

# The Valley & East Coast Voice

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50 cents

#### Scamander Vs St Marys Cricket Grand Final

On Sunday 26<sup>th</sup> February 2012 Scamander and St Marys went head to head at the St Marys Cricket Ground in the East Coast Cricket Association Grand Final.

Scamander batted first and were bowled out for 104 in the 17<sup>th</sup> over. Jacob Spilsbury took 3 wickets for the home side. St Marys lost 3 wickets in the run chase but a solid performance by Reece Maher and Brodie Rickman in the batting saw the home side win in the 17<sup>th</sup> over.

Congratulations to St Marys who are the 2011-2012 Cricket Premiers and many thanks to the 3 teams Scamander, St Helens and Pyengana Pigs for your ongoing support and participation in the East Coast Cricket Association Roster.

It was also fantastic to see how well supported the day was by the St Marys locals and the Scamander Barmy Army (no offence intended!) Over 100 people were in attendance and it was a tough game for both players and spectators on a 33 degree day!

On behalf of the St Marys Cricket Boys a HUGE THANKS to the following businesses and individuals who have continually supported us throughout the cricket season. Your contributions help sustain our club!

Bruce and Julie Cornelius- St Marys Hotel

'Speed' Gary Maher- Who is currently giving Reon Johns a run for his title as 'Sausage King'

Nick and Mick Kringle

Mark and Tamatha- St Marys IGA Supermarket

Ross and Tracey Bean- Coach House Restaurant

Harry and Kerry Veldums- St Marys Post Office

Judy Spilsbury- Valley Voice

And anyone else whom I may have forgotten who has contributed to the St Marys Cricket Club during the season.

One lot of players we CAN NOT FORGET are the Junior Cricket Teams in Break O'Day! On Friday 2<sup>nd</sup> March 2012 St Helens Blue defeated Scamander at the St Helens Cricket Ground with a great display of Junior Cricket all round. It was great to see the Junior Cricket in Break O'Day so well supported with many parents and locals coming to encourage our up and coming talents.

The St Marys Cricket Roster will resume in October 2012. Keep your eyes open in the Valley Voice for training times etc.

Craig Freiboth, St Marys Cricket Coach, Juniors/Seniors.



Jamie Mc Kimmie in action.



Reece Maher also in action.



St Marys Cricket Club Team.



Scamander Cricket Club Team.

<u>Please note</u>: Deadline for articles in the next Valley Voice is 5pm <u>Tuesday March 21, 2012</u> <u>EMAIL ADDRESS</u>: judith.spilsbury@telair.com.au

#### **Community news**

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

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

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

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

St Marys PlayGroup -Interested in continuing to meet weekly at Falmouth Community Centre? Please contact Michelle. 0418 271 315 - 6372 2835

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 & Shirl: **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.** 

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

FAMILIES—0 –5 YR OLD
BUILDING BLOCKS & ST MARYS PLAYGROUP
COMBINED SESSION
FALMOUTH COMMUNITY CENTRE
FRIDAY MARCH 23RD 10.30 - 12.30.
In order to continue, Playgroup requires new committee members/attending families.

Details available on the day or by phoning Michelle: 0418 271 315 - 6372 2835.

#### **Inside my Skin**

will be officially launched at e.ScApe Cafe
Wednesday 21 March

between 5:30 p.m. and 6:30p.m. Come along and share in a

Beer & Yarn

www.insidemyskin.com

Are you an **adult swimmer** who would like to improve your confidence and skill in the water? We are looking to start an adult swim session at St Marys pool. You need not be a pool key holder – time to be determined.

Fees will apply to cover session costs
Further information: Carol Bennett: 0447 241 233

# Thank You

Kate and Denny Floyed would like to thank their family and friends for gifts, cards and well wishes on their 50th Wedding Anniversary.

Also a special thanks to granddaughter Bianca for the incredible ginger bread house she made.

# Thank You

Peter Spilsbury would like to thank all the relatives and friends who recently helped me celebrate my 80<sup>th</sup> birthday.

Many thanks for all the wonderful gifts, cards and well wishes I received on this occasion.

#### Classifieds

#### For sale

**4.3mtr Aulm boat.** 14hp Suzuki, fish finder, oars, anchor. Reg. 15/10/12 Dumbier trailer. \$2000. ono.

Ph: 0407 722 884.

1 Frister Rossman portable sewing machine. Offers?1 Electric singer sewing machine. Offers?

Ph: 6372 2100.

**1989 Mazda 626 (shades).** Needs work. \$600. ono. **Ph: 6372 2430.** 

Dual MIG 120 welder, gasless wire + aluminium all fittings for gas, 2 rolls wire. \$200. 3 fishing rods, 2 with trigger grip + O/H open face reels 1 normal. \$20 each. 2 indoor BBQ plates-elect. \$10 each. Large aluminium boiler plus cast iron camp oven. \$10 each. Router, complete in box, all access. Never used. \$60. Outdoor solar shower. \$10. 8 metal tent poles some adjust. \$20 the lot. Home brew gear: container, heater, bottles, on heated cupboard, capper. \$40 the lot.

Ph: Pete 6372 2398.

Orders taken for Sheep Poo- for the Scouts \$4 a bag. 0412 803 027.

Corner TV cabinet. Very good condition. \$120. Ph: 6372 2552.

Pendant lights. 3, 3arm. 5 arm, 6 arm. \$40, \$30, \$20. Huon Pine stump. \$40. Fibre glass balustrade mould. \$20. Brand new queen size mattress, Cost \$3,000, take \$2,000.Ph: 6372 2251.

Wooden counter with shelves. 165cm long. \$50. Large aluminium window —already boxed up. 150cm x 200cm. \$100. Club lounge. \$80. Chest drawers. (3) \$30. Shop bench. 120cm x 60cm. \$40. Large wardrobe. \$30. Ph: 6372 2365.

Variety of items (ideal students flats in town) including several desks, \$25 \$50. King single ensemble bed with 2 sets linen. \$120. Wardrobe, cane lounge & chairs, bedside drawers, toaster/kettle/cutlery/ crockery etc. Ph: 0418 271 315—6372 2835.

Wooden bunk beds with two quality mattresses. Converts to 2 single beds. \$400. Air hockey table. \$100. Ph: 0418 271 315—6372 2835.

**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.



Kawasaki KX85, big wheel, 2001 model. New chain, sprockets, wheel bearings and rear suspension. Good condition, goes well. \$1950. ono.

Ph: 6372 2665.

#### **FOR SALE**

1999 HONDA XR 70R VERY GOOD CONDITION \$850. ONO.

PH: 6372 2438 OR MOB: 0419 536 886



GIVE AWAY TO GOOD HOME 2 MALE—1 FEMALE BEAGLE/ KELPIE CROSS PUPS. Ph: 0457 722 231 FINGAL.

#### **WANTED TO BUY**

Carburettor to suit: 90 CC HONDA STEPTHROUGH 'Postie' Phone: 0427 736 968

#### 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.

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.



