



The Valley & East Coast Voice

Est. 1968

Volume 44 No. 13. Thursday, October 20, 2011.

50 cents

Community Groups benefit from donations.

Aurora St .Marys work group have just completed 9 years accident free, which means again that the community groups prospered through their generous donations.

This year saw \$700 donated to Kevin Faulkner on behalf of the Hospital Auxiliary, the money going towards many projects that over the years have included Heart Start Machines, wheel chairs, a set of practical scales and an ongoing project for a more user friendly blood testing device so results are obtainable much more quickly than at present.

Also benefiting were the St. Marys Lions Club who also received \$700, which representative Len Miles said would go to assist with much needed Christmas lighting and decorations for the whole town to enjoy in the festive break.

Another \$600 was donated to Cystic Fibrosis to help with their involvement in this area.

These donations are only made available when work groups such as the St. Marys team work accident free for each 12 months and increases with each year that goes by without an incident, it also provides the local communities, where these groups are based, with an access to much needed funds.

As Len observed, "it only works if the crew at Aurora don't actually use the Hospital facilities during work hours, that the donation can be made in the first place".

We all hope that any person that leaves home each morning can go home in the same condition, after a safe day's work.

Therefore it's a great effort that a team that works, at times, in such hazardous conditions day or night, can go 9 years accident free and see the community prosper from those efforts.

Well done to all.

Article: Glenn McDonald

Photo: Peter Troode



L/R: Kevin Faulkner, Andrew Mitchell, Adam Gillies & Len Miles.



St Marys Lions Club Inc
Raising funds
for the Community

Support your Town with pride
by displaying your

\$3.00 St Marys Car Sticker



Available from: The Post Office, Newsagent,
The Purple Possum and Mt Elephant Fudge

Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday November 1, 2011

EMAIL ADDRESS: judith.spilsbury@telair.com.au

Community news

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

The Break O'Day Woodcraft Guild Inc. meets 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)

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.**

Meeting dates for **Friends of St. Helens History Room & Museum for 2011.**

Executive Meeting Dates: 01/08/2011- 07/11/2011

General Meeting Dates: 22/08/2011- (AGM) 28/11/2011

Contact the Centre at **6376 1744.**

Break O'Day Regional Arts - General meetings held on the first Tuesday of each month at 4.30 p.m. at the e.ScApe Cafe. All welcome. Inquiries to Rod **6372 2444.**

Cornwall Community Development Group Inc. meets @ 7pm on the first Tuesday of each month in the Cornwall Hall. All interested persons are invited to attend. Wendy Dawson (secretary) **6372 2722.**

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

St Helens Al-Anon Family Group (Al Anon) To help families and friends of alcoholics recover from the effects of the living with the problem drinking of someone close. Sunday 2pm weekly. St Pauls Anglican Church Hall St Helens Anne or John **6376 4270** or Rose **6376 3335.**

St Marys Alcoholics Anonymous (AA) Friday 8pm Weekly. Holy Trinity. Mick & Shirl: **6372 2909.**

PUBLIC NOTICE

We wish to advise the community and our patrons that the restoration of our verandah is finally underway. Sections of the footpath will be cordoned off for your safety so please be patient as we undergo this important and necessary work.

It has taken many months in finding a builder willing to take on the unknown, so we wish to thank Colin & Chris Lord of Bicheno for taking on this large and important part of our building.

Sorry for any inconvenience

Bruce & Julie Cornelius

St.Marys Hotel.

MANGANA MISSION MUSICIANS JAM NIGHTS

Monthly musicians jam nights will be held at Mangana Mission, 63 Elizabeth Street, Mangana on the 2nd Friday evening every month.

Nov 11th, Dec 9th.

Starting time will be 6.00 pm. BYO meat and drinks for a BBQ. All styles of music, instruments and vocalists are very welcome.

For more information call André or Kate on 6374 2212

The Break O' Day Stitchers meets each Friday in the Bungalow at Neighbourhood House in St Helens from 10 a.m. to 3 p.m. and participants are welcome to stay for as long or short a time as they may choose. The choice of projects to work on is also optional - either to bring your own work or join in and assist on a group project.

AGM

The St Marys Hospital Support Association Inc.,

will be holding an

Annual General Meeting

on Monday, October 24, 2011 at 7pm

in the Day Centre Room at the

St Marys Community Health Centre.

All welcome.

Len Miles, President.

St. Marys Tennis Club advises that membership fees are now due.

Membership forms are available from Sally at the Pharmacy, Annette at the Newsagency or the clubrooms.

ST MARYS BAKERY

PH: 6372 2131

OPEN 7 DAYS A WEEK



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

52 MAIN ST ST MARYS.

Classifieds

For sale

Kawasaki KX85, big wheel, 2001 model. New chain and sprockets and rear suspension. Good condition, goes well. \$2000. Firm. **Ph: 6372 2665.**

1950s style sofa bed. \$50. **Ph: 6372 5418 or 0409 954 933.**

Kelvinator Cyclic 340 fridge. Two doors. 100 litre freezer on top of 240 litre fridge. About 25 years old. Great beer fridge. \$80. **Ph:6372 2200 or 0407 833 497.**

Ford Falcon Ute, 1999, AU Model, 250,000km Always Serviced, mechanically good, patches of missing paint, front bumper damaged, fuel gauge doesn't work, tray Liner, AC, Auto, Alloy Wheels 16". \$3,800. ono. **Bryn: 0458 596 716.**

TTR600, 2001 Model. Not in running condition, no rego, Needs someone with mechanical knowledge to fix. LAMS Approved, Call for more Info. Will consider all offers.

Bryn: 0458 596 716.

Holden HQ-Hz centreline rims, set of 4. **Lounge suite, 3 seater couch, 2 rocking chairs.** \$125. ono.

Ph: 6372 2542—0417 590 580.

Mastiff pups. All black—can view parents. Ready early November. Wormed and vaccinated. \$500 each.

Ph: 0427 713 195.

Certified seed potatoes. Pink Eye, \$2 kg, Bismark, \$1.50kg. **Ph: 0427 713 195.**

2002 Commodore VX Executive series 11 sedan, 4 speed auto, power steering, air con, 17" mags, new tyres, fog lights, tow bar, rego till April 2012. V.G. condition.\$4,900.ono. **Ph: 0419 518 533 or 6372 2465.**

Blackwood designer bed & mattress with enclosed unit in 5' headboard. 4 large drawers in base. **Small chest of drawers. Blackwood corner unit** with 8 drawers. **Tapestry arm chair. Antique dressing table. Wool carpet 6' x 3'.** Open to offers.

Ph: 6376 3713—0419 946 849.

Aquarium 500lt, cabinet, hood, sump box, inverter, lights, canister, filter, many extras. Comes with adult Oscar, heaters. \$850. **Ph: 6377 1156.**

Holden Rodeo 1 tonne ute, metal tray and side gates. Isuzu motor. Reg December. Recently passed 2 states inspections no problems. 1989. Air cond. \$2990. **Ph:6377 1156.**

DR 350 Dual Sports Suzuki Motor Bike. Electric start, L approved, registered. \$1,700.ono. **Ph: 0459 158 675.**

Dark green 1996 VS Commodore wagon. Damaged front, unregistered. Good motor & auto transmission. 200,000kms. \$600. neg. **Ph: 6372 2657.**

Dressing table with oval mirror. \$159. **Ph: 0419 946 849.**

Coffee table/chest (900l x 500w x 500h) Ex con. \$110. Contact Karen Polden. **Ph: 6372 2438 or 0439 333 398.**

WANTED

Quiet, older horse / pony 14 - 15hh for occasional beginner rider. **Ph:6372 2059.**

WANTED

Someone to do panel beating and mig welding on car project.

Phone. Ray 6372 2681 or 0407 878 020

WANTED TO BUY

Laptop computer and also portable DVD player.

