



# The Valley & East Coast Voice

Est. 1968

Volume 42 No. 16. Thursday February 25, 2010.

50 cents

## Wombat Walk and BBQ with St Marys Day Centre

On Wednesday 17<sup>th</sup> February the St Marys Day Centre spent the day enjoying the ambience at the Wombat Walk located along the St Marys Rivulet. We walked and wheeled our way around the riverside stopping along the way to talk to the Wombat Landscaping Group- what a fabulous job they have done maintaining the gardens along the path and riverside.

It's a real credit to you all. Our walk was followed by a BBQ at the St Marys Lions Park (located behind the Library). We were also very lucky to have the company of the latest edition to the duck family at the park joining us for lunch- Mum duck and 5 baby ducklings.

The weather was beautiful and so was the company. We spent an hour or so after lunch just sitting in the park enjoying the slight breeze and warm afternoon sun before heading back to the Community Health Centre for a much needed cuppa before we headed home for the day..

During the month of March we will be going out to Cornwall to enjoy another BBQ, access some of the local history and see what Cornwall Collectables has on show.



*Wombat Walk Landscaping Group.*



*Above: The Ducks come to visit*



*Left: Gary Munday and Margaret Kringle along Wombat Walk.*



Pictured above: The new footpath, being constructed by the Break O'Day Council workers is already being put to good use. The footpath when finished will stretch from Main Street, up Cameron Street, along Gardiners Creek Road, as far as the St Marys Community Health Centre.

This is a wonderful addition to the area, as the road had to be used before, by many motorised vehicles for the disabled, which is not an ideal situation. Congratulations council workers. Keep up the good work.

**Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday March 9, 2010.**

**PLEASE NOTE: NEW EMAIL ADDRESS: judith.spilsbury@telair.com.au**

## Community news

**St Marys Hospital Auxiliary** meets the first Monday of every month at 2pm at the **St Marys Community Health Centre**.

**The Break O'Day Woodcraft Guild Inc.** meets the last Saturday of the month at 2pm at the goods shed behind the St Marys Railway Station.

**Grassy Bottom Regional Arts** General Meetings are now held at 5pm on the first Wednesday of every month at the Happy Belly Deli. Come along and enjoy the fun and bring along your ideas for the Arts in this community.

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

**St Marys Ladies Midweek Tennis** 9.30am each wed. Need new players - of any standard-beginners welcome-childminding included - lovely safe place to bring toddlers while you play. **Ring Annette-6372 2224.**

**St Marys Playgroup** meets each Monday 10.30am - 12 noon at the **Falmouth Community Centre**, during school terms. \$2 a session per child or \$3 per family. Please bring a piece of fruit to share and your child's personal drink bottle. Bikes plus helmets welcome. **Phone or text: Danyelle: 0427 073 100.**

**WOMBAT WALK LANDSCAPING GROUP** 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.**

**St Patricks Head & Esk Valley Historical Society Inc** has a meeting one month and a field trip the next. We invite everyone to come along on the third Sunday of the month and enjoy an informative time with lots of fun. For more information Phone: Barry Aulich (637225752) Darlene Wright (63722416) or Jim Haas (63722127)

**Break O'Day Wine & Food Appreciation Society** meets once a month on the last Sunday.

**Ph: John 6376 3130.**

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

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

**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.

**St. Helens Al-Anon Family Group Meeting:** St. Pauls Anglican Church Hall - every Sunday 2pm Contacts: **Ann, John 6376 3270 or Rose 6376 3335.**

**The Friends of the History Room** hold General Meetings: 8th February, 10th May, 12th July --AGM, 11th October. Executive Meetings: 9th March, 14th June, 9th August 13th September, and 8th November. All held at Tidal Waters at 5pm.

### gone rustic studio & gallery

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**sat, 28<sup>th</sup> feb -  
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10 am to 12 noon  
\$6 members \$5)  
more info available**

tues - sat  
10 - 4

www.gonerustic.com  
gonerustic@yahoo.com.au

**Greater Esk Tourism (GET) -**  
next meeting is **7 p.m. on 1st March 2010**  
at **Fingal Valley Neighbourhood**  
**House.** Come and contribute your creative  
ideas and vision for promoting our beautiful  
area! All welcome. For more details,  
please phone the president on 6372 2783.

## St Marys Market

Rain hail or shine the markets will be held on the  
1<sup>st</sup> Saturday every month in the community hall

9am till 2pm

new stall holders welcome

phone Colin 03 6372 2707

Tasmanian Regional



### Stallholders Market Inc.

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

For stall booking or any other inquiries, please phone Sylvia on 6376 8390. Saturday mornings only: 0447 589 803.

# Classifieds

## For sale

**Large square bales.** Ph: Mark or Alana **6372 2145.**

**York G550 home gym.** This is the ultimate home gym. As new, very little use. \$900 ono. Ph: **(03)6372 2512.**

**2 bar stools** (timber) excellent condition. \$100. **Triton 7pc pro kit ½ router bits.** Brand new. \$80. **Ryobi biscuit joiner** plus box of biscuits. Never used. \$60. **4WD car cover.** Brand new. \$70. **Gas Mate grill plate.** \$10. **Cobb cooker** (as seen at Tamar Marine) with bag. As new. \$80. **Ricoh digital camera** with all accessories, incl spare battery. \$25. **Approx 5hp petrol motor.** Goes well. \$100. Ph: **6372 2438 or 0439 333 398.**

**Garden mulch or bedding.** Small square bales of oaten straw. \$5. Ph: **0407 944 158.**

**Kenwood mixer** 600w plus attachments, including coffee grinder. Good condition. \$150. ono. Ph: **6372 5486 or 0408 519 373.**

**Piano.** Ronaldi upright. Good condition. \$800. ono. Ph: **0448 871 950 or 6372 5486.**

**Try me for your firewood.** Delivery free St Marys area. Ph: **0408 596 152.**

**Garden mulch,** in big round bales. (wheat straw, weed free) \$70 a bale, delivered free in St Marys area. Ph: **0407 944 158.**

### Homebrew supplies

Beer and spirit making supplies. All your kits, yeasts, essences and equipment available. Free local delivery in St Marys and district. Ph: **6372 2540.**

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

**Tractor slashing available. Fire wood.** 1, 2, & 3 tonne loads Ph: **0407 944 158.**

**Timber for sale.** Approx 5 cubic metres of myrtle. 5 slabs of silver birch. 14 boards 8" x 1" approx 2 metres. Ph: **0427 715 577.**

**Portable milling available.** Ph: **0427 715 577.**

**Large suitcase** 76 x 53cm, Tosca brand. Very little use. As new. Expandable. Cost \$170—\$70. ono.

**Sunbeam espresso coffee machine.** Exc. cond. \$70. ono.

**Kambrook electric BBQ.** Hardly used. \$25. ono.

**Phone Pete on: 6372 2398.**

**Size 9 Reebok football boots.** Very good condition. \$40.

**WANTED TO BUY  
food dehydrator  
please call Leissa on 6372 2686.**

**Position Vacant - Volunteer  
Secretary  
Grassy Bottom Regional Arts  
Please contact Leissa on 6372 2686 or  
[pl\\_elemental@hotmail.com](mailto:pl_elemental@hotmail.com)**

### WANTED

Does anyone have some Old Paint, any amount, any colour- even lumpy old paint for us kids to paint our cubby we made on the holidays.

