



The Valley & East Coast Voice

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50 cents

The Mighty Tigers Roar Again!

It was like stepping back in time; the ground was full of cars, the smell of liniment was in the air and what about the sound of the siren, the car horns and the cheering and clapping of a very appreciative crowd of supporters as the St Marys team, in St Marys colours, ran out onto the St Marys footy ground for the first time in eight long years. It was also great to see the Auskick youngsters line up as a guard of honour as the team ran out.

Yes the mighty Tigers were back and about to enter into an AFL Masters game against a North Central team from Burnie way, in front of the biggest crowd seen at the footy ground for many a long year. After a lot of planning and a fair bit of heartbreak the stage was set for an exciting match and it was truly fitting that the first kick of the game went to local legend Michael "Cookie" Cooke who had put such tremendous effort into getting the team onto the paddock.

While most of the players had long ago retired from competitive football there was no lack of skills or determination and there was a fierce contest for every ball. The Tigers skipped out to a ten point lead at the end of the first quarter but the second quarter was much tighter and there was only eleven points difference at half time. During the third quarter there was a short downpour of freezing sheeting rain but the standard of football did not drop – the North Central boys started to pick up the tempo and actually outscored the Tigers by a point in the quarter to bring the margin back to ten points at three quarter time. Spurred on by a rousing speech from coach "Cookie", the St Marys boys stormed out in the final quarter kicking one goal three points while keeping a desperate North Central team scoreless for the quarter.

Final score – St Marys 7.7 49 defeated a gallant North Central team 4.6 30.

Goal kickers for St Marys: two goals each to Ray Squires and Jason Barr with singles to "Skeet" Webb, Billy Reece and Roger Salter.

Top three players (awarded prizes generously donated by the Schier family in memory of the late "Moscow" Schier): Kent Richie, Jason Barr and Ray Squires.

Mention must also be made of the great performances from "Captain Courageous" Roger Salter, Darcy Williams and "Grug" Cooper. Both "Grug" and Brian Smith received accidental knocks and have the prestigious honour of having "bled for the team".

The second game saw a composite side (made up of a few local youngsters and quite a few players backing up for a second game) outclassed by a very slick and cohesive Launceston team 8.10 58 to 2.6 18.

What a pleasure it was to see the great camaraderie between the players after the game as they sipped on a cold beer and munched on a snag or steak sandwich and how good was it to see the Tigers players in a huddle after the game singing the team song. A great day for the Tigers and a great day for St Marys. Congratulations to all concerned.

For the players - training at St Marys 9.00am this Sunday in preparation for the next game vs Triabunna at Triabunna on 1 August. There will be a bus going down and there will be some room for friends and supporters. More information to follow. *(President's report and more photos inside...)*

The Tigers are back!



Captain Courageous Roger Salter proudly leads the team in a rousing rendition of the team song after their impressive win.



Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday July 27, 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.

SPECIAL NOTICE: DUE TO UNFORSEEN CIRCUMSTANCES THE JULY MEETING OF THE TASMANIAN LYMPHOEDEMA CENTRE INC. WILL BE MOVED TO AUGUST 2ND. SAME TIME, SAME PLACE. SORRY FOR ANY INCONVENIENCE.

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.

HARRIS FUNERALS

Lindsay & Diane

(D. Bailey & son) A.F.D.A

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Office & Residence:

114 Cecilia St
St Helens

Chapel:

46 Tully Street
St Helens

**We are here when you need us
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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



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.

NOTICE

ANNUAL GENERAL MEETING
FOR FINGAL VALLEY MEALS ON WHEELS.
TO BE HELD AT THE
COMMUNITY HEALTH CENTRE
AT 2PM ON THE 17TH AUGUST, 2010.
ALL WELCOME.
LUNDY VOSPER, SECRETARY.

The A.G.M. of the Friends of the History Room and Museum will be held on July 30th 2010 at 7 pm in the Bungalow of the Neighbourhood House, Medea Esplanade, St Helens. This will be a Film, Fun and Food night. All welcome. Memberships are now due, still only \$15 !!

NOTICE OF ANNUAL GENERAL MEETING Greater Esk Tourism (GET)

invites members to attend the next
Annual General Meeting

at 7 pm on Monday 9th August
at Fingal Valley Neighbourhood House.

Enquiries to the president on 0363722783

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

Victa ride-on mower. 8HP, 34" cut. \$500.
Ph: 6372 2460.

Suzuki JR80 motorbike. Immaculate condition, low klms, original back tyre, bark busters. Blue, white, yellow. \$1,800. Firm. Ph: Janine or Peter on Fingal 6374 2269.

Wetsuit, Xcel ultrastretch Bamboo 4-3. brand new unused. Size L. \$300. **Ph: 0427 264 983.**

160lt, 2400kw Proflo water heater. In use for less than three years. \$100. ono. **Ph: 6372 2689.**

Automatic washing machine. 6kg, as new, with books. \$200. **Kitchen table & 4 chairs,** wooden. As new. \$70.

3 bike car rack. Fits any tow bar. \$40.
Ph: 0447 284 603.

Truck tyres 11.00 x 22.5 new recaps on tubeless rims (6)
\$400each.

Truck tyres 9.00 x 20 recaps on Inter rims, very little use (8) \$250 each.

Fordon Major tractor with slasher and post driver. \$3,500. will separate.

Suzuki Eager 400 4 x 4. Good condition, bear claw tyres. \$4,5000. **Ph: 6372 2107.**

Computer desk with pull out keyboard shelf and stationery drawer, plus ergonomic chair. \$30.

Laundry trough "Everhard Nugleam Supreme", polymer cabinet with stainless tub. Brand new –unused. Over \$200 new. \$100. Ph: 6372 2813

2003 Peugeot 206XR 4 door hatch, metallic red, 111,000km, comes with warranty, new tyres/brake pads, reg. 01/11, CD player, A/C, etc. Great condition, reluctant sale \$8,800 ono. **Phone Leissa on 6372 2686 or 0458 648 927.**

New, still in boxes, **2 x 250mm electric exhaust fans.** DIY. \$13 each. **50 steel 6mtr lengths of plaster ceiling battens.** \$10 per 6mtr length. **Blue single pipeline bed.** \$10. **Kitchen-dining dresser.** New Zealand Kauri pine. 2 piece, top colour glass, bottom cupboards and drawers. \$300. 25 mtr **undercoated 50mm colonial skirting.** \$20 the lot. **Ph: 6372 5445.**

1 ski biscuit in good order \$50.00

1 BBQ 3 burner with thermostat controlled hood and side burner complete with rotisserie. \$160.00
Ph: 6372 2301.

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.

