

THE VALLEY AND EAST COAST VOICE

Volume 34 Issue 12

Friday 13 October 2000

50cents GST incl

Students to paint the streets for Waterwatch

From one end of the East Coast to the other, groups of school children will be painting Waterwatch messages on town streets during Water week (15 - 21 October) to remind the community stormwater drains are part of our water catchments.

Teams of students and supervisors armed with stencils, paint, maps and safety gear will be working in town streets from St Helens to Orford.

Messages like *Drains to the sea. Please keep it clean* will appear beside the inlets to stormwater drains.

The idea is aimed at the litter and pollutants carried by runoff into stormwater drains into streams, dams, swamps, estuaries and the sea.

continued next page

St Marys Take Away

**New management with
Roseanne & Chris**

**Watch out for
new take-away ideas**

Trading hours:

Monday - Friday: 6am - 9pm

Saturday: 6.45am - 9pm

Sunday : 8am - 7pm

Seniors enjoy learning

Last week was Seniors Week statewide and the St Marys Online Centre joined in the activities.

An enjoyable morning tea was arranged for Seniors Week and everyone was certainly enjoying themselves.

Volunteers Mary and Ron have really got these Senior mornings going and all who attend these sessions are obviously having a good time, making new friends and at the same time learning and enjoying the world of computers.

The Tuesday Senior session has proved so popular that it has been extended to Thursday as well.

The St Marys Online Centre will be opening at 1pm on Monday, Wednesday and Friday for the summer months.

Friday and Saturday nights can be extended if needed.

Let us know if you would like some extended hours beyond those advertised. Even Sunday could be looked at if there is enough interest.

Please do let us know if you are interested in doing a little time as a volunteer at the Centre.

St Marys Online Centre 6372 2005

Hard work recognised

A group of people who have worked so hard and persevered when the 'going got tough' were rewarded when the Tasmania Lymphoedema Centre at St Marys was announced as the State winner of the National Australia Bank Community Link Award and won the wonderful sum of \$5,000 for their efforts. The National announcement will be made in Melbourne on the 24th October. Jan Sparkes and Wendy Maher are being flown to Melbourne for the day and what wonderful 'icing on the cake' it would be if the National award could also be achieved.

There has been a lot of hard work put into the very successful first nine months of operation of the Lymphoedema Centre and they are very proud of everyone concerned and would like to say thankyou again.

The next meeting of the TLC committee was set down for October 24, however as Jan and Wendy will be in Melbourne on that day, the meeting will now be held on the following Tuesday - October 31.

Lets's hope there will be a reason to celebrate !

Last stop St Marys - I'm finally home, have been nearly two months on the roam, hard to believe that little me from St Marys has really done all this. It all started with learning more about Peru and some very challenging trekking to the sites of ancient cities. People who had not been there or who knew little about the country would say 'why ever would you want to go there?'. Those who had visited this far away country or had read or learnt much about South America were 'green with envy'.

About thirty hours after flying out of Melbourne in early August, I was getting into a bed in South America. After landing in Buenos Aires there had still been a five hour flight to Lima, the capital of Peru. We had flown over the snow capped peaks of the Andes and finally landed in a warm bustling city. It had been a very long, long trip but the hustle and bustle and must not forget to mention all the horn blowing of vehicles on the streets from the airport to the motel was enough to get you on your toes again. The excitement starts to build up as we arrive in this full speed ahead city traffic.

A few days in Lima was enough to assure me that this was a great country to visit, full of the history of ancient civilizations, a colourful and friendly race of people, the days warm, the food good and reasonably priced and the city safe to wander around in.

One day I was looking for a Post Office, so approached one of the 'City watchmen' who are always about, after being able to indicate what I wanted, as neither of us could speak the others language, he opened the door of the Police van for me to get in, then drove around a maze of streets and let me out on the steps of the main Post Office. How is that for service, the only problem was I had to find my way back to where I had come from.

A tour of Lima revealed it's contrasts, one moment grand ancient buildings, museums filled with gold and silver, mummies in remarkable condition (for their age!), beautiful pottery from around 400 BC that has been found as more and more excavations to the north and the south of Peru continue. Later in the day we witnessed the extreme poverty of the people living in absolute shanty conditions on the steep slopes outside the city. The extremes of the rich and the so very poor.

Waterwatch continued

Things like plastic wrappers, cigarette butts, soap -suds and silt find their way into the stormwater drains and then our waterways where they cause harm.

Stenciling of stormwater drains has been done by students in the Dorset Council area with Dorset Waterwatch since 1997 and the good idea is being extended around the coast as a regional initiative by Coastlink, the regional coastal and marine management group. In the Glamorgan/Spring Bay area the activity is one of the first activities of Mel Kelly as Glamorgan/Spring Bay Council's new Waterwatch Co-ordinator.

Glamorgan/Spring Bay Councillor Bill Bailey, who represents the Council on Coastlink says 'we should not forget, what goes down the gutter and into the stormwater drains ends up in the sea and streams'. Break O'Day Mayor Robert Legge, also a Council representative on Coastlink, agrees, 'the streets of St Marys are part of the South Esk Catchment and people take irrigation and drinking water from the Catchment all the way down to the Tamar'.

Residents and drivers of cars are asked to watch out for the teams of students from their local schools during October.