Thank you. **0412 803 027**

### WANTED

**Agistment for one horse  
in Scamander -St Helens area or surrounds.**

Ph: **0408 440 179**

### WANTED

**Old bath- lightweight easy to move.**

Ph: **6372 5608**

**Free- To Giveaway to good home  
Kittens**

**black/black and white, male and female.**

**Very trusting of humans as have been hand reared  
since 2 and a half weeks old.**

**Ready for adoption around 1st March.**

**Scamander 6372 5608**

### ARE YOU INTERESTED IN CAR POOLING?

I'M ABOUT TO START A FULL TIME COURSE IN LAUNCESTON, 4 DAYS A WEEK, 9AM @ TAFE.

SO I'LL BE DRIVING REGULARLY FROM ST MARYS. IF YOU WANT TO SHARE PETROL/ CARS/ COMPANY...

**CALL ALI: 0429 531 322 or 0429 231 279.**

## MOVING OUT SALE

### THIS IS IT

**Saturday and Sunday-March 6 & 7**

**starting at 9:00am**

**Everything must go.**

**2 Frank Street St Marys**

**for inquiries please call**

**6372 2410**

**0418 592 944**

### GARAGE SALE:

AT 28 & 29 MORRISON ST FALMOUTH

SATURDAY 6TH MARCH AT 9AM

PHONE: 6372 5486

### NOTICE

The Fitness/Squad programme has recommenced every Monday and Wednesday 5pm to 6pm. Mr Cam Lynch is coordinating the programme on behalf of the school association. Cost is \$4.00 per session; pay as you go. Swimmers must be capable of completing 100m using any recognised swimming technique.

All swimmers (existing, new and adults) are welcome to attend.

For any further information please contact Cam Lynch on 6372 3900 BH.

Classifieds in the Valley Voice are free of charge. If your articles are not sold after the first entry, we will repeat the ad in the next issue. Please let us know if items are sold. Every effort will be made to have correct details and phone numbers. However if there is a mistake, it will be correct in the following issue.

Articles for any edition may be left at the St Marys Pharmacy. This also includes items for sale and wanted.

Please ensure that your details are included.

## A LITTLE BIT OF HERITAGE: Jim Haas “Face Lift at Cornwall Community Hall”

In 1934 a group of Cornwall residents met in the school house to discuss the prospects of building a new community hall to replace the one that had been mysteriously burnt down four years earlier.

Mr George Tickle, an under manager at the coal mine, had researched the project and told the meeting that a building 36 feet long by 24 feet wide, with a stage of 17 feet by 12 feet and two anti rooms, each 12 feet by 9 feet, would cost approximately £225 for materials. However, he went on to say that there was already £30 in hand and Mr Ted Nicholson had kindly donated a piece of suitable land in the centre of town. If families with a working member could have one shilling a fortnight stopped from their pay, the remaining money could be raised in a matter of six months. The proposal put forward by Mr Tickle was accepted by the meeting and after Cornwall Coal Co pledged a donation, construction was soon underway.

The hall was completed by volunteers towards the end of 1935, but it wasn't until March 1936 that a Grand Ball was held for the opening. Before the big event the floor was covered with sawdust, sprinkled with kerosene, left for a few days then sweep up leaving the floor squeaky clean. Then candle wax was shaved into small pieces and spread over the floor and the kids would have great fun sitting on potato sacks and dragging each other around the floor to rub the wax in. This was all extremely important to enable the floor to be suitable for good dancing.

The big night arrived, local musicians in the Nolans, Stochnetters, Maddens, Brouchs and Targetts were all up on stage tuning their instruments. All the locals, dressed to their nines, were joined by people from all around the district, as well as dignitaries such as State Politician Robert Cosgrove and his wife. Everyone was hyped with excitement as the dancing reached great heights. A huge supper was served, during which Mr Cosgrove officially opened the hall. He made special mention of the magnificent community effort that had gone into this wonderful facility.

Following the opening, Cornwall Hall was the focal point of the town. Every week it catered for meetings, band practice, card evenings, fairs, kitchen teas for every local girl who was to be married and the local musicians would play for a dances and concerts. Then there were the sports like badminton and indoor bowls which provided great entertainment for young and old alike.

It's interesting to note that the first Kitchen Tea to be held in the new hall was for a young school teacher by the name of Una Herbert, who became Una Camplin and went on to be a key figure in the development of the Cornwall Community. But times have not always been easy for the Cornwall Hall. In the early 1960s a dispute broke out between the badminton club and the hall committee. The badminton club claimed that they were the main users of the hall at that time and needed a full size court. The only way this could be achieved was to take out the stage, of which they claimed was never used. Arguments were thrown back and forth, meetings were held with a police presence to maintain order and the town was split in two for months. But finally the badminton club won out and the stage was removed.

In recent years when the current Community Group decided to restore the old building it was realised that the land on which the hall was built did not have a title. This created a can of worms that saw the Group having to trace the families of the original trustees. This was not an easy task when most of the descendents were female with married names. But thanks to Tom Bain from Rae and Partners, the relevant descendents were found and all the legal processes were dealt with. Finally, after 76 years the people of Cornwall became the legal owners of their Hall.

Now thanks to Break O'Day Council who are renovating the toilets for public use, and the Cornwall Community Group who are undertaking to refurbish the rest of the building, the old Hall will have a face lift that, we hope, will eventually bring it back to something like its former glory. Unfortunately, however, a 17 by 12 foot stage is not included in the current budget.



**Cornwall Community Committeeman,  
Graeme Hayes, prepares the Cornwall  
Hall for a face lift.**



**St Helens builder, Glenn Ihnen, begins the  
re-cladding of the Cornwall Hall**



### **BOBCAT HIRE**

- \* Site cleaning & leveling
- \* Excavations
- \* Post hole digging
- \* Landscape preparation

**SAVE HOURS OF HARD WORK.  
GIVE MARK A CALL  
Ph: 6372 2145.**

## Letters to the Editor

Vol. 42 No 16, 2010

Dear Editor,

I feel I must reply to Babs Straining letter "A Cruel Indecency"

The access track that Babs refers to in her letter is not a legal road reserve (surveyed access road). This track was put in place, by the property owners for internal access, when the timber on the property was harvested. Babs' property conveyer should have advised her in 2005 when she purchased the property that she would need to make arrangements for access either through private property or via the reserved road that leads to her property.

Legal liability is a major issue with people using private property for access purposes; it is therefore advisable to have an agreement drawn up between the property owners and the users.

Babs was provided with this opportunity, as were the other 3 property owners Babs refers to.

This was via a suitable access that had been put in by the property owner at their expense; she chose not to take this option thereby restricting her access to her own property. Babs has also chosen not to use the option of the reserved road due to the expense of making it usable.

Of the other 3 property owners mentioned 2 have made arrangements for access and the other one has access through their own property, which Babs is currently using to access her property.

Just a reminder that entering a person's property without a valid reason can be classed as trespassing and be subject to legal action.

If anyone requires more information on this matter please feel free to contact myself or the property owner, I will not be making further comment on this matter via this medium due to future legal action.

