

The Valley & East Coast Voice Volume 45 No. 6, Thursday July 12, 2012.

Est. 1968 50 cents

Material Girl Exhibition

On the afternoon of Thursday 5th July I attended the launch of the 2012 Bendigo Bank Material Girl Exhibition at Gone Rustic Studio & Gallery. A small group of local people attended the opening, bringing a plate of afternoon tea to share.

The 2012 Bendigo Bank Material Girl Exhibition has also been recognised by the Australian Business and Arts Foundation under the Premiers Arts Partnership Fund. This additional financial assistance has allowed TRA to lift the profile of this competition and touring show that focuses on the creative contributions of Tasmania's Women artists working across all media in response to the annual theme.

Prize money of \$3,500 was on offer for Tasmanian women artists in the 2012 Bendigo Bank Material Girl Exhibition.

With the theme of 'Speak to Me!' as inspiration, an exciting pool of entries were received this year. (http:// www.tasregionalarts.org.au/materialgirl/) The exhibition will be on show at Gone Rustic through the month of July and I encourage everyone to go and have a look at this fantastic exhibition of Tasmanian Women Artists work across all media. Article and photos : Janet Drummond.











Rita Summers













Adrian Spencer & Ian Summers

Maggie Fletcher & Wendy Fowler

Please note: Deadline for articles in the next Valley Voice is 5pm Tuesday July 24, 2012 EMAIL ADDRESS: judith.spilsbury@telair.com.au

Community news

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

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

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

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

Playgroup at Falmouth Community Centre. Fridays 10.30 - 12.30. \$2 per family. Please bring a piece of fruit for sharing and your child's own drink bottle & sun protection. Bikes and helmets welcome. Details contact **Michelle: 6372 2835 / 0418 271 315.**

Are you doing/interested in Homeschooling? Keen for a local network? Contact Michelle: 6372 2835 / 0418 271 315.

St Patricks Head & Esk Valley Historical Society Inc meets every second month on the third Wednesday at 3pm at various venues throughout the valley. For details please contact: Barry (6372 5752) (email: aulich@bigpond,com) or Jim Haas (6372 2127) (email: jimhaas@bigpond.com) Alternately you can check out our website :www.fingalvalleyhistory.com

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 4.p.m. at the e.ScApe Cafe. All welcome. Inquiries to Rod **6372 2444.**

The Cornwall Community Development Group Inc welcome all interested persons to their meetings in the Cornwall Hall on the first Tuesday of each month at 6 p.m. Wendy Dawson, Public Officer - **Ph. 0403430452 E. ccdginc@fastmail.com.au**

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.



Enquiries to the president on 63722783.

<u>Please note</u> Next meeting - 7 pm on 16 July



When:every last Sunday of the monthWhere: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 Cheryl on 6372 2194. Leave message.



St Marys Market

<u>Rain hail or shine</u> 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

Employment wanted Gardening, odd jobs. Honest, Catholic Family man. \$15 p/hr. Ph: 6372 2814.

Employment wanted House cleaning. Experienced lady. References supplied. \$15 p/hr. Ph: 6372 2814.

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.

For sale

Classifieds

Left handed golf club. King Cobra Speed LD Driver. Off-set with 10.5 loft. First Class Condition. \$50. Jim Haas. Ph: 6372 2127.

2006 Subaru Forester. 83,000km. In good condition. \$17,500. **Ph: 0499 742 178.**

4 door corner TV cabinet. \$80. Ph: 6372 2552.

Bassinet. \$20. 3 wheeled pram. \$20. Bunny rugs-the lot \$20. Bassinet cover. \$10. Baby girl's clothes – sizes 0000, 000, 00—the lot \$150 or 50 cents an item (300+ items. Bibs, socks, hats, shoes –all 50 cents an item. Ph: Fingal 0408 078 640.

Laptop Computer ASUS A53B 4GB . Bought 8/3 under 12mths warranty for \$597. Microsoft Works (Word, Excel, Powerpoint, Access, Publisher) added. \$495. Ph:6372 2059.

1 pair axle stands. \$20. 1 gas light. \$10. 1 steering wheel lock with 2 keys. \$10. 1 mitre saw for picture frames etc. \$20. 1 sash clamp, 3', never used. \$20. Ph: Pete 6372 2398.

Gold Laced Wyndot hens. \$15. each..Ph: 0427 713 195.

100% cotton sling, brand new, never used. Newborn up to 9kgs. \$17. Cheaper than ebay, check it out. Ph:0411 186 573.

110litre fridge and bar. Just over a year old, perfect condition, suit small family. Reason for sale: we need a much bigger one. Price is \$120. Will deliver if needed. **Ph: 0411 186 573.**

1975 Mercedes 280s with 3mths rego. Good order. Burnt orange. **1977 Mercedes 280e**, no rego, needs TLC. Burgundy. \$2,500 for both. **Ph: 6375 1440.**

1990 Mitsubishi Magna s/w 227,000kms. Rego 'til Dec '12. Good running order. \$800. **Ph: 0427 603 488.**

80HP Mercury, electric start, trim & tilt + 40HP electric start. Both with controls. Goes well. No further use. Cheap. **Centre console** with cable steering. \$100. **Mags**, as new, with new tyres. Suit HQ WB. \$900. **Truck tyres and rims.** 11R 22.5. **Ph: 6372 2107.**

1993 Ford Fairmont: 140,000kms.Very good condition inside and out, Six months rego and good tyres. Genuine reason for selling. \$2000. ono. **Phone Gail or Rogder on 6372 5380.**

Kelvinator fridge only, with new door seal. \$85. ono. Gumboot style waders Heavy duty ,size 9. \$60. ono. Giant Cross City 2 road bike, near new. \$1050. ono. Falcon BA ute with canopy, auto. \$9600. ono. Nissan X trail 2003, auto. \$12,750.ono. Ph: 0417 385 787 or 6372 5101.

FOR SALE

LOUNGE SUITE (BRAND NAME: MELBOURNE) 3 SEATER LOUNGE PLUS 2 RECLINERS. ROYAL BLUE—GOOD CONDITION. \$600. ONO. CONTACT: KAREN POLDEN MOB: 0439 333 398 OR 6372 2438

Wheat for sale. 20kg bags, \$10. 20kg bags crushed, \$15.

GIVE AWAY ROUND TABLE & 6 CHAIRS, DOUBLE BED, SINGLE BED & MATTRESS. Ph: 6372 2380.

WANTED TO BUY VIDEO RECORDER IN GOOD WORKING ORDER ONLY. Ph: 0427 713 195.

Wanted – used upright electric stove/oven in good clean working condition required for a rental property. **Contact Harry or Kerry at the PO.**

HAT STAND/COAT RACK wanted - bentwood style/timber; good condition (6372 2724)

NEW STOCK – chain mail jewellery and fibre & textile jewellery; Australian studio pottery, and more! *Gone Rustic,* 37 Main Street, St. Marys (open 11-3, Tues-Sat)

"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.

Tractor stasting available. Fil: 0407 944 158.

Grass Hay, heavy bales, shedded, \$5 per bale. Ph: Ross 0401 870 316.

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.

For sale



www.fingalvalleyhistory.com

The Coach Trip

The following is a copy of a letter sent to the Editor of the Mercury Newspaper in March 1882, four years before the Fingal Line Railway was completed and six after the Launceston/Hobart Railway was opened.

Dear Sir,

May I be permitted to occupy a small space in your journal to call attention to a serious inconvenience which travellers by coach from Georges Bay (St Helens) to the Corners (now Conara) frequently have to suffer? I refer to the practice of arriving too late at the Corners to catch the express train to Hobart.

The coach leaves Georges Bay at half past four in the morning. The express train to Hobart is due at twenty past two in the afternoon, thus we have twelve hours, all but ten minutes, as the period allowed to cover a distance of 69 miles.

This would give an average speed rate of something like six miles per hour; so that a traveller might, I



think, be pardoned if he took a seat on the coach in the "sure and certain hope" of enjoying his evening meal in Hobart. The road for the greater part of the distance is excellent. The pull up St Marys Pass is no trifle, but even if time is lost in this portion of the journey, it should be easily made up between St Marys and the Corners. Especially when you consider that there are no less than six changes of horses on the journey.

But I have no desire to be hard on the horses and no blame is attached to those willing animals. I am convinced they would rattle the coach along merrily at eight miles an hour if the Lord and Master (the driver) would let them.

