

# The Valley & East Coast Voice

Volume 41 No 4  
Thursday, July 17, 2008

Est. 1968  
50 cents

## WOLLEMI PINE FOR NATIONAL TREE PLANTING DAY.

Wombat Walk Weeders will again host National Tree Planting Day this year, to be held on Sunday 27th July, 2008, starting at 10.00a.m at Wombat Walk.

Thanks to Landcare, the wombat Walk Weeding Group will have a special tree to plant for the occasion of this year's National Tree Planting Day.

Apsley MLC Tania Rattray-Wagner will be at Wombat walk to officially plant a Wollemi Pine.

The Lions Club of St Marys will be holding a free sausage sizzle in the Lions Park (as per notice, this page, commencing at 12 noon.

Everyone who is interested in taking part in Tree Planting Day is invited to come along to Wombat walk along the St Marys Rivulet at 10am.

Please bring a hat, gloves, small garden tool (if you have one) a drink and wear suitable footwear. Come along, bring the children and have a great day.  
See you there!



### Wollemi Pine –*Wollemia nobilis*

The Wollemi Pine is one of the world's oldest and rarest plants, discovered in the Blue Mountains, New South Wales in 1994.

This species was thought to be extinct for millions of years. 'The discovery of the Wollemi Pine is the equivalent of finding a small dinosaur still alive on earth' said Professor Carrick Chambers, Royal Botanic Gardens, Sydney, in 1994.

This pine is so named because it was found in the Wollemi National Park by David Noble.



*King Billy, the largest of the Wollemi Pines.*



*The mature Wollemi Pine In the wild.*



*The Wollemi Pine under cultivation.*



The Lions Club of St Marys Inc. wish to advise they will be organising a free sausage sizzle at the Lions Park, (pictured left) for all helpers assisting the Wombat Walk Weeders Group on National Tree Planting Day, 27th July, 2008. Planting begins at 10am, with a 12 noon BBQ.

**Please note: Deadline for articles to be included in the next Valley Voice is: 5 pm Tuesday, July 29, 2008.**  
**New email address: [judith.spilsbury@bigpond.com](mailto: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 7pm. 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.**

**Anyone interested** in forming a Bridge Club in St Marys—please phone: Jack Foreman: 6372 2034.

**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.

**Swap n Go gas cylinders** now available from Gone Rustic, 37 Main Street, St Marys or call 0417 027 424 for opening hours.

### **NEWS FROM GONE RUSTIC:**

**PLAYTIME! CHEATIN' BATIK** – make batik-style fabric without wax, for less mess and great results. Session held on Saturday, 5<sup>th</sup> July (9-12). Bookings essential; please call in for a materials list. Cost: \$10 plus materials.

**GUEST EXHIBITORS** – there's still time to view beautiful quilts and other items made by Sharyn Rosskelly, who specialises in hand appliqué and quilting, and to enjoy the striking H2O Challenge quilts from across Tasmania and interstate. Be inspired by the work of talented textile artists! Dates: 11<sup>th</sup> June – 11<sup>th</sup> July May.

**EXHIBITION OPENING** - Maureen Fisher, who is an experienced and talented quilt maker from St. Helens, will display her work in July and August. To launch her exhibition, there will be a light lunch and refreshments at 12 noon on Wednesday, 16<sup>th</sup> July; cost is \$5 per person. RSVP for catering purposes, please!

**THREAD PAINTING & EMBROIDERY** - next session on 16<sup>th</sup> July, 1-3 pm (and every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month). Bring a current project or a new one to start. Meet with like-minded stitchers to mutually improve your skills, gain ideas and keep the motivation going. Cost: \$5 per session; includes tea and coffee.

**ANNUAL MEMBERSHIP** – this fell due on 1<sup>st</sup> July. Cost is still only \$15, which includes bi-monthly newsletters, free pattern and recipe, and 10 % off fees for classes. Ask Rita for a form soon!

**NEWS!!** - the latest issue of Down Under Quilts magazine, No. 122, features a *profile of Rita and her work* over several pages, including *quality colour photographs* and biographical details. Available from any newsagency!

**ANOTHER DEVELOPMENT** is that Rita is working with the local registered training organisation (RTO), NEET, to offer introductory short courses as a lead-in to future nationally accredited training in Visual Art and Contemporary Craft / Art Craft Design – Textiles. The plan is to begin in Term 3 this year. If you are interested, contact Rita ASAP ...

*If you are interested in any of the above items, please contact Rita Summers on 6372 2724 (Mon-Fri, 9-5) or 0417027424, or drop in to Gone Rustic, 37 Main Street, St. Marys.*

There has been some complaints about the ducks that are wandering Main St. They are causing havoc in resident's gardens. If someone owns them could they be responsible for them please?

If they are not someone's property, does anyone want 2 drakes and 2 ducks? Those whose gardens have been demolished down to the roots will be happy to see them go.

### **SAWMILLING**

**YOUR TREES -  
YOUR PLACE  
FOR PORTABLE  
SAWMILLING**

**Ph ROSCO: 6372 2147**



# Classifieds

## FOR SALE

An electro magnetic machine for treatment of cancer. (eg Rife machine) Originally purchased from the Hope Cancer Clinic in Melb. Also red spectrum light machine purchased for the same purpose. Please contact **6372 2884** for price and details.

**Acer Aspire laptop computer** with Microsoft Office Pro & Lexmark Printer. \$550 **Ph 6372 2059.**

**Motorola pre-paid mobile phone.** As new. \$30. **Ph: 0427 607 991**

**2 Vertical blinds.** 120cm high x 75cm wide. 194cm wide x 123cm high. **\$30. Ph: 6372 2426.**

**Westinghouse** fridge-freezer. V.G.C. \$200.ono.

**Kelvinator** 150lt chest freezer. As new. 6mths old, still under warranty. \$380.ono.

**Hoover** 5kg top load washing machine. Goes well. \$150.

**Double bed & chiro mattress.** As new. 6mths old excellent condition. \$700. ono.

**Coffee maker** hardly used V.G.C. \$100.ono. **Ph: 6372 2556**

**Phillips 2 door upside down fridge/ freezer.** 396 lt. Good order. \$100.

**PH: 6372 5041,** ask for Adeline.

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

**FORD METEOR.** 4 cyl. Has some panel damage. Goes well. Suitable for "kids learn to drive" project, or parts. \$150. **Ph: 0437 227 123 or 6372 2222.**

**Baby pet rats.** Very quiet. \$10 ea. **Ph: 6372 2357.**

**Single base bed** with white decorative iron and brass bed head. Excellent condition. \$120. ono.

**Ph: Karen Polden 6372 2438 or 0439 333 398.**

**Fire wood. 1, 2, & 3 tonne loads.**

TO LEASE - 2 BED ON 3 ACRES - OLD ZINGERS HAIRDRESSER - SUNROOM - \$140PW - LEASE BREAK TILL 7 SEPT AND ONGOING LEASE AVAILABLE - URGENT - PHONE 6372 2596 OR 0421 319 586 - WALK TO TOWN...