#### GREATER ESK TOURISM

GET TOURISM ... meets the second Monday of each

month unless otherwise notified.

Fingal Valley Neighbourhood House WHERE:

TIME: 7PM

All WELCOME.

Enquiries to the president on 63722783. Please note...

March meeting - Tuesday 13 March (changed due to long weekend) April meeting - Monday 16 April (changed due to Easter holiday)

#### **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: 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

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.

#### Letters to the Editor Vol. 44 No 20, March 8, 2012

St Marys Tigers Football Club is enjoying a rebirth of sorts and we have found a niche in Tasmania in the area of Masters Football. We had a very successful season in 2011 and hope to do the same this year. Talent-wise we are a very competitive club in this form of competition.

Unfortunately we are starting from scratch and operating on the skinniest shoestring budget. When the original St Marys Football Club was in full swing it was extremely well equipped but over the years bits and pieces have drifted away to the point where virtually nothing is left.

We really don't need that much but in order to run a successful match, particularly from a catering perspective, we are often caught short. What we do need doesn't have to be fancy, just functional so I would like to ask if the good folk of St Marys could help us out.

We need tea towels, dish cloths/rags, a couple of large pots for cooking savs/potatoes, serving platters, large and small plates, carving knives, a steel, a food grater, BBQ and general kitchen utensils and useful bits and pieces that would help us with food preparation and serving. We could also use a reliable chest freezer.

Accordingly we would appreciate if you could check out your junk drawers for things that you no longer require which may be of use to the footy club. If there is something big, like a freezer, we can arrange to collect it. We are OK in terms of refrigerators.

Items can be dropped off at the post office but if you have something big that you think we could use give me a call at the PO just to make sure that we don't double up on anything or we end up with large items that we really don't need or don't have the space to accommodate them.

Any assistance will be genuinely and greatly appreciated.

Harry Veldums, Club President.

I would like to congratulate Mayor Schmerl, Deputy Mayor Rubenach and Councillors Marg Osboure, Reon Johns and Glen McGuiness who voted in favour of providing an effective manner in allowing many of our protected animal species the ability to escape from waste transfer station skips.

I know many people will argue that many of these creatures are vermin and should be eradicated. However, if this is the case it should be done in a lawful humane fashion that does not involve inordinate suffering and a protracted death in oppressive heat.

Therefore, I cannot comprehend how Councillors Tucker, LeFevre, Coulson and McGiveron could favour this abhorrently cruel death by voting against this motion.

Wendy Brennan

St Marys

6372 2094.

#### SHOP LOCALLY AND SAVE

#### Tribute to Carl William (Bill) Darke

For the residents of St Marys and indeed the whole municipality, who have had an avid interest in football over the years; we have been given permission by Martin Crawford to reprint his tribute to Mr Darke, which was published in the Great Oyster Bay Community news.

"Carl William (Bill) Darke was born at Campbell Town 14th December 1919 and came to reside in Swansea in 1955 with his wife Alice (nee graham) but prior to this worked as a partner with his 4 brothers as Darke Bros Builders in Campbell Town.

It was between 1955 - 1967 when Bill made his mark as a valued member and leading citizen of Swansea with his tireless work as:

- Founding member of the Swansea Football Club when they formed and joined the Fingal District Football Association in the late 50s.
- President of the Fingal District Football Association.
- President/Chairman/Patron of the Swansea Football Club and the Club Rooms which are still named "The Bill Darke Club Rooms"
- Ex Glamorgan Municipality Councillor
- Elder of the Swansea Presbyterian Church
- Unofficial Ambulance driver in his big Blue Stylemaster Chevrolet prior to the St Johns Ambulance Service operating in Swansea
- In his early days at Campbell Town, Bill captained the Midlands under 16 School Boys side, represented the Midlands as an opening batsman, was Band Master of the Campbell Town Band and was an avid supporter of the North West Coast Cycling Carnivals. He used to stay at the well known Lucas Hotel in Latrobe and the regent in Burnie.

On arrival in Swansea Bill and Ailie took over the Pier Milk Bar, which then included sales of groceries and building supplies. Several years later they set up business in Victoria St. at the site where Barry and Maggie Skeggs lived selling building/hardware and farm supplies and then moved to Melbourne for a few years where Bill worked as an Undertaker.

In 1975 they returned to Swansea and built their family home in Gordon Street and at the time of his passing Bill and Ailie had spent almost 70 years together in married life.

Bill is survived by wife Ailie, sons Graham and Neville, 6 grand children and 7 great grand children.

It was a pleasure to meet Graham and Neville who provided the information and most interesting background on a great man who left so much legacy for the future benefit of so many within our community.

Around 300 people from all over Tasmania and interstate attended the funeral held in Swansea, which reflects his standing and outstanding contribution to the Swansea region.



The late "Bill" Darke.

Bill was a returned serviceman of World war 2."

Thanks to Martin Crawford for allowing us the privilege of publishing this story and photo, and to Len Miles for collecting the information.

#### **St Marys Child Care Centre News**

We would like to invite all interested community members to our opening morning/garage sale – come and have a look through the centre and grab a bargain or two. All funds used to



support our programs and to enhance the resources available for children.

When: Saturday 17<sup>th</sup> March 9am – 12pm Where: St Marys Child Care – in the grounds of the Community Health Centre.

Thanks to the lovely people at the Break O'Day Woodcraft Guild for once again helping us out – turning our big felt board into 2 smaller boards, for children to enjoy felt work and chalk drawing & making it a bit easier for our staff to move them around.

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

St Marys Police Phone Number 6372 1010
Non Urgent Number 131 444
Urgent and Life threatening 000
SES (Flood & storm only) 132 500



# Now the kids are back at school, catch up with your friends at the Possum!

It's great having them home for the holidays but let's face it, you've been flat out for weeks and weeks – you deserve a break! We suggest you give your mates a call and meet up at Purple Possum for a lovely coffee, a piece of cake and a chat. Or perhaps brunch or lunch – whatever the time of day, you're always welcome at Purple Possum – the perfect place to catch up with friends!

## **Purple Possum**

Wholefoods & Café

7 Story Street St Marys. Phone 6372 2655.

# Old Cranks & Tinkerers Classic Vehicle Show

It's on again!, the 6th Annual St Marys Old Cranks and Tinkerers Classic Vehicle Show will be held Sunday, June 3<sup>rd</sup> at the village green in central St Marys.

In 2007 when almost everyone seemed to be getting into the spirit of our town's sesquicentenary, a couple of old cranks wondered if it would be a good idea if both a car show and a history of transport exhibition be organized as part of the celebrations.

We were most pleased when the transport exhibition, (which ran a month in the town hall), and the car show were a great success, so much so that we decided to make the show an annual event.

Some questioned the wisdom of holding an outdoor event during a St Marys winter but at the time there were limited gaps in both the sesquicentenary and statewide car event calendar so June it was. We are happy to report the show has been growing steadily since.

