



# The Valley & East Coast Voice

Est. 1968

Volume 43 No. 8. Thursday September 9, 2010.

50 cents

## Presentation of Wheelchair to Lawrence

In 2007, local man Lawrence Gilbert was injured in a car accident, resulting with the diagnosis of C5 quadriplegia.

After his release from hospital, Lawrence was moved to a unit in St Helens, where he is cared for 24 hours a day by several carers.

Anne Huett, one of his carers (also a Lions member) saw the short comings of the wheelchair already supplied to Lawrence, and after discussions with his mother Wendy in 2009, a committee was formed to raise funds for a 4WD wheelchair capable of driving over grass and rough terrain. Thus the 'Wheels of Change' was born.

After much hard work and fundraising, the committee raised a total of \$11,000 in just over a year.

The St Marys and St Helens Lions Clubs combined together to approach the Tasmanian Lions Foundation for a grant of \$5,000 and the Australian Lions Foundation for an additional grant of \$7,500.

Both these applications were successful, and with the \$11,000 already raised this state - of - the - art 4WD wheelchair was ready to be ordered. *Photos: Charlie Hersey.*



*Some of the St Marys & St Helens Lions members with Lawrence & his new "Off Road" Wheelchair.*

Medi-Repair Services from Launceston came to St Marys with a trial chair and after a few alterations specifically to suit Lawrence's needs, the wheelchair was ordered.

Finally, the wheelchair, costing \$21,569.50 was ready and the Official hand-over happened on the 12th August, 2010.

Lions Zone Chairman Merve Chilcott, members from both St Marys and St Helens Clubs plus Lawrence's friends and family were on hand to see the culmination of all the hard work and dedication put in to provide this wonderful piece of machinery.

This specialised wheelchair has provided Lawrence with the ability to get around with confidence without the fear of becoming bogged down in grass or rough going, and has given him better mobility and improved quality of life.

*Another Lions Project supported by Lions Clubs Australia wide.*

**Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday September 21, 2010**  
**EMAIL ADDRESS: [judith.spilsbury@telair.com.au](mailto: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

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

**St Marys Alcoholics Anonymous (AA)**  
Thursday 11am Weekly  
Day Centre St Marys Hospital  
Gardiners Creek Road St Marys  
Diane 044 790 3926

**St Marys Alcoholics Anonymous (AA)**  
Friday 8pm Weekly  
Holy Trinity Anglican Church Hall  
Esk Highway 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

**Remedial Massage and Naturopathy  
now at the Purple Possum**  
**ring Sue Christiansen for an appointment**  
**0418 515 419**

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

**2 x 2 seater couches.** \$50 each. **Queen size mattress.** \$40. **PH: 0429 411 728.**

**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.**

**4 rims and tyres,** to suit Triton's 4 x 4. **Ph: 6372 2164.**

**Yamaha RT 100 motor bike.** Good cond. runs well. \$650. **Ph: 6374 2155 or 0409 742 155.**

**Infiniti—Cheetah ma 200x walking machine.** (paid \$1,400 new) will sell for \$800. ono. **Sony 66cm TV.** \$150. **Sony 51cm TV** \$80. All in good condition. **Ph: 6374 2178.**

**Dark blue cord velvet sofa bed.** G.con. \$150. **Kenwood 3 disc stereo CD.** \$70. **Upright bar freezer.** G.con. \$70. **Niblick golf shoes, size 10E.** Worn once. \$30. **Ph: 6374 2282.**

**XF sedan,** very tidy, one owner. Recon motor, as new tyres. 6 mths rego. \$1,200. **Ph: 6377 1209.**

**Toyota Camry CSI 1990.** Good tyres, body and interior.

comes with spare motor and other parts. not going & no rego. \$500. **Ph: 6377 1155.**

**Rotary hoe,** Volka 6HP, electric start, 16" cut. Little use, as new. \$900.ono. **Ph: 6372 5101 or 0417 385 787.**

**2 timber doors,** one with new weather strip. \$40 or \$25 each. **cross-country skis.** \$80. **Ph:6372 2686.**

**Jag XJ6,** 3/81, Excellent cond. White with red interior, Jag mags, LPG conv, twin fuel tanks, CD player, new battery, many extras. \$6,000. **Ph: 6377 1100.**

**Gym, by 'Body Sculpture'.** Different levels of resistance, leg extensions. Pull down etc... Train in a supported sitting position. In very good cond. \$300.

**Ph: 6377 1100.**

**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.**

**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.**

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

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

**SHOP LOCALLY AND SAVE.**

## WANTED: LOAN OF A GOAT

IF ANYONE HAS A GOAT THAT THEY CAN CURRENTLY LOAN TO ME FOR A WHILE PLEASE CONTACT ME. IT WILL BE TETHERED ON A LONG LEAD AND SECURED IN THE EVENING. PREFER A CALM GOAT. NO BILLIES PLEASE. NANNY OR WETHER PREFERRED. **PLEASE PH: 6372 2818.**

**WANTED** Quiet horse or pony suitable for beginner riders. **Ph: 6372 2059.**

**WANTED:** Over locker (in good working condition) **Ph: 6372 2648**

**WANTED - storage space for Break O'Day Regional Arts items.**

Do you have a shed or garage in the St Marys' area that is vacant? Would you be willing to rent it (at a nominal cost) to BO'DRA for an ongoing period of time? Please call Leissa on **6372 2686** to discuss.

## AGM

### Fingal District Progress Committee Inc.

Would like to advise that their AGM will be held on Thursday 30<sup>th</sup> September 2010 at 7pm at the Fingal Valley Neighbourhood House.

Election of Office Bearers (President, Vice President, Treasurer, Secretary and Public Officer) will take place at this meeting. Nomination forms can be collected from Hayshed, Fingal and returned by **20<sup>th</sup> September 2010 to:** The Secretary, PO BOX 43, FINGAL, TAS. 7214.

## FVNH AGM

Fingal Valley Neighbourhood House Inc, AGM will be held on Wednesday 22nd September 2010.

Election of Office bearers for President, Vice President, Secretary, Treasurer and Public Officer and the appointment of an Auditor for 2010/2011.

Nomination forms can be collected from: Hayshed, Fingal and St Marys Newsagency and need to be returned by **13th September 2010** to :The Secretary, PO BOX 43, FINGAL, TAS. 7214.

For further information, please contact Michael Aulich on 6372 2991. All welcome to attend.

Signed: L Rhodes, Secretary.



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

## ANNUAL GENERAL MEETING

The AGM of the St Patricks Head & Esk Valley Historical Society Inc. will be held at the St Marys Online Access Centre on Sunday the 19<sup>th</sup> September 2010 commencing at 2:30 pm ALL WELCOME

Signed: Jim Haas, Public Officer.



