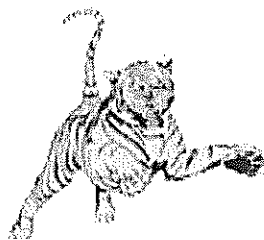


The Valley & East Coast Voice

Est. 1968

Volume 45 No. 8, Thursday August 9, 2012.

50 cents



St. Marys Tigers Football Club Inc.

Match Report

St Marys Tigers were hosts for the final AFL Masters game for the 2012 season. At the moment there are only four teams in the north of Tasmania and each team had hosted a double header during the course of the year. Because of the great travelling distances involved it was not felt desirable to increase the number of games beyond one home game each.

So Sunday's game was very important for us because it was our only opportunity to play in front of our "home" crowd and also our only chance to raise some much needed funds through canteen and bar sales.

The day was combined with the wind-up day for Auskick and I would like to extend our sincere thanks to all involved with Auskick for the high level of co-operation and support; a wonderful example of community interaction.

The first game saw a very entertaining match between Launceston and Triabunna. Despite being a bit short of numbers Triabunna put in a good showing and battled hard but Launceston eventually ran out comfortable winners.

In the second game, St Marys also struggled to raise a full team but thanks to a few willing volunteers remaining from Auskick we were able to put a team on the field and while the boys battled hard in some very difficult conditions they went down to a strong NW Coast team 11.8 74 to 1.2 8. Darren Jones was our solitary goal kicker and best players were Richard Gee, Tom Spike, Anthony Woods, Tom Hawthorne, Roger Salter and Mal Nicholson. I should add the NW Coast team were the only undefeated team for the whole season so under the circumstances the St Marys Tigers are to be applauded for their efforts.

While the result was not what we would have wished for it was still a great day, despite some very cold and inclement weather, and proved that we can put on a successful and entertaining football match. We had a good roll-up of spectators and a special vote of thanks to all the Auskick families that stayed to support our boys.

As is usually the case there are many people to thank and I don't have room here to mention them all individually – you know who you are but once again it was a great example of lots of people helping out to make a community event both successful and memorable. We are planning to have a social game on one Saturday in September followed by our presentation night. Watch out for final details.

Harry Veldums, Club President.



Photos: Dale Matheson.

Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday August 21, 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. cedginc@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 & Shirl: **6372 2909.**

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

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

TASMANIA Valleys of Adventure

AVOCA • ROYAL GEORGE • ROSSARDEN • FINGAL • MARGANA • MATHINIA • UPPER ESK • CORNWALL • ST MARYS

GREATER ESK TOURISM

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

WHERE: Fingal Valley Neighbourhood House
TIME: 7PM
All WELCOME.

Enquiries to the president on 63722783.

Bicheno Indoor Market

When: every 3rd 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.

Only 2 markets left for this year!
19th August and 16th September.



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. Honest, Catholic Family man. \$15 p/hr. Ph: 6372 2814.

Employment wanted

House cleaning. Experienced lady. References supplied. \$15 p/hr. 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

Large Steel Trailer. 7ft by 4ft 6 by 1ft 6 sides. Heavy duty construction. Truck Type Tyres giving high ground clearance. Not registered but all lights etc fitted. Would suit large loads of wood or make an excellent base for a camper trailer. Jerry can holders, lock box and gas bottle holder fitted. Many spares to go with it including bearings, an axle, spare tyre and complete hub. Fitted with tie down vinyl canopy. Jockey Wheel. Needs coat of paint but a tidy unit. Located St Marys. Value at \$750. ono. **Phone 0428 345 265.**

Taylor Made Rocket Ballz Driver, 9.5 degree (adjustable), exc cond. \$300. **Taylor Made Rocket Ballz Tour 3 wood,** 14.5 degree, exc cond. \$200. **Taylor Made #2 Rescue,** 16 degree (adjustable), exc cond. \$150. **Taylor Made #4 Rescue,** 21 degree (adjustable), exc cond. \$150. **Ph./SMS 0429 932 931.**

Baby white wooden cradle. Glass TV unit, black. Fish tank on stand. 620l. **Ph: 0408 078 640.**

Baby change table. Baby girl's clothes (0000 - 1). Bunny rugs, shoes, hats, toys. Older style pram. **Ph: 0499 608 770. (evenings)**

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

Raspberry canes with good roots \$1 each.

Ph: Jack 6372 2034.

Vitamins/supplements available lowest prices ever. **Ph: 63762645.**

CE JH-4604 Silver-black hair clippers. Super quiet, super powerful. Comes with 4 combs 3, 6, 9&12mm, cleaning brush, scissors, lubricating oil, all in box. Brand new. Ideal for men, or pets hair trimming. **Ph: 0411 186 573.**

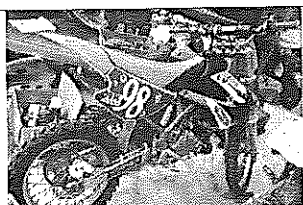
1Yoga Gym Pilates Fit Fitness Exercise Anti Burst Swiss Blue Ball. 75cm with foot pump. \$17. **Ph: 0411 186 573.**

40", 140cm Mini Trampoline W/padding. New kids jogger fitness exercise home gym. \$40. Idea for kids jumping high with screaming happiness. **Ph:0411 186 573.**

Left handed golf club. King Cobra Speed LD Driver. Off-set with 10.5 loft. First Class Condition. \$50.

Jim Haas. Ph: 6372 2127.

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



Kawasaki KX85, big wheel, 2001 model. New chain, sprockets, wheel bearings and rear suspension. Good condition, goes well. \$1800. ono. Ph: 6372 2665.

BARGAIN OF THE YEAR –

a 2 storey kit home (lock-up only) for only \$33,000.00! Three bedrooms, open plan living area, laundry, bathroom, separate wc downstairs, bathroom and wc upstairs, deck opening out from upstairs bedroom over porch at ground level. Total floor area (both levels) of 168 sq. m. Purchaser will need to organise own pickup. Call Rita on 03 6372 2724 or drop in to *Gone Rustic, 37 Main Street, St Marys* (Tues-Sat, 11-3)

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

WANTED TO BUY

20' SHIPPING CONTAINER

IN GOOD CONDITION.

PH: 6372 2195

WANTED

DVD PLAYER, GOOD WORKING ORDER ONLY.

PH: 0428 207 489.

Frozen blueberries - \$11 kilo Phone 6372 2341.

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

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.

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)

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

The Punts

One part of our history that has had very little recognition and yet played an important part in the development of our country were the punts. In the early days many rivers around Australia and indeed Tasmania were crossed by punts. They were used extensively before bridges were built and again when floods washed bridges away. They carried everything, from people, livestock, goods, carts, carriages and motor cars. Even today a cable powered punt still operates on the Pieman River on Tasmania's West Coast.

Although it has been almost eighty years since a punt operated in our Fingal Valley or East Coast, they were used extensively at different times in our history. The South Esk River at Fingal, for example, had a number of punts, the latest of which was after the 1929 floods washed the bridge to Mangana and Mathinna away. The punt operated at a site just below the current railway station where the early bridges were situated.

From 1865 until 1936 when the steel framed bridge was opened at Scamander some six bridges had been washed away by floods. This resulted in a numbers of punts being used during the construction of new bridges.

The most famous of these punts was the last and ran across the river from 1929 until 1936. It was the largest of the punts; built and operated by Harry and Henry Cruse, grandfather and great grandfather of Greg Cruse, the manager of St Marys Online Access Centre. Indeed, Greg often proudly displays his photo collection of his grandfathers and their punt sailing backwards and forwards across the river.

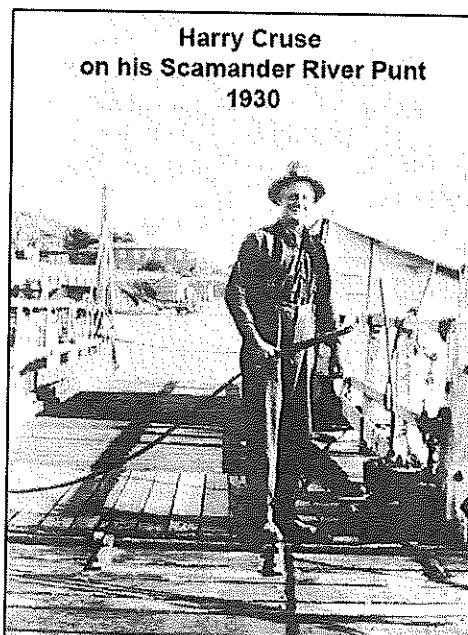
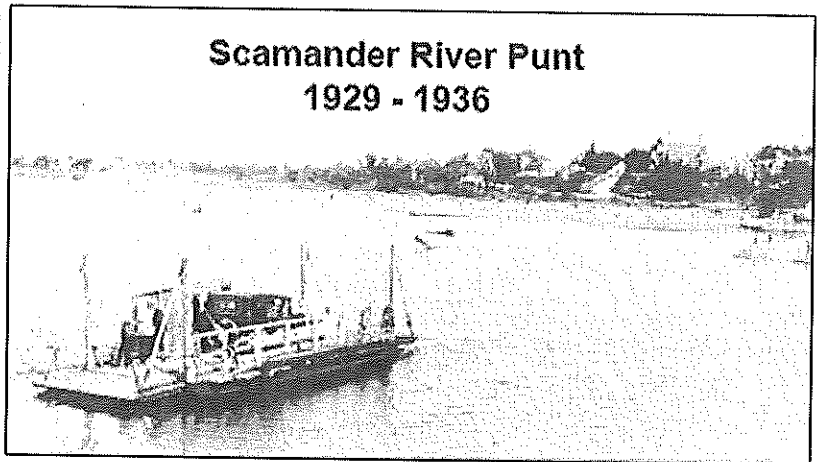
There were hundreds of stories connected to the Scamander punts, but one that Greg tells of his great-grandfather, Harry, was when the circus came to the East Coast in 1930. It arrived at St Marys on the train, put on a show at the St Marys Recreation ground; then the horses and elephants pulled the circus wagons down the Pass and headed for St Helens.

