

The Valley & East Coast Voice

Est. 1968

Volume 45 No. 5, Thursday June 28, 2012.

50 cents

To the kind and generous Valley Voice readers

I am writing to express my overwhelming gratitude to those who donated clothes to the children of Kalkaringi, NT.

Last Friday we held a Kalkaringi Playgroup Open Day. There was a great turn out with lots of fun activities, lunch etc. Most importantly we received some new enrolments which is a great result.

The most successful activity of the day was the clothes stall where I sold your kind donations to the ecstatic and overwhelmed mothers. All proceeds from the stall will be re-invested into other playgroup activities. Many children went home with an entire new wardrobe of clothes and most proudly showed off their new clothes at a community concert that was held that night. There were children in vests and ties, jumpers and the most wonderful hand knitted beanies, and all wearing huge smiles on their faces.

What a wonderful gesture it was to give so generously to complete strangers.

I thank you sincerely on behalf of the children and families of Kalkaringi; you have given them an opportunity that otherwise would not have existed.

Alex Veldums
Family Educator
Families as First
Teachers -
Indigenous Parent
Support Service
Kalkaringi School



Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday July 10, 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 Annette- 6372 2224.**

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.**

Are you doing/interested in Homeschooling? Keen for a local network? 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 Wednesday of each month at 4.p.m. at the e.ScApe Cafe. All welcome. Inquiries to Rod **6372 2444.**

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 p.m. Wendy Dawson, Public Officer - **Ph. 0403430452 E. ccdginc@fastmail.com.au**

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 & Shiril: **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.**

TASMANIA Valleys of Adventure

AVOCA • ROYAL GEORGE • ROSSANDEN • FRIGAL • MANGANA • MATTHEIA • 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.

Please note - no meeting in June
Next meeting - 7 pm on 16 July

Bicheno Indoor Market

When: every last Sunday of the month

Where: Bicheno War Memorial Hall

9am - 1pm

*Hot Foods - come and enjoy breakfast,
morning tea or lunch.*

Variety of Stalls

More stall space available:

Contact David Logie: ph. 6375 1129.



Sunday Market

Happening :

At the Old Tasmanian Hotel



On the third Sunday of the Month

*Please ph 6374 2344 or mobile 0488 562 538
to book your table/trestle*

Needed: fruit & veggie stall holders

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

Employment wanted

Gardening, odd jobs. Family man \$15 p/hr.
Ph: 6372 2814.

Employment wanted

House cleaning. Experienced lady.
References supplied. \$15 p/hr.
Tiffany Ph: 6372 2814.

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.

For sale

Classifieds

For sale

4 door corner TV cabinet. \$80. Ph: 6372 2552.

Bassinet. \$20. **3 wheeled pram.** \$20. **Bunny rugs**—the lot \$20. **Bassinet cover.** \$10. **Baby girl's clothes** — sizes 0000, 000, 00—the lot \$150 or 50 cents an item (300+ items). **Bibs, socks, hats, shoes**—all 50 cents an item. Ph: Fingal 0408 078 640.

100% cotton sling, brand new, never used. Newborn up to 9kgs. \$17. Cheaper than ebay, check it out. Ph: 0411 186 573.

110litre fridge and bar. Just over a year old, perfect condition, suit small family. Reason for sale: we need a much bigger one. Price is \$120. Will deliver if needed. Ph: 0411 186 573.

Posture Supreme Queen Size Mattress (Suit Slat Base) Excellent condition. \$75. ono. Ph: Len Miles 6372 2285.

9 vertical blinds. Can be cut to suit any window size. Ex con. \$500 the lot or will sell separately. Ph: 6372 2608.

All steel heavy duty box trailer 4' x 5'. 8". Near new, Zincalume floor. Deep sides, plus removable sides above to increase load capacity. Will carry over one ton of wood. Leaf springs plus coil springs on axle. Strong unit. \$550. ono. **2 axle stands.** \$20 the pair. Ph: Pete—6372 2398

1975 Mercedes 280s with 3mths rego. Good order. Burnt orange. **1977 Mercedes 280e,** no rego, needs TLC. Burgundy. \$2,500 for both. Ph: 6375 1440.

1990 Mitsubishi Magna s/w 227,000kms. Rego 'til Dec '12. Good running order. \$800. Ph: 0427 603 488.

80HP Mercury, electric start, trim & tilt + 40HP electric start. Both with controls. Goes well. No further use. Cheap. **Centre console** with cable steering. \$100. **Mags,** as new, with new tyres. Suit HQ WB. \$900. **Truck tyres and rims.** 11R 22.5. Ph: 6372 2107.

***Fencing & roofing mesh** - Roof (trellis) 50m roll x 1.8 \$40 (qty. 7 rolls), Rabbit wire 50m x .9 & 1.2m (1.4 gauge) \$80 & \$120 (qty. 4 rolls). Unused. and very good con. **Acrow Props** - (3) Good condition \$50 ea.

BT Lifter pallet truck - good condition, roll 19mm metal strapping, 2 sets strainers/clamps, 2 / strapping stands, box clips - \$450 the lot - ono **Fluorescent lights** - alu. feature channel (total approx 170m). Quality style. Good condition. Suit retail, warehouse or shed. Sections: 3m \$60, 3.6m \$70. All intact but without power connecting lead. Big reduction for the lot. Can email details and pic. **Supermarket fittings (Kingfisher)** - (shelf brackets, pegboard & peghooks, posts, shelves, wire baskets etc.) - cheap. **Pot Belly** - stove/heater \$250. Wood stove, Metters Chef (on stand) \$350. Both in good con. Email pics available. **Snow boots** - New. Knee high. Sturdy, waterproof & insulated. Ideal "wellingtons", fishing, etc. Sizes 8 - 12 (straight) only. Qty. 15 pairs. \$55ea. (cheap). Email pic available.

Push Bikes - (2) 26" Terramax. Ladies 26" Mojo Repco. Both good condition. \$130 each. 6372 2626.*

FOR SALE; 1993 Ford Fairmont: 140,000kms. Very good condition inside and out, Six months rego and good tyres. Genuine reason for selling. \$2000. ono. **Phone Gail or Rogder on 6372 5380.**

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

Kelvinator fridge only, with new door seal. \$85. ono. **Gumboot style waders** Heavy duty, size 9. \$60. ono. **Giant Cross City 2 road bike,** near new. \$1050. ono. **Falcon BA ute** with canopy, auto. \$9600. ono. **Nissan X trail 2003,** auto. \$12,750. ono. Ph: 0417 385 787 or 6372 5101.

