

The Valley & East Coast Voice

Est. 1968

Volume 45 No. 13, Thursday October 18, 2012.

50 cents

Seniors Week 2012

On Wednesday 3 October, the St Marys Day Centre attended the Break O'Day Council's invitation to a Movie Morning at the Portland Memorial Hall St Helens.

The Movie selectors did a fantastic job choosing the film 'We Bought a Zoo', and it was projected onto a big screen by Tom Busby making it 'just like the old days', and the popcorn and



ice creams went down a treat during our viewing of the film.

Attendees were pleasantly surprised to find reusable water bottle on their seats as a gift from the Break O'Day Council. After the movie we all enjoyed a luncheon of hot dogs, scones and hot drinks which topped off a lovely morning with friends.

Thank you to the Break O'Day Council for your yearly invitation and effort in providing the wonderful seniors, and not so seniors of us, in our community with this recognition during Seniors Week. I know that it is greatly appreciated by many of them/us in our wonderful community.

Photo: St Marys Day Centre outside Portland Hall St Helens. (Well those of them that would let me take their picture) Article & Photo: Hayley Gilbert.

Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday October 29, 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 & Shirli: 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 • ROSSADEN • FINGAL • MANGANA • MATSINNA • UPPERESK • 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.

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.



AGM

The St Marys Hospital Support Association Inc., will be holding an

Annual General Meeting

on Monday, October 22, 2012 at 7pm

in the Day Centre Room at the St Marys Community Health Centre.

All welcome.

Len Miles, President.

St Marys Hospital Auxiliary

Meeting change

Due to long weekend the next meeting will be held on 29th October in lieu of 5th November.

For sale

Classifieds

Wanted

4 Draw Filing Cabinet - good con. Includes hanging files -\$250. Also assortment of plain paper (A4 \$4), graphed cards and small office items - too numerous to list. **Wrought Iron Wall Lights** - (7) large, fancy ornate. All good con. Some need light repair (elec fitting). \$10 ea, \$20 incl shade (if we can find them).

Metal Frames - (21) made from 25mm sq tube, powdercoated cream. App. 1m sq. \$10 ea. **Push Bikes** - (2) ladies and gents. Very good condition. Gears/off road tyres (but have had only limited on road use). \$60 ea. Both for \$100. **Electric Grain Grinder** - French make. 240v reduced to 12v use. Works well. \$50. The above 5 items are remnants from previous businesses. Please call for item details : **6372 2626**.

Freedom Furniture bean bag, rust-coloured suede fabric, as new \$20. **Mosquito nets** - all pure cotton and as new. One QS, square with bamboo poles for hanging \$100. Two SB, circular with hangers. \$50 each. **Ph:6372 2686**.

Conia 32" wide screen LED TV with built in HD tuner. In good condition. \$100. **Ph: 6372 2155**.

420 Ltr Westinghouse fridge, 6yrs old, vgc. \$300. **Ph:6372 5171**.

External spare wheel carrier. Suit GQ model, 1985 Nissan patrol. \$350. ono **Ph: 0428 784 356**.

Meat saw, sliding bench. As new. \$350. ono. **Ph: 6372 2661**.

Mixing tanks. Make your own Bio-Diesel. **Ph:6372 2107**.

WRECKING: ALL PARTS AVAILABLE.

Nissan Micra - VK Commodore wagon - Toyota Tercel 4 x 4 - XD Falcon - EA Falcon - '97 Musso 4 x 4 - '60 Series Land-cruiser Diesel - '93 Pajero 4 x 4 - XF Falcon.

Mag wheels Ford - Holden. **Ph: 6372 2107**.

Cane Sun Lounges (3) - \$30 ea. Good serviceable condition but minor cane work needed (cane strands avail LST). **Bread Stand on coasters** - Excellent condition. 1640mm High x 950 W x 400 D. 5 sloping wire shelves (950 x 400mm). \$85. **Pidgen holes box shelf** - 1200L x 430D x 200High. 10 compartments \$15.

Pegboard - (qty) 870 x 625mm \$8 ea, 1160 x 625mm \$12 ea. Good condition. **Traffic Guard Rails** - heavy duty steel. Good condition. 2 / 2.5m long. \$100 pair. **Shelving** - two heavy duty, steel single bays connected. Each bay 1800 high x 914mm wide 5-6 levels. Easy clip - on assembly and free standing (against wall). Metal base shelves and craftwood hight adjustable shelves (5-6 per bay, ea 914 x 500 x 18mm) - \$175. **Pallet Truck (BT Lifter)** - narrow tynes. Roll 20mm steel strapping, box clips, 2 / strapping stands, 2 sets tensioners & clamps. All good condition \$400 the lot. (Will separate -P/truck \$400, rest \$70.) **Ph: 6372 2626**.

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**.

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

Raspberry canes with good roots \$1 each.

Ph: Jack 6372 2034.

Wanted

Purchase or hire. Baby cot or portacot with mattress. Needed from 20th Dec to 2nd January.

Phone Jan 0487 496 606

Wanted

Purchase or hire. Baby car seat suitable for 5 month old baby. Must meet safety standards. Needed from 20th Dec to 2nd January.

Phone Jan 0487 496 606

Work wanted

Experienced house cleaning lady. \$16 phr.

Ph: 6372 2814.

Work wanted

Gardening and odd jobs. \$15 phr.

Ph: 6372 2814.

Give away

Kleenmaid front-loading washing machine, 5kg size, water-efficient, goes okay. Phone 6372 2686.

Wanted to buy

Mountain bike in good condition

Up to \$600

Ph 0437 227 123

WANTED TO BUY

CHEAP CARAVAN. PH: 0429 301 140.

Wanted - 2 males (14 - 17yrs approx) for casual w/end work. Must be used to outdoors work. Transport arranged. **Ph: 6372 2626**.

Wheat for sale. 20kg bags, \$10. 20kg pig grower mix \$16. 20kg crushed layer & chick mix. \$16. 20kg bags crushed wheat, \$15. **Contact Jason: 0419 514 947**.

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.

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

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)

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.

Letter to the Editor

Vol. 45 No 13, October 18, 2012

Dear Editor,

I welcome the possibility of the China Investment Corporation investing in the Van Diemen Land Company – a company that is already 98% foreign owned.

The dairy industry is a beacon of hope for Tasmania at a time when the Labor-Greens have destroyed our forest industry, and when so many other sectors are doing it tough, especially manufacturing and processing.

Foreign investment will surely be needed to help Tasmania achieve its potential in the dairy sector – it has been conservatively estimated by Dairy TAS that we need 65,000 more cows and 450 more jobs to meet demand, not to mention \$650 million to fill the new factories.

Very few Australian investors are prepared to accept long term capital gain as a basis for investment, further underscoring the need to look abroad for investors who have the capacity to wait for a return.

The Coalition unambiguously supports foreign investment and has recently released a discussion paper on the subject, designed to promote economic growth and ensure greater community confidence in foreign investment that is in the national interest, including a register of agricultural land owned by foreign investors.

The knee-jerk opposition of the Greens to the proposed Chinese investment in a company that is already effectively foreign owned reinforces that they will always find a way to oppose anything – even growing our dairy industry.

Eric Hutchinson

Federal Liberal candidate for Lyons

0447 777 251.

There has been many rumours circulating in St Marys regarding insurance premiums rising if we retain angle parking.

I spent the better part of last Friday contacting five of our major car insurers and the censuses of those contacted was as follows:-

A car by it's nature can travel to locations far and wide and on roads that are unsealed, sealed, highways, country roads etc. They can be parked in official angle parking zones, car parks, streets, etc.

Whether a particular locality has angle parking or not has no bearing on the premium charged.

Hopefully, this will dispel incorrect information. If you wish you can contact car insurers to verify this.

I have done this research and published this letter not as a spokesman for the council but following up resident's concerns.

Regards,

Cllr Reon Johns.

Greater Esk Tourism photographic completion finalist's photos are on display at Purple Possum, awaiting viewer's votes. Call in anytime in the month of October to view the excellent photographs and cast your vote.

Editor, Valley Voice,

I believe everyone agrees that the footpath and curb and guttering on the Southern side of Main Street, St Marys, needs improvement.

Unfortunately the grant council is seeking/needs, requires the approval of DIER.

It was put forward at the Streetscape meeting that this town cannot afford to lose ANY on street parking.

I have a feeling that this will be ignored by DIER (who had no representative at the meeting) and Council members.

In the future it will be interesting to see if you can fit twenty seven (27) vehicles in the hall car park, for that was the General manager's reply on where the vehicles forced off the street are to park. (Christmas Eve 2011: there were 33 cars parked on the southern side of Main Street, 24 on the Northern side and 8 in the hall car park) (a few more than the "5 or 6" Mr Coombe from DIER has ever seen parked in the street).

The plans presented are to improve pedestrian safety; they will increase the number of pedestrians by at least ninety three a week (count done during non peak day and time of year (August/September) by requiring motorists that currently park on the Southern side of the street to the Northern side, to find a place to park.

