

# The Valley & East Coast Voice

Volume 43 No. 11. Thursday October 21, 2010.

Est. 1968 50 cents

# Dalmayne Walk

On Sunday the 17<sup>th</sup> October the St Patricks Head & Esk Valley Historical Society Inc. conducted another successful Heritage Walk.

This time, people from St Marys, Cornwall, Scamander, Four Mile Creek, St Helens, Longford and Launceston made up a group of twenty who walked to the old Dalmayne Coalmine site, which is situated at the southern end of Dalmayne Road, at Gray.

At the site Jim Haas showed photos of the mine when it was in operation and gave a talk on its colourful history.

The day ended with a visit to the Rubenach Family's museum and fossil display at Gray.

To learn more on the history of Dalmayne visit the Society's website: **www.fingalvalleyhistory.com** 

Photos: Peter Troode. More photos inside...







www.fingalvalleyhistory.com







<u>Please note</u>: Deadline for articles in the next Valley Voice is 5pm <u>Tuesday November 2, 2010</u> <u>EMAIL ADDRESS</u>: judith.spilsbury@telair.com.au

# **Community news**

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

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

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

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

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 Rachel Woods. Rachel can be contacted on: **03 6372 5118**.

**Suncoast Singers** meet every Friday at 10am in the Catholic Hall - Cecilia Street St Helens. New singers always welcome.....If you can yawn - you can sing. Phone Mary-Anne Wadsworth 6376 2969.

**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.

**Break O'Day Regional Arts -** General meetings held on the first Wednesday of each month at 5.30pm in the supper room at the back of the St Marys Hall. All welcome. Inquiries to Colin 6372 2707 or Janet 6372



Remedial Massage and Naturopathy

ring Sue Christiansen for an appointment. 0418 515 419

Do you need help with English grammar, spelling, sentence structure etc? Proofreading assignments / documents? Qualified ESL teacher and proof reader available. Ph. 6372 2078 or 0402 089 846.

TO WHOM IT MAY CONCERN IN THIS TOWN.
You know who you are, so stop spreading vicious rumours about my son.
Legal action is now proceeding against use.

Legal action is now proceeding against use.

Doreen Jones.

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

**St Marys Alcoholics Anonymous (AA)** Friday 8pm Weekly. Holy Trinity Anglican Church Hall. Main St, St Marys. Rod 6372 2851.

**St Helens Al-Anon Family Group (Al Anon)** To help families and friends of alcoholics recover from the effects of living with the problem drinking of someone close. Sunday 2pm Weekly. St Pauls Anglican Church Hall, St Helens. Ann or John 6376 3270 Rose 6376 3335.

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.

# Classifieds

# For sale

**2003 VY HSV Red Maloo Ute.** 90,000 kms. Electric tray & rear spoiler, 6 stacker CD player, brand new tyres and rims. Great Condition. \$34,000. **Ph: 0438 849 462.** 

**Suzuki Eiger 400** (2004) 4 x 4. \$4,300. ono.

WB Ute 253 V8 4 sp. Extra good condition for age. Looks and drives extra well. \$6,000. Ph: 6372 2107.

5 piece dining suite. \$60. Single bed & bedhead. \$40. Chest of drawers. \$25. Pine bedside table. \$15. 3 seater couch. \$35. Queen size mattress, near new. \$40. 38cm Sanyo TV. \$20. Ph: 6372 2552 or 0428 362 958.

Lovely older style double bed, blackwood slatted ends iron rail, wooden slat base with brand new innerspring double mattress. \$250. Club lounge suite, dark green with detailing, quality castors, low seater, blackwood cup rests. Needs new cushion covers on couch. \$200. Older style oak hall stand, round mirror and storage box. \$150. Ph: 6372 2489.

**2002** Harley Davidson, black, XLH model, 1200cc Evo Sportster. Windshield, driving lights, oil cooler, forward controls& screaming eagle exhausts. Excellent condition. 61,000 klms. Used exclusively as a long distance cruiser. \$11,000. ono. "First Gear" motor cycle wet weather gear. As new –top of the range. Completely water & wind proof. Suit person 183cm. \$250.ono. 1977 Nissan Patrol. 3 speed, 6 cylinder petrol motor. Unregistered but continually used off-road. Full bar work, roof rack & tow hitch. An ideal "Farm Hack". \$1,500. Heavy duty steel trailer. 7ft x 4ft 3". Spare H/D axle, spare H/D leaf spring & spare wheel, all attached to trailer. \$1,500.

Ph: Don-0429 396 918.

**Telescope** on tripod with accessories. \$80. 3 stack portable CD player. \$30. **Dimplex evaporator cooler.** \$90. **Suzuki DS80 motorbike**. Recon. \$700. **Zodiac 12 Hoover** front loader washing machine. Goes well. \$100.

Ph: 6374 2282.

**KTM 300,** 00'model, goes well & mech. Good. \$3250. ono.

MotorX boots Alpinestar as new US9 (cost\$400) \$175.

MotorX helmet Fox (S) black/white. \$50

MotorX helmet Fox (L) silver.\$50

MotorX helmet (M) red, as new. \$30

Toolbox –Tradesman, for Ute tray, 1800 x 600 x 50 \$125

**Kid's 8-ball table** VGC, 1500 x 750. \$45

Glass shelving, suit shop or bathroom. \$30

Ph: 0437 227 123 or 6372 2222.

**BBQ/ESKY –2 in 1.** collapses or separates to transport all attachments and gas bottle. \$190 with gas bottle or \$150 on its own. Never used. **Old wood heater & flue**, has cracked glass. \$50. **Ph: 6372 2380.** 

As new star pickets, 1.6m \$4 each. Half roll (approx) barbed wire. \$40.Window (very large) aluminium, already boxed up. 3.47 x 1.16. \$300.ono. Window, wooden 89 x 52. \$40.Wooden door. \$20. 4 x large roof trusses, 6m long \$250 lot. Old garage roller door (no lock) \$50. Old style double wooden wardrobe. \$120. Window fly screens, various sizes. \$2 each. Pajero cargo barrier. \$30. seater Ph: 6372 2365.

# For sale

**Tiller/cultivator** - Mantis - as new, only done 10 hrs, English design, great for vege garden and garden beds, 21cc, 2-stroke, lightweight, very maneuverable. Comes with instruction video, extra blades. Cost \$870, sell \$670. **Call 6372 2686.** 

Pine corner TV unit, large. \$125. Brass white and pink single bedhead with fittings. Suit girl. \$15. Single bookend bed. \$10. Cane & glass shelving. \$50. Ph: 6372 2446.

Pureheat Royal heater. \$200. 2 seater brown fabric couch \$200. as new. NEC 50cm.colour TV, with remote.\$30. Ph: 6372 2107 or 0417 279 422.

**Peugeot 206XR** - 2003, 4 door hatch, metallic red, 112,000km, new tyres/brake pads, reg, serviced, CD player, A/C, auto windows, etc. Great condition, reluctant sale. \$8,600 neg. Ph: **Leissa 6372 2686.** 

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

Ph: 0407 944 158.

Tractor slashing available. Ph: 0407 944 158. Portable milling available. Ph: 0427 715 577.

### WANTED

WHEELBARROW IN GOOD CONDITION. Ph: 0408 175 031.

WANTED TO BUY FREEZER IN GOOD CONDITION. PH: 6372 2136.

To Give Away To Good Home TB Bay Brood Mare Ph: Bruce 6372 2181

# Mathinna Market 23rd of October 9 am to 3pm

BBQ lunch and music provided by Bob Willson and Warren Speers

# HUGE GARAGE SALE CORNWALL

Box lots from \$5.