People interested in getting involved or wanting further information can contact Waterwatch coordinators at the Dorset and Glamorgan/Spring Bay Council offices and Coastlink's Project Officer at Break O'Day Council's St Helens office 6376 1281

I was with a group who was spending four weeks in South America visiting Lima, a jungle region, trekking the Inca trail, going out to Lake Titicaca - the floating reed islands, a short time in La Paz - Bolivia and then Buenos Aires - Argentina.

I was told that I could have 'leave of absence' from this paper on the condition that I write some articles when I return. Next issue will be a little about life along one of the tributaries of the Amazon, in a thatched roof bungalow, watching fireflies from the verandah and 'Stinky the Pig'.

A travellers tale - Audrey.

CLASSIFIEDS

CONTACT NUMBERS FOR VALLEY VOICE

Ron—63722105

Fax - 63722172

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(see the Examiner or shop front)

ST. MARYS COMMUNITY BAND is looking for players!

We have the following instruments available;

- Euphonium
- Cornet
- E flat Bass

We also have a flute tutor, but you will need to supply your own flute.

If you haven't played for years or always thought that you would like to learn an instrument, why not give it a try now?

Rehearsals are held on *Tuesday* nights from 7.30 till 9.00 at Todd's Hall.

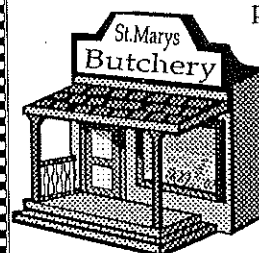
Why not dust off your tuba and come along?!
Beginners welcome.

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BREAK O'DAY COUNCIL

ST.MARYS DOCTOR UPDATE

Contact has been received from 2 potential Locums and this has been referred to Tas GP Division. Advice received from the Division is that the Doctors do not have sufficient GP experience and are best suited to a Group Practice. This advice is being further discussed with the Division to see if a solution can be found.

Advertising is to commence in The Australian Newspaper this weekend and Internet advertisements are also being established.

The Council at its meeting on 28th September 2000 agreed to negotiate on the matter of providing assistance to prospective GPs to set up in St.Marys. The amount and form of assistance was left in the hands of the General Manager.

The Department of Health and Human Services is assisting in preparing a detailed Information Package on the GP opportunity at St.Marys to assist in enticing prospective GPs.

JA Brown
General Manager

MEALS ON WHEELS

AUGUST	ST.MARYS	FINGAL
Mon, 16th	Debbie Barnes	Carol Woods
Tues, 17th	Ann Birrell	Raylene Hall
Wed, 18th	Pam Jones	Lynda Bean
Thurs, 19th	Helen Napier	Lucinda Stewart
Fri, 20th	N & A Challis	Julie-Anne Claridge
Mon, 23rd	Sally Spilsbury	Kaylene Sutton
Tues, 24th	Rhonda Cranch	Christine Woods
Wed, 25th	Wendy Aulich	Kathy Bean
Thurs, 26th	Jean Schier	Jan Marshall
Fri, 27th	Clive Berwick	Malcolm Saunders

AULICH—Alwyn (Curly)

Wes, Judy, David, Sandra and families wish to thank friends and family for their caring and kindness shown at our sad loss of a very special brother and uncle.

Thank you all. —

Australian Country Information Service

Community Hall—St.Marys

PHONE 63 722693 FAX 63 722694

- Social Security information & forms
- Centrelink booklets
- Free information & advice on all government services
- Programmes from our professionally staffed office



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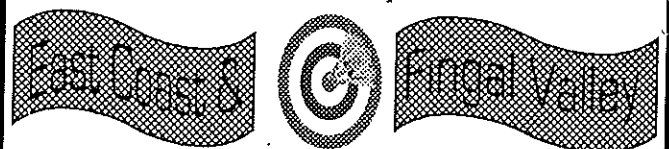
- Bizlink information service for new & existing businesses
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EAST COAST & FINGAL VALLEY

Chance to help others

The East Coast Counselling Service has launched a Christmas Appeal for residents of the communities it services, from Coles Bay in the south, to Pyengana in the north and the Fingal Valley.

This appeal has been launched due to the retirement of the Salvation Army's Captain Reg and Eve Tolputt, and our concern that those facing financial hardship will find Christmas that much more difficult without the Salvos presence this Christmas.

The Counselling Service is staffed by social workers Helen Preston 6376 2385 and Thom Ryan 6376 1545, and we wish to advise that donations of cash, food or toys can be left at the St Helens Neighbourhood House or at the following places:

St Marys : St Marys Supermarket

St Marys Top Shop

Fingal: Fingal Neighbourhood House

Fingal Post Office

Bicheno: The Log Cabin Store

Individuals or families requesting assistance for Christmas either for themselves or others can contact either Thom or Helen and can be assured of the strictest confidentiality.

All donations of cash, food and toys will be directed toward those in need, and we wish to assure the community that any costs associated with any aspect of the appeal will be met by the Counselling Service.

Helen Preston & Thom Ryan

Thankyou

Thanks to Wendy for helping out with the paper while Audrey has been away and also to Wendy Maher who came to the rescue when called upon. Ron Valley Voice

ST MARYS ONLINE ACCESS CENTRE



Ph 6372 2005

Located in the School Annex -
behind Town Hall

See timetable for new
Summer opening hours

SPILSBURY Bruce

His wife Judy, daughter Felicity, son Tony and his grandchildren, sincerely thank all relatives, neighbours and friends for their support, floral tributes, phone calls, cards and personal visits.

