



The Valley & East Coast Voice

Volume 44 No. 4. Thursday, June 16, 2011.

Est. 1968

50 cents



St Marys Old Cranks and Tinkerers Classic Vehicle Show 2011

Well the bumpers were polished, the gleam from the chassis was blinding and the drop in temperature and showers only deterred a few of our stalwart supporters.

Faulkner's Green was a mix of engineering marvels, colour and cars from yesteryear, still chugging along for all the admiring glances.

What a delight to hear and see some of the wonderment in the eyes of our youth who could not believe that some of these cars which were driven by their grandparents, are still providing a safe and comfortable journey.

Ryan Nibuur mesmerised the crowd with his ram jet engine display which he built himself... what an engineering accomplishment for this young man.

Every entry this year was given a complimentary ticket which was drawn at the end of the day. Congratulations to Craig Cox who held the winning number.

Thank you to the car, bus, engine and trailer enthusiasts who, every year, makes the journey to our great community to share their zeal and knowledge about motor vehicles.

To the community of St Marys, the Faulkner's for the use of the green and last but not least to the Cranks and Tinkerers themselves, namely Ian Summers, Bill Targett, Grant Faulkner, Reon Johns, Andrew Atherton, Jeff Springer, Marty Hornibrook, and Gehard Rist. To forget Jim Watson who volunteers each year to help make the day a success. We look forward to this successful event continuing year after year. Deserving congratulations to all of you.



*Photos & article:
Wendy Brennan*

Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday June 28, 2011

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

Community news

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

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

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

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 Wednesday of each month at 5.30pm in the supper room at the back of the St Marys Hall. All welcome. Inquiries to Colin 6372 2707.

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


Executive Meeting Dates:

02/05/2011 - 01/08/2011- 07/11/2011

General Meeting Dates:

29/05/2011- 22/08/2011- (AGM) 28/11/2011

Contact the Centre at 6376 1744.



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GREATER ESK TOURISM

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

WHERE: Fingal Valley Neighbourhood House

TIME: 7PM

All WELCOME.

Enquiries to the president on 63722783.

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MANGANA MISSION MUSICIANS JAM NIGHTS

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

Jul. 8th, Aug. 12th, Sept. 9th, Oct. 14th, Nov 11th, Dec 9th. Starting time will be 6.00 pm. BYO meat and drinks for a BBQ. All styles of music, instruments and vocalists are very welcome.

For more information call André or Kate on 6374 2212

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.

Classifieds in the Valley Voice are free of charge. If your articles are not sold after the first entry, we will repeat the ad in the next issue. Please let us know if items are sold. Every effort will be made to have correct details and phone numbers. However if there is a mistake, it will be corrected in the following issue.

Classifieds

For sale

Mitsubishi Lancer 2002. In excellent condition. Only 35,000kms. \$10,000. **Ph: 6372 2529 – 6372 2494.**

Bosch 2sp Power drill. 420w, 800rpm—1500rpm. Ex con. \$35. **Whirlpool washing machine,** top loader, 8kgs. Ex con. \$130. ono. **Ph: 6372 5541 - 0418 992 217.**

Everhot combustion stove with low pressure hot water cylinder, in good working order. \$500. **Ph: 0427 603 488.**

'80 Subaru 4Wd 5spd touring wagon, running order good drive train, unreg, wreck or relic.

\$550. ono. **'87 Hiace LWB Van,** 5 spd petrol running order, unreg, wreck or relic. \$550. ono.

'88 Yamaha 50cc scooter. Lic runs well. \$750.

Ph : (03) 6311 1637 (Not Saturday)

Blue sofa bed. \$100. **Timber plant stand.** \$30. **3 drawer cane bedside table.** \$30. **Pine 3 drawer bedside table.** \$30. **Ph: 0418 343 092.**

Panasonic Sensor Inverter Microwave Oven 32L capacity stainless steel 18 mths old in "as new condition", 1100 Watt power. \$140. ono. **Ph: 63742325.**

Aluminum window 2276 x 165cm with amber glass at top. \$80. **Dining table** - extending, and 6 chairs. \$50. **Ph: 6372 2446.**