Everything went as planned until they reached the Scamander River and asked to be transported across on Harry's punt. But Harry was very much conscious of safety at that time because only months before he had to rescue 11 souls from the depth of the river when the St Helens/St Marys bus plunged off his punt into 9 metres of water.

With this in mind, Harry took one look at the huge elephants and had no hesitation but to refuse their entry onto his punt. Apparently a good argument followed, but Harry was unmoved and the elephants had to be taken to shallower water near the barway and walked through the river.

Harry did transport the rest of the circus gear across the river, however, and it went on to perform at St Helens. After which, it was said, it travelled again by road up the Welborough Pass to Herrick, where it was again loaded onto a train bound for Scottsdale.

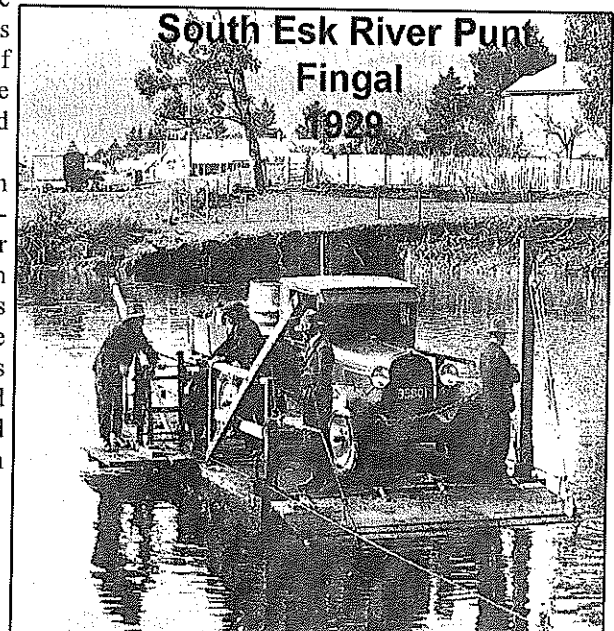
When we drive across Scamander River these days on its now state of the art concrete bridge, it's hard to imagine a time



when the only vehicle transport across was by punt. But think of the characters the punt would have had in the 1930s.

Wouldn't it have been a wonderful experience to break up your trip to St Helens with a ride on Cruse's punt? Think of the stories those blokes would have told and the gossip you would have learned from fellow travellers.

Jim Haas



Letters to the Editor

Vol. 45 No 8, August 9, 2012

Dear Sir/Madam,

The debate between Minister Bryan Green and Will Hodgman at Brighton on Monday night (30/7) was indeed well attended, fairly moderated by Mayor Tony Foster and also proved quite revealing.

There was however, no good reason offered to justify a further lock-up of forests from public use and as one question from the audience suggested, "on what basis should those that have done all in their power to sabotage markets for Tasmanian timber products both domestically and internationally, be "rewarded" for their actions?"

As anyone in the industry will tell you the major roadblock to a robust industry re-building is the ability to dispose of residue produced during harvesting and saw milling. This was made far more difficult in Southern Tasmania when Gunns in an effort to get conservationists to support a Pulp Mill being built, sold the major wood chip processing facility at Triabunna to a group that clearly had no interest in ever making wood chips.

Another alternative available for disposal of wood residues is using Biomass for the generation of electricity, an accepted and legitimate source of renewable electricity generation in many countries around the world.

In fact as recently as November 2011 a Federal Parliamentary Committee on Forestry chaired by Mr Dick Adams the Labor party member for Lyons, recommended that Biomass produced from native forest harvesting remain on the list of renewable energy generations sources.

Yet quite perversely in the very same week this report and recommendations were released, Mr Adams incredibly supported a regulation introduced to parliament at the behest of the Greens, expressly removing electricity generated from native forest biomass from the list of renewable electricity generation sources. How does that work?

It is clear in both the State and Federal arena Labor is being held to ransom by their minority partners in government The Greens and sadly Tasmanians are suffering as a result.

Yours Sincerely,

Eric Hutchinson.

Federal Liberal candidate for Lyons.

0447 777251

Dear Sir/Madam,

As Liberal Candidate for the Federal seat of Lyons, I genuinely want to support ventures which are in the region's best interests. Peter Paulsen of St Helens and his plan to scuttle a decommissioned naval vessel at the Bay of Fires to make an artificial reef for diving is one such venture.

While this plan is still in the early stages, it's refreshing to see enthusiastic locals endeavouring to make the East Coast of Tasmania the home of Australia's newest and greatest diving experience.

This proposal, which is based on a similar venture in Queensland, the HMAS Brisbane dive site, has pumped \$18 million into the Sunshine Coast economy in its first four years. An investment of this kind has the potential to bolster tourism numbers and bring in much-needed revenue to regional Tasmania.

This sort of attraction will bring diving enthusiasts from around the globe, while at the same time improving the environment by attracting marine life.

This is definitely a project worth pursuing!

Yours Sincerely,

Eric Hutchinson.

St Marys Pacing Club Inc.

I must apologise for being so long writing about our last race meeting on New Year's Day. Once again we had a wonderful meeting with nine races, good fields and close finishes. We would like to thank all our helpers who come along every year to help out.

We advertised the sheep dog rounding up the ducks in a yard. Unfortunately the poor dog injured himself three days beforehand and had to be scratched.

Some drawbacks. Too many people find a way to get in without paying. Very poor for one day a year. Also too much liquor and food is being brought in, thus affecting the takings at our liquor bar and food outlets. We rely heavily on the profits on the day to find between \$13,000 and \$20,000 to put towards our stake money. Some clubs have banned BYO at their race meetings, and if the trend continues we will have to do the same, or go broke. One day a year isn't too much to ask to cut down on these activities.

Eric Bean, Secretary.

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quilts, fibre & textile, mixed media, collectibles, gifts + more

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

Mt Elephant Pancakes

Due to the successful evenings of recent times, please don't hesitate to book your special occasion for an after hours get together.

Also remember the birthday person or the main guest receives a meal free.
Ph: 6372 2263.





MT ELEPHANT FUDGE

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

Trading Hours

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

Authentic hot chocolate!!

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

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

**NEW - Books on local interest and history
HANDMADE in ST MARYS"**



GRAND OPENING

THE GOLDEN GATE GALLERY

47 HIGH STREET MATHINNA
SATURDAY 1ST SEPTEMBER

**BBQ, LIVE MUSIC,
FACE PAINTING**

**SHOWCASING QUALITY
TASMANIAN MADE ART AND
CRAFTWORK**

**Paintings, Ceramics, Textiles,
Woodwork**

**History Display
Gifts And Souvenirs**

**ALL WELCOME
COME ALONG AND HELP
US CELEBRATE!!**

**10am - 4pm
Official opening 12 pm
by Mayor Sarah Schmerl**

The Say Cagerattler

I hate winter with a passion, as most do. When you wake on freezing frosty mornings or face the bitter southerlies each winter time, it gets most down. There's one thing most years that gives you something to watch and be distracted by with the footy, even for us poor misguided Richmond supporters, but this winter we also had the prospect of watching around 10-16 Australian gold medals at the London Olympics.

There's quite a few medals occurring for us but as of the second Sunday as I write this we sit at one gold, twelve silver and seven bronze medals. Only one Gold but you have to put it all in perspective though. This comes from a country with by general terms is a quite small population of 22 million people and coming off the back of huge per capita gold medal hauls from Sydney 2000, Athens 2004 and Beijing 2008 of 16, 17 and 14 gold medals respectively, a total of 47 in all.

Other than that, a total of 13 in Melbourne in 1956 was our best. Another thing I would argue with the detractors of the overall performance so far is this. In most sports the Aussies are very competitive and qualifications are coming in areas we've been struggling in for 'yonks'. There were high hopes of multiple gold in the pool, rowing and cycling. The single gold medal to date was in the swimming, three silvers and two bronze in rowing and no great results just yet in the velodrome but there's a bit to go yet.

On the web the jubilation by the British media on their big successes but also the thumping of the Aussies is very noticeable, as with their recent domination of most sporting encounters.

Another rivalry occurs with the New Zealanders and at the moment they lead us in the gold column on the back of a fantastic effort in the rowing events and well deserved. Good luck to them. However the simple fact is that we have won 12 more medals than the Kiwis overall so far.

In 1976 in Montreal, Australia went gold-less and lost the Men's Hockey final to the Kiwis (their only gold that Olympics) which still niggles apparently. In L.A. 1984, New Zealand won eight gold to our four and almost all of them were in yachting. Overall we have 136 Gold and 450 odd total medals to the Kiwis 39 Gold and 90 or so total. Factor in per capita and it's about right.

Another simple fact too if I may. You have Canada with only one gold so far like us and Spain with none, as yet two powerhouses in sport and not too many minor medals either. I wonder how they feel at present.

As a sports nut it's hard to watch being "bested" more often than we used to, not just in the Olympic events but in cricket (ouch) rugby, golf and other sports, even in rugby league with the Poms, it's much tougher than it used to be. Perhaps in netball and hockey we still rank at the top of the tree.

Having said all that and fully expecting all sorts of "inquiries" regardless on how many (if any) 'golds' come in the second half of the London Olympics, maybe it's the "Olympics we had to have".

Sport and recreation is a huge and important component of a healthy culture and with any luck any "inquiry" will look at encouraging our young people to try new things and strive for new goals and focus a little less on the electronic lounge room sports for the real thing. As they say "What doesn't kill you only makes you stronger". Only positives should come from London, surely. If nothing else we'll develop thicker hides to take the inevitable ribbing from the Poms, especially until Rio 2016. If you dish it out you have to take it. Just the same, let's hope for at least a couple of gold medals in the second week in the old country and let's hope the Tigers win a few more games even if no finals (again) are going to happen and winter's worst is done. Big wishes I know.

What do you think? (Column by Rod McGiveron)



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.

SPECIAL - UNTIL END OF AUGUST

*** TRIM, SHAMPOO & SET \$35.**

NOW IN STOCK:

- HEAD LICE TREATMENT KITS - \$9.00

LEAVER'S DINNER APPOINTMENTS
NOW BEING MADE.

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

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

*** GIFT VOUCHERS AVAILABLE**

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

More useless information



ST MARYS NEWSAGENCY



Open 7 days a week for your convenience.