We were overwhelmed by the attendance at the service and graveside, and would ask that all accept this as our personal expression of thanks at the sad loss of a beloved and loving husband, father and grandfather.

*Dearly loved and so sadly missed
'The wind beneath my wings'*

Welcome home Audrey

Well I got so carried away that I didn't realise last fortnight's issue of the Valley Voice was my last one! Julie was also away and unable to do her pages so Wendy Maher and Ron helped out. The GREMLINS were about though and we had a lot of pasting and such. These things always happen at the last minute and worst possible time.

I want to say thanks to Audrey again for leaving me with her sections, thanks also to Ron and Bettie Sumner for their help and understanding when I got a bit 'frazzled' with things not going to plan!

Finally thanks to you all for the good feed back on the paper, I have enjoyed it.

Wendy

One should never trust a women who tells her real age. A woman who tells that would tell anything.

St Marys Online Access Centre Summer Opening Hours

Monday	1pm - 5pm	
	5pm - 6pm	Genealogy session
Tuesday	10am - 2pm	Seniors
	2pm - 5pm	
Wednesday	1pm - 5pm	
Thursday	10am - 12md	Seniors
	2pm - 5pm	
Friday	1pm - 7pm	
Saturday	9am - 4pm	

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New Videos:

American Beauty, The Big Tease
 Kiss, Stuart Little

Now available:
 Prepaid U Cards
 (mobile phone cards)

Break O'Day Council Keeping the community informed.



Council Elections The official list of candidates has been received for the 2000 Council Election. During Council's meeting of 9th October 2000 it was noted that Clr Nancy Le Fevre and Clr Phillip Corby had chosen not to stand as candidates in the election and would be retiring from Council. Mayor Legge thanked both of the Councillors for their input and commitment during their time in Council.

Mayor Legge also took the opportunity to wish all candidates luck in the upcoming election.

The candidates that have nominated for the election are as follows:

Councillor	Councillor	Mayor	Deputy Mayor
Wendy Bantick	Bill Daly	John LeFevre	Margaret Osborne
Frank Giles	Henry Holder	Robert Legge	(elected unopposed)
John LeFevre	Debra Manskey	Debra Manskey	
John McGiveron	Hannah Rubenach	Stephen Salter	
Stephen Salter	John Tucker		
Carol Williams			

The election process is undertaken by postal ballot, electors are reminded of the following key dates and are urged to vote in the election.

17 - 20 October	Ballot material delivered by post
17 - 31 October	Polling period
31 October	Close of poll
31 October - 3 November	Results released as available

Electors are reminded that the closing arrangements are strictly adhered to by the Chief Electoral Officer and late Ballot Papers cannot be accepted.

Youth Program

A meeting was held at the St Helens Neighbourhood House on 15th September 2000 to discuss the continuation of the Break O'Day Youth Program.

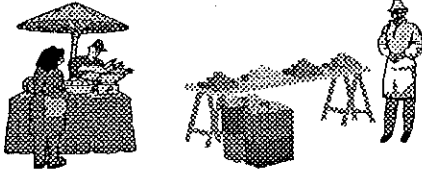
The Council at it's meeting of 9th October 2000 discussed the outcome of that meeting and agreed to the allocation of \$2,500 to ensure the continuation of the program whilst other funding was being sought by the Neighbourhood House.

The Council also resolved to write to the State Government in support of the application for funding from the Neighbourhood House.

WHAT'S HAPPENING?

NEXT MARKET

Todd's Hall
Saturday October 14th, 8am—Noon
Join in and be a stall holder.



FRIENDS OF THE FINGAL VALLEY RAILWAY

Public Meeting

WHEN: Wednesday 18th October 2000
WHERE: St. Marys Town Hall
TIME: 7pm
Gold coin donation would be appreciated.
Tea & biscuits will be served.

ST. MARYS SOCCER CLUB

Any junior or senior players
interested please phone
Jack for details: 6372 2034

ST. MARYS HEALTH & BEAUTY CENTRE

TOYS, TOYS, TOYS

Santa has stocked us up with lots of
Christmas goodies.

Remember it's not too soon to Lay By
Pokedex \$49.95

Pokemon City Adventure \$19.50

Tonka Might Dump \$40

Super Bike \$45.95

My Dolls Playset

(highchair, clothes hoist, shopping trolley, basket
\$40)

Barbie Dolls & clothes

Kelly Dolls & clothes

Create & Craft Kits Cricket Set
(gloves, wickets, bales, bat & ball) \$32.50

Ballet Costume

(tutu, head band, slipper & wand) \$19.50

Angel Costume (wings, wand & halo) \$17.95

Matchbox Power Excavator \$45

Matchbox Spring loaded Launcher \$28.95

Classic Sports cars \$7.95

4 x 4 Off Roader \$9.95

And many more !!!

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Strawberry/orange flavoured
Children's Multi Vitamins \$12.00

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BREAK O'DAY COUNCIL

Works Program

Council plans to carry out the following work during the period, weather permitting.

Upper Esk Bridge—Mathinna

A weak section of the bridge has to be replaced. Notification will be given of closure date. The estimated closure period is 2 to 3 weeks.