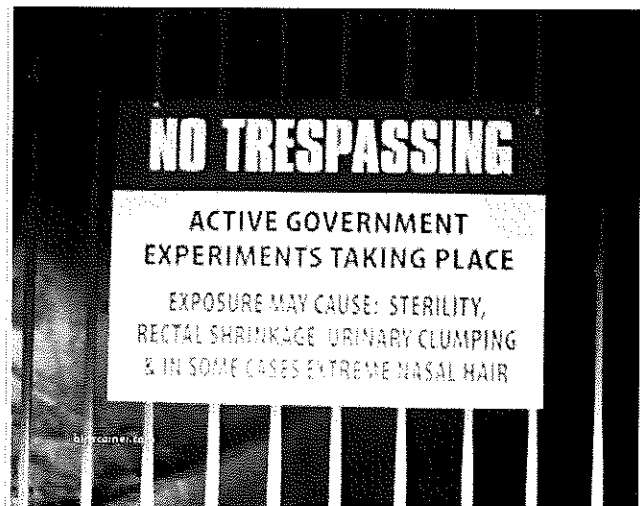
A request to Council for it to do a full parking survey, during a peak period, has received no reply.

So residents of St Marys and surrounds, if blind bureaucracy wins, start practicing your reverse parking and purchase some good walking shoes.

"Politicians didn't really care much about what something did, but they cared a great deal what it appeared to do."

"Quote – Tom Clancy."

David Watkins.



Better believe this one!!

My wife sat down on the couch next to me as I was flipping the channels.
She asked, 'What's on TV?'
I said, 'Dust'.
And then the fight started.



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 Tuesdays,

Wednesdays, & most Thursdays,

or just call in.

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

Same prices, service & phone numbers

Providing a service to the community.

Have a flower forever.
Beautiful glass flowers.
On sale now.

New stock of blow dryers just arrived.

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

LEAVER'S DINNER APPOINTMENTS
NOW BEING MADE.
GREAT SELECTION OF
LEAVER'S DINNER JEWELLERY,
REASONABLY PRICED.

Ana wishes to advise clients that she is still doing
her **Mobile Hairdressing**. Further to this the
salon will be open for business each Market
Saturday.

UFO DISPLAY (unfinished object) - come and see some
UFO's completed by the Rustic ragamuffins stitching
group.

ALSO an exhibition of **TASMANIAN SCENIC ART
PHOTOGRAPHY** by Jessica Turale and James Brewer
(sponsored by Break O'Day Regional Arts)

Official launch for both exhibitions:

Coffee and cake @ 3 pm, Friday 9 Nov @ Gone Rustic
Entry fee - \$5 or a plate of cake to share; filtered coffee
and a variety of teas (inc. herbal) will be available
RSVP - 03 6372 2724 or 0417 027 424 (by/on Tues 6

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!**

RINGAROOMA SCHOOL & DISTRICT SHOW

Saturday 10th November - Gates Open 8:00am

The Ringarooma School & District Show is in its 80th year
and continues to be a great family day out with
entertainment for all ages and a fantastic community event.

Displays include photography, needlework and craft,
cooking, horticulture, floral art children's writing, technol-
ogy and art work, pets, horses, calves, and wood chopping.

Entertainment includes Music, Slot cars, Lions Hurdy
Gurdy, Giant pirate slide, Jumping Castle and Jousting
Ride. Take a wander and appreciate some wonderful
historical cars and bikes, farm machinery and working dog
displays and other demonstrations.

Delicious food from the School Association with hot
spuds, sandwiches, rolls, chips and drinks and their famous
donuts. Also available BBQ, coffee van and ice-cream
vendor.

To be part of the talent displayed by our community get
your copy of the Schedule and Entry forms from the
school, post office or online by typing
ringarooma.tco.asn.au into your browser and follow the
links.

Come along, celebrate and enjoy a day in the gorgeous
grounds of the Ringarooma Primary School. Entry fees are
\$10 adults, \$6 concession, School Children free. Horse
Events entry \$25 per horse/rider combination.



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

With Christmas less than ten weeks away, you
don't want to run out of time to bake that perfect
cake or pudding. So pop into Purple Possum with
your list of ingredients and we'll put it together
on the spot or have it ready for you to
pick up later.

Alternatively you can phone your order through
and collect it when you're next in town. We'll
even home deliver! With the Purple Possum's
reputation for quality you know you'll get the
best ingredients - and in exactly the quantity you
need so there's no wastage. And your family will
love you for those delicious, rich cakes and
puddings!

Purple Possum

Wholefoods & Café

5 Story Street St Marys. Phone 6372 2655.
Open seven days - indoors and garden

Continuing the story from 3 local girls on their working holiday in Canada... Allie Fern and Emma.

We thought we had better send a few photos to show you the 'Outpost at Warden Rock' and everything we have been up to in the last month. It has been quite an adventure and an experience we will not forget for a life time.

We met Julie on the Friday at 11:00 to start our adventure. She drives a large truck and all our belongings were packed into the tray.

There was another WWOOFer who came with us that day. A 35 year old woman from Germany, named Eva. Her English was not perfect, but we could understand her. (the WWOOFing program 'Willing Workers on Organic Farms' is a world wide project which allows workers to have an un-paid job, and being given room and food, therefore not having to spend their savings.)

The drive from Banff to The Big Horn took 3½ hrs. The Big Horn is a camping ground for the many horse lovers in the area. At the Big Horn we met Tim, the owner, worker and everything to do with the ranch guy, a jack of all trades. We spent most of our time at the ranch with Tim, (Tim 1). We also got to meet Denis who dropped in a few times over the month. He is quite the joker. From the Big horn we had to travel by wagon to the Outpost, a wagon pulled by two horses named Teddy and Jigs, they were draft horses. It was another two hours by wagon before we arrived at the ranch and it was already nearly dark when got there.

We met the other WWOOFer on the way, also from Germany, named Andrea and the third WWOOFer was named Hannah and she was from Switzerland. Hannah was the same age as us and we all got along really well. That made 6 Woofers, and it was safe to say that many hands do make light work. Tim didn't muck around either, we were straight into shovelling horse poo and unpacking the large amount of food Julie brought in with her. We stored most food in the root cellar, like an underground fridge.

The first night was nearly at an end. Fern, Emma and I were in a cabin together, named "War Party". It had three single beds. The next month flew past and we were leaving before we knew it, back to civilisation, but that month was amazing, filled with hard work, amazing people and beautiful scenery. We were located in the Rocky Mountains, so picture perfect everywhere you looked. We were blessed with amazing weather that included the snow we got to see on the mountains frequently, but the sun still shone.

Every day there was something different to do, fix or make, and Tim kept us busy. Each morning we did our chores, so shovelling poo, feeding hay and grain to the horses, then off to make breakfast and do dishes. Some of the many things we achieved while at the Outpost were painting the kitchen and the running gear that they used to haul hay. That didn't include the 180 square bales that we also had to haul (Sore fingers after that day). We spent full days building and completing the helipad and two horse shelters, long days and heavy lifting were involved. We also chopped wood, dug holes, put in posts and cleaned and cleaned from the outhouses (long drops), cabins, water tanks, horses, running gear, stage coach, the kitchen and everything in between. We enjoyed driving the tractor though, but along with that we had to grease and service it regularly.

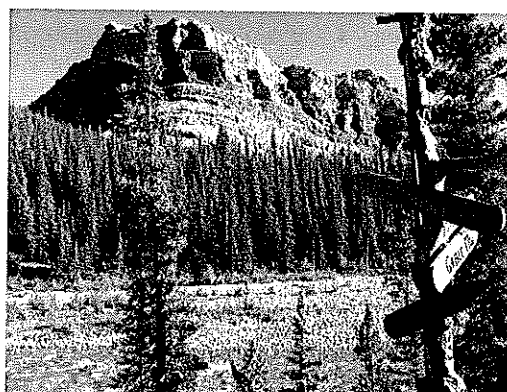
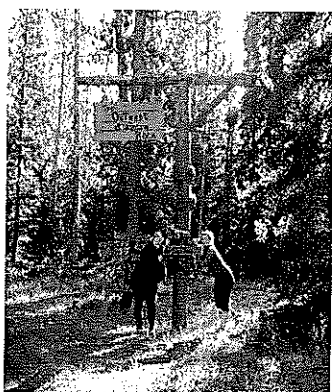
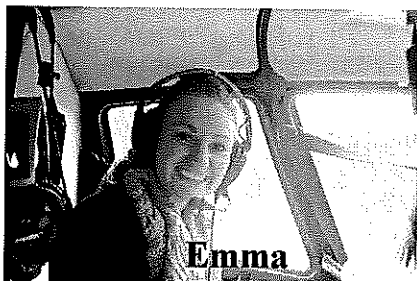
When guests came in we got to meet Tim 2, he took the guests on their horse rides through the mountain, and Tim also spent time there just helping out. Along with the hard work we did enjoy ourselves regularly, everyone had a good sense of humor and we had fun razzing people up.