Tractor slashing available. **Ph: 0407 944 158.**

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Frozen blueberries - this season's - \$11 kilo.
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Ph: 6372 2380.

1996 Suzuki Baleno Auto, Nov 2010 rego exc cond goes well \$2800. ono. **1994 Magna Mitsubishi Wagon Auto,** Oct 2010 rego new tyres goes well. \$1500. ono. **Treadmill electric,** goes well \$250. ono.

Study Bunk Loft style bed with desk underneath Exc cond (fantastic furniture brand)\$200. ono. **Single Bed** timber, very good cond. (fantastic furniture brand) \$80. ono **EVERYTHING MUST GO MAKE AN OFFER**
Ph:6372 2914 0439 959 403 0418 778 417.

Horse float. Dome roof, single style, electric lights in working order. Not currently registered. \$750.ono.
Ph: 6374 1023 for an inspection.

1998 TF Magna automatic. Alloy wheels, good tyres, 12 months rego. 264,000kms. In good condition. \$3,500.
Ph: 6374 1027.

2 x wooden bar stools. \$50 each. 3 x single doona covers – Ford, Holder & Harry Potter. \$25 each. **Belkin wireless router.** Brand new, never used. Cost \$129. Sell \$90.

Thought for the Day:

On the other hand,
you have different fingers.

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 “Constable Ward”

I'm sure we would all agree that one of the most dangerous, but imperative roles in our community is that of the police. Over the years the Fingal Valley has seen hundreds of police come and go, many of whom have contributed to not only upholding the law, but given valuable input into a range of community organisations.

One of those, whose name appears regularly in the record books and newspapers of the mid nineteenth century, was District Constable William Ward.

William spent the first fifteen years of his adult life in the British 3rd Regiment of Dragoon Guards. In 1831, however, at a relatively early age, he was discharged and given a tiny pension, of which he was totally dissatisfied and immediately immigrated to Van Diemens Land. Along

with his wife Ellen and two children, he arrived in Hobart on board the barque *Rubicon* on the 11th June 1832. Soon after William arrived in Hobart he applied for a position as District Constable, but the Chief Police Magistrate of the time was of the opinion that all ex-soldiers were drunkards and untrustworthy, thus the application was refused. William then moved to Kempton where he became a fencing contractor and had a number of convicts assigned to him.

After working on fencing jobs between Kempton and Oatlands for some ten years he must have convinced the Chief Police Magistrate of his worthiness because he was eventually appointed District Constable and Stock Inspector for the District of Avoca. On the 20th April 1842 he and his wife and children, who now numbered four with another on the way, moved into the police barracks at Fingal.

By the end of William's first year at Fingal he featured in the newspapers when he came across bushrangers attacking a house at Break O'Day Plains. They had tied up the occupants and were ransacking the house when William arrived, but he was outnumbered and one bushranger held a pistol to William's head while his associates finished their job. As the bushrangers were leaving William jumped a fence in pursuit only to be fired upon and was lucky that he only ended up with a hole in his ear where a bullet passed through.

The bushranger strikes in the Fingal Valley continued, making life for the settlers extremely hazardous. This caused a public outcry, calling for more police in the area and after a number of nasty attacks at Avoca, including one on the noted property of “Bona Vista”, the Police Magistrate ordered a large party of constables to assist William in scouring the area. The exercise was fruitless however, and several weeks later whilst William was sharing a meal with James Gilligan of “Clifton Lodge”, ten kilometres east of Avoca, the homestead was attacked by noted bushrangers Riley Jeffs and John Conway. Jeffs immediately held a pistol to Williams saying: “Ah, you are here are you? We only winged you last time we met, now we will do for you.”

With that William rushed at Jeffs and overpowered him. But Jeffs yelled for his partner's help which led to Conway coming to Jeff's aid and shooting William in the shoulder. But alas, the bullet hit a bone and passed through into William's lungs causing him to die a painful death.

Following the murder of William, substantial rewards were offered for information on the absconders. As well, the Chief Police Magistrate himself led a large party of constables to thoroughly comb the Fingal Valley. Finally, Jeffs and Conway were captured in a shepherd's hut near the South Esk River on the property of Mr Youl and taken to jail in Launceston. In July 1843 they were sentenced to be hung by the neck until dead and their bodies dissected. Both men died at an 8:00am public hanging, where it was reported almost half the population of Launceston turned out to witness the spectacle.

Despite compensation being paid to a number of property owners by the Colonial Government for damages caused by bushrangers, Ellen Ward received nothing for the loss of her husband. The press took up Ellen's case and Lieutenant-Governor John Franklin gave her a donation of £10. But the press continued to lobby on Ellen's behalf and the Government, now under the leadership of John E. Eardley-Wilmot, was eventually shamed into giving her a pension of £30 per annum.

This was not only just reward for the wife of a dedicated policeman, who lost his life in the course of his duty, but a significant breakthrough for women of the time. Ellen's pension was the first ever given to the wife of a person employed in the public service in Van Diemens Land.



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St Marys Community Health Centre

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Letters to the Editor

Vol. 43 No 4, 2010

Letter to the editor

It was with a mix of outrage and incredulity that I read a report in The Examiner (30/6/10) in which the Mayor of the Break O'Day Council Robert Legge and Liberal MHR Rene Hidding called on public health campaigner Dr Alison Bleaney to apologize for her research into water quality on Tasmania's north-east coast.

Apologize to whom? To the community where for many years she has been a highly respected and indeed much loved medical practitioner? Dr. Bleaney's only concern from the outset has been the health of her patients and her professional skills and personal courage are beyond question. Mayor Legge has sought to denigrate the selfless public service of one of our most valued community members. Shame on him.

Meanwhile the recently released report by the George River Water Quality Panel raises more questions than it answers and leaves us in the same position as before.

It is based on limited testing and the science in the area continues to be highly contested by experts on both sides. The issue of the north-east's water quality remains unresolved.

Amanda Lohrey.

Letter to the Editor

How lucky we are in the Break O'Day to have such a dedicated doctor and Councillor as Alison Bleaney, who has put the health of this municipality at the forefront by her dedication and tenacity in having our water quality questioned.

Has the result appeased my concerns ... certainly not! One just has to reflect on the results of history. Agent Orange, Thalidomide, Atomic energy to name just a few where the experts categorically stated that they were all deemed safe.

