

The Valley & East Coast Voice

Est. 1968

Volume 45 No. 9, Thursday August 23, 2012.

50 cents

50 years

Congratulations to Sister Lorraine Groves

50 years of life, given to the Missionary Sisters of Service.

A mission founded in Tasmania by Father John Corcoran Wallis.

The story of the Missionary Sisters of Service began in 1933 on Bruny Island. A mother asked a young priest, Fr John Wallis, who was visiting her family: "Father, why can't we have sisters to teach our children? Doesn't anyone care about us people in the bush?"

On the 8th July 1944 in Launceston, the first four women came together: Gwen Morse, Monica Carroll, Kath Moore and Joyce O'Brien. Later that year they were joined by Valerie Casey and Agnes Ryan.

This courageous group of women became the foundation of the community of Missionary Sisters of Service.

And several years later a young lady, Lorraine Groves, was called to give her life to God and the people.

Sister Lorraine has now been in the Religious profession for 50 years. It has been 50 years where she has seen many changes, and has been, as there Motto says, traveling "Into the Highways and Byways". Into many parts of our wide and varied continent, attending to the pastoral needs of people.

Probably the greatest change that some of these girls have had to face is being in charge of a parish, brought about, because of the shortage of priests.

**Congratulations Sister. Now for the next 50.
From the People of this Community.**

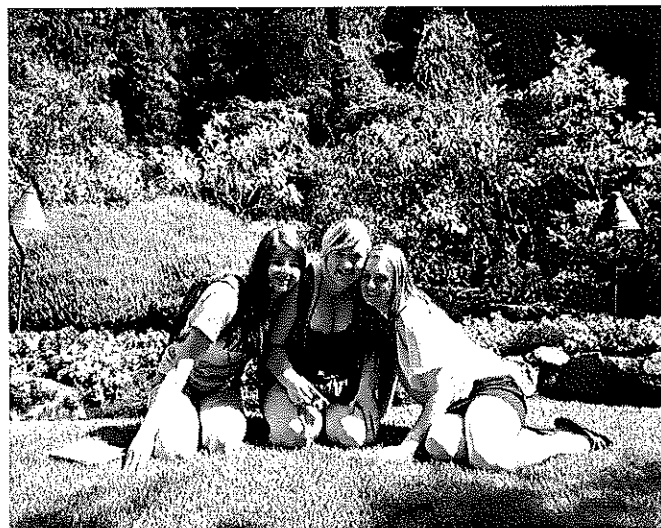


Sister Lorraine Groves

Travelling to parts unknown

Three St Marys 20 year olds, Fern Menogue, Allie Spilsbury and Emma Spilsbury, (pictured right) recently embarked on a working holiday to Canada.

Arriving in Vancouver last Tuesday, they have been sight-seeing, visited Vancouver Island, whale watching, etc., and are now in Whistler, where they are hoping to get some work. If there is no work there, they are going on to Banff, where the weather will be much cooler as there is often snow on the ground year round. (it has been 35°C in Vancouver). Hope to report more of their travels in further editions.



Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday September 4, 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. meet in the Cornwall Hall on the first Tuesday of each month at 7 p.m. All Cornwall residents are encouraged to attend. Enquiries to **Wendy Dawson on 0403 430 452.**

St Helens Alcoholics Anonymous (AA) Wednesday 8pm Weekly. St Pauls Anglican Church Hall, St Helens. Murdoch **6376 3335.**

St Helens Al-Anon Family Group (Al Anon) To help families and friends of alcoholics recover from the effects of the living with the problem drinking of someone close. Sunday 2pm weekly. St Pauls Anglican Church Hall St Helens Anne or John **6376 4270** or Rose **6376 3335.**

St Marys Alcoholics Anonymous (AA) Friday 8pm Weekly. Holy Trinity. Mick & Shirli: **6372 2909.**

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

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

Tasmania Valleys of Adventure

AVOCA - ROTAL GEORGE - ROSSARDEN - FINGAL - MANGANA - ZATHRINA - 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 1 market left for this year!
16th September.

Stallholders Market Inc.

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

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



St Marys Market

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

New stall holders welcome.

Phone Robina 03 6372 2022 or Sue 03 6372 2512

BINGO

at the

Cornwall hall

every Monday at 7pm.
2 Jackpots \$120 & \$100.

All welcome.

Money raised going to help with renovations to the hall.



For sale

Classifieds

For sale

Steam Mop Bissell. Very good condition. Paid \$169. Sell \$30. Ph: 0408 519 373 or 6372 5486.

Sigma sedan, automatic, reg until Nov. Power steering, air conditioning. A gift at \$600. Ph: 6377 1114.

2006 Subaru Forester, 84,000kms 5 speed manual, rego 12th month 2012. Good tyres. In good condition. \$17,500 neg. Ph: 0499 742 178.

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.

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.

GIVE AWAY - PIGS

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

St Marys Hospital Auxiliary AGM.

The St Marys Hospital Auxiliary wish to advise that the **Annual General Meeting** will be held on **Monday 3rd September** prior to the general meeting at 2pm at the St Marys Medical Centre.

General discussion and election of Officers for ensuing year.

New members most welcome and definitely needed.

Kevin,
Sec.

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)



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

WANTED TO BUY

20' SHIPPING CONTAINER
IN GOOD CONDITION.
PH: 6372 2195

WANTED

DVD PLAYER, GOOD WORKING ORDER ONLY.
PH: 0428 207 489.

Wanted to buy

Exercise bike in good condition.
Ph: 0437 227 123

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

Frozen blueberries - \$11 kilo Phone 6372 2341.

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

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

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.

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

Annual General Meeting

On Wednesday the 15th August 2012, the St Patricks Head & Esk Valley Historical Society Inc held their AGM at the St Marys Online Access Centre.

The meeting was well attended and the following people were re-elected to the executive:
Barry Aulich – President, Darlene Wright – Vic-President, Lois Hayes – Secretary and Jim Haas – Treasurer/Public Officer. Committee Members are: David Brewster, Toni Brewster and Henry Biggelaar

President's Report

Dear Members & Friends,

(Collation & Preservation) of the history of our district, that is what we are about.

This has been done by having bi-monthly meetings, with walks of interest on alternative months.

With Henry as our walk's leader we were able to have walks to Jubilee Mine workings and a walk, or as it was described as a marathon, around Fingal Township.

Then there was a very well organised walk around Falmouth with the ever capable Tim Mc Manus, the longest residing Falmouth resident of latter times.

Last year I was able to report that the book "*Convicts of the Fingal Valley*" was now in circulation. Well this year I am pleased to say that Jim Haas has produced another book "*A Little Bit of Heritage*" and whilst at this point we have not had a launch, it is selling well. It is for sale in various places, including the St Marys Newsagency, for \$20 a book.

Some of our researchers have had a busy year trying to unearth information for people who can't find just what they think that they should be able to find. All very interesting stuff, indeed.

I would like to thank all our members and those who have joined us on walks, for making our Society a very good and interesting group in which to participate.

Here's hoping we have another great year ahead.

Barry Aulich

Treasurer's Report

Jim Haas reported that due to excellent book sales from "*Convicts of the Fingal Valley*" the Society finished the year in a good financial situation. This enabled us to print our second book "*A Little Bit of Heritage*" and purchase more research material for future publications and preservation of our history.

