

The Valley & East Coast Voice

Volume 40 No 17
Thursday February 14, 2008

Est. 1968
50 cents

Lions Club of St Marys wins Australia Day award.

Congratulations to the Lions Club of St Marys for being awarded the "Community Event of the Year" for the Sesquicentenary Reunion Weekend celebrations. The award was one of many presented by Mayor Robert Legge, on behalf of Break O'Day Council, as part of the Australia Day ceremony held at the Tidal Waters Resort in St Helens on Australia Day.

Len Miles, President of the St Marys Lions Club accepted the award and spoke of the many people that contributed to the success of this event.

The Reunion Weekend was an outstanding success, that is still talked about and is ample evidence of the dedication and commitment of the small group of volunteers that make up the Lions Club of St Marys. The weekend also showed how a small community can come together in a common cause. So congratulations are also due to everyone who contributed to this memorable event.

The Valley Voice would also like to compliment all nominees and winners of the various awards presented on the day. As always seems to be the case with events of this nature, St Marys was well represented.

Pictured right and below:

The plaque presented to the Lions Club of St Marys, and some of the Lions members proudly displaying their winning plaque.

Photos: Peter Troode.



IMPORTANT NOTICE
IF YOU ARE INTERESTED IN WHAT
HAPPENS AT OUR
COMMUNITY HEALTH CENTRE,
PLEASE COME TO THE
MORATORIUM ON
MONDAY 18 FEBRUARY, 2008.
(THIS MONDAY) 11.30AM.
PLEASE SEE FLYER
INSIDE THIS ISSUE.



JAM (Jesus And Me)
resumes on Feb 18th (Mon.)
contact 63722099
or 0409838816
for inquiries or new enrolments.



WANTED

**People interested in having a
Saturday Market Stall.**

Markets are held every Saturday

9am—12.30pm

Grass area, outside Town Hall.

Through to April.

Clean up time.

Time to clean out your house & garage & sell excess goods, tools, vegies or anything of interest & saleable.

Ph; Lesley 6372 2818

Organised by

Grassy Bottom Regional Arts.

Please note: Deadline for articles to be included in the next Valley Voice is: 5 pm Tuesday, February 26, 2008.
New email address: judith.spilsbury@bigpond.com

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 the last Saturday of the month at 4pm at the goods shed behind the St Marys Railway Station.

Grassy Bottom Regional Arts are holding General meetings on the first Tuesday of every month at 2 Story St, St Marys at 6pm. Come along to share your creative ideas and help Grassy Bottom maintain an artistic culture in our community.

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

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**

St Marys Playgroup meets each Friday 10ish at the kindergarten. All preschool aged kids welcome to bring a carer/parent/granny/pa for a play and morning tea. Very chilled relaxed group of all ages - we love new members. **Contact Jane 6372 5060**

WOMBAT WALK WEEDERS meet every Wednesday 9am to 12 Noon (weather permitting) at St Marys Musical Playground area to plant and maintain the rivulet park and flower bank - anyone interested in joining us - please come along and meet our group. **Contact - Robina 6372 2022.**

Break O'Day Wine & Food Appreciation Society meets once a month on the last Sunday. **Ph: Jan 6376 1661 or Leanne Ph: 6372 5291.**

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

St. Patricks Head & Esk Valley Historical Society meets on the third Sunday of every month at St. Marys History & Gifts (the old railway station) at 2.30 pm. Meetings are informal and fun and new members are needed. Please contact **Barry Aulich** on **6372 5752** or **Jim Haas** on **6372 2127.**

The Falmouth Community centre would like to advise members and the community that the new contact for bookings of club facilities is Ben Morgan. Ben can be contacted on **03 6372 5604.**

PLEASE NOTE CHANGE OF DATE

Tasmanian Lymphoedema Centre Annual General Meeting

will be held in the Day Room at
St Marys Community Health Centre
on **Monday 25th Feb. 2008 at 10am.**

New members most welcome.

Jan Sparkes, President.



Kids in Care Children's Fund

Would like to invite You to attend our

Cocktail Party Fundraiser

Venue: Tidal Waters Resort, St. Helens

Date: Friday 29th February, 2008



Time: 7pm

Cost: \$30 per head



Included in cost are 2 cocktails and Finger Food.

Entertainment by Gypsy Rose

Tickets available from The Carlyle, Fashion Connection
and Tidal Waters Resort.

ERIC BOGLE CONCERT PLUS SUPPORTING ARTIST JOHN MUNRO.

PERFORMING AT BICHENO

28TH FEBRUARY, 2008

7.30PM (REFRESHMENTS FROM 7PM)

BICHENO WAR MEMORIAL HALL

\$25 PER HEAD (NO CONCESSIONS)

TICKETS MAY BE PURCHASED FROM THE
BICHENO VISITOR INFORMATION CENTRE,
BURGESS STREET BICHENO.

Dick Adams MP
Federal Member for Lyons



DICK ADAMS

YOUR VOICE FOR A STRONG FUTURE

Written and Authorised by P. Kearney, 21 Killara Ave, Exeter, Tas. 7275

Classifieds

FOR SALE

Mountain bike, mens 12 gears, helmet. \$60. ono.

Telephone table with built-in red plush seat and drawer. \$50. Firm.

Phone Pete 6372 2398. 8 Grant St.

Toyota Tarago good motor, needs some TLC. \$500. ono. + 2nd Tarago for spares. **Ph: 6372 2980**

2x single bed ensembles. Good condition. \$80 & \$100 each.

1 single bed head. \$10.

Club lounge. 3 pieces. \$500.

Ph: 6372 2365.

Single bed ensemble with white decorative iron and brass bed head. Excellent condition. \$200. ono.

Ph: Karen Polden 6372 2438 or 0439 333 398.

Sandblasting cabinet. \$270. Includes 25kg of sandblasting Garnet.

Air brusher. \$170.

Tile cutter. \$50.

Glass grinder. \$250.

Glass tindicator. \$100.

Ph: Mob 0419 179 112.

Double 'beige wool' sofa bed. \$250.

Double 'floral pastel' sofa bed. \$750.

Hedge trimmer. \$100.

Ryobi Vac blower. \$175.

Dressing table. 2 drawers. With mirror. \$40.

Wrought Iron garden chair. \$30.

Vacuum cleaner. \$50.

Fluffy white bunny soft toy. \$10.

Double bed sheet set. Lime green & white check. \$20.

"Country Sampler" magazines. 50c each.

Video player. \$20.

TV stand. Rustic dark wood. \$50.

Ph: Tom or Coral Brady. 6374 2285.

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

Household pressure pump. \$295.

Fire fighting pumps. From \$450.

Transfer water pumps.

2" in— 2" out. 4hp. \$325.

Hose kits. \$169.

Ph: 0407 044 158

Timber four-shaft table loom.

(\$350 ono). **Ph: 6372 2724 or**

0409 289 997.

Queensize slat bed mattress.

Excellent condition. \$80. ono.

Ph: 6372 2220.