We started with a small but quality bunch of cranks consisting of Bill Targett, Ian Summers, Reon Johns, and myself, eventually joined by the five star company or Jeff Springer, Gehard Rist, Marty Hornibrook, Andrew Atherton and this year: rookie Glenn McDonald. Of course on show days we receive much help from other volunteers, especially Jim Watson and Dan Rice.

So please join us again this year as either a visitor, or exhibitor if you drive something interesting, and experience great cars, great people, surrounded by great food, great coffee, great village atmosphere, and mild east coast winter weather.

Cars to be in place by 10.00am and prizes drawn at 3.00. Cheers, Grant.



#### **HAPPY BIRTHDAY**

MELANIE NORTON
JIM HAAS
ERINN SPILSBURY
WENDY FOWLER
GLEN LODGE
ROD MCGIVERON
RHET SMITH
FRANK SPILSBURY
FRAN LOWE.
LORRAINE GILL



From all your friends in St Marys

#### **OUT OF THE WOODWORK**

Wendy Brennan ,Secretary. 6372 2094

Many thanks to Mrs. Heather Lodge who donated seeds for our garden and to Yvonne Wyrostek who, although not a member, equips her husband George with delicacies for all to enjoy at our meetings.

The Guild at present is exploring the possibility of having a community bus commute from Fingal to our shed to allow isolated members of that community (both men and women) to come and join us for day visits.

The Sizzler King had an exceptionally good day at the Tasmanian Regional Arts Market with our "most hated most eaten snags... many thanks to those patrons who continue to support us by purchasing one of our haute cuisine snags. All monies raised are put back into our club. Many happy returns to our two "Piscean" female members Wendy Fowler and Lorraine Gill we all hope your special day is filled with happiness and joy.

#### **Guild's Home Hint:**

Sometimes new towels don't dry very well. This is caused by a dressing on the material. To remedy the problem and remove it, put half a cup of bicarb soda in with your washing powder and half a cup of white vinegar in the conditioner slot. Wash in the normal way. It works!

Our gang has been working tirelessly in preparation for the Guild's Open day fair which will be held on the 21<sup>st</sup> April. Stay Tuned.

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

Many people thought the last school pic of one of our members was Peter Williams...wrong—we will let you guess again!

Can anyone guess the name of our member in this week's pic?

Clue...he is a very talented musician.



#### WANTED

BUBBLE WRAP DON'T TAKE IT TO THE TIP—RECYCLE. PLEASE DROP ANY SIZE BUBBLE WRAP INTO SECONDHAND ROSE. THANK YOU.

#### The Say Cagerattler

Politics is a funny game isn't it? All that tomfoolery going on in Canberra recently thanks to the Gillard versus Rudd showdown. Well it would be funny if it wasn't so serious of course. Ego's seem to have got in the way here.

I vote for this mob and I'm annoyed by the way they carried on. Here's an even stranger thing. Despite the silliness of it all and despite this crowd lurching their way to the next election in 2013 or so, with faux pas after faux pas they are to me at least a preferable option to the excuse for an alternative government via the Coalition.

What a whinging, negative bunch of individuals they are. Time after time we listen to rhetoric, muckraking and droning repeats of the same old, same old thing, time after time.

With all the antics of the ALP I can't believe that this Opposition hasn't absolutely buried the Government lock stock and barrel, but they haven't as yet.

Our politicians always seem to forget something really important. They are there to represent us first and foremost and not to serve their own egos. No doubt their initial intentions are to do the right thing by the electors. Call me a cynic though but once ambition, factions and self interest gets in the way, it's pretty evident that you witness the results of backroom deals and what's good for the Party, not necessarily that of the populous as a whole. That's so wrong... This should never be.

In regard to the leadership fight in the ALP, An email pen-friend from Chicago USA, sent me a message last week totally mystified courtesy of CNN coverage and printed media and was somewhat amused by our political system, not least where an incumbent Prime Minister can be challenged mid term. I had to agree with him and it must send a Banana Republic message.

Perhaps these "leaders" of our nation need to take a long hard look on how they do things, put their own agendas aside for a while and, God Forbid, return to some original values that all politicians should aspire to, that being serving their electors, states and country. How unreasonable is that?

In regard to my previous article on the Forestry Debate, I'd like to thank those who have mentioned the article to me...generally disagreeing I sense.

Here's your chance and what "The Say" is all about. Give me back your opinions and lets get some diverse discussion going on this important subject. It's about time.

What do you think?

#### FREE TO GOOD HOME

cute kittens - 3 X Black kittens, 2 x Black/white kittens. Call  $6372\ 5571$ 

**Free** - 5 years worth of 'Good Health' and 'Australian Coeliac Society' magazines full of gluten-free recipes and information about coeliac disease and other food intolerances. Ph: Leissa on 6372 2686.

**Free chooks** - free-ranging in the yard of 24-26 Cameron St, St Marys.

Am sick of them making a mess in the garden. If you can catch them they're yours!

(and if they actually <u>are</u> yours, could you please catch them and keep them in your own yard, thanks).

#### The need for speed?

In early 1970 a young Kevin Faulkner purchased a speed boat called ANZAC. The craze took off and this purchase was closely followed by more St Marys young guns purchasing their own boats, all powered by Ford 10 motors.

The East Coast Boat Club was then formed, starting their racing on Diana's Basin, and later moving to St Helens. The biggest race at St Helens was competed for a large

canteen of cutlery, donated by Mark Jessups Sports Store, eventually being won by Jack Bullock's new boat, Cheyenne.

The closure of the club was due to the boats and motors becoming bigger and faster, making the sport more dangerous.

In one race, Owen Hughes ended up with an outboard motor swinging in the back of his boat.

Other early members of the club included Arthur and Cedric Brown, Bill Targett Barry Wright, Barry and Gerald Aulich and David Llewellyn, Just to name a few.

Very exciting while it lasted.

(Thanks to Jack Bullock for his memories, Cameron Bullock for the photo, which arrived via Dale Matheson.)



Photo taken at Scamander River mouth in the 70s. from left: Noddy: Cedric Brown. Bingo: Barry Wright. Sex Kitten: Jack Bullock.
Photo: Cameron Bullock.

# The Vortex Healing Centre is having a birthday!

And you are invited. **Easter Saturday** will be a day of healing, crystals, meditation and a walk to local power sites. Saturday evening will be movie night, (movie TBA) you can stay for tea, campfire provided but byo food.

Sunday is a 10 minutes of fame day, so dust off your skills and test out the acoustics in the Yurt! All talents are welcome: eg singing, music, paper folding, yodelling (we love variety). Byo picnic (no alcohol) The Easter Bunny has hidden some treats.

Please come and help us celebrate! \$5 donation for all events, a fun day for all.

To enter the 10 minutes of fame day please ring Sue on: 0418 515 419.