Michael Aulich,  
St Marys.

Dear Editor,

I refer to your guidelines, paragraph 5 in particular, "Please make sure of your facts."

In the last issue of V.V. Ms Brennan and Ms Fowler referred to an article from previous issues, but failed to remember who wrote it. The author had been my husband, Philip, and not me. His name was clearly printed as such.

These women have a wonderful imagination, just waiting to be put to good use.

Ms Brennan has untapped artistic abilities, after all, with her computer she made an art-deco light fitting look a bit like a spaceship—so keep it coming!

I think we should hang on to our back copies of the "voice" for a bit longer.

Mrs Jeanette Peryman.

Dear Editor,

I read with interest the Police Report in the last issue of the V V. Under the heading "Public Order Offences" the writer mentioned cases of anti-social behavior on the town. I was surprised there had been no statement of the vandalism done to our car outside the hotel on New Year's Eve.

In the 20 minutes where my wife took the time to have one New Year drink with friends inside the hotel, someone decided to jump on top of the car, use it as a trampoline, break off the aerial and urinate down the back window. I reported the damage to the local police when it was noticed on New Year's day and they commenced an investigation.

As there were up to 30 people drinking in the area outside the hotel at the time, I decided to ask a few people if they had seen anything, what a surprise to find that no one had seen a thing!

We took the vehicle for repairs, after a fortnight without it, a damage bill reached \$2,600, of which we had to pay an excess of \$300 and for not even damaging our own car.

We thought that we had been more than fair to make sure that any offender(s) knew that we were only looking at recovering costs, but still nothing happened. It appears that fairness was never going to be an issue here.

We have since received information from some "good Friends" either directly or indirectly that were there on the night and we have known who the perpetrator(s) were for some weeks. It is very sad that the matter cannot be pursued by police as no one is prepared to be an actual witness.

So as the victims we will wear the costs, to the guilty party, the truck load of lies that you have spun since the incident is amazing, and to think that all you needed to do to save some face for this act of idiocy was to tell the truth.

A valuable lesson for my wife and myself, but probably nothing learned by people involved. A sad sign of the times.

Glenn & Leanne Mc Donald.

### The Valley & East Coast Voice Guidelines.

- *Opinions in letters published are not necessarily the views held by the editor and voluntary workers.*
- *Our pages will remain open to fair and honest criticism, so that on all questions, both sides may be presented, but any letters containing personal attacks or hinting at libel or slander will not be accepted.*
- *Please do not attack the editor, the paper or the authors of previous letters.*
- *Letter writers will be given the chance to respond over a suitable period of time, but anonymous and/or nom-de-plume letters received as from 11-02-10 will not be published. Subjects may be closed at the editor's discretion.*
- *Please make sure of your facts. Do not write letters just to let off steam. Keep letters short and simple. Letters restricted to 300 words or less will be given preference.*
- *All letters arriving by post must be signed, including a printed name and also contain your contact details, such as full name, address and phone number.*
- *All letters sent by email must contain your contact details, such as full name, address and phone number.*
- *All letters left at drop-off points must have a signature, plus a printed name and also contain your contact details, such as full name, address and phone number.*

### THANKYOU

I WOULD LIKE TO TAKE THIS OPPORTUNITY TO  
THANK ALL THOSE WHO VOTED FOR ME FOR MAYOR.  
IT IS VERY MUCH APPRECIATED.  
ROBERT LEGGE.



[www.fingalvalleyhistory.com](http://www.fingalvalleyhistory.com)

### Historical Walk

The February historical field trip for the St Patricks Head & Esk Valley Historical Society was a walk along the beach from Chain of Lagoons to Piccaninny Point. The history theme was the loading facilities and wharf built at Piccaninny Point around 1918 to ship coal from the Dalmayne Coalmine, which was situated some five kilometres inland from the point. Photos of the wharf and the aerial rope-way, which carried the coal from the mine to the wharf, were shown and Jim Haas told the story that saw only one ship load of coal leave the wharf before it was completely destroyed by a ferocious Southerly storm.

The twenty or so people who came on the walk all had a wonderful, informative and healthy day, which concluded with a feed of nice ripe blackberries picked straight from the bush. All those present said they can't wait for the next field trip, where we plan to walk to Kringle's caves on the 18<sup>th</sup> April, meeting at the Purple Possum at 10.00 am.

*For the full history of the Dalmayne Coalmine saga, or any history relating to our unique piece of Tasmania visit our website: [www.fingalvalleyhistory.com](http://www.fingalvalleyhistory.com), or phone Darlene: 63722416, Barry: 63725257, or Jim: 63722127.*





**MORE PHOTOS FROM THE CHAIN OF LAGOONS TO PICCANINNY HISTORICAL WALK**

All the photos appearing on these two pages were supplied by Peter Troode. They are all such nice photographs and everyone looks like they are enjoying themselves. I couldn't choose between them so I decided to print them all.

What a lovely way to spend a day, and you were lucky the weather was perfect.

Why don't you join the next field trip which is to Kringle's caves on April 18? Details previous page.





**Eiko's  
80th  
Birthday**

*Photos by  
Wendy Brennan.*



On Saturday February 20, 2010, many family and friends of Eiko (Judy) Waller gathered at her home in St Marys to help celebrate her 80th birthday.

Family came from many places on the mainland, including her daughter Irene and family from Victoria, her son Kim from Western Australia, her sister from Launceston and her late husband Ray's brother and his wife, plus many friends locally and from all across Tasmania.

A lovely afternoon was enjoyed by all, chatting and catching up with all the news and sampling all the scrumptious food.



All the family of  
**Mrs Olga Targett**  
would like send their very best  
wishes on the occasion of her  
87th birthday, which was  
celebrated on  
Tuesday, February 23, 2010.

*Happy Birthday*



**THANK YOU**

IRENE, KIM AND THEIR FAMILIES WOULD LIKE TO THANK FAMILY AND FRIENDS FOR MAKING THEIR MOTHER

**EIKO (JUDY) WALLER'S 80TH BIRTHDAY  
SUCH A MEMORABLE DAY.**

THANK YOU TO THOSE WHO BROUGHT PRESENTS AND FOOD AND SENT CARDS AND FLOWERS.

SPECIAL THANK YOU TO ELAINE FROM PURPLE POSSUM FOR HER CATERING EFFORTS.

A VERY SPECIAL THANK YOU TO HEATHER LODGE FOR ALL YOU HAVE DONE OVER MANY YEARS AND LEADING UP TO THE BIRTHDAY PARTY. WE APPRECIATE YOUR EFFORTS.

IRENE AND KIM.



## OUT OF THE WOODWORK

Wendy Brennan Secretary Mobile 0408 656 014

In the last issue of "out of the woodwork" I inadvertently forgot to give a well deserved thank you to **Barry Le Fevre** for his professionalism and fair and equitable approach in chairing "Meet the Candidates" It was much appreciated by both the Guild and candidates.

The Guild's subcommittee has been tirelessly working towards a successful Open Day (17<sup>th</sup> April) and we have had a positive response from invited guests who will showcase their quality products on the day.

**Heather Lye** of "Madd Mudd" will be there with her beautiful needle felting, pottery and other forms of stitchery. I have seen first hand this lady's exquisite work. Lookout for her basic beginner kits or just come along to view this clever artist at work and maybe obtain a few tips.