As one expert from the water quality panel stated on the ABC "I certainly would not drink the untreated water".

Well our precious wildlife does!

Wendy Brennan,

St Marys.

THANK YOU

Grant sincerely wishes to thank all those who assisted with the recent flood cleanup at Caltex, St Marys, especially Dad, Mum, Randal, Amanda, Jeff, Macca, Jason, Bruce, Craig, George, Leigh and Karen. A special thanks to Mark for the BBQ lunch goodies!

So many good people in such a small place!

My troubles were minor compared to those faced by friends and neighbours, especially Ted, Bruce, Lindy, Greg, Max, Johnny, Ian, Rita, Colin and Russell. I wish them all well in the recovery.

A big thank you to the Break O'Day Council crew, especially Mayor Legge and Wayne for the assistance repairing the gravel drive, one big job off my shoulders! The effort put in by the council crews throughout the area was outstanding!

Cheers, Grant.

RETURN THANKS

I would like to thank all those who sent cards, flowers, and who made personal phone calls, and to everyone who attended the church service, on the sad loss of my beloved wife Latricia. (Pat)

Thank you to the St Marys Sports Centre for the lovely food, and Jim Turner for doing the bar.

A big thank you to Harris Funerals, especially Tamara, and to Mike Wakefield for the service.

Would all please accept this as my heartfelt thanks of appreciation.

Murray Berwick.



On behalf of the St Marys Salvation Army, I would like to thank all the people who gave so generously in the recent Red Shield Appeal.

I would particularly like to publicly thank Mark Burgess who door-knocked in Scamander and Lorraine Gill who door-knocked in St Marys.

Without the efforts of these two people, the amount of money raised, would have been far less.

It is wonderful to know that people are prepared to share their resources, so that the Salvation Army can help others in need.

May God truly bless you for your kindness.

**Divisional Envoy Melanie Norton
Salvation Army
St Marys**



THANK YOU

On behalf of Ian, Bill, Reon, Marty, Jeff, Gehard, Andrew, and myself, the St Marys Old Cranks and Tinkerers sincerely thank all who helped with our Annual Car Show on June 6.

The day was an outstanding success, with more exhibitors and many more visitors!

A special thanks to Mayor Legge and Wayne and the council crew for repairing the flood damaged drive on the village green, especially at short notice. Also a thank you to Burson Auto Parts for donation of prizes.

We look forward to organising the 5th show in 2011!

Sincerely,
Grant Faulkner.

St Marys Tigers Football Club Presidents Report



St. Marys Tigers Football Club Inc.

Well – where to start. What a fabulous and historic day was had at the St Marys Football Ground last Sunday. It was a real roller coaster ride for our small but hard working committee. Teams dropping out, player numbers changing virtually by the hour, the worst weather we have had for weeks (what a forlorn sight it was to see Rick Lohrey, “Speed” Maher and Michael Cooke marking out the ground on Saturday, soaked to the skin and blue with cold) and that nagging fear that no-one will turn up.

Well turn up they did; despite the weather being against us what a fabulous thrill it was to see the St Marys team run out on the ground with the Auskick kids providing a guard of honour and a very healthy crowd of supporters clapping and cheering, the car horns blaring and the old siren blasting away – it really made the hair stand up on the back of your neck.

The St Marys boys put in a good effort and despite some very spirited competition from the North Central boys (with a couple of St Marys ring-ins) they ran out winners by three goals. It was a very entertaining game played in great spirit. The second game was well contested by a composite side (a few young locals and plenty of the guys backing up for a second game) against a very well drilled Launceston side. Most people stayed for the second game and both the Auskick and the football club canteens were very well patronised; a great result for all concerned.

Now for the thanks. To my extremely hard working and dedicated committee - Rick Lohrey for his organisational skills, “Speed” Maher who worked tirelessly and what a great BBQ master he is and finally “Cookie” who did such a great job in getting the team on the paddock and guiding them to such a fantastic result. Michael played a full game and then backed up to look after the composite side in the second game. Once everyone was gone, then it was the clean-up – a long and tiring but satisfying day. To all the players, what a great comeback and to the supporters – thanks for turning up and making it such a great day.

Now to our helpers on the day – the whole Cooke family, Kath, Dan (and Dan’s girlfriend Alice), Ella and Bronti for their outstanding help in the canteen – what a wonderful family and how committed they are to supporting the club. Rachel Hodge for helping in the canteen and with cleaning up, Craig Freiboth and Todd Spilsbury for umpiring (Todd also backed up to play in the second game), Aaron Webb, Henry Dawson and Murray Bennett for goal umpiring, Jayden Webb and Brodie Barnes who ran two games each as water boys, Greg Cooper for manning the gate, Zak Symonds and Toby Wright for manning the scoreboard, Reece Maher for helping “Cookie” run the bench, Wayne Miller for the rub downs and training support on the field, Tom Hodge for time keeping, Richard Gee and Fiona Lowe and all involved with Auskick for their support. Murray Schier for his help in setting up the score board and the whole Schier family (through David) for their very kind cash donation for best player awards on the day in memory of the late “Moscow” Schier, a great supporter of the club, Ian Bradbury and Peter Troode for giving up their Sunday to man the ambulance and provide valuable first-aid services on the day. A big vote of thanks also to Peter Parsons who came up from Hobart representing the AFL Masters Association and ended up umpiring both games.

I think I have got them all but if I have missed anyone I am truly sorry – what a fantastic level of support we received.

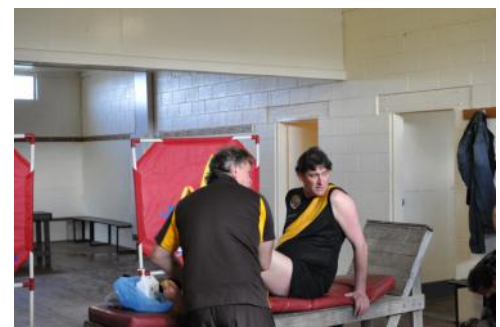
Finally I cannot end without sincerely thanking John McGiveron and Margaret Osbourne for liaising with council about getting the rooms and ground back into order and finally a huge thank you to all at the council; the level of assistance and co-operation was outstanding and their assistance in making the first steps towards giving the Football Club some ownership over the ground and club rooms is very sincerely appreciated.