Ph: 0427 713 195.

WANTED TO BUY

Trout fly rod and associated gear.

Tel: 6372 2712

GLASS DISPLAY CASE WANTED - please contact Rita at Gone Rustic on 6372 2724 (Tues - Sat, 10-4)

WANTED unused water tank or similar, at least 70cm high, no big rust holes, suit wombat wildlife rehabilitation. Will collect. **Simone 6377 1156.**

Mad Keen Gardener looking for empty plant pots.. small to medium size, if you have pots you no longer need, please phone: **6372 2818 will pick up.**

WANTED

Bows Arrows and any Archery paraphernalia and supplies for young archers with very little pocket money. Also empty wool bales or large feed bags that can be stuffed for soft targets.

Please call 0412 803 027.

WANTED

SOMEONE TO CROCHET A SHORT SLEEVED CARDIGAN

PH: 6372 2756.

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

Frozen blueberries - \$11 kilo **Phone 6372 2341.**

Garden mulch. Large square bales of straw.

Free delivery in St Marys area.

Ph: Mark or Alana: 63722145.

Small square bales of garden mulch \$5.

Small bales of grass & clover hay. \$5. (undercover)

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.

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.



NOTICE TO COMMUNITY GROUPS

*St Marys Association
for Community Development Inc.
is putting together a calendar of events
for the Fingal Valley.*

*The idea is that community groups can know
what the other groups are doing throughout the
year and organise their particular event on a date
of their own which does not clash.*

*If you have something planned over the
next year please contact the
Association at the St Marys Online
Access Centre*

**Phone: 63722005, or email:
stmarys@tco.asn.au**



www.fingalvalleyhistory.com

*The St Patricks Head & Esk Valley Historical Society Inc
have decided at this time to postpone their bi-monthly
field days and walks.*

*We apologised for this, but unfortunately current
circumstances just do not allow it to happen.*

*We would, however, like to thank all those wonderful folk
who have supported us on the walks over the past couple of
years and we can only hope that some time down the track
they will return in some form.*

SENIORS KIOSK



Are you aged 50 years or over?

**Would you like to have basic computer skills?
Would you like to enhance the skills you have?
Would you like to email, surf the net, pay bills
online, or simply play computer games?
Would you like advice in purchasing a computer
for around \$300?**

**If your answer is yes to any of these questions
then come into the St Marys Online Access
Centre at 23b, Main St, St Marys and talk to
one of the friendly volunteers.**

For everyone over 50 it is all free

Tasmania Valleys of Adventure

AVOCA - ROYAL GEORGE - ROSSARDEN - FINGAL - MANGANA - MATHINNA - UPPERESK - CORNWALL - ST MARYS

GREATER ESK TOURISM

GET TOURISM ... meets the second Monday of each
month unless otherwise notified.

WHERE: Fingal Valley Neighbourhood House

TIME: 7PM

All WELCOME.

Enquiries to the president on 63722783.

Bicheno Indoor Market

When: every last Sunday of the month
until end November 2011.

Where: Bicheno War Memorial Hall
9am – 1pm

*Hot Foods – come and enjoy breakfast,
morning tea or lunch.*

Variety of Stalls

More stall space available:

Contact David Logie: ph. 6375 1129.



Sunday Market

Happening :

At the Old Tasmanian Hotel



On the third Sunday of the Month

Please ph 6374 2344 or mobile 0488 562 538

to book your table/trestle

Needed: fruit & veggie stall holders

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 1st Saturday every month in the
community hall. 9am start.

New stall holders welcome.

Phone Robina 03 6372 2022 or Sue 03 6372 2512

**St Marys Salvation Army, has
2 Christmas Trees on offer, for
a donation - come and choose!**



CONTACT MEL:

6372 2099 or 0409 838 816

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.



www.fingalvalleyhistory.com

East Coast Wineries

With the East Coast of Tasmania having the perfect climate and conditions for the growing of grapes, it is little wonder that we have seen the wine industry along the coast move from strength to strength in recent years. Not only has there been good infrastructure built for the making of wine, but hundreds of hectares and millions of dollars have been put into the development of land and the planting of grape vines. It is also labour intensive, with many people on the coast and in the Fingal Valley finding employment in the industry.

The history of wine making is not new to our region, however. Indeed, it can be traced back to our very early settlers who were clever enough to make wine out of almost anything, with the Irish said to be the best at the game. Their speciality was a beverage called poteen or potcheen, which was made from potatoes and had the reputation of having plenty of punch.

Once apple trees were established in Van Diemens Land, cider became a popular homemade alcoholic drink. This drink was made popular on the East Coast in the 1800s by Brewis Lyne of Swansea who brought apple trees and a cider press with him from England in 1826. Brewis's recipe, which was handed down through generations of the Lyne family, became so popular it was labelled "The Pride of Swansea". It was said the cellar at the Lyne home was kept full and its contents always available to family, friends or those just passing by.

Parsnips made another popular ingredient for our ancestors in wine making. As did the Kentish cherry, which would tantalise your taste buds and almost blow the top off your head! My uncle Walter made a cherry wine every year, but his portion for those wanting a taste was only ever a small tumbler full. But you soon found out that was all you needed. The sweet, pleasant tasting drink was fine until you stood up and went out into the fresh air; then your head would spin, your knees would buckle and you would almost have to crawl home.

The pioneers of commercial grape growing and wine making along the coast were ex-abalone diver Geoff Bull and his wife Susie who established the Freycinet Winery south of Bicheno in the early 1980s. Geoff and Susie based their plans for a vineyard on the experience gained by the Alcorso family, Graham Wiltshire and Andrew Pirie, all of whom must take most of the credit for pioneering commercial vine-growing and wine making in Tasmania.

In 1985 John Fenn-Smith, working closely with the Bulls, planted 6.5 hectares of vines and 2000 olive trees on his property next door. John named his winery Coombend after the 2,600 hectare sheep grazing property it is part of. Tamar Ridge Estates purchased Coombend in 2005 and extensive new vineyards were established on the eastern side of the highway. The property now has around 160 hectares of vines and 4,000 olive trees.

It's interesting to note that Coombend and other vineyards in the area like Apsley Gorge, Milton and Spring Vale were all owned at one time by members of the Lyne family who were credited with pioneering cider making on the East Coast.

The latest vineyard development is currently taking place at the White Sands Complex at Iron House Point. This project, situated on the Tasman Highway, halfway between Bicheno and Scamander, has the potential to be one of the largest wineries in the area. To add to this, with its accommodation, restaurants, convention centre, brewery and winery, the White Sands Complex will no doubt end up being one of the largest employers on the East Coast.

As a lover of a good red wine, I think it's wonderful to have so many esteemed wine makers within our reach. I look forward to tasting the White Sands varieties sometime in the future, but I doubt if one will come up with anywhere near the punch of the Irish poteen, Lyne's cider, or Uncle Walter's original Kentish cherry wine.

Jim Haas.

On behalf of the Break O'Day Woodcraft Guild we would like to extend a well deserved thank you to Mr Peter Troode for the excellent manner in which he chaired "Meet the Candidates" at the St Mary's Town Hall.

We are especially grateful to Peter as he was given short notice and had guests arriving at his business that night. Peter rearranged his schedule to accommodate this important role.

Many thanks again

Wendy Brennan

Secretary

For the Break O'Day Woodcraft Guild



St Marys Pacing Club Inc.



Due to illness, the Annual Meeting of the St Marys Pacing Club which was advertised for Friday the 14th of October, **had to be postponed.**

The meeting will now be held on Friday the 28th October, under the grandstand at 7pm.

Any new members will be made welcome, as a lot of us have reached our use-by date.

If you wish to assist, please come along.

Eric Bean, Secretary.