NEW STOCK — chain mail jewellery and fibre & textile jewellery; Australian studio pottery, and more! **Gone Rustic,** 37 Main Street, St. Marys (open 11-3, Tues-Sat)

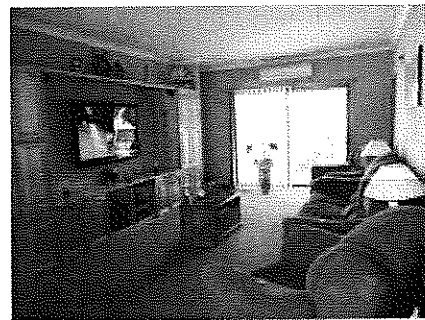
FOR SALE

LOUNGE SUITE (BRAND NAME: MELBOURNE)
3 SEATER LOUNGE PLUS 2 RECLINERS.
ROYAL BLUE—GOOD CONDITION.

\$600. ONO.

CONTACT: KAREN POLDEN

MOB: 0439 333 398 OR 6372 2438



HAT STAND/COAT RACK wanted - bentwood style/timber; good condition (6372 2724)

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

Frozen blueberries - \$11 kilo Phone 6372 2341.

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

Small square bales of garden mulch \$5.
Small bales of grass & clover hay. \$5. (undercover)
Garden mulch, in big round bales. (wheat straw, weed free) \$60 a bale, delivered free in St Marys area.
Ph: 0407 944 158.
Tractor slashing available. Ph: 0407 944 158.

Grass Hay, heavy bales, shedded, \$5 per bale.
Ph: Ross 0401 870 316.

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.



www.fingalvalleyhistory.com

Falmouth Field Day

On Sunday the 17th June the St Patricks Head & Esk Valley Historical Society once again held a successful field day. This time it was a walk and historical study around the township of Falmouth.

Although it was a rather cold June day, some twenty people turned out to wander around the town and listen to local historian, Tim McManus, give a comprehensive insight into the history of what was the first settlement on the east coast of Tasmania.

After almost fifty years of researching the area and compiling his beautifully written and illustrated book "Thanks to Providence", nobody has a better knowledge of Falmouth, its surrounds and the people who have lived in the area, than Tim.

All those in the group, included the half dozen children, were captivated by Tim as he led us around the town stopping at various spots to point out historical landmarks and explain their significance. Tim covered the town's history from its Aboriginal heritage, where he showed the group middens and ancient stone tools, to the supposed sighting of St Patricks Head by Abel Tasman in 1642 and the naming of the mountain by Tobias Furneaux on St Patrick's Day 1773. He told the group about Captain James Kelly, who was the first recorded European to land near Falmouth in 1816. The next step in the history of Falmouth was the granting of land in the area to John Henderson and William Steel, who settled on their grants in the 1820s.

As we moved around the town, Tim pointed out a number of old buildings which date back to the 1840s and explained how one old settler could shoot swan on Henderson Lagoon, some two hundred metres away, from his attic window. It was said he would lean out of the window and rest his rifle on the roof to get a steadier aim.

At the old cemetery, which is no longer in use, Tim talked about the families who had made a mark in Falmouth's history. They included Hendersons, Steels, Thompsons, Thorolds, Treloggens, Singlines, McIntyres, Lohreys and Schiers.

From what was a thriving community in the 1800s, with hotels, stores, blacksmiths and the like, Falmouth is now a quiet seaside hamlet and whilst there is still a reminder of its history here and there, the majority of the buildings are now quite modern. This gives a charming old and new character to the town, but with so much vacant land for sale, one would suspect the new will eventually take over. However, thanks to people like Tim McManus the wonderful history of the town and its people is well documented and will remain forever.

Jim Haas



Local historian, Tim McManus, relates the history of Falmouth, with Henderson Lagoon in the background.



Tim McManus shows the group an Aboriginal midden and part of his own collection of ancient stone tools.



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.

NOW IN STOCK: LILLY PILLY

NATURALLY AUSTRALIAN
BODY PRODUCTS

AND

SHAMPOO & CONDITIONER
BY WHITE ICE.

COME IN AND CHECK OUT THE
GIFT LINES AVAILABLE.
ALL PURCHASES WILL BE
GIFT WRAPPED IF REQUIRED.

OPEN THIS THURSDAY - 28TH JUNE

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.

Suncoast Jazz Club gig

will be held at

Portland Hall, St Helens
on Friday 27th July
from 12noon - 2pm.

Guest artist: Carl Bulow - saxophonist.

Small cover charge.

Please view flyers around town for further information, or contact Pamela Parsons

Ph: 0427 006 673 or

email pamela777@bigpond.com.

ST MARYS NEWSAGENCY

Phone: 6372 2143

Open 7 days a week for your convenience.
Winter trading hours (commencing first week of May)
6am - 6pm Mon to Thurs Fri 6am - 7pm
7am - 6pm Sat. & Sun.

AURORA PAYG

PHONE CARDS

PRE-PAID MOBILES

DVDs

FISHING GEAR

ICE

CALOWS BUS DEPOT

Buy just a little bit, pay just a little bit for your basic food essentials at Purple Possum!

When you pick up a scoop and serve yourself from our dozens of food containers at Purple Possum, you can buy as little or as much as you want of any given item. 100 grams of flour? No worries. 150 grams of rice? That's fine.

Get just what you need for a recipe or for your own requirements. You save money, your food's always fresh, and you won't end up with a cupboard full of half-used, out-of-date packs as so often happens when you buy packaged foods.

So serve yourself at the Possum - and scoop up some savings!

Purple Possum

Wholefoods & Café

7 Story Street St Marys. Phone 6372 2655.

ANNUAL GENERAL (PANCAKE!) MEETING.

ST.MARYS SPORTS CENTRE.

FRIDAY 29TH JUNE.

(THIS FRIDAY)

Pancakes from 5.30 'til 8pm.

Sports Centre AGM at 7.30 (optional)

\$20 per adult.

\$10 Children 16 and under.