The next meeting of **GET Tourism** will be held on **Monday September 13, at 7pm** at the **Fingal Neighbourhood House.** All welcome. **Enq: Ph: 6372 2783.**

## A LITTLE BIT OF HERITAGE: Jim Haas “The Van Diemens Land Gallows”

In Tasmania today we are seeing more and more public outcries against lenient sentences given to people committing serious crimes. In the Ninetieth Century, however, the outcry was quite the opposite when a campaign was launched against capital punishment for crimes other than murder.

At the time of European settlement in Van Diemens Land in 1803, over 200 offences were punishable by hanging in English law. Indeed, a person could be sentenced to death for stealing as little as a handkerchief, cutting down a tree, or even associating with gypsies. About that time it was reputed a seven year old girl was hung in England, and foreign visitors to the country were shocked at the amount of decaying bodies left hanging from giblets wherever they went.

Van Diemens Land law was a follow-on from English law, but in the early years of the settlement there was no court of law in place and serious offenders had to be sent to the Magistrate in Sydney. There they would be sentenced and, in most cases, their punishment carried out in New South Wales.

The first public execution in Van Diemens Land happened at Port Dalrymple (George Town) in early 1806. The unfortunate man was a soldier by the name of Thomas England who, along with fellow soldier James Keating, had been caught stealing food from the Government stores. They were sent to Sydney for sentencing, then sent back to Van Diemens land for public execution as a lesson to others. England was first to hang and Keating was taken to Hobart where he suffered the same fate a few weeks later.

The majority of public hangings in Van Diemens land took place under the regime of Lieutenant-Governor George Arthur who, after taking over in 1824, immediately established Van Diemens Land as a separate colony from New South Wales with its own court of law. In his period of Government there were some 260 public executions, 103 of which were in the two years 1826-1827. When you consider the total legal hangings in Tasmania were around 540, almost half occurred during Arthur's reign from 1824 to 1836.

Possibly the most controversial of Arthur's hangings was on the 25<sup>th</sup> February 1825. Two black men with the names of Musquito and Black Jack were hung alongside six white bushrangers at a public hanging that, it was said, almost the whole population of Hobart attended. A year later Jack and Dick, two more Aborigine men, were hung and the aboriginal attacks on settlers immediately escalated, leading to the Black War of the late 1820s and early 1830s.

It is interesting to note that whilst it was reported many black people were murdered by Colonists outside of the law, not one European was ever convicted in Van Diemens Land for the murder of an aborigine.

On the 18<sup>th</sup> September 1826 another mass public hanging took place at the old Hobart Goal in Macquarie Street. Eight men, all of whom were convicted of stealing, were made an example of by Arthur. Of the eight, the man who created the most interest was a Scottish gentleman named George Farquharson, who was convicted of stealing 400 sheep valued at £200. Farquharson left a wife and four children, the last born after his arrest.

1830 saw the execution of Mary McLauchlan, the first of only two women to be hung in Tasmania. Mary, who had been separated by transportation from her Scottish husband and children, was convicted of murdering her newborn baby and throwing it down the toilet at the Cascade Female factory.

Once Arthur left Van Diemens Land in 1836, death sentences were given less frequently; although if we look at the whole of Australia in the Ninetieth Century the average hangings per year were around eighty. By 1855, however, public hangings were abolished and executions were then only carried out in the confines of goals with selected witnesses.

The last person to be hung in Tasmanian was in 1946. He was Frederick Thompson, convicted of the murder and rape of an 8 year old girl. Two years later the death penalty was abolished in Tasmania. It took until 1985 before capital punishment was completely abolished in Australia, but the last legal execution was on the 3<sup>rd</sup> February 1967 at Melbourne's Pentridge Goal when Ronald Ryan was hung for the murder of a prison officer.

Since 1947 Morgan Research has conducted public opinion polls on capital punishment, with the results showing over 50% in favour of the death penalty in the 1990s. This was perhaps due to the Milat backpacker murders and the Bryant Port Arthur massacre.

The latest poll taken in 2009 was quite different, with 64% voting against capital punishment, which would indicate that, although we are concerned about lenient sentences, we are not prepared to go back to the Dark Ages of criminal punishment any time soon.



### Lions Club of St Marys Inc. Father's Day Raffle Results

(drawn by Colin Smith)

at the St Marys markets Saturday September 4 )

- 1<sup>st</sup> Prize – **Rhet Smith**
- 2<sup>nd</sup> Prize – **Mary Targett**
- 3<sup>rd</sup> Prize – **Deidre Panton**



Thanks to all who participated.

## Letters to the Editor

Vol. 43 No 8, 2010

Reply to "Cage Rattler" about the "what do you think", what I want to know is "think about WHAT?????" It just didn't make sense as he didn't elaborate on exactly what he was talking about?? I wasn't the only one that was left wondering!!!!  
Charlie Hersey.

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Letter to the Editor

How heartening it was to read Marianne's story of George the horse in the last issue of the Valley Voice, and to know there are gentle caring people like Marianne and her friends in our community.

It takes a lot of effort and compassion to care for an aging horse, and Marianne is showing great dedication and ability in this task.

Well done.

Beverly Rubenach.

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### FOR SALE continued...

KTM 300, 00' model, goes well and mech. good - \$3250  
2 Postie Bikes 90 & 70, \$50 for pair  
Motorbike helmet, medium, red, as new - \$40  
Holden Rodeo rims + tyres - \$225  
Toolbox - Tradesman, for Ute tray, 1800 x 1600 x 500 - \$150  
Large metal box (make into gun safe) 1400 x 570 x 400 - \$30  
Kid's 8 ball table, 1500 x 750 - \$60  
Glass shelving, suit shop or bathroom - \$40  
Glass display cabinet - \$20  
Kid's plastic sandpit - \$10  
Various old wooden doors & windows - from \$10  
2 old pedestal basins (one cream, one pink) - \$50ea  
Caravan water tank - \$40  
Fly zapper, small commercial - \$20  
Small Fridge, gas/elec/12v - \$40  
Pee Wee 50 - \$250  
Tile cutter, electric 240v - \$20  
Dowelling machine 240v - \$50  
2 Pedestal fans - \$10ea  
Pine bookshelf 1600 x 950 x 240 - \$30  
Phone: 0437 227 123 or 6372 2222.

### THANK YOU

I would like to say a great big "Thank You" to all the nurses and staff who took so much care to make my extended stay in Hospital so comfortable and homelike.

Thanks also to Dr. Jenny Conway and Dr. Cyril Latt, their expertise was very much appreciated.

I would also like to say thanks to Reon and the Woodwork Guild for the new step they made to make my mobility easier. And to Jug for his help with fixing taps and shower doors.

Thank you all.

Graham Derbyshire.

### THANK YOU

Could I please take this opportunity to thank all my friends for their concern whilst I was a patient in the L.G.H.

