



The Valley & East Coast Voice

Volume 42 No. 22. Thursday May 20, 2010.

Est. 1968

50 cents

Family Food Educators Graduate in St Marys

Benefits are already apparent as eight new Family Food Educators completed their final day of nutrition and physical activity training at St Marys District Hospital on May 11 2010.

The volunteers have participated in the 25 hour interactive Family Food PATCH course, which trains people with an interest in children's nutrition and physical activity to become peer educators in their local community.

Project Officer Emily Shepherd said, "These new Family Food Educators will become part of a wide network of approximately 200 Family Food Educators around the state who continue to receive support, resources and information on a regular basis."

Project Dietitian Kacey Rubie said, "Family Food Educators bring their own experiences, as parents or people working with children, that enrich their ability to share what they learn through this course with others."

Family Food Educator Natasha Kelder said the training "made me remember to have fun with food!"

Providing a good variety of healthy foods, enjoying active play and keeping screen time to a minimum are keys to good health for all children.

The volunteers are already making a difference by doing things such as sharing their knowledge on fruit and vegetable intake and screen time with groups of parents and changing habits within their own family environment.

For more information contact Emily Shepherd on 0409 405 789.



**WINTER SOLSTICE
SATURDAY JUNE 19, 2010
4.30PM—10.30PM
LANTERN PARADE
FIRE SCULPTURES
BUSH DANCE
DELICIOUS FOOD AND MORE
DETAILS INSIDE THIS ISSUE.**

**ST MARYS CRANKS & TINKERERS
ANNUAL CLASSIC CAR SHOW
FAULKNER'S GREEN
JUNE 6, 2010
10.30AM
DETAILS INSIDE THIS ISSUE.**

Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday June 1, 2010
EMAIL ADDRESS: judith.spilbury@telair.com.au

Community news

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

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

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

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

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.

SPECIAL MEETING

Fingal Valley Neighbourhood House Inc. are calling a Special Meeting. The purpose of this meeting is to:

Fill vacancies on the committee.

Date: Wednesday 26th May 2010 **Time:** 7pm

Tues - Adults Mosaic group 4.30 - 6pm
\$20 Tuition & basic materials supplied
\$12 Basic materials supplied
\$5 Byo Project (can be anything arty)

Tues & Weds Afternoons
Guitar, bass or drums with Sim \$15 - 20 mins

Weds 1 - 2.30 - Sculpture (clay Modelling and Cement garden art) with John McColl \$20

1st **Wed** of every month 5 - 6.30

Life Drawing (Model and materials provided. No tuition) \$12 No bookings required

Big Shed has a recording studio & **audio engineer** available Thurs, Frid & Sat for solo/ Band recordings, radio ads, tape & records to CD, PA Hire etc.

Book now for an **Art Party** - \$10 per person for 1.5hrs of arty fun.

Big Shed has art space for hire, wall space that require local contemporary artwork, artists available for commissioned artworks and graphics, as well as art & craft for sale.

24837 Tasman Highway, St Helens.

Phone **0428725228**

Bigshedstudios@bigpond.com

New
Opening
Hours

Mon
11-4
Tues
Wed
11-6

BIG SHED STUDIOS

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



THANK YOU

A BIG THANK YOU FROM ALL ST MARYS EMERGENCY PERSONNEL TO THE ST MARYS SPORTS CENTRE, CALOWS COACHES, BP SCAMANDER AND EVERYONE ELSE INVOLVED, FOR THEIR GENEROSITY AND SUPPORT DURING OUR RECENT COMBINED TRAINING EXERCISE.

IT IS GREATLY APPRECIATED BY US ALL.



Congratulations to Kerry Whit of St Marys, winner of the Lions Club of St Marys Inc. Mother's Day raffle.

Drawn at Post Office Friday May 7, 2010.

Thank you to all who purchased tickets.

R. McGiveron, President.

GRASSY BOTTOM REGIONAL ARTS is actively seeking old photographs of local dances held over the years, in conjunction with the **WINTER SOLSTICE** and the **BUSH DANCE** they will be holding, as they would like to do a display on **WINTER SOLSTICE EVE.**

COPIES of photos of people, events, and where they were held, fashion of the day etc. would be very welcome, and can be left at Main Street Clothing as soon as possible as Solstice is less than 5 weeks away.



Classifieds

For sale

Family caravan. 1986 Jayco 16ft pop top. Front bunks -island double. Roll out awning. \$8,500. ono.

Ph: 6372 2416.

Ripor GS 1000 generator. Done 55 hours. Excellent condition. Cost \$1300 - Sell \$650. **Ph: 0429 676 593.**

Radiator - reconditioned (very good buy) for auto, from a WB Holden. (3 coreV8) \$200. **Ph: 6376 2725.**

St Helens - ask for Dwayne.

Viscount caravan, dual axle, toilet, shower. Needs tidy up. \$2,800. **Ph: 0437 851 662.(11 Clive St. St Marys.**

TV 68cm colour, with book and remote.4yrs old, silver, very good condition. \$40. **Cupboard,** small shelf with 2 doors. \$20. **Timber pine boards** T/G. Flooring. \$30 lot.

TV unit. Suit new TV flat screen modern. \$20. **Coffee table.** \$10. **Ph: 0447 284 603.**

Mobility Scooter. Shoprider deluxe. \$2,000. **Ph: 6372 2200.**

Diamond doves. \$10. each or 2 for \$15. **Grass parrots** (small non screeching bird) \$25ea. **Two pine single beds** with innerspring mattresses \$100. each (excellent condition) **pine student desk** (two drawers) \$50. **PH: 6372 2884 or 0429031807(Noelene)**

Electric BBQ plate. As new. \$20. **Sunbeam espresso coffee machine.** \$45. ono. **3 suitcases.** Good condition. \$30 the lot. **Ph: pete. 6372 2398.**

Size 6 girls summer school dress. \$25. Girls or boys size 8 **Billabong wetsuit,** yellow & black. \$25. **Ph: 6372 2438 or 0439 333 398.**

Footy boots, Adidas size U.S.10, and Nike Air Zoom total 90 size U.S. 9. Both ex. Cond. \$40 per pair.

Ph: 6372 2465.

Large square bales of straw for garden mulch. **Ph: Mark or Alana 6372 2145.**

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

Garden mulch, in big round bales. (wheat straw, weed free) \$60 a bale, delivered free in St Marys area.

Ph: 0407 944 158.

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

Tractor slashing available. Ph: 0407 944 158.

Portable milling available. Ph: 0427 715 577.

"Grassy Bottom Regional Arts will be holding meetings **every Wednesday at 5.30pm** in the supper room at the back of the St Marys' hall for the next 4 weeks for the purpose of planning the Winter Solstice. **Thank you** to those who have already come forward to help, and we still **welcome** people who have an hour or 2 to spare to help before, during or after the Winter Solstice. For further information contact **Leissa** on 6372 2686 or pl_elemental@hotmail.com "

WANTED
COUPLE WITH MOTOR HOME
LOOKING FOR HOUSE/FARM SITTING
EAST COAST AREA.
EXPERIENCED. PH:0429 676 593.

WANTED TO RENT
COTTAGE, SHACK, SHED OR RUIN, IN COUNTRY
NORTH EAST TASMANIA.
Ph: 0458 185 272

FREE TO GOOD HOME. SAANAN X BOER BUCK.
2 YEARS OLD. TOP MILKING LINE. PH: 6372 2684.

Frozen blueberries - this season's - \$11 kilo.
Phone 6372 2341.