MENU

Chilli Con Carne.

Curried Chicken.

DESSERT

Banana Chocolate

with cream and ice cream.

(Second helpings

if you can fit them in,

as available)

BOOKINGS APPRECIATED:

Phone Jim Turner 6372 2441

Or the club in person, or phone 6372 2177.

Update on our Annual Assessment held Sunday 17th June 2012.

Due to our unit building under completion we were unable to hold our Assessment at our usual site. So the St Helens Firies kindly donated the use of their building.

So at 8am under grey skies at St Helens Fire Station our cadets strutted their stuff in front of family and friends, (a low key affair this year as we are keenly awaiting our grand opening later this year).

Our awards this year are:- Smn Brittany Smith for "Best Female Cadet of the Year", donated by Hon Mr Dicks, AB Conner Harrison, "Best Male Cadet of the Year", donated by Hon Michael Polley, AB Josh McDiarmid "Most Improved Cadet", Donated by RSL&A St Helens/St Marys Branch, AB Zac Hume, "Leadership Award" donated by East Coast Vietnam Veterans Assoc.

We also had 2 recipients for our Enlistment Award, Mr Liam Norton (Army) Mr Sam Panton (RAAF) donated by Mrs Heather Butler.

Thanks to the Unit Committee for their much appreciated work on supplying morning tea for the cadets, staff, family, friends and guests and the committee's support throughout the year.

TS Argonaut is going ahead in leaps and bounds with new cadets welcome any time. We meet St Helens Sports complex, Tully St, St Helens, Friday nights, 6pm-9pm.

If you're 12yrs 6mths, please come along and have a look and see what we are all about. Please Phone Commanding Officer Sblt Michelle Montgomery on 0417 371485 or Executive Officer PO Julie Watkins 0418 362640 for more information.

Article & photos: Julie Watkins.

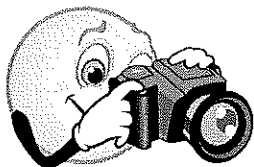


Valleys of Adventure

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

GREATER ESK TOURISM

Photographic Competition 2012



You are invited to enter your photographs that showcase

The Seasons in the Valleys

Entries will be judged by Tasmania's award winning Master Photographer and Fellow of the Australian Institute of Professional Photography, Mr Owen Hughes.

\$250 in prize money will be awarded to the winner and the People's Choice Award will receive \$100.

For further information, please visit our website www.valleysofadventure.com.au and click on the 2012 Photo Competition link. You can then download a copy of the Entry Form and view the Terms and Conditions.

The Competition closes on **1st September 2012**. Twelve Finalists will be selected and notified by phone and/or email. The finalists will have their photos printed and displayed at the Purple Possum Wholefoods, Café and Gallery in St Marys. A cocktail function to recognise the winners and finalists will take place at the Purple Possum towards the end of October.

You may enter as many images as you wish. A \$5 entry fee for each digital image is required and they must be named to correspond with the title/s on the Entry Form. Then send your completed entry form, images on CD and total entry fee to:

Louisa Rhodes
GET Photo Competition
PO Box 43, Fingal TAS 7214

Note In Lieu of sending a CD, you can email your entries (correctly named to correspond with the entry form) to louisa.rhodes@ecpc.com.au

The Fingal and St Marys On-line Centres are happy to help you submit your photographs digitally.

ENTRY FORM

Name: _____

Address: _____

Phone: _____ Email: _____

Entry 1 Title: _____
Entry 2 Title: _____
Entry 3 Title: _____
Entry 4 Title: _____
Entry 5 Title: _____
Entry 6 Title: _____

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)

JOURNALS ANONYMOUS – 30 June 11-3 (Saturday)
at *Gone Rustic Studio & Gallery*, St. Marys: learn a *needle weaving bookbinding* technique with Beth Verschoyle. Cost: donation. BYO lunch. For more info and materials list, call Rita on 03 6372 27244, or email to gonerustic@gmail.com

stitchedupmama – www.stitchedupmama.wordpress.com

Lorraine Townsend will NOT be at the next Market Day, but her book—**Heaven's Special Mum**, is still available by calling her on (03) 6372 2524.

BINGO

at the

Cornwall hall

every Monday at 7pm.

2 Jackpots \$100 & \$70.

All welcome.

Money raised going to help with renovations to the hall.

ST MARYS DISTRICT HOSPITAL SUPPORT ASSOCIATION INC.

All members please be advised subs of \$5 are now due and payable to the Treasurer by June 30, 2012.

For your convenience, payment may be left with Harry and Kerry at the St Marys Post Office.

Thank you.

Len Miles (President) Murray Bennett (Treasurer)

OUT OF THE WOODWORK
SECRETARY, WENDY BRENNAN. 6372 2094

The Guild would like to take this opportunity to express our sincere thank you to one of our members, Lorraine Gill.

Although Lorraine is known by many in our community, I think she wholeheartedly deserves this written recognition for the invaluable input she has put into helping our club with fundraising.

Lorraine has been our star performer with the selling of our raffle tickets and has been an immense help with our evolving garden.

Members thought it only fitting that we make and present Lorraine with a garden wheel barrow which was made by members and presented to Lorraine as a token of our appreciation for all that she has done to help lift the profile of our organisation.

Guild's Home Hint: Tomato sauce on cotton.

Tomato sauce is a vegetable dye. Wipe the stain with a cloth wrung out in white vinegar. Wash normally and dry in sunshine. If the stain is stubborn, make a paste of NapiSan Plus and water and leave on the stain for ten minutes. Wash normally and hang in sunshine.

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, Friday and Saturday. Other times by appointment.



*Lorraine receiving her garden wheel barrow from our
President Reon Johns and George Wyorstek.*

The Say Cagerattler

I'm beginning to think our Governments need to approach unemployment in a totally different way. Just about every week in just about every industry there is news of cut backs, job security issues, outright closures of businesses or government departments and the like. When does this reach critical mass? It will one day.

What do people do when they suddenly, usually through no fault of their own, find themselves unemployed or with much reduced hours. No wonder less and less can take on big mortgages and debt and hence the economy suffers in retail and manufacturing. These people can't be sure of their job and the risk of major debt is very real.

