



# *The Valley & East Coast Voice*

*Est. 1968*

*Volume 44 No. 18. Thursday February 9, 2012.*

*50 cents*

**Congratulations**

to

**IAN BRADBURY**

on your

**Break O'Day**

**Council**

**Australia Day**

**Excellence Award**

for

**volunteer services  
to the community.**

**It is well deserved.**



*Ian, with his family, Kirby and Lachlan.*

**Congratulations are also in order for all  
the other recipients from throughout  
the municipality.**

**You are all deserving of your  
Australia Day Awards.**

Welcome to the first edition for 2012. I hope everyone has had an enjoyable holiday break, and wherever you were whether at home or on holiday away from your regular life, the weather was kind to you. 2011 has been an unusual year, with many tragedies throughout the world. All so sad, with loss of lives and property.

When I hear about all the natural disasters, causing heartache to so many, I always remember what a beautiful place we live in, in Tasmania, and especially here on the east coast. Although we have problems from time to time, on the whole, mother nature is usually kind to us.

Many events have been held in the six weeks we have been taking a break, and in this issue we have reported on a few of them. I am very lucky I have so many people who regularly send me stories and photos. It makes my job so much easier.

On another note, I received a few complaints last year, as to the content of 'Letters to the Editor'. They did start to get a little personal. If you are writing to express an opinion in 2012, may I ask that you please read our guidelines, which are printed in almost every issue.

I'm sure we are all looking forward to another enjoyable year, and all the volunteers and myself wish the best of everything to all for 2012.

Judy.

## **What a ripper!!**

### **Congratulations are in order for Jason (Bert) McGiveron**

(pictured right) who brilliantly landed a striped marlin on Friday February 3, 2012, fishing out of a 15' dinghy, off St Helens.

### **WELL DONE!**

**This is the first marlin landed for this season.**



**Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday February 21, 2012**  
**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.**

**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 & Shiril: **6372 2909.**

**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.

**Scamander garden Club** meets at Scamander Sports Complex at 1.30pm on the third Monday of each month. Enjoy sharing garden activities. Contact Val: **6372 2762.**



Fingal Valley Group

### Do you need the services of Meals on Wheels? Do you know how to access our services?

Once again we are trying to increase the number of meals we deliver as we have slowly been losing some of our customers, and we do not wish to lose this valuable service to our community. We feel there is a need to let people know once again how to be provided with meals.

We provide meals for many different reasons, for example, short term meals following recovery from some medical condition, to assist carers in their daily lives, the elderly, infirm folk who wish to stay at home etc.

Remember, to suggest this service may make someone's life a little bit easier.

#### HOW DO YOU CONTACT MEALS ON WHEELS?

Easy! Just contact the St Marys Community Health Centre on 6372 2111 or 6372 2638 and explain your needs.

If you wish to join our Group, you would be very welcome at our next meeting, which will be held on February 14, 2012 at the St Marys Community Health Centre at 2pm.

Lundy Vosper,  
Secretary,  
Meals on Wheels,  
Fingal Valley Group.



### 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

What's as popular as  
icecream and chocolate  
and available at  
Mt Elephant fudge?  
Lizzie's ready to serve up  
'Inside my Skin'  
[www.insidemyskin.com](http://www.insidemyskin.com)



## Classifieds

**Brushcutter** 38cc 2 hours use metal blade and nylon head. Excellent condition \$240. ono.

**Gasmate portable BBQ** with legs, folds into a suitcase shape. Very excellent condition. \$150. ono.

**Treadmill** with distance, speed ,calories used. Near new. \$150.

**1 sheet green tongue flooring.** 3.6 x 800 . \$30.

**Mirror** with Blackheart Sassafras frame. 900x400 \$140.

**Mirror with Myrtle frame.** 900x400. \$140.

**Ph: 0417 385 787 or 6372 5101.**

**Toy poodle puppies**, 2 male 2 female. Vacc, wormed, microchipped, groomed, health certificate. \$650. each. Can view both parents. **Ph: 0458 194 173. Kylie.**

**Ladies exercise Ab Circle.** New, still in box. \$180.

**Ph: 0419 946 849.**

**Computer**, new, never used. Core 2 duo Processor—1.86 GHz 1 GB DDR2 Ram. DVD burner, 80 GB HDD, 19 inch flat screen monitor, keyboard & mouse. Microsoft XP Pro & Office 2007. \$435. **Ph: 0419 946 849.**

**Bricks** -new k-d approx 500. Dunalley blend mixture of Risdon and Carnarvon. 60 cent each. **Ph: 63725529.**

**VT Commodore Spak '99**, 5 speed fully rebuilt U6 sump to rocker, new dual flywheel, H/D clutch kit, new injectors, water pump, all filters. New tyres & mags, lowered new idler arms, wheel alignment, Monaro backend, lambswool seat covers CD, cruise. Only done 9,000 kms. Still under warranty, work done by local garage. \$6,700.

**Ph Steve: 6377 1209.**

**Mags** - Dukes of Hazard type with new tyres. Polished and painted. Fit Torana/Holden. \$900. ono.

**Ph: Steve: 63771209.**

**Jumbuck stainless steel BBQ** on Jarra trolley. 4 burners plus wok burner. Comes with rotary electric spit. Top condition. Cost over \$500. Sell for \$200. **GMC router**, complete, in box withal bits. As new, never used. \$60.

**Masport 7 ton log splitter.** Still under warranty. Has only split a couple of tons. See working. Cost \$650, will sell for \$500. **Ph Pete: 6372 2398.**



*Spotted in St Marys last Saturday. Way to travel, eh?  
Photographed by Dale Matheson from Scamander.*

### FOR SALE

HOME IN STIEGLITZ

BLOCK 817 m2

3 BRMS, 2 BATHRMS, SOLAR HOT WATER

NEW GARAGE.

\$225.000.00

PH: 0419 946 849.

### FOR SALE

1999 HONDA XR 70R

VERY GOOD CONDITION

\$850. ONO.

PH: 6372 2438 OR MOB: 0419 536 886



### WANTED

MOUNTED STOCK SADDLE

GOOD CONDITION

PLEASE CALL: 0418 676 814

**"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.**

In which battle did Napoleon die?  
**\*his last battle**

where was the Declaration of  
Independence signed?

**\*at the bottom of the page**

River Ravi flows in which state?

**\*liquid**


what can you never eat for  
breakfast?

**\*Lunch & dinner**

How can a man go eight days without  
sleeping?

**\*No problem, he sleeps at night.**

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.



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

**Where:** Bicheno War Memorial Hall

9am – 1pm

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

**Variety of Stalls**

More stall space available:



## 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 1<sup>st</sup> Saturday every month in the community hall. 9am start.

New stall holders welcome.