Household items, shed stuff, collectables, furniture, outdoor items and lots and lots of bargains.

Lot 5

Lennox Street, Cornwall Please walk up driveway.

Saturday October 30 (weather permitting)

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

# A LITTLE BIT OF HERITAGE: Jim Haas

Scamander Bridges

The first three bridges of any note to be built in Tasmania were Richmond, (1825) Ross, (1836) and Campbell Town (1838). They were all built with stone or brick with convict labour and all three still stand today as National Heritage icons, reminding us of the wonderful talents our convicts were blessed with.

In 1865, however, when the first bridge was built over the Scamander River convict transportation had ended twelve years earlier and the Government contracted the construction to the Terry family of Falmouth. It took them twelve months to build what was said to be a frail structure with under-strength materials and piles no bigger than telegraph poles. It did on the other hand, last some twenty years and survived a number of floods. It finally collapsed under the weight of a mob of cattle.

The second bridge, built in 1887 by Wise, Tilly and Apted, was constructed with much larger local ironbark and blue gum with a causeway either side. But alas, only two years later the bridge collapsed from the might of the 1889 floods.

The Grubb Brothers, with a budget of £4,500 built the third bridge in 1894. Again local ironbark timber was used and this time the piles that were to be submerged were boiled in tar to repel underwater worms and help guard against rot. Although this bridge served the community for seventeen years it could not withstand the floods of 1911 and most of its structure ended up washed out to sea.

Following this bridge destruction, the first of three punts were introduced and were used until bridge number four was built in 1913. This bridge proved to be the most fragile as it lasted for less than a year. It was a fourteen span construction, but the piles were driven deep into the mud leaving the deck only nine inches above high water mark. In no time the bridge began to sink and soon ended up under water.

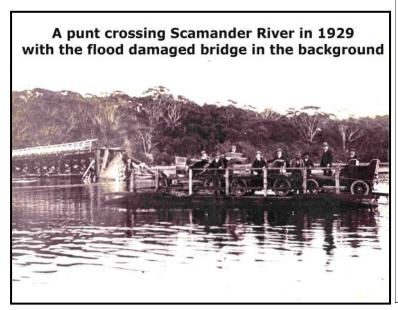
Before bridge number five was commenced in 1914 the site was drilled to 30 metres revealing that a layer of sand had been washed out under the first layer of sediment leaving only water. This was most likely the cause of the last bridge to sink. The new bridge was built with cast iron piles, but it still sustained major damage from the 1923 floods.

In 1923 bridge number six was built for £6,000. It was another timber construction, but this time 7 tons of copper and 2 tons of copper rivets were used to sheath the piles. But the 1929 floods, which took 22 lives and caused major damage throughout Tasmania, also washed another Scamander bridge into the Tasman Sea.

The Government had had enough; they allocated £12,000 for a bridge to be constructed from concrete and welded steel. Finally in 1936 Scamander had a bridge that would stand the test of time. Today that bridge still stands as an important part of engineering heritage as it is the only one of three that was built in this style still standing.

Bridge number eight was built in 1991 because the previous bridge was only single lane and unable to cope with the increasing amount of traffic in the area. This solid concrete bridge is 165 metres long by 12.5 metres wide, with 50 metre causeways on either end. The cost was 6.2 million dollars.

Given the history of the Scamander River, where eight bridges have been built over a 145 year period, one can only wonder if after the completion of the St Marys Pass in 1846 the convicts had have been moved to build a bridge over the Scamander River, we may well have another proud example of convict heritage, and like the Pass, still in use today.



# Volunteer Grants Co-ordination

Break O'Day Regional

There is a vacancy on the Break O'Day

Regional Arts Committee for someone to help source funds to continue to provide events, exhibitions and workshops held in the Break O'Day region. The committee is therefore seeking expressions of interest in position of Volunteer Grants Co-ordination. Please contact Janet Drummond 6372 2851 or Colin Smith 6372 2707 or send written application to BO'DRA PO Box 207, St Marys TAS 7215. Serving on the committee provides a great opportunity for volunteering with and promoting arts in your local region.



# Farewell lovely lady

Over 250 mourners gathered to farewell St, Marys resident Jenifer Miles on Monday October 11<sup>th</sup> at the Holy Trinity Anglican Church.

Jenifer passed away at Medea Park Residential Care on Tuesday Oct 5<sup>th</sup> 2010.

She is survived by her loving husband of 51 years, Len. She was a devoted and much loved mother and mother-in-law of Robert & Annette Davey, Kathryn & John Brown and John & Susan Miles. Adored grandmother of Angie, Erica, Brett, Kayla. Emily & Lucy and great-grandmother of Liliana, Sophia & Haydon.

Jenifer was a well known teacher and pianist at St. Marys District High School. She spent time working at Dawson's store on the drapery counter before returning to teaching in 1963. She was a talented seamstress and loved all forms of craftwork. She and Len travelled to New Zealand many times and were in Rome on a European holiday on that day we will always remember, September 11, 2001. Her love of family history and genealogy revealed a convict or two in the family closet.

Her granddaughter Kayla delivered the family's reflections of Jenifer's life at the service.

Light rain fell as Jenifer was laid to rest at the Gray Cemetery.

The afternoon tea was held at the St.Marys Sports Centre. Jenifer suffered the rare and incurable Progressive Supranuclear Palsy for which, sadly, has no effective treatment yet available. She was 73 years young.

Memories to treasure forever. (Printed with the full permission of the family)

# **THANK YOU**

A big thank you after the fire to: Lions Club of St Marys. Salvation Army, Main Street Clothing, Dana Smith, Strawberry Jelly, Grant at Caltex, Hannah Rubenach, Op-Shop, Anglicare, and Lyle Young.

Apologies if we have missed someone, but thank you to the community of St Marys for all your best wishes and support. It is very much appreciated.

Jan and Lana.

URGENTLY REQUIRED LONG TERM RESIDENTIAL LEASE SOUGHT. PHONE JAN: 0421 319 586



### EAST COAST SURVEYING

Consulting surveyors and land planners.

Mark Anderson 6376 1972

We can help you.

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



# Why do the chooks start laying again in Spring?

As every good cook knows, the girls are reminding you to get cracking on your Christmas cakes and puddings. (Bet your Mum or Gran made them early so they could really mature – and besides you have more time now before the silly season). So pop into Purple Possum with your list of ingredients (not recipes) and we'll put together your order while you enjoy a tea or coffee. Or phone your order through and collect it the next day. We can even home deliver. You'll get the best ingredients in exactly the quantity you require with no wastage. And your family will feel particularly peckish about those delicious, rich cakes and puddings at Christmas!

# **Purple Possum**

Wholefoods & Café
5 Story Street St Marys. Phone 6372 2655.



# OUR LADY OF THE SACRED HEART CHURCH

AT

# **MANGANA**

**CELEBRATES 100 YEARS ON NOVEMBER 7, 2010.** 

MASS WILL BE CELEBRATED BY ARCHBISHOP ADRIAN DOYLE

AT 11.30AM.

# BRING YOUR OWN BBQ OR PICNIC LUNCH AND CHAIR.

EVERYONE WELCOME. ENQUIRIES: SISTER LORRAINE: 6372 2252.

# The Say Cagerattler

At the risk of ticking off the State Government this time (been ticking off a few lately it seems) I think a general

comment regarding Service Tasmania is needed.

**BOXES, SCATTERS.** 

Why isn't there a lot more Service Tas outlets around our State, either directly or operating through another service provider.

This is brought home to us when the unavailability of normal office hours at the Police Station, due to staff leave entitlements or illness occurs.