No-one has an easy answer but it's unlikely that things are going to be hugely better in the short term. Australia is doing pretty well in global terms, as my friend in the USA has previously mentioned and as I did a few issues ago on the back of that but that shouldn't deter us from making things better still. It's in every one's interest surely.

As we know there are businesses struggling, barely surviving in every community and not necessarily being able to expand or try new ideas. Some others might be able to do better with more hands-on help perhaps, especially in regard to longer hours or being able to train an assistant. I fully realise that this is a simplistic concept but what if the growing or stagnant unemployment lines could be improved by our government offering worthwhile incentives, so long as the business or project meets certain sustainability criteria of course, to businesses, community groups, individuals with a vision for a new venture and so on. It has been done or thought of before to degrees but has never really taken off. I recall reading once about what the USA did after the Great Depression in the early 1930s. They called it "The New Deal" and they created a brand new economy with huge incentives which in turn lifted that country out of stagnation again. Of course the world is a different place now, different trading partners, different lifestyles, different threats but the concept of it all must be good.

During the GFC of recent times the Government did a pretty good job in some degree with the stimulus package but it was mostly only infrastructure project I think.

Why not do this across the services industries, agriculture, aged care by way of offering sustained and guaranteed packages if there was a proven viability for that service or opportunity.

Similarly when "retraining" or "reclassified" is mentioned, it has to be in practical and sensible areas that make the most of that person's/people's skills, giving the trainee a real chance of succeeding and not just a get out chance for the company. Perhaps a tougher approach to access to unemployment benefits needs to be considered also for the few who milk the system, costing millions each year... Tough love I think it's called.

It has to be a bi-partisan approach across the whole country by all political parties and departments and by lot's of different bodies who deal with people facing life without decent job prospects. Unfortunately you'd need to be an eternal optimist to think this "Think Tank" might ever happen as politics conspires bi-partisan as a dirty phrase but surely we can dream that work/security matters are something to aspire to, not dream about. Heaven help us all if we become an ever increasing welfare country. That's no good for any-one is it?

What do you think? (Column by Rod McGiveron)

Helping Tasmanian businesses grow

A series of workshops aimed at supporting Tasmanian businesses continue to roll out around the state with a seminar aimed at helping business operators cut their power costs offered in Hobart last week.

The first Energy Ready Workshop was the first workshop under the Business Ready program to help businesses manage their power costs and was officially launched by the Parliamentary Secretary for Small Business, Rebecca White.

Ms White was joined at the launch by David Kay, co-owner of the Richmond Bakery, who took part in the workshop.

"Through the actions of the Small Business Strategy, we have identified ways we can offer practical advice and assistance to small business operators, and help them overcome the challenges they're facing," she said.

"One of the areas identified by business operators through the Small Business Strategy consultation process was the difficulty in managing energy costs, and through this first workshop, we will look at identifying where businesses use their energy, and how they can cut their power costs.

"Businesses can also learn more about what is happening in the state's energy market, look at equipment, machinery and practices that can reduce their energy bill and develop a long-term strategy to reduce energy usage."

Ms White said the Small Business Strategy had identified six different areas where business operators would like assistance to improve their operations. Further workshops will cover a range of other areas, including:

- Successfully marketing products and services;
- Planning for the future, including succession planning and preparing for rapid growth; and
- Establish a digital presence and making the most of online markets.

Ms White encouraged business operators to get involved in the workshops, saying operators could get more information by contacting Business Point on 1800 440 026, email

businesspoint@development.tas.gov.au or visit www.businesspoint.tas.gov.au

DUH?

A blonde was playing Trivial Pursuit one night... It was her turn. She rolled the dice and she landed on Science & Nature. Her question was, 'If you are in a vacuum and someone calls your name, can you hear it?' She thought for a time and then asked, 'Is it on or off?'



Rebecca White MP, David Kay, co-owner of the Richmond Bakery.



Rebecca White and David Kay, with some of the Richmond Bakery equipment.

Did anyone stay at your home OR your accommodation business on 1, 2 and/or 3 June?

To fully report to Events Tasmania and responsibly acquit our funding, we need details about overnight stays in St. Marys during the *Wrapped in St Marys* weekend.

Please let me know numbers of visitors and dates asap, as this information is crucial in securing ongoing funding to make this an annual event.

Email – gonerustic@gmail.com

Phone – 03 6372 2724 or 0417 027 424

Thanks in anticipation,

Rita Summers J

Event co-ordinator
Greater Esk Tourism (GET)

Soup and Sandwiches for the Soul

At the Soup and Sandwiches for the Soul meal at the Holy Trinity Anglican Church, Main St, St Marys on Saturday 16th June 2012, the community dinner hosted a full house. About 45 people attended the evening, all bringing food to share with friends and neighbours.

Zac Bond presented a rich chocolate birthday cake to Barbara McAllister and wished her a very happy birthday on behalf of the Community Dinner crowd. Thanks Barb, for all that you do to make these dinners possible.

Donations on the evening totalled \$68, and this month will be donated to Anglicare to help provide food vouchers to the local community. Thank you everyone for the contributions.

Donations are very much welcomed on the evening and the money will be sent to local outreach programs unless there is an overseas crisis which the Community feels needs support.

Community Dinner

Holy Trinity Anglican Church Hall St Marys

Saturday 21st July 2012

5.00 for 5.30pm

Italian Dinner



Please bring a side dish or dessert to share

Choice of main meal will be provided

RSVP Barbara on 6372 2428



A little piece of history

Back in 1954, Footscray won the VFL Grand Final, beating the mighty Melbourne side. Footscray's only win!



They were captained and coached by the great Charlie Sutton, who just recently passed away, aged 88 years.

The St Marys Football Club made the trip to Melbourne as their 'end of season' trip.

We put in 5 shillings a week and the club matched it.

That covered our air-fares and accommodation.

We left on the Friday and returned on the Sunday.

We had a ball at the footy and on the Sunday we all went out to the Footscray ground.

There in a whopping great steam bath was Charlie Sutton.

When they knew we came from a little town called St Marys, the Four & Twenty pies came out!

We all had a great time. (Great memories submitted by Don Targett.)

IS YOUR BACK ACHING? YOUR NECK SORE?

CAN'T PLAY YOUR SPORT ANYMORE?

TRIED PHYSIOS, CHIROS, MASSEURS?

NOTHING'S WORKED?