Your visits, phone calls and cards were very much appreciated.

Two special thank you's.

One to Kylie Newman for her help, and to Liz Rice who came to collect me.

No more Hip-Hop dancing for the old kid.

Kind regards to all.

Wombat.



### BUSHING, Dulcie Martha

28 July 1915 - 28 July 2010

John, Maureen and their family wish to sincerely thank all relatives and friends for the lovely flowers, cards, phone calls, cooking, personal expressions of sympathy and support, following the loss of their dearly loved mother, mother-in-law, grandma and great grandma.

Thank you to the staff of Family Based Care, St Marys Community Health Centre and Medea Park Residential Care for their dedicated care, understanding and support.

Our personal thanks to Rev Michael Wakefield, David Holland, Kevin Faulkner, Tamara Richardson and the pall bearers for a memorable service.

Please accept this as our heartfelt gratitude and appreciation to you all.

*Lovingly remembered*

### Pauline

How do you say farewell to a loved one. How do you say goodbye to a true friend. Did we show enough appreciation for everything you have done. Why do we go over things that should have been said. Thank you, Love you, are words that mean so much. How do you look at a cup of tea, a weed in the garden, or the adjoining fence in the same light. How do you say goodbye to an amazing human being.

Pauline, you welcomed us with open arms, treated us as a part of your family, loved us, laughed and cried with us. We loved you just as much when you scolded us when you were displeased. We are so fortunate and proud to have been a part of your life.

We will miss you terribly and love you until the end of time.

Kim and David Watkins.



## Squirt the Clown's Visit

JAM - StMarys 14th August 2010

On Saturday the 14<sup>th</sup> August, there was heaps of action at our very own St Marys Corps of the Salvation Army! And why all the fun?

"Squirt the Clown" had travelled over from the Mainland to entertain and enthrall both children and adults alike.

The weather may have been gloomy, but the crowd of approx 70, certainly was not.

The jumping castle, the tunnels and lots of big balls were all being put to good use, as the children played outside prior to the Clown Show.

There was a sausage sizzle, sandwiches, cakes and much more on the menu to munch on.

"Squirt" was busy sculpting the most incredible balloon creations - the children's faces were a sight to see as they took their very own balloon in hand.

And as if all this was not enough, the show was still to come and when it did happen, the church was full of smiling faces and huge laughter.

One mum said she has never laughed so much in all her life!!!

We had such a great day.

Watch this space for when we bring Squirt back next year!

Divisional Envoy Melanie Norton,  
St Marys Salvation Army.

0409 838 816.



## S Road maintenance underway

31 August 2010

Maintenance of the S Road, or Semmens Road, linking Upper Scamander and St Marys has started.

Forestry Tasmania expects the work to take up to four weeks to complete and has advised users to be aware of heavy machinery that will be on the route over the period.

Works co-ordinator for the Bass District, Conan Rossler, said the maintenance had been scheduled to coincide with optimal conditions for road works.

"Motorists will need to be particularly careful while the work is going on and for a period after until the road has settled gain."

Mr Rossler said the maintenance was being supervised by Ivan Semmens, whose father was mainly responsible for building the road 30 years ago and after whom it was named.



Leigh Daniels about to climb into the heavy roller and Ivan Semmens at work on the S Road repairs.



## **BROADBAND FOR SENIORS**

The Commonwealth Government through the Department of Housing, Community Services and Indigenous Affairs has selected NEC Australia Pty Ltd and its consortium members Adult Learning Australia, the Australian Seniors Computer Clubs Association and the University of the Third Age Online to deliver the Broadband for Seniors initiative nationally.

The Australian Government has committed \$15 million over three years (2009 – 2010 – 2011) to provide free access to the computer, broadband and training to older Australians.

This initiative was created to increase the confidence and skills of older Australians in using computers and the internet. The aim is also to help build their community participation and social inclusion while addressing the issue of older Australians feeling isolated and “left behind” in today’s technological age.

Research has shown that many older Australians are disadvantaged if they can’t use computers and the internet. Over three years the initiative will create approximately 2,000 kiosks in community centres across Australia, providing free training and access to online resources.

St Marys Association for Community Development Inc has been chosen as the Senior’s Kiosk host for St Marys and two computers are set up and ready to go at the St Marys Online Access Centre, which is situated at 23b Main Street (behind the Community Hall).

The Centre is opened from 10:00am to 3:00pm Monday to Friday and from 10:00am to 1:00pm Saturdays and qualified volunteers are always available during these times to guide you through training or answer any questions you may have relating to computers.

The Broadband for Seniors Program is available free to anyone over the age of 50. So come along to the Centre and in no time you will be surfing the net, sending emails to your family and friends, paying bills online, chatting on facebook, researching your family tree, or simply learning about a whole new world of information technology that can be accessed by anyone at the touch of a button.



*Neil Capill of St Marys tries out the new Broadband for Seniors computers at the St Marys Online Access Centre.*

**James Burton** LLB(Hons) BSc  
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*Winner, Kirrilly Barbagallo with the President of the Tasmanian Lymphoedema Centre, Mrs Jean Legge.*

## Tasmanian Lymphoedema logo awards presentation.

This year the Tasmanian Lymphoedema Centre at St Marys is celebrating its tenth anniversary.

It is the only centre in Tasmania to offer both Laser and Massage in the treatment of Lymphoedema.

Thinking we might change our Logo, we asked the St Helens and

St Marys Schools if they would be interested in entering a competition to design a possible new Logo.

I would like to thank the Principals and Art teachers of both schools for being so receptive to the idea and also thank you to all students who participated. The presentation of their work was very professional.

On behalf of The Lymphoedema Centre a cheque of \$100 was presented to Jill Lewis to be used in the Art Department of the St Marys School.

Highly commended: A cheque of \$50 was presented to Nina Ling

Ist Prize: A cheque of \$150 to Kirilly Barbagallo.

Jean Legge,  
President.



*Art teacher Jill Lewis with Mrs Jean Legge.*



*Highly commended, Nina Ling with Jean Legge.*

Photos: Peter Troode.



**ST MARYS NEWSAGENCY**  
Phone: 6372 2143

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**Large highly scented candles \$7.95**  
**2011 calendars from \$2.99**  
**Initial pens \$8.95**  
**Really funny cards \$4.95**  
**Magnifying glasses \$9.95**



**Collect 'em all !!**

**PRICED AT JUST \$2.95 EACH**

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.

## DESIGNER HAIR STUDIO

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## About St Helens Landscapes



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**MARK BURGESS Ph: 0419 756 131 / 6372 5556**



*Elaine Sullivan (centre) holding the brass plaque won by Purple Possum, pictured with two of her staff members, Sandra Gillies, left, and Emma Clement.*

Congratulations are in order for the owner and her staff at the Purple Possum, after being awarded a 'Business Awards for Excellence, 2010, by the St Helens & Districts Chamber of Commerce. The award was given in the 'Outstanding Achievement in the Café Category'. As stated in the advertisement, right, Elaine is tickled pink (and purple).