Winter trading hours

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

7am - 6pm Sat. & Sun.

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Plus - all the phone
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**FATHER'S DAY
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AVAILABLE
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CALOWS BUS DEPOT

Treat yourself to a hot and tasty soup in a warm and snug café – Purple Possum!

We have the perfect answer to
Winter's chilly blasts – delicious hot
and tasty soups including Leek &
Lima Bean, Adzuki, and Lentil –
all served with sourdough toast.
Or what about one of our spinach &
cheese pasties? Baked daily.
Join us in our warm and welcoming
café! What could be better?
See you soon!

Purple Possum

Wholefoods & Café

5 Storey Street St Marys. Phone 6372 2655.

Break O'Day Child and Family Center

There has been so much fun and excitement at the Break O'Day Child and Family Center this winter that we wanted to share the news with our community.

Our new Center aims to nurture our children from 0-5 years to enhance their health, well-being, happiness and future.

It is a warm, welcoming, safe and fun place to meet other families and play in the exciting indoor and outdoor areas.

Come and have a play, have a chat, have a cuppa and meet some of the staff and volunteers who are here to support us.

There are specialist services available to see, such as the Child Health Nurse, St Giles, Early Child Intervention, Relationships Australia and Adult Literacy Services.

There are also many regular events and exciting courses designed for parents and caregivers in our important role in helping our children to develop and grow.

On Mondays 9-1030, join Little Launchers for a session for 0-18 month old children.

It is run by the Department Of Education and designed to help our children learn through play.

Also on Mondays from 11-2 is the Baby Chat Cafe, where we welcome parents with children 0-18 months old.

Come and have a chat and cuppa, and share our experiences about the joyful and the challenging times we have.

Baby Lullaby and Breastfeeding Australia have visited recently and we also provide a yummy light lunch!

Valley residents watch this space as there will be an outreach Baby Chat Cafe coming your way soon!!!

Tuesdays 9-1030 is time for Launch into Learning for 0-4 years.

This is also by the Department of Education and aims to provide a range of fun learning opportunities to support families during the early years and prepare them for school.

Wednesdays is Playgroup time from 10-1130 for 0-5 years.

Playgroup is run by wonderful parent volunteers who provide a fun and exiting time for the children to play, and an opportunity to meet other caregivers.

Recent activities have included the Mini-Olympics and a trip to East Coast Natureworld with Calows Coaches. A trip to visit the Dentist and the Fire Station are coming up soon!

The Second St Johns Workplace Level 1 First Aid Course with a focus on first aid for children has recently been run and was again highly successful.

Another session will be planned for the Valley soon.

Bravehearts visited in July with a well attended Ditto's Keep Safe Adventure Education Program. Local families and the Possu'm'agic kids had fun learning from Ditto about personal safety.

The Premier Lara Giddings and Rebecca White MP visited in July as part of their State Tour to see how wonderful our new Center is for our Community, and finally Building Blocks are planning some fun for us in the school holidays!

So please, take the time to drop in and meet Petronella and Joanne, or one of the volunteers and see what it is all about!

Or if you have any ideas or suggestions on courses or events that you would like to see at the Center, let us know on 63767172.

Siobhan Mead, Advisory Board Member

Parenting Tip of the Month, courtesy of the Raising Children Network. **CHOOSE YOUR BATTLES.** Before you get involved in anything your child is doing - especially to say 'no' or 'stop' - ask yourself if it really matters.

By keeping instructions, requests and negative feedback to a minimum, you create less opportunity for conflict and bad feelings. Rules are important, but use them only when it's really important. raisingchildren.net.au



Premier Lara Giddings on her Electorate Tour Group, along with Rebecca White MP and some of the mothers and children.



Premier Lara Giddings with Greg Jnr Gibson.

August 13th sees the start of Acquired Brain Injury Week. More public awareness of Acquired Brain Injury (ABI) is essential. The number of people being diagnosed with ABI is increasing in our nation due to such factors as sports injuries, accidents, sickness, infections, substance abuse, environmental hazards - in fact anything that causes injury to the brain.

Peter and I care for our 26 year old son, Tim, full time. Tim needs constant supervision and support 24 hours a day, 7 days a week. He has ABI as a result of contracting meningitis at 5 months of age. This resulted in severe cognitive problems (e.g. reduced social skills, communication difficulties, irritability and anger management issues, socially inappropriate behaviour) physical problems (e.g. severe epilepsy and seizures, bad headaches, temperature regulation, bowel and bladder function) mental health problems (e.g. depression, anxiety disorders)

I wish to share with you a few things about Tim. Some may see this as disrespectful to Tim, but I believe by educating the public about ABI, better awareness and understanding will be created - that negative attitudes can be replaced by positive attitudes, misunderstanding replaced with understanding, fear replaced with compassion, disrespect replaced with respect, isolation replaced with inclusion.

So here goes...

Many people in the area know or know of Tim. If you have ever come face to face, or more precisely nose to nose with him, you are unlikely to forget him!

As in many cases of ABI, Tim's life is full of contrasts, and these contrasts can occur instantly and without warning, depending largely on the type and degree of seizure activity he is experiencing at the time.

There is a motto concerning people with ABI. "Always expect the unexpected!"

Maybe I'm a biased mother, but I see Tim as an intelligent, bright young man - so what if he can't read and write and has difficulty in communicating! He can watch and appreciate DVDs from Thomas the Tank Engine to Downton Abbey, he can ride a bike, drive the tractor, "help" in the garden, chop wood, mow lawns, do jigsaw puzzles, play with his model train set and make wonderful Leggo creations.

But all this activity and creativity can "disappear" almost instantly. Tim will be in a dazed, trance-like state, unaware of his surroundings, unable to comprehend the simplest conversation, unable to know how to eat his food etc. Then it passes and Tim is back to being Tim.

Tim is sensitive, gentle, kind, caring and loves helping people, but this too can change, often without warning. He can hit, poke, kick or bite anything or anyone in sight, even strangers. Then it passes and Tim is back to being Tim.

Tim is tall, dark and handsome (at least on occasions when he scrubs up well). He dresses smart. He is cool!

On many occasions he has caught the eye of young women. But ... you most likely have seen the contrast - the "Daggy" Tim - the Tim that gets curious stares because he is in public wearing his pyjamas, or clothes worn inside out, or hideously mismatched, or clothes full of holes. (For some reason we are still trying to figure out, Tim loves cutting holes in his trousers -we have a wardrobe full of converted "shorts".) →

He can be unshaven and unkempt, with hair in matted mini dread locks. (We get many a condemning glare that questions us as to why as carers we allow Tim to look so "unloved".)

People like Tim can only ever be encouraged, never forced in any way to try to comply to be "normal". They often do not have the capacity or understanding to behave appropriately in a given situation.

Tim can appear to be a normal shopper, then on reaching the check-out, surprise the check-out-chick by holding up his fingers in a gun-like fashion and saying, "stick 'em up".

One day we were parked in our car outside a local shop. Tim looked up and saw 4 police officers inside ordering food. What an opportunity! Instantly, he jumped out of the car, swung open the shop door, dramatically approached the officers and in his typical "shoot 'em fashion" demanded - "Stick 'em up"!

Thankfully there are well educated police officers who can quickly analyse this type of situation and respond appropriately to Tim's needs.

We carry an ABI ID Card for "unusual" occasions.

This card is issued by BIAT (Brain Injury Association of Tasmania) and supported by Tasmania Police. It acknowledges that Tim's social behavioural problems are due to his medical condition.

We are delighted to see many business people and their staff are recognising ABI and are responding wonderfully to the ABI person; understanding the needs and situation.

Another area for which we are grateful are towns with laneways and trees, as it is not only dogs but also Tim who sometimes urgently needs to use these "facilities".

A reminder: Acquired Brain Injury can affect anyone of us at any time - our lives can change almost instantly, as in cases of strokes, infections, accidents etc.

While the effects of ABI vary greatly from mild to severe and the duration can vary from temporary to permanent, there will be effects. Life will change!

A challenge:

- If you had ABI, how would you want society to treat you?
- Will you try and gain a better understanding of ABI so as to appreciate the challenges faced by these special people?

For information contact BIAT (Brain Injury Association of Tasmania) www.biat.org.au or TABIS (Tasmanian Acquired Brain Injury Service) www.tabis.org.au.

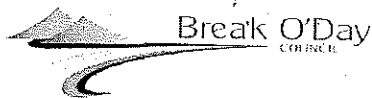
- Watch the DVD, The Black Balloon. It deals with autism but is an excellent educator because of its realism of behavioural challenges. (5 star material) See what life is like for the effected person, siblings, parent/carers and the reactions of the wider community.

Beverley Rubenach.



**ST MARYS SPORTS
CENTRE INC.**

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



CALL FOR SUBMISSIONS & PUBLIC MEETING

ST MARYS STREETScape

Pursuant to Section 60F of the *Local Government Act 1993* Council are calling for submissions in relation to the St Marys Streetscape and the options below.

Following the closure of submissions, all submissions will be collated and available to the public for information and will be provided at the Public Meeting.

The Public Meeting will be held on Tuesday 25 September 2012 at the St Marys Hall commencing at 6.00pm.

The Submissions should address the options below and the Public Meeting will be to formally discuss the parking options for the St Marys Main Street.

The options to be considered are as follows:

(a) Adopt the parallel parking option for St Marys;

(b) Adopt the angle parking option for St Marys.

Copies of the proposed plans can be provided by contacting Council's Executive Assistant on 6376 7911 or via emailing the address below.

Submissions are invited to be lodged in regard to the two (2) proposed options by Friday 24 August 2012.

Submissions can be lodged by mail, addressed to the General Manager, PO Box 21, St Helens, 7216, email admin@bodc.tas.gov.au or fax 6376 1551.

Des Jennings

GENERAL MANAGER

Combined Probus Club of Scamander Inc.

On a chilly 9th of July the Franklins bus "hit the road". We were enroute to the Great Lake Hotel for Christmas Lunch in July. We snuggled into our granny knee rugs as we made our way to Campbell Town for morning tea. After morning tea we headed towards the mountains. The weather threw every thing at us, fog, rain and even a little sunshine.

"It's a long way to go for a feed," quipped one of the members, a short way from our destination.

