card making and regular workshops. Contact Rita Summers at 6372 2724 or email: gonerustic@yahoo.com.au "come and say g'day".

LAUNCESTON MODEL AERO CLUB (LMAC) Headquarters at Symmons Plains. Everything radio control RC. aeroplanes, helicopters and gliders. Contact Kevin Hay (President) or Geoff Hays (Secretary) by typing in Launceston Model Aero Club in your browser and send us a message via the Contact Us links on our website and... "Come fly with us".

JOHN McCOLL (St Marys) Sculpting, sketching and art skills and contacts. Ring John on 6372 2413 for tips, advice, help or leave a message.

PETER TROODE (Addlestone House B/B St. Marys) All things photography. Contact Peter for help, guidance or tips on 6372 2783 and he'll help if he can. Or leave a message.

ST MARYS FITNESS GROUP. All level fitness to music. Lots of fun on Monday and Thursday evenings. All welcome any age. Ring Fran on 6372 2614. Love to hear from you.

BREAK O'DAY WOODCRAFT GUILD (St Marys Railway Station) We provide a centralised meeting place for mature men and women to share skills, knowledge, access to services, building of friendships and projects and we welcome newcomers to our community. Open Mondays, Wednesdays Fridays and Saturdays. Contact Cr. Reon Johns on 0429 722 091 mobile or 6372 2094 home. "Come and join us sometime".

SUNCOAST SINGERS (St Helens) We sing, sing, sing. Get together at St Helens on Fridays from 10am-12.30 pm. For more info ring Maryanne Wadsworth on 6376 2969 or email her at mawadsworth@yahoo.com.au "If you can yawn you can sing".

RODNEY MC GIVERON / PAUL DAVERN American HO Model Rail. If interested in model rail contact Rod on 6372 2215 or email rodneymcgiveron@bigpond.com or call Paul on 6372 5526 sometime. "See you down the line. woo.hoo".

SHOP LOCALLY AND SAVE

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

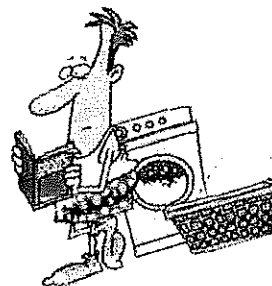
The Valley & East Coast Voice Guidelines.

- 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.

CLEAN CRACK LAUNDROMAT

32 MAIN ST., ST MARYS
(NEXT TO SECONDHAND ROSE)

Coin operated washers & driers



OPEN FOR BUSINESS

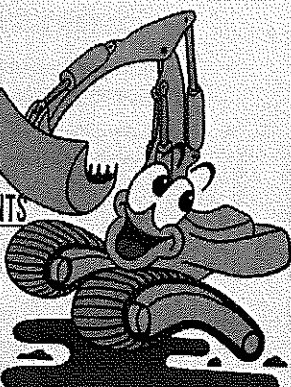
Winter trading hours:
7am - 5.30pm (ish)
(Fri & Sun a little later)

C & D EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS

Phone : 03 6372 2033

Mobile : 0439 722 032



LOCAL OWNER - OPERATOR
OVER 20 YEARS EXPERIENCE

Ph : Dana or Craig

6372 2033 /0439 722 032

Incorporating all your needs in:

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

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

AND MUCH MORE

Scamander Beach Surf Shop

6 Lagoon Esplanade

Scamander

Ph: 6372 5529

Bathers Wetsuits DVDs
Clothing Footwear
Bodyboards

Surfboards:

Milch McTavish
Surftech Bic G Boards

Bay Surf Shop

2 Pendrigh Place

St Helens

Ph: 6376 1755



PING'S PLACE

C.B.D., ST MARYS

Dr Jun Li invites all to the
Tried and Tested Benefits of

Traditional Chinese Medicine

After two university degrees in China and five year's practice in Britain, Jun continues her skills in this ancient health restorer to the benefit of St Marys and District.

Many have come from the coast and valley to benefit and some return regularly for on-going therapy.

Jun is very approachable, as all who consult her have found.