SICK OF PAYING OUT FOR NO RESULT?

Often it's just muscles out of place pinching nerves that are causing the pain. If so

PETER HORSFIELD, THE MUSCLE MAN



CAN HELP!

With his unique method of muscle manipulation; he can release pinched

nerves all over the body - in one treatment! Its just like putting a rope back into a pulley - simple!

Denis Lilley said,

"I feel 20 years younger!"

SO WHAT HAVE YOU GOT TO LOSE?

CALL: 0413 635 690

MOBILE SERVICE
IN
BREAK O'DAY MUNICIPALITY



Charlie Sutton and E J Whitten.

St Helens Flowers

*Donna of St Helens Flowers takes all the
fuss out of ordering flowers.*

*Arrangements, Bouquets, Gift
Baskets, Wedding Flowers,
Floral Tributes*

*Member of the Petals network—we can
now send or receive flowers worldwide!*

*Fantastic Fresh Flowers delivered to your
door or statewide*

Ph Donna—6376 1211

Fun Range of Helium Balloons!

St Marys Op Shop Sock Art Competition

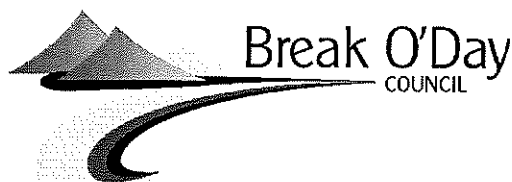
As you might know, as an adjunct to the Wrapped In St Marys Event the Op Shop was handing out socks all weekend to those who wished to create a piece of textile sock art. We had a GREAT response with fifteen individual entries from all age ranges, as this was the inaugural event, the kids and adults have all been judged together. Next year if we run this event again, we would create two categories for adults and children to have separate votes. We have asked everyone coming through the shop to make ONE vote only.

We also have one exhibit contributed by Rita Summers of Gone Rustic to show just what marvellous things you can create from old socks and to assist you in putting on your thinking caps for the next event. Entries are now closed but voting is ongoing, as of last Friday, 22nd June, we had over 140 votes and so far each entry has received a least a few votes each.

If you have not already done so, please do call into the Op Shop and check out the wonderful creations, they are on the shelving in the front room of the Op Shop, where the bric-a-brac usually sits. The voting will close at days end on Friday 6th July 2012, and the WINNERS of the vouchers to be spent in the Op Shop will be announced at the Markets at the St Marys Town Hall on Saturday 7th July.

Thank you all those who have participated by created a piece of sock art and to all those who have voted, and if you have missed out on this visual treat please do call and see the talent that we have here in St Marys being displayed through old sock art!!

Photos of all entries will be provided after the winners are announced.



Break O'Day Council Finances A Sustainability Risk??

Management Comments of Financial Sustainability should also have been reported.

While "Break O'Day Finances a Sustainability Risk" make a great headline, the full report provides more balanced information.

The financial unsustainability relates to operating deficits which, as per the management comments in the audit report, Council has been addressing. All the angst that Council and our community has gone through, a thorough organisational review and subsequent voluntary and involuntary redundancies, has been to address this very problem.

The risk of governance unsustainability relates to the lack of an audit committee and asset management and long term financial management planning. Council's are not required to have audit committees and, regardless of this, Council recently workshopped the costs and benefits of an audit committee. Given our financial circumstances and the whole of Council regularly workshopping financial issues, Council decided that the costs outweighed the benefits at this stage. Council are currently having the discussion about which way to proceed and which options best suits our Council's needs.

Break O'Day municipality was impacted by 4 separate flood events which were declared under the Australian Government's Natural Disaster Relief and Recovery Arrangements (NDRRA) with over \$5M damage to Council infrastructure during the period of the Audit Report. It needs to be clear that the Municipality sustained a higher than expected deficit due to the extent of the flood damage and the arrangements in place for Council to be in a position to claim against the NDRRA for the repairs to the infrastructure damaged within the Municipality.

I think it speaks volumes for the sustainability of our municipality as we as a Council are constantly striving to keep this Municipality in a viable and sustainable financial situation.

Sarah Schmerl,
Mayor.

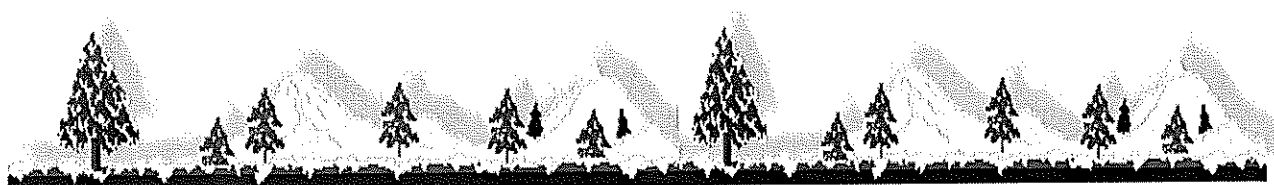
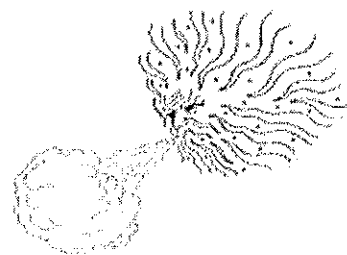
Where do you get it?
Growing in strength and support
You can get
'Inside my Skin'
from the library, Rita at Gone Rustic,
Rod at e.ScApe Cafe,
Evelyn at St Marys Bakery,
personally at St Marys monthly market,
or online at
www.insidemyskin.com

**ST MARY'S MARKET
SATURDAY - 7TH JULY**

IN THE COMMUNITY HALL
RAIN, HAIL OR SHINE 9AM START
TO BOOK A STALL PHONE ROBINA 63722022



*Don't let the winter blues get you down
come to the markets and lose that frown*



Wilma de Haan
"Through the eyes of a child"

MATERIAL GIRL 2012
The theme for this year is Speak To Me

Celebrating and Promoting the work of
Tasmania's Female Artists



Emily Blom "A Stitch in Time"
Winner of The Zonta Young Artist Award



Joyce de Ryter
"Silent Communication"

**Tasmanian Regional Arts touring exhibition at
GONE RUSTIC during opening hours 30th June until Mid July**



BASKET MAKING FROM THE GARDEN

Saturday and Sunday - July 14th & 15th

Time: 9am to 4pm Cost: \$25.00

Place: St Marys Community Hall

Tutor: Helen Napier

Autumn / Winter is a great time for pruning and gleaning interesting and productive materials for basket making.