The time spent traveling was definitely worth having to get up so early on a cold morning as our hosts were very welcoming and the huge fires were roaring. Our hostess Kaylene was most definitely "the hostess with the mostess".

The food was great, as was the company of the members. We lustily sang carols, and had a go at the competitions supplied by Marj.

Our hostess Kaylene judged our Christmas dress-ups, which was won by Rudolph the Red Nosed reindeer aka Pauline B. After all being given a lovely parting gift of home made sweets, we headed back home via Liawenee and Deloraine.

The weather continued to throw all seasons at us and yes we did have snow, albeit on the side of the roads.

It was certainly a great day, thanks to Barry for the organisation of the trip and to The Great Lake Hotel for their marvelous hospitality.

The guest speaker this month was Matthew Bennell, the principal of the St. Helens District High School. Many of our members were surprised at the number of students who attended the school and that school has a staff of approx 80. Mr. Bennell talked about the latest trends in education and his future vision for the school. He invited members to visit the new buildings that have recently been constructed on the school site. These being the new trade and teaching centre and the Child and Parent Centre.

During the last two months two of our members have passed away. The club offers it's condolences to their families.

Our next meeting is on the 22nd of August. If you are interested in joining our club please contact Valmai on 6372 2762.

BINGO

at the

Cornwall hall

every Monday at 7pm.

2 Jackpots \$140 & \$90.

All welcome.

Money raised going to help with renovations to the hall.

VIETNAM VETERANS DAY

Saturday 18th August 2012

The Service will commence at 11am at the Vietnam Veteran's Memorial site at the Cenotaph in St Helens.

If you wish to join our Veterans in the March, form up will be at Hilly's Supermarket at 10.50am.

You are also invited to lay a wreath for the fallen during the Remembrance Service.

Gary Graham, President V.V.A.A. East Coast.
Ph: 6372 5727.

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

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

Lundy Vosper. (Sec)

ST MARYS BAKERY

PH: 6372 2131

OPEN 7 DAYS A WEEK



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

52 MAIN ST ST MARYS.

This morning on the freeway I looked over to my left and there was a woman in a brand new BMW doing 120 kph, with her face up next to her rear-view mirror, putting on her eyeliner.

I looked away for a couple of seconds! And when I looked back she was halfway over in my lane, still working on that makeup.

As a man, I don't scare easily. But she scared me so much, I dropped my electric shaver, which knocked the meat pie out of my other hand.

In all the confusion of trying to straighten out the car using my knees against the steering wheel, it knocked my mobile phone away from my ear. The phone fell into the coffee I was holding between my legs, splashed, and burned Big Jim and the Twins, ruined the phone, soaked my trousers, and disconnected an important call. Women drivers!!

Expressions of Interest 2 Story Street St Marys

COMMERCIAL WORKSHOP
OF APPROXIMATELY 165 SQM

FLOOR PIT WITH OVERHEAD
TRAVELLING GANTRY

SEPARATE OFFICE AREA

SECURE REAR YARD

LARGE AREA FOR
OFF STREET PARKING

SUIT MANY USES

RENT/LEASE/BUY

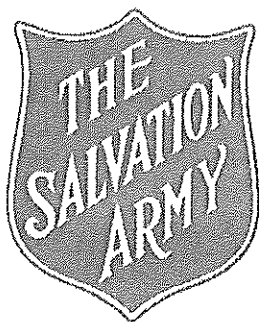
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Program consists of
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comprising of:

1. *Self-awareness*
2. *Anger*
3. *Depression*
4. *Stress*
5. *Loneliness*
6. *Grief and Loss*
7. *Creative Problem Solving*
8. *Assertiveness*
9. *Self-esteem*
10. *Goal Setting*

"...helped me to finally understand
there is more to life..."
participants comment

Positive Lifestyle Program

The program is designed to enhance participants self-awareness, so that they will gain a better understanding of personal life skills.

©The Salvation Army
Positive Lifestyle Program

FOR MORE INFORMATION, PLEASE CONTACT MEL NORTON
on 6372 2099 or 0409 838 816

OUT OF THE WOODWORK

SECRETARY - WENDY BRENNAN 6372 2094

Please keep a lookout for our trusty ticket seller Lorraine Gill. The Guild is raffling off a two seater outdoor seat. (pictured right) Tickets will be sold on Tuesdays Thursdays and Saturdays for a period of only two weeks before it is drawn. All monies are put back into our club which in turn is eventually put back into helping our community.

Many thanks to the Break O'Day Council who renewed all the old skylights on the Guild's shed. Visibility is much improved.

Guild's Home Hint: Chopsticks make great support sticks for your indoor plants which need to be propped up. They not only look decorative they are cheap to purchase and durable.

Can anyone guess the identify of this delightful little boy pictured, right, who is also a member of the Guild. Hint: he is no longer little!!

A gentle reminder that its time for membership renewal (\$20.00 full or \$10.00 social membership)

A supportive environment where traditional woodcraft skills are taught.

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)

Community Dinner at the Holy Trinity Anglican Church Hall

Approximately 35 people attended the Community Dinner at the Holy Trinity Anglican Church Hall, St Marys, held on Saturday July 21st, which was a GREAT turn out considering how cold and miserable the weather was and how much sickness there has been in the town community.

A gold coin collection was taken during the meal, and also as contribution for the meals that were packaged up as "Take Aways". In total, \$79.75 was raised to be donated to the local branch of the State Emergency Service (SES) in St Marys.

Please note that the dinner start time is 5pm for a 5.30pm serving time. Many thanks to all who come along and contribute to this wonderful evening,

EAST COAST SURVEYING
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- ☐ Buying a property?
- ☐ Planning a development?
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The St Marys Salvation Army
would like to thank the following people for their wonderful and continued support and encouragement.
Your love and kindness is most appreciated.



Bruce and Kaye Nailer
Bill and Jill Swann
David and Joanna Stronach
Don and Val Brown
Vicki Howard
Gaynor Sillman
Judy Spilsbury
Maisie Finney
Michael & Liz Hartley
Rosa Byard
Bruce & Kerrin Glatte
Stuart Kerr

"A Little Bit of Heritage"
is currently available for
\$20 from:

St Marys Newsagency

**Fingal Neighbourhood
House**

**Scamander Beach Hotel
Resort**

Barry Aulich: 6372 5752

**Launceston residents can
obtain a copy by phoning
Lois Hayes on:
6344 5785**

**Or you can order a copy by sending a
cheque or money order to:**

St Patricks Head & Esk Valley

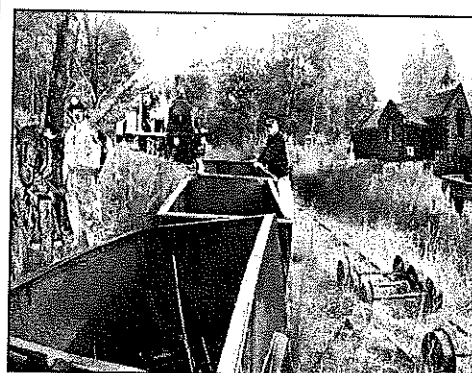
Historical Society Inc

P O Box 148

St Marys Tas 7215

A Little Bit of Heritage

Jim Haas



*A Collection of Historical Stories from Tasmania's
Fingal Valley, East Coast & Beyond*



**VIETNAM VETERAN'S LONG TAN
COMMEMORATIVE SERVICE 2012**

The St Mary's Memorial Services
Association will be commemorating
Long Tan Day at the St Mary's Cenotaph on
the 18th August commencing at 11am.

All veterans, their families, friends and
community members are invited to attend.

If you would like to lay a wreath please call
Wendy or Reon 6372 2094



Many thanks to the Hon. Dick Adams
who donated an Australian flag to the
St Mary's Memorial Services Associa-
tion for our commemorative services.

Pictured are two of our veterans,
Col Mackenzie and Bob Storey.

Photo: Wendy Brennan.

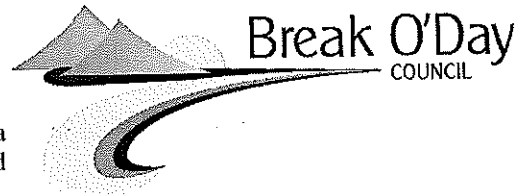
SUNDAY JOY

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.





Historic day for east coast tourism

The tourism industry along Tasmania's east coast is setting itself up for a bright future with the announcement today of the first Board members to head up the new East Coast Regional Tourism Organisation (RTO).

The skills-based board of ten which will be chaired by experienced tourism professional, David Reed, brings together a broad range of skills in tourism, marketing business and finance from across the region.

Mr Reed said it is an exciting opportunity for the East Coast and I am honoured to be a part of this new organisation.

"A regional tourism organisation covering the state's East Coast offers a strong platform to the region's tourism industry by providing an avenue for collaboration, co-operative marketing and a consolidated voice for the industry.

"It is an opportunity to identify and deliver priorities for the region and set the strategic direction to maximise the tourism potential for the East Coast."

One of the first priorities for the new Board will be to finalise the legal requirements to set up the new East Coast Regional Tourism Organisation. It is expected they will hold their first meeting soon to progress the incorporation of the new organisation. One of their other priorities will be to recruit a Chief Executive Officer to help with the establishment of the new regional tourism organisation, and to engage with the local tourism industry and communities along the East coast. The new regional tourism board is also expected to meet with council stakeholders in the coming weeks.

Local government are key partners in this new approach to tourism management and representatives from the Break O'Day and Glamorgan Spring Bay Councils will be represented on the Board.

Recognising the importance of the natural assets of the region, Parks and Wildlife Service will have an ex officio representative on the new Board, as will Tourism Tasmania.

The new Board members were chosen after an independent selection panel interviewed 12 candidates, including 4 applications for the Chair position.