Unfortunately in the case of a friend, considerable inconvenience was caused to her when she discovered that she couldn't transact her driver licence renewal, due to the Police Station office being closed for this purpose, necessitating a rather urgent awkward trip to St Helens so that she could legally travel to work, which is in another town, the next day.

We fully appreciate and understand that this is not a frequent occurrence at our Police Station, but given the ever increasing nature of statutory payments needing to be made in person these days, perhaps it's time to make provision for such things if and when the Police Station method is unavailable.

For all sorts of reasons not least work commitments and illness, many must find it difficult to go elsewhere to carry out various licencing matters.

During a talk with a very helpful Service Tasmania official, for this article, he told me that St Marys is one of the dwindling (very few) police stations that some of these transactions are still possible, at least for the moment. We are an exception here at present. It is really supposed to be done at Service Tasmania. He also mentioned that in several other States many duties can now be done online but not in Tassie yet of course.

So... Perhaps it's time to begin lobbying our local State Government politicians for provision at least, to conduct Licencing etc. payments at an appropriate outlet under the auspices of Service Tasmania and/or DPIWI/ Tasmania Police, and making it financially beneficial to the outlet to carry out services. It seems that this is a major stumbling block for privately run businesses.

I'm going to ask our local members, what about you? What do you think?

# St Marys Tigers Football Club Inc.

# Attention all footy players!

We are planning to have the first of our occasional social football games at the



Recreation Ground on Friday 12 November, starting approximately 7.00pm. These proved to be a great social event last year and we hope to build on it this year.

We will try and get a few of the local players from the High School team involved as well as the regulars looking for a run — while the format of the game is yet to be finalised we could look at a sons vs dads or over 20's vs under 20's or simply a scratch match amongst those that turn up. Food and refreshments will be available so mark this date in your diary — more details to follow.

Harry Veldums, Club President.

# **Art & Craft Sale**

at the

# Fingal Valley Neighbourhood House

Talbot St Fingal.
Noon to 5pm

Friday October 22, 2010. 9am - 3pm Saturday October 23, 2010.

Quilts, numerous craft lines, fabric dolls, teddies, painted wooden items, all hand made.

All items at realistic prices.

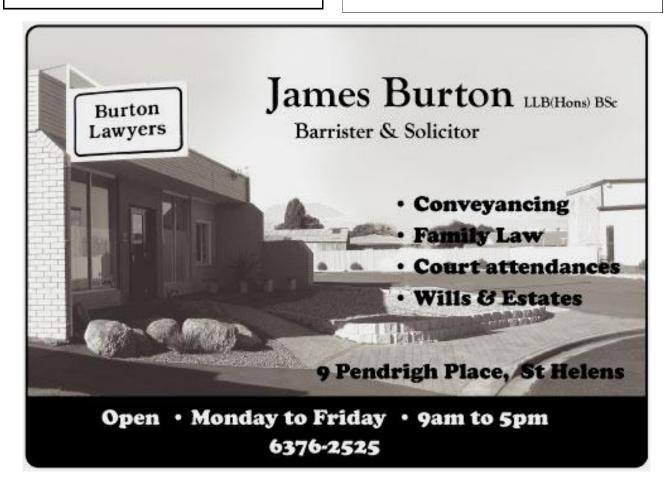
No lay-by. No credit card facilities available.

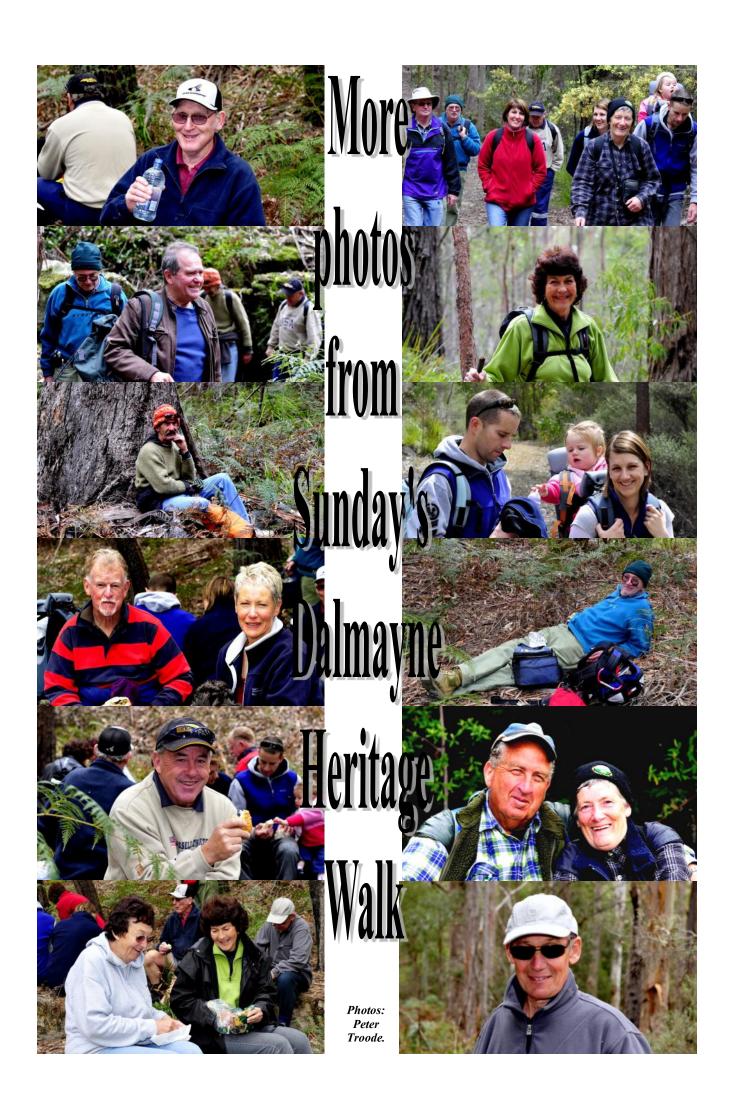
**CASH ONLY.** 

Why not buy a bargain for Christmas?



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.







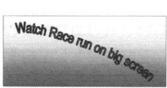
# Tasmanian Lymphoedema Centre Inc.



# **MELBOURNE CUP**







Complimentary drink on arrival

\$20 per person

# Tuesday 2nd November 2010

Time: 12 Noon @ Community Hall, Main Street St Marys

\* Sweeps

\* Great Food \* Lots of Fun & Prizes

(Major Raffle Prizes to be drawn at Luncheon)

Cup Lady

Cup Gentleman

Best Cup Hat

Novelty Hat Novelty Tie

Lucky Draws

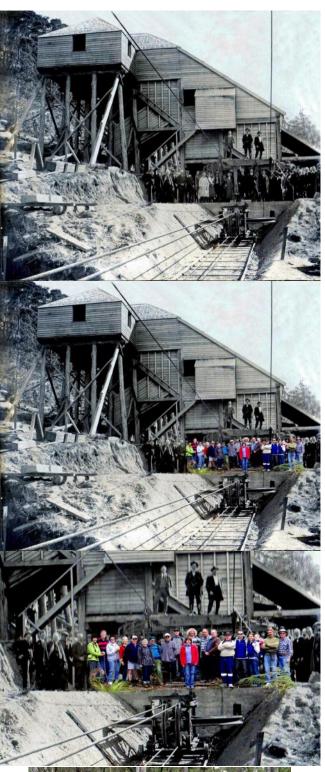
"WEAR YOUR BRIGHTEST COLOURS"

Ring: 63722648 (Charlie) or 64235832 (Cheryl) to Book your seats early or, Tickets available from: St Marys Post Office & St Helens "Choc-A-Lolly"

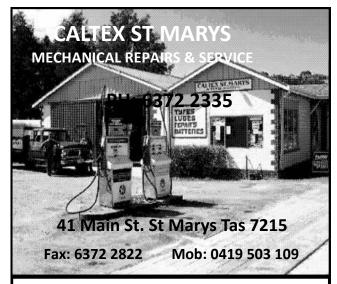


Some tickets will be sold at the door

The Dalmayne mine was officially opened on August 17, 1917. Below are some photos showing the mine and visitors on opening day, and after a little poetic licence and superimposing, a few uninvited guests have magically appeared!