WANTED TO BUY

Owner builder wants your old caravan or similar.

Sleeping quarters required while we build- no kitchen or bathroom facilities needed.

This is your opportunity to get rid of that old bit of junk in the backyard and make some cash! Needs to be clean or easily brought to sanitary conditions!

Ring 0412 803027

Free standing wood heater.

Ph: 0407 944 158

ST MARYS PACING CLUB

RAFFLE RESULTS

JANUARY 1ST 2008

1ST: MICROWAVE
WONBY BRIAN SEMMENS

2ND: PICNIC TABLE SET
WON BY KERI WEBB

3RD: MANTLE CLOCK
WONBY VAL LEEDHAM

LOSING TOTE TICKET \$100
WON BY IAN COLLINS

TELEVISION SET
DONATED BY ROBIN WILSON
WON BY N KEOGH, BRIGHTON

DINNER FOR TWO
DONATED BY WHITE SANDS
WON BY ALANA JOHNS, FINGAL

OP-SHOP NEWS

CHECK OUT OUR NEW
FORTNIGHTLY SPECIALS

STARTING TODAY

* ALL LADIES SHORTS —
ONLY 50c PAIR

* LADIES TOPS ONLY \$1 EACH

WANTED: GOOD CLEAN
MEN'S CLOTHES

WE HAVE
AFFORDABLE CLOTHES
FOR THE WHOLE FAMILY

OPENING HOURS

MON—FRI 10AM—4PM
SAT 10AM—12 NOON

Swap n Go gas cylinders now available from Gone Rustic, 37 main Street, St Marys or call 0409 289 997 for opening hours.

Wide Span Sheds – available NOW through your new local agents, Ian & Rita Summers! For a free catalogue and more information, visit Gone Rustic, 37 Main Street, St. Marys (Tues – Fri, 11-4). Phone: 6372 2724 or 0409 289 997.

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25 WORDS OR LESS

Tasmanian Lymphoedema & Laser Centre Inc. Operating from the St Marys Community Health Centre

Do you have a sporting injury,
ulcer, arthritis, gout, tennis elbow?

As well as treatment for the condition of Lymphoedema, the low level laser at the Tasmanian Lymphoedema Centre, can help with the treatment of these common conditions.

Call the enquiries/booking office on 6372 2900

Laser Therapist Kate Williams 6372 2111
Massage Therapist Sue Christianson 6372 2111 or
0418 515 419



Email: tlcstmarys@hotmail.com
www.taslymphoedema.asn.au

WATCH
THIS
SPACE
FOR
MORE
FOR SALE
ITEMS
NEXT
ISSUE.

A LITTLE BIT OF HERITAGE: Jim Haas.

THE BIRTH OF A COMPANY

With the completion of the Conara-St Marys railway due to be completed in June 1886, a group of Launceston business men led by William Gurr saw the potential in the coal reserves found in the Mt Nicholas Range.

Whilst Frederick Ransom of "Killymoon", along with his sons-in-law George Crisp and Edward Gaunt, had marked out some 1820 acres of coal leases on the Mt Nicholas Range, they were graziers, not miners, and weren't prepared to put up the capital needed for serious mining. They did, however, drive several exploratory tunnels into the coal seams, providing enough evidence that ample coal reserves existed.

Preliminary meetings of the Launceston business men were held, and on the 13th April 1886 the first board of directors was elected with Charles Smith appointed Chairman, Edward Gaunt the representative of the Ransom family, John Shaw, mine manager, with Thomas Astles his assistant.

At the next meeting of the board on the 14th May 1886, arrangements were made to build a managers house near the proposed mine site at Cornwall at a cost not exceeding 50 pounds. As well, a self acting tramway at £1318, a railway at £1768, 50 trucks @ £6 each (£300) and 10 tons of rails @ £10 a ton (£100) were all approved to be purchased without delay.

The first years of the company were not without its problems with construction costs blowing out over a £1000, over inflated freight costs, and Tasmanian Railways continuing to use Newcastle coal. To add to their woes, Mt Nicholas Coal Company started up and competed in the limited coal market. Finally the board was forced to seek help from the National Bank.

On the 5th January 1887, 10 persons were authorised to act as guarantors to the Nation Bank for £2500. In return each was given 100 shares in the Company. All outstanding debts were then paid out and a telephone line was erected from the mine site at Cornwall to St Marys. The telephone number was: St Marys 1.

This appeared to be the turning point for the Company. By April 1887, the Railways began to purchase Tasmanian coal at a fixed price of 7 shillings per ton. In 1888 a major strike by coalminers in Newcastle saw the Victorian Government seek coal from Tasmania and although the strike was settle in November 1888, Victoria continued to take Tasmanian coal until the end of 1890, making up around half of Cornwall's production during that time.

In March 1890 the Company made its first profit of £365 from the production of around 22,000 tons per year. By the end of that year profit increased to £1210. But it wasn't until 7th September 1891, after five years of operations, that a dividend of sixpence per share was paid to the shareholders.

From that time on, given a period during the Great Depression of the 1930s, the ten weeks strike in 1940 and times of heavy capital expenditure, Cornwall Coal continued to pay a dividend to shareholders on a regular basis.

Cornwall Coal Co. from its humble beginnings of the 1880s is now a multi-million dollar company with a multi-million dollar turnover. It was taken over by Goliath Cement Holding in the late 1970s, but is now a wholly owned subsidiary of Cement Australia, with its directors now chiefly based in Sydney. It has a current work force of some 70 employees all of whom contribute to the production of almost half a million tonnes of coal per year.

The coal is presently mined from four locations: Duncan Colliery at Fingal, Blackwood Colliery near Cornwall, Cullenswood open-cut near St Marys and Kimbolton open-cut near Hamilton.

All coal is taken to the Preparation Plant at Fingal and then transported to Tasmanian Industries by either rail or road.

Cornwall supplies 90% of the coal burnt in Tasmania, all of which is used in the production of cement, paper, beer, chocolate and supplying energy for agriculture and metal industries.



"An early self acting tramway which ran from the mine site (Bank-Top) at Cornwall to the Rail-head (Screens)" ▶





**Neighbourhood
watch**

CGU Insurance



NORTH EAST COMPUTERS Pty Ltd
Established 1995 ABN 44 074 123 425
3/34 Quail St Ph: 6376 2445
St Helens Fax: 6376 2447
Email: sales@necomputers.com.au
www.necomputers.com.au

MEETING DATES NEIGHBOURHOOD WATCH.

AREA 102
SCAMANDER, BEAUMARIS,
UPPER SCAMANDER, FALMOUTH.

WEDNESDAY 9TH APRIL. 7.30PM
WEDNESDAY 11TH JUNE. 7.30PM
WEDNESDAY 13TH AUGUST. 7.30PM
WEDNESDAY 8TH OCTOBER. 7.30PM
WEDNESDAY 12 NOVEMBER. 7.30PM

ALL MEETING ARE HELD AT THE HOME OF
MRS SHEILA CHUGG,
2 SCAMANDER AVENUE,
SCAMANDER, 7215.
PHONE: 6372 5406



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Serving our community for 50 years and the Valley for 25 years.