The inaugural Board members for the new East Coast Regional Tourism Organisation are:

- David Reed (Chair)
- Alison Stubbs
- Margaret Morgan
- John Fletcher
- Alexandra McKeand
- Cllr Margaret Osborne OAM, Break O'Day Council representative
- Glamorgan Spring Bay Council representative
- Parks and Wildlife Service (ex officio)

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Scamander Tas 7215

**Surf Coast Realty is an independent and locally owned Real Estate,
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Alternatively, to view our comprehensive list of properties for sale, sold properties or testimonials visit:

www.surfcoastrealty.com.au



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Dane Cumming
Property Consultant
Mob: 0419 630 019



Janette Cumming
Property Consultant
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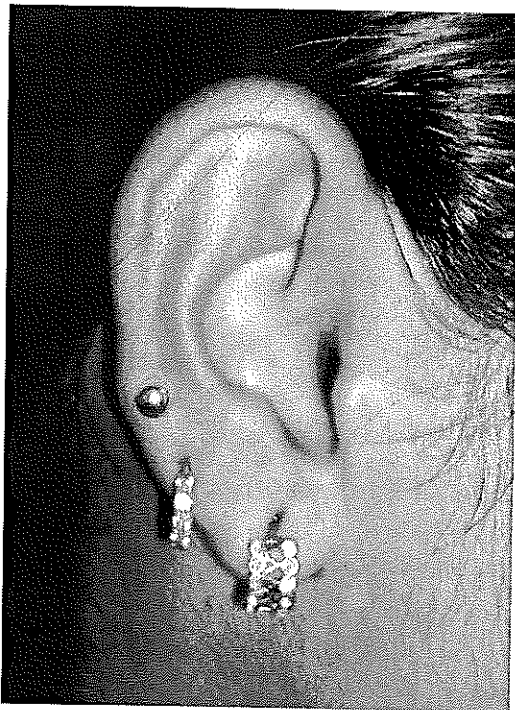
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Ear Piercing

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Community Dinner

HOLY TRINITY

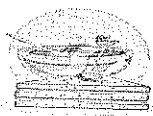
ANGLICAN CHURCH HALL, ST MARYS

Saturday 18th August 2012

5.00 for 5.30

Sparkle your way into Spring by sharing

Soup and Sandwiches

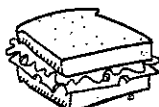


Please bring a plate of sandwiches

or a dessert to share

Gold coin donation

RSVP Barbara on 6372 2428



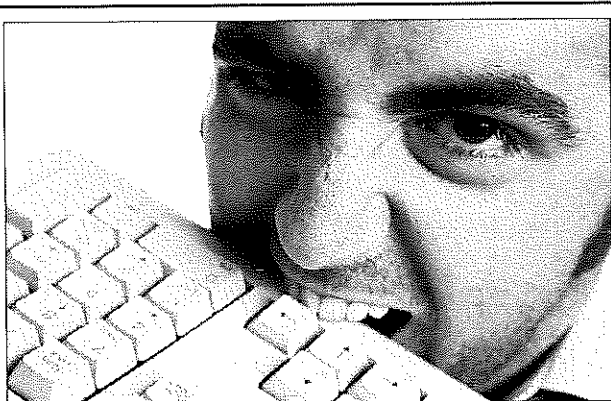
Calling all Artists and Craftspeople

**We are reopening
The Golden Gate Gallery
at Mathinna on
1st September, 2012**

and looking for quality Art and
Craft work from The Fingal Valley/
East Coast area.

We are committed to providing an
exciting outlet for Tasmanian Artists
and Craft makers to exhibit and sell
their work on a commission basis.
for further info:

**Ph Linda: 63771288
or Carlyne 63771143**



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LIBERAL RECOMMITTS \$400M TO MIDLAND HIGHWAY UPGRADE

The Coalition's plan to upgrade the Midland Highway would help to reinvigorate the Tasmanian economy as well as fix a national infrastructure disgrace.

Federal Liberal candidate for Lyons, Eric Hutchinson, has welcomed Coalition Leader Tony Abbott's Midland Highway recommitment of \$400 million over 10 years, announced in Launceston last week.

"The condition of the Midland Highway is deteriorating and Tasmania needs a long-term state-building plan to upgrade it to four lanes," Mr Hutchinson said.

"In addition to improving highway safety, the project would generate much needed jobs, inject wealth into communities along the road and drastically improve road freight productivity."

Mr Hutchinson said Labor's piecemeal patch-up plans were not a solution, rather another example of their incompetence and failure to get things done.

"It's high time Federal Labor MHA for Lyons, Dick Adams, stood up for Tasmania and his constituents by lobbying his Labor colleagues to match the Coalition's commitment," Mr Hutchinson said.



Federal Liberal candidate Eric Hutchinson and Liberal Leader Tony Abbott. Photo taken at Agfest in May 2012.

STARFM

Program Guide



	Mon	Tu	Wed	Th	Fr	Sa	Su
Brekkie	Toast and Jam with Mary-Anne	Brekky with Mary Anne	"Wake up" with Bobster	Bob's Breakie Show	Bobs - Friday Breakfast Show	Saturday Morning Show with "Corfe"	Chuckers Sunday
Morning	RFM On Star FM	Have a Hoot with SKOOT	Starry Starry Morning The Trace Element	The Morning Show with "Harpo"	Classic 60's Music Mix	Jiving with JeannyMaree	
Arvo	In the mood with Laurelle	Jeanny-Maree 's 2 for Tuesday	Your host with the "Most" Terry Post	Around the world with Tim	Friday round-up with RFM	Colin's History and Mystery Music	In the Mi with The Element
Late afternoon	Shut up and Drive with the "Element"	After School with Neesha and Chloé	Drivin' with Damo	In the back seat with Angela	Hot Hits with The Jackster		Dave's Blues Mix
Eve	Mellow Monday's with Roger	Neville's Country Corner	Mary Anne's Thanks for the Memories	Thursday Night "LIVE" with "Chucker"	Marc's Boiler Room	Brians Party Mix - til late	
	DrSax with Roger	and more			Party With Jeanny Maree		

Adding to the prestigious list of businesses supporting the arts

Inside my Skin

further finds itself in the company of

Main Street Clothing, St Marys and

Birchalls: Books, The Mall, Launceston

www.insidemyskin.com

Rae & Partners

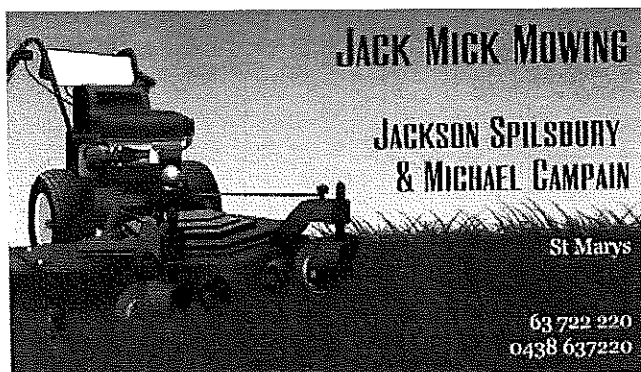
Lawyers Barristers & Solicitors

Visiting :

St Marys Community Health Centre

Alternate Tuesdays : 9 am – 10 am

Ph: 6337 5555 For appointments.



JACK MICK MOWING
JACKSON SPILSBURY & MICHAEL CAMPAIN
St Marys
63 722 220
0438 637220



www.fingalvalleyhistory.com

ST PATRICKS HEAD & ESK VALLEY HISTORICAL SOCIETY INC.

Annual General Meeting

Will be held at the St Marys Online Access Centre,
23b Main St, St Marys on
Wednesday the 15th August 2012 at 3:00 pm

**ALL MEMBERS AND INTERESTED PEOPLE
ARE MOST WELCOME TO ATTEND.**

Jim Haas, Public Officer



St Marys Association for Community Development Inc

Annual General Meeting

Will be held at the St Marys Online Access Centre, 23b Main St,
St Marys on Friday the 24th August 2012 at 11.00 am

**ALL MEMBERS AND INTERESTED PEOPLE ARE MOST
WELCOME TO ATTEND.**

Jim Haas, Secretary

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.

BREAK O'DAY REGIONAL ARTS

upcoming events & courses

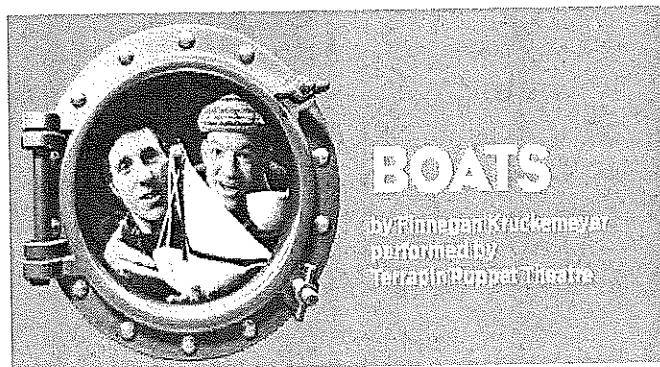
AUSTRALIAN CHAMBER ORCHESTRA

ACO₂

Australia Chamber Orchestra Youth Section
Wednesday 10th October "Portland Hall, St Helens"
Thursday 11th October "St Marys School"

Terrapin Puppet Theatre

Community Hall, St Marys
Wednesday 31st, October 2012
More details for both events soon
Phone Sue 63722512 for more information



"Creative Writing Workshop"

A series of four creative writing workshops with the emphasis on short stories.

"Telling Lies For Fun or Profit"

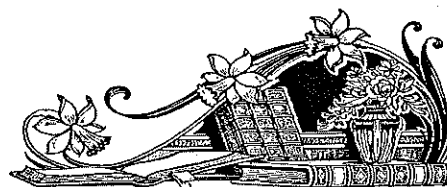
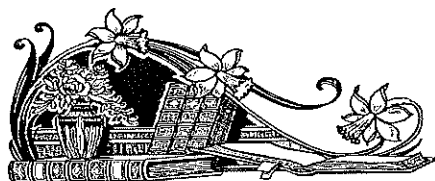
Whether you've never written fiction but would like to start, or you're an experienced writer looking for a few helpful hints, there will be something for you.

The workshop will be conducted by **Bill Greer**, who has **TAFE Tasmania** qualifications in **Professional Writing and Editing** and has had short stories and articles published in magazines around Australia.