Here it is that the shoe pinches. The coachman dawdles away valuably time in a manner which claims to be the master in the art of "how not to do it". It takes longer to change horses, strap horses, strap luggage, collect mail bags, buckle a strap, or fix a chain, than on any coach I have ever travelled with in my life.

I am not myself an accomplished handler of the ribbons, but even to my untechnical eye, it was apparent that something was very much amiss. We seldom started after a change without two or three stoppages to rectify some defect in the arrangement of the harness. Other times he would carry on a lengthy and animated conversation with a friend or passenger on the back seat, his hands merely holding the reins.

Under these circumstances the team had its own way and each horse behaved in the manner which suited it best. Remonstrance was worse than useless. It was mildly insinuated by myself and two or three other passengers, that if convenient, we would like to catch the express. But our deferential and apologetic suggestions were met with lofty scorn and sardonic facetiousness. We were either crushed by a look or grimly told that perhaps the express met with an accident

that day and we would be eternally grateful to our facetious benefactor for missing it. In fact, our prayers and entreaties were utterly disregarded by this sulky Jove.

The result of this was our arrival at The Corners fully an hour late for the train and there was nothing for it but to wait, with as much patience as we could command, for the mail at ten minuted past nine.

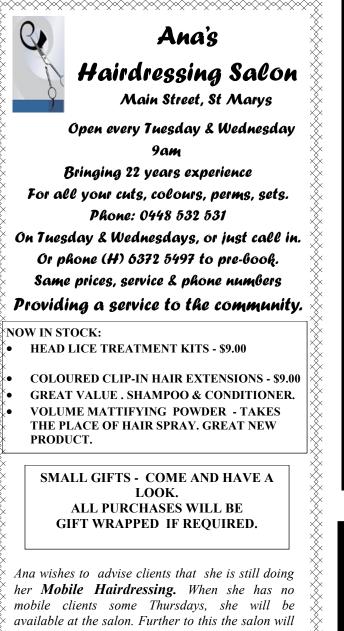
Your readers may imagine what it is to spend four mortal hours in a place like the Corners. We did managed to get rid of half an hour in discussing an apology for a meal, but then darkness fell upon us like a pall. I am not likely to visit the East Coast again for some time, but when I do I shall adopt some mode of conveyance other than a coach.

Yours Sincerely:

A Visitor, New Norfolk.

Reading this, one can only wonder why we complain about our current roads, or when the St Marys Pass is closed for a short while every now and again. Jim Haas. Saturday 18th August 2012 The Service will commence at 11am at the Vietnam Veteran's Memorial site at the Cenotaph in St Helens. If you wish to join our Veterans in the March, form up will be at Hilly's Supermarket at 10.50am. You are also invited to lay a wreath for the fallen during the Remembrance Service. Gary Graham, President V.V.A.A. East Coast. Ph: 6372 5727.

VIETNAM VETERANS DAY



Ana wishes to advise clients that she is still doing her Mobile Hairdressing. When she has no mobile clients some Thursdays, she will be available at the salon. Further to this the salon will be open for business each Market Saturday.

Suncoast Jazz Club gig

will be held at

Portland Hall, St Helens on Friday 27th July from 12noon - 2pm.

Guest artist: Carl Bulow - saxophonist.

Small cover charge.

Please view flyers around town for further information, or contact Pamela Parsons Ph: 0427 006 673 or email pamela777@bigpond.com.



credit you will need.

BAIT ICE

FISHING GEAR

CALOWS BUS DEPOT

Buy just a little bit, pay just a little bit for your basic food essentials at Purple Possum!

When you pick up a scoop and serve yourself from our dozens of food containers at Purple Possum, you can buy as little or as much as you want of any given item. 100 grams of flour? No worries. 150 grams of rice? That's fine.

Get just what you need for a recipe or for your own requirements. You save money, your food's always fresh, and you won't end up with a cupboard full of half-used, out-of-date packs as so often happens when you buy packaged foods.

So serve yourself at the Possum – and scoop up some savings!

Purple Possum

Wholefoods & Café 7 Story Street St Marys. Phone 6372 2655.

OF OUT THE WOODWORK SECRETARY WENDY BRENNAN 637 22094

Over the weekend the Guild had the pleasure of the company of Lady Jane Rubenach and Lord Lichfield (pictured) who both tested their prowess in a game of badminton and proclaimed that our court met with their standards of refinement.

We were given the all clear, albeit, the

cucumber sandwiches were not cut to the required dimensions. Fortunately, his Lordship and Lady forgave this oversight and proclaimed the day a success.

Lord Lichfield being the gentleman he is was gracious in his defeat and Lady Rubenach tolerated the cheers with self -effacing gratitude.

On a serious note... many thanks to Deputy Mayor Rubenach, our own town devotee of Jane Austen and the Guild's patron of antiquated

games who gave the sizzler king a real run around with the shuttlecock.

Stay tuned for more adventures especially when our half sized croquet court is completed.

A thank you to all the people who said they missed the aroma of our haute cuisine snags at the last markets and made enquiries about the whereabouts of the ever present sizzler king. (He is on the mend)

A gentle reminder that its time for membership renewal (\$20.00 full or \$10.00 social membership)

CORNWALL COMMUNITY DEVELOPMENT GROUP INC

BEFORE YOU SAY YOU CAN'T DRAW AND YOU CAN'T PAINT...WAIT. WE ARE PUTTING AN ART CLASS TOGETHER OF UP TO 12 PEOPLE AND YOU'RE INVITED! I GUARANTEE YOU WILL HAVE A PICTURE BY THE END OF THE FIRST LESSON. THE CLASSES WILL RUN OVER 12 WEEKS

THE FIRST WILL BE A FREE 3 HOUR CLASS AND THE FOLLOWING WILL BE 2 HOUR CLASSES AT A COST OF \$3 PER CLASS -

TEA AND COFFEE PROVIDED.

I PROMISE YOU'LL BE HOOKED, AND YOU WILL SURPRISE YOURSELF!! CLASSES START AT THE CORNWALL HALL TUESDAY 7TH AUGUST 2012 FROM 11-2. ENQUIRIES TO LYNNE ON 0427 560 565.

BINGO at the Cornwall hall every Monday at 7pm. 2 Jackpots \$140 & \$90. All welcome. Money raised going to help with renovations to the hall.

The Say Cagerattler

"Here Puss, Puss...Might be a much more common phrase again in Tasmania soon with the introduction of the new cat control laws just beginning. It's about time a government took measures to control cats. I own a 14 year old moggy myself, used to have two until a whip snake decided to curtail his young life about 7 years ago. She's the boss of the border collies as well, the one still going.

I can honestly say that in all the last 14 years, she has never been out roaming at night and was missing for one night...I looked for her for hours and thought she had met the end until early the next morning I woke to a constant meowing from the garage where she had been accidentally locked in all night. Ever since she was a kitten she knows to come in at teatime and that's it for the day. Otherwise she just potters about the yard or just sleeps somewhere in the house.

Just like responsible dog owners, cat owners should have to take control and accept the liabilities of their animals even to the point of micro chipping and registration. Similarly the acquisition and breeding of cats is required so that it reduces the stray cat population that feral cats derive from. Feral cats are an ever growing problem that if left unchecked would undoubtedly lead one day to a new species of bigger cats and their impact on the native flora and fauna would be huge.

Confinement of cats at night is paramount to this too. Really responsible people take this seriously and to those people the new measures on cat ownership won't be a big deal. I'm not sure how long it will take to implement the new cat rules but the sooner the better perhaps. Cats are great company, keep the rodents under control and have been important for wellbeing, but they can and are very destructive, unhealthy, and born predators to native fauna if let run riot. Hopefully everyone will take on the cat ownership legislation and accept it so that Tiddles and Puss can live long, non destructive or over copulated lives with us. I think the eventual message will be... If you can't meet the responsibilities of cat ownership, don't get one.

What do you think ? (Column by Rod McGiveron.)



July 21st

CHRISTMAS IN JU

5.30pm

Entree, Main and desserts

\$30 adults & \$15 for U/12s

Plus many great games & prizes. Santa will pay a visit.

Bookings at the St Marys Supermarket 6372 2240 or at the Club 6372 2177. All community members welcome.



St Marys Sports Centre Inc.



Bicheno will host its 6th Food and Wine Festival on 17th November 2012. This will be the second year of the Art and Artspace exhibition.

Last year's inaugural showcasing was a huge success and an extremely popular event. Twenty exhibitors presented their best work. Most enjoyed sales or received commissions. With around 2,000 visitors to the Festival and more expected this year the

opportunity to showcase your talent is great indeed.