# 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.

# SHOP LOCALLY AND SAVE.

# St Helens Sea Scouts & Cubs



# **SCOUTS**

10 ½ - 15 year old girls & boys Spaces Available Now! All enquiries to Nick on 6376 2256.

# **AGM**

The St Marys Hospital
Support Association Inc.
will be holding an
Annual General Meeting
on Monday October 25, 2010 at 7pm
in the Day Centre Room at the
St Marys Community Health centre.
All welcome.
Len Miles, President.



# Kodak quality prints in seconds

# HAVE YOU CHECKED OUT THE WONDERFUL RANGE OF PRODUCTS AT THE PHARMACY RECENTLY?

- OUR NEW CHRISTMAS GIFT LINES HAVE JUST BEEN UNPACKED
- WE HAVE NEW SUNGLASSES AND READING GLASSES FROM \$19.95
- WE ALSO HAVE A RANGE OF PHOTO FRAMES, AND DON'T FORGET YOU CAN PRINT YOUR PHOTOS ON QUALITY KODAK PAPER PRICED FROM .49 C.
- GREAT RANGE OF LADIES AND GENTS WATCHES
- CHECK OUT OUR RANGE OF NATURAL HEALTH PRODUCTS
- LOTS OF LOVELY TOILETRIES, INCLUDING SOAP, SHAMPOO & CONDITIONER, PERFUME AND COLOGNE FOR BOTH MEN AND WOMEN
- HUGE RANGE OF BRACELETS & EARRINGS.
- EAR PIERCING AVAILABLE
- PRESCRIPTIONS DISPENSED WHILE YOU WAIT
- ALL OF THIS AND MUCH MORE IS AVAILABLE INSTORE, ALL SERVED BY OUR FRIENDLY STAFF
- CALL IN AND DISCUSS ANY HEALTH PROBLEM WITH OUR RESIDENT PHARMACISTS, AVAILABLE 5 DAYS A WEEK.

MAIN ST - ST MARYS PH: 6372 2844



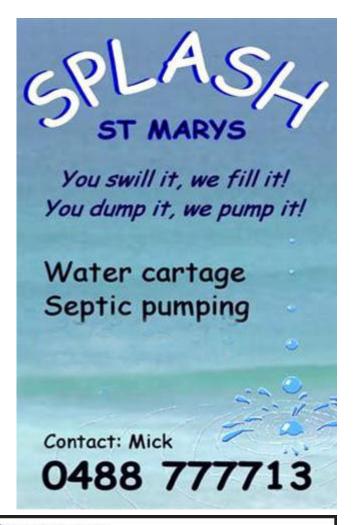


Want to know where and how you can save energy and money on your power bill?



Borrow a HEAT kit from Break O'Day Council's St Helens office.

For more information visit Council's website, office or ph. 6376 7900





You can become a

# **Personal Trainer**

# Call 0439 419 979

info@healthrevival.com.au

Positions available with HEALTH REVIVAL AUSTRALIA! Enquire today!

Come and experience the WORLDWIDE PHENOMENON that is ZUMBA FITNESS at the following locations:

George Town \*Coming Soon! St Helens \*Coming Soon! Winnaleah \*Coming Soon! Campbell Town, Bracknell Deloraine, Beaconsfield Hadspen, Cressy, Carrick

To REGISTER for your FIRST FREE CLASS in St Helens, Winnaleah & George Town Make sure you BOOKT OD AY!

> \$30/Fortnight \$100 = 10 Visit Pass \$15 = Casual Class \$180 = 3 months

# Challenge yourself for 12 weeks

For only \$30 per fortnight, why wouldn't you want to feel like Alisha?

You can win prizes for:

- Most classes attended
- Most centimetres lost
- Highest endurance increase



Email/telephone/SMS your details to receive a registration pack and book your place today

Email: info@healthrevival.com.au Mobile: 0439 419 979 Download our regular class timetable and find out about our At Home Support program at

# DESIGNER HAIR STUDIO

# 46 Main St St Marys Ph: 6372 2108 SPECIALISING IN KEUNE PRODUCTS

For all your hair and beauty treatments

### **TUESDAY SPECIAL**

- ALLTRIMS AT PENSIONER PRICES
- 10% OFF YOUR SECOND BEAUTY TREATMENT

### FRIDAY SPECIAL

- \$60 GEL/ ACRYLIC SETS &
- \$30 RESTYLE

### END OF OCTOBER SPECIAL

• 10% OFF ALL SHAMPOO & CONDITIONER

MENTION THIS AD TO THE GIRLS TO RECEIVE THE SPECIALS

TUESDAY - THURSDAY 9.30AM - 5.30PM FRIDAY 9.30AM - 5PM

**PHONE 6372 2108 FOR APPS.** 

# **DickAdams**MP

Federal Member for Lyons

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

53B Main Road 58A High Street PO Box 50 PO Box 271

Perth, Tas 7300 New Norfolk Tas 7140

Ph 6398 1115 Ph 6261 3366 Toll free 1300 132 689

Email D.Adams.MP@aph.gov.au



WORKING WITH YOU FOR A STRONG COMMUNITY

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



# ST MARYS BAKERY

PH: 6372 2131 OPEN 7 DAYS A WEEK

FRESH BREAD, ROLLS & BUNS, PIES, PASTIES, CAKES, HOT FOOD, COFFEE, COLD DRINKS, ICE CREAM.

52 MAIN ST ST MARYS.

### **OUT OF THE WOODWORK**

Wendy Brennan, Secretary Mob: 0408 656 014 Home: 63722094

The Guild would like to express their heartfelt sympathy to Len Miles and family on the loss of a much loved wife and mother. Jenifer.

Unfortunately, the Gods were not on our side last Saturday. The wild winds blew and the weather was freezing cold, therefore, we decided to cancel the markets. Although, we rang around to all marketeers to inform them of our decision, one stalwart supporter **Robina Balzer** thought she would defy the elements and turn up with her organic home grown vegies. We quickly placed a sign out advertising her fresh goodies and it turned out a successful venture. Many tourists in their passing stopped to buy her fresh produce.

A survey of marketeer stall holders stated that they would prefer to have a venue where they were not reliant on the weather. Therefore, the Guild has decided to still compliment the current markets and have a market in the St Marys Hall on the third Saturday of every month. We ask that stall holders who would like a table for outside please give us adequate notice before the day as tables have to be brought up from the Guild's shed.

The same criteria will apply: Cost \$10.00 per site; this covers your membership to the Guild (As an ordinary member)

# Please ring Wendy or Reon 6372 2094.

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.

A supportive environment where traditional woodcraft skills are shared.

Pictured below is a swing made by the Guild which goes to another happy client.
Photo: Wendy Brennan.



# Makes sense?

One year, I decided to buy my mother-inlaw a cemetery plot as a Christmas gift... The next year, I didn't buy her a gift. When she asked me why, I replied, "Well, you still haven't used the gift I bought you last year!"