Moments never to be forgotten... travelling with amazing friends and enjoying so many laughs and happy memories together. Sitting in the hot tub of a night, with the only sounds you can hear are the running water of the river and the occasional noises from the horses, while looking up at the beautiful stars and being surrounded by mountains, while the full moon lights the whole place bringing it to life. But the most amazing moment of our adventure was meeting Wayne the helicopter pilot, who came to visit his friend Tim every now and then and brought **ice-cream** with him every time! What a treat, as we had no electricity. He took us up in his helicopter for a bird's eye view of the place we helped build and maintain during our stay as well as the view of the beautiful mountains below that stretched as far as the eye could see. During our stay we met so many amazing people that offered their help without even being asked.

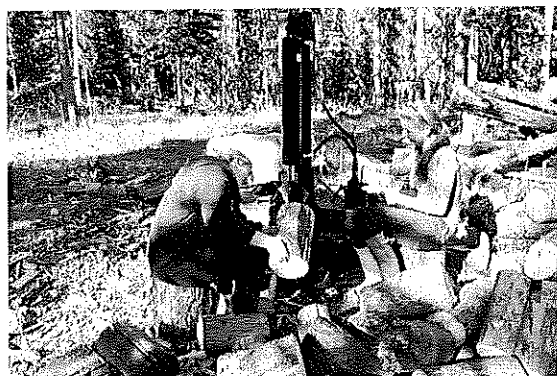
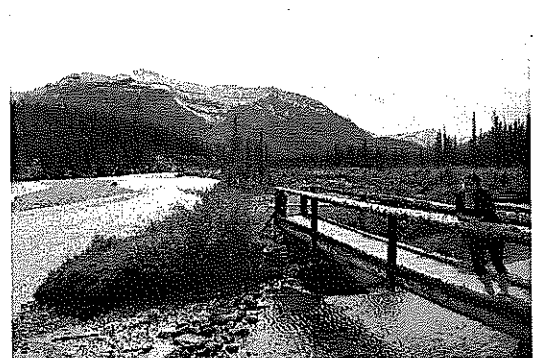
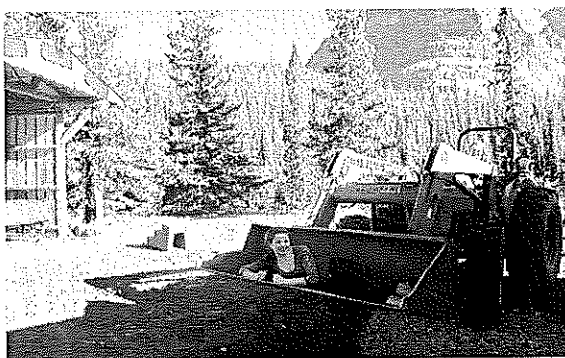
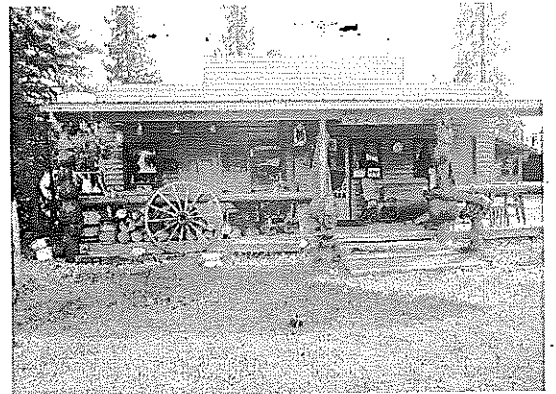
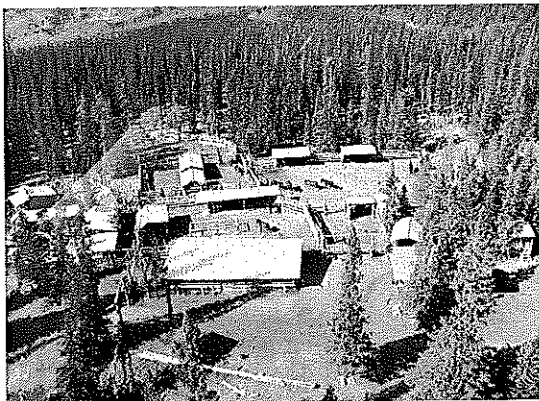
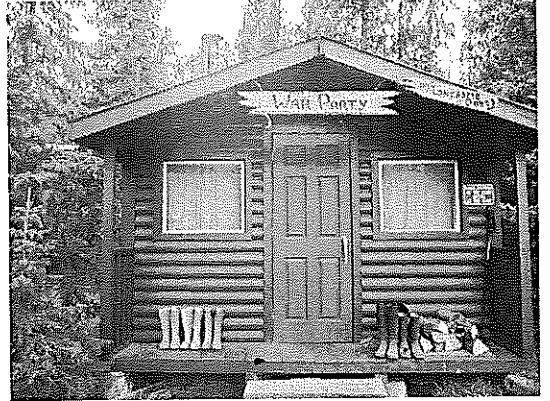
We did have a few ups and downs, but overall, what an adventure and an experience of a life time. We were surprised as to how much we didn't miss our phones or Facebook and it was great to get away from technology and really soak up our surroundings, we had plenty of time to think that's for sure. I think of all the technology we missed our music most of all, the iPod battery didn't last long.

We are glad we are back in civilisation so we can share our experience with you all.

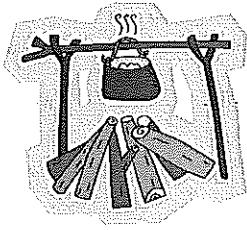
Allie, Fern and Emma.



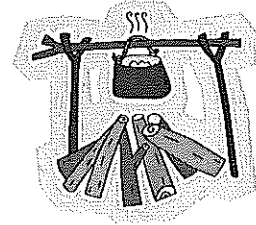
100 Years of the War Party



St.Marys Sports & Social Club



PRESENTS:



**A Great Aussie Bush Tucker Night With Diesel
Saturday the 20th of October at 5:30pm**

Just \$15 per person
Your Choice of Our Exclusive Menu:

**Road Kill Rissoles
Bambi Bangers
Skippy Tokyo
On Either Fried Rice or Mash**

**Then Pudd'n
(Choice of Two Desserts)**

**We Request That You Please Book Ahead by Ringing St.Marys
Supermarket 6372 2240, Jim Turner 6372 2441
or Put Your Name Down At the Club.**



**St.Marys Sports & Social Club In Conjunction With:
The St Marys Lions Club**

Presents:

**The Melbourne Cup Luncheon At The Centre on
Tuesday 6th November Commencing at 11:00am.**

*There Will Be Prizes for Best Dressed Male, Female & Couple
Lucky Door Prize, Along With Raffles, Sweeps & Much More.*

**You Will Be Served a 3 Course Meal
Soup – Chicken, Ham & Salad – Dessert**

Cost \$20 per Person

**Please Book In Advance As We Are Limited to
Seat 60, First In Sits Down.**

**Bookings With: St Marys IGA 63722240
Jim Turner 63722441 or at the Centre 63722177**

**Come Along and Share a Great Meal, Company and Maybe
Top the Day Off By Winning a Prize!**

A Day at Mathinna Beach.

The title might sound a bit strange but it's true. The only thing missing was waves washing around the place. On Launceston Show public holiday Thursday, some good friends, Wayne, Angela, Ben, Daniel and Clare Bishop invited me up to Mathinna to explore the old workings of the Golden Gate Gold Mine. It was absolutely fascinating, scary, mystifying and inspiring, all at one time.

We went to the 'beach' nearly last thing, after exploring about a dozen tunnels and shafts for a few hours beforehand, with a terrific lunch break in between. The Bishop's do a great Barbie, let me tell you, and also build a beaut house style.

I had no idea there was so much to see with one of Tasmania's and indeed Australia's most successful gold mines, that produced more than seven tonnes of gold in it's lifetime. Some say there is still a lot more way down in the quartz yet. I wouldn't doubt that for a second. Angela picked up a quartz stone about the size of a walnut and found tiny flecks of gold as a point of interest. Mind you, you would need to crush a lot of rock to find even one ounce (about \$1100 worth) of gold.

Some still pan the creek beds and find little bits of gold from time to time that way though. As recently as the mid 1990s a Russian interest was mining again. It didn't get too far, but there is always possibilities of future commercial mining as some exploratory holes suggest.

Of the old workings we visited, too numerous to mention individually, it was truly incredible that the tunnels and shafts were literally hewn for the most part by pick and shovel into solid mudstone and quartz rock over several decades from the mid to late 19th century to well into the 20th century.

Mathinna was at one time Tasmania's third largest town, and in it's heyday with over 5000 residents.