Some of the services we offer:

- We are Quality Care Accredited**
 - We hold complete patient histories including interactions and allergies.**
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 - We employ approximately 10 local staff**
 - We hold around \$300,000.00 worth of stock**
 - We provide free blood pressure testing**
 - We provide Self Care cards and printouts of any new medications prescribed**
 - We have an extended range of vitamins and complementary medicines**
 - Amcal catalogue specials and Loyalty Club**
 - We aim to make shopping a pleasurable experience**
 - We are the first point of contact in the health chain and if necessary, will advise further consultations with your local GP**
 - Our goal is that when each customer leaves the pharmacy, or completes a phone call, that there is nothing more that we can do to assist**
 - Our staff are vastly experienced with up to 30 years continuous service with the business**
- Free deliveries**

DON'T FORGET- WE ARE ONLY A PHONE CALL AWAY! AND YOU HAVE A CHOICE.

The Say. Cagerattler

Here we go again for another year. The Valley Voice has indulged me with this column once again for 2008, and I will try to cover some of the topics that affect us if I can, but I ask you all to help me by passing on any ideas to the Voice dropoff points which give a much larger scope for these pages.

This whole thing came about a few years ago now, to act as a forum for us all to consider and debate all sorts of things. I'd like to make it clear that on many occasions the subject matter is not necessarily a field of expertise that I espouse, but I feel important enough to put to the readers as at least a talking point to gauge public opinion on the matter. Sometimes though, I may have some detailed information on the topic. If that occurs it is a bonus for me.

Feedback is very much appreciated whether you agree or not and another point to be reiterated is that any opinion expressed in each Cagerattler's 'The Say', is not necessarily that of the staff of the Valley Voice.

So here we go.

A couple of weeks ago I met up with a local councillor and we talked about a number of things over perhaps half an hour. One of those matters revolved around a conceptual idea of a community forum for local groups and individuals to be able to suggest and contribute to our elected representatives with a view that merited ideas and support can only strengthen this area of ours.

A similar sport and recreational forum was conducted about seven years ago over two days, and proved quite enlightening for those fortunate enough to attend. This was a workshop concept, where each designated group had collaboratively work together to reach that concept.

People from all walks of life actually worked together. Perhaps our councillors idea in a similar situation on a much broader base would achieve similar results if he chooses to pursue it further at a later date. Could be good.

By the way, how many interested locals can attend a meeting involving health services in the area next week. Flyers giving further details are around the town and in this issue so please check them out and try to attend and show your support.

What do you think?

RATHAB'ZAR

40 Main St St Marys Ph: 6372 2684
Open 10—4 Mon to Fri. 10 -1 Sat

Wicked Tassie Crafts

Wishing everyone a happy healthy year.

► **SUMMER SALE** ◀

**A JOY TOPS \$10
A JOY DRESSES \$20
BE QUICK!!!!**

**WHEN THE KIDS ARE BACK
AT SCHOOL COME IN FOR A
BROWSE AND CHECK OUT
ALL THE NEW STOCK.**

Your Choice In Child Care



**Gardiners Creek Road
St Marys TAS 7215
Ph/Fax: (03) 6372 2187**

St Marys child care centre prides itself on being a community based service that provides outstanding care in the North East. The caring and reliable staff ensure that the children have access to fun and interesting programs that prepare the individual child for school. Children have access to creative expression through music, movement and visual arts.

The staff/child ratio ensures that children develop quality relationships complemented by good parent/staff communication. Our qualified staff provide parent support and can offer resources, information and referrals.

We strive to provide a safe, secure and stimulating environment for your child to enjoy.

Northern Children's Network Inc
59d Amy Road, Newstead 7250
Telephone: 6341 1555
www.ncn.org.au

Letter to the Editor

To the editor,
Valley Voice:

Beverly Rubenach's fine article attempting to get inside the head of her afflicted son Tim tells only part of that family's remarkable story. Equally noteworthy is the strength and courage of their commitment in circumstances that would defeat many of us.

It is a deep family love which drives the watchful everyday care which enables Tim to struggle on, despite constant risk of a fatal seizure or permanent institutionalising.

Few among us are called to sacrifice as much as the Rubenach family has. Fewer still would bear their burdens with such dignity. This should be a cause of considerable pride for them, and of congratulations by our community.

On a lighter note, though, I'd caution anyone talking to Tim not to suggest our Pancake Barn makes the best pancakes in the district. He'll tell you point blank that sister Hannah makes better ones, a fact he eagerly confronts me with on my every visit to the Rubenach home.

Tim's a chap who has no reverse gear when it comes to argument, so you'd best agree with him if he straightens you out on this important point concerning local "crepology."

Lew Bretz
Elephant Pass.

Dear Editor

Indicative of the kindness and generosity of Tasmanians to a sea changer of less than a year, five men arrived quickly after three phone messages early this morning when I found water lapping a centimetre from the door.

Very heavy rain over night and since dawn had flooded across silicon topped sand towards the house. All five have been very helpful, as have others, both locally along the coast and in Launceston since I arrived 11 months ago.

This instant community response after knowing people for such a short time would not have happened in Sydney. So special thanks to Kent for digging trenches and to Phil, Nick, Paul and Howard for such a great response.

Yours sincerely,

Heather Cole
108 Grant St
Falmouth, TAS 7215

Peter Dane Gardening St Marys

Qualified Horticulturist

Over 25 years experience
in all aspects

of garden maintenance, restoration
and organic vegetable growing.

Call 6372 2686 or 0408 208 658



"I know that if odour were visible, as colour is I'd see the summer garden in rainbow colours." Robert Bridges.



EXPRESSIONS OF INTEREST

The Break O'Day Council is calling for Expressions of Interest from residents interested, and prepared, to serve on an initial steering committee to establish and report to Council on the terms of reference for a Special Committee of Council on Tracks and Trails.

If you are interested in being involved in this process please forward an expression of interest to Angela Matthews, Executive Assistant, phone 6376 7911, email admin@bodc.tas.gov.au, fax 6376 1551 or alternatively in writing to PO Box 21, St Helens, 7216 by **Friday 22 February 2008**.



SMALL GRANTS PROGRAM

Round 2 - 2007/2008

The Small Grants Program provides grants of up to \$500 to community organisations to support community projects and events. Community organisations are also able to apply for a grant to purchase new equipment.

Community groups are now able to make application for funding through the Small Grants Program as Round 2 is now open and closes on Wednesday 19 March, 2008. For further information contact Chris Hughes at the Council Office on 6376 7900 or chris.hughes@bodc.tas.gov.au.



*Working
for you in
Lyons!*



Rene Hidding MHA

Your Liberal Lyons Member

Ph: 6397 7411

Fax: 6391 3103

17a Marlborough Street, Longford

rene.hidding@parliament.tas.gov.au

Break O'Day Stitchers Easter Exhibition

Break O'Day Stitchers will be holding their annual exhibition over Easter, from Sat 22nd to Wed 26th March, 2008. It will be held at the Portland Hall in St. Helens, every day from 10 a.m. to 4 p.m. Admission still only \$2 with Lucky door prizes.