Letter to the Editor,

I refer to and thank the writers of "Letters to the Editor" on 6th October, 2011 (Vol 44 No12), regarding Greater Esk Tourism's (GET) submission of a proposed Break O'Day National Park. It's great to see our democratic values being exercised in this publication and it especially works best when we are well informed. So in responding on behalf of GET, I will endeavour to address some of the raised concerns.

We appreciate the recognition of the "well produced document" and advise that the cost of its production was born by our members enthusiastic about the proposal. GET's membership does embody a fair representation throughout the Valley with 41 locals and includes 23 businesses.

Our submission slots into the current processes laid down by the Intergovernmental Agreement signed by Premier Lara Giddings and Prime Minister Julia Gillard on the 7th August 2011. These processes mean that Professor Jonathon West and his team will have to verify that the reserve area of the proposed National Park contains high conservation values. This verification process will be completed over the next two months and if verified, legislation would then be required to make the Park permanent.

Greater Esk Tourism Inc. is confident that the proposed Break O'Day National Park would bring many benefits to the local community and would enhance St Marys as a tourist destination. Currently most of our visitors and tourists pass through on their way to the coast. The National Park would encourage more tourists to stop in St Marys, resulting in opportunities for local jobs and in doing so; contribute to a healthier economy for the municipality.

Tourism Tasmania's Visitor Survey indicates that 44 per cent of all tourists coming to Tasmania in the past four years have looked for and experienced a walk in the Tasmanian bush. This may seem a little strange for us who can walk in the bush whenever we wish, but it is a big ticket item in attracting our visitors. This popular activity of walking in National Parks means that St Marys, with its tremendous resource right on its door step, is not being utilised. Drawing attention to this natural park resource was an opportunity that GET undertook with its submission to create the proposed Break O'Day National Park by combining all the existing State, Forestry and Informal Reserves.

With respect to the current prohibitions regarding trail bike riding, 4WD driving and woodcutting, this would not change under a National Park status. Some National Parks allow horse riding in them but this is a matter to be determined by the Park authority. Dogs are not allowed in any State Reserve or National Park.

The proposed National Park does not affect any activity on private land; in fact owners of private land adjacent to the proposed Park would more than likely experience an increase in their property value.

With regard to the mining industry, arrangements are being made to have discussions with Cornwall Coal Pty Ltd.

While the future is in our hands, a healthy tourism industry for St Marys is a sure way of providing opportunities of creating jobs for our children. The proposed National Park status could well attract an injection of new residents seeking to reside in our wonderful part of the world with the obvious economic benefits flowing through our community. Peter Troode - President of Greater Esk Tourism Inc.

6372 2783 hm 0412 425 666 mb
email: addlestone@bigpond.com

Dear Editor,

I refer to Letter to the Editor 6th October 2011 - Mrs J Perryman, regarding the proposed Break O'Day National Park. I fail to understand why Mrs Perryman mentioned my name in her letter linking me to the proposed National Park and strongly implying that both Clr Johns and I have betrayed our commitments of honesty, transparency and community consultation when elected to council.

Can I please set the record straight: a) the submission for the proposed Break O'Day National Park is nothing to do with Break O'Day Council, and b) acting on concerns expressed to me by several local residents, I liaised with the proponents to make a presentation on their proposal at a Council workshop which occurred on 13th October (attesting that I do indeed remain committed to honesty, transparency and community consultation).

Whilst I do support the concept of having a Break O'Day National Park as I believe strongly in the protection of our beautiful and diverse natural environment, I have concerns (and expressed these to the proponents at the Council workshop) that this might impose significant changes to the socio-cultural traditions (horse riding, dog-walking, water-rights, etc) that have taken place in this area for many generations. I believe these concerns need to be addressed through public consultation before the proposal can progress.

Clr Hannah Rubenach.

Dear Ed,

It may come as a surprise to some people that live along Lower Germantown Rd that the majority of trail bikes that "occasionally" use this road are in fact registered or have a recreational vehicle licence, this to my knowledge would make it perfectly legal to do so.

Although admitting knowledge to an unregistered vehicle being used on a section of this road to cross from one track to another (namely my 11 year old sons trail bike) and this being done under my supervision, I am unfamiliar with private property signs on the tracks we use in these areas.

The areas around Lower Germantown, Germantown, Dublintown, Mt Nicholas etc., have been used by local recreational vehicle users for years with all bar none (to my knowledge) sticking to the formed tracks that have been there for generations, as it is a great way to see our own backyard. We also ride with due respect to houses, bushwalkers, sightseers etc, we see along our way.

What does concern me is the fact that a person along Lower Germantown Rd has been jumping out in front of these vehicles taking photo's of them as they go by, thus endangering the lives of the operator and themselves. Would it not be easier to stand in full view of the operator, wave them down and have a civil discussion with them about your concerns.

It should also come as no surprise to the person along Lower Germantown Rd that it angers me for you to link an item of stolen property and the school holidays together.

I find this highly offensive and an insult to all parents, teachers and children of the local area and feel a public apology should be made.

The real locals of this area live here because we love the area, the life style, the people, we know that occasionally we are going to hear a mower at 7am in the morning, or a chainsaw next door when we want peace and quiet, or even a rooster that crows all night, or maybe even a group of recreational vehicle users heading off into the bush for a day's adventure, but we put up with it because we know that is just the way it is.

So as I have said before, if you don't like the area in which you live there is an easy solution, pack your bags and move on.

Leigh Spilsbury.

MELBOURNE CUP LUNCHEON

at

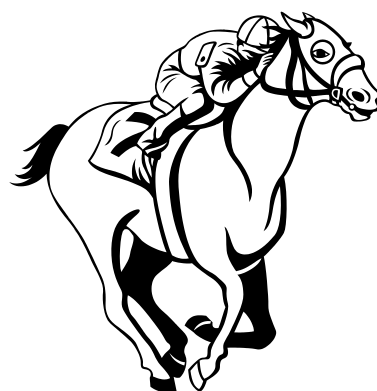
St Marys Hotel

Tuesday 1st Nov. 2011

12noon for 12.30 Luncheon

\$25 per person

Lions Club of St Marys will be conducting
sweeps and raffles with proceeds going
towards the Town Christmas Party



Random
prizes
during
afternoon

Prizes for:
Cup Lady
Cup Gent
Cup Hat

Early bookings essential
before Tues 25th Oct. 2011
Payment when booking please.



Julie & Bruce
St Marys Hotel
Ph: 63722 181

EAST COAST CLASSIC MOTORCYCLE GROUP

The East Coast Classic Motorcycle Group (ECCMG) invites all interested persons to their inaugural bike meeting/run to the Ross classic motorcycle show on 27th November 2011.

All motorcycle enthusiasts welcome, especially those with an interest in classic/older bikes. All riders/bikes welcome to this initial ride to Ross taking in collection points at St Helens/St Marys and Conara junction.

- * **Meet at St Helens Backpackers
(next door to Chickenfeed) at
9am for a free coffee and
pancake send off.**
- * **Leave St Helens -10am.**
- * **Collection point at St Mary's
Cranks and Tinkerers-10:30am.**
- * **Collection point at Conara
Junction - 11:30am.**
- * **Arrive Ross motorcycle show -
12:15 approx.**
- * **Optional return ride via Lake Leake &
Bicheno (Bicheno Bike museum visit?).**

For those who don't wish to ride a mini bus is available at \$25 per head return, meet at the same pick up points.

Rescue trailer will follow the ride!!!

If interested:

Contact the organiser Paul on 6376 2017 - between 8-11am.