Palsonic 19" LCD TV, very good condition. \$100. **Set of single bunk beds.** Timber with black steel. As new, can be made into 2 x single beds. \$200. **Two single bed foam mattresses** (as new) \$40 each. **Girls computer/ make-up cabinet with lights and mirror.** Pink and white melamine. Good condition. \$100. **Coffee table/ chest** (900x500wx 500h) excellent condition. \$120. **Hot pink single bed ceiling net.** \$10. **Contact Karen Polden Ph: 6372 2438 or mob: 0439 333 398.**

Exercise Bike \$30. ono. **Walkie Talkie Set** 2km range. \$10. **Laser Level + tripod.** \$45. **Wilkinson Hand Saw,** set 1/4" router bits (new). **25w heater** for fish tank or beer making. (new). **Large plastic pulley metal frame.** **Basketball hoop.** Tyre pressure gauge PSI. **Chrome door handles with catch.** **Grease gun.** **Pair size 9 men's heavy duty wellingtons.** good cond. Plus more.

Please phone 6372 2412. M & G Derbyshire.
16 Cameron St. St Marys.

KTM 125 SX (2004) New rings, brakes, wheel bearings, rear tyre. plus extras. \$3,100. ono. **Ph: 0437 227 123**
or 6372 2222.

Baltic pine boards, 220 lin M \$250. **Macracarpa Timber** 1" boards up to 8" x 2" beams etc
B/wood, Sassy, Myrtle, Silver Wattle etc - slabs, DAR & lining. **Sandstone blocks** – large quantity.
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2 bookcases--1 oak, 1 pine (\$80/\$50)

1 lady's bike 12 speed g.o. \$50

1 piano stool (re-covered) \$90

1 2nd-hand office swivel chair \$30

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Portable milling available. Ph: 0427 715 577.

"Moo-Poo". Finely screened. Any quantity. See Norm.
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Tractor slashing available. Ph: 0407 944 158.

“Cracker Night”

If you are ever in England around the 5th November, you will no doubt experience Bonfire Night, or Guy Fawkes Night. This is when many towns and villages across the country celebrate the traditional Guy Fawkes Day, with big community bonfires complemented with loud and colourful fireworks.

The tradition of the Guy Fawkes Day goes back to 1605 when a group of English Catholics tried to assassinate King James the First, an ardent Protestant. In the attempt, known as the “Gunpowder Plot”, Guy Fawkes was caught guarding a cache of explosives placed under the House of Lords.

Following Fawkes arrest the King allowed the general public to make an effigy of Fawkes and burn it on a huge bonfire. From that day on November the 5th became known as Guy Fawkes Day and the tradition of bonfires, burning of the effigy and the letting off of fireworks continued.

The tradition was also brought to Australia with the early English settlers, but over the years as the new colony grew and developed its own traditions, most States, including Tasmania, moved towards Empire Day, the 24 May, as the best time for a bonfire celebration.

For most of the “oldies” growing up in the 40s and 50s, memories of cracker night are still quite vivid because there were three main events in a kid’s life back then: Birthdays, Christmas and Cracker Night. The first week or so of the May school holidays would be spent dragging gum bows from the bush to make a bonfire that would be the biggest and the best in the district. As well, kids would save up their pocket money for months to buy those much sort after fireworks. There would be tom thumbs, big bangers, sky rockets, flower pots, sparklers, po-hahs, thunders, throw downs, Roman candles and of cause there were the colourful Catherine wheels fastened to the trees with nails.

Cornwall was always a good place for bonfires; indeed, most years there would be several burning around the town. One in particular, usually held on what is known as “The Flat” in the centre of town, would follow the English tradition of burning the Guy Fawkes effigy. The dummy was so real that on one occasion as the bonfires was lit a woman came running across the paddock screaming to put the fire out, that someone was on top of the heap.

1953 was a great year for bonfires; the day was moved from the 24th May to the 2nd June to celebrate the coronation of Queen Elizabeth II. Bonfires were everywhere and the heavens were lit up with every colour of the rainbow as sky rocket after sky rocket exploded into the sky. Normally peaceful communities came alive with the sound of crackers, some seemingly as loud as a stick of gelignite.