There will be a Stitcher's Craft Shop, Daily Door Prizes, and demonstrations of Quilting, Embroidery, Machine Embroidery, Computer Quilt Design, Basket Weaving and much more.

We will be showcasing numerous quilts, embroidery, knitting, teddies, etc. Come and see who has won 'Best in Show'. There will be numerous prizes for other categories, with special prizes for juniors, as we wish to encourage younger entries.

This year we sent out a challenge to all stitchers for a mini A3 size quilt with the theme:

'H²O' USE YOUR IMAGINATION.

We were very pleased with the interest shown from all over Tasmania and Interstate. We have started receiving quilt entries and are amazed by the different ideas and styles. They will make a very interesting display at our Exhibition.

Our raffle prize is a queen sized quilt made by Break O'Day Stitchers and monies raised go towards deserving local charities. Last year we supported The Royal Flying Doctors, St. Helens Community Car, and The Lymphoedema Association of St. Marys.

If you are interested in entering the competition or just exhibiting your creations you can contact

**Marj Aulich on 63725752 or
Elsie Jaensch 63761663 or**

Ann Luttrell at luttrell@tassie.net.au.

Only in America!

- Dispatcher:** 9-1-1 What is the nature of your emergency?
Caller: I'm trying to reach nine eleven but my phone doesn't have an eleven on it.
- Dispatcher:** This is nine eleven.
Caller: I thought you just said it was nine-one-one
Dispatcher: Yes, ma'am nine-one-one and nine-eleven are the same thing.
Caller: Honey, I may be old, but I'm not stupid.
-
- Dispatcher:** 9-1-1 What's the nature of your emergency?
Caller: My wife is pregnant and her contractions are only two minutes apart
Dispatcher: Is this her first child?
Caller: No, you idiot! This is her husband!

GRASSY BOTTOM REGIONAL ARTS: EVENTS FOR 2008 WORKSHOPS!

ANNUAL GENERAL MEETING

Besides the regular markets, Grassy Bottom Singers, arts workshops and the play being planned for later this year by ACAST, we will be hosting some touring events in the first half of the year. Mark these in your calendar:

TASDANCE: *One for Sorrow, Two for Joy*, 27 March.

GADGETS: Joel Salem, a performer with a difference, who has appeared on the ABC's *Sideshow* program and gets rave reviews for his daring exploits. 1 May.

EMMA CELEBRAZIONE: If you are interested in being part of this stage musical extravaganza, contact Alan or Isabel Telford of ACAST on 6354 1021.

Grassy Bottom received some exciting news from the Northern Tas Development Corporation, with confirmed funding for two **workshops**. The first one will help develop a plan and strategy for Grassy Bottom and will be held at the Purple Possum on 17 February from 10am to 4pm. Come along if you have some ideas about the arts in St Marys and the East Coast!

The second one is called Plan and Program Events (held soon). Both can count towards other courses and will be professionally facilitated by Karen Jurs from UTas.

The AGM, postponed due to the weather, has been rescheduled for 19 February at 4pm at 2 Story St. Refreshments provided.

Members are reminded that their membership is due now, and should be paid at 2 Story St. We need to give Tas Regional Arts an up to date members list to keep our insurance cover.

Contact us if you are interested in the above or want to find out more about Grassy Bottom.

Eo Greensticks 0438 571 291

Maree Roberts 0439 367 015

TRUE STORY.

A company manager (who will remain nameless) was sending an email to Asia, with an order for the business. Because of the Christmas break, the order was a couple of days late. At the bottom of the email he decided to write: "Sorry for any inconvenience."
When it came time to 'send', the computer underlined the word inconvenience. Doing a spell check, he hit ok, then send. Only to find after it had gone that the last sentence now read: "Sorry for any incontinence."

Computes ar infalibl are'nnt thea?

Scamander Beach Surf Shop

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Scamander

Ph: 6372 5529

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Clothing Footwear
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Surfboards:

Milch McTavish
Surftech Bic G Boards

Bay Surf Shop

2 Pendrigh Place
St Helens
Ph: 6376 1755

Carers for Wildlife Tasmania Inc.

Carers for Wildlife Tasmania Inc. is a volunteer group of Wildlife carers in the Break O Day region.

We are based in St Marys and we respond to calls from the public for wildlife rescue.

If anyone comes across an injured or orphaned animal, please call us on 0417017105 or 6372 2973 24 hours.

If you are unfortunate to hit an animal on the road, check the animal for injuries. Please call the above numbers and we will respond immediately.

If we are not available, approach the animal with caution and wrap it in a blanket and place it in a box and keep it in a quiet dark place until help arrives.

If it is dead, check the pouch for a joey and take the carcass off the road.

If you cannot rescue the joey, tie a white rag on a tree near the joey so we can quickly locate the joey after you have phoned us and given us the exact location.

Please remember: Shooting of wildlife is illegal and permits are required. Heavy fines apply!

Wombats and forester kangaroos are protected species.

St Patricks Head & Esk Valley Historical Society Inc.

With the refurbishment and opening of the old St. Marys Railway Station into a café and history rooms early in 2007, the time appeared right for the next step toward Darlene Wright's personal ambition of gathering and preserving the stories and icons comprising the vast heritage of the region.

An ad in the Valley Voice in June last year called for interested persons to attend an informal meeting and what followed was the birth of the St. Patrick's Head & Esk Valley Historical Society Inc.

Incorporating the entire Fingal Valley, or to be more accurate the Esk Valley, the Society aims to record, preserve and promote the historical value of the valley region headed from St. Patricks Head in the east, spanning all the way west to Conara. Rossarden, Storey's Creek, Mangana, Mathinna, Royal George. Gray and Falmouth also fall into their charter.

But don't think for a minute the group is headed up by greying statesmen and mind numbing meetings of epic proportions. The Society aims to keep informal and FUN while realising the importance of its mission for generations now and to come.

Although in its infancy, already a history bus tour of St. Marys, Mount Nicholas and Cornwall has occurred, and plans are well under way to celebrate the National Trust's Tasmanian Heritage Festival this year with an event on Saturday 19th April, celebrating early hunting and bush survival skills with a family picnic day.

The committee has attracted members from St. Marys and Scamander and as far away as Evandale and Launceston and is keenly seeking more members to be involved. The Society meets at 2.30 pm at St. Marys History and Gifts on the third Sunday of every month (excluding December). For further enquiries telephone President, Barry Aulich on 6372 5752 or Public Officer, Jim Haas on 6372 2127.



Pictured above:

Members of the newly formed St Patricks Head & Esk Valley Historical Society Inc.

L/r: Stephen Bantick, Bernice Jurgeit, Peter Troode, Darlene Wright, Barry Aulich, Lois Hayes, Jim Haas.

Absent: Marcia Hughes, Pam Lynch.

Photo: Peter Troode.