As I need to know numbers/level of interest.
(Bookings essential for the Bus places)

**SPONSERED BY: St Helens Backpackers,
Bicheno Motorcycle Museum, St Marys
Cranks & Tinkerers.**



MT ELEPHANT FUDGE

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



- ◆ When no one understands you, chocolate is there.
- ◆ Seven days without chocolate makes one weak.
- ◆ Life without chocolate is no life at all.
- ◆ The best things in life are chocolate.
- ◆ There are two food groups: chocolate and fruit.
& if it is fruit, it should be dipped in chocolate.
- ◆ Life is like a box of chocolates. . . Full of nuts.

Thursday - Sunday 10am to 5pm

Fudge tasting, hand-made speciality chocolates
(made by moi,) GREAT ice-cream, coffees, drinks,
cakes, gifts, books, jewellery and more.

Why not call in today.

How the "Clean Crack Laundromat" was named.

I have been asked many times in the last month, how I came up with a name like Clean Crack Laundromat. It was simple really, as many people know, and probably just as many don't know, the gap in between the laundry and Smiths garage (now Ricks) has, for as long as I can remember, been referred to, as the Crack.

Of course, when we were kids, it didn't look like that, there were no bricks on the outside walls, and there was an old gate hanging off its hinges, where there is now a door, and there was never anything in there, but we would pop our heads in to have a look just the same.

The footpath was gravel and the laundry now, was then Mrs Semmen's milkbar. We then moved on to the old shed, where the Coach House Restaurant, now is. Maybe someone would like to tell you how that got its name.

The laundry is open 7 days a week, usually about 7am. Soap powder is available from Ross and Tracey at the Coach House or Kim, at Second Hand Rose, for \$2.00, and also change. There is a notice board inside, if anyone wishes to use it. Drop in and see Ross and Tracey for a coffee or browse at Kim's while you wait.

We would all like to wish Ross Bean a very speedy recovery.

Dana.

**CLEAN CRACK LAUNDROMAT
MAIN ST
ST MARYS
(NEXT TO SECONDHAND ROSE)
IS NOW OPEN
FOR BUSINESS**

Dear Editor,

In response to Cagerattler (VV 22nd September) I would ask: why is it wrong for a Councillor to be associated with a political party?

As it is, we have very few people willing to make the commitment and sacrifice to stand for Council (only 8 from the entire Municipality to fill 6 positions).

If only people who declare they are independent stand, there would probably be insufficient numbers to form a full council. Did Cagerattler and others who want only independent Councillors, stand for nomination this election?

Councillors who are not ashamed of belonging to a political party should declare their membership on the Councillor's Register of Interests (which is open for public inspection). Councillors are local people serving their local community; therefore I don't believe any of them are political robots.

I am in favour of independents and believe they are desperately needed at all levels of politics. However, independents don't have a monopoly on integrity! Any candidate with a loving servant heart will not seek their own agenda, but will serve their community.
Beverly Rubenach.



ST MARYS SPORTS CENTRE INC

SATURDAY GOLF

22nd OCTOBER--HIDDEN 9 HOLES

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Wendy Brennan Secretary 6372 2094

The members of the Guild wish Ross Bean a speedy recovery and hope to see him back to his bright eyed self very soon. Our best wishes to both Ross and Tracey.

Many thanks to Wendy French the co-ordinator of StandBy, who presented an excellent informative night at the Guild's venue. "Crossing the River" enlightened many of our guests and members with the necessary skills to help deal with suicide crisis intervention as well as specific suicide bereavement issues.

A thank you to all those members of the community who attended our "Meet the Candidates". The Guild regards this as an essential community service. To Sir Patrick Wells (bicycle Pat) who faithfully delivered our pamphlets. A thank you to the shops who displayed our flyers, namely Second Hand Rose, Ping's Place, I.G.A, Grants Garage and St Marys Bakery. Mathinna Post Office, Christy's Restaurant Fingal, the St Marys Community Health Centre and Peter Troode for his excellent skills as a chairperson in delivering a fair and equitable meeting.

Finally, to end on a good note. The Guild has been successful in acquiring a grant from the Department Of Families, Housing, Community Services and Indigenous Affairs. Be assured as with all our grants we will spend as much locally as we possibly can.

The Guild meets on the last Saturday of every month at 2pm in the old railway goods shed situated behind the Railway Station complex. New members are always welcome. We are open Monday, Wednesday and Friday. Other times by appointment.

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*Photos from STANDBY
by Wendy Brennan.*

KNITWEAR - thank you to all the lovely people who knitted for us, to help needy children around the world. We have sent your donations to Mongolia, Africa, and India, as well as to the local Anglicare service. WE ARE NOW ENDING THIS PROJECT, due to the high cost of postage, so please don't give us any more knitted items. Your response has been wonderful! Once again, thank you, from Rita Summers and the Rustic Ragamuffins, Gone Rustic, St. Marys.

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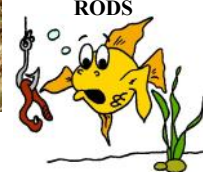
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Break O'Day National Park Proposal

One of the advantages of living in a democratic society is freedom of speech. This publication plays an important role in allowing this, and it's wonderful that we can use it to express our views on various issues.

However, the letters which appeared in the last issue of ECVV in response to the proposal for a new Break O'Day National Park, while sincere, have some anomalies which concern me.

I am a resident and business operator who has lived in the Break O'Day municipality for a total of 22 years. As mentioned in a recent letter to the editor, my husband and I have invested much time, energy and finances into the area because we believe in its potential. I could also mention the blood, sweat and tears, but that's another story!

In addition, we contribute to the community in a voluntary capacity, as we are able. My participation and experience, in Break O'Day and further afield (as a teacher, manager, community worker, volunteer and business operator) has, I believe, given me a few insights into the strengths this region has, and how they can be built upon to give it some kind of a future.

The forestry industry in Tasmania is in trouble. Manufacturing is in trouble. The state is also in quite a bit of trouble. Unemployment is high in our area, and our kids complete their education and leave. We have few jobs to offer them. It's not only businesses, families and individuals who are struggling to keep their heads above water. Our state, our nation and our world are in a huge financial battle at the moment.

We've all been tightening our belts, spending less, investing less. It can get quite depressing if we let it. What we need is a bit of raw courage. We need to try something new. If the old ways worked, we wouldn't be in the fix we're in now.



When we stick our necks out and try something new, we become vulnerable. But if we pull together, we are stronger. We can give some hope to our community. We might have some kind of a future to offer our kids. We might even buck the global trend.

If we don't try, we've failed before we've started!

We have assets which are underutilised. They are already here – we don't have to spend money to buy them.

Why can't we compete with the tourist numbers of Cradle Mountain or Freycinet? Don't we believe that our part of Tasmania is as beautiful, if not more so, than other established attractions? Can't we put our region out there with the best of them, and maybe even outshine them? Have we lost all our idealism? Without ideals, we lose hope, and that's not a nice place to be.

The new national park proposal is based on *existing* reserves. So what is the problem exactly? Maybe we should look at the facts and not base our opinions on conjecture, fear and pessimism.

As for considering the needs of locals, all the members of GET (Greater Esk Tourism) *are* locals! All of us work and/or live in the area. Some of us have been here for a long time. A few of us have family links to the region that go back for generations.

Yes, free speech is a wonderful thing. We won't get arrested for expressing our opinions. However, we can do a lot of harm, and further undermine an already struggling community.

Do we want this proposed national park to be run properly? Do we want it to be available to the community as well as to tourists? Of course we do!

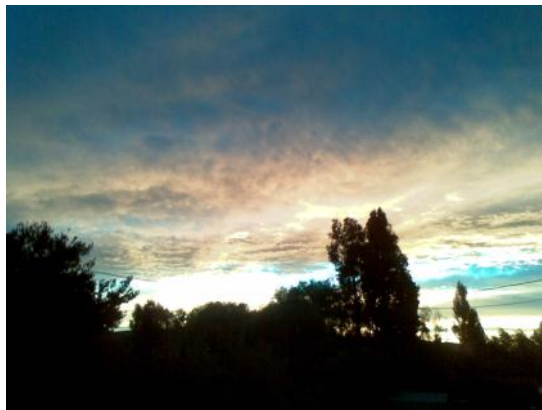
That is why a Community Management Trust is part of the national park proposal. Not only is this an innovative concept in park management, but it is a unique opportunity for locals to become involved, alongside specialists in the field. The community would thus be in a strong position to have a say in how it is run, including if fees would be imposed or not.