## ST PATRICKS HEAD DAY CELEBRATION SATURDAY 17TH MARCH **COMMUNITY HALL, MAIN STREET, ST MARYS** RAIN, HAIL OR SHINE

MARKETS 10AM TO 3PM - CHILDREN'S GAMES 11AM TO 2PM PRIZES, FOOD, TEA, COFFEE, AND COLD DRINKS LUCKY DOOR PRIZE -MOBILE PHONE

# ROCK AND ROLL DANCE FROM 5PM TO 9PM LOCAL DUO "GENERATION" ON STAGE GOLD COIN DONATION ENTRY TO DANCE

"BREAK O'DAY REGIONAL ARTS EVENT"



DRESS UP IN 50'S AND 60'S GEAR, BRING THE KIDS, **GRANDPARENTS OR JUST YOUR-SELF AND HAVE SOME FUN** 

FOR MORE INFORMATION PHONE ROD CORFE 63722444 e.ScApe Cafe



#### 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.

Back to school hair cuts: from \$15.

# Rae & Partners Lawyers Barristers & Solicitors

**Visiting:** 

St Marys Community Health Centre Alternate Tuesdays: 9 am – 10 am
Ph: 6337 5555 For appointments.



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

#### What's new in the newsagency?



A huge selection of 'HUGE' cards for all occasions.

Double the size of a normal card.

All only \$3 - \$4.

Call in and check out the cards on the stand.

#### **Thanks Rod Corfe**

I would like to thank Rod Corfe at e.ScApe Cafe for consistently putting on an enjoyable Thursday night dinner, attend by a core group of around 12 individuals.

We've been taking this chance to enjoy each others company for approximately the last four years now. There is a "set menu" of two courses but Rod always goes out of his way to cater to the special dietary requirements of his diners.

This week I had some rather nasty dental work done and the result was a very sore mouth. Speaking to Rod he

suggested some soup. I was longing for some "real" food at this point, so I countered with mashed potatoes - real comfort food and soft! He joked that he had some rusks should I need them!

On arrival to dinner that night, I was served a very special meal, a compromise between the two suggestions,



Janet Drummond with her special meal.

sweet potato soup with a delicious dollop of mashed potatoes in the middle! I could not have asked for more! So, thank you Rod for your thoughtfulness and your entertaining Thursday night dinners.

#### 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
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# ALL JEWELLERY & GIFT LINES FOR THE MONTH OF MARCH

# gone rustic studio & gallery

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

9-26 march - 'circles' touring exhibition from stitching and beyond inc. (entry is free) NOTE DATE CHANGE

 $14^h$  march - 7 pm - launch of 'paper cloth stitch exhibition by lauree brown and rita summers (\$5); rsvp essential

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

#### 37 main st

st marys tas 7215 0363722724

www.gonerustic.com gonerustic@yahoo.com.au

JOURNALS ANONYMOUS 31 MARCH (11-2) FUN JOURNAL PAGE CHALLENGE BYO LUNCH & MATERIALS

contemporary art & craft agents for wide span kit sheds & homes quilts, gifts, cards, exhibitions & workshops AND pilgrim cottage collectibles

judy's mobile quilting shop 14 march (11-3) fabric, threads PLUS bargains

galore!

rustic ragamuffins wednesdays 7-9 (\$5) opening hours 10-4 or by Appointment member of

member of greater esk tourism and tasmanian regional arts



# Community Action Program

# **\$\$\$ FUNDING AVAILABLE \$\$\$**

Our funding pool is open to groups and individuals within the Break O'Day Area. Would you like to see activities up and going in your area? Do you have ideas for your community? Would you like some Training? Need additional resources or equipment? We are here to help. For more information please contact:-

# Community Support Officers, Healthy House Phone 6376 5242

Fax: 6376 5240 Email: admin@healthyhouse.org.au

, ,

This is a one off exciting opportunity for the community and individuals.

### BE QUICK DON'T MISS OUT

Community Support Officers Kathy & Trish are here to discuss any ideas you have (big or small) and are happy to help you with an application.

Please note that funding is limited to not for profit activities only.

The Community Action Program provides a wide range of support to Community and Voluntary Organisations and individuals throughout the Break O'Day Municipality. This limited funding is available throughout March, April & May of 2012.

Funding is provided by the Australian Government Department of Health and Ageing under the Rural Primary Health Services Program.

#### St Helens History Room news

Mr David Hirst of Wybalena has donated a superb lace and artifacts collection belonging to his Grandmother, Mrs Florence Mary Parker. These are being readied for exhibition by March 24th. We are all very excited about this exhibit which has an amazing history.

Mrs Parker was the granddaughter of John Davies, founder of the Mercury newspaper in Hobart. For her work with the Tasmanian division of the Australian Red Cross Society she received an OBE as one of the first of two recipients in Tasmania in 1918.

Regular visitors will see that there have been changes to some displays and more are on the way. Apart from this the usual spring cleaning of the "Animals" is under way and the back room volunteers continue to work hard to complete the archiving.

#### Friends of the History Room news

First of all CONGRATULATIONS to "Geoff" who won the last \$100 raffle, Geoff is the third local to have won an easy \$100 this way... well done.

Our February trip has had to be changed, to what we think would be a better time during Heritage Week (14th to the 22nd April). The exact date to be confirmed but more than likely it will be mid-week.

14<sup>th</sup> April 2012 - Working Bee, Chinese Cemetery, Weldborough - 9am, meeting at the St. Helens History Room. Part of Australian Heritage Week activities.

This year we want to make a concentrated effort to raise funds for an extension to the History Room. This will obviously be a long term program, but with the help of the Friends we hope not to long.

We need new members.
Friends in the community to help us.
You don't have to be retired, we welcome young people with fresh new ideas.

We meet 4 times a year and try to have something interesting at each of the meetings.

What changes have you noticed in St Helens over the last 3 months? Shops closing? A new house going up in what used to be an orchard? Do you remember eating the fruit from that orchard? Has the Bay foreshore changed? All this is history in the making.

You only have to look at the changes depicted on the sepia post cards on sale in the History Room, to see for instance how the Bayside Inn has changed over the years. Or the changes to the bridge we travel over every day. Do you know what happened to the lovely curved IRON bridge supports from 1881? Some are doing duty in the township in a different way.

Date for the diary: TRIVIA NIGHT June 12th in Portland Hall.

#### **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?

#### Suncoast Gallery Hosts Exhibition of Hand-made Postcards ongst all the chaos of the usual December and

In amongst all the chaos of the usual December and early January festivities, fifteen local artists worked hard to produce 43 exquisite, unique hand-made postcards for the 'East Coast Reflections' Postcard Exhibition.

The Exhibition was held at the Suncoast Gallery, 8A Quail St, St Helens, from January 25<sup>th</sup> to February 8<sup>th</sup>. The Curator of the Suncoast Gallery, Eva Cymbalak, employed her usual notable flair for display to mount an exhibition of which a larger, better resourced gallery would have been proud. The techniques and materials used to create the postcards included machine embroidery, quilting, water colours, acrylics, pencil drawing and photography. The prices of the artworks ranged in price from \$10 - \$40. If you were unlucky enough to have missed the exhibition, why not pop into the gallery to see if any of the works are still available for sale.

The winner of a cash prize was determined by a Viewers' Choice vote. The competition was won by Barbara Mellor of Akaroa, for the postcard pictured below depicting the sunset at Georges Bay. The medium was free motion quilting on cloth.