FOR SALE
WHITE TOYOTA STARLET 1998 4 DOOR.
GREAT CONDITION.
NEW TYRES & BATTERY.
RECENTLY SERVICED.
AIR CONDITIONER, CD , AIRBAGS.
REGISTERED TILL NOVEMBER.
VERY CHEAP TO RUN.
\$4,500.
PH: ANDREW 6372 2844 or 0417 553 075.

SHOP LOCALLY AND SAVE.

St Marys Market

Rain hail or shine the markets will be held on the
1st 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 and other inquiries, please phone Sylvia on 6376 8390. Saturday mornings only: 0447 589 803.

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

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 “Half a Century of Dedication”

After reading in last edition of Valley Voice that Eric Bean is not travelling all that well, I thought it time to once again touch on the heritage of the St Marys Races and the dedication Eric has given to ensuring the biggest event on the St Marys calendar continues year after year.

Very few communities in Tasmania, or indeed Australia, could boast holding a continuous sporting event, which has not only been a huge success, but has stood the test of time. Fewer still could boast having one man who has been the driving force for half a Century.

Horse racing has been a part of our community for 124 years and Eric Bean has been secretary of the St Marys Pacing Club for the past 51 years. Along with his committee and band of volunteers, Eric has staged an annual event in St Marys that has proven to be equal to any country race meet in Tasmania. Some 2,000 plus patrons turn up each year, not only to enjoy the races, but experience the laid back atmosphere of St Marys. As well as having a bet they meet and picnic with family and friends on this one day of the year, all making the same statement: “Where else would you want to be on New Year’s Day?”

It was 1886 in a paddock halfway between Cornwall and Mt. Nicholas on the property “Woodlawn” when the first recorded horse race was held in the district. For seventeen years football and cricket were played on the southern side of the railway line, whilst the races were held on the northern side.

1903, however, saw a new track built at St Marys. It was reported to be a rough track and ran north along Gray Road to the corner of Harefield Road, then south along Harefield Road to finally join up with Gray Road again near the current Sports Centre. It was quite a job for blokes like Harold Thomas and Tom Spencer to go along and cut the ferns off the track in preparation for race day.

The 1950s saw a new flatter, smoother, one mile track built, along with a grandstand and other infrastructure, all of which has been continually improved over the years and today makes for the perfect venue for the annual meet.

Whilst today’s racing is strictly a pacing event, it hasn’t always been that way. Indeed, the early racing at “Woodlawn” was hack and the name was “St Marys Amateur Turf Club”. But soon after the move to St Marys in 1903, trotting and steeple racing became part of the event and the name was changed to “St Marys Hack and Trotting Club”. In 1960 the last gallop was held and the name changed again in 1962 to: “St Marys Trotting club”. 1989 saw another change to “St Marys Pacing Club”, which it has remained ever since.

The first half of the twentieth century saw horse racing in the Fingal Valley and East Coast enjoy a fair degree of popularity, with St Marys holding its traditional New Year’s Day meeting, with another regular meeting in March. As well, regular meets were held at Avoca, Fingal and St Helens. But by the end of the 1950’s support had dropped off and all race clubs except St Marys had folded. They too, after an unsuccessful year in 1965, had to abandon their March event.

Keeping the tradition of the New Year’s Day races alive at St Marys has not always been easy for the Pacing Club. Lack of good fields, inclement weather and pressure from above are but a few problems the club has had to face and deal with over the years. But with a hard working committee and strong leadership they have come through and provided well over a century of entertainment to many thousands of horse lovers in that time.

We can only hope that the tradition lives on and wish Eric a speedy recovery so he can continue to play a significant role in the sport he loves.



Eric Bean at home in St Marys



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 22, 2010

It is with great interest I read of the Tiger's roaring again on the football field. It is unfortunate that an association wasn't viable which didn't involve extensive travel but I am very interested in the fact that an AFL: Masters team will be formed.

About 13 years ago I decided I would check out the master's football here in Darwin, at that stage not affiliated with the AFL.

To say that I have enjoyed it is a large understatement. I am now a life member of the AFL NT Masters and still hold a committee members position, enjoy the training although I don't play many games.

When I joined the Masters I was 45 years of age and had not played regular football since 1978 with SMFC Tigers (a forgettable year of 3 wins only) and apart from a couple of games in London in the early 80's that is a break of nearly 20 years!

I have attended many annual national carnivals in nearly all states and have played against several former VFL and AFL players including Rene Kink, John 'the rat' Platten and Michael Long and Bruno Zelesco formerly from City South/South Launceston. Peter Hudson also had a long and distinguished career as a Master.

When the national carnival was held here in Darwin in 2008 I was a major organiser and we entertained over 900 players in over 40 teams which was then the largest AFL carnival ever. The estimated expenditure by the players and partners and families was between \$2.5 and \$3.8 million dollars into the Darwin economy.

In 2010 in Cairns they attracted 46 teams and almost 1000 players and I had the satisfaction of attending the opening of the carnival by my sister Val, the present Mayor of Cairns.

We play annually in Bali against teams from all over the world in the Bali 9's. This is a nine a side competition played on a converted soccer field, hence only having space for 9 players with two 12 minute halves with 18 games over the 9 hours. It is great fun on and off the field. Former St Mary's teacher Jim McKenzie now living back in the area, still plays and I don't think he will mind me saying he is on the other side of 65! I hope you can get him out playing.

I have immensely enjoyed the camaraderie of the older guys where "footy is for fun", the abridged rules helping lessen the injuries. The motto is "the older we get the better we were" or "the older we get the faster we were" or in the case of the Darwin players, "Drinkers with a football problem"!

Good luck to Harry, Michael, Ricky and Speed, hoping you get everybody behind you.

"We do not stop playing because we grow old, we grow old because we stop playing."

John Schier,
Darwin.

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

Letter to the Editor

As a volunteer ambulance officer we are here to help you, sometimes, unfortunately, in a life threatening situation.

Please help us by helping yourselves by making your house numbers clearly visible even at night to all emergency services, it would make a HUGE DIFFERENCE. Thank you.

Jim Turner.

Letter from the Editor

Whilst there is some space available on this page, I would like to take the opportunity to say thank you to all the members of the public, who frequently send in stories and photos. Along with our regular contributors, these stories and photos are what keeps this publication going.

It makes my job as editor so much more easy, when emails arrive with letters, stories and photos about local events, sports achievements, good deeds done by the multitude of volunteers every day, current affairs, etc.

It's important to keep the public informed about local issues, and this is just one way of achieving this.

We are almost into our 43rd year of continuous publishing and there have been many volunteers pass through, without whom we could not continue.

So thanks to all who help me by making my job a lot easier. Keep the stories coming. I appreciate you, one and all.

Judy, Editor.

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.*

George Keri Wins the 2010 GET Photo Competition

A Cocktail Evening was held on the 6th May at St Marys' Purple Possum Café and Gallery to announce the winners of Greater Esk Tourism's Photographic Competition "People and Places of the Valley".

Scamander photographer George Keri has taken out the prestigious 2010 prize from 12 finalists with his winning photo of St Marys' identity Ian Summers sitting on the wheel of his "Oldsmobile" restoration project at Cranks and Tinkerers.

George was presented with a \$250 cheque donated by Carol Grey of Billy Bag Gift Shop Avoca plus a \$100 mounted canvas print of his photo, donated by Stallard's Camera House of Launceston.