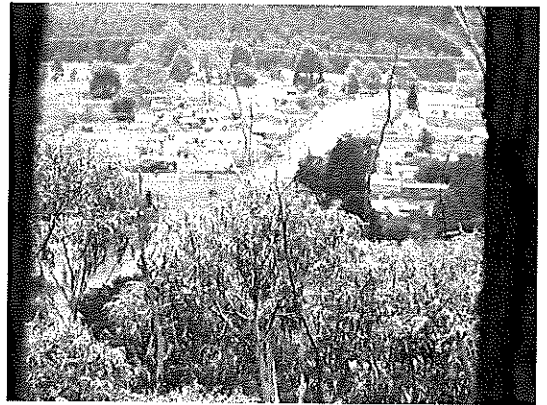
Wayne and Angela mentioned that one shaft was supposed to go down around 2000ft and side tunnels branched off it, so it's mind boggling to think that way down there exists a maze of tunnels. We went to another shaft on the surface that scared me witless when it was demonstrated how far down it was. We picked up a small bough and threw it into the abyss and for at least 9-10 seconds you could hear it bouncing it's endless way down the shaft as it crashed against the sheer rock walls. Wayne estimated it to be well over 900ft deep. I wonder how many native animal skeletons you'd find down there who had accidentally bounced in it over the years, hopefully no other remains either. Another shaft was full of water and it's depth was also incredible.

The 'beach' was actually fully crushed down rock, into silica sized grains which was so fine it resembled real beach sand, without the salt. I couldn't get over it, to be honest. It went for at least 5-600 metres just like a real secluded beach somewhere. We found century old pipes still intact, and many remnants of old equipment, and visited the site of the original dam that was washed away during the horrific 1929 floods. We missed the guarding tiger snake on one bank top this time too.

The over-riding thing for me on the day though was the sheer, massive and brave work that these early gold miners did to find this elusive precious mineral that most covet. Can you imagine the risks and rewards involved? I sure can now, and I thank the Bishop family for a great day. For all sorts of reasons, not least safety around old workings. I'd make certain that anyone else visiting similar places that you only do it with people who have intimate knowledge of the area and can 'spot' for you all the time. Knowledge and safety are paramount and **NEVER do it on your own.**

With new exploration going on with Beaconsfield Gold who have access and involvement all over the place I wonder if the Golden Gate might one day again be a viable option to start looking for commercial quantity yellow metal again. Who knows.

What do you think?... (Column by Rod McGiveron)



Local Educators present workshop at National Early Childhood Australia Conference

On the 3rd October Tanya Greenwood (Director St Marys Child Care) and Cathy Parker (Coordinator Building Blocks) headed over to Perth W.A to attend the biannual Early Childhood Australia conference. We had been invited to present a short workshop as part of the conference program on "Supportive Partnerships: Cohesive and Cooperative Early Childhood Programs in the Fingal Valley" – the project we facilitated in conjunction with Rachel Woods (Tasmania Skills Institute) in 2011.

The conference themes were networking, sustainability, engagement and wellbeing with highlights including international speakers. Current Australian research on best practice was presented, with around 180 workshops and keynote lectures on offer. 'Breakfast with the Stars' session was also attended in Kings Park the Saturday morning. We felt very privileged to represent our community in such a fantastic setting.

A key message of the conference was the importance of the home environment in promoting children's social and emotional well-being, as well as their achievements later in formal schooling settings. Attending quality child care setting regularly from aged 2 years was also associated with improved outcomes.

Families with children aged 0-3yrs can improve outcomes for their children by:

- Reading to children at home
- Teaching songs and nursery rhymes
- Painting and drawing
- Take their child to the library

For social development – create regular opportunities for play with friends at sessions like playgroup, Launching into Learning, Building Blocks or informally e.g. at the park or beach.

We hope to use the knowledge we have gained to enhance our programs to ensure that children and their families in our area have access to the best possible education and care settings.

Pictures from the Perth child care centres that Tanya visited – including one with a pet pig!



St Marys Pacing Club

Hello all, The St Marys Pacing Club held its Annual General Meeting on Friday 28th September at the committee rooms. Thankfully it was well attended by past committee members who are looking forward to this year's meeting on New Year's Day.

The executive committee that was nominated and accepted the positions are as follows: **Chairman, Mr Don Woods, Deputy Chairman, Mr Russell Barr, President, Mr Michael Hall, Vice President, Mr Allister Woods, Secretary, Mr Craig Woods, Treasurer, Mrs Karon Brown.** All past committee members put their hands up once again to fulfil the many jobs and tasks required to make the race day the success it always is.

This year's race day will be an even bigger challenge to organise, with the resignation of our respected, hard working, loyal Secretary, Mr Eric Bean and his lovely wife Claire, after 47 years in the job. Thankfully for us all, they will both still be an active part of our club, to help us prepare for race day. We would like to thank them and their families, for their contributions towards the St Marys Pacing Club, a truly fantastic effort.

The next committee meeting will be held on the 19th October at 7pm at the committee rooms under the grandstand. To anyone who would like to join our committee, please feel welcome to come along and voice any new ideas into how to make our day go forward and grow into another successful day our communities can once again be proud to be a part of.

If anyone would like any further information about our club or wish to forward any new ideas to our committee meeting, please feel free to contact **Craig Woods** on Ph: 6374 2381 or email: zugylarry@yahoo.com.au



OUT OF THE WOODWORK

SECRETARY, WENDY BRENNAN 6372 2094

Guild members have asked me to express a sincere thank you to Tracy Macdonald who has been instrumental in designing the Guild's Webpage. Tracy put many hours into helping with the design and her excellent teaching manner gave me the confidence to be less tentative when downloading updates etc. Therefore, drum role please... and with no further ado I introduce our official site.

www.breakodaywoodcraftguild.weebly.com

Members would like to give a warm welcome to our new members Sam and Jean Louis and their delightful young son Noah. The family has recently located to Fingal and for all you linguists out there... Jean speaks fluent French.

Lastly, my apologies to Ted Koops. In my haste last issue I forgot his picture and title regarding our committee members. Ted is our Entertainment Co-ordinator.

A reminder that our raffle only runs for two weeks and will be drawn on the 24th October, at 9am at the Coach House. (Thank you Lorraine Gill) who keeps selling whether rail hail or shine.

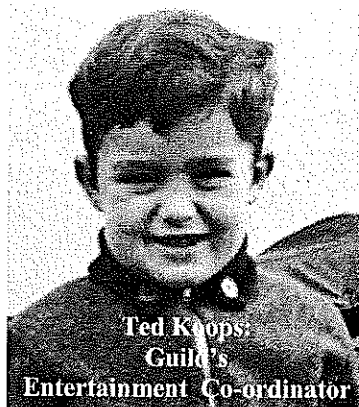
Finally the Guild would like to introduce our new club ambassador Mr Patrick Wells pictured in his formative top hat that he wears for our ceremonial occasions.

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

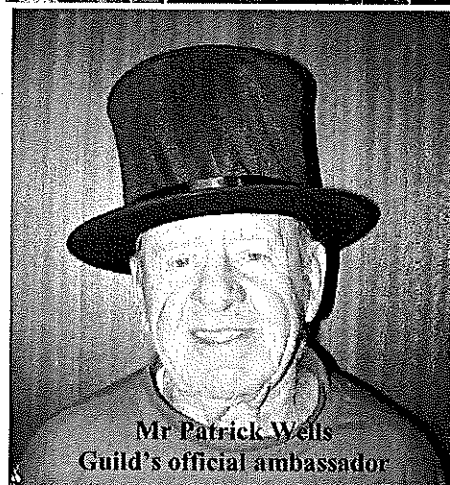
always welcome, both men and women. We are open Monday, Wednesday, Thursday and Saturday. Other times by appointment. (Please note that our previously advertised day of Friday has now been replaced by Thursday)



Sam and Jean Louis with Noah



Ted Koops:
Guild's
Entertainment Co-ordinator



Mr Patrick Wells
Guild's official ambassador

CORNWALL COMMUNITY DEVELOPMENT GROUP INC.

Results of our Annual General Meeting held on September 4th 2012 are as follows:

Deb Squires	President
Raz McDonald	Vice President
Wendy Dawson	Secretary/Public Officer
Lynne Dawes	Treasurer
Deb Barnes	Committee member
Graeme Hayes	Committee member
John Solonen	Committee member

e. ccdgcinc@fastmail.com.au
m. 0403 430 452

Expressions of interest.

The voluntary position of editor of the Valley & East Coast Voice will become vacant in January, 2013.

We are looking for someone who has good computer skills, is dedicated and can commit themselves to the job.

If you are interested, please call Judy on 6372 2155 to arrange a meeting to discuss your application and the job requirements.



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(excepting boxed advertisements)

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YOU NEVER KNOW WHAT SOMEONE ELSE
IS LOOKING FOR.

BREAK O' DAY STITCHERS

A very busy couple of months has finally resulted in the completion of our raffle quilts for our annual fund raising raffle for charity held in conjunction with our Easter Exhibition, for which plans are already well in hand, and ticket selling will commence in November.

Meanwhile we were happy to present a cheque for \$1550 to the Renal Unit at the L.G.H. from the raffle of a quilt and donations. We have all enjoyed the workshops held in the last few months and look forward to more next year.

The photo (right) shows Marj Aulich presenting the cheque to Rose Mace, head of the Renal Unit at LGH.