The winning postcard, above, made by Barbara Mellor, pictured left with her entry.

The raffle of the beautiful watercolour painting of Sloop Reef, so kindly donated to the gallery by Graeme Cherry, was drawn at the conclusion of the exhibition. The lucky winner was Marion Leggate of Scottsdale.

# DickAdamsMP 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

## **Community Dinner**

Holy Trinity Anglican Church Hall Main Street, St Marys Saturday 24<sup>th</sup> March 2012 - 5.30 for 6pm

## **Mexican Fare**



Please bring a salad or a sweet dish to share.
Meat dishes provided RSVP: Barbara on 6372 2428.







#### **CLEAN CRACK LAUNDROMAT**

32 MAIN ST., ST MARYS (NEXT TO SECONDHAND ROSE)

Coin operated washers & driers



IS OPEN FOR BUSINESS Summer trading hours: 7am - 7.30pm

# Main Street Clothing



Plenty of bargains to be had!

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Floor coverings, Electrical, Furniture, Computers and Bedding 21 Quail St, St Helens 6376 2555





Panasonic Full HD 50inch Plasma Wi-Fi ready, 3xUSB 3xHDMI & SD inputs WAS \$999.00 NOW \$949.00 Whilst stock lasts



Right Bed, Right Price, Right Now

**Queen size mattresses** from \$499.00 HUGE range in stock available straight away

## FURNITURE HOUSE

**Lounge suites** from \$1695.00 & many other items in store now 20% off all furniture



**Bamboo flooring** \$59.00m2 Room size carpets \$95.00 Many many more BARGAINS in store



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Available on Electrical, Furniture & many more items

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Interest free terms Finance available

#### TAKE YOUR GOODS HOME SAME DAY

#### **SHOP LOCAL**

Employing local keep the money here supporting local community organisations



DELIVER TO ENTIRE EAST COAST AREA
TWICE WEEKLY



# St Marys Tigers Football Club

Major Fundraiser for 2012

# The Mighty Tiger's Trivia Night

St Marys Community Hall Saturday 24 March 7.00pm Tickets \$10.00 per head (tables of 6)

Bring along a plate for a shared supper Book a table at the St Marys Post Office



## BREAK O'DAY REGIONAL ARTS

# Events & Exhibitions



#### Tasmanian Textiles Challenge 2011 on the theme of "circles"

Stitching & Beyond's

'Our connection is a passion for fabrics, fibre and threads, colour and texture and a desire to share ideas and knowledge collected over many years and from varying backgrounds'.

#### On display in March at "GONE RUSTIC" St Marys For more information Phone Rita 63722724

Sue Linkletter

"Running Around in Circles and Spinning Out of Control"

# RACT TASMANIAN YOUTH PORTRAITURE prize winners 2011 Exhibition on display at e.ScApe St Marys from 10th to 25th March The award is the partnership of RACT insurance, Clemenger Tasmania, Geon and Tasmanian Regional Arts to foster the development of young Tasmanian artist and an opportunity for the public to appreciate the talents of Tasmanian Youth.





# EAST MEETS WEST XIAO XIA

Chinese Harpist and Solo Singer Xiao Xia is an inspiring and talented multitalented musician. A teacher, an accomplished soprano and harpist.

St Marys Community Hall 14th April door open 7pm Concert starts 7.30pm Tickets Single \$10 Family \$18 discount for BO'DRA member

Tickets now available from Main Street Clothing St Marys Janet Drummond Op Shop For more information phone Sue 63722512

# Break O'Day Regional Arts runs St Marys Market on the first Saturday of every month. Money from stall holders fees helps pay for TRA Events and Exhibitions.

Tasmanian Regional Arts is offering free membership for young adults under the age of 25 for 2012. For more information on Tasmanian Regional Arts go to www.tasregionalarts.org.au See Robina at the produce stall at the markets or phone Sue 63722512 for membership form. \$10 Single membership/\$15 Family membership. Membership fees go to Tasmanian Regional Arts which means discounts on most TRA events state wide.



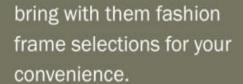
## **OPTOMETRISTS VISITING ST HELENS**

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



Susan Sluce







**Greg Dennis** 

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

6376 1374







to ease you.

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



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

#### 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

#### 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.



## 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!!!



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
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- ♦ SCREENED TOP SOIL
- ♦ SAND
- ♦ ROCKS
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- ♦ 10 YARD TIPPER
- **♦** COMPACTION ROLLER
- **♦ WHEEL LOADER**

#### AND MUCH MORE

# Scamander Beach Surf Shop

6 Lago<mark>on Espl</mark>anade Scamander

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Milch McTavish
Surftech Bic G Boards

Bay Surf Shop

2 Pendrig<mark>h P</mark>lace St Helens

Ph: 6376 1755

### St Helens Flowers

상 옷 옷 옷 옷 옷 옷 옷 옷 옷 옷 있

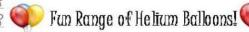
Donna of St Helens Flowers takes all the fuss out of ordering flowers.

Arrangements, Boaquets, 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

Ph Donna-6376 1211





#### St. Helens Electrical

ROD SHAW LIC: C00489

#### Domestic, Commercial, Industrial:

Wiring and Repairs, Rewires, Underground.

#### Home Heating:

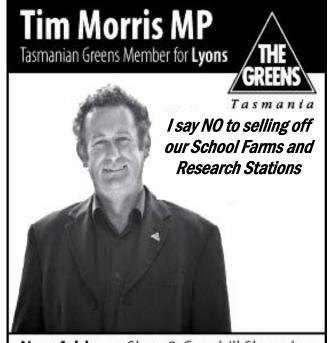
Advisory, Sales & Installation of heat pumps and fixed heaters.

#### Lighting Specialist:

Interior and exterior, Advise, Sales and Installation. Ph: 6372-5522 Mbl: 0407-615-072 2 Lagoon Esplanade, Scamander 7215

#### 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.



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

1 11/1 dx. 00 / 0 1130 1/100. 0

#### 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.



#### **EAST COAST GLASS**

Falmouth Ph: 6372 5361

- Glass repairs
- ► Shower screens
- Wardrobe doors
- ▶ Double glazing
- ► Aluminium windows
- Security doors

Locally owned and servicing the East Coast.

Call David and Anne Cannon for prompt and reliable service.

It is probably only Australians who can write

poetry about Australian icons that can be understood by Australians.

If you have a good memory, lived on a farm, or are used to camping, you will



### Goodbye Grandad

Poor old Granddad's passed away, cut off in his prime, He never had a day off crook gone before his time,

We found him in the dunny, collapsed there on the seat, A startled look upon his face, his trousers around his feet,

The doctor said his heart was good - fit as any trout, The Constable he had his say, 'foul play' was not ruled out.