Venue will be the Supper Room, Community Hall, St Marys
12.30pm to 2.30pm - 13th, 20th, 27th Nov and 4th December

Cost \$20 for full course Bookings required

Phone Sue 63722512 for more information



Still time to book in to **"BASKET MAKING FROM THE GARDEN"**

SUNDAY 12th August 9am to 4pm Cost \$15 (Please bring lunch)

Venue "Vortex Healing Centre" Dalmaine Road, Gray

Tutor - Helen Napier. For more information Phone Robina 63722022

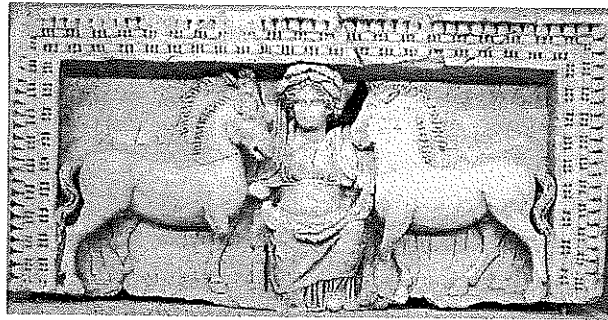
Break O'Day Regional Arts Annual General Meeting

4pm Wednesday 5th September 2012 @ e.ScApe cafe, St Marys
All Welcome, for more information phone Rod Corfe 63722444

Community Action Program

~EPONA ON THE EAST COAST~

ENHANCING WELLBEING FOR WOMEN THROUGH
CONTACT WITH HORSES



11 AND 12 SEPTEMBER 2012
SUNCOAST PONY CLUB GROUNDS,
WALKER STREET, ST HELENS
10 AM – 4 PM

Epona on the Coast is a 2-day program for adult women who are experiencing stress in their lives. Did you know that interaction with horses can have a deeply moving and healing effect and may help you to handle difficult situations or fears better.

The program provides an opportunity to:

- Enjoy the benefits of being in the presence of horses.
- Learn more about ourselves and our relationships with others
- Develop character strengths

This is not a riding or 'horsemanship' program. There is no need for you to have any prior riding or handling knowledge experience as you will be guided by experienced and highly trained facilitators.

Cost \$10— Bookings essential as places are limited.

RSVP 10th August 2012

Transport may be provided.

For Further details contact Cindy King at 0407247189

Or

Trish and Kathy at Healthy House 6376 5242

Or

email admin@healthyhouse.org.au

Funding is provided by the Australian Government Department of Health and Ageing
under the Rural Primary Health Services Program.

Community Action Program



TAI CHI CLASSES



Practising Tai Chi may improve flexibility, muscle strength, increase heart/lung activity, align posture, improve balance and integrate the mind and body. Would you be interested in attending Tai Chi Sessions regularly in your area? If so, please contact Kathy or Trish at 6376 5242, The Community Action Program, Healthy House.

Are you interested in becoming a Tai Chi Instructor?

Would you be prepared to volunteer your services? If so we would like to hear from you. Community Action Program are inviting interested community members to attend a Tai Chi Instructor/Leader Training Workshop.

For further information please contact Trish or Kathy at Healthy House 6376 5242 or email admin@healthyhouse.org.au.

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

Community Action Program

COMMITTEE TRAINING WORKSHOP

Are you on a committee or thinking about joining one but would like to know more about how committees work? You may be interested to know that following requests from community members the Community Action Program are planning a series of workshops that will include Roles & Responsibilities of Committee Members and Governance Training Workshops in the Break O'Day Region.

Please note that Community Support Officers can ensure that training is provided to suit the needs of individual groups and community members. To register your interest in attending these upcoming workshops or further information please contact :

Trish or Kathy at Healthy House 6376 5242
or email admin@healthyhouse.org.au.

Funding is provided by the Australian Government Department of Health and Ageing under the Rural Primary Health Services Program.

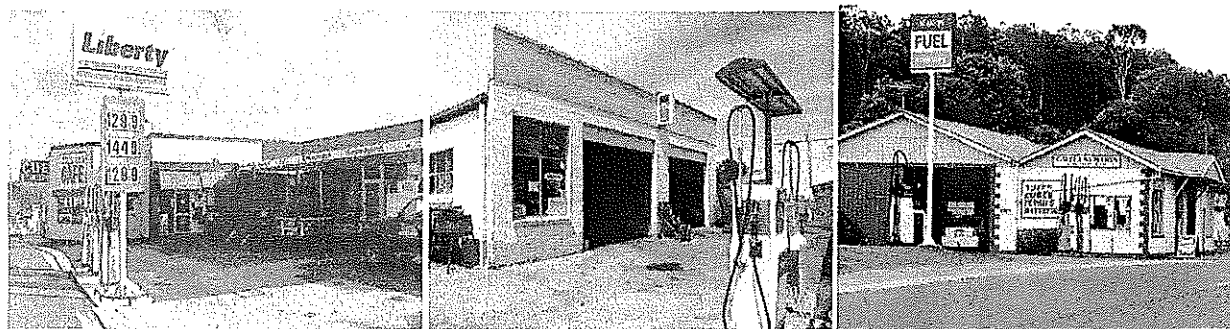
Valleys of Adventure

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

GREATER ESK TOURISM

Greater Esk Tourism Annual General Meeting
is to be held Monday 10th September 2012
7pm at the Fingal Valley Neighbourhood House, Fingal
All welcome

The next Ordinary Meeting is on Monday 13th August - again, all are welcome.
Please come along and support us to support you. Let us know what you would like to see happen in our region.
We have both the Break O'Day and the Northern Midlands Councils on board so we can achieve dreams.



Avoca, Fingal and St Marys are served well by their local Service Stations, although the prices have gone up since the Avoca picture was taken. Support your local Service Station as we can't afford to lose them.

Significant advances for Tourism

- The Heritage Highway Association and the Northern Midlands Business Association launched the **Heritage Highway smart phone App** on 25th July the smartest new thing to happen to tourism in Tasmania. Download it for free and explore Heritage Highway businesses.

- The Break O'Day Council have launched the Break O'Day Tourism Development Strategy 2012 - 2017

Exciting times in a beautiful region

A fantastic **Bread-making workshop** was held at Avoca on Saturday

22 participants enjoyed making bread, rolls and sour dough.

Have fun at a Laughter workshop and *de-stress* at the **Health and Well-being Day** August 17th at the Avoca Museum and Information Centre



Photographic Competition 2012 *The Seasons in the Valleys*

\$250 will be awarded to the winner and the People's Choice Award will receive \$100, judged by Owen Hughes.
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**. The finalists will have their photos displayed at Purple Possum in St Marys. You may enter as many images as you wish. A \$5 entry fee for each digital image is required.

How to enter

Send your completed entry form, images on CD and total entry fee to: Louisa Rhodes GET Photo Competition, PO Box 43, Fingal TAS 7214, **OR** you can email your entries (correctly named to correspond with the entry form) to louisa.rhodes@ecpc.com.au

Tasmanian Women in Agriculture South Esk group
Campbell Town Health and Community Service



Avoca Museum and
Information Centre
Old School Building
AVOCA TASMANIA 7213



INVITATION

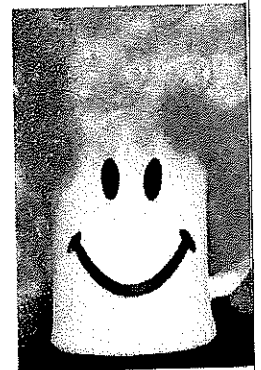
Health and Well Being Day - AVOCA

Friday 17th August 10:00am
Avoca Museum and Information Centre

\$5.00 per head
Morning tea and soup and scones for lunch

Come along ready to relax, LAUGH, create and enjoy the fun

RSVP Mary (03) 6385 2002 (leave a message if no answer) or gippscreek@skymesh.com.au



Market Day - AVOCA

Saturday 11th August 9:00am to 2:00pm

At the Avoca Memorial Hall

Stall \$10.00

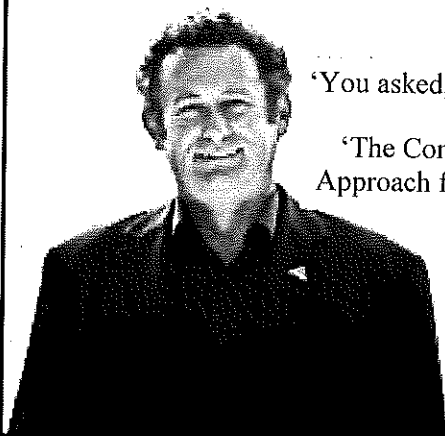
Contact Mary 63852002 or Steve 63842188 to book a stall

Free App to guide you
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Find activities, accommodation & everything you need
exploring our region.

www.heritagehighway.com.au

Tim Morris MP

Tasmanian Greens Member for Lyons



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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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Lindsay & Diane

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

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St Helens

Chapel:

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St Helens

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



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.

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Fax: 6372 2822 Mob: 0419 503 109

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 Non Urgent Number **131 444**
 Urgent and Life threatening **000**
 SES (Flood & storm only) **132 500**
 Fire **000**



Dick Adams MP

Federal Member for Lyons

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

53B Main Road

PO Box 50

Perth, Tas 7300

Ph 6398 1115

58A High Street

PO Box 271

New Norfolk Tas 7140

Ph 6261 3366

Toll free 1300 132 689

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



**WORKING WITH YOU FOR A
 STRONG COMMUNITY**

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

Ransley's Appliance Service

P O Box 136

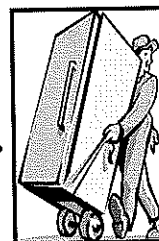
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FREE LEGAL LITERACY ON TUESDAYS 11 TO 4- OPEN TO
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NEED HELP WITH READING, WRITING, OR MATHS ? -
 HELP AVAILABLE IN THE VALLEY - FREE LITERACY
 PROGRAM - PHONE - 6374 2344 TO ENQUIRE....

VOLUNTEERS NEEDED - HOW ABOUT DRIVING FOR THE
 HOUSE ON A CASUAL BASIS? WORK IN THE OP SHOP?
 DESIGN A PROGRAM? GREAT TO SATISFY CENTRELINK
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PLEASE PHONE OR POP IN AND SEE DEB...

6374 2344 OR 0488 562 538

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Valley and Coast Hobby Craft and Arts Guide.