**Garry King** who makes beautiful bi-fold doors from recycled timber will be having a display. If you haven't had the chance to see some of this local artisan's work it would be well worth the effort.

Please keep a look out soon for our faithful and trusty ticket seller Mr Pete Williams.

The Guild will be raffling an outdoor chair, picnic table and two wooden tubs.

Prizes will be drawn at our

## Open Day on the 17<sup>th</sup> April.

which has been supported by the Break O'Day Council and the Fingal Valley Neighbourhood House.

The Guild meets on the last Saturday of the month at the Old Railway Goods Shed at 2.00 pm. The Guild is open Monday, Wednesday, Friday and Saturday. Any other times by appointment. The Guilds new number is Mobile 0408 656 014.

General observation from Wayne - 'The postie knows where I live'.

Doesn't anybody 'cept me know the meaning of awesome?

The GREAT PYRAMIDS are awesome, as is the GRAND CANYON — but an iron, or a filling for a jacket potatoe - (really?) I doubt it.

Pics of Guild's raffle prizes. N.B: wooden tubs will be minus the plants.



### ADVERTISEMENT



'On March 20 I urge you to vote for Rebecca White for Lyons. With her energy and drive she will build on Labor's achievements, working for more jobs, better services and safer roads. Lyons needs great candidates like Rebecca White in parliament.' *Lara Giddings, Deputy Premier*

On March 20 Vote 1

**Rebecca**

**White**  
Renewal for Labor.  
Renewal for Lyons.

Authorised by Garry Laycock, 21 Pringle Street, Scamander

'I am here to listen to your concerns and to act on your behalf.' *Rebecca*

Please call me on 0406 490 081  
or email me at [bec@becwhite.com](mailto:bec@becwhite.com)



## The Tasmanian Lymphoedema Centre reaches 10 year milestone.

The Tasmanian Lymphoedema Centre Inc. was officially opened on the 28th February 2000, by Senator Jocelyn Newman, erstwhile Federal Minister for Family and Community Affairs –what an amazing period of time!

Following treatment for cancer in 1996, I developed secondary lymphoedema of the legs and became desperate to get some help for this debilitating condition, was given some information written by Pat Mather of Devonport and became the 4th Tasmanian to access assessment and treatment by Prof. Neil Piller and his team from Flinders University Health Centre. This was so successful, that I invited the team to Tasmania. To cut a long story short, they came, and we held a great workshop at St Marys Community Health Centre on the 24th April 1999.

The Lymphoedema workshop aimed at raising awareness of the condition and the effect it has on the sufferers. Also making treatment and management more effective.

In excess of 100 people from all parts of Tasmania turned up for the 2 day event, which was launched by Senator Jocelyn Newman, who spoke about her own need for treatment from the Adelaide team.

The workshops were such a success that immediate plans were laid to raise funds for a laser and to develop the St Marys Community Health Centre as a treatment centre with regular visits by Specialists like Professor Piller, to train local therapists and to provide a stress free environment and amenities for local accommodation.

Thus, 2 or 3 weeks later, the St Marys Breast Cancer Support Group, under the late Sandra Oliver and Dot White, organised a super soup and sandwich lunch in Scamander, which raised \$2300. This was hotly followed by a cheque for \$4000 from the St Helens Lions Club through the late Lyn Fysh and friends Barry Thorpe and Betty and Rex Sibley.

Much to my amazement cheques large and small came through my letterbox from groups and individuals— St Marys Lions Club, St Marys RSL, St Marys Football Club, Hospital Auxiliary, local Hydro boys.

Glenn Mc Donald ran a Hey, Hey it's Saturday, Bicheno ladies and Fingal ladies groups held fund raising lunches. I received letters and cards with cheques and support from across Tasmania and especially the Break O'Day community.

Then \$10,000 came from Lyn Fysh for the laser in St Marys and I had the pleasure of ordering the laser—another long story.

Much excitement, meetings, phone calls, faxes and with much support from Patsy Burgess, Sophie Legge, Shelagh Lowe, Ralph Mueller, the late Stephen Salter, Bob Legge, Michael Polley MHA, Greg Cruse, Neil Butterworth, Mary Bent and Jasmin Potter we made it, forming our first committee by December '99 and TLC Inc was officially launched by Senator Newman on 28th February 2000.

### Big Party!!

- License for laser
- Lease agreement with Health Department for 2 rooms
- Shilagh Lowe and Marjorie Kanagaratan went to Adelaide and graduated from Judith Casely Smith school of Lymphoedema. →

- CWA Tasmania gave financial assistance to patients in need.
- April 2000 Kate Williams and I attended a National Convention on Lymphoedema in Melbourne
- November the TLC won the "National Australia Bank Community Link Awards" for Tasmania with a prize of \$5000. What a year!!

There are so many people to thank for support over the 10 years and more, committee members past and current, particularly Audrey Wright and later Charlie Cormack during the Convention on Lymphoedema in August 2002.

Last but not least my husband, the late Ken Sparkes who supported me throughout, but unfortunately died 2 days after out convention.

I can't name everyone, too many to mention, but thank you one and all from the bottom of my heart

The TLC needs to be kept going. The laser and all equipment belong to St Marys and the Break O'Day community. The name and assets are community assets and should remain so.

Thank you,  
Jan Sparkes.

THE NEW CONTACT PHONE NUMBER FOR  
BOOKINGS FOR THE  
ST MARYS COMMUNITY CAR

**0428 308 622**



## ST MARYS PLAYGROUP

### NEW TIME:

Every Monday 10am- 12 noon  
during school term.  
commenced 22<sup>nd</sup> February, 2010.

### NEW LOCATION:

Falmouth Community Centre

EVERYONE WELCOME:

**\$2 a session per child  
or \$3 per family.**

**Great Fun and Friendship!**

**Please bring a piece of fruit only to share,  
plus your children's own drink bottle.**

**You may also like to bring your children's  
bikes and helmets.**

**Any questions please call or text Danyelle on  
0427 073 100**

# e.ScApe

Tasmanian Wilderness Cafe Gallery

## GREAT COFFEE

TEAS MILKSHAKES SMOOTHIES FRESH JUICES  
DELICIOUS CAKES SLICES BISCUITS  
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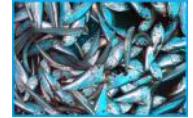
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Authorised by Tim Morris MP, Parliament House, Hobart 7000.

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## The Say. Cagerattler

It warms the cockles of my heart every time I pass by the Recreation Ground and see several camper vans partaking of our short stay facilities there. To the doubters who said that this wouldn't be the case all I can say is go and check it out. One night about a month ago there were at least half a dozen vehicles there.

Not only that but the real benefit was I met a couple from N.S.W. I briefly spoke to who had just walked into town and had bought two shopping bags full of supplies as well, which augers well for the local business folk.

These campers had been touring Tassie and enjoyed a few nights here. All we need for Council to do before next summer is to look at the tent areas which have a bit to be done I suspect. They should be commended though for what has already been done. I believe at least a few powered sites identified in the original talks and plans would also be a great fillip for our fledgling camping ground, but small steps forward as they say is always good. Wouldn't it be great to get some feedback from the campers somehow too, so that improvements can be made on things that matter to these people who stop there. Is there a way that could occur I wonder? Maybe some sort of a visitors book or something perhaps...