Phone Robina 03 6372 2022 or Sue 03 6372 2512

**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.**

**CALOWS BUS TIMETABLE  
AVAILABLE AT NEWSAGENCY**

## Mathinna town Garage sale 8 house lots

25<sup>th</sup> February

Time: 9am to 4 pm

Loads and loads of bargains

The local Miners Cottage will be open with lots of arts and crafts.

The Purple Dove will be open with loads of gift lines.

There will also be linen, household and garage items, clothing, Jet master heater, new tyres & mags for Holden Torana, toys, vanity unit, corner bathroom sink, beehives, It 250 motorbike needs work.

**And lots, lots more.**

Food and refreshments available.

So come and meet the friendly local people

**And enjoy a day out.**

## TASMANIAN LYMPHOEDEMA CENTRE INC NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Centre will be held on Monday 20th February 2012 at St Marys Health Centre commencing 10am

Business:- President's Report  
Treasurers Report  
Auditors Report  
Election of Officers and Committee

General Meeting to follow  
by order V. Cato Secretary

New Committee members most welcome.

**SHOP LOCALLY AND SAVE**

## Letters to the Editor

Vol. 44 No 18, February 9, 2012

Dear Editor,

I am writing in response to the letter written by Colin Mackenzie in the last issue of the VV regarding the expressions of interest in use of the St Marys Railway Station.

The words "if anyone" were a misquote of what I actually said to the East Coast News reporter. The full sentence I said was "Council needs to know who is interested in occupying space and if anyone has specific needs in regards to storage, accessibility etc."

I can assure Mr Mackenzie that I have at all times supported and been involved with this project from the initial discussions of purchasing the site, the consultation meeting with the community on their ideas and wishes for its future, the walk through of the site recently with some of the potential users and the ongoing work being done by Council Officers to see this space be brought to life.

If anyone at anytime has an issue please feel free to give me a call on 6376 7900 and I am happy to discuss with them any concerns.

Sarah Schmerl,  
Mayor.



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

### *Next Walk & Information Day*

**The St Patricks Head & Esk Valley Historical Society's next Field Day will be held on Sunday the 19th February 2012, meeting at the Purple Possum at 10:00 am**

From the Purple Possum we plan to wonder around the township of St Marys taking in an area from the Woodyard on the Esk Main Road to the Catholic Church and many points in between. Members of the Society will talk about historical points of interest and produce photos of buildings long gone or dramatically changed.

ABYO lunch will be enjoyed beside the historical St Marys Rivulet

**For more details phone: Barry 63725752,  
or Henry 63725464**

### **St Marys Hospital Aux Xmas raffle results.**

#### **Winners**

- 1st Prize: A Patchwork quilt - Sally Spilsbury
- 2nd Prize: Touch lamp & Iron - Tamioka Davern
- 3rd Prize: Set of glasses, solar lighted Gheko Glen McDonald
- 4th Prize: Chopping Board & Stick Blender - Dean Rice
- 5th Prize: Tool set, Hair Straightener, ribbons - Bob Middleton

The Auxiliary sincerely congratulates all winners and thanks all ticket purchasers for their on going support.

Kevin.  
Sec.

### **For those friends of Sharon, here is an update from her mother Maureen...**

It has been a while since I have let you know about Sharon's progress. Sharon was discharged from Hampstead Re-Hab hospital yesterday. We had been hoping that she would achieve enough mobility to come home to us to be cared for, but sadly this has not been achievable.

It was recommended she go into high level nursing care and we have been able to find a nursing home about half an hour from us that will accept people under 65y.o. The nursing home has 3 resident cats that are allowed to roam throughout the home and sleep on beds if they decide to. Also there are 3 resident cockatiels that Sharon was very pleased to see as she had to leave her cockatiels in Tassie.

Fortunately they have the best re-homing possible and we are grateful for that. Sharon's greyhound Lilly who has settled in with us very well, will also be allowed to visit inside the home which, now that Sharon is closer, we should be able to take her more often.

We have a volunteer service in our community called Medi-ride, who picked Sharon and I up from Hampstead yesterday in an access cab and will be taking us to hospital appointments Sharon has tomorrow and Monday, and any other times she has to be transported. This is done for one of her cab vouchers and a small donation.

Sharon still has 4 months of chemo to do and at the moment it has been deferred as platelets count was so low she was at risk of bleeding. We have an appointment tomorrow to discuss how this is going to be managed from now on. We also have a good hospital in Victor Harbor which is only a stones throw from the nursing home.

While this is not the outcome we were hoping for it is not all bad and on Sharon's good days we will be able to take her out for a bit of shopping or for lunch etc. On her bad days she needs up to two people to look after her which was the crunch line for her to come home to me.

It is now very important to sell her house as the nursing home takes 85% of her pension which leaves nowhere near enough for mortgage payments, rates, ins. etc. The bank has put a freeze on her payments for 3 months in the hope we can sell in that time.

So if anyone is looking for a nice comfy miners cottage with a bit of land and lots of shed room, and a very nice lot of people to live near, it is in Mathinna.

I will let you all know down the track how things are working out but if you would like to contact Sharon the number of the nursing home is **08 8552 5100** and the postal address is: **Kiribilli/Kiama Nursing Home, 150 Bay Road, Victor Harbour. 5211.** Also Sharon still has the same mobile number.

Best wishes to all, Maureen Agars.

**How can you lift an elephant with one hand?**

**\* You will never find an elephant that has only one hand..**





The Lions Club of St Marys Inc. wish to say thank you to all the volunteers who helped to make 'Christmas Eve in St Marys 2011' such a great success.

Special thanks must go to Jeff and Margaret Faulkner for once again allowing us to use their block for this event. Our thanks also to Mark Carrick who donated ice creams and icy poles, to Dana and Craig Cox for their cash donation, Grant Faulkner for his fuel voucher for Christmas lights 1st prize, and the St Marys Bakery for 12 loaves of bread for the BBQ. To Don Bonner of Tasmania Police for his assistance with the parade and to all those entrants who put so much time and effort into entered floats for the parade which we considered to have been the biggest and best for many years.

We are so lucky that Santa had the time in his busy schedule to drop off for a while in St Marys to speak with all the girls and boys and find out if there were any last minute gifts they were interested in. I am sure everyone would have been very happy on Christmas Day. All in all, this ended up a great afternoon enjoyed by local and visitors, adding up to several hundred children and adults.

The Lions Christmas stocking was won by 'Bung' Bantick and rumour has it that he is still finding new toys to play with! Thank you to Harry and Kerry for displaying the stocking and selling tickets for us, also having 'Santa's Mail Box' at the post Office. Santa answered almost 100 letters again this year.