The criteria for consideration are simple. Artists and Artisans must be resident on the East Coast. Or be shack owners and frequent visitors. Your work must be original and in keeping with the event's ambitions.

This is not a market. This is about showcasing the Art we produce in our communities and villages. The art form can be very broad from what could be termed "conventional art" such as hangings. Or sculpting in any medium; Ceramics; Weld art; Photography; or could embrace specialised pottery; glass blowing or etching. Indeed MONA has set new benchmarks around what we often perceive as Art.

I want to encourage representation from the whole of our East Coast. If you would like to know more about this year's Festival or be considered as an exhibitor please call Gary 0418 459 999 or email gasp9999@gmail.com

Issued on behalf of Bicheno Festival Committee Inc Gary Price (Treasurer and Artspace convener)

ERIC HUTCHINSON

Federal Liberal Candidate for Lyons **MEDIA RELEASE** 6th July 2012

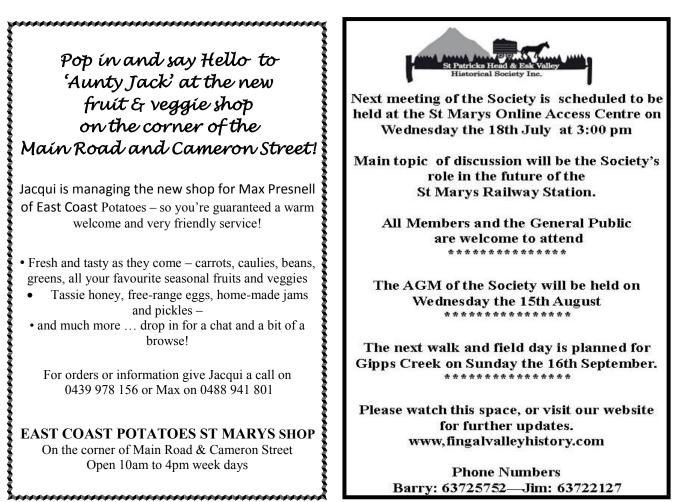
More campsites needed for holidaymakers and tourists

Tasmania's coastal areas need improved access to camping facilities to encourage more visitors according to the Liberal candidate for the Federal seat of Lyons, Eric Hutchinson.

Welcoming the recent announcements of funding for upgrading of East Coast campsites by the Parks and Wildlife Service, and the establishment of a Regional Tourism Organisation for the East Coast, Mr Hutchinson said that the area has enormous potential which has been neglected by the recent practice of restricting access to former campsites along much of the coast.

"Many campers would like better access to informal sites and there must be a better balance to allow for this access while still providing an appropriate level of coastal environmental protection. Many visitors are currently frustrated as areas which were previously accessible are now blocked for vehicle parking, and camping is increasingly banned behind our favourite beaches," Mr Hutchinson said.

"I trust that the Parks and Wildlife Service and the new Regional Tourism Organisation, in cooperation with local councils, can look at the possibilities for extending the number of available sites for overnight campers, many of whom are young visitors or families seeking inexpensive holidays along our magnificent East Coast.





AFL Masters Football Double Header St Marys Football Ground Launceston vs Triabunna St Marys Tigers vs NW Coast

(Game times to be confirmed)

Sunday 5 August 2012

Full range of food and refreshments available Free admission Come and support your local team in its only home game for 2012

> St. Marys Tigers Football Club, P.O. Box 42 St. Marys Tas 7215 Ph. (03) 63 722256 Mob. 0418564710

Regional Arts Youth Company

The Regional Arts Youth Company (RAYC) under the auspices of Break O'Day Regional Arts, confirm that their first ever term classes have been a huge success!

Success is infectious!



ENROLMENTS ARE NOW BEING TAKEN – DON'T MISS OUT CLASS NUMBERS ARE STRICTLY LIMITED.

Work being undertaken by 30 students in drama, dance and movement was open to viewing by parents, friends and teachers on June 28th at St Marys Town Hall; it was met with great enthusiasm both by participants and those who came to observe. Though not strictly a performance, participants had the opportunity to 'get a feel' of what it would be like to have an audience. Drama skills, improvisation, creative movement and dance routines were demonstrated. Even the audience (to their initial horror) were invited to participate in some of the drama games.

We believe this is just the beginning of a passionate, creative upsurge amongst our young people within the district. As 2013 approaches we are hoping to harness the creative energy of all those young people who are interested in music, drama, dance, prop making, costume design and stage management.

Grants are being submitted to have specialist workshops in the above disciplines. These workshops will be run in school holiday times and will be open to **all young people** in the district. We will advertise throughout the district once we have secured funding and dates have been booked.

At this point in time we are looking for anyone who would be interested in developing voice through music with our students. If you have experience in singing and would love to join our company and experience the joy of facilitating the development of some talented, happy and energy filled young people, please contact either Jeanette or Michelle.

Enrolments are now being taken for Term Two commencing 26th July 2012.

Classes @ St Marys Hall:	Junior (5-10 years)	3.45-5.00pm
	Intermediate (11-14 years)	4.45-6.15pm

As you will note there is a cross over time of 15 mins. This is to combine both classes for some dance routines. The time will be extended for juniors to 5.15pm once the winter season is finished and rehearsals commence for the Christmas production.

Consideration is also currently being given to commencing a senior class (15-17 years) early in the 2013 season. Jeanette





BREAK O' DAY STITCHERS

Despite the colder weather, crafters and stitchers are all keeping busy with projects for current and approaching events. Four of our quilters accepted the invitation from the Dorset Country Quilters to exhibit with others from around the State at their 21st Quilter's Exhibition at Scottsdale earlier this month.

There is also currently an Exhibition of the work of Contemporary Women Artists at Gone Rustic Gallery in St Mary's until 31^{st} July. We will be putting out flyers this week (11^{th} July onwards) advertising the next in-house workshop for a Sashiko Bag, and the tutor will consider a repeat if demand for the first one on Saturday 18^{th} August at the Bungalow – NHH – St Helens is full.

We welcome new members to our meetings at the Bungalow, Neighbourhood House, St Helens each Friday from10 a.m. to 3 p.m.

Enquiries can be made to : Kay Roberts – e-mail - paradox <u>64@bigpond.com</u> or Agnes Johnston 63761498

RHYTHM FOR EVOLUTION



TaKeTiNa is a process, capable of activating your human and musical potential through rhythm. Participants are guided into a state of rhythmic simultaneity, using polyrhythms and cross rhythms in the feet, hands and voice. It is a deeply relaxing and meditative process that requires no musical experience, and accesses the body's intrinsic rhythmic knowledge in a safe and playful setting.

You are invited to join your local TaKeTiNa trainee FREE OF CHARGE to help her practice the skills required to become a teacher of TaKeTiNa.

@ THE VORTEX HEALING CENTRE, ST MARYS. TUESDAYS: 11:30 - 12:20pm

COMMUNITY DRUM CIRCLE

A friendly space to practice your rhythm, get in tune, and relax. BYO or instrument provided. All ages and abilities welcome!

 @ THE VORTEX HEALING CENTRE, ST MARYS.
 TUESDAYS: 12:30pm – 1:30pm \$10 per person.

FACILITATOR: Lila Meleisea B. Mus Perf. B. Ed. DRUMBEAT Facilitator TaKeTiNa Trainee

We have moved!

ST MARYS COMMUNITY TRANSPORT SERVICES

is now located in the front office of the St Marys Hall.

Office hours 9.00 a.m. to 1.00 p.m. Monday to Friday.

Same phone number 6372 2137

St Marys School Association Op Shop Sock Art Competition 2012 – in conjunction with Wrapped In St Marys 2012 All entries were on show at the St Marys Markets on Saturday 7th July 2012

In all, 16 entries were received across all age ranges

In total 168 votes were cast by shoppers All entries received a number of votes WINNER

1ST PRIZE Zarah Charman - \$20 Op Shop



























Article & photos: Janet Drummond



MEDIA RELEASE 26 June 2012

Break O'Day Council 2012/2013 Budget Estimates

Yesterday Council adopted its Budget Estimates,

Break O'Day

Rates Resolution and Annual Plan for the 2012/2013 financial year. The 2012/2013 Budget is financially responsible and recognizes the challenges of the current economic climate.

To achieve the budget, the total rate revenue in 2012/2013 will increase by 4.0% on the previous year with a budgeted total estimate for general rate revenue of \$5.4 million.

The \$11.5 million expenditure budget includes depreciation of \$2.8 million. The Capital Budget Program totals \$4.7 million.