Mental Health Week 2012

On Monday 8th October at the St Marys Lions Club Park a BBQ was held in support of Mental Health Week 2012 hosted by Anglicare, the event was attended by community members, some of whom took along picnics others who enjoyed the free sausage sizzle. There was wonderful face painting provided free of charge.

Never one to miss an opportunity for a good face painting, I put myself in the firing line and was given the "foxy lady" treatment. Activities were provided for the children with colouring pages and other fun games. Health checks were conducted free of charge and lucky ticket prizes were given out. All to remind us to maintain our mental well being and to reach out to those in our community who might be impacted by mental health issues. I walked away with a happily painted face to work at the Op Shop for the rest of the day. I think it brought a few smiles and hugs (don't forget your eight hugs a day for emotional survival!) and not just that but I was given a lucky door prize of a box of Lindt luxury chocolates.

Thank you Anglicare for organising this event to bring attention to Mental Health Week 2012.

Janet Drummond.



Combined Probus Club of St Helens & Scamander

The guest speaker for our September meeting was Brian Gallagher, C.E.O. of Medea Park Residential Care.

Brian outlined the history of the establishment of Medea Park, which began in the 1970s and at present employs 78 staff. Brian stated that Medea Park has a modest waiting list.

Brian walked us through the Government requirements and "de-jargonised" the information booklet, "5 steps to Residential Care". Brian further suggested that we all need to "be prepared" and made some suggestions in regard to wills, enduring power of attorney etc. Brian also welcomed all inquiries.

After our meeting we went to a member's house for a sausage sizzle. Unfortunately during the event the weather turned a little nasty, in fact very windy. Only the foolhardy remained outside, the rest invaded the lounge and kitchen. The host was heard to remark, "Boy, I have never seen so many people in my kitchen. I am having trouble finding a space to deposit the sauce bottle."

With full stomachs we adjourned to the school where we were shown around the Trade and Training centre. This was followed by a tour of the school grounds and 4 new classrooms. We were amazed at the changes made to the physical structure of the school, the amount of money spent on upgrading the school and the huge variety of curriculum subjects available to the pupils. We then returned to the hospitality centre: **AND then more food.** The students provided us with an afternoon tea of cappuccinos, focaccias, rum balls, and strawberry/chocolate cakes.

"Only a very light tea for us tonight," were the comments made by all the members. **What a day.**

House contents garage sale

10 Groom street, St Marys
Saturday 20th October
includes, electrical, furniture,
clothes and homewares.
9am start.

THANK YOU

Damon & Nikki Viney would like to thank their family and friends for all their phone calls, visits, love and support after our accident, it was very much appreciated.

A special thanks to Chris and Mandy Turner who stopped to help us at the accident.

**News from the Break O'Day Child and Family Centre.
1 Groom St St Helens: 6376 7170**

**There has been a whole lot of fun happening through
September at The Centre.**

The children had a wonderful time during the school holidays with a program that encouraged our IT skills!

A digital snowflake program was on offer to children - which challenged their coordination - to catch snowflakes projected onto the wall.

They also had a great time creating animals and transport vehicles on the computer and matching up appropriate sounds.

This holiday program event was run by Cathy Parker from Building Blocks and Gary McMurtrie, our local Youth Health Worker from Healthy House.

Cathy also plans to start some consulting and parenting sessions at the Centre.

A new program, Connecting with Cooking, has recently started and the first session was a great success with Kitty Huang helping us to explore Chinese cooking, culture, music and activities this month. Spaces are limited for this program in which we hope to include a different culture at each session.

The Baby Chat Café will commence at Fingal Neighbourhood House this month.

Sessions will be on Tuesdays, fortnightly from 11.30 until 2.00 starting on October 9th. The baby chat Café is for parents or carers with babies 0-18 months and expectant parents to come together and share your wonderful journey, stories and challenges that parenting brings. We would love to hear from any volunteers in the area who would be interested in assisting.

Nutrition Week commences on the 15th October and we will be holding some Family Food Patch sessions between 10.30-1.00 on Tuesday 16th and Wednesday 17th. Participant numbers are limited to 6 so if you are interested please contact the centre as soon as possible. This will be a great chance to find some easy, nutritious recipes that the whole family can enjoy, or get some great lunch box ideas.

National Families Week commences 19th October and we will be encouraging our children with the national concept that "a caring world shares."

Playgroup will be holding a Teddy Bears Picnic that week on Wednesday 24th October 10-11.30 to celebrate and we encourage you to bring a teddy along to join in the fun and a healthy plate of morning tea to share.

The Centre is also very pleased to announce that it will also be one of the venues for the new East Coast Maternity Service.

This service aims to support women through the natural process of pregnancy, childbirth and early childhood and will be held alternate weeks on Wednesdays at the Centre and at St Marys Community Health Centre.

Please speak with your GP or the LGH Antenatal clinic for a referral to see the GP Obstetrician, Midwifery Antenatal Clinic, Physiotherapy and Social Worker who are available through the service.

East Coast Autism networking, Asthma Foundation education and Dental Care sessions are some of the other things that have been happening at the centre, as well as our regular sessions with Little Launchers, Launch into Learning, The Baby Chat Café, Playgroup and the Child Health Nurse.

So get on board and come in to see the wonderful, welcoming staff and volunteers and find out what is on. It is a great place to connect with our community and have fun with our children in a safe and warm environment.

There is a suggestion box located on the sign-in desk if you have any comments, suggestions or ideas for the Centre.

Siobhan Mead,
Advisory Board Member.

**Parenting tip of the month:
CHILDREN DO AS YOU DO.**

Your child watches you to get clues on how to behave in the world. You are her role model, so use your own behaviour to guide her. What you do is often much more important than what you say. If you want your child to say 'please' say it yourself. If you don't want your child to raise her voice, speak quietly and gently yourself.

From the Raising Children Network:
www.raisingchildren.net.au



Tasmania Police would like to thank Ms Linda Little for 14 years of wonderful service. We wish you a great future ahead and best wishes for your future career aspirations.

St Marys Police Station Opening Hours
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FOR EMERGENCIES ONLY CALL 000

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CALOWS BUS DEPOT

St.Marys Sports & Social Club: Exciting Announcement About Subscriptions.

The Committee of the Sports Centre has taken some radical action in the attempt to secure the future of the club. We realise that there are a number of junior golfers and their parents, along with new social and playing members who may have been turned away due to the current fees charged for our memberships.

New Memberships Are: FOR THE NOT SO SERIOUS MEMBERS:

Social Membership: \$22.00
Entitles you to use the clubhouse and bar only.

Junior Membership: \$30.00
Full use of facilities, play golf & bowls, (serious or not so serious).

Casual Senior Membership: \$50.00
Full use of the facilities, just have a hit or roll when you wish (fun days included)

Casual Family Membership: \$100.00
For a little extra, register the whole family & enjoy what the club can offer.

FOR THE SERIOUS MEMBERS:

Junior Membership: same as above, \$30.00
Includes all affiliations, golf and bowls.

Senior Membership: \$100.00
Includes all affiliations, golf and bowls.

Couples & Family Membership: \$150.00
Includes all affiliations, golf and bowls.

**ONCE YOU HAVE PAID YOUR SUBS AS A SERIOUS MEMBER, YOU SIMPLY DECIDE WHETHER YOU
PLAY GOLF, BOWLS OR BOTH, AS YOUR AFFILIATIONS INCLUDE BOTH SPORTS!**

ERIC HUTCHINSON
Federal Liberal Candidate for Lyons
MEDIA RELEASE - 12 October 2012

Eric Hutchinson signs pledge committing Federal Coalition to provide fair indexation of military superannuation pensions.

Eric Hutchinson, Federal Liberal Candidate for Lyons has signed a pledge committing himself to the fair indexation of Defence Force Retirement Benefit (DFRB) and the Defence Force Retirement and Retirement and Death Benefit (DFRDB) military superannuation pensions.

"I am determined that we keep faith with those who have served and protected Australia", said Mr Hutchinson.

"I have joined Federal Opposition Leader Tony Abbott and Shadow Minister for Veterans Affairs Senator Michael Ronaldson in signing a pledge to provide fair indexation for the recipients of military superannuation pensions.

"This signed pledge will keep faith with hundreds of local residents who are recipients of military superannuation pensions.

"Under this pledge, a future Coalition Government will ensure that DFRB and DFRDB superannuants aged 55 and over will have their superannuation pensions indexed in the same way as aged and service pensions.

"Across Australia 57,000 superannuants, and their families, will have access to fair, just and equitable indexation of their superannuation entitlements under a Coalition government.

Mr Hutchinson said Labor had led people to believe that they would provide a fairer deal for ex-servicemen and women. Unfortunately, the Rudd-Gillard government has never delivered.

"I have signed my name and will keep my word.

"Our veterans and their families deserve fair indexation. A Coalition Government will deliver it.



Eric Hutchinson and Michael Ronaldson.