George's photo was one of 59 entries and was judged best photo by Tasmania's Master Photographer Owen Hughes who was unable to attend the evening but acknowledged the high standard of entries and his difficult task in choosing the winner. Owen made special mention of Bruce Bain's entry, the 'Wedge Tail Eagle in flight at Ben Lomond'. He said "It was an exceptional photo despite the fact that it did not portray a valley person or place – it is a great shot"

Modestly accepting his prize, George responded by saying he was "constantly inspired by the ever changing beauty and places of the Fingal Valley" and then spontaneously offered his winning canvas print to Ian Summers, who was overwhelmed and honoured to accept his offer.

The People's Choice Award was won by Louisa Rhodes of Fingal for her photo of the spectacular snow covered Ben Lomond National Park taken from her property in Fingal. In presenting a \$100 cheque to Louisa on behalf of the Break O'Day Council, Mayor Robert Legge acknowledged the high standard of the photographs and the ongoing work and initiatives undertaken by GET.

Greater Esk Tourism's President Peter Troode said "The People's Choice Award attracted tremendous interest, with the winner determined by the number of 'hits' recorded against each of the 59 images on the www.valleysofadventure.com.au website."

The 12 finalists and winners work will continue to be on display at the Purple Possum Café and Gallery for the remainder of May 2010 and residents are welcome to drop in and view the gallery of images.

Greater Esk Tourism Inc would like to thank everyone who participated this year and encourages everyone to dust off their cameras and start capturing the wonderful beauty and attractions of the valley in readiness for next year's competition.



Winning photographer George Keri of Scamander, with his first prize photo of local identity Ian Summers.



People's Choice Award winner Louisa Rhodes of Fingal, being presented her winner's cheque by Break O'Day Mayor, Mr Robert Legge.



Finalists photos next page.....

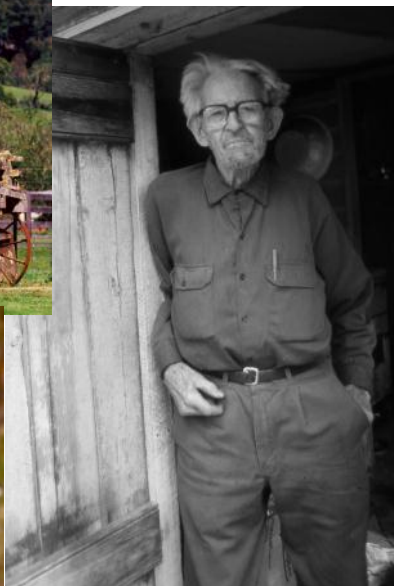
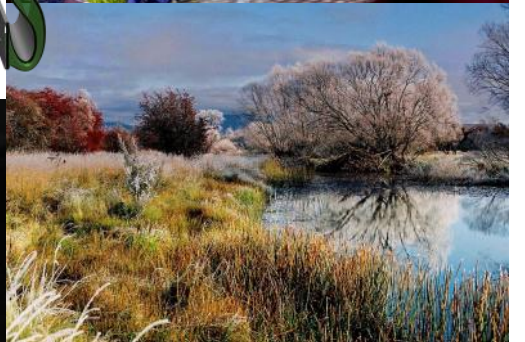
Greater

Esk

Tourism

Inc.

finalists



SeaSalt Celebrates Good Food

Bring your family, bring your friends & make a night of it at SeaSalt restaurant.
On the 1st & 3rd Friday each month, SeaSalt will showcase delicious food from a particular region.

Friday 21st May - "ITALIAN BUFFET FEAST"

\$30 per adult \$10 per child

Served "table buffet" style so you can enjoy a wide selection of regional foods,
served over 4 courses

DON'T MISS OUT BOOK ON 6372 5231

Future food diary dates

Friday 4th June - Greek Feast; Friday 18 June - Thai Festival;

Friday 2nd July - Seafood Spectacular

Enjoy delicious fresh food, and friendly service in relaxed, air-conditioned
comfort; or order pizza, pasta or freshly cooked fish & chips from
Good Food To Go 1300 646 001

Good fresh food, cooked here and good value for your money.

Open Wednesday, Thursday, Friday & Saturday from 5pm.

Function & catering enquiries are always welcome.
at Pelican Sands

157 Scamander Ave, Scamander.

Family & special diet friendly.



crossroads
winebar & cafe



Come down to the CROSSROADS...your "LIVE" music venue in St Helens

Friday May 21ST

LUKE WATT (VIC)

Friday May 28th

STEVE DAVIS

Friday 4th June

**SAL KIMBER & THE
ROLLING WHEEL (VIC)**

Friday 11th June

**JACOB BOOTE BLUES
Featuring PHIL McCONNELL**



Available for private functions

0414719490

63761011

www.crossroadswinebar.com.au

info@crossroadswinebar.com.au

The Say Cagerattler

I know I've touched on this subject before but..... I'm going to again. RUBBISH ARRANGEMENTS.

Why can't we get our trash picked up weekly instead of this inadequate fortnightly thing as is the case now. It's pretty ordinary isn't it. Other than school holidays we have to put up with this for the vast bulk of the year.

It wouldn't be so bad if we had daily access to the tip. This isn't the case either.

Perhaps if you are a single person with limited opportunities to do other things in this regard you can cope with a 14 day rubbish pick up. I'd strongly think though for the majority of our households this may well not be the case.

The additional issue here is that if you work normal hours Tuesday and Thursday tip access is basically a waste of time because by the time you get home it's shut. This then only leaves you Sunday to do your stuff so to speak. Too bad if you want to use your Sundays for something else without having to rush home to get to the tip before it closes.

There is a solution. It's simple. Do a weekly rubbish pick up all year round. This would mean that apart from an occasional need to get rid of green waste, like trees or white goods or car bodies or something, extra trips to the tip would be kept to a minimum, I'd suggest.

I'd also suggest that this in turn would help reduce people taking it upon themselves to dump rubbish around some of our bushland areas. Believe me they do that because I've seen piles of rubbish in several locations left dumped. I expect this is probably linked in some way to either tip access or overflowing bins in many cases. It doesn't excuse them but makes it understandable to a point. Then you have the issues of feral cats accessing some of this rubbish, injury to native animals, and glass objects creating greater opportunities for radiant heat to start fires in warmer weather. Maybe a bit dramatic but certainly a possibility.

TO THE COUNCIL... COULD YOU AT LEAST EXPLORE THE POSSIBILITIES OF WEEKLY NOT FORTNIGHTLY RUBBISH REMOVAL OR TELL US WHY IT'S NOT POSSIBLE..... PLEASE.

Is there other solutions? I'd like to hear them if there is.

Did anyone see and hear the street wash truck a few weeks back buzzing around town early one morning. On occasions this has been done in the evenings. What's the point of it? That morning recently it was in fact quite breezy as it happened. I was at work and saw the dirt and leaves going all over the place and surely soon finishing up again in the gutters and kerbs etc. I can understand cities doing this task, especially in high maintenance Central Business Districts and major shop fronts, but in country towns like ours why bother. I bet the operators with doubtless best intentions don't do it out of the goodness of their hearts so perhaps unless there is a very special reason to wash the streets, any costs incurred could be re-directed to some other duty.

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



CORNWALL COLLECTABLES HAS NEW HOURS FOR WINTER

Cnr Alexander St & Lennox St,
CORNWALL 7215
TASMANIA

Ph:(03)63722365



Collectables
Old Wares
Treasures
Ornaments
and so much more



Hours:
Mon-Fri 10am-4pm
Sat/Sun Closed

For super-tasting soups, bowl in to Purple Possum!

With winter on the doorstep we're heating up our menu with tasty soups including Leek & Lima Bean, Adzuki, and Lentil – and some new recipes we're creating. All served with a crunchy roll in our warm and welcoming café!