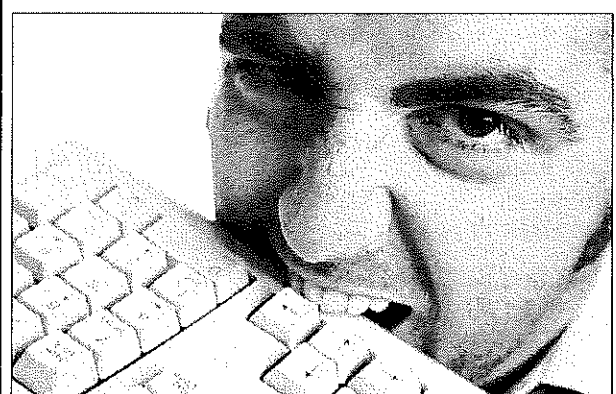
Jim moved that the subscriptions for 2012/2013, which are now due, remain the same at \$10 per member, or \$15 per family.



Here's one St Marys resident who can't wait for spring. Photographed in her garden last week, Gail Brown is hoping for an early spring so she can work in her garden in the sunshine.

Lets hope she gets her wish.

Photo: Wendy Brennan.



Computer Trouble?

- 15 years experience
- Home & business
- Hardware & software
- Websites & email
- Windows, Mac, Linux
- ADSL, WiFi, Satellite

Ray Walker

m **0401 497 199**

e **hello@raywalker.it**

Letters to the Editor

Vol. 45 No 9, August 23, 2012

RENOVATIONS AT GONE RUSTIC; CLOSURE DATES

Just letting everyone know that *Gone Rustic Studio & Gallery* will be closed for 2 weeks while we replace the gallery ceiling and repaint inside and out.

Dates: closed from 27 August to 10 September 2012;
RE-OPEN 11 September 2012.

Last opening day will be 25 August (which is also our *Journals Anonymous* day, 11-2; **this will go ahead as normal**).

If you need to speak to us re:- *quotes for kit sheds and homes*, please phone us on either 0417 027 424 or 0417 648 845 (or for any other *urgent* matters).

Rustic Ragamuffins will continue to take place on Wednesday nights (7-9), **but** the venue for **29 August** will be at our home. Address is *5 Aulichs Lane, St Marys*.

IMPORTANT - Judy's *Mobile Quilting Supplies* will be coming on 5 September (11-3), followed by *Rustic Ragamuffins* that evening (7-9). The address for the shop **and** the evening group will be *Holy Trinity Anglican Church* (in the supper room), which is in the Main Street of St. Marys (cnr. Clive Street). Judy is taking a class with the R. Ragamuffins group to show us how to make a quilt using the 'potato chip' technique - cost: \$10 plus materials; limited places available.

Looking forward to sharing our 'new' premises with you all when all the work is done!

Please feel free to email or phone if you need to discuss anything re:- the above.

Email address: gonerustic@gmail.com

Warm regards from
Rita and Ian Summers =D

JUST RUBBISH (Update)

You won't believe this!

After receiving many calls of support, I had a comfortable feeling that, backed by the numbers, the Council will be embarrassed into reviewing this totally unjust and inequitable Tip Charge of \$2 for Ratepayers that do not fall within the collection zones.

On Sunday 5 August, whilst at the tip, we were advised by the 'Tip man' that the rate was going to increase to \$2.50 for our next visit. As you could imagine, I was in total shock. Knowing the 'Tip man' is only doing his job, I didn't talk any further - mainly because I couldn't.

I have confirmed with the BODC that the new rate of **\$2.50** is correct.

This is the bit I can't believe - the rate went up on **1 July 2012!** (Apparently reviewed by council)

So, the 'Tip man' has only just been told, a month later.

There was no mention of the increase in either my verbal or written communication with the BODC representative and apart from the transport aspect of the cost comparison, the Tip fee is fundamental to the argument and cost variance, which now extends from \$65 to **\$80.50** per year. And that is supposed to be "sharing the burden evenly".

Allow me to be perfectly clear - A ratepayer who lives outside the collection zone and receives **NO** service from the Council is forced to pay an extra \$80.50 per year **over and above** that of a Serviced ratepayer.

Not only is the \$2 unjust, the \$2.50 or **25%** increase is ridiculous.

The management and handling of this issue by the BODC is, in my opinion, sub-standard and reeks of a superior, I don't care attitude. It is not what we pay for.

It is interesting to note that of all the people who have made contact of support, not one so far, is an elected Councillor. Maybe they all live in a Serviced area and only represent the majority voters.

Gary Vulich,
Elephant Pass,
6372 2201.

It seems the St Marys Streetscape is "on" the Council's Agenda again.

You only have 'til Friday, 24th August, 2012 if you wish to lodge a submission re the two parking options provided by council.

I would encourage ALL St Marys residents to attend the proposed Public Meeting on Tuesday 25th September, at St Marys Hall at 6pm.

Please clear your calendar and tell your friends.

What I find disturbing is that by the wording of the announcement in the last Valley Voice (9th August, 2012) that only the two options originally presented twelve months ago will be considered.

I know that Council was presented with at least two different parking options (one from myself and the other from my wife) twelve months ago, plus a number of questions re plans presented, and at this point we have not received a response. As this matter is then going to be voted on by Council, I would ask that all Break O'Day councillor's be present at the public meeting, so a true gauge of the town's feelings for these plans can be appreciated before they cast their vote.

Or is this just going to be another Operational matter?

David Watkins.



ST MARYS NEWSAGENCY
Phone: 6372 2443

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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NEW DVDs
Plus - all the phone credit you will need.

FATHER'S DAY CARDS NOW AVAILABLE

CALOWS BUS DEPOT

Letter to the Editor

Vol. 45 No 9, August 23, 2012

Dear ED

HOW QUICKLY WE FORGET!

Remember when we lost our 24/7 facilities at the hospital, all the uproar, all the work by our government representatives, Mayor and council, local community groups, local identities etc., to return this facility back to a 24/7 operation (excuse the pun). Remember the sense of achievement, comfort and security when we were told the hospital would return to a 24/7 facility, the community, which seemed to be losing everything, had achieved a momentous win.

Then remember the struggles to keep a local doctor, we had one that wanted to stay but red tape put paid to that, several locums, numerous weekends with the hospital closed, I could only imagine the struggle those running the hospital were faced with.

Luckily now things (from the outside) seem to be running a bit more smoothly, this may have a lot to do with our good fortune of having a doctor who has committed to living in our community and a dedicated staff who go out of their way to care for their patients and make sure this facility continues to function.

This brings me back to my first statement, HOW QUICKLY WE FORGET.

A bout of illness gave me a 4 day stopover at the hospital recently and I can't speak highly enough of the care provided and willingness of all staff to go out of their way to make sure myself and all other patients (beds were full and they were turning people away) were comfortable, might I add this was on a Sunday with 2 nurses and Dr Latte who had been called in.

To my dismay after leaving hospital and recovering, I overheard a conversation between some locals whinging about not being able to get into the doctor for a couple of days, when they rang it took 3 times for the receptionist to answer, when they finally got in they had to wait 2 hours after their appointment time to see the doctor. Have you ever thought that when you rang to get your appointment (possibly for a runny nose) that someone else possibly sicker than yourself may have also been looking for an appointment at the same time, or heaven forbid the receptionist was having a break or the staff and doctor were looking after other patients, have you thought that the reason that it took 2 days to get an appointment and you then sat for 2 hours after your appointment time to get in was that the doctor is possibly overworked.