A special thanks to our local St Marys Aurora workforce for putting up the street bunting, banners and our new lights in the tree. The latter turned into almost a nightmare! If it had not been for Paul Aulich and Bruce Glatte working many hours repairing wiring and getting power to the tree, this part of our decorations would not have eventuated. Then, to top it all off, to have to come back and try and repair the lights after some bright sparks decided they would climb the tree, pull down the power boxes, and break several strings of lights, this would have been a very expensive exercise for Lions Club members. We sincerely hope those involved have thought about what they did and have a good think about where their life is going. Vandalism is not the way to go.

Just something to think about: Lions Club of St Marys Inc. paid in excess of \$4300 for tree lights, banners, poles and new bunting for the street. Add to that the cost of the actual party, jumping castle and ball pit hire, gifts and prizes of \$1500 makes a total spent of \$5800. We consider this a job well done and are looking forward to another good year serving the community.

John McGiveron,  
Secretary,

"The Lions Club of St Marys Inc."

The current members of our club are: President: David Young, Secretary: John McGiveron \*Charter Member, Treasurer: Ruth McGiveron, Vice President: Henry Holder, Membership Chairman: Brian Forsyth \*Charter Member, Lion Tamer/Tail Twister: Kevin Faulkner \*Charter Member, Publicity Officer: Peter Troode, Directors: Jean Legge, Robert Legge, Len Miles \*Charter Member, Jake Smythe.



**Photos:**  
**(both pages)**  
**Felicity and Tony**  
**Spilsbury.**





**BREAK O'DAY STITCHERS Inc**  
**QUILTING & EMBROIDERY**  
**EXHIBITION 2012**

**PORTLAND MEMORIAL HALL,**  
**ST. HELENS**

**Entry \$3.00**

**Sat 7<sup>th</sup> April – Mon 9<sup>th</sup> April 2012**  
**Open Daily 10 am to 4 pm**

Start thinking of the 2012 Exhibition for exhibiting your Quilts, Cross Stitch, Embroidery, Knitting, Journal Cover, Dolls and Teddy Bears, and any other stitching.

**The only sections that will be judged are**

Section A: **Challenge – AUSTRALIANA.** This will be judged and a prize of a Bernina Bernette sewing machine donated by

**SewKnit of Launceston**

will be awarded to the winner.

Section D. **Junior Work.** This will be judged and a prize awarded to the winner. Juniors allowed three free entries.

Section B. **Patchwork and Quilting** – one viewer's choice

Section C. **All other Stitched craft.** – one viewer's choice

**FURTHER ENQUIRIES:-**

Please contact Kay 0402 007 802.



**You'll save much more  
than money when you  
buy your basic  
essentials in bulk!**

At Purple Possum we've noticed a trend where folks are buying in bulk – like so many people did in the old days. And when you think about it, it makes very good sense to stock up on basic essentials such as flours, sugar, rice, bread mix, muesli, honey, oils and vinegar, buying say 10 to 25 kg bags or large containers at a time.

You save time – you don't run out of things and it's far more convenient. You save trips to the shop. You save money on petrol. And when you buy in bulk, we can give you a discount as there's less work and packaging at our end. So think big and think bulk. Talk to Elaine about it next time you're in!

**Purple Possum**

**Wholefoods & Café**

# The Salvation Army



from back left...Joanna Stronach, Don Brown.  
next row from left...Vicki Howard, Rosa Byard,  
David Stronach  
next row from left... Lorraine Gill, kneeling down is Debbie  
Speers, Val Brown, Judy Spilsbury, Bruce Glatte.  
front row from left...Maisie Finney, Pamela Mayes, Melanie  
Norton and Kieren Glatte.  
missing from photo are Michael and Liz Hartley.  
Photo: Melanie Norton.

Pictured here at our Celebratory  
Christmas Dinner are 14 of the 16  
volunteers who help the  
**St Marys Salvation Army.**

(2 people had to leave before the photo was taken)

Between them, they offer wonderful support and  
friendship, with a multitude of different gifts of time  
and energy, including help with the JAM and JOY  
ministries, lawn mowing, gardening, electrical chal-  
lenges, cleaning, kitchen duties, publication, proof-  
reading and advertising, transport of children, admin  
and banking and not the least by far - a genuine love  
and understanding, patience, kindness and warmth  
displayed all year 'round.

I am truly Blessed beyond measure.

Melanie Norton

Corps Officer

St Marys Salvation Army

The St Marys Salvation Army would like to THANK  
the following businesses and people for their continued  
support during 2011.

**The St Marys Hotel**  
**The Mount Elephant Pancake Barn**  
**Mount Elephant Fudge**  
**Stephen and Wendy Bantick**



JAM (Jesus And Me) will resume on Tuesday,  
March 6th, 2012.

Any enquiries re enrolments, please phone 0409838816  
or 63 722099



**The St Marys  
Salvation Army**  
would like to  
**THANK** the  
**LIONS CLUB**  
**of ST MARYS**

**INC.** for the fantastic  
support and generous  
purchase of candles for  
the Carols by  
Candlelight, held on  
December 18th, 2011.

We had a wonderful  
evening and the Church  
was full, so we also  
thank the JAM parents  
and the general public  
for their attendance and  
support.

*Photos: Felicity Spilsbury*







## Fingal Valley Neighbourhood House Outing

On Thursday 2nd February a group of St Marys ladies joined with one Fingal Lady and took the Fingal Community bus for a day trip to Ashgrove Cheese Farm and Deloraine.

Bernice, Maureen, Caroline, Kelly, Jung, Fung, Ping, Wendy and Janet would like to thank Deb for the effort she puts into organising these outings, and to Reon Johns for being our driver for the day.

Thank you both for enabling such a wonderful trip!

A great deal of fun was had by all, there was much laughter on the bus and many stops for food along the way.

We greatly enjoyed the Cheese Farm visit and tasted cheese to our heart's delight, and many made cheese purchases to return home with!

We then took lunch in the Deloraine Hotel next to the river, which was absolutely delightful, followed by a few hours of meandering through the streets (and Op Shops) of Deloraine.

We returned home in the late afternoon, all exhausted but delighted with our great day out!

We cannot wait to do it all again, hopefully in March...

Look out for notices around town and think about joining in the fun.



*Story and photos: Janet Drummond.*



## St Marys Child Care Centre News

On Friday 20th January, our centre reopened for an exciting new year.

We will be working to meet the new National Quality Standards implemented by the Commonwealth Government, and ensuring that children in our community receive the best possible care and learning environment.

We were excited in the holiday break to see our outdoor space redeveloped – thanks to Dana Smith for the donation of materials, Tas Maintenance for their excellent work and to everyone who offered suggestions and support. The children love the new pathways, the sandpit deck and the boat. *(See photos, left.)*

We are currently taking enrolments for children aged 9 months - 5 years, with fees starting from approx. \$27 per day, less if you are studying or training.