St Helens Point Road

Repairs will be carried out to the deteriorating sections near Scouts Beach. Some traffic interruptions will occur. Drivers are requested to drive carefully on the repaired sections while works are in progress and observe speed restrictions.

Binalong Bay Road

Sealing works will be completed to the previously repaired sections.

St Marys Water

A new bore pump will be fitted to try and overcome recent supply problems. Some restrictions to usage will be imposed for one day at a date to be notified.

St Helens Bikeway

Repair work will be carried out to eroded sections. Some delays to users will be inevitable but will be kept to a minimum. Care must be taken whilst crossing "Works in Progress" sections.

Maintenance Grading

Works are planned to Reid's Road, Ansons Bay Road and Mathinna Plains Road.

Waste Management

The tips at Scamander and St Helens will be manned full-time with fees being progressively introduced on some forms of non-household waste.

St Helens Writers Group will be holding it's monthly meeting at St Helens Neighbourhood House, Circassian St. Sat. October 28. Start: 12 noon. Gold coin donation and food to share. If you are interested in writing, please do come and join us. Homework – "Beyond the Façade" For further information: Fiona 6372 5203

Wanted to buy
Old fashioned metal hand mincer.
Ruth McGiveron 6372 2231

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Community Hall—St.Marys

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Launceston

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Thursdays 9am—10am
44 Main St., St.Marys

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St.Marys Health & Beauty
Or
Phone (03)
63 375555
for appointments

Accepting instruction in all
legal matters.



Todd's Hall café & theatre

Café Open Tues - Sun 10am - 5pm
Come in and relax!

Next Market Oct 14

Join in and be a stall holder!
Ph: 6372 2066

Bush Dance Sat Nov 11

With the Bottom Pub Ceilidh Band
(Spring Festival Evening)

Grassy Bottom Regional Arts - update

It is starting to look like November 11 and 12 is going to be one fun weekend! As well as markets, a Cake Bake competition and Maypole dancing, Grassy Bottom is bringing out Life Be In It and their 'Funworks' equipment - a giant earthball, parachute, games, etc. There will also be puppets, face painting, clowns, jugglers, an exhibition of local art, craft, design and interesting objects and an afternoon of open gardens to give the people who love their gardens a chance to show them off and have them appreciated by fellow garden lovers. There is going to be a bush dance with the Bottom Pub Ceilidh Band on the Saturday evening, and then on the Sunday there is going to be a community concert and a sausage sizzle! There is more in the pipeline, so keep your eye out for more details.

Grassy Bottom Regional Arts is very small and we need your involvement to make things really work. Our main purpose is to create opportunities for people to showcase their skills and talents and show off our local communities - and having fun in the process!

There are heaps of ways to be involved in Grassy Bottom without having to attend meetings, so if you'd like to have a market stall, enter a cake in the Cake Bake (prizes for Taste and Presentation), dance around the maypole, open your garden, perform at the concert, display your art (or anything you have that you think other people would like to see) or be involved in any other aspect of the festival, we'd love to hear from you!

One last thing, we need some tents for the festival, the sort you can walk into without having to crawl on your knees, so if you have one that we can borrow, or know where we can get any, please let us know.

Contacts: Eo 6272 2012. Jen & Andrew 6372 2066

Read this -



Clowns - puppets - crafts
face painting - jugglers
earthball - - maypole
bush bands - gardens
stalls and more.
11 & 12 November.

V ALLEY IDEOS

Phone Tiani or Adrian on 6372 2858
Over 2000 videos to choose from.

New Releases

Scream 3	Mission to Mars
The Whole Nine Yards	17th Oct
The Beach	18th Oct
Toy Story 2	18th Oct

Also available

Playstation memory cards
Blank 3 hr video tapes
Video head cleaners

C.A.R.S MOBILE

BP Service Station

Dave & Terry Evelyn

37 Main Steet St Marys

6372 2735

Trading Times

Weekdays open 8am - 6pm

Saturday open 8am - 1pm

Sundays closed

On roster alternate weekends.

Saturday 8am - 6pm

Sunday 9am - 5pm

Dick Adams MP

Federal Member for Lyons

Telecommunications Service Inquiry



The Federal Government has launched an enquiry into Telstra's service delivery standards in rural areas.

Do you have or have you had a problem you would like to pass on to the inquiry? If you are not happy with the service Telstra is giving with your phone, fax, medium which affects your business or home, please let me know about it.

Ring me on 1800 811134, write to PO Box 50, Perth Tas 7300, fax me on 6398 1120 or e-mail me at D.Adams.MP@aph.gov.au

Dick Adams MP

Federal Member for Lyons

Lemon biscuit slice

½ lb crushed sweet biscuits (coffee biscuits)

Rind and juice of 1 lemon

3 tablespoons of coconut

½ tin of condensed milk

Melt ¼ lb butter, add condensed milk and lemon, add to dry ingredients, mix well.

Press mixture into a square baking dish.

When cold ice with lemon icing.

Thanks to Maisie Finney for this recipe.

Bumper Sticker:

If I had known how wonderful it would be to have grandchildren, I would have had them first.



Church Services

Catholic Parish of St Marys

Priest: Paul Connolly St Marys.