New Initiatives

The budget includes a range of initiatives including:

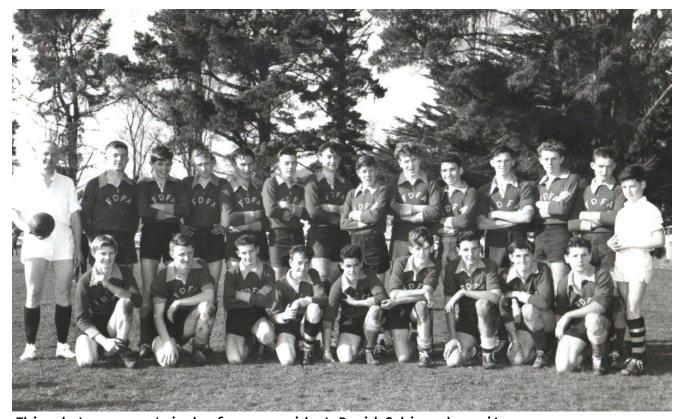
Development of a Municipal Management Plan (MMP) for 2013 – 2022 (\$580,000) which will include:

- Coast Park Plan
- Recreation & Open Space Development Plan
- Community Infrastructure & Design Guidelines
- o Urban Design Framework
- Stormwater Management Plan
- Economic Development Strategy
- o Civic Centre Feasibility Study
- Responding to Climate Change
- Airstrip Redevelopment Feasibility Study
- Arts & Cultural Strategy
- Land Use & Development Strategy
- Development of a Binalong Bay Master Plan (\$50,000)
- Finalisation of the Transport Master Plan (\$48,000)
- Establishment of an East Coast Regional Tourism Association in partnership with Glamorgan Spring Bay Council and Tourism Tasmania (\$50,000)
- The finalization of the outsourcing of the operation of the Waste Stations at St Helens, St Marys, Scamander and Fingal (\$500,000), with improvements in management and operation of sites inclusive of:
- General site cleanup
- Compaction
- Waste placement
- o Immediate cover of landfill sites
- o Meeting license requirements of EPA Tasmania

Capital Works

The budget also provides a total Capital Works program in excess of \$4.7 million. Highlights of the proposed program includes:

- Major projects
- St Helens Streetscape (\$600,000)
- St Marys Streetscape (\$400,000)
- Footpaths (\$82,000)
- Bridges (\$650,000)
- Resheeting program (\$190,000)
- Reseal Program (\$230,000)
- Stormwater (\$240,000)
- Buildings Maintenance & Construction (\$426,170)
- Open space (\$375,000), including street furniture, cemetery, boat ramps and jetties and playground equipment



This photo was sent in by former resident David Schier who writes:-The photo is the 1964 schoolboy FDFA team that both Gary Barnes and I played in. Taken at Fingal after we won our game. I am at the back left - next to Gary Richards. Gary Barnes is 4th from the right in the front row. He went to school at St Marys. We have all but 5 names - so can anyone help with the last names please? it was a truly representative FDFA team - players from Avoca, Mathinna, Fingal, St Marys, Falmouth, and St Helens.

Names of 1964 team (so far) are:

Back - Umpire(??), Garry 'Gus' Richards, David Schier, ?????, David Bergman, Terry Targett, Chester Bullock, ?????, Vern Woods, Trevor Rootes, Lance Leedham? T Hollis, Derek Freeman, (Tony?) McCulloch, Bruce Nailer, Philip Webb, Don Birrell, Greg Barnes, Gary Barnes, ?????, ???????, ??????

ST MARYS RATEPAYERS ASSOCIATION

Do you think we need an association as such??

If so, please come along to a meeting at St Marys Fire and Emergency Service building on the 26th July at 7.00 pm.

All aspects of, and guidelines for an association will be explained and discussed.

For further details contact Gerald6372 22830438 543 300



This wonderful old photo has also been sent in by David Schier who writes:-My school friend Gary Barnes of Hobart - ex Fingal, has found a 1907 photo of the Fingal Football Club team. Isn't it a great photo. Gary's grandfather is in it- but he has no idea who he is in the photo. It might be a lost cause in getting the names of all these players. I was wondering if you could publish the photo and ask if there are any readers out there who could help Gary. Gary Barnes' details are:-

Home address: 39 Plaister Crt, Sandy Bay, Tas. 7005 Phone contact details: Work - (M-Th) 6216 6355 Home 6225 0796. barrey@netspace.net.au

SUNDAY JOY 12.30pm this is a bring-and-share lunch followed by a great time of friendship and fellowship. You are very welcome to join us and share our JOY! phone 0409 838 816.

Fingal Valley Meals on Wheels will be holding their Annual General Meeting at the St Marys Community Health Centre Day Room on Thursday October 11, 2012, between 2pm—3pm. All welcome.

Note:- Good report from the Cook for our drivers. Life is hassle free because our drivers are all soooo dependable. PAT YOURSELVES ON THE BACK, you are a great group of drivers.

Where do you get it?

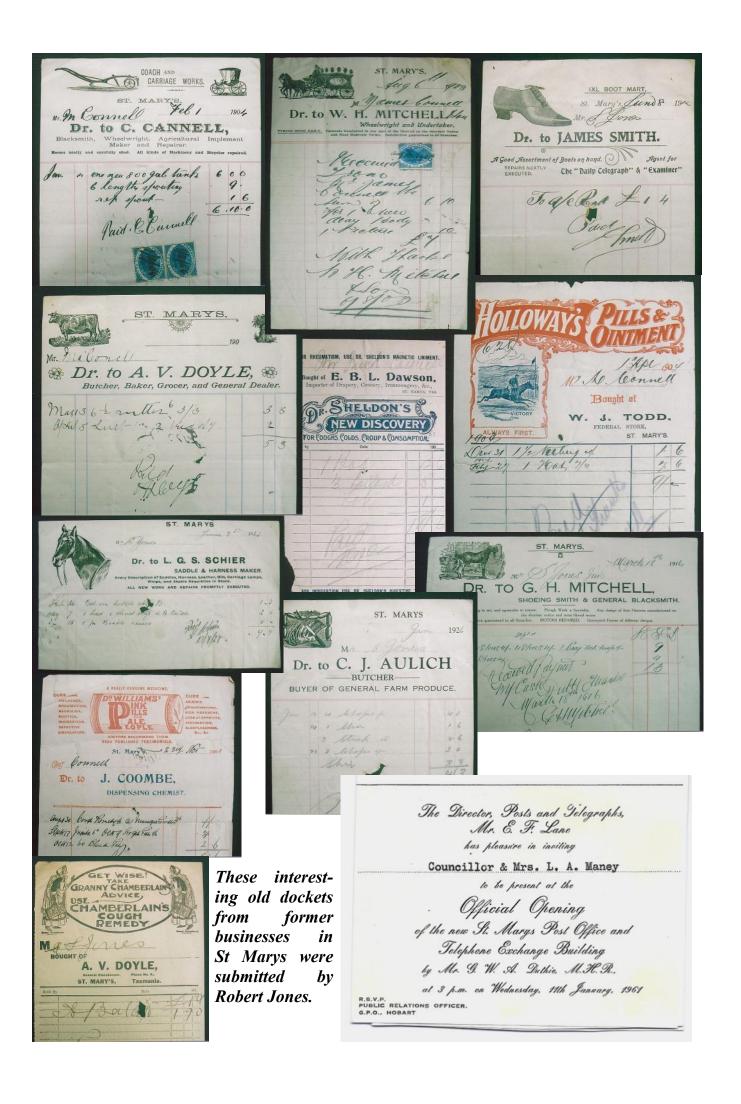
Growing in strength and support You can get

'Inside my Skin'

from the library, Rita at Gone Rustic, Rod at e.ScApe Cafe, Evelyn at St Marys Bakery, personally at St Marys monthly market,

> or online at <u>www.insidemyskin.com</u>

Lundy Vosper. (Sec)



IS YOUR BACK ACHING? YOUR NECK SORE?

CAN'T PLAY YOUR SPORT ANYMORE? TRIED PHYSIOS, CHIROS, MASSEURS? **NOTHINGS WORKED?**

SICK OF PAYING OUT FOR NO RESULT?

Often it's just muscles out of place pinching nerves that are causing the pain. If so PETER HORSFIELD, THE MUSCLE MAN CAN HELP!



With his unique method of muscle manipulation; he can release pinched

nerves all over the body - in one treatment! Its just like putting a rope back into a pulley - simple!