For further information on enrolling your child at our centre, please call Tanya: 6372 2187 or email [stmarys@ncn.org.au](mailto:stmarys@ncn.org.au)





## **LIONS WE SERVE**



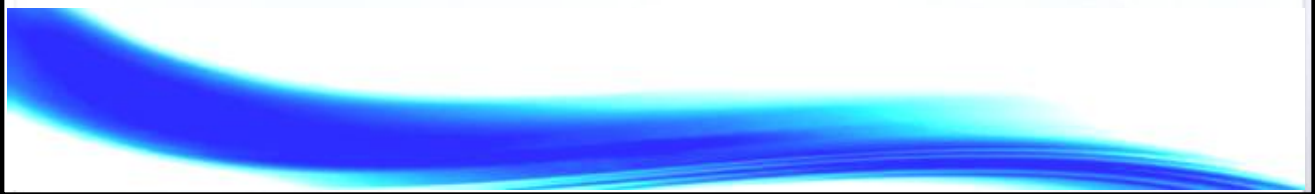
**Our Club has been active since 1975.  
Your Community needs you.  
See how you can help.**

**MEET WITH LIONS MEMBERS ON  
WEDNESDAY 7<sup>th</sup> MARCH  
AT: THE ST MARYS SPORTS CENTRE  
TIME: 7PM FOR 7.30PM START**

**More information and a social get  
together at the Sports Centre.**

**Lions Club of St Marys Inc. will provide  
finger food and the bar will be open at  
your expense.**

**Come and see what we do. How we do it.  
What it costs. How YOU can be part of  
this, and keep our organisation going for  
another 35 years.**





# St Marys Pacing Club Inc.

## New Year's Eve, 2011



*Photos: Felicity Spilsbury*



### Community Events Calendar

Thanks to all those operators who sent in information about their upcoming events. The East Coast Visitor Information Network appreciates receiving as much information about what's going on in the community as possible.

For those who missed the first e-blast or have organised a new event since then, here is a reminder of the original message.

Do you have an upcoming community event that you would like to promote?

Whether it is a band playing on your premises, a special event or a fundraising activity we can help.

The East Coast Visitor information Network's new website has a community events calendar.

It is easy to add your events to this calendar and broaden your advertising.

Just head to:

[www.tasmaniaseastcoast.com.au/events\\_monthly.asp](http://www.tasmaniaseastcoast.com.au/events_monthly.asp)

and click on: Contact Us, to add your event.

Then fill out the request form with the date, name of the event, venue, contact details and a description of the event. You can even add a photo.

The East Coast Visitor Information Network will receive your request and add your event to the calendar.

This allows your event to be advertised to visitors planning to arrive and may even convince them to stay longer.

If you have any questions about this, please contact myself, Jo-Anne O'Brien, Manager Tourism Services by email [jo-anne@freycinet.tas.gov.au](mailto:jo-anne@freycinet.tas.gov.au)

### ST MARYS NEWSAGENCY

Phone: 6372 2143

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

CALOWS BUS DEPOT

AURORA PAYG

PRE-PAID MOBILES - PHONE CARDS

DVDs - FISHING GEAR - ICE

### WE HAVE ALL YOUR 'BACK TO SCHOOL' REQUIREMENTS



Book covers, contact, folders, pencils and cases etc. Call in and see the staff for 'all things school'.

### ANA'S HAIRDRESSING SALON



#### BEHIND PURPLE POSSUM STORY STREET, ST MARYS.

OPEN  
EVERY TUESDAY & WEDNESDAY  
9AM

BRINGING 22 YEARS EXPERIENCE  
PROVIDING CUTS, COLOURS, PERMS, S/SETS.

PHONE: 0448 532 531  
ON TUESDAYS & WEDNESDAYS, OR JUST CALL IN.  
OR PHONE 6372 5497 TO PRE-BOOK.

LOOKING FORWARD TO PROVIDING  
A SERVICE TO THE COMMUNITY.

Don't forget those back to school hair cuts!!

### Surf Coast Realty

6372 5321

Binalong Bay to Bicheno and Hinterland

Suite 1/ 158 Samarander Avenue, Samarander TAS 7215

[www.surfcoastrealty.com.au](http://www.surfcoastrealty.com.au)

### GREAT INVESTMENT OPPORTUNITY!!!



#### 33 Gray Road, St Marys

- 2 bedrooms with Built-in wardrobes
- 12 Mins from east coast beaches
- Large Block
- Ideal Investment opportunity
- Potential Rent of \$150 - \$160 p/w
- Low Maintenance
- Quiet Location
- Walking distance to school, main street & shops

This tidy property offers first home buyers and investors the opportunity to secure a fantastic low maintenance home or investment. This could be an opportunity to get that place you have been looking for without blowing the budget. If you are looking for an affordable home or investment with good returns, this is well worth an inspection.

Auction Onsite: 11:00am, 25<sup>th</sup> February 2012

Contact Agent: Dane Cumming 0419 630 019

Honest

Reliable

Professional





## OPTOMETRISTS VISITING ST HELENS

Optomeyes are your long term East Coast optometrists, offering friendly, professional eye care to the people of St Helens for more than 25 years.

Susan Sluce and Greg Dennis make regular 3-weekly visits to the **St Helens Medical Centre**, and will

bring with them fashion frame selections for your convenience.



Susan Sluce



Greg Dennis

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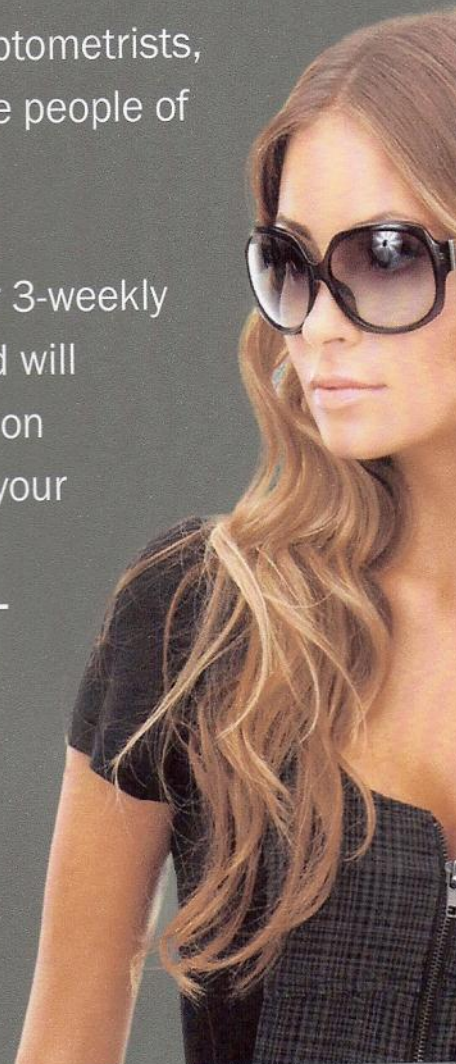
### NEXT VISIT DATES:

*Thurs 23rd Feb*

*Fri 24th Feb*

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To make an appointment to discuss all your vision needs, call Targett Pharmacy on




**6376 1374**



SEE LIFE DIFFERENTLY

[WWW.OPTOMEYES.COM.AU](http://WWW.OPTOMEYES.COM.AU)





**We're here to support you, not judge you.**

*"You'll double your chances of quitting if you talk to us."*

Here's what other Tasmanians say about the Quitline\*:

- "I felt I was listened to." (96%)
- "I felt encouraged to quit or stay quit." (94%)
- "I felt that the information provided by the Quitline was relevant to my needs." (93%)
- "The information provided by the Quitline helped increase my confidence about quitting." (90%)

\*Taken from a recent Quitline client survey.