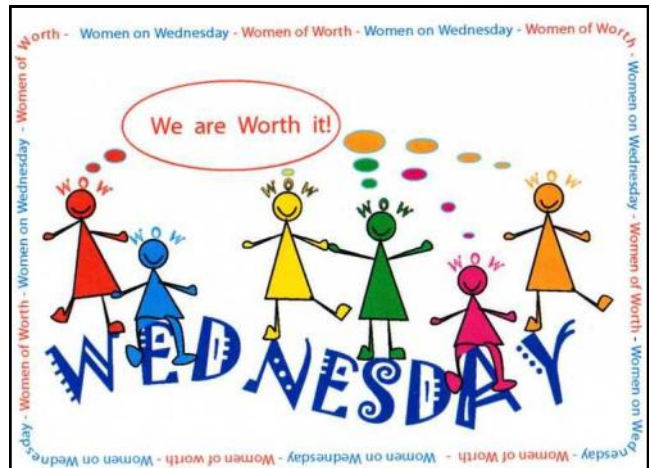
Another exciting opportunity is going to happen in the not too distant future. There is still a lot of work to be done, not least actual construction of the facility but let's just say that this facility will allow our future post year 10 and older students to reach qualifications previously not possible on the East Coast. The campuses will be situated in both St Helens and in St Marys and as time goes on we would be crazy not to embrace and participate in this amazing opportunity which will eventually offer numerous courses as high as Certificate Three. I'd urge all to watch out for official announcements as they occur on this wonderful project.

Finally, thanks to all who know me who have passed on similar stories about the bush tip subject from the first issue. It's great to know that others have noticed the littering too and wish it to stop.

What do you think ?



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### WOW

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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



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FUTURE**

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



## St Marys Police report

Since my last report Police within the St Helens Division have again been kept busy with attendance at road crashes, crime scenes and reports of damage to property. These types of incidents are for police the bread and butter jobs, together with the old police saying of “dogs, drunks and domestics” that we deal with on a regular basis. There is a common factor in most of these incidents. Do you know what I’m hinting at? I have submitted a quiz in this report to test your knowledge on some road rules and other legal questions for your information and enjoyment.

### CRIME REPORT

St Marys police recently attended the scene of a burglary of a residence in Frederick Street, St Marys. Forensic samples were obtained from the scene and local police are conducting inquiries in an attempt to identify the offenders. It appears the offender(s) entered this residence during daylight hours whilst the owner was absent.

Property owners are asked to ensure their property is secured during those times you are going to be absent, even if only for a short period, as unfortunately there are opportunistic individuals whom will enter your home and steal your property given the chance to do so. Any form of security is better than none and these days some insurance companies will not pay out on a claim if a residence/property/vehicle is not secured.

If any member of the public has any information that can assist police in this matter contact your local police station or crimestoppers on 1800 333 000.

### TRAFFIC REPORT

On Sunday 21/2/10 police and emergency services personnel attended the scene of a three vehicle crash on the Tasman Highway at Chain of Lagoons at the southern entrance to Lagoons Beach involving two motor cyclists and a 4wd towing a caravan. Fortunately none of the persons involved received life threatening injuries in what could have been much more serious should the circumstances have been slightly different. The rider of one motorcycle was transferred to the Launceston hospital and received treatment for her injuries.

I must congratulate those volunteer members from the Tasmanian Ambulance Service, Fire Service and S.E.S. for their prompt attendance at the scene and the professional manner in which they and all emergency personnel in attendance carried out their duties-well done!

With the March long weekend and Easter just around the corner, the motoring public are reminded that there will be strong police presence on our roadways with high visibility together with covert operations being conducted to target drink/drug/disqualified/unlicensed drivers and un-roadworthy vehicles. Extra traffic police will also be patrolling all roads in an effort to ensure compliance of the Road Rules and a safe environment for all road users.

Police officers regularly seek advice from members of the public concerning the Road Rules and other areas of the Statutes. I provide this little quiz to provide some answers for those most commonly asked (or confused) parts of legislation.

- 1 What is the speed limit on the open road?
  - 2 What is the speed limit in a built up area?
  - 3 Do I have to wear my seat belt if only travelling a short distance?
  - 4 What age can my child be to sit in the front seat of the car?
  - 5 When am I required to turn on my headlights?
  - 6 What is the safe following distance behind another vehicle?
  - 7 When does the “zipper” rule apply?
  - 8 Can cyclists ride two abreast?
  - 9 Are all cyclists required to wear helmets?
  - 10 Can I take my child into a hotel for a meal?
- The answers will be provided in the next issue.  
In the meantime, safe and happy motoring.

**Derek SINGLINE**

**Sergeant 960**

**St Marys Police**

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



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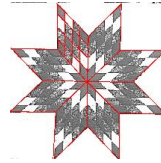
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Daily door prize, giant trade table running over the  
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We have two guest demonstrators  
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Further information :- Elsie 6376 1663

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# The History of 'APRONS'



## Remember making an apron in Home Ec?

*This story was sent to me via email and I thought I would share it with all the readers who, like me, may remember this era.*

*I don't think the kids of today know what an apron is.*

*The principal use of Grandma's apron was to protect the dress underneath, because she only had a few, it was easier to wash aprons than dresses and they used less material, but along with that, it served as a potholder for removing hot pans from the oven.*

*It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.*

*From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.*

*When company came, those aprons were ideal hiding places for shy kids.*

*And when the weather was cold grandma wrapped it around her arms.*

*Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron.*

*From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.*

*In the autumn, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.*

*When dinner was ready, Grandma walked out onto the porch, waved her apron, and the menfolk knew it was time to come in from the paddocks to dinner.*

*It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.*

### REMEMBER:

*Grandma used to set her hot baked apple pies on the window sill to cool.*

*Her granddaughters set theirs on the window sill to thaw.*

*They would go crazy now trying to figure out how many germs were on that apron.*

*I never caught anything from an apron. But love.*



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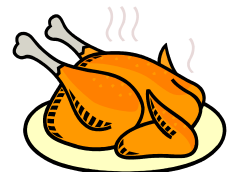
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**DOING THE ROUNDS** Cllr Reon Johns.

**Like to raise an issue? Feel free to contact me on mobile 0429 722 091 or Fax 6372 2098**

The Council Minutes for the meeting of the 18 February 2010 were to be confirmed with the following amendments-

1. That Council expresses its recognition and appreciation of the services and commitment of Mr. Graham Cameron to the Council and communities of Portland and Break O' Day.

2. Hawkers License Crepes Celeste-That the reference in the amended minutes of this item to the legal opinion be deleted. The General Managers report –“that no discussion took place in relation to this item” with (in part) “That the General Manager’s report include advice of any existing leases over land of facilities owned or controlled by Council which are due for renewal before the date of the next Council Meeting and any new leases proposed.”

Moved Cllr Clement, seconded Cllr Johns

All Councillors voted for this with Cllr LeFevre Against.

**Motion – Closure of St Marys and Fingal Police Stations**

That Council seek assurance that these two Police services remain open and that the Police presence not be reduced in the Fingal Valley.