Making soup at home? Then use our Super Soup Mix – or create your own from our wide range of beans, grains and lentils!

Purple Possum

Wholefoods & Café

Walking and talking their way through the understorey

On Sunday 16th May 2010, the Understorey Network invited members of the public to join them on a Walk and Talk at the South Sister, St Marys, with Ashley Mason a local horticulturalist and member of the Save our Sister group leading the activity! Funding for the Walk & Talk had been obtained through the NRM North Caring For Country small grant program under the auspices of the Understorey Network.

On a very cold and very misty Sunday morning about 26 people gathered outside the St Marys Town Hall at 9am to jump aboard the Yo-Yo bus, driven by Larry, for the trip up to the Sister. On climbing the road towards the South Sister the mist cleared and the Yo-Yo bus and a couple of tag along cars popped out of the mist into a glorious sunny morning where the South Sister stood beckoning to the group.

The walk started with a brief introduction to the area by Ashley Mason who described the area as one which contained a unique biodiversity which included healthy pockets of both Wet and Dry Sclerophyll Forest and also Temperate Rainforest including sub-alpine plants around the 832m summit. The area was described as rich in natural history with flora and fauna dating back to ancient times including the threatened Velvet Worm.

Ashley took us along a gradually climbing bush track and we stopped at various intervals to discuss the changing landscapes around us and the way in which the bush is regenerating following the 2007 bushfires. Plants of interest were pointed out and many questions were asked by group members. Morning tea was catered by the Happy Belly Deli and provided a welcome break in the sunshine for all the group to discuss how they were so far enjoying the walk and what to expect as we approached the summit.

A search was made for Velvet Worm in what looked to be a likely spot but sadly on this day we did not find even one! As we returned along the track to the road, some members chose to walk back down to the Yo-Yo bus whilst others decided to climb to the summit and those who had never climbed the South Sister before were astounded by the natural beauty of the summit area and the wonderful views from the lookout tower, they say you can see the islands on a good day, and this REALLY was a good day, crystal clear blue skies and fantastic visibility.

The morning had been planned to finish at mid day however it was 1.30pm before we were climbing back onto the Yo-Yo bus for the drive to St Marys, everyone seemed very, very pleased with the morning even if a tad tired after a slightly strenuous walk in parts.

The Understorey Network is always looking for new members to undertake it's core activity of growing plants to assist local land owner/selves with regeneration work, alongside of information sessions and activities such as this Walk & Talk. More information can be obtained from Janet Drummond on 6372 2851 or Alison Hugo on 0488 677 727.



Photos from the Understorey Walk and Talk kindly provided by Janet Drummond.





COMBINED SCENARIO. SES, FIRE & AMBULANCE

Ian Bradbury

7pm one night last week, saw the three services attend a 2 car vs school bus collision.

On arriving, the 3 teams were confronted by a major task that, in reality, could actually happen here.

Power lines down, 3 motor vehicles that were on fire.

As all services went to their jobs it was found that there were 4 occupants in cars and another 8 in the bus.

After being triaged, we had 9 category 2 patients with injuries ranging from neck and spinal injuries, broken shoulders and legs, chest pain and unconscious patients.

We had three walking wounded who received minor injuries.

This amount of patients would have seen back-up coming from ambulances from St Helens, Campbell Town, Launceston, Bicheno and Avoca.

Within an hour and a half with a great deal of co-operation between the three services, every patient was extracted from the vehicles.

Everyone did their jobs brilliantly!

A big thanks goes to Jim Watson for putting together a difficult and very potential scenario, which we hope never happens.

A huge thanks to the 12 junior fire brigade volunteers who acted as patients.

Photos: courtesy Peter Troode.





Quality meat from the lush Pyengana valley.
Packed and labeled ready to freeze or cook.

BEEF

*A ¼ pack beef contains all cuts of beef,
including eye fillet, tbone, scotch,
porterhouse, rump, topside,
blade, round, 2 roasts, corned beef,
premium mince and more.
Fantastic value at \$10/kg for approx 35kg.*

LAMB

Tender, Tasty top quality only \$9.00/kg.

Our meat is grass fed,
Hormone & Growth Promotant Free,
MSA tenderness guaranteed,
and has NO food miles

*Buy direct from our farm.
For orders ph.63 736145.
email: taranick@activ8.net.au*

**“Do you have an idea for a
business but have no money and
no idea how to go about it?”**

“Have you ever wanted to work for yourself?”

Workshop with NEIS scheme info –

7pm Monday 12th July

Fingal Neighbourhood House

Training course and funding for 12 mths to help
set up small business.

Come along and find out more.



ST MARYS BAKERY

PH: 6372 2131

52 MAIN ST ST MARYS.

TO OUR VALUED CUSTOMERS

St Marys Bakery will be CLOSED from May 29th,
until June 12th, 2010.

Fresh bread will be available on May 30th and
June 6th, at the St Marys Newsagency, Coach
House Restaurant, IGA Supermarket,
& The Mouth Café, Scamander.

Reopening June 13th at our normal trading hours.
Sorry for any inconvenience we may cause.

Yanni's

Café / Laundromat / Catering



25 Quail St, St Helens, Tasmania. 7216.
Ph: (03) 6376 2629
Mob: 0400 054 110
email: marycporter@bigpond.com



The Roost takeaways

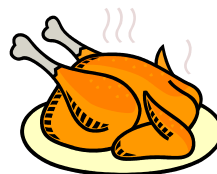
Barbecued chickens

Great coffee

Fresh fish & chips

Hamburgers, Chickenburgers

St Helens
Tasmania 7216
Ph: (03)6376 2613



**ST MARYS CRANKS & TINKERERS
ANNUAL CLASSIC CAR SHOW
JUNE 6, 2010
10 30AM
FAULKNER'S GREEN
ST MARYS**



**If you are a car enthusiast, or even if you are not,
come along and view the wonderful cars on display
on this very popular day. There will be many old favourites, plus lots of new ones.**

About St Helens Landscapes



Mark Burgess Mobile: 0419 756 131

A.S.H. Landscaping

Offering a full Landscape - Consultation -
Construction & Detail Service

| | |
|---|----------|
| BRICK EDGING | PAVING |
| GARDEN BEDS | STONWORK |
| RETAINING WALLS | MULCHING |
| ROCK & WATER FEATURES | LAWNS |
| MAIL BOXES | PLANTING |
| PRE MARKET YARD / GROUND SERVICE | |
| TREES SHRUBS HEDGE PRUNING | |
| LAWN MOWING GROUNDS MAINTENANCE (NO JOB TOO SMALL) | |
| FULLY INSURED A.B.N. 56037049163 | |

MARK BURGESS Ph: 0419 756 131 / 6372 5556

DESIGNER HAIR STUDIO

Main St St Marys Ph: 6372 2108

NOW A KEUNE SALON

With great products now in stock.

**Shampoos,
conditioners,
gels, waxes,
treatments
and more
from \$8.50**

Men's trims from \$18.
Ladies cuts from \$20.
Colours from \$65.
Pensioner discounts.

• Waxing and
eyelash/brow tinting
available soon!!

Look

Between May 24th - 28th

a student will be doing work
placement experience.

During this time there will be
**\$10 shampoo & blowdry &
\$15 sets** available with the student.
Call in and ask Rachael today.

WINTER TRADING HOURS

| | |
|--------------------|------------|
| MONDAY - WEDNESDAY | 10AM - 4PM |
| THURSDAY - FRIDAY | 10AM - 5PM |

Advertisement

GET YOUR MUSCLES IN TIP TOP SHAPE

Peter Horsfield, "the muscle man" can help you experience relief from aches and pains through the use of the Lester Cox muscle manipulation technique.