**THE QUITLINE...**

- Operates for free 24/7 with counselling available from 9am–8pm (Mon to Thurs) and 9am–5pm (Fri).
- Has dedicated staff trained in counselling.
- Helps you to develop plans and ideas on how to quit, with practical advice.

**Call** 13 QUIT (13 7848) **Web** [www.quittas.org.au](http://www.quittas.org.au) **SMS#** 0408 264 664

**Quitline**  
**13 QUIT**

\*Text, SUPPORT along with your name and phone number.



Some of the fashions which are available at the St Marys Op-shop.

Support your local school.

*Photos:  
Janet Drummond.*



## THUMBS DOWN

To the two property owners in central St Marys.

The properties are now so overgrown and dry and definitely a fire hazard and eyesore.

Surely it's time the Council stepped in?



**Hi folks!**

This is just a note to let all clients, past, present and future, know that I'm just full bore into servicing "The Valley" including St. Marys, Cornwall, Fingal, Mathinna, Mangana, Rossarden & Avoca as well as all surrounding areas.



When I first established L J Hooker St. Helens in 1995 my first few visits to St. Marys were greeted with "those St. Helens agents don't care about The Valley". I set about making sure that this changed & after a few years of handling it by myself I employed the first Valley specialist in Lyn Dawes. Lyn served both myself & The Valley well but left to have a baby a few years later. I have employed other Valley specialists who have since left but some 12 months ago I sold my business to Nerada Ball. I have remained as the senior sales

consultant and I am free to concentrate full time on sales. Whilst I sell properties all over Break O'Day I concentrate on The Valley & look forward to renewing old acquaintances.

Having sold more than 200 properties in The Valley over the years & with 28 years of experience in all facets of real estate, I believe I'm the one to turn to when it comes to selling your property, especially in these tough economic times.

Also having the backing of Australia's strongest and most respected real estate company helps put your property ahead of all the others.

**Regards, Glenn.**

**0419 378 138**





**Nereda Ball**  
Principal  
LJ Hooker St Helens

**Address:** 2/48 Cecilia Street,  
St Helens, Tasmania 7216.

**P:** 03 6376 2300  
**F:** 03 6376 2299  
**M:** 0400 055 157  
Email: [nball.sthelens@ljh.com.au](mailto:nball.sthelens@ljh.com.au)



3 Short St Fingal



85 Elizabeth St Mathinna. \$55,000 negotiable



Mangana Road, Mathinna. \$15,000



12 Story, St Marys. \$30,000



5 Lennox St ,Cornwall. \$190,000



156 Cornwall Road, Cornwall. \$165,000



# *Fruit & Veg.*

**NOW OPEN IN ST MARYS**

**FRESH FRUIT AND VEGETABLES**

**100% LOCAL HONEY**

**FREE RANGE EGGS**

**CAKES AND BISCUITS BAKED DAILY**

**JAMS, RELISH, SAUCES**

**DVDs & VHS FOR SALE ONLY - NO HIRE.**

**IN THE OLD HAPPY BELLY DELI SHOP - NEXT DOOR TO THE FIRE STATION.  
OPEN MONDAY TO FRIDAY (SAT AT ST HELENS MARKETS)**

## **OUT OF THE WOODWORK**

Wendy Brennan - Secretary 6372 2094

As there are many unfamiliar faces in St Marys, the Guild would like to take this opportunity to reiterate our objectives and policies for any newcomers who may have heard of us but are still unclear about what our Club has to offer.

We have been in operation since 2004, after an idea was floated that we needed a place where old woodworking techniques could be taught and shared. Where new settlers could integrate and have social interaction in a new community. A club that would look after the needs of the socially isolated (**both men and women**) by offering a centralized meeting place where they could engage in structured activities and gain access to relevant services and information within our community. Thus the formation of the Break O'Day Woodcraft Guild.

Full membership is \$16.00 per year which entitles you to full access to all our machinery and \$2.00 per day or \$5.00 a week to cover electricity, some materials, tea and coffee. Still interested and would like to find out more?

Feel free to drop in for a cuppa and have a chat to any of our members either on Monday, Wednesday, Friday or Saturday from 10am till 4pm.

Please help support our club by purchasing one of our "most hated, most eaten sausages" from the sizzler king at the Tasmanian Regional Arts Market. All monies are put back into our club.

While on the subject of our haute cuisine snags, a thank you to Margaret and Graham Derbyshire who on every market day donate to the Guild chopped onions, it is very much appreciated.

**Finally keep in mind the 21<sup>st</sup> April ..... our next open day fair.**

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.

**A supportive environment where traditional woodcraft skills are taught.**



*Break O'Day Woodcraft Guild's shop.*





## The Mobile Dental Unit is Returning to St Marys

The Mobile Dental Unit is returning to St Marys for fourteen weeks starting from Monday 6 February through to Friday 11 May 2012.

A Dental Therapist will be working in the Mobile Dental Unit (MDU) providing services to children 0 to 17 years of age. Parents will be notified by mail if their child's exam is due and offered an appointment in the mobile facility which will be sited at the rear of the St Marys CHC. The Mobile Dental Unit will continue to visit to provide service until funding is secured for the new dental clinic at St Marys CHC.

In the meantime **children's dental services** can be accessed at any of the Oral Health Services Clinics in the northern region including St Helens, Campbell Town or Kelham Street in Launceston. The telephone contact details are as follows:

Northern Dental Clinic  
Kelham Street,  
South Launceston

6336 4100

St Helens Dental Clinic  
St Helens Hospital  
Circassian Street  
St Helens

6376 5208

Campbell Town Dental Clinic  
Campbell Town District Hospital  
High Street  
Campbell Town

6381 1042

**Please note that adults requiring urgent dental service need to contact the customer service officer at Northern Dental Clinic in Launceston on 6336 4100 and must be on a current concession card.**



## St Marys Op Shop

Mon - Fri 10am - 4pm  
**MARKET DAY SATURDAY 9.30 - 1PM**

### WANTED

Any outfits, mens, womens and childrens, that would be suited to the Rock and Roll themed dance to be held the St Marys Town Hall on St. Patricks Day!!!