Fingal

Every Friday Mass 10am

St Marys

Every Sunday Mass 9am

Bicheno

Every Sunday Mass 3pm

St Helens

Every Saturday

Vigil Mass 6pm

Mangana

2nd Sunday 11am

Eucharistic Service

Seventh Day Adventist

Hodgeman Street Scamander

Sabbath School 10am

Divine Service 11am

Break O'Day Uniting Church

Fingal 9.00am

St Helens 11am and 7pm



Harris Funerals

Lindsay & Diane

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

Office & Res. 114 Cecilia St.

St. Helens

Chapel 46 Tully Street St Helens

Phone/Fax 6376 1153

Mobile 0418 133 420

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

Pre-paid and pre-arranged funeral plans are available

New Beginnings Church

Every Sunday at 10.30 with children's time, tea and coffee afterwards. Last Sunday of month we will share lunch together.

108 High St Mathinna Ph 6377 1234

New Beginnings Church is a branch of The Vine Church A.O.G Launceston

Anglican Parish of the Northern Midlands Services each Sunday

Ross 8am

Campbell Town 9.30am

Avoca 11.30am

Fingal 2.00pm

Mathinna

Tuesdays 2.00pm

Daily Office Reading

Avoca Tuesdays 10am

Fingal Tuesdays 12 noon

Ross Wednesdays 10am

Anglican Parish
of St Helens 6376 1144

St Helens

8am and 10.30am

Every Sunday

St Marys 9am

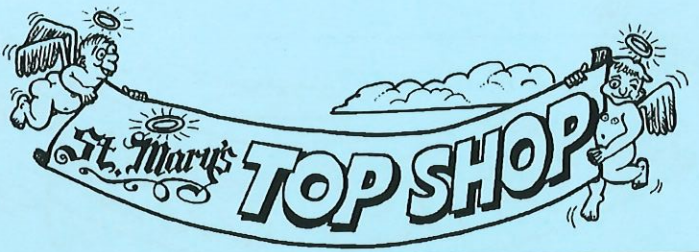
No service 5th Sunday

Pyengana 11am

2nd and 4th Sunday



ST. Mary's Top Shop



Supermarket/Hardware

56 Main Road St. Mary's 7215

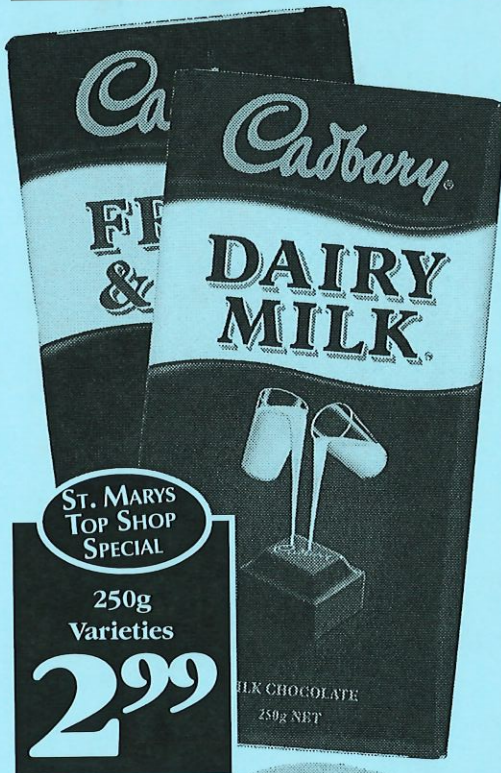
Phone (03)63722242 Fax (03)63722754



Take the Challenge!!!
See if You Can spot "Spot"
Hidden in Each Weeks handbill



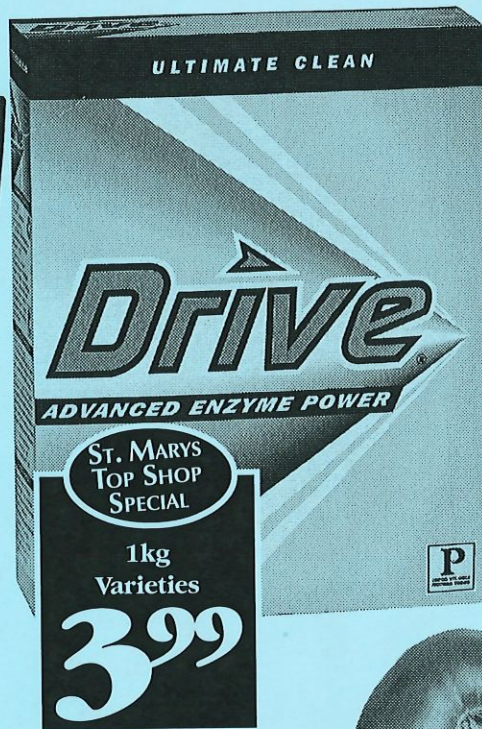
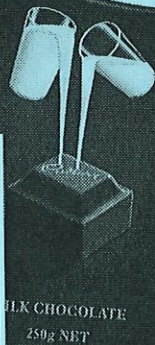
Extension leads available various Sizes