In conclusion, let us remember that this is a *proposal*, not a *fait accompli*. Let's discuss it in a healthy and constructive way, and see what can be done if we work together!

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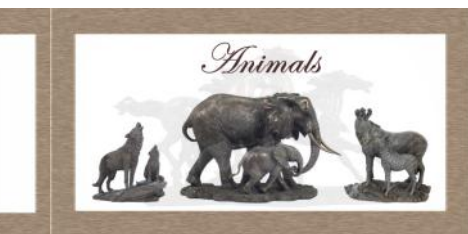
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The Say Cagerattler

Firstly up front let me declare that I am a Labor voter, always have been. I still believe that despite possibly the savage health cutbacks this mob including the Greens. have done a fair job at present in difficult financial times in Tasmania. You would have to be pretty naïve or dumb to think that the current shortfall in the state economy is all down to this Government. Sadly we need lots more Federal based GST revenue to offset this shortfall and as they say "It ain't gonna happen any time soon".

In the meantime though the wheels have to keep ticking over and because Tasmania's population is exponentially rising and that population is ageing more quickly than the other states, it is obvious that our health services are coming under more and more pressure as every year passes. It tickles me that the other mob continually politicise this crucial issue and they MUST know that these facts are correct, yet they constantly use this as a tool. Then again I suppose that's politics so why should we be surprised.

Labor at the next State election will be decimated unless in the next 18 months to two years things improve dramatically, as much globally and in turn federally. It all comes down to money. Perhaps the incumbent Government would consider a slight easing of the budget especially in regard to some things such as Land Tax, Housing Rental rates and Power pricing to pensioners etc. In regard to the big ticket stuff like Health and Education money speaks and is required in big chunks to make work as efficiently as possible but for these other things any easing can only help with the overall wellbeing of those most vulnerable. I hope this Government considers this as and when it can. Who cares if the budget shortfall takes a bit longer to adjust. Doesn't seem to bother everyone else in the world. Just look at the USA, Greece, Ireland, Italy, Japan... You get the picture.

Similarly at a Federal level and despite the factional carrying on of the Party, Australia finds itself in a much stronger position than pretty much every other Western based economy on this planet. Despite this if an election was to be held right now they would be totally written off. Look at the hide our heads in the sand alternatives though. I cringe with the thought of the current Opposition in power.

I can't believe that just on one issue (Carbon Tax) this mob could still be fighting against the Tax. To you and me it's going to make stuff-all difference overall but it's going to make lots of us re-look at how we do things. Apparently our Opposition know better than the vast majority of environmental scientists around the world. It's just the same as the idiots in the business community who deny overwhelming evidence because it might mean they'll need to clean up their act to compete in the market place. Again though, this policy will almost certainly cost a fairly good Federal Government office. We as Tasmanians and indeed Australians are a fickle crowd and a tough audience. Sometimes we really do need to stand back and smell the roses and take EVERYTHING into consideration before we attack the ballot box.

What do you think ?



The Avoca Police Station will close at 4.00 pm on Friday 14 October 2011. Also on that date, policing services for Avoca and other surrounding communities including Royal George, Rossarden and Storeys Creek will be provided by Police Officers from the Deloraine Policing Division.

Inspector Darren Hopkins is the officer in charge of the Deloraine Division and he can be contacted on 03 63 62 4004 or by attending the Deloraine Police Station which is located on East Westbury Place and Lake Highway, Deloraine. (Postal Address P.O. Box 252, Deloraine TAS 7304).

The nearest Police Station is located at Campbell Town, 35 Kilometres west of Avoca. Campbell Town Station employs three full time Police Officers, namely Constable Paul Littlejohn, Constable Anna Burbury and Constable Timothy Nolan. Those officers can be contacted on phone number 03 63 81 2020.

Please do not contact Fingal or St Marys Police Officers for assistance, as those Officers form part of the St Helens Division. In the event of an **emergency**, Tasmania Police Communications Section will task the closest available Police Officer, regardless of the Division the responding Police Officer works within. For general assistance, please call the non-urgent phone number (131 444).

Please retain the following contact numbers for your reference:

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For the parents of children aged 7 ½ - 10 ½ (or close to)
When: Sunday 13th November
Time: 2pm
Where: Cub Shed, 220 Argonaut Road, St Helens
(Last property on the right before the State Forest)
Why: Come and meet our new leaders, find out all the benefits that being in Cubs brings to your family, meet some Cubs and Scouts, find out about the financial side, participate in a healthy activity and be part of a long standing tradition of Cubs and Scouts in the St Helens area.

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

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*Break O'Day Council
Australia Day Awards 2012*

Citizen of the Year & Young Citizen of the Year

Award Description:

Citizen of the Year:

To be eligible, the person must be 27 years or older on or before the 26th January 2012.

Individuals Eligible for Award:

Persons who have made a noteworthy contribution during the current year and/or given outstanding service to the local community over a number of years shall be eligible

Young Citizen of the Year:

To be eligible, the person must be under 27 years of age on or before the 26th January 2012.

Individuals Eligible for Award:

This award is for a young citizen who has made a noteworthy contribution during the current year and/or given outstanding service to the local community over a number of years.

Nominations for Awards close 5.00pm Friday 16 December, 2011.

Nomination forms available from the Break O'Day Council Office, or email

Chris.hughes@bodc.tas.gov.au

Jenny.singline@bodc.tas.gov.au

Council will not accept any late nominations.

Postal Details:

Australia Day Awards
Break O'Day Council
PO Box 21
ST HELENS TAS 7216

Awards will be presented at the Australia Day Award Ceremony on January 26th 2012

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COMBINED PROBUS CLUB OF SCAMANDER INC.

The Combined Probud Club of Scamander meets at the Scamander Beach Hotel Resort every 4th Wednesday of the month. The meeting time is from 10.00 am to 12.00 noon.

"Fellowship, Friendship and Fun are the foundation of Probud clubs. "The club is very active in providing its members with activities in which we are able to enjoy each others company. We have been on a range of bus trips during the year and often have after meeting BYO lunches and barbeques at members' residences. Our latest outing was a visit to the Holy Cow .

Our club was the first to visit the recently restored Callington Mill at Oatlands. We also visited historical Bothwell and the Anchor Mine tin stamper.

During August and September our guest speakers were both inspiring and thought provoking.. Our guest speaker in August was Lizzie Afeaki from White Sands Resort. Lizzie, who was a local girl spoke of her life choices which finally lead her back to Tasmania and the East Coast. Chris Dewar was our guest for the September meeting. Chris talked about her personal involvement over many years within the local area. She outlined the changes that have occurred within the Tourism industry during the last decade. Chris, together with her committee, are actively involved in promoting tourism on the East Coast.

On **Monday 28th November** the Scamander Probud Club will be tripping with Franklins to the Tamar Valley, Georgetown and Low Head. Non club members are welcome to accompany us on the trip.

For further information do not hesitate to contact Barry Aulich on 63725752 .

If you would like to come and visit our friendly club on a meeting day we would make you very welcome . **Want to know more?** Then please contact Greg on 0438 431

THANK YOU

The volunteers of the Valley Voice would like to thank the Woodcraft Guild for raising the height of our tables. What a pleasure it is to have no more aching backs. And all done so quickly too!! You are an asset to the community. Thank you again.
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Food and Beverage Scorecard Highlights Growth

The Minister for Primary Industries and Water, Bryan Green, said last week that Tasmania's salmon industry is setting an exciting pace in the growth of the State's food and beverage sectors.