Muscle manipulation, or the corrective manipulation of muscle, tendons and ligaments, is a little known Australian technique that has been practiced for many years. It is based on the principle that muscles can be jolted out of alignment by a fall, heavy lifting, pulling a muscle, or repetitive strain. Nerves are then pinched and then there can be a domino effect causing pain throughout the whole injured area.

For example, in the upper half of the body, the long head of the biceps tendon can be pulled forward, taking the rotator cuff muscles with it, and eventually the trapezius and the rhomboids between the shoulder blades will succumb too. Patients can then lose the strength in that arm, cannot lift it sideways, neck rotation becomes restricted and painful and the patient may start getting headaches. Stiffness and soreness between the shoulder blades is also a possibility.

Left unchecked, the muscles can then misalign down arms to the wrist, where RSI and carpal tunnel eventually set in. Muscle manipulation literally reverses this process by the practitioner realigning the muscles in the reverse order of injury, thus putting things back the way they were. Patients get their full range of movement back and the pain subsides. Mr Horsfield, based in Scamander, said the technique while not always a replacement for surgery, muscle manipulation is a non-invasive way to relieve body aches and pains and is in favour with many Australian Rules clubs and their players.

Sore Neck - Back Aching - Feeling Miserable

**Come and see the muscle man at the Healthy House in St Helens on Mondays.
He will realign your muscles, release pinched nerves, restore your strength and the pain will go.**

DENIS LILLEE SAID- "I FEEL 20 YEARS YOUNGER!"

PHONE: 0413 635 690

PETER HORSFIELD

MUSCLE THERAPIST FOR AN APPOINTMENT.

Member Massage Australia: 4785



RED SHIELD APPEAL

Once again, the Salvation Army will be holding the annual
RED SHIELD APPEAL
at the end of this month of MAY.

As for other years, we will conduct a "shop-sit" at the St Marys IGA Supermarket on Friday and Saturday of the weekend of 29th and 30th of May.

We would also love to be able to doorknock around St Marys/Cornwall/Irishtown and Fingal but....
... we lack volunteers to help us!

If you would be available to contribute to the Salvation Army's annual appeal for help,

so that we can help others,

then would you please contact Melanie on 0409 838 816 or 6372 2099 asap.

Salvation Army Church for SALE

You may have noticed that a "For Sale" notice has been attached to the fence at the church.

We want everyone to know that this does not mean the end of **JAM**, **JOY** or **WOW** or indeed any of the many other ministries, which emanate from this Salvation Army church.

The owners of the building have decided to sell, but they are legally obligated to honour the two and half years remaining on the lease.

So we want you to please be assured that all is well at the St Marys Salvation Army and we remain committed to your children at **JAM**, the congregation at **JOY**, the Women at **WOW** and in fact the whole of St Marys.

We just pray that more people will avail themselves of the opportunity to find friendship and fellowship within the walls of this 100year old (plus) building!

Please note:

JOY - held every Sunday at the new WINTER time of 12.30pm for a shared lunch and gathering
and

WOW - Women Of Worth and Women On Wednesday - originally held on the first Wednesday of each month, but as of this month the women have asked for WOW to be held fortnightly!

**SO WHY NOT COME ALONG? YOU MAY BE SURPRISED –
NEXT WOW WILL BE ON JUNE 2ND. 1pm – 2.30pm**

For further questions and/or concerns, please phone Melanie on 6372 2099 or 0409 838 816

ST MARYS NEWSAGENCY
Phone: 6372 2143



Open 7 days a week for your convenience.
 6am – 7pm Mon. to Fri. 7am – 6pm Sat. & Sun.

CALOWS BUS DEPOT AURORA PAYG


**Have a look in our front window.
 Lots of cute things to look at.**

East Coast Phone & Communications

- * Telephone & Data cabling
- * Commander Systems
- * Sound System cabling
- * TV Antenna & Tuning
- * Digital Set Top Boxes, supplied

& installed where reception available.

**PO Box 29,
 St Marys 7215
 Ph: 6372 2402**



John Heron
 30 years
 experience
 ACA Licence

OUT OF THE WOODWORK
Wendy Brennan
Secretary

The Guild's extension is near completion and this will provide much more needed space for our members.

We had a visit from the new general manager of the Break O'Day Council, Mr Des Jennings who came and not only enjoyed a cuppa; he was impressed by what our club is committed to achieving and our progress so far.

It was also encouraging to hear the Prime Minister the Hon. Kevin Rudd talking on the benefits which have been achieved both socially and economically for isolated rural communities by the establishing of mens' sheds.

The Guild is planning an orientation day for our new members; this should happen within the next couple of weeks.

Keep an eye on this article as we are planning some interesting activities for the near future.

A gentle reminder that membership subscriptions are due, \$16.00 for the year. New members who joined in April are exempt.

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.

Right is picture of the Guild's extension.

St Marys Pharmacy

- For all your health and wellbeing products

Pharmacist on duty 5 days a week

Main Street, St Marys Tas. 7215

Call in and talk to us about any health problems.
 Or discuss your medications.
 Our friendly staff are only too willing to help with any problem.

Phone: 6372 2844 — Fax: 6372 2874



MT ELEPHANT FUDGE

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

Winter Trading Hours
 Thursday, Friday, Saturday and Sunday
 10.30am - 4.30pm

Authentic hot chocolate!!
**Assorted handmade Belgian chocolates,
 yummy fudge and delicious sweet treats.**

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

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



Grassy Bottom Regional Arts invites you to the

Winter Solstice Celebration

Saturday 19th June 2010

4.30pm - 10.30pm

**Featuring a Bush Dance with the
Tasmanian Heritage Fiddle Ensemble from
Hobart**

4.30pm - children meet us at the hall to choose a lantern and get ready for the lantern parade. Or you can bring your own.

5.30pm - Fire Sculptures by John McColl lit on Faulkner's Green

6pm - the lantern parade begins at the fire sculptures, ending at the front of the hall.

6pm onwards - dinner in the hall - there will be soups and bread rolls, curries with rice and accompaniments, and hot jacket potatoes. Mulled wine, beer, wine, and non-alcoholic drinks will be available. Listen to music by students of St Marys High School while you eat.

7.30pm - dance will start - come and kick up your heels dancing to the amazing sounds of the Tasmanian Heritage Fiddle Ensemble, a group of 12-15 players of all ages, complete with caller to teach you the steps. Or if you'd rather, just sit back and enjoy this unique opportunity to listen to some great music!

Supper will be available during the evening - lamingtons and scones, tea/coffee and hot chocolate.

There will be a display of photos going back to the days of the early dances held in the hall, activities for the children during supper and spot prizes throughout the night.

Dance - \$12 family (\$10 members)

\$7 adult (\$5 members), children under 5 free



Strawberry Jelly

EFTPOS — LAYBY

42 Main St. St Marys Ph: 6372 2684

All your winter needs covered

Beanies - Shawls **All**
Gloves - Jackets **locally made**
Scarves - Slippers **or made in**
and more... **Tibet**

Wear something different this season.
 Come in & order from
HOUSE of TIBET CATALOGUE.

20% off ALL WALL/DOOR HANGINGS.
 Limited time only —LAYBY AVAILABLE.

OPENING HOURS
 MON—FRI 10AM—4PM—SAT 10AM—1PM

REMEDIAL MASSAGE

Geoff Coasby (CSM.CRM.)