These days fireworks are mostly confined to New Years Eve, with the 24th May coming and going with hardly a bang or a blaze. Perhaps this is partly due to the banning of the unlimited sale of fireworks in Tasmania in the late 1980s. Or perhaps the lobbying from animal lovers, safety concerns by the fire department, or the fact that kids of today have more things to do than build bonfires, had something to do with the cracker night demise. To add to this, the type of fireworks available today have nowhere near the bang, plus you need to obtain a licence to purchase, as well as provide an approved area to let them off.

Whatever the reasons it would appear that Empire Day is completely forgotten today and will never return in its former glory. Australia Day on the 26th January has taken over with quite different types of celebrations. But for those who still remember Empire Day, I’m sure they will tell you that a BBQ and a beer is nowhere near as much fun as Cracker Night.

Jim Haas

SHOP LOCALLY AND SAVE



St Marys Association for Community Development Inc
GENERAL MEETING
Monday the 20th June at 11:00 am
At the St Marys Online Centre
23b, Main Street,
St Marys
ALL WELCOME

Public meeting report. Janet Drummond

The State DIER (Department of Infrastructure, Energy and Resources) held a public meeting to keep the public updated with the progress of the works on St Marys Pass and Elephant Pass on Monday 6th June at the St. Marys Town Hall.

The meeting was well attended by members of the community who were keen to hear about the progress of the works being conducted.

It was explained that works on the St Marys Pass are currently slightly ahead of schedule but this status can change at any time, depending on the weather conditions in the area. The completion date was left at June 21st but if the St Marys Pass were to open prior to that date, the community would be given plenty of notice of the new date. Photographs of the work were displayed for the community to look at.

Once the work on the St Marys Pass is completed there will be an ongoing audit of the work that has been conducted and of the Pass in general. Works will be conducted as required to maintain the status of the Pass in good condition.

The Elephant Pass will be closed once the St Marys Pass is reopened and work will commence on the Elephant Pass. Further community meetings will be called as deemed appropriate by DIER

MEALS - ON - WHEELS ARE APPROACHING A CRISIS! USE IT OR LOSE IT!

We have slowly been delivering fewer meals, so there is a need to put out the word to those who may need this valuable service, how to access it.

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 folks who want to stay at home. Just remember to suggest this service, it may make someone's life a little easier.

HOW DO YOU CONTACT MEALS ON WHEELS?

Ring our Community Health Centre on **6372 2638** and explain your needs. Lundy Vosper (Secretary)

St Marys Soccer Club 2011 Season

All ages – boys and girls welcome to play.
Shin pads are recommended for all players to avoid injuries. Junior players should wear them for all practice sessions and match days.

Senior coach (grade 6 & over)

Craig Greenwood

Junior coach (K-grade 5) Tree – other adults who would like to assist with this age group are welcome – this can ensure small group sizes.

After school, bottom oval.

for more info contact

Jack Foreman (treasurer) 6372 2034

Registration fee of \$10 applies to all players.

Exception for those registered
with St Helens Soccer club.



FALMOUTH COMMUNITY CENTRE will hold its **AGM** on Sunday June 26, 2011 at 2pm, followed by the monthly meeting.

NOTICE OF ANNUAL GENERAL MEETING

The Fingal Valley Meals on Wheels Association will be holding their AGM at the St Marys Community Health Centre at 2pm on the 16th August, 2011. All welcome.

Lundy Vosper (Secretary)

ST MARYS DISTRICT HOSPITAL SUPPORT ASSOCIATION INC.

All members please be advised subs of \$5 are now due and payable by June 30, 2011.

For your convenience, payment may be left with Harry and Kerry at the St Marys Post Office.

Thank you.

Len Miles (President)

St Marys Child Care Centre will be offering Workplace 2 Senior First Aid Refresher Course (St Johns Trainer)

When: Saturday 30th July 9am – 4pm

Cost: \$120 (payment required in full in advance)

**Where: St Marys Child Care Centre,
Gardiners Creek Rd, St Marys**

**To book –
please tel; Tanya 6372 2187
(limited places available)**



THANK YOU

Thank you to Dr Latt & nurses at the St Marys Community Health Centre for the care whilst in hospital.

Barb Kringle & family.