Moved Cllr Johns, seconded Cllr McGiveron.

Councillors voted for this with Cllr LeFevre against.

**Motion-Council to apply for a license – St Marys to Fingal walking Trail.**

Council seek support in forming a working group to review the possibility of establishing a walking/bike trail on the old railway easement from St Marys to Duncan siding.

Moved Cllr Johns, seconded Cllr Rubenach.

Carried Unanimously.

**Motion-Bay of Fires National Park Boundaries**

1. (in part) Council draws the attention of the State Government to the function of the Tasmanian Planning Scheme to conduct and make recommendations for the future use of public land

(in part) Council requests the Minister for Planning to refer to the Commission for enquiry the boundaries proposed for a Bay of Fires National Park arising from a consultation process are transparent, independent and consider the social, economic and recreational values.

Moved Cllr Clement, seconded Cllr Johns.

Carried Unanimously

**Councillor Johns asked the following Questions**

Recently Council staff sent letters to organisations requesting their particulars in order to update the Council website, has this process been completed?

Reply: This process is ongoing and updated in batches as the information is received

Has Council a policy or by-law on noise caused by animals?

Reply: No, the issue was discussed at length at the Council workshop held on February 2010

The Financial Report was presented and some discussion took place with a few Councillors stating that there needs to be more information as it was difficult to make an assessment on the summary provided.

Moved Cllr McGiveron, seconded Cllr LeFevre.

Councillors voted for this with Cllrs Clement and Johns against.

Council decided to support the Fingal Neighbourhood House in providing financial assistance to the value of \$950.00 to assist in the costs of taking 12 young people to visit Port Arthur.

Council decided to support the Break O' Day Woodcraft Guild and Men's Shed with financial assistance for their annual Open Day.

Moved Cllr Clement, seconded Deputy Mayor Osborne.

Councillors voted for this with Mayor Legge against.

Council decided to demolish the eastern end of the Fingal Toilet Block, install a concrete slab, seating and make necessary modifications to western side to enable use as a uni-sex facility.

Moved Cllr Johns, seconded Cllr Osborne.

Carried unanimously

Council decided to replace and upgrade one light pole at the St Helens Netball Court

Moved Cllr Clement, seconded Cllr McGiveron.

Carried unanimously.

Council authorised the commencement of the planning process to replace the main car park toilets at Binalong Bay.

Council endorsed the principle of reintroducing some rate relief for properties with a “Conservation Covenant” and develop a policy that will enable the relief to be delivered for the 2010/2011 financial year.

Council approved the draft Public Open Space Contributions Policy 326-10-01 as a new policy of Council.

Moved Cllr Osborne, seconded Cllr Johns.

Carried unanimously.

Council endorsed the establishment of a working group consisting of Cllrs Clement, Johns and Rubenach to investigate the merits of an Arts Centre at St Marys and report back to a future workshop of Council.

Moved Cllr Clement, seconded Cllr Johns.

Carried unanimously.

Outreach worker for the Fingal Valley. Council decided to form a working group consisting of Cllrs Osborne, Rubenach and Bleaney to investigate the specific requirements of an outreach worker for the Fingal Valley.

Moved Cllr Johns, seconded Cllr McGiveron.

Carried unanimously.

*Continued on back page.....*

## MEALS ON WHEELS ROSTER

March		St Marys	Fingal
Monday	1st	Debbie Barnes	Carole Woods
Tuesday	2nd	Trish Pike	
Wednesday	3rd	Dianne Troode	
Thursday	4th	Heather Griffiths	
Friday	5th	Claire Bean	
<b>MOW Contact</b>		<b>Phone:</b>	<b>0488 384 344</b>
Monday	8th	Pat O'Donnell	Christine Woods (P)
Tuesday	9th	Pam Bretz	
Wednesday	10th	B & B McAllister	
Thursday	11th	Dianne Foster	
Friday	12th	Wendy Aulich	

## Church Services

### Catholic Parish of St Marys

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

#### 1st Sunday: MASS

St Helens Vigil 6.00pm  
Bicheno 9.00am  
Swansea LWC 9.30am  
Fingal 11.30am  
Campbell Town 5.00pm

#### 2nd Sunday: LITURGY

St Helens Vigil LWC 6.00pm  
St Marys LWC 9.00am  
Bicheno LWC 9.00am  
Swansea LWC 9.30am  
Fingal LWC 9.30am  
Campbell Town LWC 5.00pm

#### 3rd Sunday: MASS

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

#### 4th Sunday LITURGY

St Helens Vigil LWC 6.00pm  
St Marys LWC 9.00am  
Bicheno LWC 9.00am  
Swansea LWC 9.30am  
Fingal LWC 9.30am  
Campbell Town LWC 5.00pm

#### 5th Week MASS

St Helens Vigil 6.00pm  
Bicheno 9.00am  
St Marys 11.00am  
Swansea LWC 9.30am  
Campbell Town 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 every Sunday 10 am  
Pyengana: Kids Church,  
2pm - 4th Sunday every month.

### Salvation Army

#### TUESDAY JAM

3-5pm every Tuesday.  
excepting school holidays.  
**WOW** "Women of Worth"  
First Wednesday of month.  
excepting school holidays.

#### SUNDAY JOY

7pm: each Sunday  
Sunday 20th –Final until Feb 2010.  
Envoy Melanie Norton Ph: 63722099

### Break O'Day Uniting Church

The Manse St Helens

Ph: 6376 2405

St Helens 9.00 am  
Fingal 11.15 am

### Seventh Day Adventist

Hodgeman Street Scamander  
Sabbath School 10 am  
Divine Service 11 am

## Contacts for Valley Voice

PH: Judy: 6372 2155

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

Accounts: Mary: 6372 2328

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St. Marys, St Helens  
and Fingal.**

**Robbo isn't alone at breakfast anymore.  
Shelley has joined him and  
they are calling the program  
'The Journey'**

100% positive music & talk all day long;  
connecting faith to life.

National Vision Radio Network.

Phone 1800 007 770.

web [www.vision.org.au](http://www.vision.org.au)

## **St Marys Online Access Centre Opening Hours:**

**Monday 10am -3pm**

**Tuesday 10 am-4pm**

**Wednesday 10am-4 pm**

**Thursday 10 am – 3 pm**

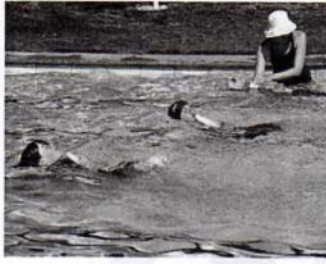
**Friday 10 am – 3 pm**

**Saturday 11 am – 2 pm**

**Ph: 6372 2005**



**Well it would be wouldn't it!!!**



# ST MARYS DISTRICT HIGH SCHOOL ASSOCIATION NEWS

Over the Christmas break, the School Association organised 2 weeks of learn to swim classes for 39 children aged 2-12yrs. A cost of \$70 applied per student, with a proportion of the money used to reimburse the school for some of the pool running costs. The instructors were both former students of St Marys District High School – Hazel Buchhorn and Hannah Spilsbury.