Well I can tell you people (and there is more than just a couple of you whingers) that the other option isn't good, as you should remember but have clearly forgotten, we have been there. Next time you need to use the doctor or hospital go to St. Helens or Launceston then you can also whinge about how much fuel you use.

Next time you go to the doctor or hospital and the waiting room is full, all the beds are full and the ambulance is there unloading an accident and emergency case, think about the doctor and staff who are there trying to do their utmost to keep things running on time and smoothly for us all, remember what it was like when we didn't have this opportunity and most of all remember if you are still not satisfied you can go elsewhere. Remember the old saying "no matter how bad you are there is possibly someone worse". Well there usually is and no matter how ill (or important) you think you are, if the doctor and staff think there is someone worse you are just gonna have to wait.

While I'm on my soapbox I am also disappointed at another action I seen for myself taking place at the hospital.

Struggling to find a parking space recently at the hospital I noticed two vehicles parked in the disabled spaces owned by the one family (both displaying permits), when in the waiting room I was annoyed to find both drivers wandering around the hospital talking to people, then was further angered to find that when they left they only took one vehicle, leaving one in a disabled spot and went to do their shopping together and pick the kids up from school. Having a disabled parent I know the benefits of these spaces and to think there are people in our community who just seem to be using them for their own personal benefit infuriates me.

Anyway that's enough of my whinging, what do you reckon?

Leigh Spilsbury.

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.



***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



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.

Winner of Woodcraft Guild two seater outdoor seat
was drawn by Kirk Bean and won by Kris McQuade
of St Marys.
Congratulations Kris.

ST MARYS PACING CLUB INC.

ANNUAL GENERAL MEETING

WILL BE HELD IN THE
COMMITTEE ROOM UNDER THE GRANDSTAND

ON FRIDAY 21ST SEPTEMBER AT 7PM

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

ERIC BEAN, SEC.



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

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
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always fresh, and you won't end up with a
cupboard full of half-used, out-of-date packs as so
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So serve yourself at the Possum – and scoop up
some savings!

Purple Possum

Wholefoods & Café

5Story Street St Marys. Phone 6372 2655.

Vietnam Veterans
Long Tan Commemorative Service 2012
St Marys
In Memory of Peter Mackie

Thank you to our two students from St Marys District High School. Namely, Isabelle Booth and Jared Mason whose sensitive and personal narrative regarding Long Tan gave meaning to all present. Bob Storey from the Vietnam Peacekeepers - Peacemakers Federation of Australia for his continual support. The Break O'Day Woodcraft Guild for their administrative assistance. The Valley Voice and all the volunteers, and the community members of St Marys who attended. Finally, to the St Marys Memorial Services Association whose hard work and dedication makes certain that every year "we will remember them".

WELCOME GIVEN BY DAVID WATKINS

Veterans, ladies and gentleman, boys and girls. On behalf of the St Mary's Memorial Association I wish to welcome you to today's Vietnam Veteran's Long Tan Commemorative Service.

We would like to dedicate this service to the memory of Ex Warrant officer Peter Mackie, who served in Vietnam with 1RAR who was unexpectedly lost to us on the 28th May of this year. I would like to pause for a moment in his memory.

Peter and the Vietnam Veterans Association of Australia provided moral and financial support to the St Mary's Memorial Association through a period of uncertainty, re our continuing role in this community.

The Australian War Memorial records the Vietnam War lasting from the 3rd of August 1962 until the 29th of April 1975.

Fifty thousand Australians were involved in Vietnam. Two thousand three hundred and ninety eight of those sustaining wounds, with five hundred and twenty one losing their lives.

On this day forty years ago, an initial force of one hundred and eight men from D company and attachments, of 6 RAR, encountered and engaged an estimated enemy force of over two and a half thousand at Long Tan.

We believe it is important, that the men and women who have served and those who did not return, from all conflicts, have their sacrifice acknowledged, and they be remembered.



Address given by Isabelle Booth

Good morning, I am Isabelle Booth representing St Mary's District High School. I am here today to talk to you about the battle of Long Tan.

From 1962 to 1971 Australia was involved in the Vietnam War for nine years and six months

due to the confrontation between Malaya and Indonesia and had the potential to continue into Papua New Guinea and the island of Borneo in which Australia had defence responsibilities.

In May 1966 our soldiers found themselves in one of the largest battles fought by the Australians in the Vietnam War. When the Australian force based at Nui Dat confirmed a large amount of Viet Cong closing in on the 16th and 17th August, the base came under fire, however, the defenders were expecting an assault. The following day during their searches they found areas where mortars had been fired and the troop decided to head for a rubber plantation near a village of Long Tan. Less than an hour after arriving they were attacked by mortars, machine guns and small arms fire.

They were stuck in the battle with torrential rains with very low ammunition supplies. A helicopter dropped more ammunition and blankets for the wounded. Australian reinforcements were on the way. Armoured personal fought their way in, just before 7.00pm and the Viet Cong were forced to retreat. Eighteen Australians were killed in the battle of Long Tan and all but one of the dead was from the D company and twenty four soldiers were wounded. Between 1966 and 1971, 15,381 service men served in Vietnam.



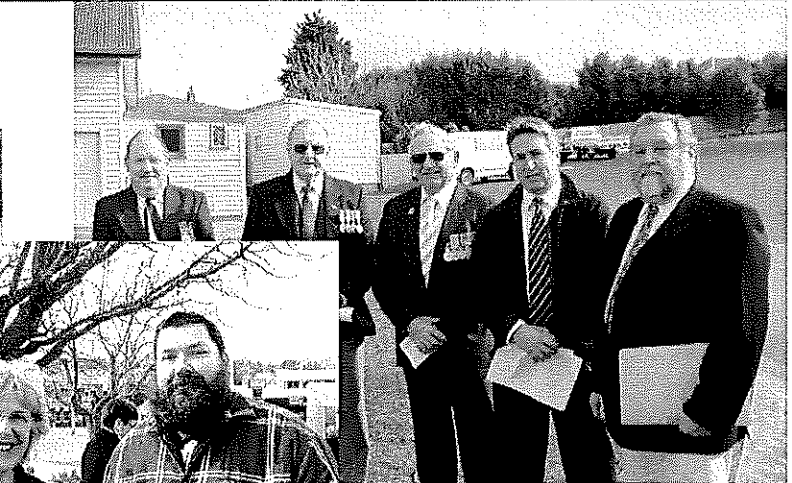
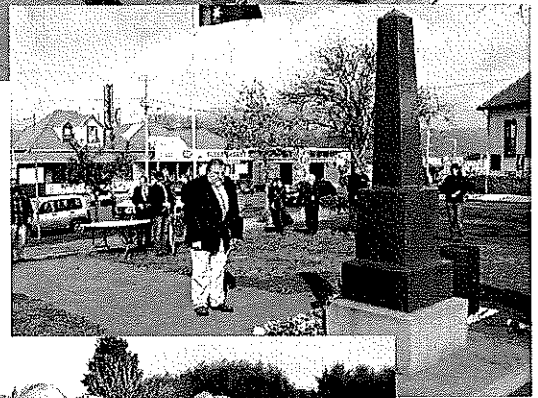
Address given by Jared Mason

The battle of Long Tan was fought between the Australian army and the Viet Cong on the 18th August, 1966 during the Vietnam War. The Viet Cong committed two thousand troops to battle while Australia had only one hundred and eight men. The battle was fought in and around a rubber plantation not far from a town called Long Tan.