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Time: 5:30 for 6pm start

Cost: \$10 per person

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RSVP: 7th Nov 63722406 dj.gilbert@bigpond.com

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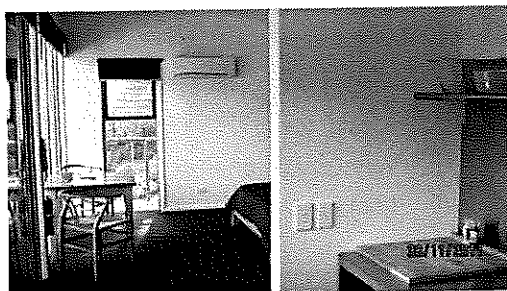
"Craggy Peaks"

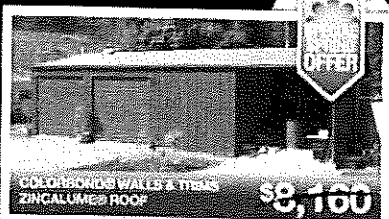
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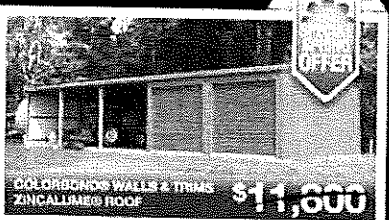


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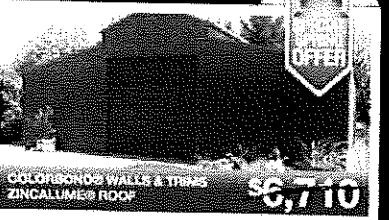
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Wheelchair accessible vehicle.



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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



Greg Dennis

NEXT VISIT DATES:

Thurs 1st November

Fri 2nd November

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

6376 1374



SEE LIFE DIFFERENTLY

WWW.OPTOMEYES.COM.AU



PING'S PLACE Spring Sale

Kitchen Tea towels \$2.00 each, Beach Towels \$4.00 each, Wash up /general purpose cloths \$1.00 each.

Various garden handy tools \$3.00 each,.

Socks for \$1.00 pair, durable.

Women's briefs, bamboo made \$10.00 for 5 pairs. And there are Men's as well.

Baby reusable nappies, one size fits all, many colours, \$5.00 each. Second hand pram ready to go \$5.00. Garry brand blue strong baby carrier up to 20kgs \$5.00. Children's mini trampoline red and black \$46.00. Child pump up stool, space saver, only \$4.00.

Hanging storage bags, 3 layers, many colors, space saving \$3.50 each, Micky Mouse storage bags. Picture Frames, A4 certificate frame \$3.00each. Butterfly balloons, very beautiful,\$2.00 each.

Food area

Delicious Longan in Syrup 567g a tin now only \$2.20.

Lemon Sauce ideal for chicken or pork, now only \$3.00.

Thai Banan Blossom you may like to give a try. There are Te Guan yin tea, woo long tea, pu er cha in tea bags, 20 tea bags for only \$2.00. Thai, Malasian curry paste, tomyum curry paste, water crispy chestnuts, bamboo shoots, dry mountain mushrooms, AND much more.

Great to discover that Michelle Menze is also a competitive Ping Pong Player!!

If you are playing well in Table Tennis game, let Jun-know, because she would like to include you!!

gone rustic studio & gallery



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

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www.gonerustic.wordpress.com - gonerustic@gmail.com

JOURNALS ANONYMOUS -11am-2pm on last Saturday each month at *Gone Rustic Studio & Gallery, St. Marys*: just bring whatever art or journal/sketchbook you're working on. Cost: donation. BYO lunch. For more info, call Rita on 0417 027 424 or email to gonerustic@gmail.com

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)



JACK MICK MOWING

**JACKSON SPILSBURY
& MICHAEL CAMPAIN**

St Marys

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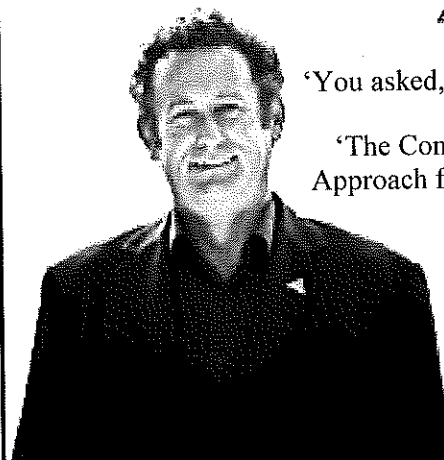
Tim Morris MP

Tasmanian Greens Member for Lyons



'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 7500.

**I bought a dog once.
Named him 'Stay'
"Come here, Stay."
He's insane now**





Terrapin Puppet Theatre's National Award winning show Touring to St Mary's

TERRAPIN
PUPPET THEATRE

vision has the Logies and Live Entertainment has the Helpmann Awards.
Terrapin Puppet Theatre's production of *BOATS* has just won the 2012
Helpmann Award for Best Presentation for Children in Australia.

Written by Finegan Kruckemeyer and Directed by Frank Newman, *BOATS* has been performed everywhere from the Lincoln Center Institute in New York to the outback of the Northern Territory. Along the way it's taken in New Zealand, Ireland, two tours to the USA and been all across Australia.

***BOATS* sets sail for...**
St Mary's Wed 31 Oct 7pm &
St Helens Thur Nov 1 6:30pm

Boats is a story of two mariners fleeing their past and embracing adventure. They meet through bizarre circumstances involving a chicken, a deserted island and a sombrero.

Boats is classic storytelling where the magic unfolds in front the audience. The sound effects are created live, a boat is cut from bread, a bird tied from rope, a circus hides in a jacket, and finally a storm is made with a teacup. *Boats* has acrobatics, object manipulation, a microphone that goes in water and enchanting story telling.

It is a moving story that leaves a lump in your throat and a smile on your face.

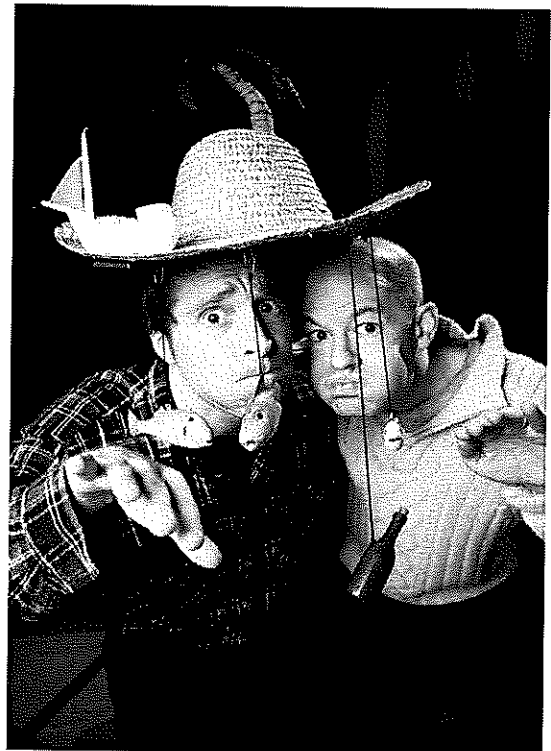
Duration 50 mins (no interval).

The State Government through Tasmania Performs provides Regional communities with access to the best performances available.

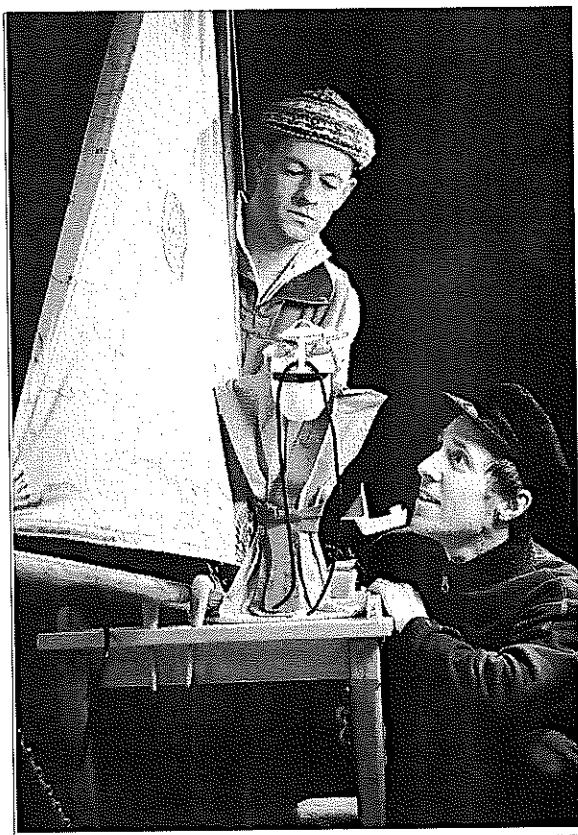
Town by town show times and ticketing details available at www.tasperforms.com

Tickets available from Scamander Post Office, Main Street Clothing, St Marys, or at the door on the night.

Adults \$10 or \$8 BO'DRA memb/under16 \$5/Family \$20 or \$16 BO'DRA memb.



EXCLUSIVE TO ST MARYS



TERRAPIN PUPPET THEATRE

"BOATS" Performers
Jeff Michel & Quinn Griggs
are holding a

Puppet Workshop

On Wed 31 October

4.30pm - 5.30pm

Buy a ticket to the show and win a
once in a lifetime opportunity for
your child to participate in this
FREE workshop.