There were theories at the inquest of snakebite without trace, Of redbacks quietly creeping and death from outer space, No-one had a clue at all - the judge was in some doubt, When Dad was called to have his say as to how it came about,

'I reckon I can clear it up,' said Dad with trembling breath, 'You see it's quite a story - but it could explain his death.'

'This here exploration mob had been looking at our soil, And they reckoned that our farm was just the place for oil,

So they came and put a bore down and said they'd make some trials, They drilled a hole as deep as hell, they said about three miles. Well, they never found a trace of oil and off they went, post haste, And I couldn't see a hole like that go to flamin' waste,

So I moved the dunny over it - real smart move I thought, I'd never have to dig again - I'd never be 'caught short'.

The day I moved the dunny, it looked a proper sight, But I didn't dream poor Granddad would pass away that night,

Now I reckon what has happened - poor Granddad didn't know The dunny was re-located when that night he had to go.

And you'll probably be wondering how poor Grand-dad did his dash--Well, he always used to hold

his breath, Until he heard the splash!!

Author unknown.



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 – AUS-TRALIANA**. This will be judged and a prize of a Bernina Bernette sewing machine donated by

# And 1

### SewKnit of Launces-

<u>ton</u>

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.





## ST MARYS COMMUNITY HEALTH CENTRE

#### **DOCTORS ROSTER**

Dr Latt 7/3/12-23/03/12

Normal Surgery hours will resume on Tuesday 13/3/12

> Dr Reeckman- 15/3/12 Women's Health Clinic

#### 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

#### PODIATRY NORTH

Community Podiatry Service—FREE
At the St Marys Community Health Centre
Next Podiatry Session 14th March 2012

Please see your Health Professional for a referral or call *Podiatry North* for appointments direct on: 6331 5155

#### 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 <u>can not be requested by patients</u> <u>over the phone</u> and are unable to be done over the weekends, ensure you have enough medications in advance.

PLEASE BE PATIENT waiting periods can apply

#### Women's Health Clinic

Dr Libby Reeckman conducts Women's Health Clinic's at the St Marys Health Centre. If you require an appointment please phone 6372 2111. Waiting periods can apply.

Next Session: Thursday 15th March 2012

#### **SUNNIES FOR SIGHT**

February 2012 was 'Sunnies for Sight' on the Health promotion Calendar. The St Marys Health Centre ran a decorate your sunglasses competition for children during the month.

Congratulations to Latoya Charman who was the lucky winner of a pair of sunglasses for her sunglasses design. The sunglasses were donated by the St Marys Pharmacy.

Thank you to everyone who entered and keep watching the Health Promotion Board at the Health Centre for more competitions and great health related information!

#### **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.

This van provides Oral Health Services to both children and adults.

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

### ST MARYS COMMUNITY HEALTH CENTRE

	WHAT'S ON AT THE CENTRE		WHAT'S ON AT THE CENTRE Continued
8 March	Mental Health Clinician/ Case Manager—Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.	16 March	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		TABIS (Tasmanian Acquired Brain Injury Service)— Hannah Rubenach phone 0437 076 100
	Continence Nurse. For appointment please see your GP or Health Professional for a	19 March	Social Work- Shan Williams. Please phone 6372 2111 for appointments
9 March	referral.  Mental Health Clinician/ Case Manager Faye		<b>TLC Meeting</b> (Tasmanian Lymphoedema Centre) 10:00am in the Day Room
·	Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.	20 March	Child Health Session with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
	TABIS (Tasmanian Acquired Brain Injury Service) – Hannah Rubenach phone 0437 076 100		Counsellor– Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House
12 March	PUBLIC HOLIDAY- No Doctor's Surgery on this day. Normal Surgery hours will resume on Tuesday 13/3/12		Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
13 March	Counsellor- Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the		Social Worker Shan Williams appointments available by phoning 6372 2111
	Healthy House  Child Health Session with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381	21 March	Mental Health Clinician/ Case Manager—Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
	<b>Lightfoot Podiatry</b> – Perry Daly. Phone 6331 9568 for appointments		Day Centre— First week for 2012 For details on the group please contact Hayley Gilbert 6372 2111
14 March	Day Centre— For details on the group please contact Hayley Gilbert 6372 2111	22 March	Mental Health Clinician/ Case Manager— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for
	Social Worker– Shan Williams appointments available by phoning 6372 2111		you.  Relationships Australia Leanne McMurtie for
Podiatry North- For appoir phone 6336 5155	Podiatry North- For appointments please phone 6336 5155	23 March	appointments please phone1300 364 277  Mental Health Clinician/ Case Manager- Faye
Yo	GP North Mental Health Worker– Brady Young for appointments please see your GP for a referral	20 Water	Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you
	Mental Health Clinician/ Case Manager—Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for		TABIS (Tasmanian Acquired Brain Injury Service)— Hannah Rubenach phone 0437 076 100
	1000 332 300 Where a relettal will be lodged for		

#### **GP NORTH DIABETIC CLINIC**

Regular consults are available at the St Marys Community Health Centre with the Diabetic Educator, Dietician and Exercise Physiologist. If you require an appointment please see your GP for a referral and GP North will contact you with an appointment time.

Next session at St Marys is: Friday 16th March 2012

Dietician (GP North) - Appointments available

Diabetes Educator (GP North)- Appointments

you.

by referral from your GP

available by referral from your GP

Exercise Physiologist (GP

16 March

North)-

# St Marys Community Health Centre



# Mini Fair Extravaganza

- feasting and festivities for all the family!

Friday 30<sup>th</sup> March 5p.m.-8pm at SWCHC

# BBQ + Food and Market Stalls + Raffle Live music + Emergency services display

Join us in raising funds for refurbishing of our extensions and our family room.

# CALL FOR DONATIONS WENEED YOUR HELP!



#### White elephant Stall

Wanted donations of good quality household items, furniture, tools, bric-a-brac, clothes, books, music, DVDs etc (no electrical items please). All donations to be dropped off at the hospital on the day of the fair.

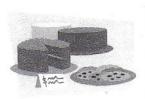
For further information contact Karen Church (0417695770)



#### **Plants and Produce Stall**

Wanted plants, seedlings, and any home grown produce. All donations to be dropped off at the hospital on the day of the fair. Start planting / potting up some cuttings now!

All enquiries to Julie Gunton (0407515516)



#### Cakes and Sweets Stall

Wanted home baked cakes, pies, biscuits, sweets and yummy things. All items must have an ingredients list, and best before date. Sorry no cream cakes.