ST MARYS HISTORY AND GIFTS.

OPEN 7 DAYS

10—5 PM WEEK DAYS

10—2 PM SUNDAY



We have a great range of plants and a very interesting collection of gift lines.

WELCOME ABOARD!

**THE JOURNEY STARTS AT THE
ST MARYS RAILWAY STATION.**

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Water Main Scouring

Due to Council's ongoing commitment to provide better water quality, maintenance is undertaking on a regular basis.

During these times you may experience pressure fluctuations and some discolouration in your water supply.

Council apologises for any inconvenience this may cause.

St Helens Area

1 st April 2008	2 nd April 2008
15 th April 2008	16 th April 2008
29 th April 2008	30 th April 2008
13 th May 2008	14 th May 2008
27 th May 2008	28 th May 2008
10 th June 2008	11 th June 2008

Stieglitz Area

2 nd April 2008	3 rd April 2008	16 th April 2008
17 th April 2008	30 th April 2008	
1 st May 2008	14 th May 2008	15 th May 2008
28 th May 2008	29 th May 2008	
11 th June 2008	12 th June 2008	25 th June 2008
26 th June 2008		

Scamander Area

St Marys/Cornwall

3 rd April 2008	2 nd April 2008
17 th April 2008	16 th April 2008
1 st May 2008	30 th April 2008
15 th May 2008	14 th May 2008
29 th May 2008	28 th May 2008
12 th June 2008	11 th June 2008
26 th June 2008	25 th June 2008

Fingal/Mathinna Area

1st April 2008
15th April 2008
29th April 2008
13th May 2008
27th May 2008
10th June 2008
24th June 2008

Tony Walker
Acting General Manager



St Marys Police report.

The main holiday period has come to an end. Overall we experienced a fairly quiet holiday period in St Marys, Fingal and Avoca.

With the return of school this week it is timely to remind drivers to keep the speed down, especially when in the school zones and around the school buses picking up and dropping off kids.

Remember when the buses have there flashing orange lights on it immediately changes the speed limit to **40km/hr** for all cars in **both** directions. We need to look after the children because sometimes they get a rush of blood and run across the road in front of cars.

Drivers also need to be aware of the changing speed zones throughout the road works. We have had lots done to the roads lately and we all get impatient. Drivers just need to keep their heads and keep to the speed limits, even if you don't agree with them they are there for a reason.

It was also good that we finally got "the rain we needed." With this we will have ongoing problems with St Marys pass. There has been a bit of land slip due to the rain so while travelling up and down the pass be aware rocks may have fallen in front of you so drive carefully. Also take care around the guys cleaning the pass, from Work Infrastructure. This is a thankless job and usually undertaken in horrible conditions. Help them out be keeping your speed down and following their directions. The guys are there to keep us safe, let's keep them safe as well.

Yes, today's report is all about the roads, that is because we need to keep reminding ourselves that driving can be hazardous and dangerous. We want to stop mindless accidents through the thoughtless actions of some, for the benefit of all.

Keep safe....

Michael SPAULDING
St Marys Police

St Marys Police Phone Number 63721010
Non Urgent Number 131444
Emergencies/lifethreatening 000

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THE HOTEL BILL

Next time you think your hotel bill is too high you might want to consider this...

.....A husband and wife are travelling by car from Key West to Boston.

After almost twenty-four hours on the road, they're too tired to continue, and they decide to stop for a rest.

They stop at a nice hotel and take a room, but they only plan to sleep for four hours and then get back on the road. When they check out four hours later, the desk clerk hands them a bill for \$350.

The man explodes and demands to know why the charge is so high.

He tells the clerk although it's a nice hotel, the rooms certainly aren't worth \$350.

When the clerk tells him \$350 is the standard rate, the man insists on speaking to the Manager. The Manager appears, listens to the man, and then explains that the hotel has an Olympic-sized pool and a huge conference center that were available for the husband and wife to use.

"But we didn't use them," the man complains. "Well, they are here, and you could have," explains the Manager

He goes on to explain they could have taken in one of the shows for which the hotel is famous.

"The best entertainers from New York, Hollywood and Las Vegas perform here," the Manager says.

"But we didn't go to any of those shows," complains the man again .

"Well, we have them, and you could have," the Manager replies.

No matter what facility the Manager mentions, the man replies, "But we didn't use it!"

The Manager is unmoved, and eventually the man gives up and agrees to pay. He writes a check and gives it to the Manager. The Manager is surprised when he looks at the check. "But sir," he says, this check is only made out for \$50."

"That's correct," says the man. "I charged you \$300 for sleeping with my wife."

"But I didn't!" exclaims the Manager.

"Well, too bad," the man replies. "She was here and you could have."

OUT OF THE WOODWORK

Wendy Brennan Treasurer 63722094

A few fellow woodworkers accepted an invite from our colleagues at the Dorset Bridport Men's Shed. It was a very interesting day. Also in attendance were the Tamar Woodworking Guild and the Northwest Woodworking Guild.

Not only did it provide a good BBQ to network around the snags but members were entertained by a top Australian Fencer who gave an interesting demonstration of this ancient art and its history. All good stuff.

We were also shown burl bowl making, a new style of tools now available on the market and pyrography on wood and leather. Who said that wood working does not keep you youthful?

One of the members was an eighty six year "young" man who once was a travelling clothes merchant who sold his goods to Rossarden and Storeys Creek by the name of "Len," who still turns the occasional top. What an inspiration!

And it turns out an old school friend of our Guild member Dave Mallet was also present and did they talk up a storm. To end the day we followed up with a walk through a beautiful myrtle forest.

We would like to welcome our new member Michael Scott and a thankyou to Michael Holmes who designed, fabricated and built an outdoor seat for the Lymphoma Centre and to all the woodworkers who participated in its construction. We thank the Lymphedema Centre for its patronage.

The Guild meets on the last Saturday of the month in the Goods Shed behind the St Marys Railway Station, at 4pm.

The Woodcraft Guild workshop is open Monday, Wednesday, Friday & Saturday from 10:00 till 4:00. Other times by arrangement.

As mentioned above, the seat is pictured awaiting delivery to the Lymphoedema Centre at the Community Health Centre.



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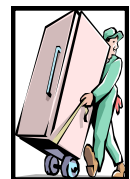
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Peter R Power. Civil Marriage Celebrant

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or info@peterpowercelebrant.com.au*



Peter R Power CMC

DOING THE ROUNDS Clr Reon Johns 0429 722 091

I had a look round the Mangana Bridge before Xmas and I was very impressed with the work that was done. It is the first time any Council in Tasmania has constructed such a bridge. The arches are now in place and the project is one that the crew can be proud of.

There is a bit of buzz about the new ramp and railing in front of the IGA. I have been approached by a few concerned residents. The story is this: - the railing and ramp are only temporary until the Streetscape is completed. The reason that it was erected was an elderly resident fell over and suffered some nasty injuries. Her husband raised this matter with a letter to the Mayor and copies to Dick Adams and Heather Butler, as well as a visit to me. The Mayor sent this matter to the Works Depot and I followed up with a phone call and arranged an on site inspection.