The Australian task force arrived in South Vietnam between April and June and set up and constructed a base in Nui Dat. On the 16th and 17th the Nui Dat base was being bombarded by Viet Cong mortars and fired at by rifles. The next day a patrol called D-Company, 6RAR searched and got there, they were already under fire again by the Viet Cong but desperate calls for support alarmed the NZ Artillery Battery which helped the Australians to their feet.

The survivors of D-Company and the NZ Artillery Battery copped heavy losses against the Viet Cong. As fighting continued the next day, the Australian reinforcements were being committed to battle which forced the plotting Viet Cong to retreat. Eighteen Australian troops were killed and twenty four Australians wounded and the Viet Cong suffered great losses as well.





Photos: Wendy Brennan & Bob Storey

Community Dinner

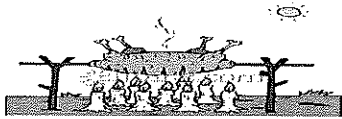
Holy Trinity Anglican Church Hall

St Marys

Saturday 15th September 2012

5.00 for 5.30

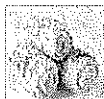
**Greet your fellow community
members and enjoy a
Greek Style Spit Roast Goat**



Please bring a themed side dish or a dessert to share

Gold coin donation

RSVP Barbara on 6372 2428



Holy Trinity Anglican Church - Community Dinner Saturday 18th August 2012

Twenty plus community members attended the community dinner at the Holy Trinity Supper Room on Main Street on a bitterly cold winter evening. Guests shared a simple meal of soup and sandwiches and the theme of the evening was a welcome to spring and th shared hope for some finer weather and good health in the Valley in the coming months.

\$83.50 was donated on the evening and this donation will be given to the organisation Voice of the Martyrs. Voice of the Martyrs is an international, inter-denominational mission committed to serving persecuted Christians around the world by providing Bibles, Christian literature, ministry equipment, medical aid, practical assistance and advocacy. If you would like to find out more about this organisation they have a web site full of information at <http://www.persecution.com.au/>

The next community dinner will hold on September 15th and will be a Greek Themed Spit Roast, using a goat donated by community members for the enjoyment of the Community Dinner group.

It is requested that you bring a themed side dish or dessert. Donations raised at this event will be donated to the Tasmanian Lymphoedema Centre, which is based in the St Marys Community Health Centre. We look forward to seeing you all there as the evenings hopefully get warmer and lighter into the spring season.



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gkparkcontracting@gmail.com

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- DRAINAGE
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gone rustic studio & gallery



CLOSED for renovations – 27 Aug to mid Sept

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

St.Marys Hotel

Due to a function, there will be no meals available on Friday 24th August.

Sorry for any inconvenience.

Bruce & Julie Cornelius

THE CORNWALL COMMUNITY DEVELOPMENT GROUP INC.

NOTICE OF AGM

The Annual General Meeting of the Cornwall Community Development Group Inc. will be held in September on Tuesday the 4th at 7 p.m.

Nominations are invited for President, Vice-President, Public Officer, Secretary and Treasurer. All Cornwall residents are urged to attend this meeting - supper will be provided. Enquiries to Wendy Dawson on 0403 430 452.

Suncoast Jazz Club

**Back by popular demand -
Guitarist Aaron Entrez & Trumpeter Alex Bannister**

**Friday 31st August at Portland Hall, St Helens
from 12-2pm**

Small admission fee.

Please note there will be no gig in September.

Friday 5th October will be our next date, same venue, same time, please view fliers around town or contact Pamela Parsons for further details: pamela777@bigpond.com or ph 0427 006 673



MUSCULAR DYSTROPHY
FOUNDATION • AUSTRALIA



Tasmania Fire Service

St Marys Volunteer Fire Brigade have decided to support the Fill the Boot fundraising campaign.

We will be looking for your support in the next few weeks to raise as much money as we can.

From 4-19 October, thousands of firefighters across Australia will either be running, cycling, walking, swimming, driving or flying from station to station over two weeks. They will pass a fire fighters' boot on at each station, symbolic of the fund-raising efforts of thousands of firefighter's efforts to Fill the Boot to support children and families living with a neuromuscular condition.

The relay event will finish in Sydney on 19 October 2012 coinciding with the opening of the World Firefighter's Games. At the finish line, relay firefighters will be welcomed by Jerry Lewis, politicians, media, 15,000 spectators and 10,000 firefighters from all around the world for a massive celebration.

The relay will raise money for research and support services for the 20,000 Australians, mostly children, who have a neuromuscular condition.

The most common of these conditions is Duchenne Muscular Dystrophy, which affects mostly boys who are diagnosed at around the age of 3 or 4. It is a slow and progressive condition and by age 10 most boys struggle to walk, and by 16, they are having difficulty breathing. There is no cure and sadly most boys do not live past their late teens or twenties.

Fill the Boot has been running in the US and Canada for more than 50 years with more than 280,000 firefighters raising funds for muscular dystrophy each year.

International comedian Jerry Lewis started Fill the Boot with firefighters in America as part of his role as National Chairman of MDA for more than 60 years.

As the international patron for MDF Australia, Jerry is responsible for initiating the first Fill The Boot Firefighters relay in association with Fire & Rescue NSW.

St Marys Brigade will be conducting a raffle and looking for donations.

Donations can be left at the St Marys Newsagent, Caltex St Marys or given to one of the volunteer firefighters.

An open day fundraiser day will be held at the St Marys Fire and Emergency services Station on Saturday 29th Sep from 11:00 till 2:00. The raffle will be drawn at the conclusion of this fundraiser.

Raffle prizes include:

1 Ton of wood delivered to within 40 Klm of St Marys
or further by arrangement

\$100 fuel gift voucher

\$40 Gift voucher from St Marys Pharmacy

Bag of goodies from Caltex St Marys

First aid kit from Post Office

Goodies from Pings Place

Mens Shower robe, stubby holder, mouse pad from
Main Street Clothing

Bottle whisky from St Marys Hotel

Childs Tackle box and tackle from St Marys Newsagent

Family Sized Pizza From Coach House Restaurant

Coffee and cake for 2 from Purple Possum

Hair Products From Ana's Hairdressing Salon

Package From Mount Elephant Fudge.