Consultation is free. Call into the shop or phone her mobile: 0411 186 573.

Welcome to Ping's Place.

PLAYING TABLE TENNIS EVERY DAY

ST JOHN AMBULANCE CPR COURSES

St John Ambulance CPR courses will be held on:

MONDAY 1ST OCTOBER

AT STMARYS DISTRICT SCHOOL

**BOOKINGS AND PAYMENT MUST BE MADE
DIRECTLY WITH ST JOHN AMBULANCE.**

**PLEASE CONTACT ST JOHN AMBULANCE ON 1300 360 455 TO BOOK AND PAY FOR YOUR
PREFERRED SESSION.**

SESSION TIMES:

DAY : 2.30PM (2HOURS)

EVENING: 5.00PM (2 HOURS)

COST : \$45.00

DOWN ON THE FARM

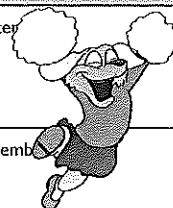
It is the Busy season on the farm. The grade 5/6 chickens are clucking and laying a good little bounty and the sheep have dropped a huge number of lambs. We have lost only about three altogether which is excellent. It is our great pleasure to introduce Geoff Ince who has taken on the farm-hand role. Geoff has been going down checking on them everyday and walking through the paddocks picking up orphans or abandoned lambs. We have had a record number of triplets this year which has kept everyone on their toes. The different coloured lambs have made hanging on the fence counting lambs all the more enjoyable. It is terribly tricky though when they don't stand still to be counted! Preps counted between seven and forty lambs (there are actually 35).



SEPTEMBER - OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
10th September	11th September	12th September	13th September	14th September
17th September	18th September	19th September	20th September	21st September

SCHOOL HOLIDAYS



INTERSTATE EXCURSION 2012

HOW EXCITING, on Monday 3rd September, 28 of our students plus 3 staff members left for an 8 night Interstate Trip.

This is the first time in over a decade that such an opportunity has been provided for students at the St.Marys District School.

While on the tour students will participate in a variety of educational programmes focused on Australian history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist in keeping costs to a minimum for the excursion the Australian Government is contributing funding of \$150.00 per eligible student under the Parliamentary Civics Education Rebate (PACER) program toward the travel expenses incurred. We thank the Australian Government for their support of this excursion.

We also take this opportunity to thank other sponsors, including:-

BICHENO R.S.L.

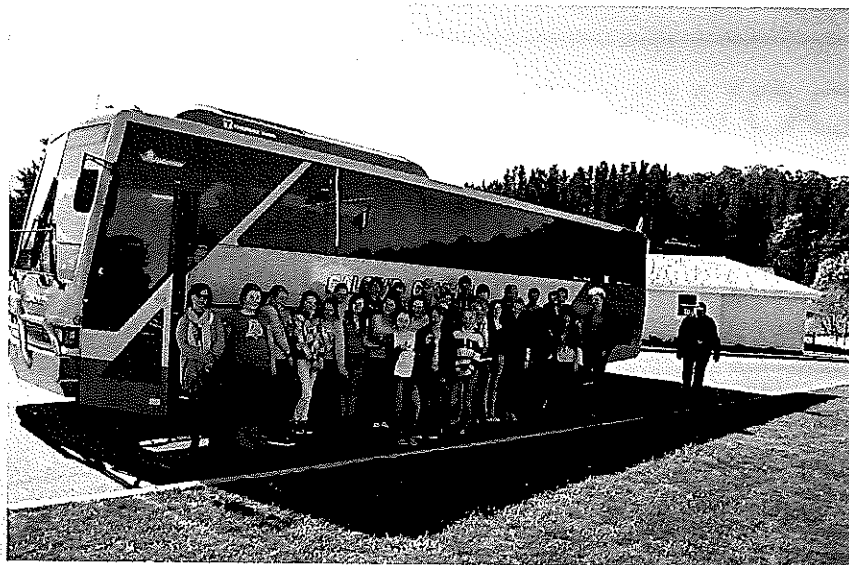
BICHENO LIONS CLUB

ST.MARYS LIONS CLUB

PROBUS MEMBERS

BREAK O' DAY COUNCIL

ST.MARYS DISTRICT SCHOOL
ASSOCIATION.