ST. MARYS
TOP SHOP
SPECIAL

250g
Varieties

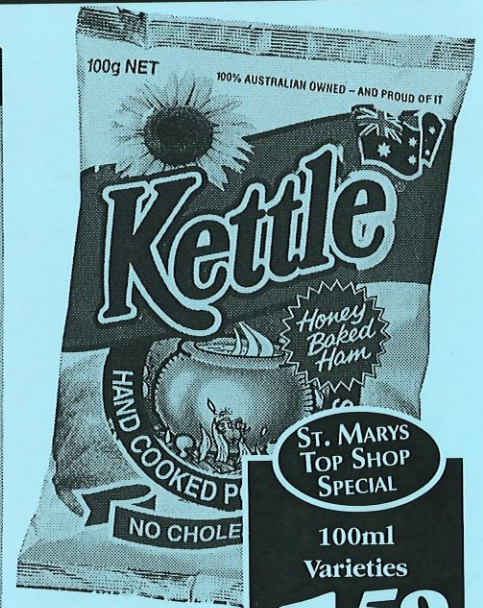
2⁹⁹



ST. MARYS
TOP SHOP
SPECIAL

1kg
Varieties

3⁹⁹



ST. MARYS
TOP SHOP
SPECIAL

100ml
Varieties

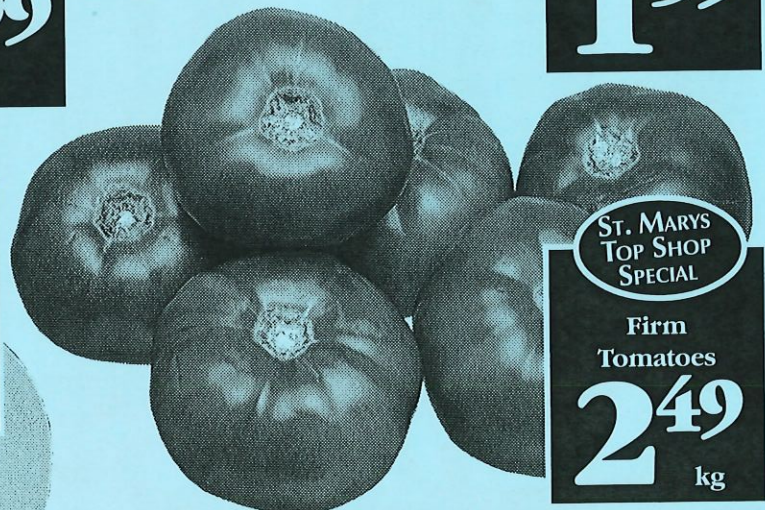
1⁵⁹



ST. MARYS
TOP SHOP
SPECIAL

Fresh
Cantaloupe

1⁴⁹
ca



ST. MARYS
TOP SHOP
SPECIAL

Firm
Tomatoes

2⁴⁹
kg

Sunrise Bakery

6 Pack Mini Egg & Bacon Pies

3²⁹

Free
Local
Home
Delivery

Graham, Karen & Staff invite you to call in and check the lower shelf prices and friendly personalised service. Specials available from 12/10/2000 until 18/10/2000. While Stocks Last.



250g Leaf Tea
2.55



250ml Varieties
1.95

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Phone (03)63722242 Fax (03)63722754

Senola & Lavendola

Disinfectant
750ml

1.67



5 Litre Varieties
7.99



750g Varieties
3.49



2 Litre Varieties
2.89



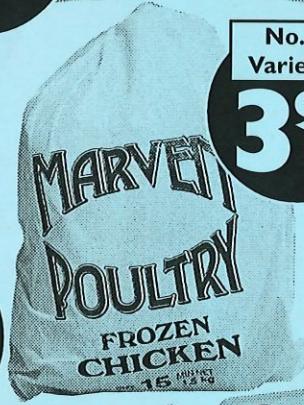
1.2kg Varieties
1.49



500g Spread
1.99



825g Varieties
1.99



No. 15 Varieties
3.99



150g Varieties
4.75



Each Varieties
2.55



375ml Varieties
2.99



1.25 Litre Varieties
4.99



30/65g Varieties
99¢



4 x 125g Varieties
2.79

eftpos now available **3 Metre Tape Measure \$3.99**

Convenient Shopping Hours for you

Monday to Friday 8am to 6pm
Saturday 8am to 12 Noon
Sunday - Closed

Not your Average Supermarket - BUT your Top Supermarket

Vote 1 **SALTER**

Stephen Gordon
For Councillor and Mayor

“As someone who worked with Stephen Salter professionally for some time I have no hesitation in voicing my support for his decision to stand for the position of councillor and Mayor of Break O’Day Council. I believe Stephen to be the ‘fairest minded’ person I know and certainly can testify to his dedication, professionalism and enthusiasm.

Stephen has great understanding of the procedures and responsibilities of local government, he knows his way around political circles, which is a huge benefit when you are trying to get things done.

Stephen has the ability to see the big picture, and his obvious dedication and belief in the entire Break O’Day region is what is needed in such a large and sometimes disjointed municipality.”

PLEASE GIVE STEPHEN YOUR SUPPORT

Steven French former Community/Economic Development Officer with the Break O’Day Council.

PROVEN POSITIVE and PROGRESSIVE

“Stephen Salter is an experienced councillor with proven leadership skills and a considerable history of involvement in many aspects of our community.

His ability and courage to stand up for this area make him a powerful advocate for Break O’Day and an ideal candidate for the positions of councillor and Mayor.”