## FOR SALE

**Stihl 039 Farmboss.** \$600  
**CIG Transark easy welder 140 amp.** \$200.

**Phillips 340 Fridge.** \$250.

**Fisher 120 Watt amp** \$50

**Ph: 6372 2251.**

**Old style lounge suite.** \$80.

**George Foreman grill (Lge)** \$45.

**George Foreman grill (Sml)** \$30.

**Speed Grill.** \$30.

**Ronson combination slicer.** \$40.

**Bookend bed with mattress.** \$50.

**Ph: 6372 2434.**

**89 Ford EA sedan,** 5 speed manual, air con, sports dash, new radiator, good tyres, h/d tow bar, reg till July, suspect blown h/gasket, \$550.ono. includes 2nd car for spares.

**Ph: 0400 593 344.**

## St Marys

### District High School

#### B Class 1968 and C Class 1967

A 40 Year Reunion Dinner is to be held at Scamander on Saturday, November 29, 2008, for students, teachers and staff of these classes.

Contact Patsy on:

0428918252 or 63918252

Email: stmarysreunion@gmail.com

## ST MARYS OP-SHOP

PLEASE NOTE:

OUR WINTER TRADING HOURS:  
10.30AM — 3.30PM MON TO FRI.

**Check out our  
\$2 bag rack  
(no garbage bags)**

**If you can't see what you  
want please ask and we will  
try to get it for you.**

**Volunteers still needed.**

**Leave your details at the  
shop. Or call Tracy.**

**Ph: 6372 2733.**

## FOR SALE

### SMALL DAIRY GOAT HERD

1 x registered Toggenbourg stud

1 x Toggenbourg doe

1 x Saaner doe

1 x Saaner kid/doe (8mths)

All have fantastic natures -NOT to be tethered—need fencing & out of weather sheds CAE tested. PH: 6372 2707

## WANTED

**Second hand horse gear -** stock saddles, bridles, head collars etc.  
**Ph: 6372 2059.**

**7' x 5' trailer. Ph: 6372 2762.**

## WANTED

ANYONE OUT THERE HAVE A GOAT THEY CAN LOAN? FOR SEVERAL MONTHS. WILL BE WELL FED AND TAKEN CARE OF, AND SHELTERED. IF SO PLEASE **PHONE 6372 2818.**

**HORSE DENTIST** – Warrick Morgan will be coming to the East Coast.

If you would like your horses teeth done please book with Racquel on 6372 5080.

**Have your little ones grown out of their old trikes or plastic trundle cars? WANTED\_** Children's ride/push toys suitable for preschool age. For the Playgroup- thanks to Mr Duke and helpers for the construction of the littlies bike track, now we need little bikes for it! **Ph 0412 803 027**

**PLEASE NOTE:** ARTICLES MAY NOW BE LEFT AT THE ST MARYS PHARMACY, OR POSTED OR EMAILED AS USUAL.

**Sheds, stables, garages, affordable homes and more** – for appointments, a catalogue, or a free quote, talk to Rita and Ian Summers @ Gone Rustic, 37 Main St., St. Marys (Tues-Fri, 11-4) Phone – 03 6372 2724 or 0417 027 424.

## FOR SALE

**1995 NISSAN PATROL WAGON.**

**2.8 TURBO DIESEL.**

**3 MONTHS REGO-**

**GOODTYRES. \$12,000. NEG.**

**PH: 6372 2033 — 0439 722 033**

## **A LITTLE BIT OF HERITAGE: Jim Haas “A Comfortable Lifestyle”**

As a boy growing up in the 1950s, I remember a common saying of the “Old Hands”: “If you have a roof over your head, a warm bed and a full belly, what more do you want?” These folks, of course, had weathered depressions and long strikes, all of which had taught them to appreciate the basics of life.

How times have changed, we now live in a world governed by materialism. Indeed, the Westpac ASFA Retirement Standards research report of August 2007 tells us that to live a comfortable lifestyle in retirement today you will need a superannuation of at least a million dollars, or a little more.

So what is their perception of a comfortable lifestyle?

- Entertaining at home on a fortnightly basis.
- Seven glasses of wine or equivalent per week.
- Eating out at a restaurant or club three times a week, or once a week at an expensive restaurant.
- \$20 a week or so per person in total for drinks at the club, some gambling on lottery or the like, tobacco purchases (if a smoker), or gifts to family or organisations.
- The purchase of magazines, CDs and DVDs.
- The purchase and running of air conditioner and dishwasher.
- The use of a stylish hair dressing salon, rather than visit on the special pensioner’s day.
- More stylish clothing from an upmarket department store than relativity cheap clothing from a discount store. For a woman this may be the difference between \$150 and \$50 for a dress.
- The replacement of a bathroom or kitchen during retirement, rather than these items being left untouched for 20 years or more.
- Better quality whitegoods for the kitchen and laundry every 15 years or so.
- The purchase and operation of a more modern motor vehicle
- Top grade private health insurance and a range of non -prescription items such as vitamins etc.
- A budget overseas trip every five years, and up to 10 domestic trips each year to visit family, friends, or to holiday.

If this is what is perceived to be the norm for a comfortable lifestyle in retirement, then I feel, many of us are falling short, and if petrol costs rise to anywhere near the CSRIO prediction of \$8 a litre in the next decade, one can only speculate at what lifestyle changes will transpire.

Maybe it’s time for our education system to harness the survival skills of the old hands before those few who know the skills are gone. Technology is great, but if we can’t afford to use it, will it put a roof over our head, or fill our belly? The \$8 a litre prediction is a worst case scenario, but if it reaches even half that figure, one can only speculate what lifestyle changes will occur. Just a simple trip to the supermarket for the basic necessities could well be unaffordable to many.

This could well mean then, that the predicted retirement standards for the future will be that you need a million dollars plus in your super just to maintain a roof over your head, a warm bed and full belly. Will this mean, for many of us to survive, we will have to draw on the skills of our ancestors and learn to live off the land?

### **St Marys Licensed Post Office Super Special – Limited Time Only**

10% discount off all Telstra recharge vouchers.  
Available until Friday 25 July  
only on presentation of this ad.

If you are on 1 cent texts a 10% discount  
on a \$30 voucher is worth 300 text messages.  
**Vouchers also make great presents!**

Conditions:

Only available on presentation of this  
original ad – copies not acceptable.  
Only available until Close of Business  
Friday 25 July 2008.

### **Sport and Recreation Tasmania grants available for 2008-2009**

The Labor Member for Lyons, Heather Butler has encouraged organisations to apply for Sport and Recreation Tasmania grants available for 2008 - 2009.

“There is a total of \$3 million available to organisations from six grants programs that aim to help serve the different needs of sport and recreation groups in the community,” Ms Butler said.

“The programs available are the Major Grants Program, Community Recreation Grants Program, Minor Grants Program, National Championships Program, State Grants Program and Trainee Subsidy Program.

“Last year’s grants programs saw 248 successful applicants from around the state.”

To find out more about the grants, eligibility details, or to obtain a copy of the grant application forms, visit Sport and Recreation Tasmania’s website at [www.development.tas.gov.au/sportsrec/grants](http://www.development.tas.gov.au/sportsrec/grants) or call Sport and Recreation Tasmania on 1800 252 476.

## Letter to the Editor

Dear Editor,

Regarding the article, "A name change for St Marys". I can only say perish the thought. I lived there for nearly twenty six years and raised my family there. It was a great place to live, and very good to us. We only left for family reasons, and on buying a home in Launceston, I proudly named it, St Marys.

Eileen Spilsbury  
South Launceston.