And that's how the fight started.....

# 'KIDS IN CARE' CHILDREN'S FUND

are holding a

# GET IN THE MOOD FOR CHRISTMAS' PARTY

on Saturday, 6th November at the St. Helens Bayside Inn

Time: 7.30 pm

Cost: \$30 per person which includes a drink on arrival, supper and great dance music by Kristy Tucker.

Come along and make it a merry night!

Tickets available from The Carlyle, Fashion Connections and Bayside Inn. Enquiries to Joanne Long 63 762166 &

# Greetings from Lauren.

Lauren Quinn has spent the last four years in Hobart, studying a combined Bachelor of Arts/Law degree. Earlier this year she was given the opportunity to study a semester of Law abroad at the University of Lucerne in Switzerland. This is a brief description of a St Marys-raised girl's first time out of Australia.

### 21 August 2010

There's a couple of things food-wise that frustrated me about Dubai. Their bread, for one, which tastes like scone dough (i.e. way too sweet and stodgy) and their bacon, which isn't made of pork, but beef or turkey! It's definitely interesting, but I'll be happy to get to England (my next stop) and have real bacon and bread!

We drove to Oman today, which is another Middle East country next to the United Arab Emirates. We didn't get to see much of it, as the road was very winding and the drive took forever. The scenery did remind me of the Great Ocean Road though, it was amazing. It was like the Middle East that you'd see on an SBS documentary - goats everywhere, rocky, dusty mountains, little dilapidated huts nestled in between, and more goats.

Our destination in Oman was the Golden Tulip resort, perched on a cliff top in the remote part of Oman. We went there

to have a few drinks basically (impossible to do in most places due to Ramadan), but even in this Westernised resort they refused to sell us alcohol until after Iftar (breaking of the fast, about 7pm). So we decided to drive the 4 hours back to Dubai.

We drove back to the UAE in the sunset, which was very beautiful. At the border crossing Vin got talking to the young Muslim guy on the counter, who happened to have studied in Launceston a few years earlier!

As we got back into the UAE into the outer, more rural emirates, Iftar was called. It was chaos - there were cars passing us on the 100km/h limited road at about 180km/h, presumably to get to their food. There were people driving down the wrong side of the road in order to get to their Iftar feasts.

A similar thing happens when the call to prayer is madepeople drop what they're doing to go to the nearest

mosque. In some smaller areas shopkeepers just leave their shops unattended and wide open while they go pray. The mosque near where I was staying was located next to a shopping centre, and there were cars double-parked, parking other cars in, some mounted on the nature strip with their hazard lights flashing (you can get away with anything if you have your hazards on), and no one seemed to mind.

After chatting with a lovely young Muslim guy about fasting during Ramadan, he said that he didn't mind, as "I am "bad" for 11 months of the year and then I get to prove that I am good, just for this month".

One thing that didn't seem quite right during Ramadan was the amount of advertising. I guess that if Christian events like Christmas and Easter can be commercialised, then so can Islamic events such as Ramadan. In a Dubai magazine I was reading, there were several ads for Philips kitchen appliances. One was a blender that was a "Ramadan special - save time this Ramadan by using this efficient blender, to spend more time with your family this Ramadan", followed by a recipe to make hommous in said blender. Ah, consumerism.





The Emirati (local) people in Dubai are very friendly, and most speak some Despite English. Australian Government's Smart Traveller website claiming Dubai was a "high -risk" location, I did not feel unsafe in whilst in public. I'm sure perhaps in the poorer areas I mentioned earlier, you may be more at risk (especially as it becomes more Emirati and less Western).

# 63 days until Christmas

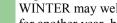
Lauren's adventures will continue next issue.



Photo: St Marys Salvation Army Envoy Melanie Norton, left, with two families taking advantage of the knitted goods. Michelle Menz, Kole Bretag and Colinda, Rowan and Brian Smith.

# Program warms the hearts of community

away and I invite all young



**Reports: COREY MARTIN** WINTER may well be over for another year, but there are still gifts from Tasmanians far and wide to be had at the St Marys Salvation Army. Throughout Tasmania this year there have been more than 10,000 items knitted for the 12th annual Guardian Angel Knitting Program, which helps struggling communities during the cooler months. Warm clothes, blankets, scarves, beanies and small toys are knitted by the community for the Guardian Pharmacies program, which are then donated and distributed by the Salvation Army.

This is the first year St Marys has been a part of the program and local Salvation Army Envoy Melanie Norton said that she was pleased to help her community out and thanked the thousands of people from across the state who knitted an item. "The goods are not to be sold, they are to be given

mums, single parents and families to come and choose some items and fill up a bag and take whatever they like," Envoy Norton said. "We are coining to the end of this season, but taking advantage of the knitted goods on offer is welcomed by St Marys residents Michelle Menz, Kole Bretag and Colinda, Rowan and Brian Smith. I hope (they) can still come to the church and choose some clothes, because in St Marys spring days can be very cold. "The articles have been knitted not just by little old ladies sitting in front of the Fire. Lots of people have been knitting and have responded to the call to bless people who may not have been able to afford new clothes for winter." More than 40 people from

the region have taken advantage

generosity and Cornwall

of the state's

resident Colinda Smith said it had been a great help for her family.

"I think that it is just a great idea as there are not many clothes shops in this area or quality knitted stuff and when it is minus 5 degrees you want a nice warm woolen jumper that is going to last," Mrs Smith said.

"It saved us buying the kids' beanies, they go through so many of them and we have saved a few dollars on jumpers and things like that."

To be part of the program, contact Envoy Norton on 0409 838 816

for information visit www.guardianpharmacies .com.au



Ref: 80235216

Launceston Examiner, 12/10/10, General News Copyright Agency Ltd (CAL) licenced copy.



What's happening in November?



presents 2010 regional tour of

# **SILKWEED**



# Jane Franklin, an examined life

music...theatre...storytelling...song...history
Thursday 4<sup>th</sup> November, 2010, at 7.30 p.m.
At The St. Mary's Town Hall

Tickets: Adults \$10 (members \$8) Family \$20 (members \$18)... tickets @ the door.....

# www.silkweed.com.au

www.tasregionalarts.org.au

Break O'Day Regional

**Friday November 5, 2010,** at 5pm at **Gone Rustic, The Basket Weavers Exhibition** will open with wine & nibbles. \$ 5 (\$4.50 members) Then open to the public, Tuesday - Saturday, 10am - 4pm.

**Saturday November 6, 2010**, **The Spring Fair Market**, from 9am, with abundant food from the Woodcraft Guild's sausage sizzle, Kathy's Kitchen, & Tom's Remote Area Catering.

Fresh local produce, with stalls in ample supply inside and outside the St Marys Town Hall. Many tempting treasures for one and all. PLUS... for the entertainment of the community... THE CHOCOLATE SHOP SINGERS... AND A SPECIAL TREAT FROM THE ST MARYS SCHOOL.

Just in case that isn't enough to tempt the whole community, also on Saturday Nov. 6, we will have a **Basket Weavers Association Workshop** in the supper room of the Town Hall, 10am - 3pm @ \$10.

ALSO... On Saturday November 6, 2010, at e.ScApe Café at 5pm with wine & nibbles with entry of \$5 (members \$4.50) we will have an exhibition opening of "Light & Shade", by local artists Lorraine Biggs & Chantele del Rue, which will then be featured at the e.ScApe Café until the end of November.