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

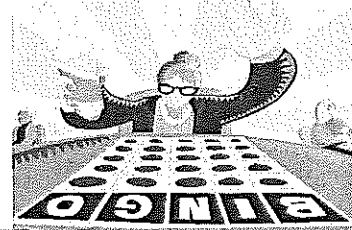
See photos, slideshows and more at

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)

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



Bingo

Eyes down at 1pm
Every 1st and 3rd Thursday
of the month starting
6th September

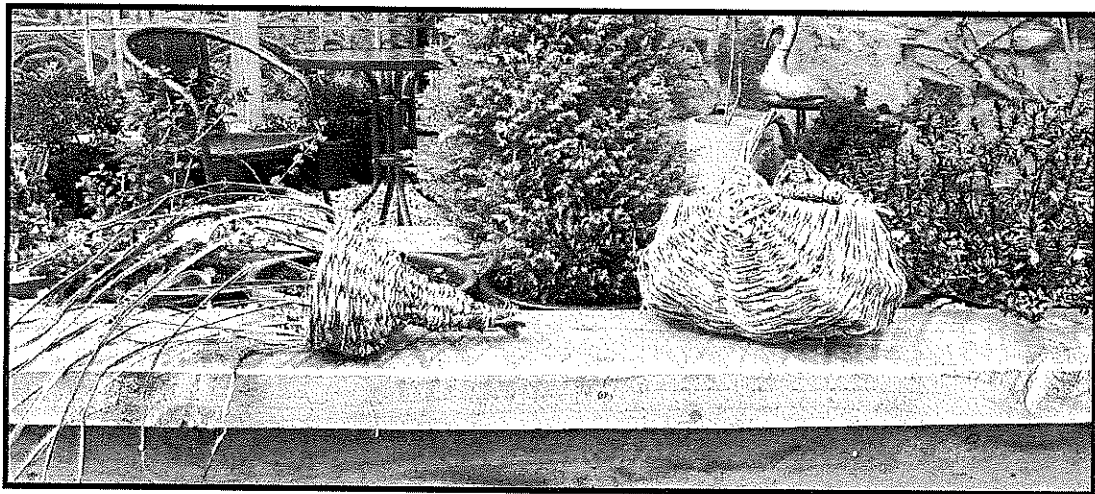
BREAK O'DAY REGIONAL ARTS

"Basket making from the Garden"

The second workshop was held at The Vortex Healing Centre with Helen again as our talented tutor. Two more styles of basket making was taught. Participants worked on the newly taught styles of basket, some chose also to finish previous projects. A new skill for some with lots of interest in starting a basket making group. Photograph of my first baskets. A Melon basket and garlic basket still to be finished. Basket making, Art and Writing courses , crafts and arts will be arranged with details advertised as soon as the dates have been finalized.

The next course is the "Creative Writing Workshop" starting 13th November

Phone Sue to book in or for more information 0363722512



ST MARYS MARKETS SATURDAY 1ST SEPTEMBER

RAIN, HAIL OR SHINE

COMMUNITY HALL, 9am start

Phone Robina to book or for information 63722022

"AT GARDINER'S CREEK "PAINTING BY PAUL BYARD WILL BE DISPLAYED AT THE MARKETS, SUPPORT YOUR LOCAL BRANCH OF TASMANIAN REGIONAL ARTS BY PURCHASING A TICKET AND HELP RAISE FUNDS TO HOST EXHIBITIONS , EVENTS AND BRING ART, THEATRE AND MUSIC TO YOUR AREA

Coming in October "ACO2" and "TERRAPIN PUPPET THEATRE"

Tickets and details for both events available soon



BREAK O'DAY REGIONAL ARTS

ANNUAL GENERAL MEETING
WEDNESDAY 5TH SEPTEMBER

4PM e.ScApe Cafe, ST MARYS

Phone Susan Nelson (Secretary)

03 63722512

ALL WELCOME



Break O'Day Council's Inert Landfills

As part of the restructure of waste management within the Municipality, Council has been reviewing the current operations at both the Scamander and St Helens inert landfill sites.

It has now come to the attention of Council that the licence conditions of the Scamander inert landfill site require a full assessment and as such the landfill site has been closed until further notice.

Therefore all waste material that can be disposed of at the inert landfill will now have to be sent to the St Helens site.

This decision does not affect the transfer station at Scamander.

Council is committed to the strict environmental conditions of this site and is now working closely with the Environmental Protection Authority to ensure that the future landfilling activities at the Scamander site are environmentally and legally compliant.

Council seeks submissions on new proposed Caravan By-Law

Council is currently advertising a new caravan by law and regulatory impact statement (RIS) which will allow Council to licence and charge annual licence fees on caravans on private land which a person owns or occupies, council will also be able to prevent the occupation or parking of caravans on highways or public reserves and prevent an owner or occupier of land charging rent to occupy a caravan.

Submissions need to be in by Friday 14 September 2012.

Copies of the by law and RIS are available on councils web site at www.bodc.tas.gov.au or at the Council Chambers at Georges Bay Esplanade, St Helens. For information about the new by law call Phil Bingley, Environmental Health Officer on 6376 7900 or email phil.bingley@bodc.tas.gov.au on Wednesdays or Thursdays.

Des Jennings

GENERAL MANAGER

The Say Cagerattler

One day last week I was listening to the radio when the talkback was reflecting on the national unemployment story that recorded Tasmania as the worst of the six states at around 5.7 % or so.

The guest was from Access Economics I think. Our Opposition party depict Tassie in a diabolical situation all the time on the strength of these figures, but it didn't go unnoticed to me that the expert mentioned that in the scheme of things our so called terrible 5.7% compared to so many other places in the world, would be the envy of so many.

It is true that it could be still lower, and that less than five percent would be wonderful, but given our geographical disadvantages, highly competitive markets and the extraordinarily high Australian dollar, we're not doing too badly.

Call me cynical if you like, but sometimes the negativity from opposing political parties is in itself just plain negative for the outcomes. They all do it regardless of who is in power. Talking down the incumbent government is just the done thing. As we talked about these figures later it was also pointed out to me that these numbers can be somewhat misleading in that a lot of 'employed' people may well only be part time so a truly accurate number of full time equivalents may not necessarily be correct. That said and agreed though, it is still likely to be proportionally accurate in other states/ countries. The trick may well be to find better ways to drive down unemployment in longer term ways. Market driven economies seem to be the way these days, so if ever a bi-partisan approach was ever enlisted maybe we might get somewhere. A good start might be to not talk down our economy so much.

On another matter I was horrified to hear about a young girl in Pakistan suffering Down's Syndrome who was being vilified, most likely charged and severely punished for blasphemy if you can believe it. She apparently comes from a Christian family and community and was unable to comprehend her actions when using pages of text of Islamic writings to start a fire for cooking. She was reported to be illiterate. Quite apart from having Down's Syndrome issues, she is only 11 years old. According to the story 600 other Christians have moved out in fear of retribution and reprisals if the girl isn't dealt with under strict blasphemy laws.

Where are the Civil Rights people now. I hope if common sense doesn't prevail our Government will send a clear message to the Pakistani regime that this sort of stuff is not acceptable and that ridiculous actions with minors doesn't make their faith anything else but despised and feared when compassion and understanding is considered...Imagine if injustice like that happened here. Perish the thought.

What do you think? (Column by Rod McGiveron)



Department of Rural Health

The relationships between connectedness to nature and the psychological health impacts of climate change

A new study investigating the relationship between a person's connectedness to nature and the psychological health impacts of climate change in rural Tasmania is being undertaken as part of a PhD by Christine Materia from University Department of Rural Health at the UTAS.

The study will provide decision makers with information to develop community-based programs to support communities in managing the psychological health impacts of climate change and assist health and allied health practitioners, policy-makers and local government to respond to community anxiety about climate change.

The Flinders Island, Dorset, Break O'Day and Glamorgan Spring Bay Local Government Areas have been selected based on temperature and rainfall reports and maps for Tasmania produced by the Bureau of Meteorology (BOM) and the Antarctic Climate and Ecosystems Cooperative Research Centre (ACE-CRC). These reports and maps span thirty years and include comprehensive Tasmanian local government area profiles.