### Progress report on the new building on the western end of Main St.

Innis Tasmania, the contractors working on the new St Marys Fire and Emergency Services facility, appear to be on track, as photo below shows, and, weather permitting, the building is scheduled to be completed by Christmas.

This new building will eventually house the volunteer Fire Services, the S.E.S, and the Tas Ambulance Service.

The building will also be an enhancement to the town's western entrance.

Keep up the good work guys. It's starting to take shape.



## ST MARYS HISTORY & GIFTS

**WINTER TRADING HOURS.**

**MON - SAT: 10 -4PM**

**SUNDAY: CLOSED**



**NOW OPEN**  
**Reduced menu**  
**for winter months.**

**Full menu available**  
**for group bookings**



**ST MARYS ASSOCIATION FOR  
COMMUNITY DEVELOPMENT INC.**  
**ANNUAL GENERAL MEETING**  
**Friday August 29<sup>th</sup> at 12.30 pm**  
**At the Online Centre, 23b Main St.,**  
**St Marys, Tas**

## AURORA PAY AS YOU GO POWER.

St Marys Newsagency wishes to advise all  
Aurora pay as you go customers that the Newsagency  
**will always be able to supply you with your power.**

← AURORA AGENT →

### NEW PRE-PAID TELSTRA PHONES

SAMSUNG SGH-A411	\$149.
L.G TU 500	\$199.
NOKIA 6085	\$ 99.
TELSTRA F156	\$129.



Open 7 days a week for your convenience.

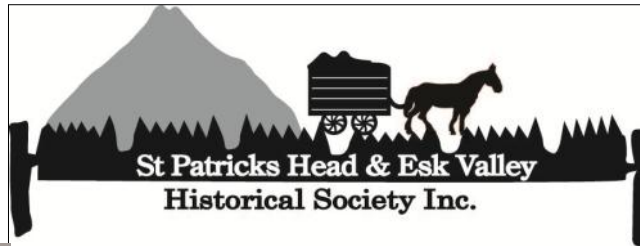
DVD HIRE CENTRE

**CALOWS BUS DEPOT**

**LOOK IN THE  
FRONT WINDOW  
FOR GEORGEOUS  
ST MARYS SOUVENIRS.**

**\$2.99**

**ENGRAVED MUGS, SPOONS,  
TRINKET BOXES, ETC.**



Pictured left is an extremely well made silver cup, which was won by John King at the 1879 Fingal Athletics Carnival.

John, who could apparently run like the wind, came to Tasmania in the mid 1800s and purchased land at Irishtown. He built up a small dairy farm as well as fathering 10 children, 7 boys and 3 girls.

The youngest of his children was well known St Marys resident, Linda King, who made the elusive 100 before she passed away at Media Park, St Helens, a couple of years ago.

John was also the Grandfather of local identity, Geoff King, who was one of the last to work at the St Marys Cheese Factory before it closed in 1969.

For more from the Historical Society phone:  
Darlene 63277007, Barry 63725752, Jim 63722127

### Civil Marriage Celebrant &



### Justice of the Peace

*Are you getting married?*

*I can offer you a wedding service  
that is professional and fun!*

*I am a professionally trained  
and qualified Celebrant.*

*I have performed several Weddings,  
Renewal of Vows,  
Commitment and Naming ceremonies  
on the East Coast.*

*I will help you plan, prepare and create  
a ceremony that you and your families and  
friends will cherish and remember forever.*

*I will look after all the legal paperwork  
and all you have to do is  
relax and enjoy your special day!*

*I am also a Justice of the Peace  
appointed by the State Government.  
Please phone Peter on 0417 017 105  
or check out my website @*

[www.peterpowercelebrant.com.au](http://www.peterpowercelebrant.com.au)

**Funeral Services by arrangement.**

### EAST COAST SURVEYING

Consulting surveyors and land planners.

**Mark Anderson 6376 1972**

**We can help you.**

- Buying a property?
- Planning a development?
- Unsure of your property potential
- In dispute with an adjoining owner?



### 'Play and Learn' sessions for under-5s their parents and carers



Bicheno Memorial Hall	July 23, Aug.6 & 20, Sept. 3
Fingal School	1.30-3.00 Thurs. Aug.14
Pyengana Hall	10.00-12.00 Friday, July 25, August 29
St Helens Neighbourhood House	10.00-12.00 Wednesday, July30, August 27
St Helens Kindergarten	9.00-10.30 Mon. Aug.11 St Marys Kindergarten 1.30-3.00 Wed. August 13

### Scamander Beach Surf Shop

6 Lagoon Esplanade  
Scamander

Ph: 6372 5529

[Scamandersurf.com](http://Scamandersurf.com)

### Bathers Wetsuits DVDs

Clothing Footwear  
Bodyboards Watches  
Jewellery

**Surfboards:**

Milch McTavish

Surftech Bic G Boards

### Bay Surf Shop

2 Pendrigh Place  
St Helens

Ph: 6376 1755



## NEED LEGAL ASSISTANCE ?

Our Safe @ Home solicitor will be available for consultations  
at

St Marys Salvation Army Headquarters in  
Story Street, St Marys

on

Wednesday 23 July 2008  
From 10.00 am to 3.00 pm

The sessions will be on a 'first come first served' basis.

If you have any enquiries, or if you would rather not wait around,  
please telephone 6336 2050 before 22 July 2008 for a set appointment time.

**NEW PROPRIETOR ; KIM WATKINS**

**SECONDHAND ROSE**

\*\*\*\*\*

**SECOND-HAND GOOD'S**

**SHOP 1 - 32 MAIN STREET**

**ST MARYS**

**WED TO SAT ; FROM 10 AM**

\*\*\*\*\*



**COME IN SAY HI  
NO PRESSURE TO BUY**

**SEE SOMETHING  
YOU LIKE**

**WE CAN HAGGLE  
ON PRICE**

**THANK YOU TO ALL  
FOR ALL YOUR BEST WISHES  
& SUPPORT IN MY NEW VENTURE**

**HALF YEARLY SALE ON NOW**

**BEANIE'S  
GLOVE'S  
GIFT'S  
BABY WARE  
FAB CLOTHES  
JACKET'S  
SOCK'S**

**GRAB A BARGAIN NOW**

**MAIN STREET CLOTHING**  
\*\*\*\*\*  
**SHOP 2 - MAIN STREET  
ST MARYS**

**JEWELLERY**

**WAFFLE BAR'S  
{UMMM NICE}**

**GREAT  
FRIENDLY SERVICE**



### St Marys Police report

Recently St Marys Police have been informed by members of the public about local drivers "hooning" and doing burn outs. The fines and penalties are substantial for drivers convicted of these offences. It is important, if you see this kind of driving, to get the registration number and make a

statement, to help us charge and convict these drivers and get them off the road for a long time.

Some drivers are still not putting on their headlights in the thick fog we sometimes get though the Valley. It is a legal requirement to have them on just like when it's dark. It also helps with your safety.

Inspector Shane LeFevre will be in attendance at the St Marys Police Station on Tuesday afternoons and is available to discuss local issues with residents and community groups. This will be a valuable opportunity for police to gain feedback from the Community on local issues which police may be able to assist with. To make an appointment please call the St Marys Police Station on 63721010.

Shortly, I will be going on an extended period of leave, and Acting Sergeant Nathaniel ELDERSHAW will be taking over in my absence.