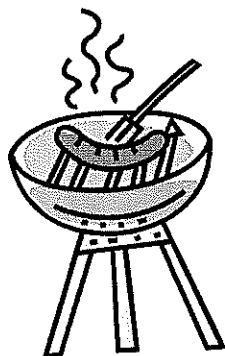
*Places are limited so bookings are
essential. **DON'T MISS OUT.***

To book your place ring:

Michelle 0407 046 865

Jeannette 0447 012 887

HAPPY HALLOWEEN



**Howling Good
Family BBQ**

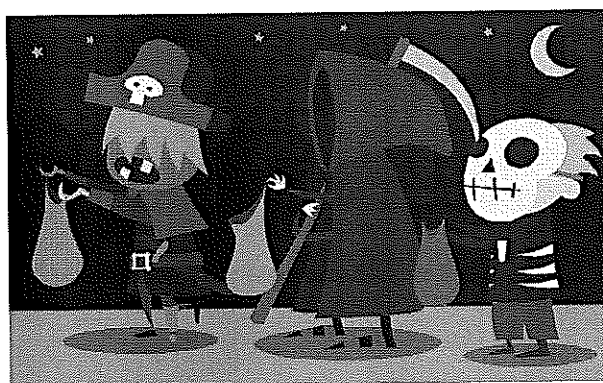
5.30 - 6.30pm

Outside St Mary's
Community Hall

Fundraising for RAYC

Proudly presented by

Break O'Day Regional Arts



Come Celebrate Halloween

Join us in fun, but be aware
That judges in fashion will also be there
Dress in sinister style to fright and delight
And snag a treat this haunted night

Patrick walks into a bar in Dublin, orders three pints of Guinness & sits in the corner of the room, drinking a sip out of each pint in turn.

When he had finished all three, he went back to the bar & ordered three more.

The barman says, "You know a pint goes flat soon after I pull it ... your pint would taste better if you bought one at a time."

Patrick replies, "Well now, I have two brodders, one is in America, & de odder in Australia, & here I am in Dublin. When we all left home, we promised dat we'd drink dis way to remember de days we all drank togedder."

The barman admits that this is a nice custom & says no more.

Patrick becomes a regular customer, & always drinks the same way ...ordering three pints & drinking a sip out of each in turn, until they are finished.

One day, he comes in & orders just two pints. All the other regulars in the bar notice & fall silent.

When he goes back to the bar for the second round, the barman says, "I don't want to intrude on your grief but I wanted to offer my condolences on your great loss."

Patrick looks confused for a moment, then the penny drops & he starts to laugh, "Oh no," he says, "Bejesus, everyone is fine ! Tis me, I've quit drinking!"

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

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

Community Dinner

Holy Trinity Anglican Church Hall

St Marys

Saturday 20th October 2012

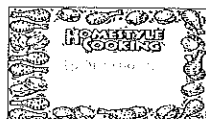
5.30 for 6pm

COUNTRY STYLE COOKING

Enjoy a shared meal with
friends and neighbours.

Please bring a country style side dish/dessert
to share

RSVP Barbara on 6372 2428



Gold coin donation

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Dick Adams MP

Federal Member for Lyons

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PO Box 50 PO Box 271
Perth, Tas 7300 New Norfolk Tas 7140
Ph 6398 1115 Ph 6261 3366

Toll free 1300 132 689

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

**WORKING WITH YOU FOR A
STRONG COMMUNITY**



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

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



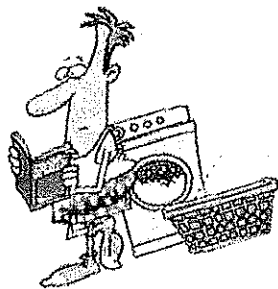
Bingo

Eyes down at 1pm
Every 1st and 3rd Thursday
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(NEXT TO SECONDHAND ROSE)

Coin operated washers & driers



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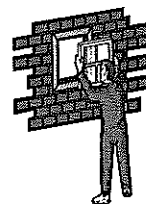
Visiting :

St Marys Community Health Centre
Alternate Tuesdays : 9 am – 10 am
Ph: 6337 5555 For appointments.

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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.



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.

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

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.

Remedial Massage and Naturopathy

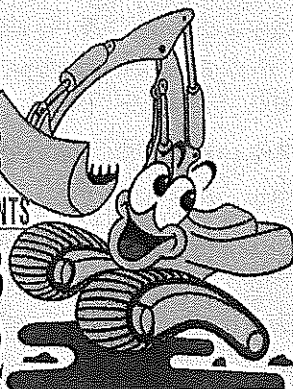
ring Sue Christiansen for an appointment.
0418 515 419

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Mobile : 0439 722 032



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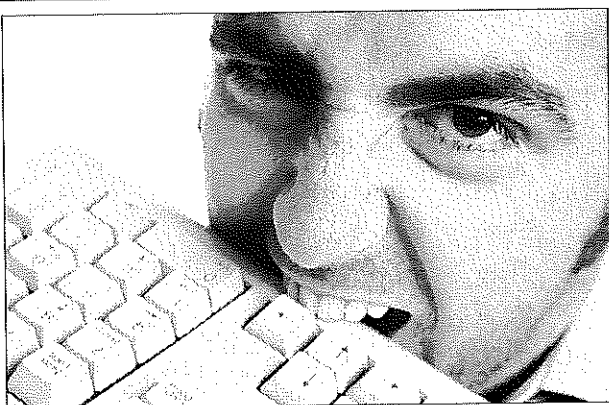
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StMarys & district emergency & business contacts

CRIMESTOPPERS 1800 333 000
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POLICE ST MARYS 6372 1010

AMBULANCE 000 **NON EMG.** 1800 008 008
COMMUNITY HEALTH CENTRE 6372 2111
DOCTOR 6372 2111
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ST MARYS DISTRICT HIGH SCHOOL 6372 3900
 (GRAY ROAD ST MARYS)

SUPERMARKET

ST MARYS IGA (MAIN ST ST MARYS) 6372 2240

BUTCHERY INSTORE 6372 2274

SURFING SUPPLIES

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

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

TELEPHONE, DATA & TV

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

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

SURVEYORS

EAST COAST SURVEYING (ST HELENS) 6376 1972

VALLEY VOICE PUBLICATIONS

ACCOUNTS 6372 2328

ADVERTISING 6372 2155

(judith.spilsbury@telair.com.au)

WATER CARRIERS

SPLASH ST MARYS 0488 777 713

WOODWORK GUILD




OLD RAILWAY GOODS SHED (ST MARYS) 6372 2094

WIDE SPAN SHEDS 6372 2724

YOUTH HOSTEL

SEAVIEW FARM (GERMANTOWN) 6372 2341

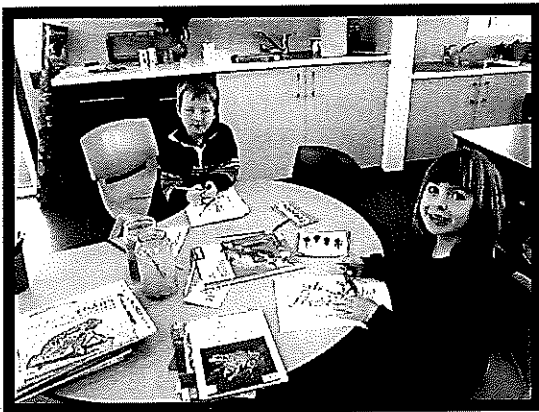
OCTOBER - NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22nd October Ⓢ Swimming and Water Safety Program BEGINS 	23rd October  SCHOOL BANKING	24th October Ⓢ	25th October Ⓢ Launching into Learning (0-3 yrs) 10.30am - 12.00pm Ⓢ Stepping Stones (Pre-kinder) 1.00pm - 2.30pm	26th October Ⓢ Rotary Grade 10 Driver Awareness Ⓢ Bicheno Grade 6 transition
29th October Ⓢ Australian Business Week Ⓢ Swimming and Water Safety Program	30th October  SCHOOL BANKING Ⓢ Life Education Visit	31st October Ⓢ Life Education Visit	1st November Ⓢ Launching into Learning (0-3 yrs) 10.30am - 12.00pm Ⓢ Stepping Stones (Pre-kinder) 1.00pm - 2.30pm Ⓢ ENE Athletics Carnival Ⓢ Life Education visit Ⓢ Grade 11/12 Formal	2nd November Ⓢ Swimming and Water Safety Program ENDS

Fingal Campus School News



Kinder/Prep/I



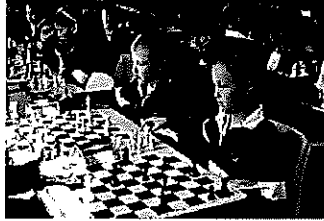
Jasmine Buckingham and William Burt learning about frogs and tadpoles.

Emily Weston, Benji Bunton and Mahalia Baldwin working together in the Kitty - Cat Café.