I must admit when I got home on Sunday evening I was knackered – but after a few sips on a cold beer I couldn’t help but break out in a smile- we pulled it off! Once again heartfelt thanks to all concerned. Maybe we will never return back to the glory days of the Club; the town and it’s people have changed over the years, but we have got a team with passion and desire – you only had to see the pride on the face of Roger Salter and Michael Cooke and the rest of the team as they belted out the club song after winning the game. We will be around to provide some good entertainment on the odd winter afternoon for a while yet.

Our next game will be at Triabunna on 1 August. We will have a bus going down for the day and should have a bit of room for friends and supporters – watch this space.

Harry Veldums,
Club President.

Photos: Harry Veldums



“Skeet” Webb getting a rubdown from Wayne Miller prior to the game.



“Speed” Maher, the king of the BBQ worked tirelessly all day.



Harmonious voices raise the roof.

On a cold Monday night in St Marys recently, locals were lured out of their cosy homes to experience an amazing concert with 2 A Cappella choirs from Melbourne - Suara and Harambee.

With the St Marys hall heaters ablazing, 110 people enjoyed the unaccompanied & awesome harmonies of 34 young people for an hour and a half, singing everything from gospel spirituals and world music to pop - including a Britney Spears number!

As the first concert on their tour in Tasmania (as part of Festival of the Voices) the choirs were very pleased at the support they received from St Marys and those who had traveled from further afield.



Story: Leissa Dane.
Photos: Janet Drummond.



Portland Endurance Riders Inc.

Portland Endurance Riders hosted the first ever 100 mile (160km) ride from the St Helens Pony Club Grounds on May 21-23.

This was to trial the track in preparation for the 2012 Tom Quilty which is to be held at St Helens.

35 riders rode an 80km ride and 8 completed 40km ride.

10 brave and hardy riders and their wonderful horses started out at midnight with 7 completing the entire track. Reports back from the riders where positive.

Although St Helens turned on one of the biggest crispest frosts ever, the conditions were actually favourable for the horses and unlike many 100mile events it did not rain.

The bush tracks and gravel roads around the area proved ideal for the horses and a highlight for many was the sun rising over the ocean as the horses made their way down the road beside Taylors Beach.

Portland Endurance Club would like to extend a big thank you to the Break O'Day Council for their support and acknowledge the generosity of the local business community.

We wish to thank the landowners who gave access to their properties, and also acknowledge the co-operation of Forestry Tasmania and Parks & Wildlife. The event was only made possible because these people and organisations were willing to support our Club and we have shown that St Helens is a very worthy town with a supportive community to host the 2012 Quilty.

Ride Results can be found on the net at Tasmanian Equine Endurance Riders Association - go to Portland/St Helens results.

Tara Nicklason.



BOBCAT HIRE

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

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

FAREWELL MERVYN

On Sunday 4th July 2010, St Marys Anglican Church held a morning tea following the regular morning service to farewell Mr Mervyn Rohrlach.

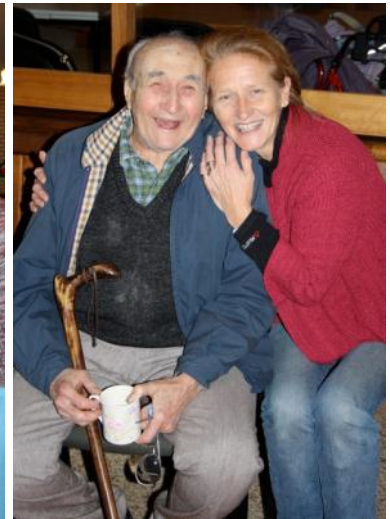
Merv has been a wonderful member of the church community and his broad smile and happy disposition will be greatly missed by other members of the congregation.

The congregation led by Rev. Mike Wakefield joined together to wish Merv safe travelling and expressed the hope that wherever he settles he will find a new and welcoming church community that he can become a part of.

Merv will be sorely missed for the wonderful enthusiasm and love for life that he shared with the church community most Sundays.

Take care Merv on your travels.

Story & photos: Janet Drummond.



St Marys Child Care Centre News

St Marys Child Care Centre will mark the 5th anniversary of operation in St Marys later this year. One of the key reasons for the ongoing success of our centre is the quality of our staff members, with investment in training and professional development recognised as an important factor in quality care for children in our area. Recently Judi, a long term staff member has been awarded her Diploma of Children's Services after 2 ½ years of study. This is a fantastic achievement, involving work in the areas of curriculum, health and safety, inclusion and child development.



Other staff members are currently working on their Diploma and Certificate 3 level studies, all of which will contribute to our centre meeting the new national quality standard well ahead of

the required time. Staff have also recently completed senior first aid training, professional development in areas such as child protection, nutrition for children and music.

If you are interested in accessing quality child care from professional, caring staff then please call our centre on 6372 2187

Tanya Greenwood,
Centre Director.



Proudly supported by



More than Child Care

Comedy Tickets

Sunburnt Country
Comedy Festival's Marney McQueen.
St Helens Golf Club,
7pm Fri 20 Aug.
\$35 ea or 2 for \$60

There will also be a Dutch Auction on the night.
Contact Bec Mason 6372 5157 or 0409 253 504.

All monies raised go to
2yr old Madison Chessum's on-going medical expenses.

Tickets will be available in St Marys
so people can purchase easily.

The St Mary's Memorial Association will be commemorating Vietnam Veterans Day / Long Tan at the St Mary's Cenotaph at 12.30pm on the 18th August 2010.

All residents and families are invited to attend.
If you or your organisation would like to lay a wreath
please phone
Wendy or Reon on 6372 2094.



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MONDAY - WEDNESDAY 10AM - 4PM

THURSDAY - FRIDAY 10AM - 5PM

Later appointments available
on Thursday by request

Piping hot soups – another winter winner from Purple Possum!

Don't let the cold weather get you down. Pop in for our homemade soups including creamy Leek & Lima Bean, tomato-based Adzuki, traditional Pea soup, or classic

Lentil – along with some new creations. All gluten-free and 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!

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2 for \$18.



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**Naturopathy and Remedial
Massage is now available at the
Purple Possum in St Marys.**

Sue Christiansen, previously at the Tasmanian Lymphoedema Centre, has decided to return to her love of all things natural. Sue hopes to bring many exciting ideas to help everyone to get back on the path to health!

The first being a Detox program.

We have drifted away from taking responsibility for our health and well being and as a result, many people are finding more and more physical problems, such as allergies, and arthritis.

We need to get back to basics and look at what we are putting in our bodies, and on for that matter!

We become toxic on three levels, physical, mental, and emotional. All of these need attention if we are to return to 'good health'

Mental toxicity is stress, programmed thinking, fatigue etc.