Tony ROUGHAN  
Sergeant  
St Marys Police

StMarys Police Phone Number **63721010**  
Non Urgent Number **131444**  
Urgent and Life threatening **000**

### Alzheimers Test

Count the "F"s in the following text:

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS...

Managed it? Counted them, okay? Do you think there are three? How many? 3? Wrong. Count them again if your answer was 3.

Answer and reason below.

There are 6 !! -- no joke.  
Read it again.  
The reasoning behind is: The brain cannot process "Of".  
Incredible or what ? Go back and look again!!  
Anyone who counts all 6 "F"s on the first go is a genius. Three is normal, four and five is quite rare.



FOR ALL YOUR  
LOCAL AND IMPORTED  
GOURMET MEATS, CHEESES, AND  
ORGANIC SOURDOUGH BREADS.

WE SERVE ORGANIC  
FAIRTRADE JASPER COFFEE.

### NEW WINTER MENU

FOR SNACKS & LUNCHES.  
CATERING AVAILABLE  
PHONE: 6372 2044.

**WINTER TRADING HOURS**  
OPEN : WED, THURS, FRI, SAT, 10AM—4PM



**RICK ENGINEERING**  
(AT THE FORMER ST MARYS  
SHELL SERVICE STATION)



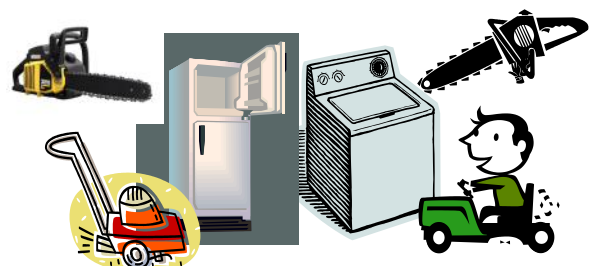
NOW OPEN FOR BUSINESS  
FOR YOUR CONVENIENCE.  
SERVICING ST MARYS AND ALL DISTRICTS  
IN REPAIRS OF:  
ALL DOMESTIC APPLIANCES: POWER TOOLS,  
AIR COMPRESSORS, SMALL ENGINES,  
WELDING, HEAT PUMPS INSTALLED.

FUTURE SUPPLIER OF  
ALTERNATIVE TECHNOLOGY SYSTEMS  
SUCH AS  
SOLAR POWER WIND TURBINES



AVAILABLE NOW.  
**COLMAN'S PORTABLE  
HOT SHOWER SYSTEMS.**  
Perfect for  
alternative living, camping,  
worksites and the farm.  
Works on cartridge L.P.G.  
or standard gas bottles.  
Priced from \$399.

PHONE RICK: 6372 2460





## OUT OF THE WOODWORK

Wendy Brennan Treasurer 6372 2094

I have started a garden bed beside the Guild shed to give the entrance a little character. I would like to say thank you to Darlene Wright from the St Marys History Room and Gifts, who not only gave the guild a good deal with the purchase of plants but donated some as well. Darlene also took time out from her busy schedule to give me some constructive advice on layout and appropriateness of plants which was much appreciated.

*Who said that community groups and commercial vendors in close proximity to each other cannot have a compatible and harmonious unison?*

The Sausage King entrepreneur and not to forget his assistant Les, through their diligence in selling sausage sandwiches at the markets have raised enough money for the club to purchase a new middle of the range wood lathe. Keep a lookout for some interesting turned items. Thank you to both Reon and Les.

Please try and keep the **6<sup>th</sup> September free** as this is when we celebrate **our official opening**. I have written to **His Royal Highness Prince Charles** via his Clarence House press office in London to see if he would officiate at our grand opening.

Please keep an eye out for a raffle which consists of a large wheel barrow filled with goodies. **(The barrow is included)**

The Guild will be sponsoring the **Northern Veterans Cycle Club** who will grace our town on the **5<sup>th</sup> October 2008** with their athleticism and hopefully for many years to come.

The Guild meets on the last Saturday of the month at the Old Railway Goods Shed at 4:00pm.

The Guild is open Monday, Wednesday, Friday and Saturday. Any other times by appointment.

Below is a photo of two sassafras bowls turned by our clever member **Col Mackenzie**.



**The Break O'Day Woodcraft Guild and Men's Shed will hold its AGM on 23 August, 2008 at 4pm at their headquarters in the Old Goods Shed behind the Railway Station.**



Happy birthday to Scott (left) at IGA from all your work-mates.

Happy birthday to Kim (right) for the 15th, at Main St Clothing. From all your friends in St Marys.



## **The Say** Cagerattler

Some one commented to me the other day that our 'demographic' had changed over the years. Without being an expert on the term demographic, I think it generally means the make-up of the community, it's aims and objectives and prospective input into that community. You know when you think about it they are probably right, as it happens, to a large degree.

If this is the case, perhaps we need our politicians and councillors to listen to us in some way, to help meet these changes into the future. This strikes me as pretty important.

What happens if a survey was commissioned that encompassed views on employment, health, education, recreation and infrastructure, with regard directly to this East Coast Municipality with us and not a bunch of detached city bound bureaucrats providing our opinions. After all it's us who live here, don't we?

Okay, it might cost a few thousand dollars, but at least a truly representative view on all sorts of things could be gauged for future planning with our 5000 plus residents at the forefront.

Maybe another way to obtain these views would be to follow up on an excellent suggestion some time back by one of our prominent councillors for Community Forums. It makes a lot of sense doesn't it?

Let's face it. It's our bloody demographic and we should have a big say in it for sure.

What do you think?

### **Ransley's Appliance Service**

P O Box 136

Scamander Tas 7215

° Washing machine NOISY?

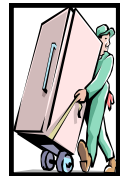
° Refrigerator runs too LONG?

° Clothes dryer blows cold AIR?

**Then you need the service of our technicians.**

Ring us on: **Scamander: 6372 5307**

**Mobile: 0428 761 811**



### **World Youth Day**

350 young Tasmanians flew out of Tassie last Sunday, plus priests and leaders, heading for Sydney to attend World Youth day, which commenced on Tuesday, concluding on Sunday with a Mass for an estimated 500,00 in be in attendance.

Included in the Tasmanian group is Paul and Rosa Byard's daughter Penny, who was reported to be quite excited about the trip. Wishing all a safe and happy time.



# St Marys 1903 David Clement

## Third instalment

### St Marys Pass

Tourists have so great a diversity of drives and walks to places of note to choose from, affording so many facilities for the admiration of nature's wonders, that the interest never flags. Of these may be mentioned St Marys Pass : driving to St Helens, the road leads through this Pass. The road was made between 1842-1845 by convict labour, kept in barracks at St Marys Pass Probation Station, situated on the 'grassy bottom' of St Patricks Head. Leading to the Pass, one travels through a short, natural avenue of towering gum trees, known locally as "The Avenue" . The road is dotted on either side here and there with the neat cottages of selectors. The clearings around announce the struggle going on between man and forest. In the time of the construction of the Pass this approach was referred to as St Marys Vale, or valley.