Some materials may be used fresh, some dried and some both!

Materials to dry:

Red Hot Pokers, montbretia, watsonia, iris, gladioli, ginger, cane and day lilies, New Zealand flax, mint, bull rush.

Tie the material by the tips in bundles and hang up to dry – not in direct sunlight. Drying time will vary – 3 weeks or more. For storage, wrap in bundles of dry newspaper.

To prepare for use: - the day before soak in water for 5 – 10 min then wrap in old dry towels or sheets of dry newspaper and leave overnight. Only wet enough for one days use.

Materials to Bring Fresh:

Willows, dogwood, fruit tree prunings, suckers, blackberry, broom, cotoneaster.

Cordyline (cabbage tree palm) picked up off the ground and soaked overnight.

Vines: - if not used green maybe coiled and stored in a dry place away from direct sun.

Try – jasmine, ivy, wisteria, hardenbergia, honeysuckle, Virginia creeper, periwinkle, clematis, grape, muehlenbeckia, briar rose, and kennedia.

To Prepare for use: - soak overnight in water

Be inventive!!! – Sweet corn leaves and husks, bark and fibres from trees, flower stalks of agapanthus, pokers and iris. Lavender, pine needles, seaweed, gum nuts and seed pods.

For the workshop:

Comfortable working clothes, apron, materials, sharp secateurs, pliers, pen & paper, strong clothes pegs x 12, large darning or bag needles, string & strong thread, old towels (wetting and wiping)

If you can collect large quantities of one material bring it and swap with others. Don't forget your imagination! We'll have some fun constructing several different baskets.

Contact to enroll: Robina Balzer 6372 2022

For More Information: Helen Napier 6372 2253

St Marys Op Shop

Monday - Friday 11 - 4 Market Saturdays 10 - 1

As volunteers are available.



*From left to right -
Lorraine Gill,
Wendy Fowler, Caroline
Craghill, Jeanette Gilbert,
Janet Drummond and Sonia
Allison ...just missing Lillian
McRostie, Kelly Farrell and
Jan Madden from the team.*

Always looking for new volunteers to assist at the Op Shop, please contact Janet Drummond on 0404 562 320, or call in most Fridays, to speak with Janet. Come support your local school community and have fun volunteering at the St Marys Op Shop.



St. Marys Tigers Football Club Inc.

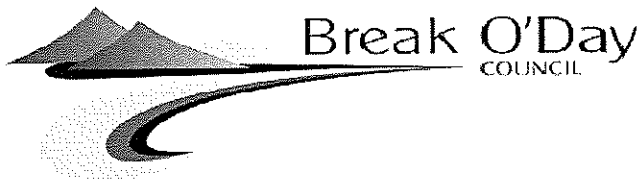
Casual Weekly Footy Tipping Competition

Think you know your footy? Then have a crack at our weekly footy tipping competition. Just pop into the Post Office and grab a tipping form. Make your picks and then lodge it at the Post Office with \$2.00 by 4.00pm each Friday.

Half of the weekly pool will go to the footy club and the other half will go to the weekly winner. As well as picking winners entrants will be required to nominate the winning margin of one selected game per week so we can (hopefully) ensure that there is only one winner per week.

Up for grabs – weekly bragging rights and a bit of pocket money, plus you are supporting your local footy club.

**Entry forms available at the
Post Office now.**



Blue Tier Road Access Open

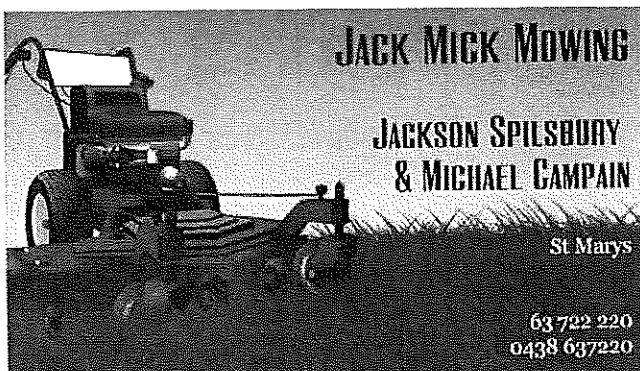
Mayor Sarah Schmerl said that it was pleasing to see that access to the top of the Blue Tier has been re-opened after repairs completed by Forestry Tasmania to the road damaged by floods early last year.

“Blue Tier is regularly used for recreational purposes including mountain biking and walking and is a significant tourism site in Break O’Day area”, she said. “Break O’Day Council provided in-kind support for this work”, she said.

The repair work included replacing culverts with larger pipes to carry a greater volume of water improving the reliability of access in the future.

The job was partly funded through the Federal Government’s National Disaster Relief and Recovery Arrangements upon an application co-ordinated by the Department of Premier and Cabinet.

Mayor Schmerl said, “Forestry Tasmania are to be congratulated on this work and it was pleasing to have the road from Lottah to Poimena re-opened, especially during the last week of the school holidays”.



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”.

Rae & Partners

Lawyers Barristers & Solicitors

Visiting :

St Marys Community Health Centre

Alternate Tuesdays : 9 am – 10 am

Ph: 6337 5555 For appointments.

**Scamander Beach
Surf Shop**

6 Lagoon Esplanade
Scamander

Ph: 6372 5529

Scamandersurf.com

Bathers Wetsuits DVDs
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Bay Surf Shop

2 Pendrigh Place
St Helens

Ph: 6376 1755

**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

Community Transport Drivers Needed!

**Do you enjoy working with people
and like to help your community?**

**We have a desperate need for more
drivers to assist our mostly elderly
clients access medical appointments
and to enjoy social outings.**

**We need your help to
make this happen!**

**Training and support is provided.
For more information contact
JAN SAUNDERS on 6372 2137**

WE NEED YOU!