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

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

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

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

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

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

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

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

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

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

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

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

SHOP LOCALLY AND SAVE

Remedial Massage and Naturopathy
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0418 515 419

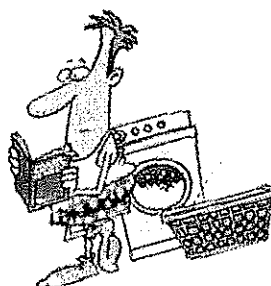
The Valley & East Coast Voice Guidelines.

- Opinions in any letters published are not necessarily the views held by the editor and voluntary workers.
- Our pages will remain open to fair and honest criticism, so that on all questions, both sides may be presented, but any letters containing personal attacks or hinting at libel or slander will not be accepted. Stick to the issue rather than making personal attacks.
- Please do not attack the editor, the paper or the authors of previous letters.
- Letter writers will be given the chance to respond over a suitable period of time, but anonymous and/or nom-de-plume letters received as from 11-02-10 will not be published. Subjects may be closed at the editor's discretion.
- Please make sure of your facts. Do not write letters just to let off steam. Letters most commonly published are those that have bearing to current community issues.
- Keep letters short, simple and to the point. Letters are restricted to 300 words or less.
- The Editor reserves the right to edit your letter for grammar, spelling or reduction in size where necessary.
- All letters arriving by post must be signed, including a printed name and also contain your contact details, such as full name, address and phone number.
- All letters sent by email must contain your contact details, such as full name, address and phone number.
- All letters left at drop-off points must have a signature, plus a printed name and also contain your contact details, such as full name, address and phone number.
- Do not be discouraged if your letters don't get published. Whilst each submission is reviewed on its own merits, we generally receive more letters than we have space available.
- The Valley & East Coast Voice reserves the right at all times, without notice, to update, change or amend our guidelines. Whilst we value & welcome community letters, The Valley & East Coast Voice does not provide specific feedback regarding any decision made not to publish a submission.

CLEAN CRACK LAUNDROMAT

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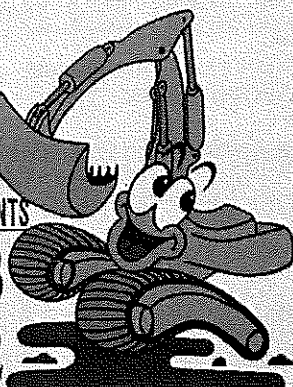
Winter trading hours:
7am - 5.30pm (ish)
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6372 2099

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6372 5745

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YOUTH HOSTEL

SEAVIEW FARM (GERMANTOWN) 6372 2341

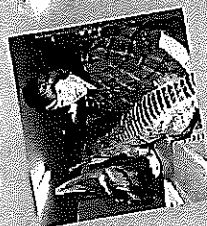
Work Experience 2012

This year our 10's have worked really hard to prepare themselves to go out to work in the wider community for a week and experience what it is like to work in an area that they are interested in and find out what is involved. This is a vital experience for students to further their knowledge and confidence around what is needed to prepare them to continue on. In preparation students spent many weeks learning about O.H & S, Resume` writing, work- place ethics, communication skills such as making phone calls to the work place. Certain students participated in completing their White Card which is Working Safely in the construction industry. This is some comments from students and highlights from their experiences.

Sally Johnson

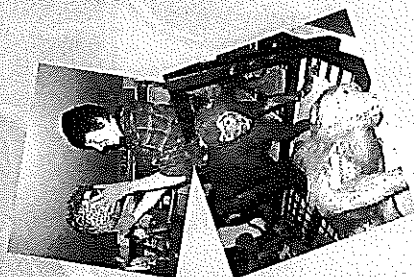
Stephan Harvey:

Stephen at Frontline organising music functions around Launceston.



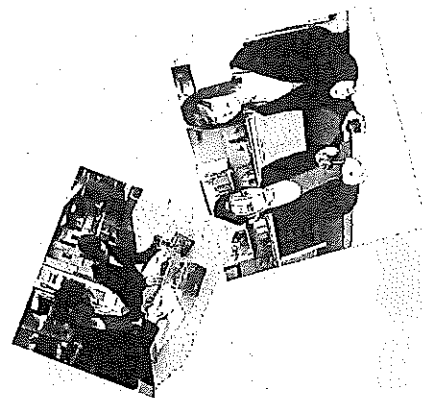
Jack Greenwood:

Jack at the Launceston Arts and Museum. Archiving our precious animals.



Bonnie Payne & Chloe Bond:

Bonnie and Chloe in the arts area at Newstead College. The girls worked in arts/photography and drama.



AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
				10TH AUGUST ◇ Launching into Learning—Fingal Campus 9.30am - 11.00 am
13TH AUGUST ◇ Active After School P-3 ◇ Rock Challenge	14TH AUGUST ◇ Student Banking ◇ Rock Challenge	15TH AUGUST ◇ Active After School Gr 4-8 ◇ Gr 10/11 Transition Day - St.Helens	16TH AUGUST ◇ Stepping Stones - St.Marys Kinder 1.00pm—2.00pm ◇ Launching Into Learning—St.Marys 10.30 am—12.00pm	17TH AUGUST * Launching into Learning—Fingal Campus 9.30am - 11.00 am * REPORTS HOME * PY10 Snow Trip
20TH AUGUST ◇ Active After School P-3 (Final) ◇ Arts on Tour ◇ Book Fair	21ST AUGUST ◇ Student Banking ◇ Arts on Tour ◇ SCHOOL ASSOCIATION MEETING - FINGAL CAMPUS 7.00PM ◇ Book Fair	22ND AUGUST ◇ Active After School Gr 4-8 ◇ Winter Sports ◇ Arts on Tour ◇ Book Fair	23RD AUGUST ◇ Stepping Stones - St.Marys Kinder 1.00pm—2.00pm ◇ Launching Into Learning—St.Marys 10.30 am—12.00pm ◇ Arts on Tour ◇ Country Gold Carnival ◇ Book Fair	24TH AUGUST * Launching into Learning—Fingal Campus 9.30am - 11.00 am * Country Gold Carnival * Arts On Tour * Book Fair

Above calendar is correct at time of printing For regular updates and other information please go to the school website:-

www.schools.education.tas.gov.au/stmarys

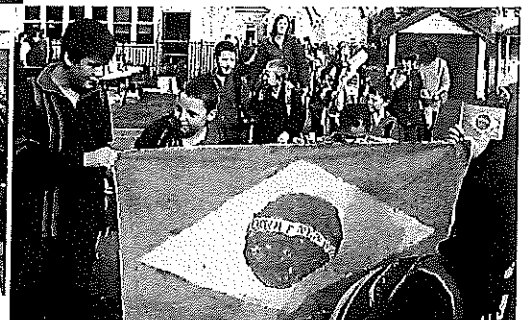
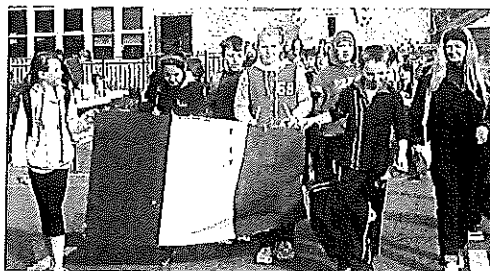
Primary Mini-Olympics



On Friday 3rd August all K-6 primary students from St Marys Campus, Fingal Campus and Avoca Primary School met at the Fingal School to participate in the Fingal Valley Mini Olympics.

Students were split into 10 country teams—New Zealand, Brazil, Japan, Great Britain, Russia, China, USA, Kenya, France and Canada.

Lots of fun was had by everyone, with popular events including badminton, soccer, footy targets, gumboot throw, golf putting, equestrian, totem tennis and the infamous sock wrestling!



ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

• Dr Latt 8/8/12— 17/8/12

• Dr E. Reeckman
9 & 10 August 2012
Women's Health Clinic

For appointments phone: 6372 2111

SCRIPTS AND DOCTORS APPOINTMENTS

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

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 **1 week in advance as of 8/08/12**

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

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 15th August 2012

HEALTHY BONES WEEK

19-25 August 2012

See the back of this page to join our Healthy Bones Competition. A 'Healthy Bones Dairy Pack' is on offer for the winning entry.

Drawn on 28th August at the St Marys Community Health Centre. Dairy Pack has kindly been donated by St Marys IGA.

FLU SEASON REMINDER

Catch it, Kill it, Bin it!

Remember that washing hands regularly is the best prevention.