On the opposite side of the road to the piece of ground where was sited the Probation Station, about a mile from the Post Office at St Marys, is an old burying ground, said to have been used for the burial of convicts who died on the construction of the Pass. It is covered with thick scrub, and there is not a fence or sign to mark the locality, save a few rough stones that are round one or two graves. A stranger would meet with great difficulties in finding the place, and even then he would not know its former purpose unless acquainted with the fact. It is to be regretted that the authorities are not sensitive enough to prevent this sad place from drifting into the same level as if beasts were buried there.

On reaching the top of the vale, almost without notice the Pass is entered, and the magnificent gorge stretches to the ocean in picturesque grandeur. Down through the trees, hundreds of feet below, glistens a tiny stream; tumbling over the side of a hill a waterfall leaps and rushes, and away towards the ocean are the rollers breaking on black rocks in white foam. The road winds for four miles along the mountain side in an easy descent, turning and looping no less than 50 times, sometimes under overhanging cliffs, and then skirting along the edges of precipices, deep gorges and fern glades. It is a wonderfully graded road, and affords a delightful ride for a bicyclist on a "free wheel", though the Minister for Land recently inspected some parts of it which required attention on account of landslips. The beautiful native shrubs and flowers add enchantment to the scene, and the thick clustering clematis in profusion, diffuse sweet fragrance through the cool zephyrs wafted from the sea. The immense forests of the gorge include ironbark, gums, stringybark, native cherry and sassafras. A few brave settlers have carved homes for themselves in the dense forest, deep down in the bottom of the gorge, doing a little dairying and growing very fine vegetables. When the level is reached, the road branches off to the spacious Falmouth flats on the one hand and continues onto Georges Bay on the other.

### Island Range Pass

There are other passes beside that of St Marys – Island Range Pass, Four Mile Creek Pass and that on the road to Germantown, all of which afford beautiful seascape views. While St Marys Pass, was completed in 1845, the Pass to the south, Island Range Pass, the road to Picannini, was blazed only as late as 1878 by Mr William Meinas, then a new settler in the district from Prussia. This contribution to his new homeland afforded a much quicker access to Swansea and the East Coast, and has made St Marys the junction of all coastal and inland travel on this side of the island. However, in May of this year, there was a terrific gale in which many giants of the forest were shattered and rooted up, blocking nearly all the roads.

### St Patricks Head

Tourists must not fail to climb St Patricks Head, the pyramid shaped mount which dominates the area as you approach from the east, familiarly known as and irreverently called "Paddys Head". The climb is not a difficult one to those not overburdened with adipose matter; even so, any exertion expended in reaching the summit is amply repaid – if there is no haze – by the gorgeous cyclorama. To reach the top a good track has been cut, the cost of which was defrayed by subscription raised locally. Still a few more pounds spent on it would make it perfect. The height of the mount from the base to summit is estimated at 1200 feet, but the actual height above sea level approaches double that at 2227 feet.

### The Rivulet

The St Patricks Rivulet, a contributory to the Break O'Day River and hence the South Esk, winds its sinuous course around the outskirts of the town. Although not carrying any great volume of water as it flows, it has many ponds wherein good fishing may be had; excellent hauls of blackfish, trout and eels may be taken. The bridge over the rivulet near the Roman Catholic Church was closed against traffic for over a month earlier this year, on account of it being unsafe, and vehicles had to be driven over the ford nearby. Representations were made to the effect that the Government would confer a great boon on the residents if a new bridge was to be constructed without delay, which apparently were well received, as a new bridge was started in mid July and completed by the end of the first week in August.



*To be continued.*



Being a night owl I have always had a fascination with looking up at the night skies and I sometimes try and decipher different stars and constellations.

However, last week while looking at the southern skies (accompanied by my night sweats) I saw something that took me by complete surprise.

I ran and took a photo before it departed with incomprehensible speed. Was I the only One????

Wendy Brennan,  
St Marys.

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Visiting :

St Marys Community Health Centre  
Alternate Tuesdays : 9 am – 10 am

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Appointments: 6337 5555

## Mc Nulty Kitchens & Joinery

If you are in Launceston, feel free to visit our showroom at: 73a Forster St, Invermay.

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Dale Mc Nulty

Phone: 6334 3353



Fax: 6334 3392

- \* On site consultation available after hours.
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- \* Designs to suit all budgets.
- \* We take care of everything, including plumbing, electrical, building, tiling & plastering.
- \* Design through to completion.

With many years experience in the kitchen industry. Having designed & installed kitchens interstate, I have some innovative, user friendly ideas.

### Specialised areas:

\* St Marys  
\* Swansea

\* St Helens  
\* Scottsdale

\* Fingal  
\* Bridport

**The 2008 Medibank Private Active Tasmania Awards –  
Open 16 June, Close 31 July 2008**

Local governments, schools (public and private) and community organisations from around the state are invited to enter their physical activity initiatives in this year's new-look awards program.

The awards are a fantastic way to recognise schools and communities who are encouraging physical activity in their local area. Over the past four years, the awards have grown enormously in popularity, with Tasmanian communities taking great pride in their physical activity initiatives and showing increasing enthusiasm to share their ideas with the rest of the state.

This year sees an exciting development for the awards, previously known as the Medibank Private Active Towns Awards, with Medibank Private committing to the program for a further three years and increased prize money with up to \$30 000 available across five major categories.

Changing the name and categories of the awards acknowledges the diversity of groups, programs and activities running throughout Tasmania, allowing recognition and support of a greater range of initiatives. The new categories and entry forms can be found at [www.getmoving.tas.gov.au](http://www.getmoving.tas.gov.au).

The awards are an initiative of the Premier's Physical Activity Council together with Medibank Private to acknowledge the crucial role that local councils, schools and community groups play in promoting and facilitating physical activity across the state.

**Nominations for the 2008 Medibank Private Active Tasmania Awards open on 16 June and close on 31 July 2008.**

A presentation ceremony will be held in October to celebrate both the participants and winners of the awards.

You are strongly encouraged to support the 2008 Medibank Private Active Tasmania Awards by either nominating your local community or school or by distributing the entry form to relevant groups in your area. If you would like more information about the awards or copies of the entry form please phone free call 1800 440 026, email [businesspoint@development.tas.gov.au](mailto:businesspoint@development.tas.gov.au) or visit [www.getmoving.tas.gov.au](http://www.getmoving.tas.gov.au)

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- ◆ D 65 KOMATSU DOZER, RIPPER & TILT BLADE
- ◆ 10 YARD TIPPER
- ◆ COMPACTION ROLLER
- ◆ 4 WHEEL DRIVE TRACTOR & SLASHER
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- ◆ ROADING
- ◆ SLASHING
- ◆ FIRE BREAKS
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- ◆ HOUSE SITES
- ◆ BRIDGE CONSTRUCTION
- ◆ ROAD GRAVELS AVAILABLE
- ◆ AND MUCH MORE

**Dick Adams MP**

Federal Member for Lyons

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

53B Main Road  
PO Box 50  
Perth, Tas 7300  
Ph 6398 1115

58A High Street  
PO Box 271  
New Norfolk Tas 7140  
Ph 6261 3366

Toll free 1300 132 689  
Email [D.Adams.MP@aph.gov.au](mailto:D.Adams.MP@aph.gov.au)



**WORKING WITH YOU AND  
YOUR COMMUNITY FOR THE  
FUTURE**

Written and Authorised by Dick Adams, 53B Main Road Perth  
Tas. 7300

The official opening of the Woodcraft Guild is coming up in September. Watch out for further details next issue in a full page advertisement.