**Community Transport Services Tasmania Inc
is funded by the
Home and Community Care Program.**



**St Marys
Soccer Club**

"Play the World Game"

Thursdays - 3pm

School Oval

All ages, boys & girls

Phone Tree: 6372 2309

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**



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

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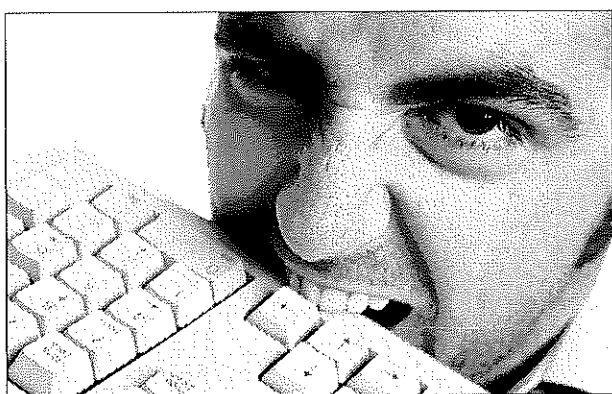


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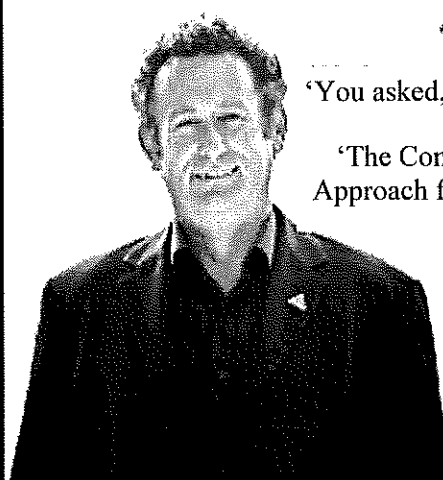
Tim Morris MP

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

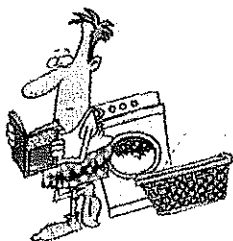
www.tas.greens.org.au

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

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(NEXT TO SECONDHAND ROSE)

Coin operated washers & driers



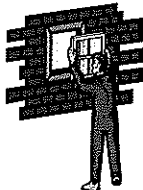
OPEN FOR BUSINESS

Winter trading hours:
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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 Police Phone Number 6372 1010
Non Urgent Number 131 444
Urgent and Life threatening 000
SES (Flood & storm only) 132 500
Fire 000



CALTEX ST MARYS MECHANICAL REPAIR & SERVICE

PH: 6372 2835

41 Main St. St Marys Tas 7215

Fax: 6372 2822

Mob: 0419 503 109

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

The Valley & East Coast Voice Guidelines.

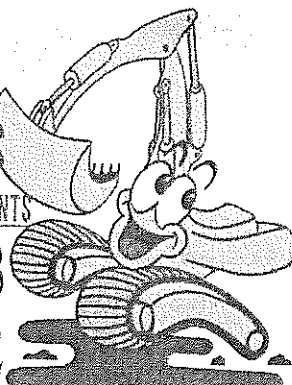
- Opinions in any letters published are not necessarily the views held by the editor and voluntary workers.
- Our pages will remain open to fair and honest criticism, so that on all questions, both sides may be presented, but any letters containing personal attacks or hinting at libel or slander will 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.

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SHOP LOCALLY AND SAVE



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.

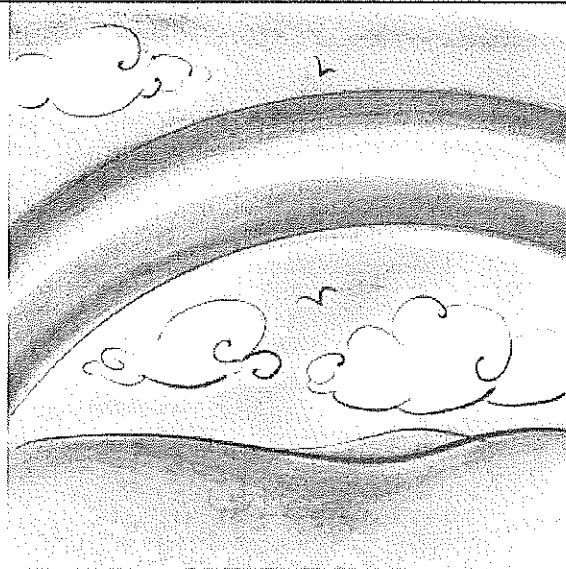
Many have come from the coast and
valley to benefit and some return
regularly for on-going therapy.

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



STRESS DOWN DAY & S.A.D AWARENESS

(Seasonal Affective Disorder)

The Winter months can make us glum,
So let's have a little Seasonal fun!

Dress as a 'Rainbow' with lots of colour
And help give a smile to one and other.

Wednesday 25th July

Gold Coin Donation

All proceeds to Lifeline Tasmania

Prize for the Best Dressed Rainbow
Drawn at 2:00pm at the Day Centre
St Marys Health Centre

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Latt 2/7/12— 13/7/12

Dr E. Reeckman
28/6/12– 29/6/12
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.

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

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments **2 weeks in advance as of 26/06/12**

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

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.

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

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

A NOTICE TO OUR PATIENTS

We currently have Medical Students doing placement at the Health Centre. If you feel uncomfortable letting them sit in on your consult please let Reception Staff know when you check in for your appointment.

These sessions are very important for our Students so your participation is greatly appreciated.

AUDIO CLINIC TASMANIA

The hearing care professionals

Audiologist, Dr Rowan Foster will be visiting The St Marys Health Centre on a monthly basis as of 27th February 2012.

Audio Clinic provide hearing tests for adults and children over 5 years, Hearing Aid advice and fittings, Tinnitus Counseling, Custom earplugs, and Central Auditory Processing Testing.

Audio Clinic are accredited under the Commonwealth Office of Hearing Services to *provide free and subsidized hearing aids and services to eligible pensioners.*

The clinic is called Audio Clinic Tasmania and our contact number is 1800 057 220 or direct on 6334 1466.

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 28 June **Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- Social Worker**– Shan Williams appointments available by phoning 6372 2111
- 29 June **GP North Psychologist**. For appointments please see your GP for a referral
- Social Worker**– Shan Williams appointments available by phoning 6372 2111
- 2 July **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 3 July **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
- Counsellor**– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.
- 4 July **Podiatry North**– Free Community Podiatry Service. For appointments please phone 6336 5155
- GP North 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.
- Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- 5 July **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
- 6 July **GP North Psychologist**. For appointments please see your GP for a referral
- Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- 9 July **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 10 July **Tom Bain, Rae & Partners Lawyers**. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555

WHAT'S ON AT THE CENTRE Continued...