Emotion is an energy and unless it is expressed, it remains in our bodies, creating a tightness in many organs and muscles.

The program will consist of physical cleanse, lymphatic massage, foot baths, diets, exercise, plus meditation for mental/emotional detox, and if needed, group sessions to remove emotional blocks.

Sue will start the program with a talk at the Purple Possum on the 19th July, (Monday) at 4pm/
Enquiries~ ring Sue 0418 515 419.



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

	St Marys	St Helens
August	5th 26th	6th 27th

**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.

Hi My Name is

Paige Anne Walker.



I was born a very small and sick little girl. I am now 2 months old and have not left hospital yet. I have been in Hobart and now I'm in Melbourne, having further tests done and trying to find out what is wrong with me. So my Mummy Courtney, and my daddy Andrew can bring me home.

Please buy a ticket and help us in our time of need.

Thank you.

The raffle will be distributed through out the east Coast region by the end of the week.



www.fingalvalleyhistory.com

SEA LEVELS

Archaeological evidence shows us that Aborigines were living in Arnhem Land over 60,000 years ago and had reached southern Australia 20,000 years later.

Scientists tell us that at that time the world was much colder with a great deal more frozen masses, causing sea levels to be some 120 metres below what they are today.

Also around then Tasmania and mainland Australia would have been joined with exposed land allowing a small number of Aborigines, who were a nomadic people, to travel further south into Tasmania.

As the world warmed up and sea levels rose, the low level land would have been covered, cutting off the Aborigines and forcing them to make the Island their home.

There is some argument among historians to the number of Aborigines who actually lived in Tasmania, but the most popular figure, at the time of European occupation in 1803, is between four and five thousand.

For more on Tasmanian history visit www.fingalvalleyhistory.com, or contact the St Patricks Head & Esk Valley Historical Society Inc at the St Marys Online Access Centre, 23b Main Street, St Marys. Phone: 6372 2005

THANK YOU

We would like to thank our neighbours who were involved in returning our beloved cat to us. She died when she was tragically hit by a car in Clive Street on the 28th June.

Your generosity was deeply appreciated for Puddy wasn't just a pet to us, she was a loved member of our family.

Kristy Harrison & Kirk Bean, St Marys.



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Dick Adams MP

Federal Member for Lyons

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

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

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

Toll free 1300 132 689

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



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

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

Generous donations by Break O'Day Stitches.

On 2nd June 2010, Break O'Day Stitches held a morning tea to distribute the proceeds from our Easter Quilt Raffle and other money raised over the year.

We handed over cheques to representatives from The Royal Flying Doctor Service, St Helen Community Car and St Marys Lymphoedema Centre.

The Royal Flying Doctor Service \$4,000.00

St Helens Community Car \$3,400.00

Lymphoedema Centre at St Marys \$500.00 plus a quilt to be used as a prize for their raffle.

We wish to thank everyone who helped us raise this money by supporting our quilt raffle and Easter Exhibition.

Ann Luttrell, Publicity Officer.

Grassy Bottom Regional Arts

held their Annual General Meeting on Wednesday 7th July in the supper room of the St Marys Town Hall. The meeting was well attended by willing hands who volunteered to take on the various committee positions.

The new Grassy Bottom Regional Arts committee would like to take this opportunity to thank most sincerely all the members of the previous committee who worked really hard to bring some wonderful events to St Marys in the last year. The most recent two events, the Winter Solstice/Bush Dance and the choir night with Harambee and Suara were really successful and very well attended. And also of course, thanks should be extended to all those who put up their hands, quite literally, to take up positions on the new organising committee. The new committee are looking forward to bringing more regional art events to St Marys and ask you to watch this space for news of upcoming events!! And of course we would love for you to come along to future events and show your support for your local regional arts group.

Grassy Bottom Regional Arts would also like to thank those supporters of the Winter Solstice who were omitted from the last edition of the Valley Voice - The Purple Possum and Main Street Clothing.

Rita Summers at the Gone Rustic Studio and Gallery has just finished hosting "from the earth" an exhibition including ten works of earthy fabric art by Aukje Boonstra (21 June - 14 July).





Natural Resource Activities 2010

Date / Time	Event	Where	Contact
Sun Aug 01 10.00-12.00	National Tree Planting Day	Cosy Corner South	Alison Hugo / 0448 384 681
Sun Aug 01 2.00-4.00	St Mary's Rivulet Tree Planting	St Mary's Rivulet	Frank Giles / 0419 372 192
Sun Sept 18 10.00-3.00	Sustainable Garden Workshop	Neighbourhood House	Alison Hugo / 63 767900

ONGOING EVENTS

Monthly First Sunday 10-12	Wildcare Friends of Bay of Fires	Binalong Bay	Alison Hugo / 0448 384 681
Monthly First Tuesday 9-12	Georges Bay Water Monitoring Group	Georges Bay	Alison Hugo / 63 767900
Monthly Last Tuesday 10-12	Scamander Foreshore Group	Scamander	Susan Probert / 63 725443
Monthly First Wednesday	Bird Observers North East	Break O'Day Region	Liz Zindersic / 0409 123 322
Every Wednesday 9-12	Wombat Landscaping Group	St Mary's Rivulet	Robina Balzer / 63 722022
Every Wed/Thurs 9-12	Restore Skyline Tier	Skyline Tier Beaumaris	Todd Dudley / 63 761049

For further enquiries phone Alison Hugo NRM Department at the BODC 63767900

The Say Cagerattler

Last night it was windy, cold and raining. The Richmond - Fremantle game was on television and I was enjoying that the Tigers were right in the game. As I watched though I began thinking about the other "Tigers". They, of course are the St Marys Tigers who were within a short time of doing something that they haven't been able to do for a long time. The next day the famous old yellow and black were to run out on the St Marys Recreation Ground to play a game of football. This hadn't happened since their last season in the NTFA Div 2 quite some time back now.

For this to happen even though it's not as a week to week team (yet) is a tribute to all behind the team. You all should be very, very proud of your efforts because it 'ain't' easy to do these days. There will be a lot written about this game of course in these pages, so I won't go there, but considering the never say die attitude of the seniors football committee who, despite getting knocked back a few times in recent years, have achieved days like these. Almost unheard of. Almost, except it's St Marys and that's what we are famous for.

You can't do this either without a lot of volunteers and again it's a tribute to the new fledgeling "Old Tigers" volunteers whose efforts are crucial to this club competing several times a year around the state. Wonderful stuff.