*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](mailto:rene.hidding@parliament.tas.gov.au)

## Private Road Closure

Road Works will begin on **THE TRACK** from Cherrywood Drive to Riverview Road on Wednesday 11<sup>th</sup> June. This is not a public road, and as such must be sealed during the proposed upgrade.

**For safety reasons there will be no public access through this site until approximately 23<sup>rd</sup> September.**

Fieldwicks of St Helens will seal the site immediately. Any access must be with the appropriate safety gear (hard hat and reflective safety clothing.)

The landowner regrets any inconvenience to local residents, but hope that the new road provided will compensate for any inconvenience incurred.

Emergency services have been notified (Fire, Police, Ambulance) and it is hoped that the weather will remain conducive to a timely project and a fine new road for the residents.

## Spring bulbs

The response to a previous request for the donation of bulbs for planting along Wombat Walk was very generous and has added colour to the gardens.

It is now a time when gardeners may again be dividing up their bulbs and any surplus ones would be appreciated for planting around the trees along the nature strip in the centre of town.

If you are able to donate some, The Wombat Walk weeding group is at Wombat Walk between 9 and 12 on Wednesday mornings or bulbs can be left with Kelly at Ratha B'zar.

*Wombat Walk Weeders, a St Marys volunteer group.*

*For service and reliability*

## TROTTERS CONTRACTING CORNWALL

- Septic tank cleaning service
- 7.5 ton excavator & ten-yard truck hire
- Licensed water cart for bulk supplies of drinking water
- Water cart for roadwork
- Also St Marys Wood Yard for all your wood supplies

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**6372 2107 or 0417 279 422**  
**6372 2742 or 0419 322 035**

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• Supplies of bedding sand & gravel • House sites & blocks cleared • Rubbish removed & roadwork

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### WINTER MARKETS

held 1st & 3rd week every month  
Community Hall, St Marys.

ORGANISED BY  
GRASSY BOTTOM REGIONAL ARTS.

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**St Helens Fax: 6376 2447**

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**[www.necomputers.com.au](http://www.necomputers.com.au)**



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**Ph: Peter or Daryl for free quotes and friendly advice.**  
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**9am to 12pm Saturday.**

# Tim Morris MHA

Tasmanian Greens Member for Lyons



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**Address:** 33 Burnett St, New Norfolk 7140

**Phone:** (03) 6261 8048

**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.

**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  
Massage Therapist Sue Christianson 0418 515 419



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



**Neighbourhood  
watch**

**CGU Insurance**

## MEETING DATES NEIGHBOURHOOD WATCH.

AREA 102  
SCAMANDER, BEAUMARIS,  
UPPER SCAMANDER, FALMOUTH.

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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## Melbourne Cup Luncheon change of venue

Yes it will be on again this year, but due to the popularity of this function it has to move to a larger venue, to comfortably cope with the increasing number of people wishing to support this major fundraising event for the Tasmanian Lymphoedema Centre at St Marys, and the reputation it has for a great afternoon of fun, food and give-aways.

The TLC appreciate and thank the St Marys Sports Centre for the venue of the Melbourne Cup Luncheon in the past few years, but the Committee will this year move the Luncheon to the **Town Hall in the centre of St Marys.**

The TLC working committee look forward to being able to seat everyone comfortably and once again present a great day out and the opportunity to catch up with friends.

Watch out for more details as we get closer to Tuesday 4th November, 2008.

Jan Sparkes, President,

Tasmanian Lymphoedema Centre Inc. St Marys.



**CALTEX ST MARYS**  
**MECHANICAL REPAIRS & SERVICE**

41 Main St, St Marys Tas 7215  
PH: 6372 2335  
Fax: 6372 2822 Mob: 0419 503 109

## 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  
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# CHRISTMAS IN WINTER

FUND RAISER FOR CATHOLIC CHURCH

WHERE: St Marys Sports Centre

WHEN: 1<sup>ST</sup> August 2008



TIME: 12.30 pm



COST: \$20.00

Enjoyable meal; lots of fun; prizes galore.  
Come and join in the fun!

RSVP

By the 27<sup>th</sup> July to Sr. Lorraine 6372 2252  
Or Wendy/ Gerald 6372 2283

RAFFLE to be drawn at Dinner

1<sup>st</sup> Prize: Travel Bags

2<sup>nd</sup> Prize: Picnic Set

3<sup>rd</sup> Prize: Towel Set

4<sup>th</sup> Prize: Chocolates



## MEALS ON WHEELS ROSTER

July	St Marys	Fingal
Monday 21st	Trish Pike	Kaylene Sutton
Tuesday 22nd	Patricia Barr	
Wednesday 23rd	D & V Rice	
Thursday 24th	Yvonne Salter	
Friday 25th	Hannah Rubenach	Shirleen Woods
Monday 28th	Fe Gillies	Debra Speers (W)
Tuesday 29th	Pam Lynch	
Wednesday 30th	Wendy Aulich	
Thursday 31st	Heather Griffiths	
Friday 1st		

### Church Services

#### Catholic Parish of St Marys

Sr. Lorraine Groves

Parish House. Ph: 6372 2252  
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: 3pm 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 every Sunday 10 am  
Pyengana 4th Sunday, 2pm.

#### Salvation Army Monday JAM

3-5pm every Monday.  
except school holidays.

#### Sunday JOY

12.30pm—2pm.  
For soup & Sandwich  
Fellowship lunch.

Melanie Norton Ph: 6372 2099

#### 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

### 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

#### On Air Now!

#### **Vision FM 88.0 at both St. Marys and Fingal.**

100% positive music & talk all day long;  
connecting faith to life.  
Have breakfast with Robbo in the morning  
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National Vision Radio Network.  
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web [www.vision.org.au](http://www.vision.org.au)

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 inform us if your items are sold.**

**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

email: [judith.spilsbury@bigpond.com](mailto:judith.spilsbury@bigpond.com)

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: 2008**

Classifieds: **25 words or less: free**  
Community notices : **free.**  
Small ads. Garage sales. Greetings.  
Thanks etc. **\$12.**  
¼ page **\$20.** ½ page **\$30.**  
Full page **\$50.**  
1 year posted subscription **\$28.**

### Spring of the Vineyard Church Pentecostal Christian Church

#### Church Services

Every Sunday at 10:30 am  
At Scamander Fire Station

For all enquiries:  
Pastor David Brewster  
Ph: 6372 2796

ALL WELCOME



Monday	Tuesday	Wednesday	Thursday	Friday
			17th July	18th July
<b>21st July</b> ♦ Work Experience ♦ NEET Exams ♦ 7/8 Activity Week	<b>22nd July</b> ♦ Work Experience ♦ Grade 9 Camp ♦ 7/8 Activity Week	<b>23rd July</b> ♦ Work Experience ♦ Grade 9 Camp ♦ 7/8 Activity Week	<b>24th July</b> ♦ Work Experience ♦ Grade 9 Camp ♦ 7/8 Activity Week	<b>25th July</b> ♦ Work Experience ♦ Grade 9 Camp ♦ 7/8 Activity Week
<b>28th July</b>	<b>29th July</b> ♦ Try-a-Trade (Grade 9s)	<b>30th July</b> ♦ Aust Tech Info Session (grade 10s)	<b>31st July</b> ♦ ENE Gymnastics (Grades 3-6)	<b>1st August</b> ♦ ENE Gymnastics (Grades P-2)
<b>4th August</b> ♦ Visit to Newstead College for interested students.	<b>5th August</b>	<b>6th August</b> ♦ Visit to Launceston College for interested students. ♦ NHSSA Football/ Netball - L'ton.	<b>7th August</b> ♦ ENE Meeting	<b>8th August</b> ♦ A-E Reports sent ♦ NEET Reports sent ♦ Orientation Day for Students