Just to complete a wonderful spring season, The Alzheimer's Australia Group Exhibition will be held at the St Marys Community Health Centre's foyer, 10am Thursday, November 4, with a lovely intimate morning tea with a surcharge of just \$4, and continue to be shown, for the month of November, with a gold coin donation. Enquiries for any of the above:

Colin: 6372 2707 - e-mail: mannafarm@bigpond.com





# We will be offering a local and

# friendly service at

St Marys St Helens

October 28th 29th November 18th 19th

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.

# 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 Marilyn on 6376 1858.

# 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



# RICK ENGINEERING

**MAIN ST ST MARYS Ph: 6372 2460** 

# FOR HIRE

25 TON CAPACITY LOG SPLITTER. TOWABLE.

\$50 PER DAY — \$90 PER WEEKEND



HEAVY DUTY SLASHER \$50 PER DAY-\$90 PER WEEKEND.

AND MUCH MORE EQUIPMENT FOR HIRE.

Licensed heat pump installer.

### Advertisement

### **REON JOHNS**

Councillor

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

# On the last Thursday of each month I visit:

<u>Fingal</u> 8.30am –9.30am at the Neighbourhood House

Mathinna 10am—11am at the Post Office

St Marys 12pm—1pm at the Bakery

St Helens 2pm—3pm at the Neighbourhood House

Scamander 3.30pm—4pm at the Mouth Café.

# Scamander Beach Surf Shop

6 Lagoon Esplanade Scamander

Ph: 6372 5529

Scamandersurf.com

Bathers Wetsuits DVDs
Clothing Footwear
Bodyboards

# Surfboards:

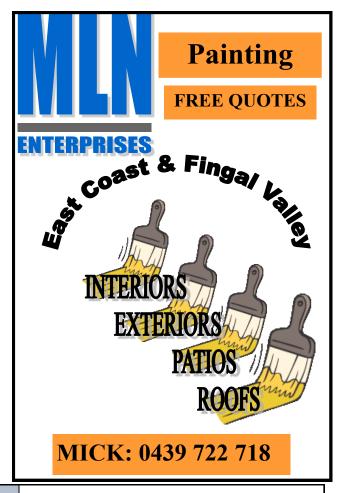
Milch McTavish Surftech Bic G Boards

# Bay Surf Shop

2 Pendrigh Place St Helens

Ph: 6376 1755







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

Kids Art Club - "Mosaics" Weds 3-4.10

Starting August 4th \$12 per week for 5 weeks

"Textiles and Fibre"-Exhibition & Live music Sat Sept 4th 6.30pm -9pm

Mosaic group has moved to SAT 2.30 \$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 - **Garden Sculptures** (clay Modelling, Ferro Cement, heble carving) 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, Fri & Sat for solo/band recordings, radio ads, tape & records to CD, PA Hire etc.

Big Shed has art space for hire, artists available for commissioned artworks, graphics and art parties, as well as local art & craft for sale.

> 24837 Tasman Highway, St Helens. Phone **0428725228 Bigshedstudios@yahoo.com**

# 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.

# Yanni's

# Café / Laundromat / Catering







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



# 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



# **BOBCAT HIRE**

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

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

# Ransley's Appliance Service

P O Box 136 Scamander Tas 7215

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



## **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.



# SUSTAINABLE GARDEN WORKSHOP

PRESENTED BY NRM NORTH & BREAK O'DAY COUNCIL

**FREE & LUNCH SUPPLIED** 



**Guest Presenters:** 

Steve Solomon

Author of Growing Vegetables South of Australia

Kat Hopkins

Local expert on native garden design

Come and learn how to grow vegetables successfully and learn about the benefits of using native plants in your garden for a sustainable future.

DATE: SAT 13 NOV

TIME: 10.00AM -2.30PM

Where: Neighbourhood House Bungalow

Circassion St St Helens

RSVP Alison Hugo 63767900 Limited no's



# The Break O'Day Woodcraft Guild and Men's Shed

pleased to announce that it will be holding markets

When: Starting the  $20^{TH}$  OF NOVEMBER 2010 at 9:00am. Then every 3<sup>rd</sup> Saturday

(COMPLEMENTING THE TASMANIAN REGIONAL ARTS MARKETS HELD ON THE IST SATURDAY)

Where: THE ST MARYS HALL

Cost: \$10 per site.

this includes your membership to the Guild. (As an ordinary member)

Contact: Reon or Wendy on 63722094

A LIMITED NUMBER OF TABLES WILL BE AVAILABLE SO PLEASE BOOK EARLY: ESPECIALLY IF YOU PREFER AN OUTDOOR LOCATION AS TABLES HAVE TO BE BROUGHT FROM OUR OWN SUPPLY LOCATED AT THE GUILD

MEALS ON WHEELS ROSTER				
Oct / Nov		St Marys	Fingal	
Monday	25th	Pam Lynch	Neighbourhood House	
Tuesday	26th	Charlie Hersey		
Wednesday	27th	Wendy Dawson		
Thursday	28th	D & V Rice		
Friday	29th	Hannah Rubenach		
MOW Contact		Phone:	0488 384 344	
Monday Nov	1st	Wendy Dawson	Neighbourhood House	
Tuesday	2nd	Pam Bretz		
Wednesday	3rd	Val Spencer		
Thursday	4th	Heather Griffiths		
Friday	5th	Claire Bean	Neighbourhood House	

# **Church Services**

# Catholic Parish of St Marys

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

# 1st Sunday: MASS

St Helens Vigil L/W 6.00pm 9.00am Bicheno L/W Swansea LWC 9.30am Mangana 11.30am Campbell Town 5.00pm

### 2nd Sunday: LITURGY

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

# 3rd Sunday: MASS

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

## 4th Sunday LITURGY

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

Enq: Baptisms & Weddings Ph: 63 31 4377 Church of Apostles Presbytery Officer Hours: 10.00am - 3pm.

# 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 **Every Sunday** 10am LWC 9.30am Pyengana: Kids Church, 2pm - 4th Sunday every month.

### **Salvation Army** TUESDAY JAM

3-5pm every Tuesday. excepting school holidays. **Envoy Melanie Norton Ph: 63722099** 

### Break O'Day Uniting Church

The Manse St Helens Ph: 6376 2405

St Helens 9.00 am 11.15 am Fingal

### **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. 1/4 page \$20. 1/2 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 pmFriday 10 am - 3 pmSaturday 11 am - 2 pm

Ph: 6372 2005

# ST MARYS OP-SHOP

TRADING HOURS: 10AM — 3.30PM MON TO FRI. PH:6372 2733.

# \$2 BAG SALE

**FINISHES** October 29. Come and stock up on camping/holiday clothes.

Ph: Tracy 6372 2733 EXCLUDES = CURTAINS, TOWELS AND BEDDING.

# October

Mon	Tue	Wed	Thu	Fri
18 Oct	I 9 Oct  ⇒ Athletics Carnival - St  Marys/Fingal ⇒ Student Banking	20 Oct SWSP - St Marys/Fingal	21 Oct  Next Newsletter  SWSP - St Marys/Fingal  Launching into Learning I I am - Kinder room  Stepping Stones I.30pm - Kinder room	22 Oct SWSP - St Marys/Finga
25 Oct Australian Business Week SWSP - St Marys/Fingal	26 Oct  Australian Business Week  Student Banking  SWSP - St Marys/Fingal	27 Oct  Australian Business Week SWSP - St Marys/Fingal	28 Oct   Australian Business  Week  Launching into  Learning I I am - Kinder  room  Stepping Stones  I.30pm - Kinder room  SWSP - St Marys/Fingal	29 Oct  R Australian Business  Week R SWSP - St Marys/Finga
PUBLIC HOLIDAY	2 Nov ≈ Student Banking ≈ SWSP - St Marys/Fingal	3 Nov	4 Nov  RENE Athletic Carnival  Launching into Learning I I am - Kinder room  Stepping Stones I.30pm - Kinder room	5 Nov  ⇒ Secondary Drama Students to St Helens

Above calendar is correct at time of printing
For regular updates and other information please go to the school website:-

# www.schools.education.tas.gov.au/stmarys



Help me support the Make a Wish Foundation.