Participation in the study is voluntary and the study has been approved by the Tasmanian Social Science Human Research Ethics Committee (Approval No 12567). There are three components to the study:

1. The first will involve answering some questions that we will use to measure your connectedness to nature and relationship with nature
2. The second will involve you answering some questions about how you are feeling in the moment and then thinking about climate change and its effect on you and answering a further series of questions.
3. The third will involve an interview where you will be invited to share your experiences of climate change and its impact on your health and wellbeing

If you are interested in participating in this research please go to <https://www.surveymonkey.com/s/PsychHealthClim> or contact Christine Materia on 03 6226 6627, or email Christine.Materia@utas.edu.au

Expressions of Interest 2 Story Street St Marys

COMERCIAL 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

0401 870 316 ROSS QUINN



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

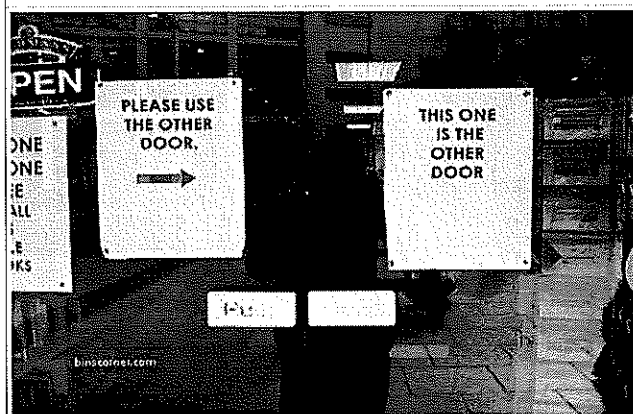
IMPORTANT NOTICE
IF YOU NEED TO CALL 000
FOR S.E.S. AMBULANCE OR FIRE
WHEN YOU CALL 000, THEY ASK YOU FOR
YOUR NAME AND ADDRESS.

BUT IT IS OF LITTLE USE TO US
IF WE HAVE TO SPEND TIME
COUNTING HOUSE NUMBERS
TO FIND THE
CORRECT ADDRESS.

FOR A MORE PROMPT AND
EFFICIENT RESPONSE TIME,
PLEASE HAVE YOUR ADDRESS
CLEARLY NUMBERED, WHERE IT
CAN BE VISIBLY SEEN.

IAN BRADBURY.
AMBULANCE SERVICE.

USEFUL, OR USELESS INFORMATION



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

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.

Declare war on aches and pains It's time to see the Muscle Man

"Too many people have put up with aches and pains for too long - and it is time they had them fixed."

This poignant statement is the main thrust behind a technique that has taken the region by storm.

Muscle manipulation, or the corrective manipulation of muscle, tendons and ligaments, is a little known Australian technique that has been practised for many years.

Although very effective, with results usually obtained in only one treatment, it has never been recognised by the medical profession.

It is based on the principle that muscles can be jolted out of alignment by a fall, lifting something too heavy and pulling a muscle, or by repetitive strain.

Nerves are then pinched, causing pain and discomfort.

A domino effect then occurs, where the surrounding muscles also misalign, shorten and spasm, and so on, until the whole area is affected.

The corrective technique is very simple; the practitioner simply reverses the process by rolling the muscles back in reverse order.

Results are immediate, with patients getting their full range of movement back, alleviating their pain.

Muscle manipulation really is the missing link in treatment; a simple, safe, and effective treatment.

Peter Horsfield is the remedial masseur who specialises in muscle manipulation.

Dennis Lillee said; "I feel 20 years younger."

CALL: 0413 635 690
MOBILE SERVICE
IN
BREAK O'DAY MUNICIPALITY
www.themuscleman.com.au

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.

OUT OF THE WOODWORK

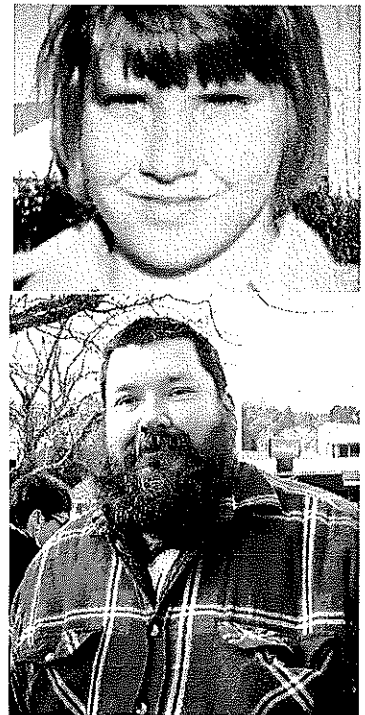
SECRETARY, WENDY BRENNAN 6372 2094

Many thanks to **Kirk Bean** who drew the winning ticket for **Kris Mcquade of St Marys** for our outdoor garden seat. Congratulations Kris, we all hope it provides many hours of relaxed comfort. A thank you to John McGiveron and all the committee of the St Helens Game Fishing Association who took the club into consideration for making their wooden trophy plaques. Although we try hard to keep costs as close to a recovery base only, it is small commissioned jobs like this that help our club financially.

Who was the delightful little boy in our last issue? It was our esteemed member Stuart Kerr.

Guild's Home Hint:
If at any time you need a cold pack for sprains etc. and have no ice cubes, a packet of peas from the freezer does the trick just as well.

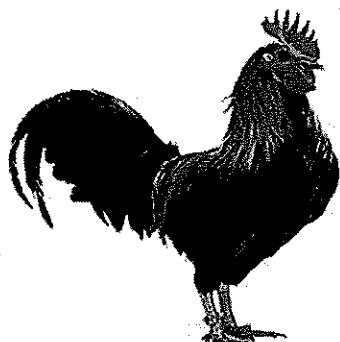
The Guild meets on the last Saturday of every month at 2pm in the old railway goods shed situated behind the Railway Station complex. New members are always welcome, both men and women. We are open Monday, Wednesday, Thursday and Saturday. Other times by appointment. (Please note that our previously advertised day of Friday has now been replaced by Thursday)



Happy Birthday to Valley Voice Volunteer
Heather Lodge.

Hope you have a lovely day.
From all your 'upstairs' colleagues.

A MAN'S LIFE IN 3 PICTURES



SINGLE



MARRIED



DIVORCED

St Marys
PHARMACY

**Kodak quality
prints in seconds**

Pharmacist on duty 5 days a week

Main Street, St Marys Tas. 7215

Phone: 6372 2844 — Fax: 6372 2874



Ear Piercing

\$27

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

With qualified staff

Bec or Sally

BUS TRIP TO EVANDALE MARKETS

Community Transport, St Marys, will be running a bus to the Evandale Markets on

Sunday September 23rd, 2012.

Sunday October 7th, 2012

Fares : \$25.00 return

Bookings essential.

Seats limited.

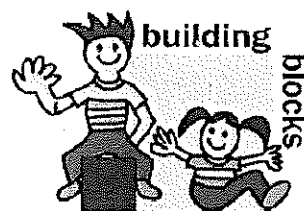
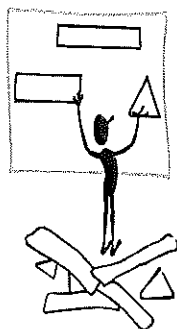
*Trips also planned to **Eastlands Shopping Centre in Hobart** during November and December. Please register your interest!*

- Wheelchair accessible vehicle

To book, phone Jan at Community Transport on **6372 2137**

Is there somewhere special you'd like to go as a group? The movies...the races... Craft shows? Let us see how we can help!