Rebecca Harrison, Jasmine Buckingham, Montanna Reece, Kiara Ward, Emily Weston, Benji Bunton and Mahalia Baldwin collaborated in making a montage of natural things found in the school yard and classroom.

Chess Championships



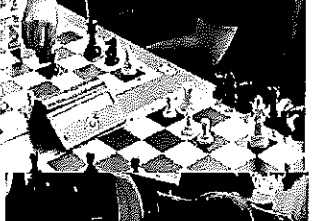
The Break O'Day Chess tournament was held at St Marys District School on Monday 1st October, 2012. Teams from Bicheno Primary, St Helens District High and St Marys District School competed in a series of seven games. The ratings were gained by players playing equally competent opponents until there were clear winners.



In the secondary competition St Marys red team were comfortable winners on 26 points. Second was the St Helens yellow team on 13 ½, just ½ a point in front of St Marys blue. The winning combination was Cody Dutch, Corey Thow, Kenneth Escobar, Bonnie Panoff, Joshua McDiarmid and Luke McColl. Most improved was Jesse Collins from St Helens.

In the primary section results were much closer with 3 ½ points between the first three teams.

St Marys red team, David Escobar, Liam Oh Marris, Sam Dufty, Matt French and Ethan Dawkins, were victorious followed by Bicheno, and St Marys blue. Most improved in the primary section was Liam Oh Marris who increased his rating by an incredible 65 points.



ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

- **Dr Latt 18/10/12— 3/11/12**
 - **Dr E. Reeckman 2/11/12**
Women's Health Clinic
 - **Public Holiday 5/11/2012**
No Doctor's surgery on this day normal surgery hours will resume on 6/11/12.
- 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 2 week in advance as of 18/10/12

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

CONTRACEPTION PACKS

Free contraception packs are available to the public at the St Marys Health Centre. Please ask at Reception or the Nurses Station as they are no longer available on a help yourself basis.

ORAL HEALTH SERVICES

The mobile Dental Van will be operating from the rear of the St Marys Health Centre (Ambulance Bay Area) until December 2012.

This van provides Oral Health Services to both children and adults. Please make appointments by phoning the:

Northern Dental Centre on 6336 4100
Between 8:30am— 5:00pm Monday to Friday

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.

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

PODIATRY NORTH

Community Podiatry Service— FREE
At the St Marys Community Health Centre

Please see your Health Professional for a referral or call Podiatry North for appointments direct on: 6331 5155.

Next session: Wednesday 7 November 2012

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 18 Oct **Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
Social Worker– Shan Williams. Please phone 6372 2111 for appointments
- 19 Oct **TML Psychologist**. For appointments please see your GP for a referral
Social Worker– Shan Williams. Please phone 6372 2111 for appointments.
- 22 Oct **Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
Mental Health Clinician/ Case Manager– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 23 Oct **Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
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.
Child Health Session with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- 24 Oct **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
Mental Health Clinician/ Case Manager– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
TML Psychologist. For appointments please see your GP for a referral.
- 25 Oct **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
GP Podiatrist– Annabel. Please see your GP for a referral
- 26 Oct **TML Psychologist**. For appointments please see your GP for a referral
Social Worker– Shan Williams appointments available by phoning 6372 2111

WHAT'S ON AT THE CENTRE Continued...

- 29 Oct **Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
Mental Health Clinician/ Case Manager– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
Audio Clinic– For appointments please ring 6334 1466
- 30 Oct **Counsellor**– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.
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 0428 136 381
Mental Health Clinician/ Case Manager– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 31 Oct **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
TML Psychologist. For appointments please see your GP for a referral
Social Worker– Shan Williams appointments available by phoning 6372 2111
Physiotherapist– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- 1 Nov **Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
Social Work– Shan Williams. Please phone 6372 2111 for appointments
- 2 Nov **TML Psychologist**. For appointments please see your GP for a referral
Social Worker– Shan Williams appointments available by phoning 6372 2111

MONDAY 5 NOVEMBER– PUBLIC HOLIDAY

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

MEALS ON WHEELS ROSTER

Oct/Nov		St Marys	Fingal
Monday	22nd	Lorraine Gill	Neighbourhood House
Tuesday	23rd	Lundy Vosper	
Wednesday	24th	Barbara McAllister	
Thursday	25th	Ruth Aulich	
Friday	26th	Drew Adam	Neighbourhood House
MOW Contact		Phone:	0488 384 344
Monday	29th	Pam Lynch	Neighbourhood House
Tuesday	30th	Lundy Vosper	
Wednesday	31st	Pam Bretz	
Thursday	1st	Heather Griffiths	
Friday	2nd	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 & Social Club News.

News Flash: There has been much deliberation about the drop in membership over the last 10 years or so and the current committee has taken the bit between the teeth and decided that we can't continue to charge more for our fees as numbers decline. So, drastic measures have been taken. All fees have been slashed dramatically to allow for old and new members to join the club without being charged exorbitant fees. A list and explanation of these fees can be seen in this issue. If you have already paid your subs, don't panic, there is a refund available. We think that it is only fair that if we want to attract any new members to the club, we take every step available without breaking their banks.

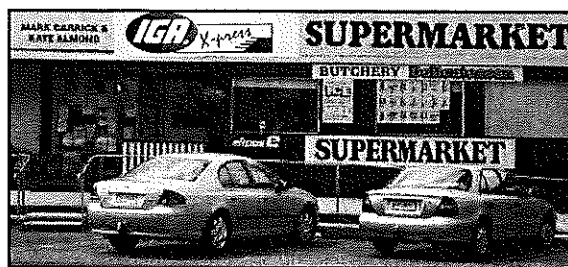
Golf: We kicked off our junior golf competition last weekend and although we had a few players on the day, we can only look forward to bigger and better things to come. Winners were Jamie & Jacob Viney from Beth, Jamie & Tyson Haas with Brent, Jordan (Tiger) & Macca a close third. Everyone enjoyed a hit and BBQ afterwards and we will make this a fortnightly event the next on Sunday 28th October commencing at 2:30pm.

This Sunday the 21st sees the re-vamped golf competition commence at 10:00am with an 18 holes stroke event. We think that if your club can reduce the fees so drastically to make it affordable for everyone, the least we can expect is for people to simply turn up and have a hit. We already have a commitment from several regulars of the club and to say that everyone's attendance is vital is an understatement. No longer are we going to plead with people to play golf through these pages, it is a simple question of whether or not you want the course to survive and reward the people who look after it.

Sunday the 4th of November sees our popular Reverse Course competition, sponsored by R & A Donald and L & K Spilsbury. A four person ambrose event and as much fun as you can have standing up. Pencil it in and turn up for a great day.

Bowls: The season finally got off to a start last weekend, where we saw a depleted division one side travel to St.Helens. On the fast synthetic rink, we were no match for the home team, eventually going down on all three rinks. Thanks to all those that committed to the game, and we are sure that better results are around the corner when we get back on the "grass". Training is a must, so on Thursday nights, get along and have a roll and put your name in front of the selectors. These nights are open to regular and any new bowlers, commencing at 5:30pm and if there is enough interest we will soon be running barefoot bowls on Friday nights.

Fundraising: Don't forget the Great Aussie Bush Tucker Night at the club this Saturday the 20th October, see menu this issue, if you can make it please contact the numbers listed and book yourself a seat. We ask that you do this to make it easy for catering. Also see this issue, the advertisement for the Melbourne Cup Luncheon, whether it goes ahead will depend on bookings over the next couple of weeks.



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 18th Oct - Wed 24th Oct)

from the butchery

Legs of lamb	\$ 9.99kg
Marion Bay free range drumsticks	\$ 5.45kg
Mince	\$ 9.99kg
Forequarter lamb chops	\$ 8.99kg

from the shelves

Nestle Milo 750g	\$7.99
Bushells teacup teabags 100s	\$2.99
Goulburn Valley peaches twin 1kg	\$6.99
My Dog canned dog food 400g	\$1.55
Cadbury share packs 160/240g	\$2.99

all only \$1.99

Black & Gold bread 680g
Thick 'n' Thirsty paper towel 2pk
Tassie quench cordial 2ltr
Arnotts chocolate TimTam/Slice/Royals 150/200g

next week's specials

(available from Thurs 25th Oct - Wed 31st Oct)

from the butchery

Rump steak	\$ 9.99kg
Mince	\$ 8.99kg
Beef stir fry strips	\$13.99kg
Ingham gourmet chicken portions	\$ 5.59kg

from the shelves

Pears shampoo/conditioner 400ml	\$1.69
Tas Taste flour 2kg	\$1.99
Arnotts choc TV snacks/Teddy/Wagon wheel	\$1.99
Chum canned dog food	.99c

from the freezer/coolroom

Kraft block cheese 1kg	\$7.99
Kraft cheese slices singles 410/500g	\$3.99
Pampas pastry 1kg	\$4.99
McCain peas 500g	\$1.79



**ST MARYS SPORTS
CENTRE INC.**

Every Friday—6.30 - 7.30pm
 drinks at discounted prices
 Ph: 6372 2177



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