Denis Lilley said, "I feel 20 years younger!" SO WHAT HAVE YOU GOT TO LOSE?

CALL: 0413 635 690 **MOBILE SERVICE** IN BREAK O'DAY MUNICIPALITY

GIVE US A SENSE OF HUMOUR, LORD . GIVE US THE GRACE TO SEE A JOKE, TO GET SOME HUMOUR OUT OF LIFE, AND PASS IT ON TO OTHER FOLK. ANON.

Community Dinner Holy Trinity Anglican Church Hall St Marys

Saturday 21st July 2012

5.00 for 5.30pm

Italian Dinner



Please bring a side dish or dessert to share Choice of main meal will be provided RSVP Barbara on 6372 2428





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?



52 MAIN ST ST MARYS.

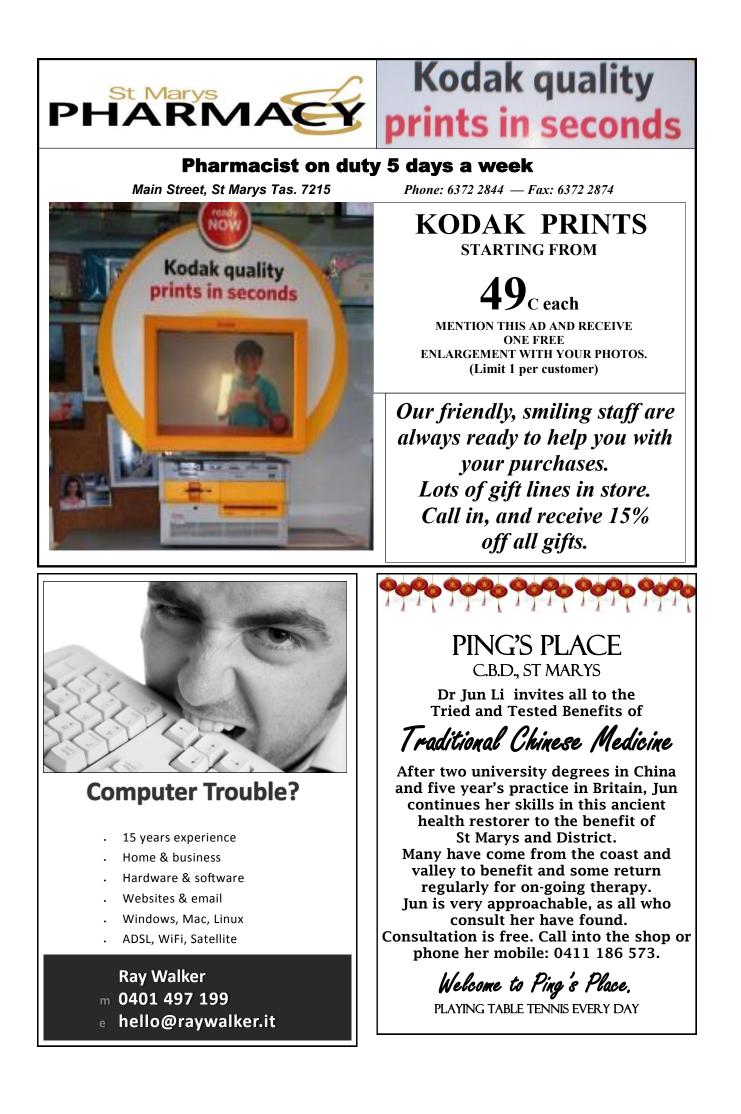
St Marys Op Shop

Monday - Friday 11 - 4 Market Saturdays 10 - 1 As volunteers are available.



From left to right -Lorraine Gill, Wendy Fowler, Caroline Craghill, Jeanette Gilbert, Janet Drummond and Sonia Allison ... just missing Lillian local school communi-McRostie, Kelly Farrell and ty and have fun Jan Madden from the team. unteering at the

Always looking for new volunteers to assist at the Op Shop, please contact Janet Drummond on 0404 562 320, or call in most Fridays, to speak with Janet. Come support your vol-St Marys Op Shop.



Speak To Me!



Engagement Susan McArthur Winner Bell Bay Aluminium Overall Excellence Award 2012

Bendigo Bank Material Girl Selections 2012 Tasmanian Regional Arts Touring Exhibition

Available for viewing At GONE RUSTIC Tues - Sat 10am to 3pm Until 31st July Phone Rita 63722724

Break O'Day Regional Arts Annual General Meeting 4pm Wednesday 5th September 2012 Venue "the e.ScApe cafe" St Marys All Welcome.



BASKET MAKING FROM THE GARDEN Saturday and Sunday - July 14th & 15th Time: 9am to 4pm Cost: \$25.00 Place: St Marys Community Hall

Tutor: Helen Napier

Autumn / Winter is a great time for pruning and gleaning interesting and productive materials for basket making.

Some materials may be used fresh, some dried and some both!

Materials to dry:

Red Hot Pokers, montbretia, watsonia, iris, gladioli, ginger, cane and day lilies, New Zealand flax, mint, bull rush.

Tie the material by the tips in bundles and hang up to dry - not in direct sunlight. Drying time will vary -3 weeks or more. For storage, wrap in bundles of dry newspaper.

To prepare for use: - the day before soak in water for 5 - 10 min then wrap in old dry towels or sheets of dry newspaper and leave overnight. Only wet enough for one days use.

<u>-Materials to Bring Fresh:</u>

Willows, dogwood, fruit tree prunings, suckers, blackberry, broom, cotoneaster.

Cordyline (cabbage tree palm) picked up off the ground and soaked overnight.

Vines: - if not used green maybe coiled and stored in a dry place away from direct sun.

Try – jasmine, ivy, wisteria, hardenbergia, honeysuckle, Virginia creeper, periwinkle, clematis, grape, muehlenbeckia, briar rose, and kennedia.

To Prepare for use: - soak overnight in water

Be inventive!!! – Sweet corn leaves and husks, bark and fibres from trees, flower stalks of agapanthus, pokers and iris. Lavender, pine needles, seaweed, gum nuts and seed pods.

For the workshop:

Comfortable working clothes, apron, materials, sharp secateurs, pliers, pen & paper, strong clothes pegs x 12, large darning or bag needles, string & strong thread, old towels (wetting and wiping) If you can collect large quantities of one material bring it and swap with others. Don't forget your imagination! We'll have some fun constructing several different baskets.

<u>Contact to enroll:</u> Robina Balzer 6372 2022 <u>For More Information</u>: Helen Napier 6372 2253

optomeyes

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

bring with them fashion frame selections for your convenience.

NEXT VISIT DATES:

19th & 20th July

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



6376 1374



SEE LIFE DIFFERENTLY

WWW.OPTOMEYES.COM.AU



Casual Weekly Footy Tipping Competition

Think you know your footy? Then have a crack at our weekly footy tipping competition. Just pop into the Post Office and gab a tipping form. Make your picks and then lodge it at the Post Office with \$2.00 by 4.00pm each Friday.

Half of the weekly pool will go to the footy club and the other half will go to the weekly winner. As well as picking winners entrants will be required to nominate the winning margin of one selected game per week so we can (hopefully) ensure that there is only one winner per week.

Up for grabs – weekly bragging rights and a bit of pocket money, plus you are supporting your local footy club.

Entry forms available at the Post Office now.



Valley and Coast Hobby Craft and Arts Guide.

Thanks to all those contributing to this guide for either groups or individuals.

Your permission to add content to these great activities in knowledge skills or information will hopefully aid others keen to try new things. We welcome more groups to add as time goes on so ring Rod McGiveron on 6372 2215 or email me at <u>rodneymcgiveron@bigpond.com</u> any time to come on board. Thanks again.

CRANKS AND TINKERERS (St.Marys)... Anything mechanical /classic cars / modelling. You name it ...we do it. Contact Ian Summers on 6372 2724 or Grant Faulkner 6372 2335 (business hours)"Get your motor started".

SWANSEA MODEL YACHT CLUB (Swansea) Model yacht/ boat building and racing.

Contact Barry Lord (Commodore) on 6257 8200 or email <u>halahcottage@bigpond.com</u> or ring Secretary Cheryl Hodgetts 6257 8548. email: <u>bill49@bigpond.net.au</u>.

"Just like the real thing only smaller".

GONE RUSTIC (StMarys) Contemporary art and craft, quilting, card making and regular workshops. Contact Rita Summers at 6372 2724 or email: **gonerustic@yahoo.com.au** "come and say g'day".