Now in Fingal

15 years extensive experience treating professional sports people including AFL footballers, triathletes, swimmers and everyday people who are suffering from muscular problems.

Qualified Treatment for:

Low Back Pain

Shoulder Pain

Neck Pain

Tennis Elbow

Hamstring and Calf Problems

Headaches

Call to make an appointment now for your assessment

Phone: 6374 2325

Rae & Partners

Lawyers Barristers & Solicitors
 113 Cimitiere St Launceston

Visiting :

St Marys Community Health Centre

Alternate Tuesdays : 9 am – 10 am

Ph: 6337 5555 For appointments.

The St Mary's Memorial Association

Memorial of the Battle of the Coral Sea

04/05/ - 08/05

Our two returned veterans Colin Mackenzie and David Watkins laid one solitary wreath and raised the half mast flag to commemorate the Battle of the Coral Sea at the St Mary's Cenotaph.

Lest We Forget



Colin McKenzie and David Watkins.

Photos: courtesy Wendy Brennan.

Sunshine Family Day Care in *St Marys*



Quality, affordable child care in a warm, caring environment.

Michelle is available 24/7 to care for children birth to 12 years in her home.

★ A great solution with school holidays coming up ★

Ring Michelle for a no obligation chat on

6372 2278 / 0418 833 384

or Northern Children's Network

6341 1555

(email: enquiries@ncn.org.au)



More than Child Care



Grassy Bottom Regional Arts Needs You!!

Are you **passionate** about the arts? Are you **interested** in helping to bring events to St Marys and the surrounding district, showcasing local & interstate talent in drama, music & art? GBRA is seeking motivated **community members** to help present workshops, concerts, theatre & other varied events to the Break O'Day municipality. Upcoming gigs include:

a bush dance featuring the Tasmanian Heritage Fiddle Ensemble from Hobart for the Winter Solstice on Saturday 19th June
the Harambee A Cappella choir from Melbourne who will perform on Monday 5th July and run a singing workshop the following day
and a range of art exhibitions to be displayed at various venues around St Marys throughout the year.

GBRA **urgently** requires some positions on the committee filled – eg secretary, funding/grants co-ordinator, school liaison, media co-ordinator, etc.

Also, general helping hands are always welcome & very important! If you have a particular skill or interest for any of these roles, or would like to know more about them, we need **you** to continue the good work of GBRA for our community. Without a committee of local, enthusiastic people **GBRA will cease to exist!**

So join us for **wine and cheese** at the supper room at the rear of St Marys Town Hall **this Friday 7th May** from 6.30-7.30pm with a view to contributing to this vibrant arts group.

In particular we will be planning for the Winter Solstice and require someone with their RSA certificate and helpers for setting up, serving food and packing up.

Can't make it? Call Leissa on 6372 2686 or email at pl_elemental@hotmail.com to discuss how you may be able to help.



St. Helens Electrical

ROD SHAW
LIC: C00489

Domestic, Commercial, Industrial:

*Wiring and Repairs, Rewires,
Underground.*

Home Heating:

*Advisory, Sales & Installation of heat
pumps and fixed heaters.*

Lighting Specialist :

*Interior and exterior, Advise,
Sales and Installation.*

Ph: 6372-5522 Mbl: 0407-615-072
2 Lagoon Esplanade, Scamander 7215



**We will be offering a local and
friendly service at**

| | St Marys | St Helens |
|------|----------|-----------|
| June | 3rd | 4th |
| June | 24th | 25th |

**St Marys Community Health Centre
& St Helens Hospital**

**If you want a professional
consultation with one of our
qualified optometrists then**

contact us on

6343 6333

All consultations

are bulk billed to Medicare.



Painting

FREE QUOTES

East Coast & Fingal Valley

INTERIORS


EXTERIORS

PATIOS

ROOFS

MICK: 0439 722 718

CALTEX ST MARYS
MECHANICAL REPAIRS & SERVICE



PH 6372 2335

41 Main St. St Marys Tas 7215


Fax: 6372 2822 Mob: 0419 503 109

DickAdams MP
 Federal Member for Lyons

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

| | |
|---|---|
| 53B Main Road PO Box 50 Perth, Tas 7300 Ph 6398 1115 | 58A High Street PO Box 271 New Norfolk Tas 7140 Ph 6261 3366 |
|---|---|

Toll free 1300 132 689
 Email D.Adams.MP@aph.gov.au



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

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

HARRIS FUNERALS
Lindsay & Diane
 (D. Bailey & son) A.F.D.A
Ph/Fax: 6376 1153 Mob: 0418 133 420


Office& Residence:
 114 Cecilia St
 St Helens

Chapel:
 46 Tully Street
 St Helens

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



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



Michael & Louise Williams, phone: 63722263 or
 E-Mail: barerock@bigpond.com for bookings.

CONGRATULATIONS.

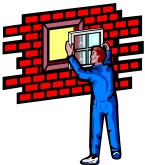
The Winner of the Mother's day Raffle which was a \$50 voucher to the Mt. Elephant Pancake barn was won by Kareena Gale of Fingal. Well Done.

We would like to thank all those local's that continue to support the business. It is greatly appreciated.

Birthday Bookings for 5 or more people will get a 50% discount for the birthday person. This only applies for bookings."

EAST COAST GLASS
 Falmouth Ph: 6372 5361

- ▶ Glass repairs
- ▶ Shower screens
- ▶ Wardrobe doors
- ▶ Double glazing
- ▶ Aluminium windows
- ▶ Security doors



**Locally owned and servicing
 the East Coast.**

**Call David and Anne Cannon
 for prompt and reliable service.**

When my grandson asked me how old I was, I teasingly replied, "I'm not sure."
 "Look in your underwear, Grandpa," he advised, "mine says I'm 4 to 6."

| | | |
|--|---|---|
| <p>Scamander Beach Surf Shop</p>  <p>6 Lagoon Esplanade Scamander</p> <p>Ph: 6372 5529 Scamandersurf.com</p> | <p>Bathers Wetsuits DVDs Clothing Footwear Bodyboards Watches Jewellery</p> <p>Surfboards:</p> <p>Milch McTavish Surftech Bic G Boards</p> | <p>Bay Surf Shop</p>  <p>2 Pendrigh Place St Helens</p> <p>Ph: 6376 1755</p> |
|--|---|---|

C & D EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS

Phone : 03 6372 2033

Mobile : 0439 722 032



LOCAL OWNER - OPERATOR

OVER 20 YEARS EXPERIENCE

Ph : Dana or Craig

6372 2033 /0439 722 032

Incorporating all your needs in:

DAMS, ROADING, FIREBREAKS, LAND CLEARING, HOUSE SITES, DRAINAGE, BRIDGE CONSTRUCTION.