To the players themselves. Can't say enough about you. To get behind the club as you have to make this a reality is incredible. Maybe a few stiff backs and creaky bones tomorrow but "blood worth bottling" is also very true.

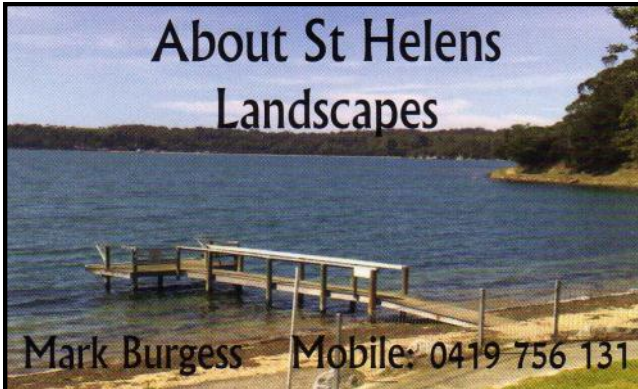
Talking about true, this appears in the well sung club song. "Like the tigers of old, we're strong and we're bold, we're from Tigerland." In this case a very slight adjustment might be, "WE'RE THE TIGERS OF OLD". You certainly are from Tigerland and it's wonderful for the town, win lose or draw. Now if only the weather will hang in there for you tomorrow..

I'd like to thank a community member last week who rang me in regard to a recent article I wrote re. policing etc. I really appreciated her concerns and I learned a lot from a rather lengthy phone call. Through these pages I wish her the best of luck with what she wants to see achieved in coming months and years and we could all do well to take notice of Community meetings to be used.

What do you think?

FOR SALE: WHIPPET

His name is Rocket (Rockit) his birthday is 12th of March 2009, making him 1 year, 5 months old. Loves running, but this also means he likes to chase things, e.g. chooks & rabbits. He is friendly, knows how to sit and lie down, but needs a little more practice with staying. Regrettable sale, but does not suit my current living situation. Must go to a good, loving home. If interested please contact Chloe on 6372 2684. \$100.



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Post: PO Box 83, Evandale, TAS 7212

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Your visit is looked forward to by our recipients, a little small talk does make a difference to an isolated life.
Fingal is difficult to roster with so many unable to manage work on Mondays.
Think about it please.

Lundy Vosper Secretary.
Ph: 0488 384 344 or 0409 098 060.

<p>Scamander Beach Surf Shop</p> <p>6 Lagoon Esplanade Scamander</p> <p>Ph: 6372 5529</p> <p>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>
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COALITION TO EXPAND FRONTLINE COMMUNITY MENTAL HEALTH SERVICES

Mental health professionals and services in Lyons will get greater support from a major expansion of frontline mental healthcare services under a Coalition Government, the Federal Liberal Candidate for Lyons, Eric Hutchinson, announced last week.

In particular young people experiencing a mental disorder will have greater access to services, Eric Hutchinson said.

The Coalition's **Real Action Plan for Better Mental Health** will provide \$1.5 billion towards an expansion of frontline mental health services to improve access for people with mental health disorders within Australia.

In 2006, the former Coalition Government made the single biggest investment in mental health by any government in Australian history. \$1.9 billion was committed over a five year period for services for people with mental illness, their families and carers.

The Coalition's **Real Action Plan for Better Mental Health** will build on this by providing \$1.5 billion towards 20 new Early Psychosis Intervention Centres, 60 additional youth *headspace* sites and 800 acute and sub-acute early intervention beds.

headspace is Australia's National Youth Mental Health Foundation. The number of *headspace* sites will increase from the current 30 to 90.

The new Early Psychosis Intervention Centres will be based on the 'EPPIC' model pioneered in Australia by current Australian of the Year Professor Patrick McGorry. There is currently only one such Centre in Australia, located in metropolitan Melbourne.

The Early Psychosis Intervention Centres and *headspace* sites will be located in metropolitan and regional areas across Australia and mobile services will be provided in each state and territory.

The provision of 800 acute and sub acute beds linked to the Early Psychosis Intervention Centres will take pressure off the nation's public hospitals and emergency departments and provide better care to the patient in the community.

The Federal Candidate for Lyons, Eric Hutchinson, said the new spending in mental health would help take pressure off medical services in Lyons.

"It will also provide more treatment facilities in community settings to the benefit of those experiencing a mental illness."

Eric Hutchinson said the Coalition's commitments would target younger people experiencing mental disorders.

"Mental illness often first manifests itself in teenagers or young adults and early intervention is critical to help these young people cope or recover from mental illness and regain health."

"Labor talked about mental health, but took no action. The Coalition has a strong track record and will deliver necessary services to those experiencing a mental illness," Eric Hutchinson said.

**If you haven't got a smile on your face
And laughter in your heart,
Then you are a sour old human being.**

OUT OF THE WOODWORK

Wendy Brennan
Secretary
0408 656 014

The Guild has been approached by the St Marys Playgroup to make toys for the children.

All members agree that they would only be too happy to start this task for such a worthwhile cause.

The sausage king had another successful day at the new-look markets, (most hated most eaten snags) sold out!! The Guild can not give enough praise to Sue, Colin and Kathy who have been the driving force behind another successful market day. As previously stated all monies raised go back into the Guild and many thanks to those people who support us by purchasing one of our culinary delights!!!???

Our extension is now at the lock up stage and will provide the club with much needed space.

It was a pleasure to enable the Tasmanian Thylacines or commonly called the Ulysses Club to use our venue for their annual general meeting, as the picture below shows they certainly don't look like they are growing old disgracefully!



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.

Photo: Reon Johns.

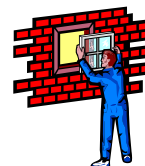
Woodworking Tip

To save the integrity of wooden bread boards do not immerse them in water to clean. Sprinkle salt onto a damp cloth and wipe. Occasionally, give board a wipe with vegetable oil.

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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/
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Book now for an **Art Party** - \$10 per person
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Big Shed has art space for hire, wall space
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VETERANS' HEALTH WEEK



19–25 July 2010

promoting the health and wellbeing of the veteran community

Event: **What's in your food -**

Reading food labels, find out nutritional values,
sample some recipes etc.