My name is Louisa Rhodes and I'm a Creative Memories Consultant. Creative Memories has partnered up with the Make a Wish Foundation for a 3 month campaign period from 1st September through to 30th November, 2010.

Last year, Creative Memories raised over \$60,000. This year, we are aiming to raise above \$70,000 to grant the wishes of special children.

### How you can help:

Invite a few friends around for a couple of hours, enjoy some afternoon tea and listen to a presentation how you can preserve your precious photos followed by some shopping time!

For further details, please contact me on: 0437 372 246 or 63 741 031 Louisa.rhodes@ecpc.com.au

Please help me to grant these special children their wishes.



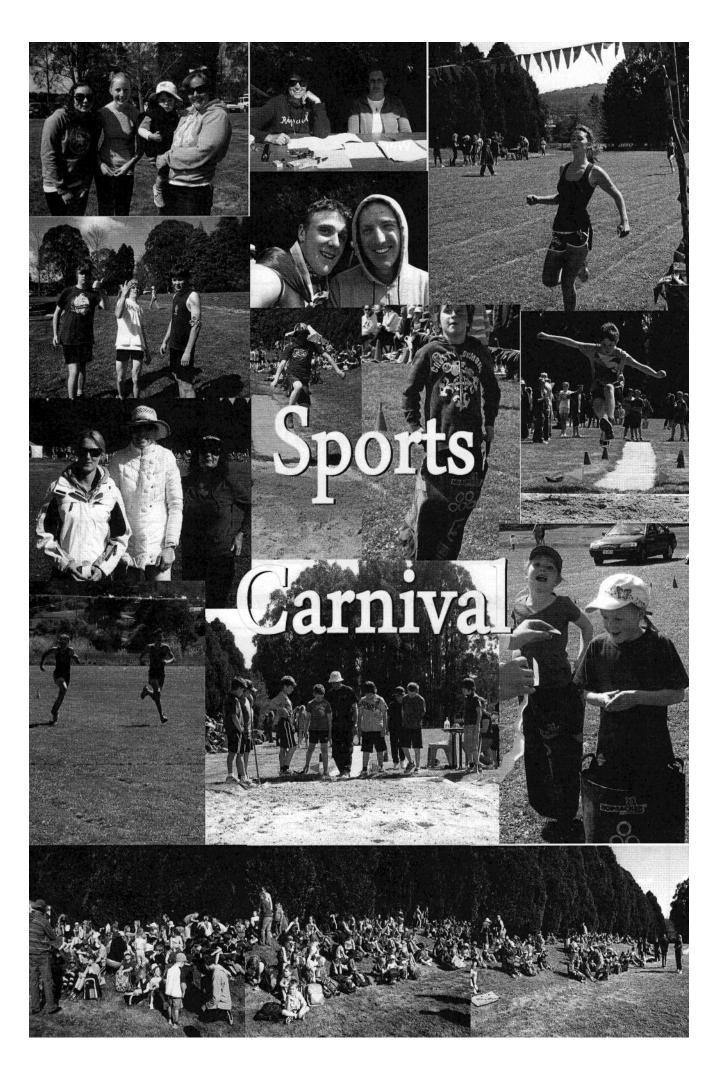
# Defence Force presentation

The Defence Force came down to visit the grade 9/10s on the 24<sup>th</sup> 0f September.

It was a fantastic presentation by both Jason and lida, they gave us heaps of information in entry into the forces and the experiences we would get out of doing a gap year and further on. I was very impressed on how the year 9 and 10s sat and listened and asked valuable questions throughout the presentation.

Report by Indi Douglas





# ST MARYS COMMUNITY HEALTH CENTRE

# 20th Oct Day Centre- For details on the group please contact Hayley Gilbert 6372 2111 GP North Mental Health Worker- Brady Young for appointments please see your GP for a referral. 21st Oct Relationships Australia- Leanne McMurtie for appointments please phone 1300 364 277

Continence Nurse— Sue (Replacing Heather). For appointment please see your GP or Health Professional for a referral.

GP Podiatrist—Annabelle. For appointment please see your GP or Health Professional for a referral.

22nd Oct Dietician (GP North) - Appointments available by referral from your GP

Exercise Physiologist (GP North) - Appointments available by referral from your GP

26th Oct Child Health Session with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381

27th Oct Day Centre- For details on the group please contact Hayley Gilbert 6372 2111

GP North Mental Health Worker— Brady Young for appointments please see your GP for a referral.

28th Oct Eyelines- For appointments please phone 1300 139 363. All consultations Bulk Billed to Medicare

1st Nov PUBLIC HOLIDAY— No doctor's surgery 1/11/10
Normal surgery hours will resume 2/11/10

2nd Nov Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555

Child Health Session with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381

3rd Nov GP North Mental Health Worker- Brady Young for appointments please see your GP for a referral.

Day Centre- For details on the group please contact Hayley Gilbert

**Lightfoot Podiatry Service**— Perry Daly. For appointment please phone 6331 9568

4th Nov Relationships Australia— Leanne McMurtie for appointments please phone 1300 364 277

# AA MEETINGS IN ST MARYS

AA Meetings held at the Community Health Centre at 11 am on a Thursday are now discontinued.

Alternate AA Meetings are held at the St Marys Anglican Church on a Friday at 8pm and the St Helens Anglican Church on a Wednesday at 8pm.

For further information please phone 0447 903 926

See over page for details on upcoming Art Exhibition...

### DOCTORS ROSTER

20th- 22nd Oct Dr Jenny Conway 25th Oct-19th Nov Dr Cyril Latt

# PUBLIC HOLIDAY

Monday 1st November 2010 is a public holiday. There will be no doctor's surgery on this day but normal hours will resume on Tuesday 2nd November. Please phone after hours service numbers below during this time. Thank you

## St Marys Community Health Centre GP Surgery Hours:

Monday—Friday 8:50am-12:30pm 12:30pm-1:30pm LUNCH 1:30pm-4:30pm

### 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.

# 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
PLEASE RING BEFORE PRESENTING AFTER HOURS

### 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.



# **PINK RIBBON DAY**

Help support Breast Cancer Research by purchasing merchandise available from the reception area of the Health Centre.

Every dollar makes a difference!

PENS, CLASSIC PINK RIBBONS, ENAMEL PINS AND DIAMANTE PINS AVAILABLE DURING OCTOBER 2010.



# 2010 Visual Arts Touring Program

# **CREATIVE WELL**

Is a body of work consisting of ten pieces created by people living with dementia.

Dementia is a term used to describe a set of symptoms including memory loss, confusion, disorientation, difficulty with communication and eventually loss of the ability to live independently.

The group meets once a month and uses all different media; pencils, watercolour, acrylic, pastels and mosaic to produce beautiful pieces of art work. This collection captures the essence of colour and the passion of the people who created them.

The power of art is something that is a release of the energy and frustration and the challenges that these people with dementia have to face every day through memory loss.

The St Marys Community Health Centre will play host to this Creative Well Exhibition during the month of November 2010.