LAUNCESTON MODEL AERO CLUB (LMAC) Headquarters at Symmons Plains. Everything radio control RC. aeroplanes, helicopters and gliders. Contact Kevin Hay (President) or Geoff Hays (Secretary) by typing in Launceston Model Aero Club in your browser and send us a message via the Contact Us links on our website and... "Come fly with us".

JOHN McCOLL (St Marys) Sculpting, sketching and art skills and contacts. Ring John on 6372 2413 for tips, advice, help or leave a message.

PETER TROODE (Addlestone House B/B St. Marys) All things photography. Contact Peter for help, guidance or tips on 6372 2783 and he'll help if he can. Or leave a message.

ST MARYS FITNESS GROUP. All level fitness to music. Lots of fun on Monday and Thursday evenings. All welcome any age. Ring Fran on 6372 2614. Love to hear from you.

BREAK O'DAY WOODCRAFT GUILD (St Marys Railway Station) We provide a centralised meeting place for mature men and women to share skills, knowledge, access to services, building of friendships and projects and we welcome newcomers to our community. Open Mondays, Wednesdays Fridays and Saturdays. Contact Cr. Reon Johns on 0429 722 091 mobile or 6372 2094 home. "Come and join us sometime".

SUNCOAST SINGERS (St Helens) We sing, sing, sing. Get together at St Helens on Fridays from 10am-12.30 pm. For more info ring Maryanne Wadsworth on 6376 2969 or email her at **mawadsworth@yahoo.com.au** "If you can yawn you can sing".

RODNEY MC GIVERON / PAUL DAVERN American HO Model Rail. If interested in model rail contact Rod on 6372 2215 or email <u>rodnevmcgiveron@bigpond.com</u> or call Paul on 6372 5526 sometime. "See you down the line. woo.hoo".

Rae & Partners Lawyers Barristers & Solicitors

Visiting :

St Marys CommunityHealth CentreAlternate Tuesdays :9 am - 10 am

Ph: 6337 5555 For appointments.

63 722 220 0438 637220

St Marys



FINGAL VALLEY NEIGHBOURHOOD HOUSE NOTICE

FREE LEGAL LITERACY ON TUESDAYS 11 TO 4- OPEN TO EVERYONE IN THE VALLEY FOR FREE

LEGAL HELP - THOSE FORMS, CONTRACTS, INFO ETC...

NEED HELP WITH READING , WRITING, OR MATHS ? -HELP AVAILABLE IN THE VALLEY - FREE LITERACY PROGRAM - PHONE - 6374 2344 TO ENQUIRE....

VOLUNTEERS NEEDED - HOW ABOUT DRIVING FOR THE HOUSE ON A CASUAL BASIS? WORK IN THE OP SHOP? DESIGN A PROGRAM? GREAT TO SATISFY CENTRELINK REPORTING REQUIREMENTS...

PLEASE PHONE OR POP IN AND SEE DEB... 6374 2344 OR 0488 562 538

Community Transport Drivers Needed! Do you enjoy working with people and like to help your community?

We have a desperate need for more drivers to assist our mostly elderly clients access medical appointments and to enjoy social outings. We need your help to make this happen!

Training and support is provided. For more information contact JAN SAUNDERS on 6372 2137

WE NEED YOU! Community Transport Services Tasmania Inc is funded by the Home and Community Care Program.



St Marys Soccer Club

"Play the World Game"

Thursdays – 3pm School Oval All ages, boys § gírls

Phone Tree: 6372 2309

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.



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



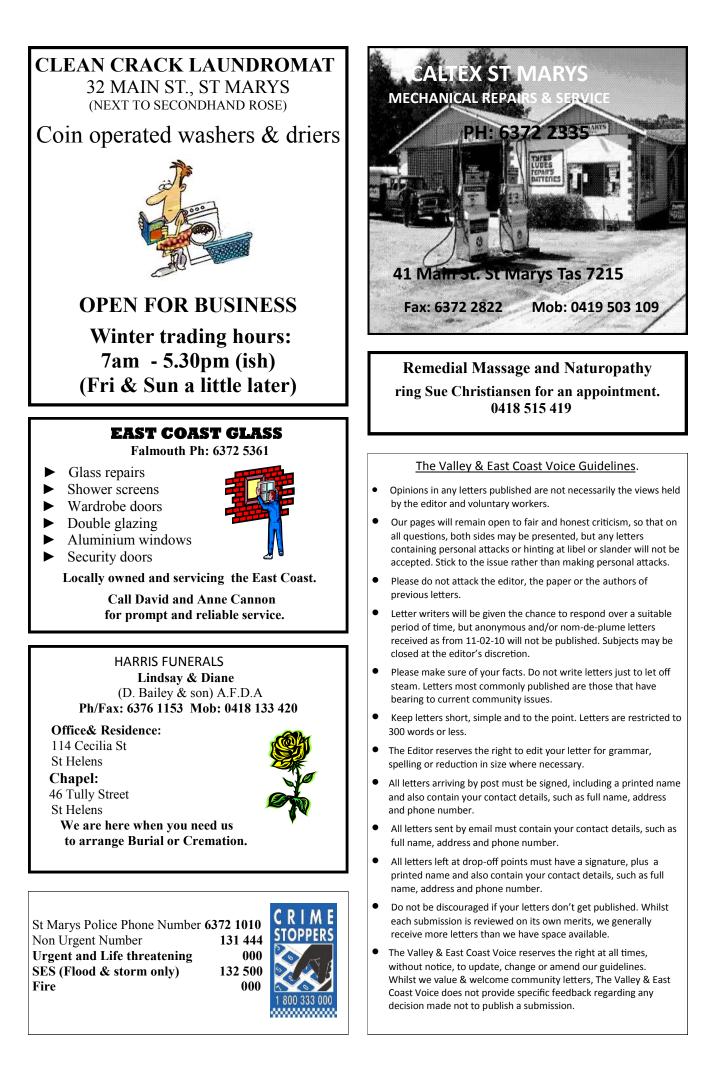
WORKING WITH YOU FOR A STRONG COMMUNITY

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

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

EAST COAST PHONE & COMMUNICATIONS







LOCAL OWNER - OPERATOR OVER 20 YEARS EXPERIENCE

Ph : Dana or Craig

6372 2033 /0439 722 032

Incorporating all your needs in:

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

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

AND MUCH MORE



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

SHOP LOCALLY AND SAVE





STRESS DOWN DAY

+ S.A.D AWARENESS

(Seasonal Affective Disorder)

The Winter months Can make us glum, So let's have a little Seasonal fun!

Dress as a Rainbow' with lots of colour And help give a smile to one another.

Wednesday 25th July

Gold Coin Donation

All proceeds to Lifeline Tasmania

Prize for the Best Dressed Rainbow Drawn at 2:00pm at the Day Centre St Marys Health Centre

		JULY		* *
Monday	Tuesday	Wednesday	Thursday	Friday
				13th July * Launching into Learning—Fingal Campus 9.30am - 11.00 am * PRIMARY ASSEMBLY—LED BY 2-3 SCALES
16th July * PY10 Exams * Grade 9 Camp * Grade 10 Work Experience week * Active After School P-3	17th July * Student Banking * PY10 Exams * Grade 9 Camp	18th July * Active After School Gr 4-8 * Bravehearts parent session 9.00—9.30 * K-2/3 Performance – Fingal Campus 11.30— 12.00 * PY10 Exams	19th July * Stepping Stones - St.Marys Kinder 1.00pm—2.00pm * Launching into Learning—St.Marys 10.30 am—12.00pm * PY10 Exams * Country Gold Training—Scamander 3.45	20th July * Launching into Learning—Fingal Campus 9.30am - 11.00 am * PY10 Exams
23rd July * Active After School P-3	24th July * Student Banking	25th July * Active After School Gr 4-8	26th July * Stepping Stones - St.Marys Kinder 1.00pm-2.00pm * Launching Into Learning-St.Marys 10.30 am-12.00pm	27th July * Launching into Learning—Fingal Campus 9.30am - 11.00 am
30th July *	3 Ist July * Student Banking	Ist August *	2nd August * Stepping Stones - St.Marys Kinder 1.00pm—2.00pm * Building Blocks toLaunching Into Learning—St.Marys 10.30 am—12.00pm * Country Gold Training—Scamander 3.45	 3rd August * Launching into Learning—Fingal Campus 9.30am - 11.00 am * PRIMARY ASSEMBLY—Led by 2/3 Mackenzie/Mason
6th August ∗	7th August * Student Banking	8th August *	9th August * Stepping Stones - St.Marys Kinder 1.00pm—2.00pm * Launching Into Learning—St.Marys 10.30 am—12.00pm * Country Gold Training—Stamander 3.45	I0th August * Building Block to Launching into Learning—Fingal Campus 9.30an - 11.00 am