A report was raised at the next Council meeting and was passed unanimously. This is a safety issue and must be dealt with to protect all users of this part of the walkway. It must be mentioned that the ramp is welcomed by some sections of the community. Also bearing in mind that users include international tourists and visitors from other parts of Australia as well.

The Council is in the process of looking at the State Govt's proposal of taking over the water and sewerage. At this point in time there is little information available to form an opinion. We have written to express our concerns, as a Council, to the State Govt and expect an answer soon.

The St Marys Streetscape committee was formed on the 8th January 2008; the committee will meet on the first Monday of the month at 7:30pm in the Supper Room of the St Marys Town Hall. Please come along and put forward your ideas, **as it is your Main Street**. If you are unable to attend a meeting, but would like to raise an issue or idea please contact myself or Clr Clement.

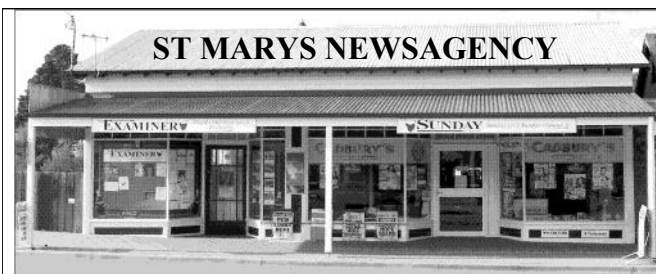
I was able to have these items placed on the budget deliberations.

- A sunscreen over the picnic table in the Old Post Office park
- Baby change tables in some toilets
- Improving the drainage in some parts of Talbot Street Fingal.
- * A toilet for Cornwall

I put forward the motion to waiver development applications fees for community groups on Council owned or managed lands. This was passed unanimously and should be an enormous help to community groups.

I floated an idea to have a delayed radio broadcast on STARFM of our Council meeting. I felt that as Council meetings are conducted during the day this would allow the general public to hear their Councillors in action. At the time of writing my idea has not gained any great support.

I would like to invite any other Councillor to share this article with me and help keep the Break O'Day informed. If you would like to raise an issue feel free to contact me on mobile 0429 722 091.



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Fax: (03) 6261 8047

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

www.tas.greens.org.au

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

Are you or your organisation involved in volunteering?

We would like to interview YOU!

We are looking for people to interview for the research project 'A Sustainable Volunteer Workforce in Rural/Regional Tasmania'. The project is a partnership between Volunteering Tasmania Inc and the University Department of Rural Health Tasmania.

To carry out this research we would like to talk to a variety of community members involved in volunteering or otherwise contributing to community activities. This can be individuals who volunteer or help out in the community, people who coordinate or manage volunteers, and businesses that participate in volunteering activities.

The research will be undertaken in the regions of

- New Norfolk,
- Kings Meadows and
- St Helens.

We believe this project is important because it is an opportunity for community members to contribute to an understanding of volunteering in Tasmania, its value and its future. It is anticipated that it will also assist Volunteering Tasmania to develop its' future directions.

We are interested in interviewing:

- representatives of community organisations,
- individual volunteers and
- representatives of businesses engaged in voluntary activity.

The interviews should take approximately sixty minutes.

If you are interested in participating or finding out more about this project please contact **Suzanne Crowley** on (03) 6226 7375 or via email Suzanne.Crowley@utas.edu.au

This project has received ethical approval from the Human Research Ethics Committee (HREC) (Tasmania) Network. If you have any concerns or complaints about the manner in which the project is conducted please contact the HREC (Tasmania) Network Executive Officer on 6226 7479. You will need to quote the ethics application reference number **H9792**.

Thank you for taking the time to read this information

Signed:


Christine Stirling
 Chief Investigator



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HISTORIC ABORIGINAL STONE TOOL ARTIFACTS DISPLAY UNVEILED AT ST HELENS

Last Thursday, Senator Guy Barnett officially opened the display of *lunyi mapali** – a display of Aboriginal stone tool artifacts housed at the St Helens History and Visitor Information Centre.

The Denys Walter display case is a wonderful collection of Aboriginal stone artifacts from the East Coast region of Tasmania, collected and recorded by retired teacher and historian Denys Walter, over the period 1965-1971.

“The collection is an invaluable record of Aboriginal life in the East Coast region before European settlement,” Senator Barnett said.

“The tool artifacts were used for many purposes including the gathering of abalone, the preparation of other major food sources and the working of materials and grinding of ochre for cultural and ceremonial use,” he said.

The display has been mounted in consultation with East Coast community representatives, and is a welcome addition to the St Helens History & Visitor Information Centre.

“Denys and his wife Joy were keen explorers of the East Coast and compiled the collection from sand dunes along the East Coast after moving to St Helens in 1988,” Senator Barnett said.

“His persistence and passion for history and archaeology has made this collection possible, and for that he has made a profound contribution to the understanding of the original indigenous inhabitants of Tasmania and their customs and commercial endeavours,” Senator Barnett said.

“I pay great tribute to Denys and his wife Joy today, because theirs is a priceless contribution as much for what it does for the reconciliation process as for what it does for Tasmanian history,” he said.

“Mr Walter was my maths teacher at school and he has always had an interest in our local history. “I also pay tribute to the board and volunteers of the information centre and its chairman Break O’Day Mayor Robert Legge for their incorporation and promotion of this invaluable glimpse of Tasmania’s beginnings,” he said.

Senator Barnett said he had for a long time favoured saying “*sorry*” to Australia’s indigenous community for past injustices.

* *lunyi mapali* — lots of stones

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WATER & SEWERAGE MODEL BREAKTHROUGH *Government Adopts Greens' Preferred Option*

The Tasmanian Greens has welcomed the Lennon government's announcement that it would adopt a Water and Sewerage Reform model that mirrors the Greens' position in relation to Water and Sewerage reform, which the Party released in May last year, which will see regional water authorities become responsible for all reticulation and treatment of water and sewerage throughout Tasmania, instead of one State-owned entity.

Greens Shadow Water spokesperson Tim Morris MP, said that now that the Local Government Council's preferred model of regional local government-owned entities has been agreed upon, it is now urgent for a regulatory regime is established to ensure that work can commence on improving the water and sewerage infrastructure to the standard expected by the community.

In May last year Mr Morris released the Tasmanian Greens' Discussion paper; *Water and Sewerage Infrastructure and Services: Proposed Three Joint Water Authorities*, which outlined the proposal to adopt a regional model, where the councils in each region would own the joint authorities.

"The Tasmanian Greens welcome the announcement by the government to adopt a Water and Sewerage model that basically is the same as the Greens' previously announced preference for three regional authorities owned by the constituent councils, as the best way to provide the critical mass needed to fund and manage these critical services at an appropriate standard on behalf of the community," Mr Morris said.