Mr Green said the value of salmon production has increased by \$250 million in the past five years, growing by almost \$1 million a week.

"The expansion of our aquaculture sector has been a real success story and the Government is working to continue growth across our primary industries.

Mr Green welcomed the release of Tasmania's latest Food and Beverage Scorecard which provides a comprehensive analysis of the State's agricultural, seafood and food production sectors.

The report shows a steady increase in the gross value of agricultural and fisheries production which now exceeds \$1.6 billion a year.

Mr Green said major expansion of the salmon industry, which could see production double by 2030, was more positive news for the State's economy.

"Last year the industry produced over 30,000 tonnes of fish and now employs over 1000 people.

"The Government is strongly focussed on continuing to grow the primary industries sector and sustaining jobs.

Mr Green said the roll out of major irrigation schemes as part of the State's \$400 million water development plan would keep the momentum going.

"We have rolled out our first scheme, a further two are almost finished, a fourth is under construction and 10 others are at various stages of development.

"This will provide further opportunities for farmers to grow and diversify their businesses.

Mr Green said there had been steady growth in the overall value of food production in Tasmania since the first Scorecard was produced by the Department of Primary Industries Water and Environment in 2004-05.

"The Scorecards are based on ABS and industry data which provide important information to guide future investment decisions.

"The investment in our dairy industry, where we are seeing expansion plans worth tens of millions of dollars on the North-West Coast, is a great sign of confidence in the sector," Mr Green said.

The latest Scorecard shows that increased production of dairy, potatoes, carrots, onion, stone fruit together with poppies and pyrethrum contributed to a \$176 million rise in annual farm income over the past five years.

Mr Green said a snapshot analysis of the top 10 food and beverage categories for 2009-10 also pointed to the ongoing strength of the sector.



L/R: *David Forrest, National Business Manager for Tassal, Bryan Green, Minister for Primary Industries and Dr Adam Main—CEO Tasmanian Salmonid Growers Association.*



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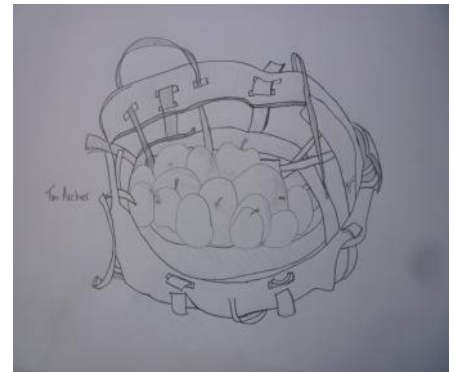
Break O'Day Regional Arts Upcoming & Current Events



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passages, trips, journeys, hallways, roadways, transit,
voyage, poems, chapter, to weave, to emerge and more.

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Kooki's Korner

Satay Hong Kong

Ingredients

Satay sauce, coconut milk or crème,
oil of choice, onion, ginger –fresh, rice of choice,
salt & pepper, meat of choice, vegetables, prawn crackers.

Method

Cut meat & vegetables into small cubes or juliene strips.
Steam rice for 10-15 mins - on low after water boils. (test
a few grains to see if cooked)

Meanwhile slice onions and grate or fine cut ginger. Oil
wok or frypan. Add vegetables (onions & ginger) to pan
and stir-fry on hot a few minutes, then reduce to low.

Add veg/ meat, keep moving the ingredients, add
tablespoon of Satay sauce.

Cover and leave to simmer on low. When cooked to
satisfaction add a few tablespoons of coconut milk.
Reheat and serve.

Prawn Crackers

In a small saucepan, heat enough oil to completely cover
crackers. Test heat by trying one. Use chopsticks or tongs
to turn if needed, then lift out and place on kitchen paper.

Recipes submitted by Ping's Place.

Big Shed has a new **guitar teacher** with 3
years teaching experience. Book now
for your weekly lesson. All abilities
welcome.

Weds 4.30-6 New time with John McCall
Garden sculptures - John will assist you
with your individual project. High school
students welcome. No Experience
needed. \$20 Concessions Available.

1st **Wed** of every month 5-6.30
Life Drawing (Model and materials
provided. No tuition) \$12 No bookings required

Local artist Zeb Walker is currently on site
creating his amazing yurts

Big Shed has a recording studio, PA hire
and experienced engineers.

Big Shed has art space for hire, as well as
a network of artists available for
commissioned artworks,

24837 Tasman Highway, St Helens.

Phone **0428725228**

Bigshedstudios@yahoo.com

BIG SHED STUDIOS

C & D EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS

Phone : 03 6372 2033

Mobile : 0439 722 032



LOCAL OWNER - OPERATOR

OVER 20 YEARS EXPERIENCE

Ph : Dana or Craig

6372 2033 /0439 722 032

Incorporating all your needs in:

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

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

AND MUCH MORE

Tim Morris MP

Tasmanian Greens Member for Lyons



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.



St. Helens Electrical

ROD SHAW

LIC: C00489

Domestic, Commercial, Industrial:

*Wiring and Repairs, Rewires,
Underground.*

Home Heating:

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

Lighting Specialist :

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Sales and Installation.*

Ph: 6372-5522 Mbl: 0407-615-072

2 Lagoon Esplanade, Scamander 7215

Remedial Massage and Naturopathy
ring Sue Christiansen for an appointment.
0418 515 419



Mon	Tue	Wed	Thu	Fri
			20th <ul style="list-style-type: none"> SCHOOL ATHLETIC CARNIVAL Stepping Stones - Mini Athletic Carnival Launching into Learning—St.Marys kinder 	21st <ul style="list-style-type: none"> SCHOOL ATHLETIC CARNIVAL Launching into Learning—Fingal Campus
24th	25th <ul style="list-style-type: none"> Grade 10's Mock Interviews SCHOOL ASSOC. Meeting 7pm St Marys Campus 	26th	27th <ul style="list-style-type: none"> Launching into Learning—St.Marys Kinder Stepping Stones - St.Marys Kinder 	28th <ul style="list-style-type: none"> Launching into Learning – Fingal Campus "Day for Daniel" - Red T-Shirt Day
31st <ul style="list-style-type: none"> Australian Business Week 	1st <ul style="list-style-type: none"> Primary Assembly 2-15 Australian Business Week 	2nd <ul style="list-style-type: none"> Australian Business Week 	3rd <ul style="list-style-type: none"> Launching into Learning—St.Marys Kinder Stepping Stones—St.Marys kinder Next Newsletter Australian Business Week 	4th <ul style="list-style-type: none"> Australian Business Week Launching into Learning—Fingal Campus

Above calendar is correct at time of printing. For regular updates and other information please go to the school website:-
www.schools.education.tas.gov.au/stmarys

Australian Defence Force Programme



On the 25th of August, 3 members of the Australian Defence Force held a programme for 25 youths identified with a serious will to join a particular force in the future. We began by familiarising ourselves with the types of questions we will be faced with in a real interview. This was a great chance to ask any questions that we had regarding the interview, basic training, etc.

We then participated in a team building exercise, where we were placed in teams with absolute strangers and asked to co-operate to construct a device to protect an egg when dropped from a certain height. The purpose of this exercise was to develop leadership skills and to assist us with working with total strangers and still getting a good result.



Towards the end of the programme, we experienced what fitness was like in the Defence Forces. We did the Army requirements, 45 sit ups, 8 push ups and a 7.1 on the Beep Test. We then gathered one final time to receive bags with plenty of Defence gear, including discs with plenty of information on what to expect when applying.

This programme has tremendously prepared me for my future, and will definitely play a key role in helping me be successful in my application process.

By Annalyse Brooks



Next Meeting

St Marys District
School Association Inc.