Well done 'Possums'. It's nice to see local businesses being recognised for serving the public with excellent products and all served with that welcoming smile. Best wishes and congratulations from all the volunteers at the Valley Voice.

## Strawberry Jelly

EFTPOS — LAYBY

42 Main St. St Marys Ph: 6372

**20% off**  
all beanies & scarves

**DVD SPECIAL**  
4 weeklies for \$10

### Just arrived

Tasmanian made, all natural

Olive oil soap.

10 varieties to choose from.

Great for dry or sensitive skin.

### OPENING HOURS

MON—FRI 10AM—4PM—SAT 10AM—1PM

To each and every one of  
our customers and  
friends in and around  
St Marys — a big, big  
'Thank You' from a very  
proud Possum!

On our wall right now is a shiny brass plate that  
proudly states

'Business Awards for Excellence 2010 —  
For Outstanding Achievement in the Café Category —  
St Helens & Districts Chamber of Commerce'.  
We're tickled pink (or purple!). But it's really down to  
the ongoing support, ideas and encouragement of the  
community of

St Marys that we've been able to win it.  
Thank you all so much.' Elaine and the Team at  
Purple Possum.

**Purple Possum**  
Wholefoods & Café

## The Say Cagerattler

By chance the other day the subject of the St Marys Main Street Makeover plan came up again, and it was terrific to be talking to a person who has a lot to do with the original planning of that document and detailed layout. It has been a while since I've seen the plan.

One of the major components of the plan is the perennial sticking point of parallel or angle parking. As far as I'm concerned it's a no brainer as they say. My friend had produced some mock-up's of how our wide, bland and potentially unsafe Main Street could be transformed, but at the time it wasn't given even the time of day at some meetings. That I find is just narrow minded. I cannot believe it wasn't given a lot of consideration at the very least.

The main advantages to the plan are very obvious.

- **SAFETY:** It slows down traffic and gives safe zones to people to cross the road. If done to full extent it would also allow for safe opening and alighting from cars without being in line of moving traffic.
- **ASTHETICS:** It gives the appearance that the main shopping precinct is a nice pleasant haven to do business and to browse.
- **OPPORTUNITY:** It will give the various businesses chances to display their wares to a greater extent without impinging on walk space and could allow for natural shading in the years to come.

The main thing for me though is that it will allow for a much safer option in regard to parking. Anyone who believes that angle parking achieves a lot is deluding themselves. Any traffic engineer would tell you that one of the paramount needs for safety is that you minimise the time that oncoming or merging vehicles is out of field of view. Every single one of us know how disconcerting it is if you have to back out onto the street when you can't see because a 4WD, camper Van or delivery truck is on your left which is an ever increasing occurrence.

It's just not the western end of the Main Street that is included in the comprehensive design. The 5-6 business and public facilities east of the town bridge are to benefit too, if the plan was to be fully implemented. No one loses out. I think it's about time the Council revisits the whole thing and not just re-kerbing, footpaths and the like. There's much, much more to be gained for the whole community with the total plan properly instituted, I'm certain.

Perhaps it would be a real eye opener to all if the impression images and plan details were displayed for public perusal and comment in coming months. I'd suggest the overwhelming majority of us locals would like what we see. It's our Main Street so it should be us that has the say in how we want it in coming decades.

We are very quickly gaining a wonderful name all over the place due to our unique and excellent short stay camping at the Recreation Ground and I for one have no doubt that a fully implemented Main Street Makeover will further enhance this priceless reputation. To the opponents: Just get your heads out of the sand so we don't one day have tumbleweeds blowing down the street, rather than visitors.

What do you think ?

## Dick Adams 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



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**FRESH BREAD, ROLLS & BUNS,  
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ICE CREAM.**

**52 MAIN ST ST MARYS.**



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## crossroads

winebar & cafe

Friday 10<sup>th</sup> Sept

**JACOB BOOTE & PHILL McCONNELL**

Friday 17<sup>th</sup> Sept

**MARITA MANGANO & KERRY TYLOR**

Fri 24<sup>th</sup> Sept

Steve & Jan's CROSSROADS 1<sup>st</sup> ANNIVERSARY with

**PETE CORNELIUS & THE FUNK BROTHERS**

Friday 8<sup>th</sup> Oct

**SHAUN KIRK (Melb)** [www.myspace.com/shaunkirkmusic](http://www.myspace.com/shaunkirkmusic)

\$10 pizzas every Wednesday followed by open jam night.

**NOW SERVING CROSSROAD CURRIES.**

Mob: 0414719490

Bar: 6376 1011

**Invitation to a Community Meeting**  
(hosted by)  
**St Marys Rivulet Community Park/Arts Space Interest Group**  
**Monday 13<sup>th</sup> September 2010**  
**5.30 - 6.30pm**

**PLEASE NOTE CHANGE OF VENUE: Now at Holy Trinity Church Hall, Main St St Marys  
(opposite Emergency Services HQ.)**

You may have noticed petitions around town in recent months that relate to the block of land on the corner of Groom and Storey Streets, St Marys and its future use. A number of community members have supported the idea of using this site as a community owned park and/or a sculpture and arts space. This proposal builds upon the ideas of former Break O'Day councillor David Clement and is supported by his family.

Community support has been shown by a large number of people signing both the first petition and the second petition that is still in circulation. Strong support for the newly formed St Marys Rivulet Community Park/Arts Space Interest Group was also shown at the recent Tree Planting Activity held at the site. Continued community support and commitment is needed to help us determine the people's vision for the site, the hope is that a motion can be put to Council outlining this vision and requesting that the site be established in perpetuity as a community park/arts space.

This is YOUR chance to attend a community meeting and put forward YOUR ideas about this green space and how it may best be utilised as a community park/arts space. We would particularly like to see those people attend who took the time to sign the petitions as we think they may be likely to have some great ideas to throw into the ring. Invitations have also been extended to local groups who might have an interest in such a venture.

Following the meeting, it is envisaged that a motion will be drawn up for presentation to Council. This motion will represent the community views expressed at the meeting. A formal committee will be formed to take forward the plans for the site subsequent to the desired Council approval being granted.

Some of the ideas that have been canvassed so far and could be incorporated into the site design include:

- a sculpture park, potentially showcasing local and visiting artists;
- a planted park/picnic area for community and visitor use, linking in with the trees which have been planted at the east and west entrances to the town;
- a location for creative arts programs and small scale community events;
- a green maze;
- specialised plantings, such as scented gardens for the visually impaired etc;
- a walking path connecting the camping ground with the town.