All veterans, their families and carers are welcome
Followed by light refreshments - **ENTRY IS FREE**

Date : Monday, 19th July

Time: 2.00pm

Place: East Coast Veterans' Information Support Centre
35A Quail Street, St Helens

RSVP: Janet Munday- 6373 6132 or fender188@activ8.net.au

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MEALS ON WHEELS ROSTER

July	St Marys	Fingal
Monday 19th	Dianna Foster	Debra Speers
Tuesday 20th	Ruth Aulich	
Wednesday 21st	Liz Rice	
Thursday 22nd	Yvonne Salter	
Friday 23rd	Pam Gillies	
MOW Contact		Phone: 0488 384 344
Monday 26th	Pam Lynch	Robin Miller
Tuesday 27th	Val Spencer	
Wednesday 28th	Patricia Barr	
Thursday 29th	D & V Rice	
Friday 30th	No name put forward	

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 5.00pm
Bicheno 9.00am
Fingal 11.30am

2nd Sunday: LITURGY

St Helens Vigil 5.00pm
St Marys 9.00am
Bicheno 9.00am
Fingal 9.30am

3rd Sunday: MASS

St Helens Vigil 5.00pm
St Marys 9.00am
Bicheno 9.00am
Fingal 9.30am

4th Sunday LITURGY

St Helens Vigil 5.00pm
St Marys 9.00am
Bicheno 9.00am
Fingal 9.30am

5th Week Liturgy

St Helens 5.00pm
Bicheno 9.00am
St Marys 9.00am
Fingal 9.30am

Enquiries for
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Ph: 63 31 4377
Church of Apostles
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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.
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
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web www.vision.org.au

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Wednesday 10am-4 pm

Thursday 10 am – 3 pm
Friday 10 am – 3 pm
Saturday 11 am – 2 pm

Ph: 6372 2005

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**Due to other commitments
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Sorry for any inconvenience.**

Ph: Tracy 6372 2733

Student Free Day Friday 13th August

July/August 2010

Mon	Tue	Wed	Thu	Fri
			15th July ☐ ENE Gymnastics 3-6 ☐ Science Challenge-L'ton	16th July ☐ ENE Gymnastics Prep-2
19th July	20th July	21st July ☐ NHSSA Round #5	22nd July	23rd July
26th July ☐ Work Exp. Grade 10	27th July ☐ Work Exp. Grade 10 ☐ Grade 9 Camp	28th July ☐ Work Exp. Grade 10 ☐ Grade 9 Camp	29th July ☐ Work Exp. Grade 10 ☐ Grade 9 Camp	30th July ☐ Work Exp. Grade 10 ☐ Grade 9 Camp
2nd August	3rd August	4th August ☐ NHSSA Round #6	5th August	6th August ☐ Reports to parents
9th August	10th August	11th August	12th August	13th August STUDENT FREE DAY
16th August	17th August ☐ Gr. 10 Mock Interviews ☐ Teacher/Parent meeting	18th August ☐ Teacher/Parent meeting ☐ NHSSA Round #7	19th August ☐ Country Gold Carnivals ☐ Next Newsletter #7	20th August ☐ Country Gold Carnivals

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St Helens Dental Clinic, St Helens on
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Northern Dental Centre, Launceston on
63364100.

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(business hours -

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The Trade Training Centre will provide real training for real jobs. Students will be involved in practical training so that they leave the centre with the skills they need to be ready for a job. People enrolled in the centre will get career advice and help in making the move into a job or further training. Training will be available in automotive, electrotechnology, plumbing, construction, bricklaying, metals and engineering, marine craft construction, aquaculture, commercial cookery and agriculture.

Construction is expected to commence towards the end of 2010 and be completed mid 2011.



For more information about the Trade Training Centre contact your local high school.

The Trade Training Centres in Schools Program is an Australian Government initiative. For further information visit www.tradetrainingcentres.deewr.gov.au



T X / Trade Training Centres
in Schools Program



ST. MARYS
DISTRICT HIGH SCHOOL

An Australian Government Initiative



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

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

13th July-16th July Dr Baguley
16th July— 30th July Dr Jenny Conway

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.

IMPORTANT INFORMATION TO PATIENTS

If you are unable to get a doctor's appointment at the time of ringing and you feel you need more urgent medical attention please inform the reception staff who will put you through to the Nurse on duty.

Daily Doctor appointments are not always available but if the need arises we can prioritise.

If in doubt— Call an Ambulance 000

GET ACTIVE ST MARYS

Where: St Marys Community Health Centre
Healthy House Offices (under the day room)

When: Thursday 8th July (starting) at 10:00am

Get Active if fun, it's FREE and you choose the activities so you are guaranteed to enjoy it!

For more information call Fiona. Transport can be arranged if booked. Registration is ESSENTIAL phone 63765242

WHAT'S ON AT THE CENTRE

14th July	Day Centre- For details on the group please contact Hayley Gilbert
15th July	Eyelines- For appointments please phone 1300 139 363. All consultations Bulk Billed to Medicare GP Podiatrist- Annabel. For appointments please see your GP for a referral. Social Work- Helen Jennings. Please phone 6372 2111 for appointments— Meeting Day Room
16th July	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
19th July	Social Work- Helen Jennings. Please phone 6372 2111 for appointments TLC (Tasmanian Lymphoedema Centre) General Meeting 10am in the Day Room
20th July	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
21st July	Day Centre- For details on the group please contact Hayley Gilbert on 6372 9512 Social Work- Helen Jennings. Please phone 6372 2111 for appointments
22nd July	Social Work- Helen Jennings. Please phone 6372 2111 for appointments.— Meeting Day Room
26th July	Social Work- Helen Jennings. Please phone 6372 2111 for appointments
27th July	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 Social Work- Helen Jennings. Please phone 6372 2111 for appointments Diabetes Community Workshop 10am-2pm. For further details see reverse of this page or phone Helen Jennings, Hayley Gilbert Or Roseanne Berry on 6372 2111

AA in ST MARYS



If you are trying to control your drinking or trying to stop and can't— AA CAN HELP!

AA is about to start running a day time support group in St Marys. If you are interested in attending or would like some more information about the group or the AA organisation then please phone:

Helen Jennings on 0407 505 901

YOU ARE INVITED

St Marys Community Health Centre is hosting a
Social and Information Seminar on

DIABETES

Tuesday 27th July 2010

Between 10.a.m. and 2.p.m.

A healthy light lunch will be provided

This is your opportunity to find out more of the practical
aspects of living with **Diabetes**.

How to care for your **FEET**

Diabetes and **EYE CARE**

Warning signs- When do you need to contact your **Health Practitioner?**

What **EXERCISE** will be of benefit to you?