# CREATIVE WELL EXHIBITION OPENING AT THE ST MARYS COMMUNITY HEALTH CENTRE

When: Thursday 4<sup>th</sup> November 2010

Where: St Marys Community Health Centre
- Reception area

Time: 10:00am for 10:15am opening

Cost: \$4.00 (for catering)

RSVP or Enquiries: Hayley Gilbert 6372 2111

The Exhibition will be on display at the Community Health Centre until the 29<sup>th</sup> November. A Gold coin donation can be left at reception to view art work during this time.

# Fingal Primary School News



# Grade 5/6 Independent Writing Inspired By Text That Has Been Read In Class

### **HAVE HOPE** By Jorgia Woods

It's been two weeks now. Without mum and dad I feel weak and cold inside. I don't feel the warmth anymore. I'm lonely and have no friends, I mean who wants to be friends with a kid who cries all the time. I even cry myself to sleep at night. It is a scary thing when you are away from home. Away from your parents. When you're only twelve.

It's been a month now. I don't feel scared anymore. The loneliness is gone. Well, since my new friend came along. He is the same age as me and he is always crying. We've helped each other through a lot lately. We're not lonely anymore. I will see my parents soon. I hope!!

# JUST MAKE A MARK AND SEE WHERE IT TAKES YOU By loel Cox

On one nice summers day the five/six students were having art. All the five/six students loved their art. One of the students came over to the teacher and asked what he could do.

The teacher said "just mark a mark and see where it takes you:. So the young boy went back to his desk. He made a dot and then kept it going. The teacher went over to the boy and said "when you are done write your name". The boy wrote his name and then the teacher took the work. The next week the boy walked into class and his piece of art was on the wall. He went and saw the teacher and asked why it was there. The teacher said to the little boy, "it is an excellent piece of work". The boy was happy about what the teacher said.

The boy became more interested in art and decided to be an artist. People were always asking him for help and he always said, "just make a mark and see where it takes you".

# **BROKEN BEAKS** By Chloe Oates

There was once a young sparrow that lived in a tree in the park. He landed perfectly and flew perfectly. Every day he would go down to the cafe for something to eat. He would get the best crumbs out of all of the sparrows, until one day he woke up and he had a broken beak. All the other sparrows thought that he could no longer be part of the flock. They all flew down to the cafe he landed perfectly but when he went to pick up a crumb it fell straight back out. Some sparrow's beaks just fall off and no one knows why.

The sparrow went back to the tree in the park and he went to sleep. The next morning the young sparrow felt weak, all the group went to the cafe but he still could not eat. When the group went to leave the sparrow broke down, the other birds went back to the tree. Suddenly the sparrow saw a piece of bun, as he went over to it a hand reached down and grabbed the bun. The man looked dirty, scruffy and poor, He saw that the young sparrow had a broken beak. The sparrow could see that the poor man was broken too but inside. He started to eat the bun and so did the sparrow.

At night the man curled up on a bench. The sparrow made a nest in his hair. Days went by and the young sparrow grew strong again so that he could go back to his flock. That day soon came and the man raised his hand and the young sparrow lifted his wings and flew home.

### Calendar of Events - October

18th	19th Athletics Carnival at St Marys 9.15am	20th Learn To Swim Grade 3-5	21st Learn To Swim Grade 3-5	22nd Launching into Learning 10.00-11.30 a.m. Learn To Swim Grade 3-5
25th Justin here For Music Learn To Swim Grade 3-5	26th Karen Bramich here for PE Learn To Swim Grade 3-5	27th Learn To Swim Grade 3-5	28th Learn To Swim Grade 3-5	29th Launching into Learning 10.00-11.30 a.m. Learn To Swim Grade 3-5

# St Marys Sports Centre Inc. news Kackhander

First to bowls and well done to all our Pennant players who have done an amazing job in the first two rounds. Against Scamander none of the rinks lost by more than 6 shots although no points were forthcoming as it happened, the last weekend at Swansea a team totaling 14 players went within a single shot of victory.

Wins to Glenn McDonald's rink and similarly to Kodie Donald's rink and a draw to Jim Rankin, as well as a hard fought loss to John Vincent's team against very strong opposition was incredible. Right up to the very last amazing drive by the Swansea skip a major upset was very possible. It augers well for a win before long hopefully.

Similarly, in the ladies game it was a very narrow loss to a terrific Swansea line up on their own green, which as usual was in immaculate condition. Always a pleasure to play Swansea. Great mob indeed.

A very big welcome to Big Chris, Little Chris (Bullfrog) and Shantelle Arratta. Your efforts are a great help to our team. Likewise to Nick Kringle who was ill with flu' this week. Great to have him too. Can't forget to welcome back Raz McDonald and Tracker Blake. Both these blokes' huge experience are a terrific addition to our team. Only thing is we have to put up with Blakey's incessant ramblings about how good Collingwood is. Ah well...

This week it's our first home game against St Helens Red.

To golf. Thanks to all supporting the comps at present and the visiting clubs. It was a terrific recent Veterans Day at the club too. Thanks all.

Macca's huge McDonald's Cup is set down for the November Long weekend and it's anticipated to be another top day, a highlight for the club year. Any assistance and support will be greatly appreciated. Thanks to Macca, Leeanne, Brad, John, Valda, Raz and the family. A wonderful gesture every year and deserves full support of course. Oh... and you'll have an incredible time also...

Anyway, until next time, good hitting and rolling.

Just a reminder that this Sunday (24th Oct) from 12pm the St Helens Marine Rescue building will be open for display tables, and the Rotary food van will be in attendance.

The Blessing Of The Fleet Ceremony starts at 2pm. Please show your community support by attending this occasion. The St Helens Marine Rescue Association are keen to see this event get back to its heyday, and with your support we can make this happen.

See you there!

# 5 CRICKET TRAINING THURSDAY OCTOBER 21 Y GROUNDS BETWEEN 4PM & 5PM CRAIG FREIBOTH 0407 908 058

# **St Marys Tennis Club**

Memberships for the 2010-2011 season are now due and payable to the treasurer Annette Davey.

Membership forms and prices available from the treasurer.

Contact 6372 2224.



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

# This week's specials.

### From the butchery

Rump steak	\$11.99kg
Corned silverside	\$ 6.99kg
First grade beef mince	\$ 8.99kg
Ingham Gourmet chicken portions	\$ 5.59kg
Casserole steak	\$ 8.99kg

### Instore

Juicy Isle long life juice 2lt	\$2.79
Duo laundry powder 1.2kg	\$4.99
Watties baked beans/ spaghetti 430g	.99c
Cascade sparkling apple juice/ginger beer 7	50ml \$1.99
Kelloggs LCM bars 132g	\$2.99
From the freezer	
Bulla mini splits 14s	\$5.75
McCain corn cobs 800g/corn kernels 1kg	\$4.99
McCain Peas 1kg	\$3.99
Scotts meat pies 6pk	\$4.55

# Next week's specials. From the butchery

\$3.75

McCain superfries 1kg

Porterhouse steak	\$14.99kg
Easy carve lamb roast leg	\$14.99kg
Topside roast beef	\$ 7.99kg
Ingham chicken kebabs 450g	\$ 5.95
Diced steak	\$ 8.99kg

Instore	
International roast coffee 200g	\$5.99
Morning Fresh dishwashing liquid 450ml	\$2.99
Maggi super noodles 68g	\$1.49
Edgell sliced beetroot 425g	\$1.39
Sanitarium corn flakes 500g	\$2.79

# **ALL ONLY \$1.99**

Schweppes/Pepsi soft drink 2lt Arnotts choc Tim Tam/Slice/Crowns/Royals The National Confectionery Co 140/200g Harvest Kitchen cookies 300g Multix bake extra wide non-stick paper Devondale long life milk

> Organic meat now available from the butchery. Please call in and talk to Aaron & Scott.