Please come along, bring your enthusiasm, ideas and support and let's MAKE this a great space for locals and visitors alike!! Please contact Janet Drummond on 6372 2851 to lodge your interest or ask any questions that you might have in regard to this project. Looking forward to seeing you there!

**OUT OF THE WOODWORK** Wendy Brennan, Secretary. 0408 656 014 Home: 6372 2094

**Results of our Annual General Meeting for the position of the executive were as follows:**

**President: Reon Johns- elected unanimously**

**Vice President: Peter Williams- elected unanimously**

**Secretary: Wendy Brennan -elected unanimously**

**Committee member: Wendy Fowler- elected unanimously**

**Committee member: Colin Mackenzie -elected unanimously**

Thank you to all the people who inquired at the St Marys Markets on Saturday as to the whereabouts of the sausage king with the "most hated most eaten snags" It was much appreciated and I would like to remind our loyal customers that all monies raised from these *culinary delights* is for the benefit of our club.

The Guild's garden is slowly progressing and taking shape. Although, like many gardens it has been a trial and error exercise due to the very poor soil, let the pictures be the judge of our development.

On a more sober note members would like to give their heartfelt sympathy to the family and friends of the late **Pauline Berwick**. Pauline had enough faith in our fledgling organisation to be one of our very first customers.

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.**



*The Woodcraft Guild's  
garden before (left)  
and after (right)  
photos.*

*By Wendy Brennan.*



# St Marys Lions Club inc

## A Re-invitation to Everyone:

To: St Marys & Districts' Families, School Classes, Individuals, Former Residents (living or deceased), Clubs, Interest Groups, Businesses; in fact anyone who has had a connection with our Town in some way.



One Paver Sample



Two Paver Sample with a border

### THE LIONS CLUB OFFERING ANOTHER CHANCE FOR YOU TO BE PART OF ST MARYS HISTORY

For just **\$25 PER PAVER** up to a maximum of 8 pavers, your name or names will be engraved onto your **PAVER/S** as a record of St Marys' 150<sup>th</sup> Birthday celebrations. The paver/s will be permanently installed to the right of the existing pavers in front of the cenotaph in the Main Street of St Marys for all generations to see.

**SIMPLY FILL OUT THE APPLICATION FORM ON THE REVERSE SIDE OF THIS PAGE AND RETURN IT WITH FULL PAYMENT BY CASH, CHEQUE OR MONEY ORDER TO:**

ST MARYS LION'S CLUB INC  
C/o St Marys Post Office  
St Marys 7215

or CONTACT  
Peter Troode  
6372 2783

**NOTE:** FOR YOUR CONVENIENCE, THE COST OF PAVER/S CAN BE PAID BY INSTALMENTS.

**THE "CUT OFF" DATE** is Friday 22nd October 2010

NOTE: To ensure that we get free delivery, a bulk order of 100 pavers or more is required.





## STRATEGIC PLAN COMMUNITY CONSULTATION

Council is currently undertaking a review of its Strategic Plan which will clearly define what the Council and community want to achieve for our Municipality for the next five years.

The Strategic Plan sets out a vision for the future (what we would be like in 2015) and the key strategic actions to make it happen. A key component of our strategic planning process is engagement and consultation with the community and other stakeholders. Through this consultation process, we hope to identify the community's aspirations for the future, and the key social, environmental and economic issues and opportunities for the Council to focus on to achieve your aspirations.

**RSVP's are required from people who will be attending the community workshops for catering purposes. If attending, could you please phone Jenna at Council on 6376 7900 or alternatively you can email [admin@bodc.tas.gov.au](mailto:admin@bodc.tas.gov.au) .**

	Date & Time	Venue
St Helens	Wednesday 13 October, 2010 @ 6 pm	Portland Hall
Scamander	Thursday 14 October, 2010 @ 10 am	Scamander Fire Station
Fingal	Thursday 14 October, 2010 @ 2 pm	Fingal Community Centre
St Marys	Thursday 14 October, 2010 @ 6 pm	St Marys Hall
Mathinna	Friday 15 October, 2010 @ 10.30 am	Mathinna Club
Falmouth	Friday 15 October, 2010 @ 5.30 p.m	Falmouth Community Centre
Pyengana/ Weldborough	Saturday 16 October, 2010 @ 10.30 am	Pyengana Supper Room
Ansons Bay	Saturday 16 October, 2010 @ 2 pm	Ansons Bay Fire Station

### St Helens Sea Scouts & Cubs



**CUBS**

**7 ½ - 11 year old girls & boys**

**Starting Soon!**

**Limited spaces**

**All enquiries to Jane on 0412 803 027**

### Samaritans Purse/Operation Christmas Child

Our appointed representative for the East Coast is Yonah Denman who lives in St Helens and can be contacted on ph. 6373 1820. Anybody wishing to participate in the project Operation Christmas Child or requiring information or resources such as empty shoe boxes, brochures, a promotional DVD etc should contact Yonah Denman on ph. 6376 1820.

That is also the number to phone to make arrangements for delivering filled shoe box gifts this year during our official collection period October 1<sup>st</sup> – 25<sup>th</sup>.



Information on how to pack a shoe box for Operation Christmas Child can also be found on the Samaritan's Purse Australia websites

[www.samaritanspurse.org.au](http://www.samaritanspurse.org.au) or

[www.operationchristmaschild.org.au](http://www.operationchristmaschild.org.au).



# September Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 31st Play & Learn <b>ST MARY'S</b> Town Hall	1st	2nd	3 <sup>rd</sup>	4th	5th
6th	7th	8 <sup>th</sup> Play & Learn <b>FINGAL</b> Masonic Lodge	9th	10 <sup>th</sup> Play & Learn <b>PYENGANA</b> Community Hall	11 <sup>th</sup>	12 <sup>th</sup>
13th	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup> <b>St Marys Child Care Centre</b> 5 <sup>th</sup> Birthday Celebrations 11-2pm Please RSVP for Bar B Q lunch to: 63722187	19th
20th	21st	22nd Play & Learn <b>FINGAL</b> Masonic Lodge	23rd	24 <sup>th</sup> Play & Learn <b>PYENGANA</b> Community Hall	25 <sup>th</sup>	26 <sup>th</sup>
27 <sup>th</sup> Play & Learn <b>Falmouth</b> Community Centre (St Marys Playgroup)	28th Play & Learn <b>ST MARY'S</b> Town Hall		<i>St Giles</i>			

For more information and to share ideas/suggestions

Please call Cathy at the Healthy House on 63765242

or email [cathy.parker@healthyhouse.org.au](mailto:cathy.parker@healthyhouse.org.au)

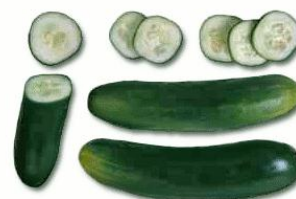
All Building Blocks sessions are free of charge.