Children attended lessons every weekday and feedback from the families involved suggested that most were very satisfied with the lessons. There were ideas as to how the lessons could be improved in further years, especially for very young students. We will certainly take that advice on board as we hope to continue the program in 2011.

Children from across Break O'Day attended and a big thanks is due to all the families who committed to the program over a busy summer period.

## Royal Surf Lifesaving levels achieved by children:

3 - level 6  
5 - level 4  
6 - level 3

6 - level 2  
5 - level D2  
7- level 1

3 - level D1  
4 - infant aquatics



We raised a small amount of money from the program, and will discuss how this should best be directed, at the next School Association meeting in April.

Tanya Greenwood  
SA chairperson

## FEBRUARY/MARCH 2010

Mon	Tue	Wed	Thu	Fri
				19 FEB ☐
22 FEB ☐ Primary Assembly 2.10 in Hall (Assemblies will be held on the last Monday of each Month @ 2.10) ☐ 4-8 Active After School Activities begins	23 FEB ☐	24 FEB ☐	25 FEB ☐ Grade 7 sleepover	26 FEB ☐ Grade 7 beach excursion
1 MAR ☐	2 MAR ☐	3 MAR ☐ Prep-3 Active After School Activities begins	4 MAR ☐ Early Years program begins	5 MAR ☐
8 MAR Long weekend NO SCHOOL	9 MAR ☐	10 MAR ☐ Grade 7 Camp	11 MAR ☐ Grade 7 Camp ☐ Bicheno PS Swim Carnival ☐ Next Newsletter to be sent out ☐ Teddy Bear's Picnic	12 MAR ☐ Grade 7 Camp

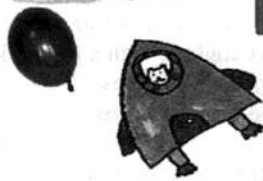


St Marys District High School,  
Fingal Primary School & Building Blocks  
invite parents and children aged 0-5 years to a



# Teddy Bears' Picnic!

To celebrate the commencement of our  
2010 Launching into Learning Programs



Toys!

FUN!

Activities!



**Where: St Marys Town Hall**  
**When: Thursday, March 11th**  
**11:00am - 12.30pm**

**Bring along your favourite teddy  
and a picnic snack to enjoy!**

**We hope to see you and your children there!**

*Rebecca Hibberd - Early Years Teacher, St. Marys District High School*  
*Michelle Menz, Launching into Learning Teacher, Fingal Primary School*  
*Kandi Thorpe, Building Blocks*

Teddy Bear  
Competition!

Games!



## Early Learning Programs

At St Marys District High School

### Stepping Stones

*(previously known as parent-child)*



This is a pre-kinder program for children turning 4 years of age in 2010.

**Where: Kindergarten - St Marys District High School**

**When: Thursdays, 1:30pm - 3:00pm**



### Launching into Learning

This is a fun program for children aged 0-3 years.

Come along and spend some time with your child while they talk, play and learn.

**Where: Kindergarten - St Marys District High School**

**When: Thursdays, 11:00am - 12.30pm**

Programs commence on Thursday 4th March with an information session,  
guided tour of our school and an opportunity to meet our Principal, Brian Shephard.

*Children must be accompanied by a parent/guardian for all sessions*

For further information contact Rebecca Hibberd at the school on 6372 3900

*Please note: Teddy Bears' Picnic will be held in place of sessions for 11th March*

**ST MARYS DISTRICT HIGH SCHOOL**  
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)



Tasmania  
Explore the possibilities

# ST MARYS COMMUNITY HEALTH CENTRE

## DOCTORS ROSTER

**23rd Feb-28th Feb Dr Bob Small**  
**1st March-12th March Dr Cyril Latt**

## AFTER HOURS SERVICE CONTACT NUMBERS

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:  
 Monday—Friday 8:50am-12:30pm  
 12:30pm-1:30pm LUNCH

**NO PATHOLOGY SERVICE 12:00-1:30PM**

## SCRIPTS AND DOCTORS APPOINTMENTS

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

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

## COMMUNITY TRANSPORT

**Please note the wrong phone number was published in the last edition.**

For all Community Transport Bookings  
**From St Helens to Swansea**  
 Please phone the Coordinator

**Mr David Mallett on 0428 308 622**

THIS SERVICE IS NOT AVAILABLE FROM THE HEALTH CENTRE.


## GIVE AWAY

Black and White Ring Binders A4 size- 17 available.  
 Please phone Hayley on 6372 2111

## WHAT'S ON AT THE CENTRE

- 23rd March **Social Work**— Helen Jennings. Please phone 6372 2111 for appointments
- 23rd Feb **Child Health Session** with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
- 23rd Feb **Rae & Partners Lawyers**— Tom Bain. For appointments please phone 6337 5555
- 24th Feb **Launceston Cup**— Public Holiday (Centre Closed) No Doctors Surgery on this day. Please phone after hours number for assistance.
- 25th Feb **BOD Health Resource Association**— downstairs at the Health Centre.

- 25th Feb **Community Kitchen**— 10am in the Day Room. For details please call the Healthy Community House on 6376 5242
- 26th Feb **BOD Health Resource Association**— downstairs at the Health Centre
- 1st March **BOD Health Resource Association**— downstairs at the Health Centre.
- 1st March **Social Work**— Helen Jennings. Please phone 6372 2111 for appointments.
- 1st March **Hospital Auxiliary Meeting** 1:30pm in the Day Room
- 2nd March **BOD Health Resource Association**— downstairs at the Health Centre
- 2nd March **Social Work**— Helen Jennings. Please phone 6372 2111 for appointments.
- 2nd March **Child Health Session** with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
- 3rd March **BOD Health Resource Association**— downstairs at the Health Centre.
- 3rd March **Day Centre**— For details on the group please contact Hayley Gilbert on 6372 9512
- 3rd March **Psychologist**— Doherty. Appointments available by referral from your GP.
- 3rd March **Social Work**— Helen Jennings. Please phone 6372 2111 for appointments
- 4th March **BOD Health Resource Association**— downstairs at the Health Centre
- 4th March **Community Kitchen**— 10am in the Day Room. For details please call the Healthy Community House on 6376 5242
- 5th March **BOD Health Resource Association**— downstairs at the Health Centre.
- 8th March **Public Holiday (Centre Closed)** No Doctors Surgery on this day. Please phone after hours number for assistance.
- 8th March **Social Work**— Helen Jennings. Please phone 6372 2111 for appointments
- 9th March **BOD Health Resource Association**— downstairs at the Health Centre.
- 9th March **Social Work**— Helen Jennings. Please phone 6372 2111 for appointments
- 9th March **Child Health Session** with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
- 10th March **Day Centre**— For details on the group please contact Hayley Gilbert on 6372 9512

**ONE WAY** 

## IMPORTANT NOTICE

Please abide by the **ENTRY** and **EXIT** signs in and around the grounds of the Community Health Centre. Some access ways are **ONE WAY ONLY**. This is in the interest of staff and patients safety.



# ST MARYS COMMUNITY KITCHEN PROGRAM

A community kitchen is a group of people who come together to socialise and cook delicious, affordable and nutritious meals which they share together.

You do not need to have any previous cooking experience as a trained kitchen facilitator will be there to help.