- 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
- Counsellor**– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.
- 11 July **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- Social Worker**– Shan Williams appointments available by phoning 6372 2111
- GP North Psychologist**. For appointments please see your GP for a referral
- 12 July **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
- 13 July **GP North Psychologist**. For appointments please see your GP for a referral
- Social Worker**– Shan Williams. Please phone 6372 2111 for appointments

SMOKE FREE ZONE



As of 1st July 2012 the St Marys Community Health Centre will be a **SMOKE FREE ZONE.**

This applies to staff, patients and visitors to the **site and grounds.**

This is a requirements of all sites of the Department of Health & Human Services

GP NORTH DIABETIC CLINIC

Regular consults are available at the St Marys Community Health Centre with the Diabetic Educator, Dietician and Exercise Physiologist. If you require an appointment please see your GP for a referral and GP North will contact you with an appointment time.

Next session at St Marys is: Friday 20th July 2012

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**

MEALS ON WHEELS ROSTER

July		St Marys	Fingal
Monday	2nd	Debbie Barnes	Neighbourhood House
Tuesday	3rd	Trish Pike	
Wednesday	4th	Lorraine Gill	
Thursday	5th	Heather Griffiths	
Friday	6th	Claire Bean	

MOW Contact Phone: 0488 384 344

Monday	9th	Ruth Aulich	Neighbourhood House
Tuesday	10th	Pam Bretz	
Wednesday	11th	Barbara McAllister	
Thursday	12th	Kaye Nailer	
Friday	13th	Pam Gillies	Neighbourhood House

Church Services

Catholic Parish of St Marys

Sr. Lorraine Groves
Parish House. Ph: 6372 2252
Mob: 0409 172 741

1st Sunday: MASS

St Helens Vigil L/W 6.00pm
Bicheno L/W 9.00am
Fingal 11.30am

2nd Sunday: LITURGY

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

3rd Sunday: MASS

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

4th Sunday LITURGY

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

5th Sunday LITURGY

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

Enq: Baptisms & Weddings
Ph: 63 31 4377
Church of Apostles
Presbytery
Officer Hours: 10.00am - 3pm.
Sr Marjorie Ph: 6381 1122.

Anglican Parish of Northern Midlands

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

Anglican Parish of Break O'Day

Ph: 6376 1144

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.

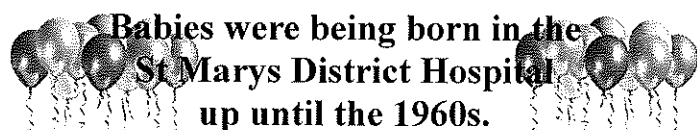
St Marys Sports Centre Inc. news. Kackhander

Just a reminder to all of the Annual General Meeting this Friday night, June 29th. It will be held during a feast night and hopefully most of the members coming for a great night will take part in the AGM. It's a great way to get some people along and well done to all who came up with the idea.

The meeting won't take too long and it's a chance to have your input to a club that has made great inroads over the past 12 months. To those attending please get behind this club of ours.

Can someone please take over this column soon? After almost 20 years after taking over from Tee Up, missing only one issue of news (I think) mainly due to forgetting that the Valley Voice was starting up again after it's summer break that year, I'd like a fresh approach to this important way of getting our news around. Kackhander needs a break for a while. If you are interested ring me on 6372 2215 soon.

Until next time, good hitting and rolling.



**The last twins to be born at the hospital
have just turned the big 50!**

**Congratulations Margaret and Deborah.
Happy Birthday.**

**Painting for beginners
starting August.**

Tuesday afternoons.

No experience required.

Cornwall hall.

Ring Lynne 0427 560 565

Wendy 0403 430 452

Please ring and book your place.

Christmas in July

Pencil this one in your diary.

For July 21st 5.30pm

Entree, Main and desserts

\$30 adults & \$15 for U/12s

Plus many great games & prizes.

Bookings at the

St Marys Supermarket 6372 2240

or at the Club 6372 2177.



**ST MARYS SPORTS
CENTRE INC.**

Every Friday - 6.30 - 7.30pm

drinks at discounted prices

Ph: 6372 2177



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 28th June-Wed 4th July)

from the butchery

Legs of lamb	\$10.99kg
Forequarter lamb chops	\$ 9.99kg
Casserole steak	\$ 9.99kg
T bone steak	\$15.99kg
IGA chicken breast fillets	\$12.99kg

from the coolroom/freezer

Sargents Traditional meat pies 4pk	\$4.99
Streets Blue Ribbon icecream 2lt	\$5.99
Duck River soft butter 375g	\$3.69
Devondale Tasty/Colby matured cheese 1kg	\$7.99
Vaalia Yoghurt 4pk	\$4.25

from the shelves

Cadbury share pack 168/240g	\$2.99
Tetley teacup bags 360s	\$6.99
Nutella bonus pack 900g	\$7.99
Kleenex toilet tissue 24pk	\$11.99
Spree Ultra laundry powder 1kg	\$2.89

next week's specials

(available from Thurs 5th July - Wed 11th July)

from the butchery

Porterhouse steak	\$15.99kg
Beef mince	\$ 9.99kg
Ingham chicken drumsticks	\$ 3.99kg
Roast beef	\$ 8.99kg
IGA chicken thigh fillets	\$10.99kg

from the shelves

Nescafe 43/mild espresso coffee 150g	\$6.99
Juicy Isle long life juice 2lt	\$2.69
Quilton facial tissues 110s	\$1.39
Sorbent toilet tissue 12pk	\$5.99
Fab laundry liquid 1lt	\$3.75

all only \$1.99

Lindt chocolate block 100/150g	
Coca Cola/Zero/Sprite/Fanta soft drink 1.25lt	
Heinz Very Special Soup 535g	
Sargents slices 350g	
Arnotts choc TV snacks/Teddy/Scotch/ W Wheel160/250g	
Arnotts cream biscuits 200/250g	
Kraft Dip 220/250g	

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