Lynch - Graham Vernon (Muscles)

23. 12 . 36 - 2. 5. 11

Graham's children Tracy, Simone, Jason, Simon, sons -in -law Ross, Barry, friend of Tania, Lisa and grandchildren, wish to extend their deepest gratitude for the expressions of sympathy, phone calls, visits, cards and donations to the Heart Foundation at Dad's funeral.

We can not properly express our thanks to so many wonderful friends & family, so please accept this as our personal thank you.

Thanks also to Lisa at Finney's, and Peter.

"Forever in our hearts"

Out of the Woodwork

Wendy Brennan, Secretary. 0408 656 014

Congratulations to the **Cranks and Tinkerers** for the impressive car display which was held on Faulkner's green.

Although the weather left a lot to be desired, it's hard to keep the stalwart car supporters away, especially when there was plenty of representation of engineering marvels from another era.

The Guild's Sausage King Entrepreneur's presence was accompanied by Mr Pat Wells (bicycle Pat) whose educated sensitive palate made sure that our snags were up to his exacting standards.

On a serious note the Guild has submitted for a volunteer grant which if successful would enable the club to purchase small sundries such as a new urn etc. Fingers crossed.

A gentle reminder that its time **for membership renewal**. (\$16.00 for full membership \$10.00 for ordinary membership).

Home Hint from the Guild:

If you have new towels that don't dry: Place half a cup of bicarb soda in with your washing powder and half a cup of white vinegar in the fabric conditioner slot. Wash in the normal way. It works!

The Guild would like to extend a warm welcome to whoever is successful in leasing the Old Railway Station, and hopes that the camaraderie which has been built up from previous occupiers will continue.

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

A supportive environment where traditional woodcraft skills are taught

Photo, by Wendy Brennan, of Reon Johns and our Quality Control Officer Pat Wells.



The Say Cagerattler

It was great to read recently that the Council was well and truly looking at being involved and investigating the proposed new Community Building at the historic Railway Station. This, in my humble opinion, is what Councils should be doing as one of their priority roles. Councils first and foremost should act in a way that encourages and supports developments that value-add to the community, provided of course it is financially sustainable, safe and wanted by the vast majority of that precinct it affects.

I personally know the people involved in the re-development strategy and I'm certain that if it all comes together as time proceeds then it will be a fantastic addition to a town (St Marys) in particular that will support and use such a facility well into the future. Of course this proposal is just that at present, and needs to go through consultation processes but with such things receiving due diligence it will show that this re-development will be fantastic for all of us.

Councils regularly get bagged (including me in this column) at times and on occasions they probably deserve it but in all honesty they do a pretty good job most of the time. This is a prime example of what Council can do. Let's just hope that a mass of building and budget interferences don't slow up the construction and usage of this new Centre too long into the future. Congratulations to ALL involved so far on a wonderful project and one day I'm sure it will be a beacon to get travellers to call in at and check out some of the fabulous local talents and incredible hospitality.

This of course brings up another matter. As it's been a while since mentioned I have been wondering about how things are going in regard to the Exhibition Hall as part of the St.Marys Recreational Ground Facilitation Committee Report completed in October 2006, which was adopted by Council in December 2006. Council was impressed with the report and supported the three recommendations. These three main areas that were key to the report were:

1.) Shower / Toilet Facilities (completed) 2.) Camping ground caravan short stay facility (well on the way to completion) and thirdly upgrading the Exhibition Hall which has yet to begin renovation but hopefully this will come to fruition not too long into the future because like the Railway Station concept this would allow community groups somewhere to run all sorts of things too diverse to mention here.

With all this done and including a 12 month Swimming Pool facility, already greatly improved short stay camping, arts/cultural opportunities (Railway Station) etc. in place, St Marys could become not just a great place to stop for a little while, but indeed it could become a place where people from away set as a destination to do and see things, but locals could also long and short term benefit from at the same time. Wouldn't that be a great outcome on all sorts of fronts.

What do you think?

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**WORKING WITH YOU FOR A
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Written and Authorised by Dick Adams, 53B Main Road Perth

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Visiting :

St Marys Community Health Centre

Alternate Tuesdays : 9 am – 10 am

Ph: 6337 5555 For appointments.

Bridging the Gap

between

Hunger and Abundance.

Community Dinner — All are invited!