All sessions are from

10.30-12.30

## WHAT A LITTLE GEM THE CUCUMBER IS

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates which can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finished a business lunch and realise you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm you fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!





**The Break O'Day Woodcraft Guild and Men's Shed  
is  
pleased to announce that it will be holding open air markets**

**When:**

**Starting the 16<sup>th</sup> of October 2010 at 9:00am. Then every 3<sup>rd</sup> Saturday**

**Where:**

**The Old Railway Goods Shed St Marys**

**Cost:**

**\$10-00 per site, this includes your membership to the Guild.  
(As an ordinary member)**

**Contact:**

**Reon or Wendy on 63722094**

*A limited number of tables can be supplied. So book early*

As part of the See Change Sustainability Festival, a film night was hosted by the Break O'Day Regional Arts in the St Marys Town Hall on Saturday 4th September from 5pm till 9.30pm.

Approximately 40 people attended and watched three movies: A Sea Change, The Age of Stupid and In Transition.

A warming supper of home made soup - local produce - and garlic bread was served and enjoyed by all, the hall was warm and welcoming and those who attended learnt about ways in which they might make a difference in their own lives and in the local community.

Feedback on the films included attendees saying that it was an "inspirational and invigorating" evening and had provided "much food for thought".



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**St Marys                      St Helens**

**September    16th                      17th**

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& 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.**

### St Marys Child Care Centre news

St Marys Child Care Centre will mark the 5th Anniversary of operation with the support of NCN in St Marys on September 18<sup>th</sup>, with an open day (11am -2pm).

Establishing a new child care centre requires the dedication of many people. St Marys was fortunate that nearly a decade ago a group of far sighted people worked to set our centre up and collaborated with the Catholic Education Office to ensure it was opened and operating.

We would like to thank the people involved in those early years, the staff, families and community members by inviting them back to the centre to catch up, see where we hope to develop further and enjoy a barbeque and children's activities, such as face painting, story telling and meet the family food patch educators.

St Marys Child Care Centre reopened with the support of NCN in September 2005 and has been operating successfully over that time. Many families and staff have supported us and we hope to see many familiar faces come along and meet up.

To RSVP, then please call our centre on 6372 2187.

Tanya Greenwood  
Centre Director

Proudly supported



More than Child Care

### The Valley & East Coast Voice Guidelines.

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

### BREAK O'DAY STITCHERS FRIENDSHIP DAY

Our annual Friendship Day is on the 15<sup>th</sup> October at St Helens Neighbourhood House in the Bungalow.

For \$15 you will receive morning tea and lunch, lucky door prize, trade table and much more.

Come along and meet old and new friends and have a good time making one or two small projects to take home.

Bring along your latest stitching project for 'Show and Tell'.

Book your place by phoning Elsie 6376 1663 before the 4<sup>th</sup> October, 2010.

### ST HELENS GARDEN CLUB "SPRING DELIGHT"

**ANNUAL FLOWER DISPLAY  
TO PLEASE THE SENSES**



**ANGLICAN CHURCH HALL  
FRIDAY SEPTEMBER 17<sup>TH</sup>  
10AM-4PM**

**SATURDAY SEPTEMBER 18<sup>TH</sup>  
10AM – 2PM**

**HOMEMADE DELIGHTS WITH TEA/COFFEE  
GREAT TRADE TABLE & RAFFLE  
Displays welcomed by Members & Non Members.**

**All proceeds to Local Charities**

**\$2.00 ENTRANCE FEE**

**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

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11-7

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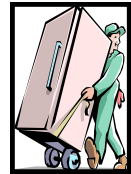
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**Lindsay & Diane**

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

**Ph/Fax: 6376 1153 Mob: 0418 133 420**

**Office& Residence:**

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**Chapel:**

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**We are here when you need us  
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**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

Break O'Day Regional

Phone Colin 03 6372 2707



**Tim Morris MP**

Tasmanian Greens Member for Lyons



Tasmania

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



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

**Phone:** (03) 6263 3801

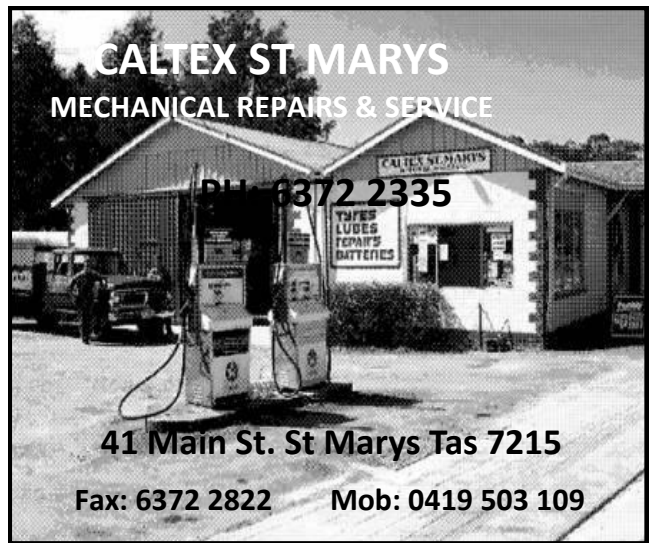
**E-mail:** greens@parliament.tas.gov.au

**www.tas.greens.org.au**

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

**CALTEX ST MARYS  
MECHANICAL REPAIRS & SERVICE**

**PH 6372 2335**



**41 Main St. St Marys Tas 7215**

**Fax: 6372 2822**

**Mob: 0419 503 109**

**Scamander Beach  
Surf Shop**

6 Lagoon Esplanade  
Scamander

**Ph: 6372 5529**

**Scamandersurf.com**



Bathers Wetsuits DVDs  
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2 Pendrigh Place  
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**Ph: 6376 1755**



# C & D EXCAVATIONS

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- ◆ 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

# MLN

Painting

FREE QUOTES

ENTERPRISES

East Coast & Fingal Valley



MICK: 0439 722 718

# PYENGANA PREMIUM MEATS



11 Lindavale Road, Pyengana. For orders phone - 6373 6145. Email - taranick@activ8.net.au

## BEEF LAMB & WALLABY

Available direct from our farm.  
Quality meat at realistic prices.

To order Ph. 6373 6145.