"The Greens are not yet convinced that it is necessary to establish new companies when there already are the three existing regional bulk water authorities, Esk Water, Cradle Coast Water and Hobart Water, all of which could be transformed to provide more transparent and accountable businesses, and to incorporate all the relevant staff that currently are working for councils."

"The key priority is to get a proper asset management plan in place driven by a set of policies and standards that will ensure that investment in improving in water quality, where it is currently substandard, is attended to quickly, along with getting the two part pricing universally adopted to ensure that incentives are in place to provide for both water conservation and the funding of the infrastructure upgrades that are so desperately needed."

"The Greens have always said that it was essential that any reforms will protect the jobs of the approximate 500 workers who look after the existing infrastructure, and provide significant opportunities for career advancement for those who wish to further develop their skills, and it is pleasing to see that the agreement between the government and councils recognise that the transitional arrangements must not disadvantage employees, however we will continue to scrutinise this aspect in the final arrangements."

"The agreement to adopt the regional entities model will best protect the councils' revenue sources, but there will still be quite a lot of adjustment for some councils that cross subsidise their general revenue base from the sewerage and water rates, for now they will get a share of the profits, which are not expected to be very great initially because of the need to fund as much of the infrastructure improvements from revenue rather than borrowings."

"The Greens look forward to seeing the detail in the government's legislation expected to be debated during Parliament's autumn sitting and I call on the Treasurer, Michael Aird, to release a consultation draft as soon as possible, as due to the extensive changes these reforms will bring in, it is reasonable for the councils and the community to expect to be consulted on the detail of the proposed changes," Mr Morris said.

MEALS ON WHEELS ROSTER

Feb	St Marys	Fingal
Mon 18th	Trish Pike	Kaylene Sutton
Tues 19th	Geoff Herrmann	Debbie Speers (N)
Wed 20th	Pam Gillies	Christine Woods (P)
Thurs 21st	Heather Griffiths	Maureen Hall
Fri 22nd	Claire Bean	Julie-Ann Claridge
Mon 25th	Audrey Wright	Susan Woods
Tues 26th	Geoff Herrmann	Barbara Saunders
Wed 27th	D & V Rice	Sharon Hall
Thurs 28th	Yvonne Salter	Christine Woods (S)
Fri 29th	Hannah Rubenach	Shirleen Woods

Church Services

Catholic Parish of St Marys

Sr. Lorraine Groves

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Mob: 0409 172 741

1st Week: MASS

St Helens Vigil 6.00pm
Bicheno 9.00am
Fingal 11.30am
Campbell Town 5.00pm

2nd Week LITURGY

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

3rd Week: MASS

St Helens Vigil 6.00pm
St Marys 9.00am
Swansea 11.30am
Campbell Town 5.00pm
Bicheno Liturgy 9.00am

Week 4 LITURGY

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

5th Week MASS

St Helens Vigil 6.00pm
Bicheno 9.00am
St Marys 11.00am
Ross 5.00pm

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

St Helens Every Sunday
8 am and 10.30 am

Kanga Sunday School

10.30 am – 12 noon every
Sunday for children
5 – 12 yrs

St Marys 10 am

(No service 5th Sunday)

Pyengana 4th Sunday, 2pm.

Salvation Army Monday JAM

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except school holidays.

Sunday JOY

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The Manse St Helens
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St Helens 9.00 am
Fingal 11.15 am

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am
Divine Service 11 am

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Tuesday 10 am-4pm Friday 10 am – 3 pm
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Please note: Letters to be published in the Valley Voice must be signed. Your name need not be published, but we must have a signature. Please keep letters to 500 words or less.

Articles and letters published in the Valley Voice are not necessarily the opinion of the staff and volunteers of this community paper. Ed.

Contacts for Valley Voice

PH: Judy: 6372 2155 Fax: 6372 2172
email: judith.spilsbury@bigpond.com
Accounts: Mary: 6372 2328

Please leave written material at the
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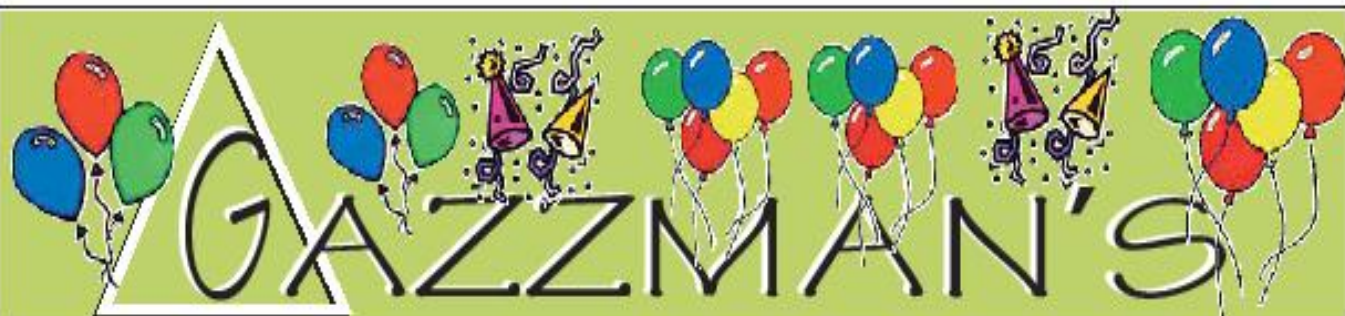
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Dr Strain-14/2/08- 25/2/08
Dr Reeckman- 18/2/08- 21/2/08

Dr Ottosen will be on leave from 15/2/08 -24/2/08

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COMMUNITY HEALTH CENTRE 6372 2111
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St Marys Community Health Centre

GP Surgery Hours:

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12:30pm-1:30pm LUNCH

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1:30pm-5:00pm

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Please ensure doctors appointments are booked **prior** to
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scripts over the phone.

PLEASE BE PATIENT

Please be aware that **waiting periods can apply.**
Phoning in advance may save you a wait. Please
be patient, we are doing our very best and your
cooperation is appreciated. Everyone's health is
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EMERGENCY PHONE

The phone located on the side of the Community
Health Centre building near the ambulance bay is
for communication with 000 services **ONLY.**

THIS IS NOT A PUBLIC PHONE

This initiative was on review on the strategies used
in the Bushfire Management when the Community
Health Centre was relocated to Fingal last year.

PODIATRY SERVICES 2008

Bookings for private Podiatry Services can be made
by phoning: Lightfoot Podiatry Services Launceston
Phone 6331 9568 for appointments.

Please abide by the **SPEED LIMITS** and
ENTRY and EXIT SIGNS set in and around the
Community Health Centre. Some access ways are
ONE WAY ONLY.

How was your first day back at school Mum's
and Dad's?