Contact us for more information SMCHC (63722111)

# StMarys & district emergency & business contacts

SEAVIEW FARM (GERMANTOWN)

6372 2341

otinai yo a aist	not emeraemen a b	usiness contacts
CRIMESTOPPERS 1800 333 000	AMBULANCE 000 NON EMG. 1800 008 00	8 FIRE 000
POLICE 000	COMMUNITY HEALTH CENTRE 6372 2111	SES 132 500
NON URGENT 131 444	DOCTOR 6372 2111	(FLOOD & STORM ONLY)
POLICE ST MARYS 6372 1010	BEN LOMOND WATER AND SEWERAGE 13	
ACCOMMODATION	001-11-11-11-0	
ACCOMMODATION ADDLESTONE HOUSE B&B 6372 278	COMPUTERS  MADITENANCE & DEPAIRS	MECHANICS
19 GRAY RD ST MARYS WWW.ADDLESTONEHOUSE.COM.A	AU PAY WALKER MOR: 0401 497 199	MICHAEL AULICH (MECHANICAL & WELDING REPAIRE & GENERAL STEEL & ALUMINIUM FABRICATION.
FISH-TALES ON THE BAY (BH) 0439 265 36 (PET FRIENDLY) (AH) 6372 212	COMMUNITY CAD	209 IRISHTOWN ROAD MOB: 0417 507 239 6372 2991
(PET FRIENDLY) (AH) 6372 212 MARITON HOUSE B&B + HORSE RIDING	CONFECTIONERY	GRANT FAULKNER (CALTEX ST MARYS) 6372 2335  MUSEUM
1 IRISHTOWN ROAD ST MARYS 6372 205	MT ELEPHANY FUDGE (7 STORY ST ST MARYS)	CRANKS & TINKERERS (IAN) 0417 648845
RAINBOW RETREAT (LOT 1 OFF GILLIES ROAD) (info@rainbowretreat.com.au) 6372 216	(PROPRIETOR LIZ DEAN) BUS: 6372 2034 H: 6472 2787.	(MAIN ST ST MARYS)
SEAVIEW FARM 6372 234	41 DESIGNER –BUILDING	NEWSAGENCY
ST MARYS HISTORIC HOTEL 6372 218		ST MARYS NEWSAGENCY 6372 2143 (STORY ST ST MARYS)
(48 MAIN ST ST MARYS)  ARTS & CRAFTS	ELECTRICIANS	NEET CENTRE (ST MARYS) 6372 2175
BLUEBERRY COTTAGE (OPEN GARDEN & CRAFTS)	ST HELENS ELECTRICAL 6372 5522	ONLINE ACCESS CENTRE
(ELEPHANT PASS) 6372 275		ST MARYS ONLINE CENTRE 6372 2005
dave@blueberrycottage.com.au	ELECTRICAL & COMPUTERS	<b>OP-SHOP</b> (MAIN ST ST MARYS) 6372 2851
GONE RUSTIC STUDIO & GALLERY 6372 27: (37 MAIN ST ST MARYS)	24 GAZZMAN'S BETTA ELECTRICAL (ST HELENS) INCL. FURNITURE, BEDS, MANCHESTER FLOOR	ORGANIC VEGETABLES
BREAK O'DAY REGIONAL ART	COVERINGS HOME WARES For: 6276 2150	JACK FOREMAN (7 STORY ST ST MARYS) 6372 2034
(CONTACT ROD CORFE) 6372 24	(gazzmans(a) perfasiores com all) 63/6/2555	PACING CLUB
ART SUPPLIES	ELECTRICAL REPAIRS	ERIC BEAN SEC. 6372 2136
BIG SHED STUDIOS 0428 725 22		PAINTERS EAST COAST MOBILE SPRAY PAINT 6372 5571
(24837 TASMAN HIGHWAY ST HELENS)	(SCAMANDER) 0428 761 811	EAST COAST MOBILE SPRAY PAINT 6372 5571 (0457 583 099)
AUSTRALIA POST	RICK ENGINEERING (MAIN ST ST MARYS) 6372 2460	MLN ENTERPRISE PAINTING 0439 722 718
ST MARYS POST OFFICE 6372 212	FUNERAL DIRECTORS HARRIS FUNERALS (ST HELENS) 6376 1153	PHARMACY
(MAIN ST ST MARYS)	GARAGES	ST MARYS PHARMACY 6372 2844
BAKERY	CALTEVET MADVE MADVE CT MADVE 6272 2225	(MAIN ST ST MARYS) PLUMBERS
ST MARYS BAKERY 6372 213 (MAIN ST ST MARYS)	GARDEN CENTRE	P J & H K CHILD 6372 5378
BANKS	MANNA FARM 63722707	R G & R I HARWOOD 6372 2445
COMMONWEALTH BANK 6372 220		PROOF READER
(MAIN ST ST MARYS) BERRY FARM	GARDENING SERVICES	LEISSA DANE 6372 2686
BLUEBERRIES SEAVIEW FARM 6372 234	CLEAN CUT GARDENING 0419 113 836	REALTORS
BOARDING KENNELS	ANDREW DAVENPORT ST MARYS 03/2 2300	SURF COAST REALTY 6372 5321 RESTAURANTS/CAFES
THE GUMS KENNELS AND CATTERY	GIFTS AVAILABLE IN MANY BUSINESSES	COACH HOUSE RESTAURANT 6372 2529
(IRISHTOWN ROAD ST MARYS) 6372 251	GLASS REPLACEMENT	ESCAPE WILDERNESS CAFÉ 6372 2444
UPPER SCAMANDER KENNELS AND CATTERY (905 UPPER SCAMANDER ROAD) 6372 515		HAPPY BELLY DELI 0404 725 430
WAGABOUTS (0429 170 077) 6376 213		MT ELEPHANT PANCAKE BARN 6372 2263 PURPLE POSSUM WHOLE FOODS 6372 2655
BREAK O'DAY COUNCIL	ST MARYS SPORTS CENTRE INC 6372 2177	SEASALT 1300 646 001
ST HELENS 6376 790		SECONDHAND DEALERS &
BREAK O'DAY BUSINESS	MCKILLOP INSURANCE (LYN) 0400 984595	COLLECTABLES
ENTERPRISE CENTRE	JUSTICES OF THE PEACE	SECONDHAND ROSE (AH) 6372 2267
BEC SHOP 1/34 QUAIL ST ST HELENS	K FAULKNER 6372 2196 H VELDUMS 6372 2124	SEPTIC TANK CLEANERS
(ADMIN@SMALLBUSINESS,ORG.AU) 6376 204	HAIR DRESSER	SPLASH ST MARYS 0488 777 713
BUS SERVICES	ANA'S HAIR DRESSING SALON 0448 532 531	SCHOOLS
CALOWS BUS SERVICE (ST MARYS) 6372 247 (ST HELENS) 6376 210	<sup>6</sup> STOREY ST ST MARYS PH: AH 6372 5497	ST MARYS DISTRICT HIGH SCHOOL 6372 3900 (GRAY ROAD ST MARYS)
BUTCHER	HEALTH FOODS	SUPERMARKET
INSTORE SUPERMARKET 6372 227	PURPLE POSSUM WHOLE FOODS 6372 2655	ST MARYS SUPER VALUE 6372 2240
CABLE LOCATIONS	(STORY ST ST MARYS)  HEALTHY HOUSE	(MAIN ST ST MARYS) BUTCHERY 6372 2274
TELSTRA COPPER NETWORK & UNDER-	(5 PORTLAND COURT ST HELENS) 6376 5242	SURFING SUPPLIES SCAMANDER BEACH SURF SHOP 6372 5529
GROUNG POWER CABLES ETC. MICHAEL SMITH 0408 059 52	(ST MARYS COMMUNITY HEATTH CENTRE) 6372 2850	(6 LAGOON ESPLANADE SCAMANDER)
CARERS FOR WILDLIFE TAS INC	HADTICHI TUDICT	BAY SURF SHOP (2 PENDRIGH PLACE ST HELENS) 6376 1755
6372 2973 / 0417 017 10	DETER DANE (QUALIFIED HIDTICH TUBICT) 6272 2696	TELEPHONE, DATA & TV
CARTAGE CONTRACTORS	HOTEL	EAST COAST PHONE & COMMUNICATIONS (JOHN HERON) (DIGITAL TV & SET TOP BOXES)
C & D EXCAVATIONS 6372 20	33 ST MARYS HOTEL (MAIN ST ST MARYS) 6372 2181	0409 959 121 6372 2402
TROTTERS CONTRACTING 6372 2107 6372 27-		DELAFRONTERA (DAVE MORRIS) INSTALLATION & SERVICE TECHNICHIAN MOB: 0402 969 393 Ph; 6372 2743
(EXCAVATION, DRAINAGE, & GENERAL CARTAGE)	LIBRARY ST MARYS LIDRARY 6272 2114	SURVEYORS
CHILD CARE ST MARYS CHILD CARE CENTRE 6372 218	ST MARYS LIBRARY 6372 2114 (MAIN ST ST MARYS)	EAST COAST SURVEYING (ST HELENS) 6376 1972
CHURCHES 63/2 218	LINE DANCING	VALLEY VOICE PUBLICATIONS
ANGLICAN CHURCH 6376 114	44 VALLEY COASTERS 63 72 2266	ACCOUNTS 6372 2328
CATHOLIC CHURCH 6372 22.	52 (SUE FISHER)	ADVERTISING 6372 2155
UNITING CHURCH 6376 24		(judith.spilsbury@telair.com.au)
SALVATION ARMY 6372 20	99 ST MARYS LYMPHOEDEMA CENTRE 6272 2900 (LOCATED AT ST MARYS COMMUNITY HEALTH CENTRE)	WATER CARRIERS SPLASH ST MARYS 0488 777 713
CLOTHING MAIN STREET CLOTHING 6372 22	MADDIACE CELEDDANTS	SPLASH ST MARYS 0488 777 713 WOODWORK GUILD
COMMUNICATIONS 63/2 22	PETER POWER (peterpowercelebrant@gmail.com)	OLD RAILWAY GOODS SHED (ST MARYS ) 6372 2094
<b>DAVID MORRIS</b> 0402 969 393 6372 274	43 TERESE TANNER 0400 512 845 0417 017 105 6372 5745	WIDE SPAN SHEDS 6372 2724
(david@delafrontera.com.au)	MEAIS ON WHEELS 0499 294 244	YOUTH HOSTEL