Above calendar is correct at time of printing For regular updates and other information please go to the school website:-

www.schools.education.tas.gov.au/stmarys

and an	
SECOND HAND CLOTHES	E C C C
THE PRIMARY TEAM ARE DESPERATELY SHORT OF CLOTHING TO CHANCE CHILDREN INTO AT SCHOOL.	For
W WE ARE PARTICULARLY SHORT OF THE FOLLOWING ITEMS:-	E E
GIRLS AND BOYS UNDERPANTS	E CEL
W ◇ SOCKS	Fitt
TRACKPANTS AND TROUSERS	Fit
前 IF YOU HAVE ANY ITEMS OF CLOTHING YOUR CHILDREN HAVE GROWN OUT OF AND YOU ARE ABLE TO DONATE THEM TO 前 THE SCHOOL IT WOULD BE MUCH APPRECIATED.	
TOS SMITH	Fit
山 山 山	THE REAL
	THIN THE

Fingal Campus School News



Vincent Van Gogh

Vincent's painting was done in 1888. The painting was called The Bedroom. It was done in oil. Mrs Lewis decided that she wanted our class to sketch and paint The Bedroom. I enjoyed the activity because we learnt about Vincent Van Gogh.

By

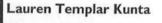
Ruby Brewer Grade Three



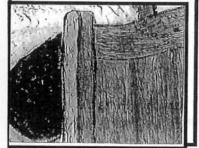
Vincent Van Gogh

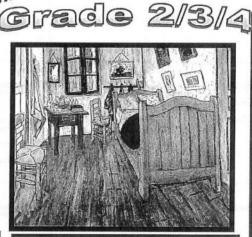
My Friend and I did a painting of a bedroom which belonged to Vincent Van Gogh. We used blocks of paints and water colours.

By



Grade Two





The Bedroom

One Friday Mrs Lewis came to our school and we sketched a famous painting called The Bedroom. Ryan and

I drew a part of the floor. It was challenging to draw. Then we went and asked Mrs Lewis for some help. She helped us and we tried to do some sketching. Mrs Lewis completed the rest of it. Ryan went and got water while I went and got the pencils. We

started. I messed up some of the colouring. I felt the activity was lots of

fun. By Jayden

Grade Four

Brown



Vincent Van Gogh

Last week, Mrs Lewis came for art. She got the activity ready. We did an art piece by Vincent Van Gogh called The Bedroom. We all got a square part each. We could choose to do it with a partner or do it by ourselves. Then we got a piece of paper and started but you had to do it in pencil first. Next we did it in water pencils. When we were done we put them in the other room to dry. I really liked this activity because I liked learning about artists and looking at what they paint.

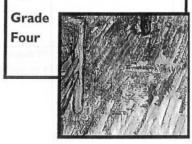
Shyann Wheldon By **Grade Four**

The Bedroom

The 2/3/4 class sketched and painted an Art work by Vincent Van Gogh titled The Bedroom. Mrs Lewis gave the students a square part of the painting. We had to sketch the small square onto a larger square. Mrs Lewis put the squares together. Jayden and I helped each other. Jayden and my painting is of a chair.

By

Ryan Madden





ST MARYS COMMU	JNITY HEALTH CENTRE		
DOCTORS ROSTER	SCRIPTS AND DOCTORS APPOINTMENTS		
• Dr Latt 12/7/12-27/7/12	Please ensure doctors appointments are booked <u>prior</u> to your medication/s running out or <u>in advance</u> if you are attending this practice regularly.		
• Dr E. Reeckman 19 July 2012 Women's Health Clinic	Scripts <u>can not be requested by patients over the phone</u> and are unable to be done over the weekends, ensure you have enough medications in advance. <i>PLEASE BE PATIENT</i> waiting periods can apply		
For appointments phone: 6372 2111			
St Marys Community Health Centre GP Surgery Hours: Monday—Friday	IMPORTANT INFORMATION TO PATIENTS Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 11/07/12		
8:50am-10:00am 10:00am-10:30am- <u>Reception Closed</u> 10:30am- 12:30pm	If you are unable to get a doctor's appointment at the time of ringing and you feel you need more urgent medical attention <i>please inform the reception</i> <i>staff</i> who will put you through to the Nurse on duty.		
12:30pm-1:30pm-Lunch Reception Closed	Daily Doctor appointments are not always available but if the need arises we can prioritise.		
1:30pm-2:45pm			
2:45pm-3:15pm- Reception Closed	If in doubt– Call an Ambulance 000		
3:15pm- 4:30pm	Thank you for your cooperation		
For appointments please ring Reception during opening			
times. Appointments will not be taken at other times.	Please be aware that the Community Health Centre		
times. Appointments will not be taken at other times. PATHOLOGY SERVICE No Pathology Service between			
times. Appointments will not be taken at other times. <u>PATHOLOGY SERVICE</u> <u>No Pathology Service between</u> <u>12:00-1:30pm or before 8:30am daily</u> If you require Pathology before 8:30am an appointment must be made with the Nurses Sta- tion the day/night before by phoning 6372 2111	Please be aware that the Community Health Centre is in the process of doing some basic resurfacing and extensions of the car park located at the rear (behind old Ambulance Shed) of the centre. This		
times. Appointments will not be taken at other times. <u>PATHOLOGY SERVICE</u> <u>No Pathology Service between</u> <u>12:00-1:30pm or before 8:30am daily</u> If you require Pathology before 8:30am an appointment must be made with the Nurses Sta-	Please be aware that the Community Health Centre is in the process of doing some basic resurfacing and extensions of the car park located at the rear (behind old Ambulance Shed) of the centre. This area is currently off limits for parking. Some parking spaces are still available near the entrance door and for disabled parking but if you are able please park in the front car park located off Gardiners Creek Road. Thank you for your cooperation during this time. AUDIO CLINIC Audiologist, Dr Rowan Foster will be visiting The St Marys Health Centre on a monthly basis as of 27 th February 2012.		
times. Appointments will not be taken at other times.	Please be aware that the Community Health Centre is in the process of doing some basic resurfacing and extensions of the car park located at the rear (behind old Ambulance Shed) of the centre. This area is currently off limits for parking. Some parking spaces are still available near the entrance door and for disabled parking but if you are able please park in the front car park located off Gardiners Creek Road. Thank you for your cooperation during this time.		
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Information of this page was supplied by: St Marys Community Health Centre, Gardiners Creek, Road, St Marys, TASMANIA. 7215

ST MARYS COMMUNITY HEALTH CENTRE

	WHAT'S ON AT THE CENTRE	WH	AT'S ON AT THE CENTRE Continued
12 July	Social Worker– Shan Williams. Please phone 6372 2111 for appointments.	23 July	Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for
13 July	GP North Psychologist. For appointments please see your GP for a referral		you. Audio Clinic phone 63341466 for appointments
	Social Worker– Shan Williams. Please phone 6372 2111 for appointments	24 July	Child Health Session with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
16 July	Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.		Counsellor- Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.
	TLC Meeting (Tasmanian Lymphoedema Centre) 10:00am in the Day Room		Tom Bain, Rae & Partners Lawyers . At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
17 July	Mental Health Clinician/ Case Manager-Faye Thordardottir. For appointments please phone	25 July	Day Centre- For details on the group please contact Hayley Gilbert 6372 2111
	1800 332 388 where a referral will be lodged for you.		Social Worker- Shan Williams appointments available by phoning 6372 2111
	Child Health Session with Sue Gofton every Tuesday- Appointments only. Please phone		GP North Psychologist. For appointments please see your GP for a referral
-)428 136 381 Counsellor- Ellen Naef. Please phone 0409	26 July	Continence Nurse. For appointment please see your GP or Health Professional for a referral.
≪ ,	864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.		Social Worker– Shan Williams. Please phone 6372 2111 for appointments.
18 July	GP North Psychologist. For appointments please see your GP for a referral Mental Health Clinician/ Case Manager – Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.	27 July	GP North Psychologist. For appointments please see your GP for a referral
			Social Worker– Shan Williams. Please phone 6372 2111 for appointments
		30 July	Mental Health Clinician/ Case Manager– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for
	Day Centre – For details on the group please contact Hayley Gilbert 6372 2111		you. Mental Health Clinician/ Case Manager- Faye
19 July	Social Worker- Shan Williams appointments available by phoning 6372 2111	31 July	Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
	GP Podiatrist- Annabelle. For appointment please see your GP or Health Professional for a referral.		Child Health Session with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381
20 July	Social Worker Shan Williams appointments available by phoning 6372 2111		Counsellor- Ellen Naef. Please phone 0409 864 182 for appointments. Ellen is located downstairs at St Marys Health Centre in the Healthy House.
	GP North Psychologist. For appointments please see your GP for a referral Dietician (GP North) - Appointments available by referral from your GP		SMOKE FREE ZONE
		Cer	of 1st July 2012 the St Marys Community Health ntre will be a <u>SMOKE FREE ZONE.</u>
	Diabetes Educator (GP North)- Appointments	grounds.	es to staff, patients and visitors to the site and
	available by referral from your GP Exercise Physiologist (GP North)-	a policy to de	to everyone for their compliance with the no smoking ate. Your cooperation is appreciated.
	Exercise Physiologist (GP North)- Appointments available by referral from your GP		This is a requirement of all sites of the Department of Health & Human Services.