During our 8 night excursion the itinerary will be as follows:-

- | | | |
|---------------|---|---|
| Monday 3rd | - | Travel on T.T. Line to Victoria |
| Tuesday 4th | - | Travel to Yass on a Calow's coach |
| Wednesday 5th | - | Visit Canberra—Australian War Memorial, National Portrait Gallery and Parliament |
| Thursday 6th | - | Travel from Yass back to Melbourne |
| Friday 7th | - | Visit Melbourne Aquarium, Eureka Sky Deck, the Immigration Museum |
| Saturday 8th | - | Explore City Centre including Victoria Markets and the Botanical Gardens |
| Sunday 9th | - | Werribee Open Range Zoo |
| Monday 10th | - | Melbourne Museum and Imax Theatre - Depart Melbourne at 7.00pm |
| Tuesday 11th | - | Arrive in Devonport 6.30am and travel to St. Marys arriving approximately 10.30am |

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

• **Dr Latt 6/9/12— 20/9/12**

• **Dr E. Reeckman**
21 & 22 September 2012
Women's Health Clinic

For appointments phone: 6372 2111

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. **PLEASE BE PATIENT** waiting periods can apply to see the doctor.

Please speak to our reception staff about ordering scripts over the phone— as fees apply. Script are unable to be done over the weekends, ensure you have enough medications in advance.

St Marys Community Health Centre

GP Surgery Hours:

Monday—Friday

8:50am-10:00am

10:00am-10:30am— Reception Closed

10:30am- 12:30pm

12:30pm-1:30pm— Lunch Reception Closed

1:30pm-2:45pm

2:45pm-3:15pm— Reception Closed

3:15pm- 4:30pm

For appointments please ring Reception during opening times. Appointments will not be taken at other times.

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 6/9/12

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

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

If in doubt— Call an Ambulance 000
Thank you for your cooperation

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 by phoning 6372 2111

HEALTHY BONES WEEK— AUGUST

Congratulations to Tasharna Pursell who was the winner of the 'Mr Skeletons Activity' for Healthy Bones Week. Tasharna received a healthy dairy pack donated by the St Marys IGA.

Thank you to everyone who entered our competition. Keep watching for other upcoming Health Promotion Events and Activities.

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 requires a 5 minute doctor consult.

Meals on Wheels

Do you know you don't just have to be elderly or sick to receive meals on wheels? You can also select from a 3 course down to a one course meal. You don't even have to get them every day— you decide when and how often.

Are you interested or have further questions? Call the St Marys Health Centre on 6372 2111 and speak with the Kitchen Staff to see if you are eligible .

Meals are made on site at the Health Centre daily. Pick up and delivery available.

AFTER HOURS CONTACT NUMBERS

Please phone

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE
6372 2111

Please RING before presenting after hours

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 6 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
- Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- 7 Sept **TML Psychologist**. For appointments please see your GP for a referral
- Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- 10 Sept **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- 11 Sept **Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Counsellor**– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- 12 Sept **TML Psychologist**. For appointments please see your GP for a referral
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 13 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- 14 Sept **Social Worker**– Shan Williams appointments available by phoning 6372 2111
- TML Psychologist**. For appointments please see your GP for a referral
- Dietician (TML)** - Appointments available by referral from your GP
- Diabetes Educator (TML)**- Appointments available by referral from your GP
- Exercise Physiologist (TML)**-Appointments available by referral from your GP
- 17 Sept **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.

WHAT'S ON AT THE CENTRE Continued...

- Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- 18 Sept **Counsellor**– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 041 136 381
- Tom Bain, Rae & Partners Lawyers**. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 19 Sept **Social Worker**– Shan Williams appointments available by phoning 6372 2111
- TML Psychologist**. For appointments please see your GP for a referral
- Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- 20 Sept **Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- Social Work**– Shan Williams. Please phone 6372 2111 for appointments
- Eyelines**– For appointments please phone 1300 139 363. All consultations Bulk Billed to Medicare
- Continence Nurse**. For appointment please see your GP or Health Professional for a referral
- 21 Sept **Social Worker**– Shan Williams appointments available by phoning 6372 2111
- TML Psychologist**. For appointments please see your GP for a referral

Please note that GP North has changed their name to **Tasmanian Medicare Local**. Same services but different name only.

EYELINES

Visit the St Marys Health Centre every 6-8 weeks
For appointments please phone 1300 139 363.
All consultations Bulk Billed to Medicare

MEALS ON WHEELS ROSTER

September	St Marys	Fingal
Monday 10th	Debbie Barnes	Neighbourhood House
Tuesday 11th	Trish Pike	
Wednesday 12th	Barbara McAllister	
Thursday 13th	Kaye Nailer	
Friday 14th	Val Spencer	Neighbourhood House
MOW Contact		Phone: 0488 384 344
Monday 17th	Val Spencer	Neighbourhood House
Tuesday 18th	Pam Bretz	
Wednesday 19th	Liz Rice	
Thursday 20th	Yvonne Salter	
Friday 21st	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 6.00pm
Bicheno 9.00am
Fingal 11.30am

2nd Sunday: LITURGY

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

3rd Sunday: MASS

St Helens Vigil 6.00pm
St Marys 9.00am
Fingal 9.30am
Bicheno LWC 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
Sr Lorraine
Ph: 6372 2252

Anglican Parish of Northern Midlands

Avoca: 11am 2nd/4th Sundays
Fingal: 3pm 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

8am St Helens
10am St Marys
10.30am St Helens
4th Sunday Kids Church
Pyengana, 2pm
3rd Saturday of each month -
Community Dinner @ St Marys

Salvation Army TUESDAY JAM

3-5pm every Tuesday,
excepting school holidays.
Envoy Melanie Norton Ph: 63722099
SUNDAY JOY 12.30pm
this is a bring-and-share lunch followed
by a great time of friendship
and fellowship. You are very welcome
to join us and share our JOY!
Ph:0409 838 816.

Break O'Day Uniting Church

The Manse St Helens
Ph: 6376 2405
St Helens 9.00 am
Fingal 11.15 am

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am
Divine Service 11 am

Contacts for Valley Voice

PH: Judy: 6372 2155
email: judith.spilsbury@telair.com.au
Accounts: Mary: 6372 2328

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

Advertising: 2012

Classifieds: 25 words or less: free
Community notices : free.
Small boxed ads. Garage sales. Greetings.
Thanks etc. \$12.
¼ page \$20. ½ page \$30.
Full page \$50.
1 year posted subscription \$40.
Copy of guidelines available on request.

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 pm
Friday 10 am - 3 pm
Saturday 11 am - 2 pm

Ph: 6372 2005

ST MARYS OP-SHOP

SUPPORTING YOUR LOCAL SCHOOL

WINTER OPENING HOURS:

MON TO FRI. 11AM - 4PM
(WHERE VOLUNTEERS ARE AVAILABLE)

ST MARYS MARKET SATURDAY
10AM-1PM

PH: Janet Drummond: 6372 2851.

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.

Sports and Social Club News:

GOLF: It was nice to see a few people out and about on the course last week, hopefully a sign of some improvement in player participation on recent weeks. The ladies will be having a hit in the all week chicken run on Wednesdays and everyone is welcome to come along and join in the fun. Their regular 18 holes is on Thursdays and both comps begin at 10.00am. No time like the present to start playing in the chicken run, play 9 holes any day of the week, put your \$4.00 and card in the box at the front of the club house and winner will be announced on Fridays at 6:00pm.

Now that the days are drawing out there can't be any excuse not to compete. Our weekend comps have not been very well attended and I keep getting asked why the club hasn't got a structured competition; the answer is simple, we keep putting notices about the competitions in this publication and only a couple of die-hard players turn up. So let's try again; this Sunday the 9th at 10:00am an 18 hole stroke event will take place and the following Saturday the 15th a two person ambrose event.