25th October 2011

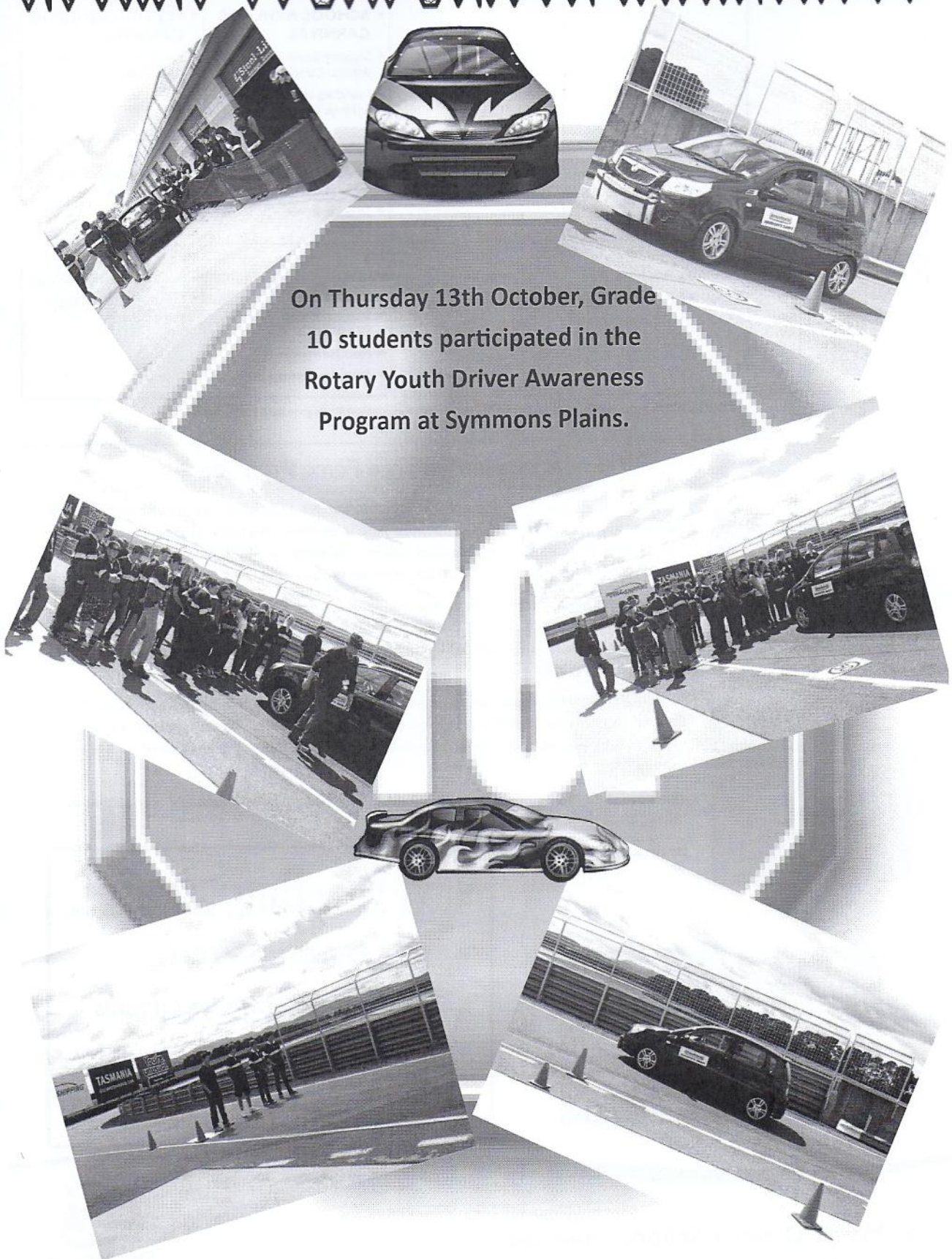
7.00pm at the St.Marys Campus

Any queries may be directed to Association
Secretary, Jacqui Lockwood on 6372 5449.

Hope to see you there!!

ROTARY YOUTH DRIVER AWARENESS

On Thursday 13th October, Grade 10 students participated in the Rotary Youth Driver Awareness Program at Symmons Plains.



ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

- Dr Latt 20/10/11- 7/11/11
- Public Holiday 7 October- Recreation Day

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

Day Centre and Diversional Therapy Changes

The St Marys Day Centre will be closed on Wednesday 26th October 2011 and will resume as normal again on Wednesday 2 November 2011.

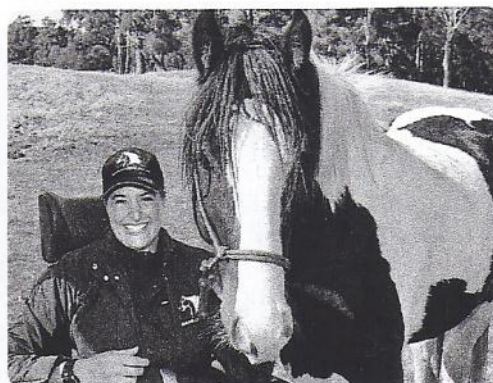
Hayley Gilbert our Diversional Therapist will be away until 8th November and Ann Jetson will be her relief during this time. Please phone 6372 211 for further details. Thanks you for your co-operation during this time.

WHAT'S ON AT THE CENTRE

- 20 Oct **Relationships Australia**— Leanne McMurtie for appointments please phone 1300 364 277
- Social Work**— Shan Williams. Please phone 6372 2111 for appointments
- 21 Oct **TABIS (Tasmanian Acquired Brain Injury Service)**— Hannah Rubenach phone 0437 076 100
- Social Worker**— Shan Williams appointments available by phoning 6372 2111

WHAT'S ON AT THE CENTRE continued ...

- 25 Oct **Child Health Session** with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
- Continence Nurse**— Sue Walker. For appointment please see your GP or Health Professional for a referral.
- 26 Oct **Day Centre**— For details on the group please contact Hayley Gilbert 6372 2111— No Day Centre this week
- GP North Mental Health Worker**— Brady Young for appointments please see your GP for a referral
- Podiatry North**— for appointments please phone 6331 5155
- 27 Oct **Social Work**— Shan Williams. Please phone 6372 2111 for appointments.
- Eyelines**— For appointments please phone 1300 139 363. All consultations Bulk Billed to Medicare
- 28 Oct **TABIS (Tasmanian Acquired Brain Injury Service)**— Hannah Rubenach phone 0437 076 100
- Social Work**— Shan Williams. Please phone 6372 2111 for appointments
- 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
- 1 Nov **GP North Mental Health Worker**— Brady Young for appointments please see your GP for a referral
- 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
- 2 Nov **Day Centre**— For details on the group please contact Hayley Gilbert 6372 2111.
- GP North Mental Health Worker**— Brady Young for appointments please see your GP for a referral
- Social Worker**— Shan Williams appointments available by phoning 6372 2111
- 3 Nov **GP Podiatrist**— Annabelle. For appointment please see your GP or Health Professional for a referral.
- Social Worker**— Shan Williams appointments available by phoning 6372 2111
- Relationships Australia**— Leanne McMurtie for appointments please phone 1300 364 277
- 4 Nov **TABIS (Tasmanian Acquired Brain Injury Service)**— Hannah Rubenach phone 0437 076 100
- Social Work**— Shan Williams. Please phone 6372 2111 for appointments
- 7 Nov **Long Weekend- Recreation Day.** There will be no Doctor's Surgery on this day. Normal Surgery hours will resume on Tuesday 2 Nov 2011. Please call the After Service Contact Numbers on the opposite page.



Get the Most Out of Life

Practical skills for people with ongoing health conditions

6 week program (2 1/2 hours per week)

This program will give you the tools to improve your health and get the most out of life!