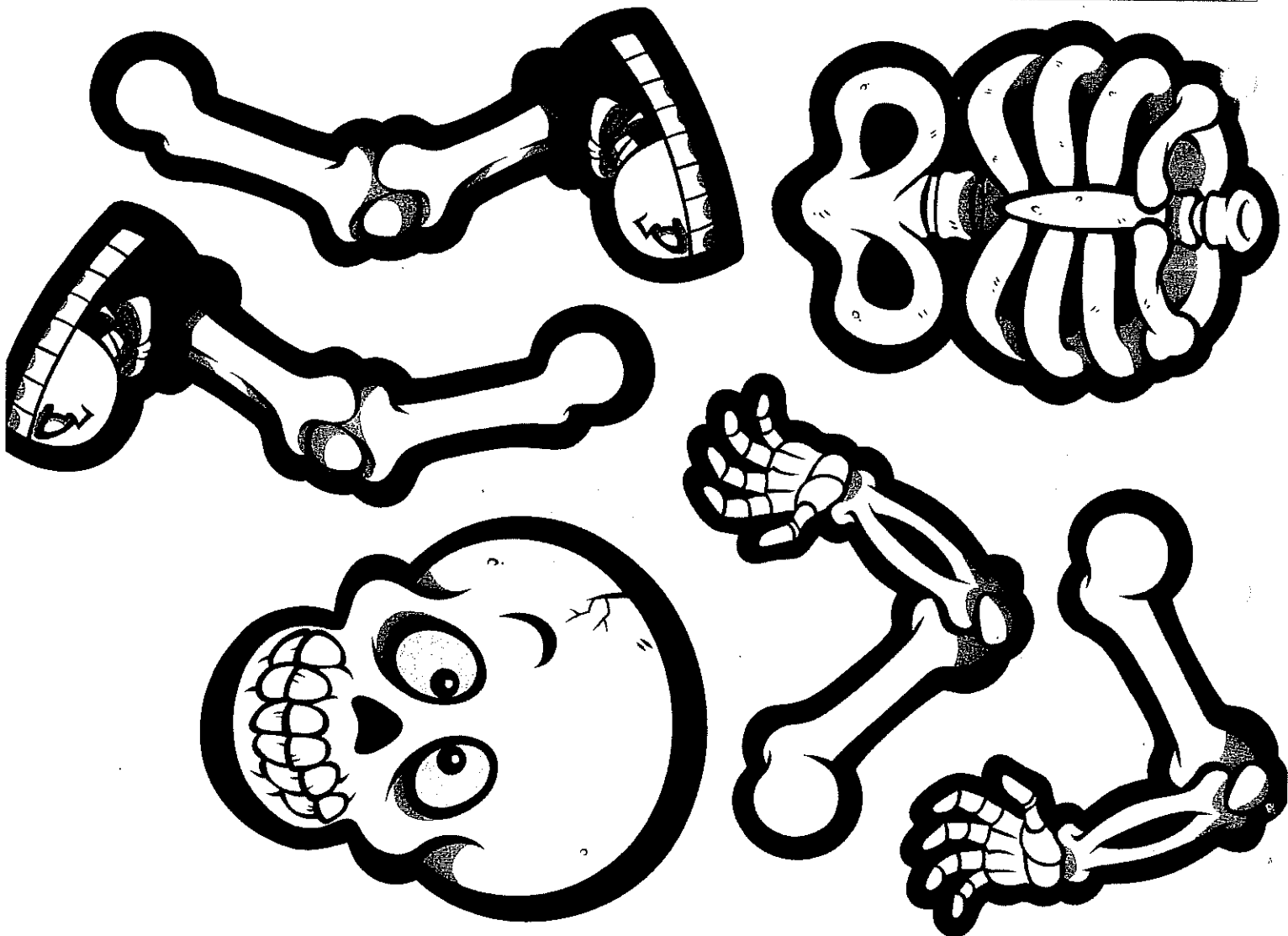
The St Marys Community Health Centre is a
SMOKE FREE SITE!

HEALTHY BONES WEEK 19-25 AUGUST 2012

Help put Mr Skeleton back together again!

- Cut out the skeleton pieces and stick him back together
- Answer the 3 questions on this sheet to do with healthy bones
- Attach your answers, your name and phone number to your skeleton and *return to the St Marys Health Centre* by Friday 24th August.
- Go in the draw to win a 'Healthy Bones Pack'. The Prize Pack will be drawn on Tuesday 28th August 2012.

* Hint: the answers to the Healthy Bones Questions are on the Health Promotion Board in the Reception area of the St Marys Health Centre



Please attach to your Mr Skeleton before returning to the Health Centre

Healthy Bones Questions:

1. Name 3 foods good for healthy bones? _____
2. What is the best source of Vitamin D? _____
3. What is the name of the Mineral that is good for healthy bones? _____

Name: _____

Phone number: _____

MEALS ON WHEELS ROSTER

August		St Marys	Fingal
Monday	13th	Ruth Aulich	Neighbourhood House
Tuesday	14th	Lorraine Gill	
Wednesday	15th	Liz Rice	
Thursday	16th	Yvonne Salter	
Friday	17th	Hannah Rubenach	Neighbourhood House
MOW Contact		Phone:	0488 384 344
Monday	20th	Pam Lynch	Neighbourhood House
Tuesday	21st	Pam Bretz	
Wednesday	22nd	Lorraine Gill	
Thursday	23rd	Yvonne Salter	
Friday	24th	Drew Adam	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 5.00pm
Bicheno L/W 9.00am
Fingal 11.30am

2nd Sunday: LITURGY

St Helens Vigil LWC 5.00pm
St Marys LWC 9.00am
Bicheno LWC 9.00am
Fingal LWC 9.30am

3rd Sunday: MASS

St Helens Vigil 5.00pm
St Marys 9.00am
Fingal 9.30am
Bicheno 9.00am

4th Sunday LITURGY

St Helens Vigil 5.00pm
St Marys 9.00am
Bicheno 9.00am
Fingal 9.30am

5th Sunday LITURGY

St Helens Vigil 5.00pm
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

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 & Social Club News

Golf: Firstly to the Spilsbury Trophy, a field of 12 golfers enjoyed the 18 hole competition on Saturday 27th of July, headed by John & Steve Spilsbury who made the trip from Burnie & Launceston respectively to compete on the day. A chance for a few of us to catch up on news from the "Good Old Days", and have a hit. Thanks also to May Cook, Kenny Conroy & Leslie Kelloway who made the trip up the pass to compete and make the competition worthwhile. Congratulations goes to Barry Harrison for taking out his second trophy on a count back from Bobby Harwood who posted an identical score off the stick. It must be said that most competitors were a little rusty on the day but there is a chance to brush up on the skills in the coming weeks. Noticeable absentees on the day were Rod Spilsbury, who got his thumb jammed in Jenny's purse clip and Lethal Leigh who was recovering from a slight bout of pneumonia, maybe next year chaps. Thanks again to all the Spilsbury families who donated some magnificent trophies on the day, well appreciated by all.

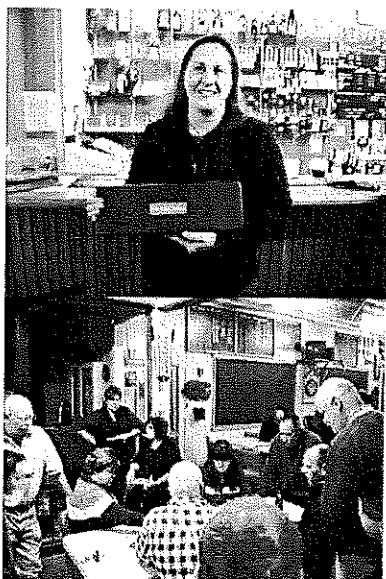
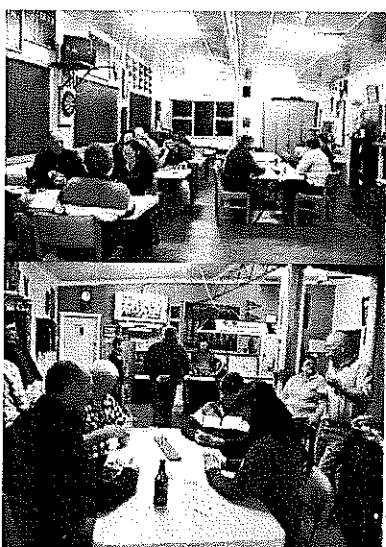
A great chance to advertise a junior golf clinic in warmer months, an idea of Leigh Spilsbury to get a few parents and kids involved in golf on a Sunday afternoon followed by a BBQ on completion. This will be a good avenue to increase the golf numbers at the club and have a great day. Keep an eye out for details. Don't forget ladies, to call Bobby Harwood on 6372 2445 for a hit and some coaching mid-week, it would be nice to see you on the course.

Course Maintenance: This Saturday August the 11th, Southern Turf will be on the course to vertidrain the golf greens, whilst this can be handled by the volunteer course staff, on Sunday the 12th, the bowls green will get the same treatment and a top dressing. This will require the assistance of a few helpers to shovel a little sand into the machine, so if you can spare some time on Sunday morning at 8:30am, please come along and assist if you can. A BBQ and refreshments will follow.

Fund Raising: Last Saturday, the die hard crib fanatics enjoyed another night of tense competition and despite the reigning World Champs Paul & Barb declaring themselves "Odds On" after some early wins, they lost a crucial couple of games late, to finish out of the medals. Perennial bridesmaids Damon & Liz again made the finals but were no match for Daffy & Janice who took out first place and now have bragging rights. Bobby's Cocktail Lounge was a hit with patrons and the usual food fare was enjoyed by all. Keep an eye out for the next singles competition.

The magnificent crib board which was donated by Garry Vulich of Finewood Studios was drawn later in the night and won by Tamatha Mahoney. Thanks again to Garry for his wonderful prize which made the club some valuable fundraising dollars.

Hope to see you at the club.



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 9 August - Wed 15 August)

from the butchery

Legs of lamb	\$10.99kg
Ingham Gourmet chicken portions	\$ 4.99kg
Nicholls 6 legged chicken	\$ 4.75kg
Beef stirfry strips	\$ 9.99kg
Lamb loin chops	\$13.99kg

from the coolroom/freezer

Ingham chicken breast nuggets 400g	\$4.99
P/West beer battered flathead fillets 435g	\$4.75
Bega cheese super slices 250g	\$1.79
Mainland cheese 250g	\$3.69
Duck River butter soft 375g	\$3.69

from the shelves

Campbells Real stock 1lt	\$2.89
Fab Ultra laundry powder 2kg	\$5.49
Safe toilet tissue 12pk	\$2.69
Kelloggs corn flakes 380g	\$1.99
Baxters canned soup 415g	.99c

next week's specials

(available from Thurs 16 August - Wed 22 August)

from the butchery

Rump steak	\$10.99kg
First grade beef mince	\$ 8.99kg
IGA corned silverside	\$ 6.99kg
Ingham chicken kebabs 450g	\$ 7.99ea
IGA chicken thigh fillets	\$10.99kg

Taste Tasmania

Foster Clark's UMT custard 1lt	\$2.89
Foster Clark's snack pack 2pk	\$1.99
Cripps Master muffins 6pk	\$2.99
Tamar Valley Greek yoghurt 6pk	\$5.99
National party pie range	\$4.79

from the shelves

Palmolive dishwashing liquid 500ml	\$1.99
Nestle Milo 450g	\$4.99
Gravox gravy mix canister 120/140g	\$1.99
Jiffy fire lighters 24pk	\$1.99
Arnotts assorted creams 500g	\$3.99

• NOW BACK IN STOCK - SODA STREAM
REPLACEMENT GAS CO² BOTTLES

Calling All Bowlers!

Don't Forget the Bowls Meeting
This Friday 10th of August at 7:00pm.
At the Sports Centre.



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