- ◆ ROAD GRAVELS
- ◆ TOP SOIL
- ◆ SCREENED TOP SOIL
- ◆ SAND
- ◆ ROCKS
- ◆ ON SITE SCREENER 20mm to 75mm (TURN YOUR RUBBISH INTO TOP SOIL)
- ◆ 20 TONNE EXCAVATORS WITH TILT BUCKET & RIPPER, ROCK & LOG GRAB & QUICK HITCH
- ◆ D 65 KOMATSU DOZER, RIPPER & TILT BLADE
- ◆ 10 YARD TIPPER
- ◆ COMPACTION ROLLER
- ◆ WHEEL LOADER

AND MUCH MORE

Tim Morris MP

Tasmanian Greens Member for Lyons



*I say NO to selling off
our School Farms and
Research Stations*

New Address: Shop 9, Covehill Shopping
Centre, Bridgewater 7030

Phone: (03) 6263 3801

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

www.tas.greens.org.au

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

SPLASH

ST MARYS

*You swill it, we fill it!
You dump it, we pump it!*

Water cartage
Septic pumping
and tipping work
(10 yard tipper)

Contact: Mick

0488 777713



MEALS ON WHEELS ROSTER

| May / June | | St Marys | Fingal |
|--------------------|------|---------------|---------------------|
| Monday | 24th | Pam Lynch | June Hall |
| Tuesday | 25th | Pam Bretz | |
| Wednesday | 26th | Lundy Vosper | |
| Thursday | 27th | D & V Rice | |
| Friday | 28th | Pam Gillies | |
| MOW Contact | | Phone: | 0488 384 344 |
| Monday May | 31st | Patricia Barr | Prev Mills |
| Tuesday June | 1st | Pat O'Donnell | |
| Wednesday | 2nd | Pam Gillies | |
| Thursday | 3rd | Lundy Vosper | |
| Friday | 4th | Claire Bean | |

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
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

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: 2010

Classifieds: 25 words or less: free

Community notices : free.

Small boxed ads. Garage sales. Greetings.

Thanks etc. \$12.

¼ page \$20. ½ page \$30.

Full page \$50.

1 year posted subscription \$40.

On Air Now!

Vision FM 88.0 at

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

St Marys Online Access Centre Opening Hours:

Monday 10am -3pm

Tuesday 10 am-4pm

Wednesday 10am-4 pm

Thursday 10 am – 3 pm

Friday 10 am – 3 pm

Saturday 11 am – 2 pm

Ph: 6372 2005

ST MARYS OP-SHOP

TRADING HOURS:

10AM — 3.30PM MON TO FRI.

PH:6372 2733.

THE FROSTS ARE HERE!!!

Can anyone help with blankets?

We need bedding for humans
and their pets!

Also lined curtains
if you have spares.

Ph: Tracy 6372 2733

MAY / JUNE 2010

| Mon | Tue | Wed | Thu | Fri |
|---|---------------------------------|-----------|-----------------------|----------------------------------|
| | | | 20th May ■ Socials | 21st May |
| 24th May | 25th May | 26th May | 27th May | 28th May ■ Campbell Town Show |
| <i>School Holidays 31st May - 14th June</i> | | | | |
| 14th June | 15th June ■ TERM 2 COMMENCES | 16th June | 17th June | 18th June |
| 21st June | 22nd June | 23rd June | 24th June | 25th June |
| 28th June | 29th June | 30th June | 1st July | 2nd July |

SALE

Polo tops and polar
Fleece jumpers
Sizes 18 - 24
\$10ea
limited colours
and sizes
Available
First in best dressed.
Cash or card only
no holds
(Available at school office)



SCHOOL DENTAL SERVICE

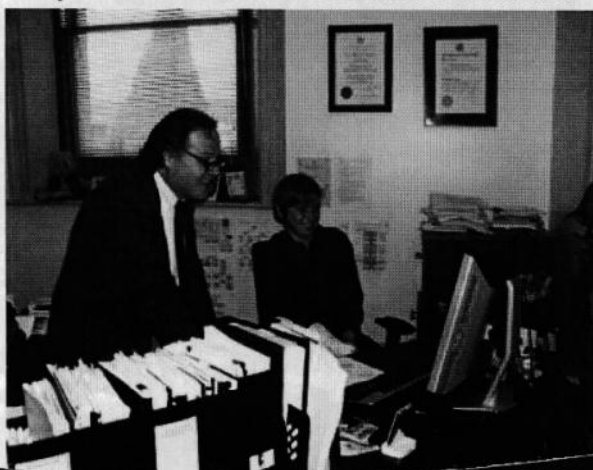
At St Marys School
every Wednesday
and Thursday

Call
6372 2488

St Helens Dental Clinic, St Helens on 63765208

Northern Dental Centre, Launceston on 63364100.

Finn pictured with the Tasmanian Commissioner Mr Paul Mason



'I am on the Commissioner for Children's Consultative Council and won a competition to be the Commissioner for a day.

On Wednesday 12th of May I travelled down to Hobart to be the Commissioner for Children for the day. I took part in a day long meeting. I met commissioners from each state and territory along with special guests.

One of the guests was the deputy secretary to the human services portfolio - Lyn Jacobs. The commissioners role is to advise government on all things about children. After a long and tiring day we headed back up the coast.

The meeting may not have sounded fun but I enjoyed it'.

Finn Buchhorn

ST MARYS DISTRICT HIGH SCHOOL



Tasmania
Explore the possibilities

Cross Country

CROSS COUNTRY CARNIVAL 4TH MAY 2010

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



Tasmania
Explore the possibilities

Our annual Cross Country Carnival was held in brilliant running weather. Once again, we welcomed students from Fingal and St. Helens to join in the day. It was the first BIG carnival for the Kindergarten students for the year and we congratulate them on a truly awesome effort. Miss Coleman was out and about on the field, Mr. Lynch was working hard as a judge at the finishing line and Miss Bramich was the marshal/starter.

The Primary component of the carnival commenced in the morning and from the results of the Grade 3 - 6 events, the East North Cross Country Team was selected. The Secondary component kicked off at about 11.30am and the grade 7 - 10 Interhigh Team was selected from these events.

We would like to offer a huge thank you to the HUGE number of spectators - family and friends - who attended the day. There were so many spectators at the finish line that next year we may even have to rope off a section so that the finish line is clear of excited spectators!!

We congratulate all our students who made a real effort on the day. The Cross Country forms part of the Health & Physical Education Personal Fitness Unit and so all students are expected to participate. Well done to all students whether you ran the whole way, jogged or power walked. Thank you to all staff check points who guided runners around the course.

CHAMPIONS

Grade 3

Amy Duke
Jerome Smith

Grade 4

Georgia Hodge
Lachlan Gee

Grade 5

Monique Polden
Jordan Riley

Grade 6

Jacinta Kringle
Nathan Dawson

Grade 7

Maya Ling
Vaughn Spilsbury

Grade 8

Maddy McGill/
Bonnie Panoff

Grade 9

Sherelle Bowron
Corey thow

Grade 10

Stacey Thomas
Tyler Pirstock

HOUSE POINTS

1st.....Duncan 944 points
2nd.....Dalmain 884 points
3rd.....Blackwood 877points

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Mon 10th May– Friday 21st May Dr S. Phonesouk
Mon 24th May– Friday 4th June Dr Strydon

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

PATHOLOGY SERVICE

No Pathology Service between
12:00–1:30pm or before 8:30am daily.

If you require Pathology **before 8:30am** an appointment **must** be made with the Nurses Station **the day/night before.**

INR TESTS

A doctor's appointment is required if you are having an INR test. Please **let reception staff know when making your appointment that you are having an INR test.** This is a 5 minute doctor consult.

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.

WHAT'S ON AT THE CENTRE

- 19th May **Day Centre-** For details on the group please contact Hayley Gilbert on 6372 9512
- Psychologist-** Doherty. Appointments available by referral from your GP.
- 20th May **GP Podiatrist-** Annabel. For appointments please see your GP for a referral.
- Community Kitchen-** 10am in the Day Room. For details please call the Healthy Community House on 6376 5242
- 21st May **Diabetes Educator (GP North) -** Appointments available by referral from your GP
- Dietician (GP North) -** Appointments available by referral from your GP
- Exercise Physiologist (GP North) -** Appointments available by referral from your GP

WHAT'S ON AT THE CENTRE continued...