The Harwood Plumbing day will be on Sunday 23rd, this will incorporate 9 holes of golf and 9 ends of bowls to start the season off as well. We thought this might be a good chance to kick off the boys and girls junior golf competition and see how it will go. There will be a modest entry fee that will include a BBQ as per usual and junior and senior prizes. There is also the possibility of a golf pro attending on the day for some much needed lessons. More info next issue.

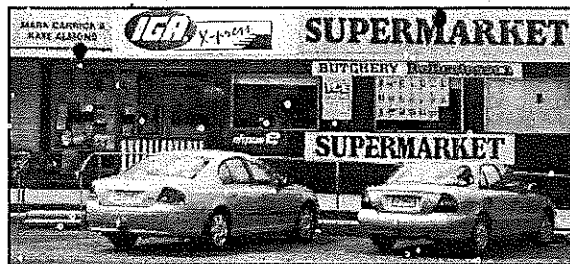
BOWLS: If you get a chance, get along to the club and check out the bowls green, after some late sanding and fertilizing, the green looks great. The boys will be concentrating heavily on getting the grass down to a reasonable length in the next week or so and at this stage training will commence on Thursday 13th September. Of course the green will be a bit slow but let's blow the cobwebs away and have a roll.

This year at Scamander on Sunday the 30th of September, there will be the inaugural **Nan Stewart Memorial Day**, this will be a competition shared between both clubs in coming years to pay tribute to Nan and her commitment to bowls for both towns, what a great idea. Please show your support for this event.

There will be a bowls meeting at the centre this Friday 7th September at 7:00pm, it is a must that all intending players turn up so that the club at least has some idea of numbers for the coming season.

FUNDRAISING: Where to begin, there will be a Trivia Night, hosted by Macca and crew on Saturday 6th of October, start getting your tables of 8 together now and don't miss out, \$8 per person entry which will include supper. Dr. Denis Coleman will present a bush tucker night on Saturday 20th October, just \$15 per person, watch for more details. The singles crib night is yet to be organised but is in the pipeline. Also the 80 camper-vaners who enjoyed our hospitality last year will be back in November. Lots to look forward to and we hope to see you there.

Bowls Meeting this Friday 7th of September at 7:00pm. All interested bowlers please attend so the club can evaluate numbers for the coming season.



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 6th Sept - Wed 12th Sept)

from the butchery

Legs of lamb	\$ 9.99kg
BBQ blade steak	\$ 7.99kg
Gerello roast	\$ 9.99kg
T bone steak	\$16.99kg
Ingham chicken thigh fillets	\$10.99kg

from the shelves

Arnotts assorted creams 500g	\$2.99
Nescafe Blend 43 coffee 500g	\$16.99
SPC canned fruit 825g	\$2.49
Sunsilk shampoo or conditioner 200ml	\$2.99
Kleenex cottonelle toilet tissue 16pk	\$7.99

all only \$1.99

La Zuppa soup 420g
Cripps master muffins 6pk
Doritos corn chips 175g
Doritos salsa dip 300g
Rosella soup tomato 500g

next week's specials

(available from Thurs 13th Sept - Wed 19th Sept)

from the butchery

Rump steak	\$10.99kg
Ingham gourmet chicken portions	\$ 4.99kg
Corned silverside	\$ 6.99kg
Forequarter lamb chops	\$ 9.99kg
Beef mince	\$ 9.99kg

from the coolroom/freezer

Bulla ice cream 2lt	\$3.99
Ingham frozen chicken size 9	\$4.99
McCain peas 500g	\$1.99
Kraft cheese block 1kg	\$7.99
Duck River soft butter 500g	\$3.99

all under \$2 each

Arnotts shapes/Savoy/Clix 180/225g	\$1.89
Continental chicken tonight 475/500g	\$1.99
Andersons English Breakfast tea bags 100s	\$1.89
Pedigree canned dog food 700g	\$1.79
Nanda pasta 500g	.99c
Baxters canned soup 415g	.99c



**ST MARYS SPORTS
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