People need help with outfits, if you're able to make any donations they would be gratefully received in the lead up to the dance!!!

**Pharmacist on duty 5 days a week**

Main Street, St Marys Tas. 7215

Phone: 6372 2844 — Fax: 6372 2874

*Don't forget... We sell a large variety of  
gift lines and jewellery as well as a huge stock  
of regular pharmacy items.  
Call in and see for yourself.*



## gone rustic studio & gallery

*an independent small business  
supporting regional arts & crafts  
in a renovated historic industrial  
building*

**37 main st**  
st marys tas 7215

0363722724

**27 feb-26 march** - 'circles' touring exhibition from stitching and beyond inc.  
(entry is free)

**14<sup>th</sup> march** - 7 pm - launch of 'paper cloth stitch exhibition by lauree brown and  
rita summers (\$5)

**15-31 march** - 'paper cloth stitch exhibition by lauree brown and rita summers  
(entry is free)

[www.gonerustic.com](http://www.gonerustic.com)  
[gonerustic@yahoo.com.au](mailto:gonerustic@yahoo.com.au)

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opening hours  
10-4 or by appointment

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collectibles**



[www.pilgrimcottage.etsy.com](http://www.pilgrimcottage.etsy.com)



# 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



## **Bow Wow Dog Training**

Group Lessons  
 Sunday Mornings @ St Marys  
 Private Lessons – by arrangement  
 Enquiries / Bookings  
 call Michael **PH: (03) 6372 2056**

## **Would you like to own a well behaved dog?**

Bow Wow Dog Training offers training and handling education to persons of any age and to dogs of any breed  
 Puppy Training –  
 from 8 weeks to 5 or 6mths  
 Basic Training – caters for dogs over 5mths. All training at this level is done on lead and covers basic facets of general training  
 Intermediate & Advanced Training – designed to further the standard of previously achieved training and off lead work  
 Agility & Flyball work also available  
 Trainer has 30 years experience – previously from Victoria and believes that training should be fun for you and your dog. Advice available for behavioural problems

How can you drop a raw egg onto a concrete floor without cracking it?  
 \*Any way you want, concrete floors are very hard to crack.



PING WELCOMES YOU TO HIS SHOP

## **PING'S PLACE**

**MAIN STREET**

**ST MARYS**

ASIAN FOOD,  
SPECIALS

PEANUT OIL 1LT - \$8. 2LT \$14.  
 CORN OIL 2LT \$12.80  
 BASMATI RICE 5KG \$16.  
 THAI SWEET CHILLI SAUCE 750MLS \$3.80.  
 PORK LUNCHEON MEAT 397GRMS \$3.70.  
 PORK RIBS 397GRMS \$3.90  
 COCONUT MILK 270MLS \$2.70.  
 COCONUT CREAM 400MLS \$2.80.  
 SWEET CORN KERNELS 420GRMS \$2.20.  
 SARDINES 215 GRAMS \$3.15.  
 SARDINES 425GRAMS \$4.50.  
 FERRERO ROCHER 200G \$9.60 - 375 GRAMS \$16.  
 CHEAPEST IN CITY OR COUNTRY. COMPARE!

PLAYING TABLE TENNIS EVERY DAY

**DR LI, Ping's assistant, offers all forms of  
Traditional Chinese Medicine**

to ease you.  
 Ring 6372 2712,  
 for a free consultation & cost of treatment.

## **Combined Probus Club of Scamander**

Our first meeting for 2012 was held on the 25<sup>th</sup> January at the Scamander Beach Resort with most members present.



The guest speaker was Sarah Schmerl who is the mayor for the Break O'Day council. Sarah spoke about the future path for the council and current issues.

In December we had our Christmas lunch at White Sands resort. The buffet meal was excellent and the staff were friendly and helpful. We exchanged Christmas and Yuletide greetings with one another.

We welcome new members. Our meeting are held on the 4<sup>th</sup> Wednesday of the month at the Scamander Beach resort. Every one is welcome.

If you would like to join us please contact:

Greg Chapman on 6376 3169 or 0438 431 017.

If it took eight men ten hours to build a wall, how long would it take four men to build it?  
 \*No time at all, the wall is already built.

## Social Scrapbooking

# COMMUNITY ACTION PROGRAM

**WHERE:** Fingal Neighbourhood House

**WHEN:** Wednesday Evenings  
7 pm – 9 pm

**DATES:** 1st February to 18th April 2012  
Limited Places

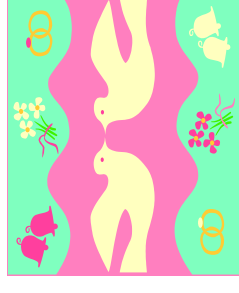
**Bookings are essential**  
Call Healthy House at 6376 5242

**COST:** \$2 per week

Discover the joy of scrapbooking to capture memories and create unique family and friend albums to keep and share. You don't have to be artistic or a talented artist to




scrapbook. All it takes is a little desire to have some fun and be creative. So come along and enrol in one of our classes. You'll get to meet new people, share ideas and have fun and all this whilst being creative!!!



Funded by the Australian Government Department of Health & Ageing  
under the Rural Primary Health Services Preventative Health Initiative



<b>STAR FM</b>  <b>Program</b>  <b>Guide</b>  		<b>Mon</b>	<b>Tu</b>	<b>Wed</b>	<b>Th</b>	<b>Fr</b>	<b>Sa</b>	<b>Su</b>
	Brekkie	Toast and Jam with Mary-Anne	Brekky with Mary Anne	“Wake up” with Bobster	Bob’s Breakie Show	Bobs – Friday Breakfast Show	Saturday Morning Show with “Corfe”	Chuckers Sunday
	Morning	RFM On Star FM	Have a Hoot with SKOOT	Starry Starry Morning The Trace Element	The Morning Show with “Harpo”	Classic 60’s Music Mix	Jiving with JeannyMaree	
	Arvo	In the mood with Laurelle	Jeany-Maree ‘s 2 for Tuesday	Your host with the “Most” Terry Post	Around the world with Tim	Friday round-up with RFM	Colin’s History and Mystery Music	In the Mi with The Element
	Late afternoon	Shut up and Drive with the “Element”	After School with Neesha and Chloe	Drivin’ with Damo	In the back seat with Angela	Hot Hits with The Jackster		Dave’s Blues Mix
	Eve	Mellow Monday’s with Roger  Dr Sax with Roger	Neville’s Country Corner  and more	Mary Anne’s Thanks for the Memories	Thursday Night “LIVE” with “Chucker”	Marc’s Boiler Room  Party With Jeanny Maree	Brians Party Mix – til late	

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## St Helens Flowers

*Donna of St Helens Flowers takes all the fuss out of ordering flowers.*

*Arrangements, Bouquets, Gift Baskets, Wedding Flowers, Floral Tributes*

Member of the Petals network—we can now send or receive flowers worldwide!