Healthy House Holiday Program



Family Day
Celebration, catering
for all age groups

Come along see and
interact with computer ,
interactive programs

- Dancing Troll
- Musical Snowflakes
- Movement Art
- Mind & Movement
Games

Along with Building Blocks
Play & Learn session with
a nature adventure

- Water and mud role
play
- Cooking
- Recycle art that will be
put on Exhibition in
October



Time: 10.30am – 12.30pm

September

7th Mathinna
Community Centre, Mathinna

11th Child & Family Centre
1 Groom street,
St Helens

13th St Marys
23 Main street
St Marys Hall

19th Fingal

Neighbourhood House
Talbot St, Fingal

For more information call:

Cathy Parker
0400 002116 or

**Gary McMurtrie: Youth
Worker 63765242**



Where are Play & Learn sessions held?

- St Marys Community Hall (opposite IGA) 23
Main St, St Marys
- Fingal Masonic Lodge
Sireet, Fingal Grey
- Falmouth Community Centre: 18
Morrison St, Falmouth
- Child & Family Centre 1
Groom St, St Helens
- Cornwall Community Hall/Park
Main St, Cornwall
- Mathinna Community Hall
Street, Mathinna High

Holiday Program

Is on this month
We are holding **Holiday Programs** sessions in Mathinna, Cornwall, St Helens and Fingal

Please feel free to bring older siblings and friends as this program is catering for 0-12 years

Home Visits - there is going to be a change with home visits this year. Home visits will be offered to small groups of parents in different areas on a monthly basis for 4 months

In these four weeks we will be discussing what you as the parents want to know also along with

- Home packs with activities to do at home
- An excursion



September

Sessions are held from 10-30-12.30

All Building Blocks sessions are free of charge for all children from 0-5 years old, along with their parents, carers or grandparents

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5 Play & Learn Fingal	6	7 Mathinna Holiday Program	8	9
10	11 CFC Holiday Program	12	13 St Marys Holiday Program	14	15	16
17	18	19 Fingal Holiday program	20	21 Play & Learn Falmouth	22	23
24	25 Home Visits Fingal & Mathinna	26	27 Home Visits at CFC	28	29	30



For more information or to share ideas/suggestions
Please call Cathy at Healthy

Valleys of Adventure

AVOCA • ROYAL GEORGE • ROSSARDEV • 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

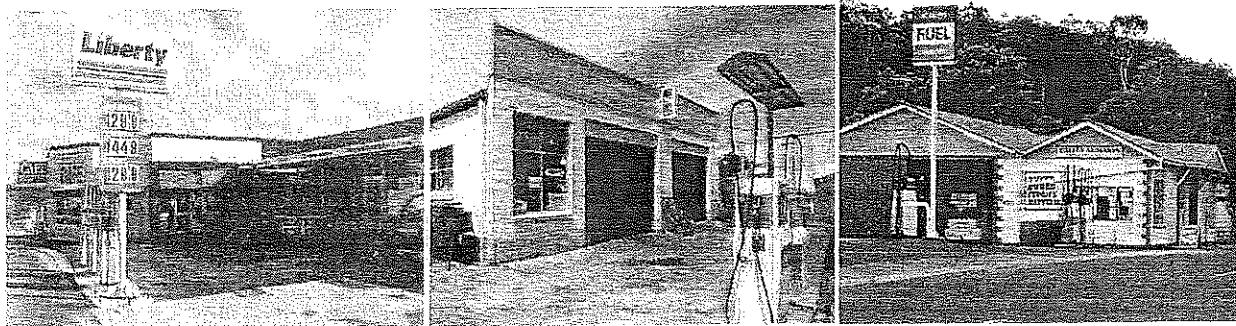
7pm at the Fingal Valley Neighbourhood House, Fingal

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.valleysofadvventure.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

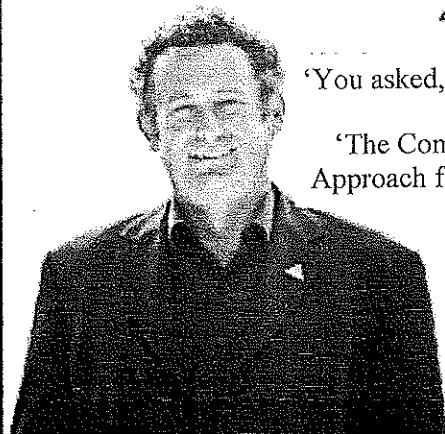
Tim Morris MP

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.

HARRIS FUNERALS

Lindsay & Diane

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

Ph/Fax: 6376 1153 Mob: 0418 133 420

Office & Residence:

114 Cecilia St

St Helens

Chapel:

46 Tully Street

St Helens

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

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



St. Marys 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.

CALTEX ST MARYS MECHANICAL AND ELECTRICAL SERVICES

PH: 6372 2335

41 Main St. St Marys Tas 7215

Fax: 6372 2822 Mob: 0419 503 109



Okay, Ralph let me 'splain it you again. You're big, I'm little; BUT!!! you're dog, I'm cat that makes me the boss. Got it ??

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.



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)

CALOWS BUS TIMETABLE AVAILABLE AT NEWSAGENCY

**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**



St. Helens Electrical

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2 Lagoon Esplanade, Scamander 7215

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



Dick Adams MP

Federal Member for Lyons

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

53B Main Road

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

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FINGAL VALLEY NEIGHBOURHOOD HOUSE NOTICE

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

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

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

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

EAST COAST GLASS

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- ▶ Security doors



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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

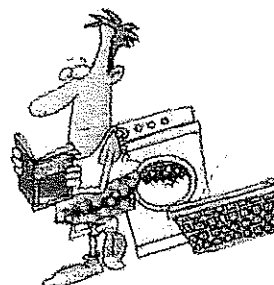
Remedial Massage and Naturopathy
ring Sue Christiansen for an appointment.
0418 515 419

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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32 MAIN ST., ST MARYS
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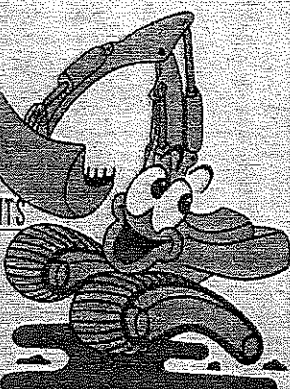
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Surftech Bic G Boards

Bay Surf Shop

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St Helens

Ph: 6376 1755



PING'S PLACE

C.B.D., ST MARYS

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

Traditional Chinese Medicine

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

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

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

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

Welcome to Ping's Place.

PLAYING TABLE TENNIS EVERY DAY

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Latt 23/8/12— 7/9/12

Dr E. Reeckman
3 September 2012
Women's Health Clinic

For appointments phone: 6372 2111

SCRIPTS AND DOCTORS APPOINTMENTS

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

Please speak to our reception staff about ordering scripts over the phones— as fees apply. Scripts 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 23/08/12**

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

HEALTHY BONES WEEK

19-25 August 2012



The Healthy Bones Pack will be drawn on 28th August at the St Marys Community Health Centre. Get your Mr Skeleton's back to Reception ASAP or if you haven't made one come and collect a copy from the Health Promotions Board in the reception area. Healthy Bones Dairy Pack kindly donated by St Marys IGA.

WOMEN'S HEALTH CLINIC

Regular Women's Health Clinics are held at the St Marys Health Centre with Dr Libby Reeckman. For appointments ring 6372 2111

Next session: Monday 3 September 2012

Waiting periods can apply

PHYSIOTHERAPIST

The St Marys Community Health Centre would like to welcome our newly appointed Physiotherapist Naomi Ide. She will be working from the St Marys Health Centre and the St Helens Hospital.