## MEALS ON WHEELS ROSTER

Sept	St Marys	Fingal
Monday 13th	Wendy Dawson	Christine Woods
Tuesday 14th	Pam Bretz	
Wednesday 15th	B McAllister	
Thursday 16th	Yvonne Salter	
Friday 17th	Hannah Rubenach	
<b>MOW Contact</b>		<b>Phone: 0488 384 344</b>
Monday 20th	Diana Foster	?
Tuesday 21st	Ruth Aulich	
Wednesday 22nd	Liz Rice	
Thursday 23rd	D & V Rice	
Friday 24th	Pam Gillies	

## 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  
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

#### 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.spilisbury@telair.com.au](mailto:judith.spilisbury@telair.com.au)  
Accounts: Mary: 6372 2328

Please leave written material at the  
St Marys Pharmacy,  
Main St, St Marys,  
or post: C/- Post Office, St Marys Tas 7215

#### Advertising: 2010

Classifieds: 25 words or less: free  
Community notices : free.  
Small boxed ads. Garage sales. Greetings.  
Thanks etc. \$12.  
¼ page \$20. ½ page \$30.  
Full page \$50.  
1 year posted subscription \$40.

### On Air Now!

Vision FM 88.0 at  
St. Marys, St Helens  
and Fingal.

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

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

National Vision Radio Network.  
Phone 1800 007 770.  
web [www.vision.org.au](http://www.vision.org.au)

### St Marys Online Access Centre Opening Hours:

Monday 10am -3pm  
Tuesday 10 am-4pm  
Wednesday 10am-4 pm

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

Ph: 6372 2005

## ST MARYS OP-SHOP

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

**New stock arriving all  
the time -  
You never know what  
you might find!**

Ph: Tracy 6372 2733

# 2011 SCHOOL UNIFORM ORDERS

**ADVANCE NOTICE!**  
Students will receive their order forms on Monday 20 September.  
Remember to ask your child for their form on that day.

Please have orders in to the school office

**BEFORE Tuesday, 28 September 2010**

Order forms received after this date **WILL NOT** arrive in time for the new school year.

Payment for uniforms can be made in installments or in full & is not required until booksales day.

Please note: As many people in the community would be aware, conversations were had regarding uniform changes. We wish to advise the school community that for the 2011 School year, the St Marys District High School Uniform will remain exactly the same.

Brian Shephard

\*Please complete individual order form for each child in your family. Spares available from the display outside the office the office or the school website: <http://www.schools.education.tas.gov.au/stmarys/>

**STUDENT NAME** \_\_\_\_\_ **GRADE (in 2011)** \_\_\_\_\_

## RUGBY JUMPERS

SIZE Please Circle	C4 \$50 Chest 60 Waist 56 Hip 62 Height 110	C6 \$50 Chest 64 Waist 58 Hip 66 Height 120	C8 \$58.00 Chest 68 Waist 60 Hip 72 Height 130	C10 \$50 Chest 72 Waist 62 Hip 78 Height 140	C12 \$50 Chest 76 Waist 64 Hip 84 Height 150	C14 \$50 Chest 80 Waist 66 Hip 90 Height 158	XS \$58 Chest 85 Waist 70 Hip 95 Height 165	S \$58 Chest 90 Waist 75 Hip 100 Height 170	M \$58 Chest 95 Waist 80 Hip 105 Height 175	L \$58 Chest 100 Waist 85 Hip 110 Height 178	XL \$58 Chest 105 Waist 90 Hip 115 Height 180	2XL \$58 Chest 110 Waist 95 Hip 120 Height 180
QUANTITY												

## POLO SHIRTS

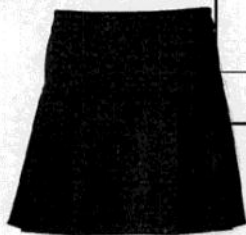
\*\* NOTE: Polo shirts are very generously sized

SIZE Please Circle	4 \$18.15	6 \$18.15	8 \$18.15	10 \$18.15	12 \$18.15	14 \$18.15	S \$20.35	M \$20.35	L \$20.35	XL \$20.35
QUANTITY (BLACK)										
QUANTITY (WHITE)										

## SUMMER DRESSES

SIZE Please Circle	CHILD 4 \$43.30	CHILD 6 \$43.30	CHILD 8 \$43.30	CHILD 10 \$43.30	TEEN 12 \$43.30	TEEN 14 \$43.30	TEEN 16 \$43.30	ADULT 8 \$47.40	ADULT 10 \$47.40	ADULT 12 \$47.40	ADULT 14 \$47.40	ADULT 16 \$47.40
QUANTITY												

## SKIRTS \$17.00



**SR008G**  
Drop Waist Pleated Skirt  
FABRIC: Polyester/Viscose/Spandex  
WEIGHT: 265gsm  
FEATURES: Draped waistband  
Front box pleat  
SIZES: 4-18

GIRLS SIZING	4	6	8	10	12	14	16	18
TO FIT WAIST (CM)	56	58	60	62	64	66	68	80cm
TO FIT HEIGHT (CM)	108	120	130	140	150	160	170	
TO FIT CHEST (CM)	60	64	68	74	80	86	90	
QUANTITY								

For your Polar Fleece, track-pant, skort, shoe & alternate uniform needs, ask at:

**Main Street Clothing,  
Main Street, St Marys  
Ph: 6372 2211**

### OFFICE USE ONLY

Date form recd @ office .....

POLO TOPS \$ .....

RUGBY TOPS \$ .....

Dress \$ .....

Skirts \$ .....

TOTAL \$ .....

# September

Mon	Tue	Wed	Thu	Fri
<b>School Holidays 6th - 17th September</b>				
20 Sept TERM 3 BEGINS	21 Sept	22 Sept	23 Sept Performance Gr 7-10	24 Sept
27 Sept	28 Sept 2011 Uniform orders due back to school	29 Sept	30 Sept Next Newsletter	1 Oct

## KINDER JUNGLE DAY

Kinders held a jungle safari in the Kinder playground to celebrate the completion of a unit of work on wild animals. Animals were spotted and photographed with pretend binoculars and cameras. Our jungle day came to an end with the children eating jungle jellies.



ST MARYS DISTRICT HIGH SCHOOL



# ST MARYS COMMUNITY HEALTH CENTRE

## WHAT'S ON AT THE CENTRE

- 7th Sept **Social Work**– Helen Jennings. Please phone 6372 2111 for appointments
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 8th Sept **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- 9th Sept **Social Work**– Helen Jennings. Please phone 6372 2111 for appointments– Meeting 11am in the Day Room
- 13th Sept **Social Work**– Helen Jennings. Please phone 6372 2111 for appointments
- 14th Sept **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
- 15th Sept **Social Work**– Helen Jennings. Please phone 6372 2111 for appointments
- Day Centre**– For details on the group please contact Hayley Gilbert on 6372 2111
- 16th Sept **Eyelines**– For appointments please phone 1300 139 363. All consultations Bulk Billed to Medicare
- Social Work**– Helen Jennings. Please phone 6372 2111 for appointments– Meeting 11am in the Day Room
- 20th Sept **Social Work**– Helen Jennings. Please phone 6372 2111 for appointments
- TLC Meeting** (Tasmanian Lymphoedema Centre) 10:00am in the Day Room.
- 21st Sept **Social Work**– Helen Jennings. Please phone 6372 2111 for appointments
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 22nd Sept **Day Centre**– For details on the group please contact Hayley Gilbert
- 23rd Sept **GP Podiatrist**– Annabelle. For appointment please see your GP or Health Professional for a referral.
- Continence Nurse**– Sue (Replacing Heather). For appointment please see your GP or Health Professional for a referral.
- Social Work**– Helen Jennings. Please phone 6372 2111 for appointments– Meeting 11am in the Day Room

## DOCTORS ROSTER

7th-10th Sept Dr Jenny Conway  
13th– 8th Oct Dr John-Paul Darby

## 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.

### 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

### WOMEN'S HEALTH CLINICS

Appointments for the Women's Health Clinics with Dr Reeckman are available by phoning 6372 2111.