*Fantastic Fresh Flowers delivered to your door or statewide*

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Fun Range of Helium Balloons!



## CALTEX ST MARYS MECHANICAL REPAIRS & SERVICE

PH: 6372 2335

41 Main St. St Marys Tas 7215

Fax: 6372 2822 Mob: 0419 503 109

## 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.**

## Rae & Partners

Lawyers Barristers & Solicitors

### Visiting :

St Marys Community Health Centre

Alternate Tuesdays : 9 am – 10 am

Ph: 6337 5555 For appointments.

## Ransley's Appliance Service

P O Box 136

Scamander Tas 7215

- ° Washing machine NOISY?
- ° Refrigerator runs too LONG?
- ° Clothes dryer blows cold AIR?

Then you need the service  
of our technicians.



Ring us on: Scamander: 6372 5307

Mobile: 0428 761 811

## EAST COAST SURVEYING

Consulting surveyors and land planners.

Brett Woolcott 6376 1972

We can help you.

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



**CLEAN CRACK LAUNDROMAT**  
**MAIN ST**  
**ST MARYS**  
(NEXT TO SECONDHAND ROSE)

**IS OPEN  
FOR BUSINESS**

## Remedial Massage and Naturopathy

ring Sue Christiansen for an appointment.  
0418 515 419

St Marys Police Phone Number 6372 1010

Non Urgent Number 131 444

Urgent and Life threatening 000

SES (Flood & storm only) 132 500

Fire 000







**St. Helens Electrical**

**ROD SHAW**  
LIC: C00489

**Domestic, Commercial, Industrial:**

*Wiring and Repairs, Rewires,  
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*Interior and exterior, Advise,  
Sales and Installation.*

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

#### The Valley & East Coast Voice Guidelines.

- Opinions in any 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. Stick to the issue rather than making personal attacks.
- 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. Letters most commonly published are those that have bearing to current community issues.
- Keep letters short, simple and to the point. Letters are restricted to 300 words or less.
- The Editor reserves the right to edit your letter for grammar, spelling or reduction in size where necessary.
- 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.
- Do not be discouraged if your letters don't get published. Whilst each submission is reviewed on its own merits, we generally receive more letters than we have space available.
- The Valley & East Coast Voice reserves the right at all times, without notice, to update, change or amend our guidelines. Whilst we value & welcome community letters, The Valley & East Coast Voice does not provide specific feedback regarding any decision made not to publish a submission.

# Tim Morris MP

Tasmanian Greens Member for Lyons



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

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

**Phone:** (03) 6263 3801

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

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

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

**HARRIS FUNERALS**

**Lindsay & Diane**

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

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

**Office & Residence:**

114 Cecilia St  
St Helens

**Chapel:**

46 Tully Street  
St Helens

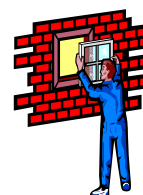
**We are here when you need us  
to arrange Burial or Cremation.**



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- ▶ Glass repairs
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- ◆ TOP SOIL
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- ◆ 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

### Scamander Beach Surf Shop

6 Lagoon Esplanade  
Scamander

Ph: 6372 5529



Bathers Wetsuits DVDs  
Clothing Footwear  
Bodyboards

#### Surfboards:

Milch McTavish  
Surftech Bic G Boards



### Bay Surf Shop

2 Pendrigh Place  
St Helens

Ph: 6376 1755



# SPLASH

ST MARYS

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

Water cartage  
Septic pumping

Contact: Mick

**0488 777713**





# ST MARYS COMMUNITY HEALTH CENTRE

## WHAT'S ON AT THE CENTRE

- 8 Feb **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Day Centre**– First week for 2012! For details on the group please contact Hayley Gilbert 6372 2111
- 9 Feb **Eyelines**– For appointments please phone 1300 139 363. All consultations Bulk Billed to Medicare
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist**– For appointments please see your GP or Health Professional for a referral and the Physiotherapist will contact you with an appointment time.
- Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- 10 Feb **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TABIS (Tasmanian Acquired Brain Injury Service)**– Hannah Rubenach phone 0437 076 100
- 13 Feb **Social Worker**– Shan Williams appointments available by phoning 6372 2111
- 14 Feb **Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 38
- Counsellor**– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.
- Continence Nurse**. For appointment please see your GP or Health Professional for a referral.
- Social Worker**– Shan Williams appointments available by phoning 6372 2111
- Meals on Wheels Meeting** 2:00pm in the Day Room.
- 15 Feb **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- Social Worker**– Shan Williams appointments available by phoning 6372 2111
- 16 Feb **GP North Mental Health Worker**– Brady Young for appointments please see your GP for a referral
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 17 Feb **Dietician (GP North)** – Appointments available by referral from your GP
- Diabetes Educator (GP North)**– Appointments available by referral from your GP
- Exercise Physiologist (GP North)**– Appointments available by referral from your GP

## WHAT'S ON AT THE CENTRE Continued...

- 17 Feb **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you
- TABIS (Tasmanian Acquired Brain Injury Service)**– Hannah Rubenach phone 0437 076 100
- 20 Feb **Social Work**– Shan Williams. Please phone 6372 2111 for appointments.
- TLC Meeting (Tasmanian Lymphoedema Centre)** 10:00am in the Day Room
- 21 Feb **Counsellor**– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Social Work**– Shan Williams. Please phone 6372 2111 for appointments
- Tom Bain, Rae & Partners Lawyers**. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 22 Feb **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- 23 Feb **GP Podiatrist**– Annabelle. For appointment please see your GP or Health Professional for a referral.
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- 24 Feb **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TABIS (Tasmanian Acquired Brain Injury Service)**– Hannah Rubenach phone 0437 076 100

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

**COUNSELLOR- Ellen Naef**  
Available every Tuesday at the St Marys Health Centre  
Ellen is located downstairs at St Marys Health Centre in the Healthy House

Please phone 0409 864 182 for appointments

**EYELINES**  
Visit the St Marys Health Centre every 6-8 weeks  
For appointments please phone 1300 139 363.  
All consultations Bulk Billed to Medicare



### DOCTORS ROSTER

• Dr J.P. Darby /02/12—19/02/12

• Dr Latt 20/02/12—06/03/12

### 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**

### HEALTH CENTRE REDEVELOPMENT

The St Marys Community Health Centre was successful in securing funding in 2011 through Palliative Care which will see the extension of 2 rooms and upgrade of the family room.