Referrals to the Physiotherapy Service can be done by your GP or the Community Nurse.

Naomi will be available 2 days/ week and alternate Wednesday's at St Marys.

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 23 August **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
- 24 August **TML Psychologist**. For appointments please see your GP for a referral
- Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- 27 August **Physiotherapist**– Naomi. Please see you GP for a referral to the service.
- Audio Clinic**- For appointments please ring 6334 1466
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 28 August **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Lightfoot Podiatry**– Perry Daly. Phone 6331 9568 for appointments
- Physiotherapist**– Naomi. Please see you GP for a referral to the service.
- Counsellor**– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.
- 29 August **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- TML Psychologist**. For appointments please see your GP for a referral
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 30 August **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
- 31 August **Dietician (TML)** - Appointments available by referral from your GP
- Diabetes Educator (TML)**- Appointments available by referral from your GP
- Exercise Physiologist (TML)**- Appointments available by referral from your GP
- Social Worker**– Shan Williams appointments available by phoning 6372 2111

WHAT'S ON AT THE CENTRE Continued...

- 3 Sept **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist**– Naomi. Please see you GP for a referral to the service.
- Hospital Auxiliary Meeting**. 2:00pm in the Day Room. New faces welcome.
- 4 Sept **Tom Bain, Rae & Partners Lawyers**. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Counsellor**– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist**– Naomi. Please see you GP for a referral to the service.
- 5 Sept **Social Worker**– Shan Williams appointments available by phoning 6372 2111
- TML Psychologist**. For appointments please see your GP for a referral
- Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- Physiotherapist**– Naomi. Please see you GP for a referral to the service.
- 6 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- Relationships Australia**– Leanne McMurtrie for appointments please phone 1300 364 277

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 Diabetes North will contact you with an appointment time.

Next session at St Marys is: Friday 31 August 2012

EYELINES

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

MEALS ON WHEELS ROSTER

Aug/Sept		St Marys	Fingal
Monday	27th	Debbie Barnes	Neighbourhood House
Tuesday	28th	Val Spencer	
Wednesday	29th	Lorraine Gill	
Thursday	30th	Ruth Aulich	
Friday	31st	Drew Adam	Neighbourhood House
MOW Contact		Phone:	0488 384 344
Monday Sept	3rd	Debbie Barnes	Neighbourhood House
Tuesday	4th	Pam Bretz	
Wednesday	5th	Lorraine Gill	
Thursday	6th	Heather Griffiths	
Friday	7th	Claire Bean	Neighbourhood House

Church Services

Catholic Parish of St Marys

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

1st Sunday: MASS

St Helens Vigil 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 Trip: Eleven hardy souls took advantage of some time out to go to Hobart last weekend on a club trip. Although a lot of ground was covered over the weekend, those who went enjoyed each others company, had some fantastic meals and won (or lost) a few dollars at the round house.

After being a veteran of a few sports club trips over the years, I do know that what happens on the trip should stay on the trip but I have to make an exception in this case! One of our local businessmen, who will remain anonymous, got out of bed on Saturday morning feeling a little parched and sculled a glass of water that tasted a little salty and had some floaties in it.

He then went in search of his contact lenses and it was at this stage he realised that he had put them in the same glass THE NIGHT BEFORE, with a little saline solution. I hope you all can pardon the puns but he did become the butt of a few jokes including, 'in hindsight it was not a good thing to do', 'will you have to get a beeper to go with your reversing cameras', and 'it will only be a couple of days before they see the light of day', amongst many more that can't be printed here. Anyway let him know next time you fill up with fuel at St.Marys, (OOPS, gave the game away). Ben Lomond Water has been asked to keep a vigilant watch opposite the old Railway Station over the next few days and any major movements will be reported in the next issue.

Golf & Bowls: It is good to report this week that the bowls & golf greens have been sprayed for moss and broadleaf, and vertidraind.

Thanks to those who attended the working bee last weekend and assisted in any way. Special thanks to Chris, Damon & Kirsten and the intrepid course crew for all their work in grooming the bowls green and leveling the sand in the ditches. The fairways, golf and bowls greens actually look a treat, I am sure that everyone will agree that the hard work put in so far will reap huge benefits during the year.

Please don't forget that due to a lack of time, the light top dressing of the bowls green will not take place until this Friday the 24th of August at 9:30am. It will be essential that we get a few people along for the working bee, the contractor only requires the sand to be shoveled into a hopper on the back of his tractor and he does the rest. All up about an hour and a half and we will have it done, including three golf greens that suffered a little from the birds after they went looking for a feed of grubs.

It was a shame that a few more could not attend the bowls meeting a couple of weeks ago but we can only hope that when the season draws near a little more interest will be generated.

Two major topics from the meeting were the position of President, which has now been filled by Kirsten Viney and we thank her for her commitment. Vice President is Jim Rankin, Treasurer Jim Turner and Secretary Nikki Viney.

The second major topic was the rink set up for the new season, first division consisting of three rinks and second division of two rinks in any format that the club desires. Remember, these news formats are only on trial for one year, so please give them a chance, after all, no one would have to be a scientist to work out what will happen to the centre if the bowls season did not go ahead. With St.Helens fielding a side in the NTBA this season, it will make for some exciting and close games during the summer as all teams will have their chance to make the finals.

All at the Centre were saddened to hear of the passing of one of our long term members in Jack Wines last week. Jack was a real character around the club for many years, enjoying his golf and also assisted with many maintenance tasks around the course. It was not that long ago that he and Joyce attended a dinner at the club, where we enjoyed their company and I am sure he will be missed by all the members of the club. Our sympathy, of course, goes out to Joyce and all the extended family at this time.



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 23 August - Wed 29 August)

from the butchery

Boneless legs of lamb	\$10.99kg
Lamb BBQ chops	\$ 9.99kg
Nicholls chicken breast fillets	\$13.99kg
Beef casserole steak	\$ 9.99kg

from the coolroom/freezer

Devondale extra soft butter 500g	\$3.29
Flora Margarine 500g	\$2.59
Peters Original ice cream 2lr	\$4.49
Birds Eye frozen peas (excl baby peas) 1kg	\$3.49

from the shelves

Kleenex cottonelle toilet tissue 12pk	\$5.99
Duo laundry powder 1.4kg	\$3.99
Nescafe Café Menu coffee sachets 10pk	\$3.99
Snappy Tom canned cat food 400g	.99c

next week's specials

(available from Thurs 30 August - Wed 5 September)

from the butchery

Porterhouse steak	\$15.99kg
Roast beef	\$ 8.99kg
Pandani corned silverside	\$ 6.99kg
Forequarter lamb chops	\$ 9.99kg

from the shelves

Chum dog food 8kg	\$11.99
Arnotts family biscuits	\$2.99
Pascall bagged confectionery 140/400g	\$1.99
Nestle block chocolate 118/200g	\$2.49
Arnotts shapes & sensations 160/180/190g	\$1.99

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

Rae & Partners

Lawyers Barristers & Solicitors

Visiting :

St Marys Community Health Centre

Alternate Tuesdays : 9 am - 10 am

Ph: 6337 5555 For appointments.



**ST MARYS SPORTS
CENTRE INC.**

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



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