MEALS ON WHEELS 0488 384 344

(david@delafrontera.com.au) (INSTALLATION & SERVICE TECHNICIAN)

#### MEALS ON WHEELS ROSTER March St Marys **Fingal** 12th | Val Spencer Neighbourhood House Monday Tuesday 13th Ruth Aulich Wednesday Liz Rice 14th Yvonne Salter Thursday 15th **Friday** 16th Hannah Rubenach **MOW Contact** Phone: 0488 384 344 Monday 19th Pam Lynch Neighbourhood House Tuesday 20th Trish Pike Wednesday 21st | Lorraine Gill

#### **Church Services**

Val Spencer

Drew Adam

#### Catholic Parish of St Marys

22nd

23rd

Thursday

Friday

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

Neighbourhood House

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

9.00am St Helens Every Sunday 9.00am 8 am and 10.30 am 9.30am 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
Fingal
9.00 am
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.
½ 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 pmFriday 10 am - 3 pmSaturday 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

- \* No title this year for the men's bowls team. No luck, despite narrow wins on three rinks, the team was beaten by Swansea in the First Semi Final. Maybe next year. Thanks to every single player who represented the club, much appreciated and with so many young players coming on, the future looks bright indeed. Swansea now heads to the Preliminary Final.
- \* Congratulations to the Ladies team who now head to the Grand Final after a great win in the Second semifinal against St Helens. Top effort and we hope to see you win the premiership the week after next.
- \* Club games are progressing but some qualifying results are needed so let's see if they can be played soon. In the Men's singles, Chris Davern takes on Graham Hayes as decided in recent semi final results. Good luck to you both. A full list of ALL our champions will be published in the next issue or two. Thanks to Damon Viney too for some great work on

the green and the visiting players are certainly enjoying their games too.

- \* To golf and the Men recommence Pennant on March 25 with a game against Bicheno. After a five year break, it will be extremely tough to win many games this year but just to have a team back in is a good thing. Hopefully a side will be fielded without too much difficulty. More details next time.
- \* A working bee is soon to be scheduled for the golf course. Please attend if possible.
- \* On a sad note, we send our best and heartfelt wishes to all Nan Stuart's family after their very recent loss. She was everyone's friend, a great member and a pretty darn good bowler right up until last year. She will be greatly missed by all.

Until next time, good hitting and rolling.

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'







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

Ph: 6372 2177



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 8th March - Wed 14th March)

#### from the butchery

<i>j</i>	
Rump steak	\$10.99kg
Beef mince	\$ 9.99kg
Lamb loin chops	\$13.99kg
Blade roast/BBQ blade steak	\$ 8.99kg
Ingham chicken breast fillets	\$12.99kg

#### from the coolroom & freezer

I + J Fish fingers 800g	\$6.99
Peters Billabong 10pk	\$4.99
Peters Original icecream 4lt	\$6.99
Flora margarine spread 500g	\$2.59
Devondale extra soft butter tub 500g	\$2.99

#### from the shelves

Sanitarium Weetbix value pack 1.3kg	\$3.99
Arnotts assorted creams 500g	\$3.99
Kleenex cottonelle toilet tissue 16pk	\$7.99
Alberto Balsam shampoo/conditioner 444ml	\$1.99
Juicy Isle long life Juice 2lt	\$2.69

#### next week's specials

(available from Thurs 15th March - Wed 21st March)

#### from the butchery

Porterhouse steak	\$15.99kg
IGA corned silverside	\$ 6.99kg
BBQ lamb chops	\$ 9.99kg
Round steak	\$ 8.99kg
Ingham chicken kiev 350g	\$7.99ea

#### from the deli

Lethborgs Epping beef sausages thick/thin \$4.99kg
Virginia ham \$10.99 kg
Ingham chicken loaf \$9.99kg
Lethborgs old style saveloys & frankfurts \$8.99kg
Pandini double smoked shaving ham \$9.99 kg

#### from the shelves

Sorbent toilet tissue 12pk \$5.99 Kelloggs Coco pops 650g/ Just right 790g \$5.99 Ardmona canned fruit 825g \$1.99 Cold Power Ultra laundry powder 1kg \$4.99 Cottees cordial syrup double concentrate 1lt \$2.99

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