You can learn how to:

- manage your symptoms – pain, fatigue, etc
- communicate effectively with your health team
- improve your general health
- set reachable goals.

VENUE: St Marys Community Health Centre

TIME: 10am to 12.30pm

DATE: 10 November to 15 December 2011

TO REGISTER, PHONE: Shan or Hayley 63722111

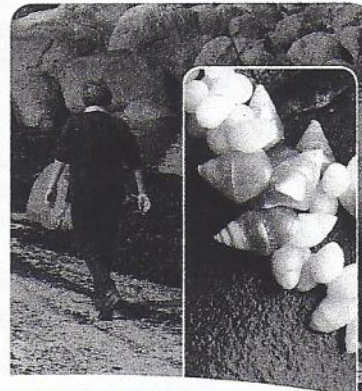
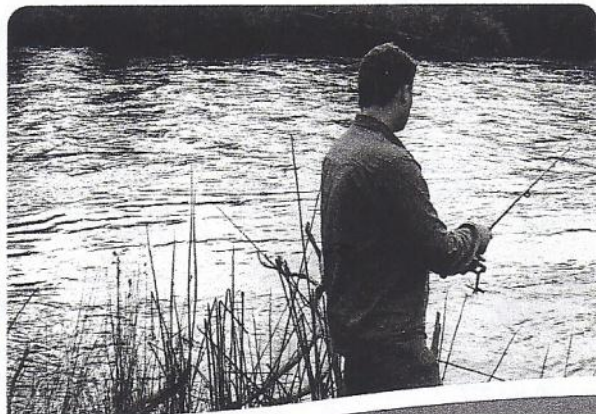
OR shan.williams@dhhs.tas.gov.au
OR hayley.gilbert@dhhs.tas.gov.au

But don't delay as places are limited!

COST: Gold coin donation for tea and coffee.

Suitable for anyone with a long term health condition.

Supporters and carers are welcome to attend with you.



MEALS ON WHEELS ROSTER

Oct / Nov		St Marys	Fingal
Monday	24th	Lorraine Gill	Neighbourhood House
Tuesday	25th	Lundy Vosper	
Wednesday	26th	Val Spencer	
Thursday	27th	D & V Rice	
Friday	28th	Drew Adam	
MOW Contact		Phone:	0488 384 344
Monday	31st	Pam Lynch	Neighbourhood House
Tuesday (Nov)	1st	Trish Pike	
Wednesday	2nd	Val Spencer	
Thursday	3rd	Heather Griffiths	
Friday	4th	Claire Bean	Neighbourhood House

Church Services

Catholic Parish of St Marys

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

1st Sunday: MASS

St Helens Vigil L/W 6.00pm
Bicheno L/W 9.00am
Fingal 11.30am

2nd Sunday: LITURGY

St Helens Vigil LWC 6.00pm
St Marys LWC 9.00am
Bicheno LWC 9.00am
Fingal LWC 9.30am

3rd Sunday: MASS

St Helens Vigil 6.00pm
St Marys 9.00am
Fingal 9.30am
Bicheno 9.00am

4th Sunday LITURGY

St Helens Vigil 6.00pm
St Marys 9.00am
Bicheno 9.00am
Fingal 9.30am

5th Sunday LITURGY

St Helens Vigil 6.00pm
St Marys 9.00am
Bicheno 9.00am
Fingal 9.30am

Enq: Baptisms & Weddings
Ph: 63 31 4377
Church of Apostles
Presbytery
Officer Hours: 10.00am - 3pm.
Sr Marjorie Ph: 6381 1122.

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
St Marys Every Sunday
10am
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: 2011

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.

Join Greg and Shelley on their program

'The Journey'

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

National Vision Radio Network.

Phone 1800 007 770.

web www.vision.org.au

St Marys Online Access Centre Opening Hours:

Monday 10am -3pm

Tuesday 10 am-4pm

Wednesday 10am-4 pm

Thursday 10 am – 3 pm

Friday 10 am – 3 pm

Saturday 11 am – 2 pm

Ph: 6372 2005

ST MARYS OP-SHOP

SUPPORTING YOUR LOCAL SCHOOL

**NEW SUMMER OPENING HOURS:
STARTING MONDAY 3RD OCTOBER**

**MON TO FRI. 10AM — 4PM
(WHERE VOLUNTEERS ARE AVAILABLE)
ST MARYS MARKET SATURDAY**

10AM—2PM

PH: Janet Drummond: 6372 2851.

The summer opening hours have now started - 10am-4pm.

Shop will only be open as volunteers are available. So sometimes the shop might have to open late or close early.

If you're interested in assisting the school and volunteering at the Op Shop, please contact Janet Drummond 6372 2851.

St Marys Sports Centre Inc. news

Kackhander

Mention the word Bowls and for some reason the weather conspires to get in the way. Last Saturday was supposed to be the opening of the new pennant season but mother nature put a kybosh on that. So ... with a little bit of luck.. and fine weather, our first game will be a home game against Swansea. If you can't play or are unavailable, can you please do your best to notify the club by Thursday nights. Thanks.

In the coming weeks there's lots happening, not just in pennant but with Association championships mostly all to be held at St Marys.

Not only do we need help to run these events but also plenty of participation from our teams/players. Hopefully this will help a potentially good financial year too. The next general bowls meeting is set down for 27th October after practice. Please try and attend if possible.

Also Barefoot Bowls for non or new members will be commencing soon after that meeting, once the details are discussed. Should be great fun.

Last week's Hidden Nine Holes golf comp suffered from the rain. This week the event will be a Stableford event commencing at the usual 10.30 am time. Food will be available. Hopefully a good crew will support the event again.

Coming up soon is the McDonalds Cup on the November long weekend. Once again thanks to Macca and the family for providing this great, fun and very social day. Expected are a good list of teams entering.

Another great event on the horizon is the longest running of the club's perpetual trophies, the Spilsbury Trophy. The date has been set for Sunday November 27th. To all, as many as possible support this great event. Thank you to ALL THE SPILSBURY FAMILY who support it for us. More details soon.

The subs are S-L-O-W-L-Y dribbling in... Don't forget the option for direct debit is available. We just need some indication of fees to help meet the day to day running costs of the club and to help pay the golf and bowls affiliation fees currently due. Thanks.

Until next time, good hitting and rolling.

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ST MARYS TASMANIA
7215.



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

This week's specials.

(available from Thurs 20th Oct - Wed 26th Oct)

from the butchery

Premium mince	\$ 7.99kg
Legs of lamb	\$ 9.99kg
Lamb forequarter chops	\$ 9.99kg
IGA fresh whole chickens No.12	\$ 6.99ea

instore specials

Arnotts shapes 160/190g	\$1.99
Wondersoft toilet tissue 18pk	\$6.99
Pears shampoo/conditioner 400ml	\$1.99
Palmolive dishwashing liquid 500ml	\$1.99
Palmolive soft as soap pump 250ml	\$1.00
Four Roses plain/self raising flour 2kg	\$2.59

Next week's specials

(available from Thur 27th Oct - Wed 2nd Nov)

from the butchery

Rump steak	\$9.99kg
Regular mince	\$8.99kg
Mixed grill pk	\$9.99kg
BBQ lamb chops	\$8.99kg

instore specials

Sorbent toilet tissue 8pk	\$3.99
Colgate Plus adult toothbrush	\$1.99
Colgate regular toothpaste 110/120g	\$1.99
Nestle Milo 450g	\$3.99
Spree dishwashing liquid 1lt	\$1.99



ST MARYS SPORTS CENTRE INC.
Every Friday – 6.30 - 7.30pm
drinks at discounted prices

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in-between the pages. 'Mum, look what I found,' the boy called out. 'What have you got there, dear?' With astonishment in the young boy's voice, he answered, 'I think it's Adam's underwear!'