Dale Wright St Marys

Authorised by Dale Wright Gardiners Creek Road St Marys Tas

St Mary's Community Health Centre

G.Ps ROSTER ON CALL

St Helens- Fri 13th- Sun 15th
Dr Geniola- Fri 20th- Sun 22nd
St Helens Fri 27th - Sun 29th

Monday & Wednesday Evening

Dr. Geniola ph. 63742288

Tues & Thur Evening

St Helens Hospital 63765222

Medical Emergencies Phone:

1800 008 008 or

The Ambulance on: 000

WHAT'S ON AT THE ST MARYS COMMUNITY HEALTH CENTRE?

- Oct. 12th- 'LAUNCESTON SHOW DAY'- Public Holiday.
Oct. 13th- **Nursing Students Finish**
Oct. 16th- **Podiatry:** Christine White
- **Antenatal Classes start.** For 4 weeks.
Oct. 19th- **Child Health Session**
For appoints. call 6372 2510 or 0409 361 005
- **Breast Cancer Support Group Meeting,** 2pm.
Oct. 24th- **OPSM.** For appoints. call 6331 7000

Mental Health Week 2000

** Free information sessions for the public.*

'Anxiety who needs it!'

Strategies to deal with over-worrying,
panic attacks and reducing stress.

When: Wednesday 11th October

Time: 5:15pm- 6:15pm

Venue: Viewpoint, Franklin Street, Launceston.
(Opposite LGH ambulance entrance)

'Emotional well-being: issues for adolescents'

When: Friday 13th October

Time: 1:00pm- 2:00pm

Where: Kings Meadows Health Centre,
McHugh Street, Kings Meadows.

*Sponsored by the Australian Psychological Society
Ph: 0408 396 226 for details.



Louise L. Hay

'Love Yourself, Heal Your Life'

One day workshop!

*If you're not living your life to the
fullest, then it's time to
find out why!*

When: Saturday 21st October

Where: Tasman Hwy, St Marys

Facilitated by Certified Louise L.
Hay Teacher Sandy Winstanley.

For more information and bookings
please phone Sandy: 6373 6106

*Flyers available from
Health Centre

50+ HELPING 50+

Are you interested in becoming a volunteer?
Do you enjoy: shopping, talking, driving, reminiscing?

**CAN YOU SPARE AN HOUR
WEEKLY/ FORTNIGHTLY?**

If you are interested in helping the elderly give us a call
on 6372 2111 and leave your name and details.

CRAY DROP IN HOLIDAY VILLAGE RESTAURANT

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Break up Partys
and end of Year Functions
Lunch or Evenings
Please Phone for a quote

63 722228
63 722564



Asian Night

Sat 28th October

7 pm

Please Book Early

Phone 63 722228

63 722564

Menu over page

Full A la carte Menu available 7 nights a Week

**Friday night Happy Hour from 5-30 pm till 7-00 pm
Cheaper drinks and a ticket with each drink for a draw
at 7pm (prize a main course dinner for Two in the
Restaurant)**

Bar Snacks available or Full Menu.

Fully Licensed Bar facilities available to the Public

To Help with Catering Please Book

Phone 63 722228 or 63 722564



Asian Banquet Cray Drop In

- * Chicken & Corn Soup
 - * Honey & Sesame Chicken Wings
 - * Spring Rolls
 - * Pork & Bamboo Shoots
 - * Sweet & Sour Chicken
 - * Meat Balls & Oyster Sauce
 - * Sweet & Sour Fish
 - * Mongolian Lamb
 - * Beef & Black Bean Sauce
 - * Teriaki Beef
 - * Marinated Spare Ribs
 - * Vindaloo Beef Curry
 - * Chicken Jalfrazi Curry
 - * Fried Rice * Yellow Rice * Noodles
 - * Kutchcumber (Mixed Salad)
 - * Alu Raita (Potatoes In Yoghurt)
 - * Pappodoms
 - * Prawn Crackers
 - * Lychees & Mango Ice Cream
 - * Chop Sticks Available
- 28th October**
7.P.M.
- * \$ 20-00 Per Pers Bottomless plate**
Please Book Phone 63 722228 or
63 722564

SWIMMING POOL

The swimming pool will be open for family and community use on Saturday 11 November 2000 until mid April 2001.

The fees for pool use are as follows:

Keys	120.00
Resuscitation Mask	5.00
GST	12.50
Key Deposit	10.00
TOTAL	147.50

Please note that the fees are the same as the previous season and the only increase is GST

As this is an unsupervised pool, each keyholder and any "designated adult" (meeting the criteria stated in the rules) supervising swimmers **MUST** have a current CPR or First Aid Certificate.

CPR certificated courses have been planned for Wednesday 8 November, 6.00 – 9.00 p.m. and Friday 10 November, 10.00 a.m. – 1.00 p.m.