- 24th May **Social Work-** Helen Jennings. Please phone 6372 2111 for appointments
- 25th May **Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Social Work-** Helen Jennings. Please phone 6372 2111 for appointments.
- 26th May **Day Centre-** For details on the group please contact Hayley Gilbert on 6372 9512
- Social Work-** Helen Jennings. Please phone 6372 2111 for appointments
- Psychologist-** Doherty. Appointments available by referral from your GP.
- 27th May **Community Kitchen-** 10am in the Day Room. For details please call the Healthy Community House on 6376 5242
- 31st May **Social Work-** Helen Jennings. Please phone 6372 2111 for appointments
- 1st June **Social Work-** Helen Jennings. Please phone 6372 2111 for appointments
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 2nd June **Day Centre-** For details on the group please contact Hayley Gilbert on 6372 9512
- 3rd June **Eyelines.** For appointments please phone 1300 139 363. All consultations Bulk Billed to Medicare
- Continence Nurse-** Heather. For appointments please see GP or your Health Professional.
- Community Kitchen-** 10am in the Day Room. For details please call the Healthy Community House on 6376 5242
- 4th June **Diabetes Educator (GP North) -** Appointments available by referral from your GP
- Dietician (GP North) -** Appointments available by referral from your GP
- Exercise Physiologist (GP North) -** Appointments available by referral from your GP
- 7th June **Social Work-** Helen Jennings. Please phone 6372 2111 for appointments
- Hospital Auxiliary Meeting** 1:30pm in the Day Room.
- 8th June **Social Work-** Helen Jennings. Please phone 6372 2111 for appointments
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- 9th June **Social Work-** Helen Jennings. Please phone 6372 2111 for appointments



**BIGGEST
MORNIN'
TEA**

IT'S MORNING TEATIME!

MAY 2010



**COME AND HAVE A CUPPA TO HELP TIP THE
BALANCE IN THE FIGHT AGAINST CANCER.**

Host: ST MARYS DAY CENTRE

Date: WEDNESDAY 26TH MAY

Time: 10:30AM-12 NOON

Where: ST MARYS HEALTH CENTRE- DAY ROOM

Details: \$2.00/ PERSON- come enjoy a drink and fresh scones

RSVP: MONDAY 24TH MAY ON 6372 9512

Help us reach to reach our \$500.00 goal.

on
5



Cancer
Council



Cross Country at St Marys

On Tuesday the 4th May 2010 Fingal Primary School students travelled to St Marys to join with St Marys District High School students to compete in their Annual Cross Country event. Students will be chosen from this to represent Fingal in the ENE Miners Cross Country at Mathinna on Thursday 24th June 2010.



Bronwyn Barnes and Catherine Bean.



Shyann Wheldon and Minnie Hutt.



Sam Herbert



Justine Reece and Edward Beacham.



Jade Lowe, Haydon Barnes and Klaye Hutt.



Kiara Ward



Mr Lynch and Kris Madden.



Carley Baldwin



Jayden Bosworth



Clare Bishop



Kurtis Tuck



Sharnee Casserly



Mackenzie Woods

Calendar of Events - May

| | | | | |
|---|------|------|---|--|
| 17th | 18th | 19th | 20th | 21st Launching into Learning 10.00-11.30 a.m. Final day to return Parent Survey |
| 24th Robo Tec Performance with Avoca Primary School here at 10.00 a.m. | 25th | 26th | 27th 2nd Primary Sport Afternoon at St Marys | 28th Launching into Learning 10.00-11.30 a.m. End of Term 1. Campbell Town Show |

St Marys Sports Centre Inc. news Kackhander

Congratulations to Jim Haas for winning the Harold and Tom Newman Memorial Trophy for 2010 last weekend. Jim shot an excellent nett 59. Gross was won by Jack Viney. with 76.

There were some other excellent scores in the mix as well. Thanks to all that played.

The Bowls AGM was held on May 14th and the Annual Dinner is this upcoming Saturday May 22nd. Thanks to all those involved with the organisation of the night. It's a joint Golf and Bowls event.

The Annual General Meeting of the Sports Centre is set down for June 11th. Nominations for committee forms will be available soon. Perhaps it's time to see a few more new faces standing this year.

Until next time, good hitting and rolling.

Soccer News

The soccer season is now under way in St Marys. The Soccer Club is running junior training after school Wednesdays on the main football oval. All ages, boys and girls are welcome to come along and play.

There are no registration fees this year. All players must wear shin pads and the soccer club has some junior shin pads available for \$8.00 and \$12.00 if you need to purchase some.

Soccer is a great fun game to play and it is not for nothing that soccer is the world's most popular sport!

NB: We will not be hosting St Helens Soccer club on the 22nd May as previously stated.

Please phone Jack Foreman with any queries - 6372 2034.



Scamander Surf Life Saving Club AGM

will be holding their
on Friday, May 28th.
7.30pm, in the
Probus Room at the
Scamander Beach Resort.
All members and new mem-
bers are welcome to attend.

St Helens Netball Association Mother's day raffle winners.

- 1 Vanessa Burke
- 2 Sharyn Carr
- 3 Debbie Smith
- 4 Bob Bushby
- 5 E Whittaker
- 6 Julie Severin
- 7 Kristy Lee James
- 8 Belle Healey
- 9 Narelle Watson
- 10 Belinda Kilby
- 11 Lisa Neubecker
- 12 Tam Richardson

ST MARYS SPORTS CENTRE INC. GOLF AND BOWLS ANNUAL CLUB DINNER SATURDAY MAY 22, 2010 6PM

RSVP EARLY FOR CATERING PURPOSES



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

| | |
|------------------------|-----------|
| Lamb loin chops | \$13.99kg |
| T bone steak | \$15.99kg |
| Gerello roast | \$ 9.99kg |
| Crumbed beef schnitzel | \$ 8.99kg |
| Pickled pork | \$ 9.99kg |

Instore specials

| | |
|--------------------------------------|--------|
| Trix dishwashing liquid 1lt | \$1.99 |
| Fab Ultra laundry powder 800g | \$2.79 |
| Cottees cordial syrup 2lt | \$3.49 |
| Sorbent toilet tissue 12pk | \$6.99 |
| Eveready heavy duty batteries AA 8pk | \$3.49 |

From the freezer

| | |
|---------------------------------------|--------|
| Birds Eye peas 1kg | \$3.99 |
| McCains superfries 1kg | \$3.75 |
| Pappa Guiseppi pizza 500-530g | \$4.99 |
| Inghams chicken value selections 350g | \$5.45 |
| Bulla ice cream 4lt | \$7.99 |

Next week's specials.

From the butchery

| | |
|---------------------------|-----------|
| Porterhouse steak | \$17.99kg |
| Beef mince | \$ 8.99kg |
| Legs of lamb | \$ 8.99kg |
| Round steak | \$ 8.99kg |
| Ingham chicken drumsticks | \$ 3.29kg |

Pet food specials

| | |
|-----------------------------------|--------|
| Friskies dry cat food 1kg | \$4.55 |
| Fancy Feast canned cat food 85g | .99c |
| Chum canned dog food 700g | \$1.29 |
| My Dog premium dog food 400g | \$1.69 |
| Whiskers sachet cat food 85 –100g | .75c |

All only \$1.99

Energy drink cans 250ml
Achweppes/ Pepsi soft drink
Cadbury block chocolate 100-110g
Arnotts Tim Tam biscuits 150-200g
Alberto Balsam shamp & cond. 444ml
Birds Eye frozen peas 500g
Smiths potato chips 175g
Glade air freshener 200g
Raguletto pasta sauce 500g
Quilton facial tissues 160s