**Where:** St Marys Community Health Centre Day Centre.

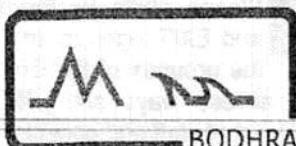
**When:** Thursday Mornings 10am– 1pm for 8 weeks

25/02/10—15/04/10

**Cost:** \$2 per week.

Free transport will be available for those who require it.

**How:** Bookings are essential. Call Michelle at the Healthy House on **63 76 5242**



BODHRA

**Healthy Active Program**

*This project is funded by the Australian Government Department of Health and Aging*



# Fingal Primary School News



## What's New

At Fingal Primary School we have had classroom revamps and an extension built onto the K/P/1 classroom. This year K/P/1 have a lovely new classroom with more room and new work areas and an interactive white board. They are enjoying their new classroom.

Also over the holidays we have had 4 new swings added to our playground equipment. The children have wanted swings for such a long time and with the help of the Fingal School Association we finally have them. The children are having such a great time swinging during their breaks.

On Friday the 12th of February students from Fingal Primary School travelled to St Marys District High School to access PE and Music specialist lessons and participate in Buddy Reading. This will be a regular event. Grade 5/6 students enjoyed the experience of gender based activities with the girls working with St Marys Grade 5/6 girls in Woodwork and the boys in Art.



Brayden Lincoln Grimsey  
and Kiara Ward.



Isobelle Gee and Mackenzie  
Woods.



Dylan Brown, Harvey Flynn  
and Aaron Rush.



Miss Smith with the  
Prep and Grade 1's.



Music with Mr Emmerton.  
Jade Lowe and Justin Reece.



Melanie Guy, Chloe Oates,  
Demi Brown, Carley Baldwin,  
Chloe Harris and Jorgia  
Woods in woodwork.



Lauren Templar-Kunta, Tara  
Guy, Haydon Barnes, Connah  
Tuck and Ruby Brewer.

## St Marys Sports Centre Inc. news Kackhander

First of all something that went through to the keeper from the first column was the amazing successes of our women bowlers at the East Coast Championships a few weeks ago.

A massive congratulations to Nicky Leedham, Janice Viney, Nan Stuart and Glenys Turner who took out the fours title and again to Nicky and Janice who were runners up in the Pairs championship. What a great effort. No East Coast title is easy to win because the competition is tough. Fantastic effort everyone and we are very proud of you indeed.

Congratulations also go to Chris Davern who last weekend won the East Coast Singles Championship for the 3rd consecutive time. The final was played against Basil Whittaker from St Helens. Chris has now lost count of the times he has won this event, but it is at least 10 times, if not more. Well done Chris.

To pennant bowls and provided we don't stuff up big time against Bicheno, the men's team should have all but secured the important double chance by virtue of the 14-0 four rink win last Saturday. The only sad thing about the result was the unfortunate forfeit of one of the opposing rinks which disappointed everyone on both teams. In the ladies pennant our defending champion team is going okay as well. They just missed out narrowly on an overall win against a strong St Helens team last weekend but will definitely be ready for finals, rest assured.

To golf now and its wonderful to see a solid group of players every Saturday again in summer. That hasn't happened for a while and this let's us go into the future with a lot of encouragement. Congrats to Todd Spilsbury for winning the gross and Deisel Coleman for winning the handicap in the Mulligans event. Next weekend is a two person Ambrose. We'd love to get the ladies results so if someone could leave the news on 6372 2215 at least by the Monday evening prior to each Valley Voice we will get it in there. The earlier the better though.

Just a reminder from the golf sub committee to all members ... On Monday Feb 22<sup>nd</sup> the committee is spending a substantial amount of money employing a contractor to aerate, seed, and sand the greens. For this to be totally successful we will require your patience and understanding while the greens are being re-conditioned through this process. Our intrepid crew will be working overtime to follow up on the work so as the saying goes. "short term pain for long term gain" is truly the case here. It's going to be great. You'll have sandy, furry greens for a couple of weeks but...

Anyway, until next time, good hitting and rolling.

## Doing the Rounds continued from page19...

### DO YOU KNOW?

That the Mayor, Deputy Mayor and the Community Development Officer selected the recipients for the Australia Day Awards.

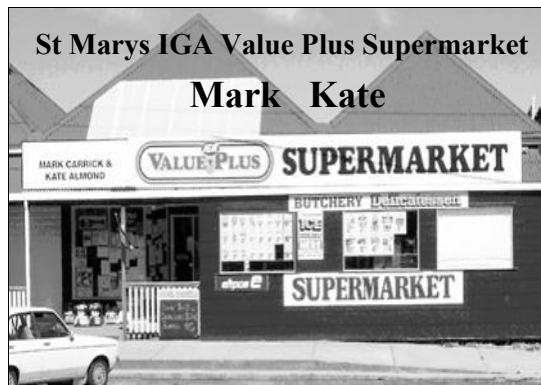
**PLEASE NOTE THAT MY VISITS STARTED IN FEBUARY.**

**Please note that I have changed my visits to the LAST Thursday of each month.**

**I will be in Fingal. At 08:30 to 9:30 at the Neighbourhood House, Mathinna from 10:00 to 11:00 at the Post Office.**

**St Marys, 12:00pm to 1:00pm at the Bakery. Then on to St Helens Neighbourhood House from 2:00pm till 3:00pm. Mouth Café Scamander from 3:30 to 4:00**

I would like to invite any other Councillor to share this article with me and help keep the Break O'Day informed.



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

### *This week's specials.*

#### *From the butchery*

Porterhouse steak	\$16.99kg
Regular mince	\$ 7.99kg
Easy Carve lamb legs	\$15.99kg
Pure Angus beef burgers	\$11.99kg
Ingham free range breast fillets	\$14.99kg

#### *Instore specials*

Smiths potato chips 6pk	\$2.49
Doritos corn chips 200g	\$2.19
Uncle Toby's muesli bars 120-185g	\$2.99
Tarax soft drink 2lt	\$1.39
Nestle Milo 450g	\$4.99

#### *From the freezer*

Bulla ice cream 4lt	\$6.99
Ingham Chubby chicken 1kg	\$2.79
Birds Eye frozen peas (excl baby) 1kg	\$3.99
Bulla mini splits 14s	\$5.45
McCains beer batter fries 750g	\$3.49

### *Next week's specials.*

#### *From the butchery*

Rump steak	\$12.99kg
Beef stir fry strips	\$ 8.99kg
Lethborgs marinated roasts	\$10.99kg
Lethborgs pickled pork	\$ 9.99kg
Free range Marion Bay chicken	\$ 7.89ea

#### *Instore specials*

Kleenex cottonelle toilet tissue 6pk	\$3.99
Fab Ultra laundry powder 500g	\$1.99
Ribena RTD blackcurrant syrup 2.4lt	\$3.49
Arnotts assorted cream biscuits 500g	\$3.99
Nestle family block chocolate 118-200g	\$2.99

#### *Bickfords promotion*

Bickfords iced coffee mix 600ml	\$5.99
Bickfords blackcurrant syrup 750ml	\$4.99
Bickfords traditional cordial syrup 750ml	\$3.65
Bickfords milkshake mix 600ml	\$4.99
Bickfords prune juice 1lt	\$6.99