Easy YUMMY RECIPES that you can make at home

and **Guest Speakers**

For more information or to book your spot

Please contact:

Helen Jennings- Social Worker

Haley Gilbert- Diversional Therapist

Roseanne Berry- Community Nurse

On: 63722 111



Class Exposition Writing 5/6 Hodge

Can we persuade you!!!!!!

FOOTBALL SHOULD BE BANNED AND ALL BOYS PLAY NETBALL INSTEAD

Football should be banned because of the increasing number of children being hurt and disabled playing football. Netball offers more control over the ball and therefore less players get hit by the ball.

Parents do not want their children to be hurt and have to pay huge hospital bills. They can not afford it.

Broken bones that occur in football take a long time to heal and may lead to permanent damage. Netball is a not-contact sport and therefore the likelihood of broken bones is reduced. It is also played on non-slip courts so there is less likelihood of falling over.

Football is an extremely dangerous sport, tackling may cause brain injuries. This is proven in research. This does not happen in netball. Netball offers physical activity without rough play, rough play can lead to 'blow ups' outside the game. Brawls are not common in netball but they are in football.

Crowd safety is a concern in football because the spectators may be hit by the football.

Mothers have to spend a lot of time and money washing clothes and buying detergents to clean muddy clothes. Mud carries germs and therefore football players are exposed to bacteria in cuts that occur while playing football. Netball is a clean sport as it is played on a court so dirty clothes are not taken home for mums to wash.

We absolutely believe that football should be banned so children stay safe and healthy, mums will not worry and everyone will be happy playing netball.



Lisa Freeman

Grade 5/6

Grade 5/6 students worked with Mr McKenzie on String Art Fun Patterns. They had fun and enjoyed doing them.

They had to paint a board, design a pattern, nail in the nails and then follow the pattern with the different coloured cottons.



Grace Gee

Calendar of Events - July

12th	13th	14th Tasmanian Primary All Schools Cross Country Symmons Plains	15th East Coast Gymnastics Carnival at St Helens Grade P-2	16th Launching into Learning 10.00-11.30 a.m. East Coast Gymnastics Carnival at St Helens Grade 3-6
19th	20th	21st	22nd Assembly 2.15p.m.	23rd Launching into Learning 10.00-11.30 a.m.

St Marys Sports Centre Inc news Kackhander

Bloody winter.. Saturday saw another comp event upset by sh...ty weather again. Two or three turned up but no-one in their right mind wanted to go out in it. Maybe next week with a bit of luck.

There is a lot of good days on the horizon, including a visit from a group from Moorina in a few weeks time. That should be terrific.

Just a reminder about the new Wednesday event. **IT'S FOR ALL GOLFERS**, male and female alike. It is 9.30 am for 10.00 am start and \$5 entry fee. Hopefully it will help add to the long term viability of our club. Should be fun.

To bowls and to all club members it would be greatly appreciated if the forms sent out a few weeks ago could be returned very soon. They are needed to help the club make decisions for the 2010/11 season, not really too far away now. If you could at least let the bowls committee know of your intentions / availability for next season it would be a great help indeed.

Anticipated also fairly soon is a general working bee on the green and surrounds and any assistance rendered at that time would be marvellous.

Some good news is our first attempt at an indoor bowls night last Friday night. We had 6 teams competing in the first "Winner take All" night. It was a pairs event and our inaugural winners were: Glenn 'Freakish' McDonald. who hardly missed a shot all night and Mark 'the marvel' Carrick. Who just kept pulling out the top shots, in a hotly contested final against the "Mighty Vineys" Nikki and Kirsten. It was great to see some excellent shot-making until the final end.

We are going to try to have indoor bowls most Friday nights. **HOW IT WORKS.** Cash prizes to the winning team or individual. Winner takes it all The more who play, the more the prize is. It's \$3 per player per night to start with. Friday 16th July is Lucky Dip partner night. At 7pm we will chuck all the names in a hat and draw partners. A special thanks to Val, Lillian, and Russell who joined in last week. Very much appreciated.

We are keenly trying to get a second mat organised so we can play more games more quickly as we get more players. It all looks good. Thanks to Jim and Glenys for setting up too. Also we are anticipating some players from Fingal taking part. Should be a winner with any sort of luck. Let's get behind it ..

Just a reminder to the new General Committee members that our first meeting is on Thursday July 15th at 7pm.(TONIGHT)

Anyway, until next time, good hitting and rolling...

ST MARYS SPORTS CENTRE INC
COME AND JOIN US ON
FRIDAY NIGHT JULY 16, FOR
'LUCKY DIP PARTNER NIGHT'
INDOOR BOWLS

YOU MUST BE AT THE CENTRE BY
7PM FOR THE 'LUCKY DIP' DRAW.

YOU DON'T NEED TO BE A MEMBER.

GREAT ATMOSPHERE.
FOOD & REFRESHMENTS
\$3 ENTRY PER PLAYER
► WINNERS TAKE ALL CASH PRIZE. ◀



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

Legs of pork	\$ 8.99kg
Loin pork chops	\$12.99kg
Lethborgs marinated beef roast	\$10.99kg
IGA chicken breast fillets	\$12.99kg
Rump steak	\$11.99kg

From the freezer

Peters original ice cream 2lt	\$4.99
Ingham chubby chicken pieces 1kg	\$2.49
Sargents meat pies 700g 4pk	\$5.99
Nestle drumsticks 4pk	\$6.99
Sara Lee apple pies 500g	\$5.45

\$1.99 specials

Duo laundry powder 500g	
Trix dishwashing liquid 1lt	
Harvest Kitchen cookie biscuits 300g	
Sorbent thick & large facial tissues 70-95s	
Arnotts shapes biscuits 160-200g	
Maggi tender roast chicken flavour mix 34g	

Next week's specials.

From the butchery

Blade roast	\$ 8.99kg
Lamb forequarter chops	\$ 7.99kg
IGA fresh whole chicken No12	\$ 6.99ea
Gerello roast	\$ 9.99kg
Short loin chops	\$15.99kg

Instore specials

Devondale long life milk 1lt	\$1.49
Arnotts family assorted biscuits 500g	\$3.49
Juicy Isle long life juice 2lt	\$2.49
Riva Gold coffee 100g	\$4.99
Sard laundry soaker 1kg	\$4.99

\$1.99 specials

Arnotts chocolate Tim Tam biscuits 150-200g	
Kleenex facial tissues 170s	
Pascal bagged confectionery 140-400g	
Pure soap 5pk	
Arnotts cream biscuits 200-250g	
Nabisco in a Biskit range 175g	

HOT CHICKENS
\$11.50 EACH