Help us Help Anglicare
by bringing a non perishable item

Time: 5PM

Place: St Marys Anglican Church

When: 9th July

RSVP 6th July

Call Barbara on 6372 2428
or Juanita on 6372 2952

If you are unable to make the dinner but would
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St Marys Market

Rain hail or shine the markets will be held on the 1st Saturday every month in the community hall 9am till 2pm.

New stall holders welcome

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Joke for the day

A lady was up before court for stealing a can of peaches.
The judge asked how many peaches were in the can. The lady said 8.
The judge said he would have to give the lady 8 years in gaol, one for each peach.
From the back of the courtroom a loud voice (her husbands) rang out, "She also stole a packet of frozen peas."



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Speeding Drivers?

Waiting in Doncaster, England to catch speeding drivers, a police officer sees a car puttering along at 22 MPH.

Says he to himself: "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies, two in the front seats and three in the back...wide eyed and white as ghosts.

The driver, obviously confused, says to him "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit? No sir, I was doing the speed limit exactly...Twenty-two miles an hour!" ...the old woman says a bit proudly.

The police officer, trying to contain a chuckle explains to her that A22 is the road number, not the speed limit.

A bit embarrassed, the woman grins and thanks the officer for pointing out her error.

"But before I let you go, Ma'am, I have to ask....Is everyone in this car OK? These women seem awfully shaken, and they haven't made a sound this whole time," the officer asks.

"Oh, they'll be all right in a minute officer. We've just come off the A120."

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.

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

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

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

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

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

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

24837 Tasman Highway, St Helens.

Phone **0428725228**

Bigshedstudios@yahoo.com

BIG SHED STUDIOS

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



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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!** 

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.

More from the Car Show: Janet Drummond



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.

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.



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You swill it, we fill it!
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Incorporating all your needs in:

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- ◆ 10 YARD TIPPER
- ◆ COMPACTION ROLLER
- ◆ WHEEL LOADER

AND MUCH MORE

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr. Jenny Conway 13/6/11- 24/6/11
Dr Cyril Latt- 27/6/11- 1/7/11

St Marys Community Health Centre

GP Surgery Hours:

Monday—Friday 8:50am-12:30pm
12:30pm-1:30pm LUNCH
1:30pm-4:30pm

PATHOLOGY SERVICE

No Pathology Service between
12:00-1:30pm or before 8:30am daily.

If you require Pathology **before 8:30am** an appointment **must** be made with the Nurses Station **the day/night before**.

INR TESTS

A doctor's appointment is required if you are having an INR test. Please **let reception staff know when making your appointment that you are having an INR test**. This is a 5 minute doctor consult.

AFTER HOURS SERVICE CONTACT NUMBERS

PLEASE PHONE GP ASSIST ON 1300 780 011
AMBULANCE 1800 008 008 or
EMERGENCY 000
COMMUNITY HEALTH CENTRE 6372 2111
PLEASE RING BEFORE PRESENTING AFTER HOURS

SCRIPTS AND DOCTORS APPOINTMENTS

Please ensure doctors appointments are booked **prior** to your medication/s running out or **in advance** if you are attending this practice regularly.

Scripts **can not be requested by patients over the phone** and are unable to be done over the weekends, ensure you have enough medications in advance. **PLEASE BE PATIENT** waiting periods can apply.

Welome Back!

We would like to welcome back Dr Jenny Conway who will be doing regular locum work at the Doctor's Surgery at the St Marys Community Health Centre as of June 2011.

Dr Reeckman will be continue to have Women's Health Clinic and locum days also.

Doctor's appointments can be made by phoning the St Marys Community Health Centre's Reception on 6372 2111.

SIDS & KIDS

June is National Red Nose Day

Check out the Health Promotion Board in the Reception area of the Health Centre on the **'Myths & Facts'** associated with SIDS.

Help support this important cause by purchasing Red Nose Day Merchandise from the reception area or other supporting organisations around the area.