July		St	Marys	Fingal
Monday	16th			Neighbourhood Hous
Tuesday	17th	Val Spenc		
•		-		
Wednesday	18th	Liz Rice		
Thursday	19th	Yvonne Sa	alter	
Friday	20th	Hannah R	ubenach	Neighbourhood Hous
MOW Conta	act	Pł	none:	0488 384 344
Monday	23rd	Pam Lyncl	h	Neighbourhood Hous
Tuesday	24th	Pam Bretz		
Wednesday	25th	Lorraine gi	ill	
Thursday	26th	Ruth Aulic	h	
Friday	27th	Drew Adar	n	Neighbourhood Hous
-			a	
		Church	Services	
<u>Catholic</u>		n of		lican Parish
<u>St M</u> Sr. Lorrain		Wes		hern Midlands
Parish House. Pl				m 2nd/4th Sundays
Mob: 0409 172	741			m 1st/3rd Sundays m 2nd/ 4th Sundays
<u>1st Sunda</u>	y: MA	ASS		m 1st/3rd Sundays
St Helens Vigil			Campbell Town	: 9am every Sun.
Bicheno	L/W	9.00am		y –Family Service)
Fingal		11.30am		lican Parish
2nd Sunday:			<u>01 B</u> Ph: 6	<u>reak O'Day</u> 5376 1144
St Helens Vigil			8am St Helens	
	LWC	9.00am	10am St Marys	
Bicheno Fingal	LWC LWC	9.00am 9.30am	10.30am St He	
U			4 th Sunday Kid Pyengana, 2pm	
<u>3rd Sunda</u>	-		3rd Saturday of	each month –
St Helens Vigil St Marys	L	6.00pm 9.00am	Community Di	inner @ St Marys
Fingal		9.00am 9.30am	Salva	tion Army
Bicheno		9.00am	TUE	ESDAY JAM
<u>4th Sunday</u>	<u>LITU</u>	RGY		every Tuesday. school holidays.
St Helens Vigil		6.00pm	Envoy Melanie	Norton Ph: 6372209
St Marys		9.00am	SUNDAY	<u> / JOY</u> 12.30pm
Bicheno		9.00am		nd-share lunch followe time of friendship
Fingal		9.30am	and fellowship.	You are very welcom
<u>5th Sunday</u>	LITU		to join us a	and share our JOY!
St Helens Vigil		6.00pm	Ph:04	409 838 816.
St Marys Bicheno		9.00am 9.00am	Break O'Day	<u> Uniting Church</u>
Fingal		9.00am 9.30am	The Ma	anse St Helens
		2.50 u m		6376 2405
Enq: Baptisms				00 am 15 am
Ph: 63 (31 437	7		.15 am
Church of		stles		Day Adventist
I Presh	ytery		Hodgeman Stre	
Officer Hours:		m - 3nm	Sabbath Schoo	10 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: 2012 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. Copy of guidelines available on request.

On Air Now! Vision FM 88.0 at St. Marys, St Helens *and* Fingal.

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

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

National Vision Radio Network. Phone 1800 007 770.

St Marys Online Access Centre Opening Hours:

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

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

Ph: 6372 2005

ST MARYS OP-SHOP SUPPORTING YOUR LOCAL SCHOOL

WINTER OPENING HOURS:

MON TO FRI. 11AM — 4PM (WHERE VOLUNTEERS ARE AVAILABLE)

ST MARYS MARKET SATURDAY 10AM—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.

Sports and Social Club News:

A lot to get through this issue, firstly to our AGM, thanks to a very hard working crew in the last 12 months, the club had a complete turn around in our total finances. The clubrooms are now being utilized for many varied functions, which saw an increase in our catering and bar turnover. Without narrowing it down too finely and upsetting people, it has been a great team effort. This year's committee is **President**, Chris Davern, **Secretary**, Glenn McDonald, **Treasurer**, Jim Turner and **General Committee**, Mark Carrick, Bobby Harwood and Jack Viney, **Patron**, Kevin Faulkner. Thanks to you all for committing to the upcoming year. The club will have our subscription notices out soon, no change to the costs from last year.

Golf: congratulations must firstly go to Chris Davern for winning the coveted East Coast Championship at Bicheno last weekend, what a great effort! Chris shot 77 off the stick to seal the victory. Shae Ward also cleaned up the junior award, well done. Also thanks to Mark Carrick and Barry Harrison for representing the club in the event.

This Saturday the 14th July sees our new golf season kick off with a stableford competition. It is a MUST that we get these events underway with the support of a few numbers, to keep the interest in the club going. The following Sunday the 22nd will be a two person ambrose, all golf events start at 10:00am. We will also be hosting the time honored Spilsbury Trophy on Saturday the 28th, as some of the family are traveling back to St.Marys to compete on the day, it is a must that everyone that can, be available to play on the day. More golf events will be listed in the next issue including, the reverse course, a couple of memorial trophies, chip and putt event and much more.

Bowls: Much has been said so far about the new look competition for next season, with the usual trepidation about the new format. At this early stage, we would predict that as not much is known about the new rules, it may be better to hold off on any personal decisions until everyone knows the direction the Association has taken. It would certainly be a tragedy if people's views were clouded before the format is even known.

Fundraising: Our Christmas in July takes place at the Centre on Saturday 21st July, please read the advertisement in this issue and book a table ASAP to help with the catering, numbers are good at present so if you are looking for a night of fun and enter-tainment please come along.

Our next pairs crib night, which have proven extremely popular, will be on Saturday August the 4th, book this one in the diary, as the reigning champions, Paul & Barb Davern currently hold bragging rights, come along and see if you can knock them off their mantle.

See you at the Centre.





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

<u>This week's specials.</u>

(available from Thurs 12 July -Wed18th July) from the butchery

from the outchery	
Rump steak	\$10.99kg
Gerello roast	\$ 8.99kg
Ingham chicken thigh fillets	\$10.99kg
Forequarter lamb chops	\$ 9.99kg
Beef stirfry strips	\$12.99kg

from the coolroom/freezer

Birds Eye oven bake fish 425g	\$7.00
Birds Eye oven bake chips 1kg	\$3.00
Sargents Traditional meat pies 4pk	\$5.75
Devondale extra soft butter tub 500g	\$2.99
Yoplait Yoghurt 6pk	\$4.99

from the shelves

Duo laundry powder value pack 1.4kg	\$3.99
Nestle Milo 450g	\$4.99
Arnotts assorted creams 500g	\$2.99
Kleenex cottonelle toilet tissue 16pk	\$7.99
Devondale long life milk 2lt	\$2.49

next week's specials

(available from Thurs 19th July - Wed 25th July)

from the butchery

5	
Legs of lamb	\$10.99kg
Blade steak	\$ 8.99kg
IGA corned silverside	\$ 6.99kg
Ingham gourmet chicken portions	\$ 5.59kg
Nicholls Chicken Kiev burger	\$9.99kg
from the shelves	

ji om the sherves	
Sanitarium Weetbix 750g	\$2.99
Moccona Classic coffee bonus 250g	\$11.99
Schweppes/Pepsi soft drink 2lt	\$2.19
Ajax Spray 'n' Wipe trigger 500ml	\$2.99
Raguletto pasta sauce 500g	\$1.79

all only \$1.99

Morning fresh dishwashing liquid 450ml Smiths potato chips 175g Arnotts shapes 160/190g Uncle Toby's muesli bars 120/185g Fab Ultra laundry powder 500g



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