The redevelopment commenced in January 2011 with completion expected round March 2012.

### 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

### PHYSIOTHERAPY

We are in the process of readvertising the Physiotherapy Position but in the mean time we are fortunate enough to still be receiving a Physiotherapist one day/ week with the Outreach Service from the LGH.

To make a Physiotherapy appointment please see your GP or Health Professional for a referral and the Physio will contact you with an appointment time.

### SOCIAL WORK

Interviews are being conducted this week for the Social Work Position.

For appointments with the social worker please phone 6372 2111 or see your Health Professional for a referral.

### COOK

Interviews are being conducted this week for the Cooks Position at the Health Centre.

### ORAL HEALTH SERVICES

The mobile Dental Van will be operating from the rear of the St Marys Health Centre (Ambulance Bay Area) from February until May 2012.

Please make appointments by phoning the:  
**Northern Dental Centre on 6336 4100**  
**Between 8:30am– 5:00pm Monday to Friday**

Watch this space for details of the upcoming *St Marys Community Health Centre Fair!* Details next edition of the valley voice ☺



## MEALS ON WHEELS ROSTER

February		St Marys	Fingal
Monday	13th	Val Spencer	Neighbourhood House
Tuesday	14th	Ruth Aulich	
Wednesday	15th	Liz Rice	
Thursday	16th	Yvonne Salter	
Friday	17th	Hannah Rubenach	
<b>MOW Contact</b>		<b>Phone:</b>	<b>0488 384 344</b>
Monday	20th	Pam Lynch	Neighbourhood House
Tuesday	21st	Trish Pike	
Wednesday	22nd	Lorraine Gill	
Thursday	23rd	Val Spencer	
Friday	24th	Drew Adam	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](mailto: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.

The Breakfast program is now hosted by  
Matt and Karen on weekdays.  
There are now over 500 stations  
Australia wide.

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

National Vision Radio Network.

Phone 1800 007 770.

## 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

SUMMER OPENING HOURS:

MON TO FRI. 10AM — 4PM  
(WHERE VOLUNTEERS ARE AVAILABLE)

ST MARYS MARKET SATURDAY  
9.30AM—1PM

PH: Janet Drummond: 6372 2851.

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

I was hoping someone else was going to offer to do this column this year with fresh ideas and approach but so far not yet...C'mon guys...

\*Pennant Bowls has recommenced with both the Men's and Women's teams travelling quite well. All comes down to the final three games leading into the finals to determine if we play in them and what ladder position can be obtained. It's up to us so please commit if you can. Practice and team selection every Thursday night.

\*Thanks to all those who strongly supported the recent "Crib Night" at the club. It was an outrageous success and lots of fun. Might even happen again before long.

Thanks especially to all the members who helped out.

\*A special thanks must go to Damon Viney and Chris Davern whose recent work on the bowls green is showing superb results evidenced especially since Christmas and also to the Golf Course crew and new "trainee" Glenn Macca McDonald. Their work similarly is reaping great rewards. Thanks to all. (Four year apprenticeship Macca)

\*Back to bowls and some very special helpers in our club as HOST CLUB this year are our Catering Crew. They are simply amazing... WE DO HAVE THE BEST AFTERNOON TEAS without any doubt. Blood's worth bottling.

Similarly our volunteer markers and helpers on East Coast Championship days... Never too much trouble... Thanks.

\*If anyone is interested in re-establishing a Pennant Golf side this year can you let the club know. All are very welcome and if there's enough interest it might even happen. It's the purest of all golf...

Until next time, good hitting and rolling.

## The Say Cagerattler

Welcome to a new year and despite me needing reminding that it was THIS WEEK and not next that the Valley Voice was recommencing again, I was happy to quickly tap out a few lines...Firstly though... Can you help me..? During the year please feel free to add, argue or suggest the topics we touch on. We need feedback and forums to seek out what we need to talk about. Hopefully it's not just me who has ideas for this column each fortnight...Thanks.




What about the announcement late last year on the exciting possibility of the new mining venture in the Valley? Wow, imagine the possibilities of a new major employer coming onto the scene in the next twelve months or so.

Despite this can you believe there are people out there either skeptical or hoping it doesn't happen. Thankfully only a few. To those people... WHAT'S WRONG WITH YOU? For goodness sake...

Unless there was grounds for a major environmental disaster or something similar there should be nothing but positive comments and total encouragement for such a venture. All up including support personnel and the like this mine will employ around 600 people... SIX HUNDRED... Even if it was sixty it would be fantastic for our beautiful but economically depressed region.

I only hope the very few unbelievers will can it somewhat, and let something very good provide some great opportunities to the wider community.

What do you think ?

**ST MARYS SPORTS CENTRE INC.**  
**Every Friday – 6.30 - 7.30pm**



**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 9th Feb - Wed 15th Feb)

#### ***from the butchery***

Mince meat	\$ 9.99kg
Forequarter lamb chops	\$ 9.99kg
Round steak	\$ 8.99kg
Legs of lamb	\$10.99kg

#### ***instore specials***

Ardmona canned fruit 825g	\$1.99
Kleenex toilet tissue 8pk	\$3.99
Pears shampoo & conditioner 400ml	\$1.99
Kraft peanut butter 375g	\$2.99
Bushells teacup bags 100s	\$2.99
Radiant regular laundry powder 650g	\$1.99
Arnotts assorted creams 500g	\$3.99

#### ***back to school***

Nutella hazelnut spread 400g	\$4.49
Yoplait Go Gurt 8pk	\$4.79
Uncle Tobys muesli bars 120/185g	\$3.49
Uncle Tobys roll-ups 94g 6pk	\$3.49
Foster Clark's snak pack 4pk	\$2.99
Cadbury Giant Freddo 35/40g	.75c

### **next week's specials**

(available from Thurs 16 Feb - Wed 22 Feb)

#### ***from the butchery***

Topside roast beef	\$ 8.99kg
Rump steak	\$10.99kg
Lamb BBQ chops	\$ 9.99kg
Blade steak	\$ 8.99kg

#### ***instore specials***

CSR white/raw sugar 2kg	\$3.79
Thick & Thirsty paper towel 2pk	\$1.99
Arnotts butternut snap biscuits 250g	\$1.99
Arnotts chocolate ripple biscuits 250g	\$1.99
Arnotts cream biscuits 200/250g	\$1.99
Golden Circle cordial syrup 2lt	\$2.99
Quilton toilet tissue 6pk	\$2.99
Chum dog food 1.2kg	\$1.99

#### ***from the freezer***

Ingham chicken kiev 350g	\$6.99
Birds Eye oven bake fish 425g (excl Dory)	\$6.99
Flora spread, original 1kg	\$3.99

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