## SCHOOL DENTAL SERVICE

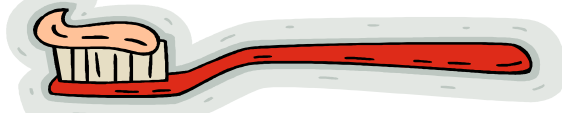
Dates for St Marys:

- ☺ Monday, 21st July
- ☺ Tuesday, 22nd July
- ☺ Wednesday, 23rd July
- ☺ Monday 28th July
- ☺ Tuesday, 29th July



Please feel free to contact them regarding your child's dental health on the numbers below:

**St Marys Dental Unit            6372 2488**  
**St Helens Dental Unit        6376 5208**  
**Kelham Street Dental Unit 6336 4100**




## Bus Service Changes

All **FULL-TIME** students  
 are now entitled to  
 30c (each way) bus travel  
 statewide at  
 any time of the year  
 (There are tickets available at the school office)





# Marine Studies

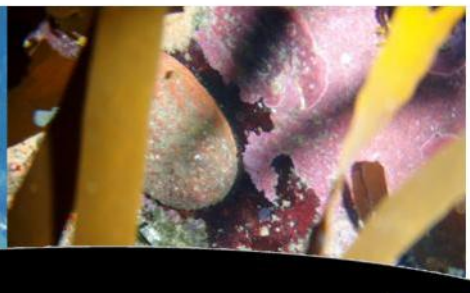
On Tuesday 24th June a group of 9/10 students attended a preliminary research excursion to Skeleton Bay near Binalong Bay. Students were supervised by dive instructors Bruce Annear and Peter Paulsen, owner of Bay of Fires Dive.

The research project, to study the ecology and sustainability of abalone, required students to brave to cold water and survey the shoreline.

Work on the project will recommence in Term 3 when students will gather data, tag abalone, run experiments, classify organisms and map the study area.

Research will be done with the assistance of the Abalone Task Force and University of Tasmania.

Students will also get the opportunity to participate in a Scuba workshop at the school before the project recommences.



13 Gray Road, St Marys, TAS, 7215.  
Phone: 6372 3900 Fax: 6372 2543  
Email: [st.marys.district.high@education.tas.gov.au](mailto:st.marys.district.high@education.tas.gov.au)



# ST MARYS COMMUNITY HEALTH CENTRE

## CHANGES TO THE DOCTORS ROSTER

Please be aware of changes to the doctors roster over the next few weeks.

### DOCTORS on ROSTER

Dr. L. Reeckman- 17th July  
Women's Health Clinic- Friday 18th July

Medical Cover to be advised:  
Friday 18th- Thursday 31st July

### AFTER HOURS SERVICE

PLEASE PHONE GP ASSIST ON 1300 780 011  
AMBULANCE 1800 008 008 or  
EMERGENCY 000

COMMUNITY HEALTH CENTRE 6372 2111  
**BEFORE PRESENTING AFTER HOURS.**

St Marys Community Health Centre

### GP Surgery Hours:

8:50am-12:30pm  
12:30pm-1:30pm LUNCH  
1:30pm-5:00pm

### 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 practise regularly. Patients can not request scripts over the phone.

### PLEASE BE PATIENT

Please be aware that **waiting periods can apply**. **Please be patient**, we are doing our very best and your cooperation is appreciated. Everyone's health is important to us. — K. O'Shea DON

### PHYSIOTHERAPY SERVICES IN BREAK O'DAY

Margaret Van Der Mere will be available at:

**ST MARYS- TUESDAYS & WEDNESDAYS**

Phone: 6372 2111

**ST HELENS- THURSDAYS & FRIDAYS**

Phone: 6376 5222

Until the end of July. Days and availability will be reviewed at the end of the month.

### COMMUNITY FEEDBACK WELCOME

If you have a compliment or a complaint in relation to services provided from the St Marys Community Health Centre feedback is welcomed by our Manager Karen O'Shea.

We strive to give optimal health care services but your input in to how we achieve this is always welcome.

If you have a complaint or a compliment you would like to speak to Karen O'Shea about please contact our reception staff.

## WHAT'S ON AT THE CENTRE

- 18th July **Women's Health Clinic** with Dr Libby Reeckman. Please phone 6372 2111 for appointments.
- 18th July **Meditation & Visualisation Class** with Sue Christiansen. 2pm-4pm in the downstairs Ambulance Training room. See below for further details.
- 19th July **Mission Australia- Self Defence Course** 2hr FREE Session. Day Room of the Health Centre. See reverse of this page for details.
- 21st July **Tasmanian Lymphoedema Centre (TLC)** General Meeting 10am in the Day Room.
- 21st July **Laurel House** 9:30am-12:30pm
- 22nd July **Child Health Session** with Sue Gofton Every Tuesday by appointment. on: 0428136381
- 22nd July **C.H.A.T Session** 1pm in the Day Room with Hayley phone 6372 2111 for further details. All parents and guardians welcome to attend.
- 23rd July **Day Centre- 9:30am-2:45pm** Day Respite Group open to the community, referrals not essential. For details please phone Hayley on 63722 111
- 25th July **Meditation & Visualisation Class** with Sue Christiansen. 2pm-4pm in the downstairs Ambulance Training Room. Phone Sue on 0418 515 419 for bookings.
- 30th July **Day Centre- 9:30am-2:45pm** Day Respite Group open to the community, referrals not essential. For details please phone Hayley on 63722 111

## OSTEOPOROSIS

The Silent Killer!

Don't wait until it's too late!

Discuss a bone density test with your Doctor today. Those aged 70 years and over with a Doctor's referral now qualify for a Bone Density Test through Medicare and Bulk-Billed (item no. 12323)

DEXA diagnosis

The only Medically recognised  
testing for Bone Density  
OSTEOPOROSIS SOLUTIONS

Phone 1300 659 796

To check Medicare eligibility and book an appointment close to you.

MISSION AUSTRALIA SPONSOR

Jodie Kent  
Martial Arts and Self Defence

**SELF DEFENCE  
FOR WOMEN  
BY WOMEN**

'It's not just how to protect ourselves against aggressors, it is more about feeling confident, building self esteem and having an understanding, what abuse is or can be.'

**FREE 2 HOUR SESSION**  
**SATURDAY 19<sup>TH</sup> JULY 2008**

Do I need previous experience?

No experience necessary with these sessions! Anyone can come along.

What if I have a disability?

If there is something you find difficult to do, then we will work within your abilities.

**FOR BOOKINGS PHONE**  
**Phone: 0439 357 771**

# Fingal Primary School News



## **2008 Tasmanian Primary All Schools Cross Country Carnival**

On Wednesday 9th July, 12 students from Fingal Primary School travelled to Symmons Plains to compete in the Primary All Schools Cross Country Carnival. In VERY foggy weather, our students performed very well in the large fields of almost 200 children for each age group.