WHAT'S ON AT THE CENTRE

- 15th June **Day Centre-** For details on the group please contact Hayley Gilbert 6372 2111.
- Social Work-** Shan Williams. Please phone 6372 2111 for appointments.
- GP North Mental Health Worker-** Brady Young for appointments please see your GP for a referral
- Podiatry North-** For appointments please phone 6336 5155
- 16th June **Relationships Australia-** Leanne McMurtie for appointments please phone 1300 364 277
- Social Work-** Shan Williams. Please phone 6372 2111 for appointments
- 17th June **Diabetes Educator (GP North) -** Appointments available by referral from your GP
- Dietician (GP North) -** Appointments available by referral from your GP
- Exercise Physiologist (GP North) -** Appointments available by referral from your GP
- Social Worker-** Shan Williams appointments available by phoning 6372 2111.
- TABIS (Tasmanian Acquired Brain Injury Service)-** Hannah Rubenach phone 0437 076 100
- 20th June **TLC Meeting (Tasmanian Lymphoedema Centre)** 10:00am in the Day Room
- 21st June **Child Health Session** with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381
- 22nd June **Day Centre-** For details on the group please contact Hayley Gilbert 6372 2111.
- GP North Mental Health Worker-** Brady Young for appointments please see your GP for a referral
- 23rd June **Social Work-** Shan Williams. Please phone 6372 2111 for appointments
- 24th June **Social Worker-** Shan Williams appointments available by phoning 6372 2111
- TABIS (Tasmanian Acquired Brain Injury Service)-** Hannah Rubenach phone 0437 076 100
- 28th June **GP North Mental Health Worker-** Brady Young for appointments please see your GP for a referral
- Child Health Session** with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 29th June **Day Centre-** For details on the group please contact Hayley Gilbert 6372 2111.
- GP North Mental Health Worker-** Brady Young for appointments please see your GP for a referral
- Social Work-** Shan Williams. Please phone 6372 2111 for appointments
- 30th June **Relationships Australia-** Leanne McMurtie for appointments please phone 1300 364 277
- Social Work-** Shan Williams. Please phone 6372 2111 for appointments.
- Continence Nurse-** Sue Walker. For appointment please see your GP or Health Professional for a referral.



COMMUNITY TRANSPORT SERVICES TASMANIA INC

VOLUNTEER Community Transport Drivers Needed

Enjoy working with people and like to
help your community?

We have a desperate need for drivers to drive
small buses and cars. Our services offer a variety
of destinations and purposes and are vitally
important to our mostly elderly clients.
We need your help to make this happen.

Training and support is provided. If you have a few
hours or days available, contact David Mallet on
6372 2137 for further information.

Additional Volunteer Drivers are also urgently
needed for evening and weekend work only

WE NEED YOU!!

CTST is funded by the Home and
Community Care Program



home and community care

A GOVT. CORPORATION AND STATE ENTERPRISE
RESPONSIBLE FOR THE WELL-BEING OF ALL AUSTRALIANS

MEALS ON WHEELS ROSTER

June		St Marys	Fingal
Monday	20th	Pam Lynch	Neighbourhood House
Tuesday	21st	Ruth Aulich	
Wednesday	22nd	Lorraine Gill	
Thursday	23rd	D & V Rice	
Friday	24th	Patricia Barr	
MOW Contact		Phone:	0488 384 344
Monday	27th	Debbie Barnes	Neighbourhood House
Tuesday	28th	Val Spencer	
Wednesday	29th	Liz Rice	
Thursday	30th	Lundy Vosper	
Friday July	1st	Claire Bean	Neighbourhood House

Church Services

Catholic Parish of St Marys

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

1st Sunday: MASS

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

2nd Sunday: LITURGY

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

3rd Sunday: MASS

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

4th Sunday LITURGY

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

5th Sunday LITURGY

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

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

Anglican Parish of Northern Midlands

Avoca: 11am 2nd/4th Sundays
Fingal: 3 pm 1st/3rd Sundays
Mathinna: 3pm 2nd/ 4th Sundays
Ross: 11am 1st/3rd Sundays
Campbell Town: 9am every Sun.
(3rd Sunday -Family Service)

Anglican Parish of Break O'Day

Ph: 6376 1144

St Helens Every Sunday
8 am and 10.30 am
St Marys Every Sunday
10am

Pyengana: Kids Church,
2pm - 4th Sunday every month.