### FAREWELL JENNY MIDSON

After many years of dedicated service to the St Marys Health Centre Jenny Midson has retired from our nursing staff. We would like to thank Jenny for all her years of service and wish her all the best in her retirement years. Goodluck Jenny!

# ST MARYS COMMUNITY HEALTH CENTRE

## COMMUNITY SURVEY

Over the coming weeks a Community Survey will be posted out to all residents of the St, Marys, Fingal and surrounding areas.

We want to deliver the best services we can to the St Marys, Fingal and surrounding areas by effectively allocating our resources. We ask for your help to do this by participating in the **SURVEY**.

**All members of the household are encouraged to fill in this survey.**

**(Please contact the St Marys Community Health Centre for extra copies)**

Completed forms can be returned in the attached envelope to the box provided at the St Marys Community Health Centre, or the local Post Office.

Surveys can also be mailed to:

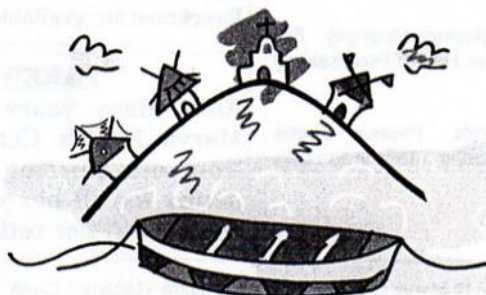
**SMCHC SURVEY**  
**St Marys Community Health Service**  
**Gardiners Creek Rd,**  
**St Marys 7215**

Enquiries to:

**Helen Jennings 6376 5244**

This Survey will enable us to identify the areas of our Health Delivery Service that need more assistance and help identify the areas that are already operating well.

*All feedback is appreciated the good and the bad!*





### EC & FV Auskick Presentation Day

Sunday 8th August saw the final game for the year with the children versus the parents followed by a BBQ and Presentations. Throughout the season we had 76 children registered coming from Avoca, Fingal, St Marys, Bicheno, Coles Bay and Scamander. An excellent day was had when we travelled to play St Helens Auskick and also St Helens travelling to St Marys the following weekend.



A very big Thank you to the Committee and Parents for your assistance and also to the children for playing with great enthusiasm and excellent attitude.



Thanks also to  
Fingal Football Club  
St Marys Football Club  
St Helens Auskick  
Break O Day Council



Registration Day for 2011—17 April  
Hope to see lots of players and parents there

Richard Gee - President East Coast and Fingal Valley Junior Football Association



**St Marys Sports Centre Inc. news** Kackhander.

Not a real lot to report this time due to our fickle and wet weather. The Club Championships (men) due to commence last weekend were postponed because of the real risk that the course was unplayable. The decision was made by the Match committee to reschedule to this upcoming weekend of 11<sup>th</sup> -12<sup>th</sup> September. Sorry for any inconvenience, but it was the only option.

Along the same line, in bowls there is some essential work needing to be done on the green but the weather has also conspired to hold up proceedings there too. Bugger it....

We will reschedule a working bee as soon as possible.

All the membership invoices have been forwarded on by now. Please do your best to return the form so that we can accurately comply with the database regulations quite soon. That would be great.

Finally to the Berwick and Leedham families with the 1 recent losses of Pauline and Matty respectively. The club members would be thinking of the families during this sad time for you. Even though Pauline wasn't a member, she has been a wonderful contributor to the club in other ways over a lot of years. More recently her financial contribution to her late husband Clive's Memorial Triples Day which is a club highlight in the calendar. She did this in partnership with Drew, her son. It was always greatly appreciated. Drew might consider a slight alteration down the track to the Clive and Pauline Berwick Memorial Triples if we ask him.

Matty hasn't been a member for a long time but he was always interested in how the club was going if you met up with him somewhere when his ill health allowed him to get out and about for a while. He was a legendary golf pennant player for many years. On a Saturday he'd struggle to break 80 in the comp but almost without exception he would come out on Sunday and mop the floor with whoever the opposing pennant team would put against him. In his last few years playing before he became ill, his record was something like only four games lost in a five year period. OUTSTANDING in anyone's language.

Again to both families the members and committee send you our kindest thoughts.

Until next time, good hitting and rolling.



**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***

Rump steak	\$11.99kg
BBQ meat packs	\$ 8.99kg
Beef mince	\$ 8.99kg
Scotch fillet steak	\$23.99kg
Ingham chicken breast fillets	\$ 2.99kg

***Instore***

Fountain tomato/BBQ sauce 600ml	.99c
Surf conc. 2xUltra laundry powder 500g	\$1.99
Nestle Milo 450g	\$5.99
Wondersoft toilet tissue 12 pk	\$4.99
Whiskas Pouch cat food 85/100g	3 for \$2

***For the footy finals***

Smiths potato chips 175g	\$2.19
McCain family pizza 500g	\$6.55
Scotts meat pies 900g 6pk	\$4.99
Schweppes trad/min/mixer soft drink 1.25lt	\$1.39
Sorbent facial tissues 170s	\$1.99

***Next week's specials.***

***From the butchery***

Porterhouse steak	\$13.99kg
Blade roast/blade steak	\$ 8.99kg
Diced steak/beef stirfry strips	\$ 9.99kg
Eye fillet steak	\$23.99kg
Marinated roast beef	\$10.99kg

***Instore***

Continental simmer sauces 475/500g	\$2.99
Harpic toilet cleaner 450ml	\$2.99
Olive grove spread 500g	\$3.99
Just Juice long life juice 2lt	\$2.39
Cadbury share pack 150/240g	\$2.99

***For the footy finals***

Smiths potato chips 20pk	\$5.49
Kirks canned soft drink 10pk	\$5.99
Snakatas rice crackers 100g	\$1.79
IGA party pies/sausage rolls 12pk	\$3.99
Safe toilet tissue 6pk	\$3.49