Their times are listed below. This event served as a selection event for the State Cross Country Team. Our highest placed student was Sharnee Casserly from Mathinna. She finished 56th in the 9 year old Girls event. Congratulations to all our students and thank you to our supporters who came to cheer us on!



Jye Baldwin,  
12 year old Boys  
3km 15.20 min



Madelaine McGill,  
12 year old Girls  
3km 14.57 min



Thomas Gee,  
11 year old Boys  
3km 14.41 min



Harvey Flynn,  
10 year old Boys  
2km 11.20 min



Kurtis Tuck and Sam Herbert,  
9 year old Boys  
2km 10.10 and 12.12 min



Zoe Simpson and Ashleigh Templar,  
11 year old Girls  
3km 19.09 and 19.35 min

### Other Results

Aaron Rush 9 year old Boys  
2km 12.17 min

Jordan Flemming 9 year old Boys  
2km 14.23 min

Grace Gee 10 year old Girls  
2 km 10.56 min

Sharnee Casserly 9 year old Girls  
2km 10.33 min

## Calendar of Events - July

<b>14th</b>	<b>15th</b>	<b>16th</b> Assembly in the Stone Building—4/5/6 class to lead. 2.15 to 3.00pm Choir Practice at St.Marys 10.30 - 1.00pm	<b>17th</b> ENE Country Gold Training at St.Marys 1.30 - 3.00pm Big Newsletter	<b>18th</b> School Psychologist Visits
<b>21st</b>	<b>22nd</b>	<b>23rd</b> Prep Health checks with the school nurse. 9am Choir Practice at St.Marys 10.30 - 1.00pm	<b>24th</b>	<b>25th</b>

## Sports Centre News Kackhander

First to golf, and two weekends back the Men's Foursomes Championships were held with a fair field. Congratulations to John McDonald and Bruce Cornelius for a comprehensive win in the Handicap including a terrific 36 on the first day. Runners up were Barry Harrison and Col Payne with several other teams just back from them. In the scratch it turned out to be a tie between John/Bruce and Chris Davern and Jack Viney. Due to time constraints a play off on the day was not possible so this may occur at a later date. Despite this, a big thanks to all who played and made it a great event.

Don't forget the Singles Club Championships commence on July 26th and 27th, so if possible, could players put their names up by this weekend. The championships conclude with the final 36 holes on August 2 and 3. Whilst on upcoming events this weekend sees the Main Street Clothing Day on Sunday July 19th. Thanks so much to Col and Kim at Main Street Clothing for the gesture. It is open to all men and women members. Let's hope for a good field again.

While on thanks we truly thank Grant Faulkner (Caltex) and Chris Davern (BP) for sponsoring a very enjoyable BP versus Caltex Challenge last Sunday. We all had a ball and hope it will become an Annual event. There were heaps of trophy recipients too numerous to mention except for the overall winners Trevor Viney, Damon Viney and Daniel Evelyn. On behalf of the field thanks again to Grant and Chris for the day. Also a special thanks to Kirsten Viney for handling the refreshments and to Macca for organising plenty of the tucker again. It was great.

Still on fun events, and a certain major business proprietor celebrated a milestone birthday last Saturday and generously invited the crew to join him. It was a wonderful night enjoyed by everyone who attended. The birthday celebrant was also joined by family and friends from Hobart. Well into the early hours many were still having a top time. By the end of the night the "Barrow" metric pressure had risen and Mark "wheely" needed his mate Kelso to help him home again or so the story goes. Anyway congrats Mark and we hope you have another 50 birthdays.

On the second attempt the Annual General Meeting took place with about 20 members attending. Through the various reports the club is showing to be in a sound position in the main, thanks in no small way to the wonderful efforts of our volunteers. Finance reports showed also a reasonable position. One major worry though was a decline in membership and the need to try to arrest this trend in coming years. A new committee was elected and it's great to welcome new Treasurer Barry Harrison and general committee person Bobbie Harwood on board. They will be terrific assets to the club. A special thanks to Jack Viney and Chris Davern who despite still giving greatly to the club in numerous ways are having a break from committee roles this year.

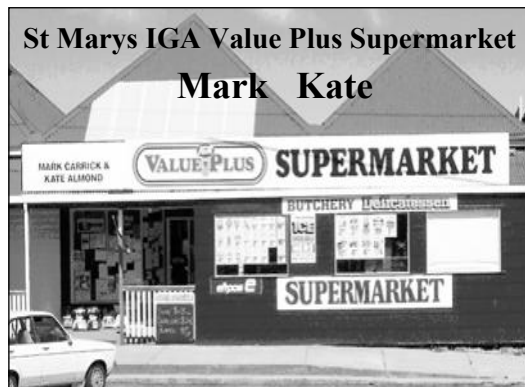
The members voted in a small rise in subscriptions across the board, and invoices will be issued for August to October payment period.

Finally to prospective new bowlers. If you wish to try your hand at the game please feel free to contact Nikki Viney on 6372 2552 soon. She can fill you in with details.

If you are also a prospective new golfer you are very welcome to contact the club and we can get you started. You won't regret it. We want to hear from you. More about that later.

Anyway until next time, good hitting and rolling.

Happy birthday to Mark Carrick of IGA Super Value, from all your loyal employees. Mark declined to have his photo taken, but we won't hold that against him. If we did we could have used one from a mug which was produced a few years ago. Happy Birthday Mark.



**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

Porterhouse steak	\$15.59kg
Boneless lamb roast	\$10.99kg
Nichols chick'n roll, cran/hawaiian	\$10.99kg
Blade roast	\$ 7.99kg
Free range chicken thigh fillets	\$12.99kg

#### In store

Bundaberg white sugar 2kg	\$ 2.49
Spree laundry powder 1kg	\$ 1.99
Wondersoft toilet tissue 12pk	\$ 4.99
Golden Circle longlife juice 2lt	\$ 2.99
Arnotts butternut/scotch finger/cream	\$ 1.99

#### Late week

Snugglers disposable nappies 24/36s	\$ 9.99
Kleenex toilet tissue 16pk	\$ 7.99
Kleenex Viva paper towel 2pk	\$ 2.99
Kleenex facial tissues aloe/eucal 95s	\$ 1.99

### In-store butchery

#### Next week

Rump steak	\$ 9.99kg
Regular mince	\$ 9.99kg
Nichols chicken bocconcini	\$ 5.99kg
Turkey mince 500g	\$ 5.99kg
Pandani corned silverside	\$ 6.99kg

#### Instore

Devondale longlife milk 1lt	\$ 1.49
Sanitarium Weetbix 750g	\$ 3.49
Greens sponge pudding 260g	2 for \$5
Pascal budget bags confectionary	2 for \$4
Tarax soft drink 2lt	3 for \$4

#### Late week

Nestle bonus milo 900g	\$ 7.99
International Roast coffee 250g	\$ 5.99
Green Dolphin toilet tissue 9pk	\$ 2.39
Black & Gold sliced bread 680g	\$ 1.99

### **NOW AVAILABLE AT IGA**

HOT NICHOLS CHICKENS. \$11.50 EACH



ALSO AVAILABLE, A RANGE OF READY TO EAT SALADS.



PLACE YOUR ORDER, OR JUST COME IN AND PICK UP. IT'S THAT EASY.