Salvation Army TUESDAY JAM

3-5pm every Tuesday.
excepting school holidays.
Envoy Melanie Norton Ph: 63722099

Break O'Day Uniting Church

The Manse St Helens
Ph: 6376 2405
St Helens 9.00 am
Fingal 11.15 am

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am
Divine Service 11 am

Contacts for Valley Voice

PH: Judy: 6372 2155
email: judith.spilsbury@telair.com.au
Accounts: Mary: 6372 2328

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

Advertising: 2011

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

On Air Now!

Vision FM 88.0 at

St. Marys, St Helens and Fingal.

Join Greg and Shelley on their program

'The Journey'

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

National Vision Radio Network.

Phone 1800 007 770.

web www.vision.org.au

St Marys Online Access Centre Opening Hours:

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

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

Ph: 6372 2005

ST MARYS OP-SHOP

NEW WINTER TRADING HOURS:

11AM — 3PM MON TO FRI.

PH: Janet Drummond: 6372 2851.

WANTED

Winter blankets, curtains of any kind & warm winter clothing.

Thanks to those who volunteered for the new roster. If anyone is interested in going on a casual list to cover when regular volunteers have other commitments, please call in and see Janet at the shop on a Monday or a Thursday.

Please note change of phone number whilst Tracy is convalescing.

St Marys Sports Centre Inc. news. Kackhandler.

Despite the chilly weather it's been a real credit to all involved with the Trivia Night last week with a minimum of \$400 being raised for improvements at the club. This of course didn't include other monies raised on the night so that figure would be greater than that of course. To everyone who either attended or organised. WELL DONE.

Also to the crew organising the TUCKER last Friday night. All commented on what a feed it was and such a great idea. Looks like it could be a regular thing.

Very important: The ANNUAL GENERAL MEETING is to be held this upcoming Saturday afternoon (June 18th) at 4.00 pm. Although it is to be held differently from the usual Friday night meetings until now, it is hoped that being an afternoon meeting it will mean many more will come along to help decide the future direction of the club. Some extremely important decisions have to be made to ensure the long term outcomes of the club and we need as much input as is possible for this to occur. PLEASE TRY TO ATTEND. Let's get some great outcomes on all fronts.

Hopefully plenty of golf, bowls green re-development work and maybe even a new or returned member or two might happen in the next few months. Let's hope so.

ST MARYS SPORTS CENTRE INC.

AGM

Saturday 18th June, 4pm

All members are requested to
Attend, as well as those
interested in becoming members.



ST MARYS SPORTS CENTRE INC.

**Every Friday
6.30 - 7.30pm**

drinks at discounted prices



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.

from the butchery

Porterhouse steak	\$15.99kg
Lamb loin chops	\$14.99kg
Lamb shanks	\$ 9.99kg
Marinated roast beef	\$10.99kg

from the freezer

Peters Original ice cream 4lt	\$6.99
Peters Billabong 10pk	\$4.99
Nestle drumstick 4pk	\$5.99
McCain superfries 1kg	\$3.95
La Famiglia traditional garlic bread 400g	\$4.99

grocery lines

Palmolive dishwashing liquid 500ml	\$2.29
Bundaberg white/raw sugar 1kg	\$1.79
Smiths potato chips 175g	\$1.99
SPC beans/spaghetti 415/425g	.99c
Harvest hot pot meals 425g	\$2.99

Next week's specials

from the butchery

Beef mince	\$ 9.99kg
Easy carve lamb roast	\$16.99kg
Beef stirfry strips	\$ 9.99kg
Ingham chicken kebabs 450g	\$ 7.99kg

cooking needs

Tas Taste P/SR flour 2kg	\$1.99
CSR white/raw sugar 2kg	\$3.29
McKenzies coconut 250g	\$1.79
Multix bake 30cm x 10m	\$2.49
Sunbeam mixed fruit 375g	\$3.45

grocery lines

Kleenex cottonelle toilet tissue 16pk	\$7.99
Sanitarium weetbix 1.3kg	\$3.99
Golburn Valley natures finest fruit 1kg	\$4.99
Jiffy firelighters 24pk	\$3.99
Arnotts plain/sweet biscuits 250g	\$1.79

Sunday Market

Happening :

At the Old Tasmanian Hotel

On the last Sunday of the Month

Please ph 63742344 or mobile 0488 562 538

to book your table/trestle

Needed: fruit & veggie stall holders