WHAT'S ON AT THE CENTRE

- 18 Feb **Tasmanian Lymphoedema Centre** (TLC)
AGM 9:00am-10:30am
- 19 Feb **Meals on Wheels Meeting**
1:30pm-3:00pm in the Day Room.
- 19 Feb **Jobfind**, Ambulance Training Room
downstairs
- 22 Feb **Women's Health Clinic** with Dr
Reeckman. Please phone 6372 2111 for
appointments.
- 22 Feb **Diabetic and Dietician Clinic** with Pat and
Jackie. Appointment can be made by
phoning 6372 2111.
- 26 Feb **Jobfind**, Ambulance Training Room
downstairs

ARTHRITIS TASMANIA

ST MARYS SUPPORT GROUP

Heather Donaldson from Arthritis Tasmania is
interested in starting up an Arthritis Support Group for
people living in St Marys.

A group currently exists at St Helens and they meet
once every six weeks to discuss treatments and
exercise options, laughter therapy, review new products
and heaps more.

If you are interested in attending the St Marys Group
Heather Donaldson will be in St Marys on Friday 14th
March 2008 for our first session.

Please call Hayley on 6372 211 to register your interest.
Meetings will be held at the St Marys Community Health
Centre. 10:30am- 12 noon.

CHILD HEALTH CLINICS

As many of you are aware Lorraine McGee our
Child Health Nurse of many years has relocated
back to Launceston.

Child Health Clinics are still being conducted.

Lindy Smith will be available on the 2nd and 4th
Tuesdays of the month at the St Marys Community
Health Centre as the Child Health Nurse until after
the Easter period, when our new Child Health
Nurse will commence.

Morning sessions are open from 9am-12noon. If
you would like to make an afternoon appointment
with Lindy she can be contacted on: 0428 136 381.

Your continuing support of this service is greatly
appreciated.



Tasmania's Health Plan

Community Forum

Tasmania's Health Plan is a road map for the improvement of all our health services over the next fifteen years.

Local meetings are being held so that you can be kept informed of the progress being made in the implementation of Tasmania's Health Plan.

Find out more:

WHERE: St. Marys CHC Day Centre

DATE: 18th February 2008

TIME: 11:30am

RSVP to: SMCHC

Health Department Representatives will be:

Mary Bent- Department Secretary Community Health Services

Phillip Morris- Area Manager Primary Health North

Sophie Legge- Primary Health Co-ordinator North Esk

Tasmania will have a sustainable health care system that provides reliable access to safe care, with a balance of health promotion, illness and injury prevention, early detection and treatment services.

Information on the Tasmanian Health Plan is available at
<http://www.dhhs.tas.gov.au/futurehealth/index.php>





Seniors lets get together & have a BLAST in 2008!



(Better Living for ALL Senior Tasmanians)

Did you know ?

If you are over 65 you have a 1 in 3 chance of having a fall this year !

For over 85's it is a 1 in 2 chance of having a fall in 2008.

10 % of falls lead to Hospitalisation due to fractures.

Hip and wrist injuries are the most common.

Some of the leading causes of falls are :

Decrease in leg strength & Impaired Balance.

What can you do about it?

Come along to one of the exercise classes at Physio & improve your balance & leg strength.

Have a BLAST with us at one of Physiotherapist's Exercise Classes:

Chair based exercise group

or Strength Training Class

or Balance & Stability Class

At St Marys Community Health Centre or Fingal Neighbourhood House, Mondays & Thursdays.

For Information & assessment of your present fitness & ability level contact David or Margaret on



6372 2111



Sports Centre news. Kackhander

Welcome back to another year of news through the Valley Voice, so that we can pass on what's happening at the club.

First to bowls, and currently both the men's team and the women's team are approaching with keenness the 2007/08 Finals series at Bicheno in March. The defending champion men are currently sitting on top of the ladder, whilst the girls in their first year look likely to be in the first semi-final, with a big chance of advancing. It has been a tremendous debut season wherever they finish for sure.

Over the beginning of the second half of the roster, the men's team has shown depth, and has won despite being down players each time. This augers well for the finals, even if it's a nightmare for the selectors. All we can ask to be fair to all, is to ask all players to try to be at practice it's at all possible, and this will help with team selection.

We also welcome to our ranks John Vincent from Fingal (formerly Queensland) and he will give us added depth with his abilities. Welcome John.

In the East Coast Singles Championship we began with 6 competitors, and Chris Davern and Rod McGiveron made it through to the knockout stage. A big thanks to all those who helped out by marking or providing service, after St Marys was asked to host 8 players from the overspill from Bicheno. It was greatly appreciated indeed.

Thank you also to our rep's in the ECBA v NTBA game last weekend, and to those who may be available for the Howard Watson game at Invermay in a few weeks time. Another thanks to the members who organised a social game last weekend, which are always popular.

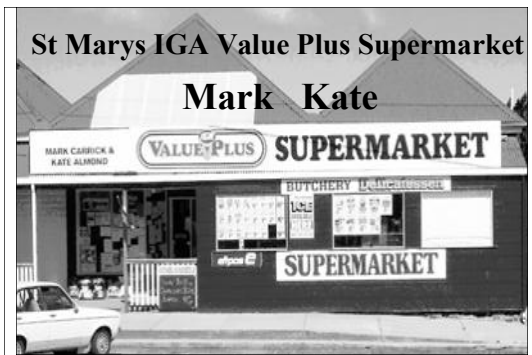
Just a reminder to all who need to play club matches to please try to get these done soon, so that renovation work on the green can commence on time.

Now briefly to golf, and just a plea to ALL golfers that late this month there will be a meeting for you to have your say on the upcoming golf season. Please be there to help determine all sorts of things, not least whether we play pennant again this season due to start on April 6th. We really need commitment by at least 8 to 10 players which will give scope for a team of 7 to be picked each week. Also to be decided is special club events for 2008 and encouraging more participation.

A very special thank you must go to our Tuesday Crew for their monumental efforts with the greens recently. They are genuinely on the mend, and these blokes are a large part of that. Just the other day, Trev was out in the pouring rain treating the greens with a special additive and getting soaked into the bargain. Thanks Trev. Another special thanks to Coxy and his excavator, and to Roger who got him over to fall that rotten tree on the first hole. Thanks Craig and Roger. One other mention also to Col Payne for the tree planting over the summer, and to Bob Hersey for continuous greens mowing. Thanks all.

We still have to organise a new date for a function for 2007 Trophy presentation. The original date was not good for many. Notify you all soon.

Any way until next time, good hitting and rolling.



38 Main Street St Marys
Phone/Fax 6372 2240 - Butcher Ph: 6372 2274
Mon – Fri 8am – 6pm
Sat 8am 12 noon

In-store butchery
This week

IGA Silverside	\$ 6.99kg
T-bone steak	\$14.99kg
Regular beef mince	\$ 7.99kg

Next week

Porterhouse steak	\$15.99kg
Inghams thigh fillets	\$11.99kg
Butcher's sausages	\$ 4.99kg



Congratulations Matthew on finishing your apprenticeship. You are a star.

Easter is only 5 weeks away

Cadbury's caskets from	
\$8.29ea.	
Cadbury's eggs from	\$1.25ea.
Red Tulip marching rabbit	\$4.99ea.

One day, a man came home and was greeted by his wife dressed in a very sexy nightie.

"Tie me up," she purred, "and you can do anything you want."

So he tied her up and went golfing!!!!