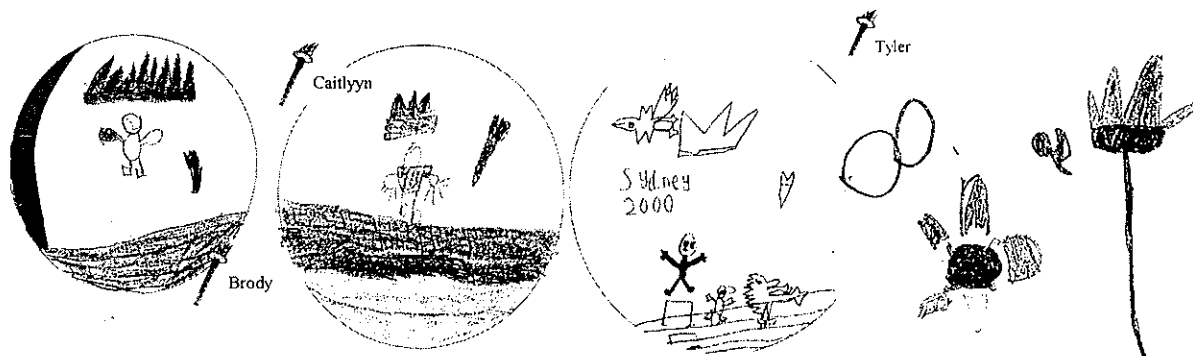
If you are interested in attending either of these courses, please leave your name and contact number at the office.

Keys and rules will be available from the office from Wednesday 1 November. When collecting keys, please ensure that you have your valid CPR / First Aid Certificate with you for us to copy and keep with your key application form.



PREP / 1 JILLETT - THE OLYMPICS

The Sydney Olympics was the first Olympic experience for many of our younger primary students. Prep 1 Jillett has celebrated the Olympics by designing their own medals and flags. The children demonstrate an excellent understanding of the games, with their designs including the torch, sports, the opera house and Olympic mascots.



St Marys NEET Centre

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Year 11 Subjects

- English EN615-617
- Maths MT721-722
- Computing IT711-712
- Rock Music Studies, Design & Technology, Art

Pretertiary Subjects

- Biology BY826
- **Maths Applied MT730**  **New!**
- Information Systems IT872
- with online option

More Information from

John Marshall, Roger Harlow, David Holt

St Marys District High School

Gray Rd., ST MARYS 7215

Phone : 03 63723900

Fax : 03 63722543

Email : stmarydh@postoffice.tased.edu.au

Web: www.tased.edu.au/schools/stmarydh

Well done Luke

On the football scene in recent weeks, Luke Faulkner has just completed his second season with the Tassie Mariners and capped off a successful year by taking out the 'Most Consistent' award at the Mariner's Annual Presentation night.

Prior to that Luke had just returned from the Australian Institute of Sport in Canberra after an intensive training camp which he enjoyed immensely, all leading up to the 2000 AFL Draft.

Physical fitness and coordination testing was the main focus of the three day camp and talented footballers attended from all over Australia. Personal interviews also played a part in the process.

Luke was lucky enough to be interviewed by seven of the AFL clubs, and now he anxiously awaits the first draft which will be held on October 29, in the hope of fulfilling his ambition to play AFL football.

We wish Luke all the best for the draft and also for his future in football.

Seafood success

A big thankyou to all those involved with the recent Seafood Night and to the nearly 70 patrons and club members who came along on the night for the sumptuous feast. Special thanks to Dale Ridgers who conceived the idea and provided most of the actual tucker. Also to Chris, Genevieve, Paul, Kylie and Gloria Ward who prepared and laid it all out. These nights have been a real success and plans are already in the wind for more on a food theme, watch out as time goes by.

Well done to our bowls team who have kicked off the season with an unexpected but welcome victory in the pennant. Although we only had one winning rink (Tony Blake's mob) it was pleasing indeed to see that every rink was super competitive and 4 shots was as far away as anyone was, which bodes well for the season. Hopefully our side will be only strengthened as the year progresses.



ST MARYS SHELL SERVICE STATION

28 - 30 Main St

St Marys

6372 2184 A.H. 6372 2899

Trading Times

Mon. to Fri. 7.30am to 7pm

Saturday 7.30am to 1pm

Sunday closed

Roster weekend

Saturday and Sunday

7.30am to 7pm

EFTPOS now available

also Shell cards

All welcome

Malcolm & Marina Shead

ST MARYS HOTEL

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6391 8523 or

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St Marys Sports Centre News

by Kackhander

continued from back page

Again to outdoor bowls and we really need to have all the names for the singles and pairs Club Championships up in the near future. Each club must have their winners for the East Coast Finals in plenty of time, so could everyone please try and organise their names as soon as possible so the draw can be done.

The indoor bowls singles and pairs is being played at the moment and we ask that the games be played or resolved as quickly as possible. It is up to you and your opponent to organise a date and time to get the game in.

The round competition dates on the score sheets will need to be a little more flexible due to our late start and unavailability of the mat, so if you can add on 1 week to those dates it will be okay and give enough time.

Entry fee is \$1 per player per event.



Hopefully in the next week or two a new captain and vice captain will be appointed. There has been some great ideas to help promote golf, coming from the members and maybe these can be implemented to encourage a few more golfers to play, especially over the summer.

Chicken runs again



Just a reminder to all that the Friday night Golf Chicken Runs have just recommenced, so if you want a very enjoyable and fun couple of hours from about 5pm you are welcome to come along.

Subscriptions are now due

A reminder that the subscriptions are now due and payable and all members should have invoices to let them know what they are up for. Remember December 1 is the cut off, so if it can be paid by then it would be great.

It is great to hear that Adam Fletcher is doing well in his new job at Mowbray Golf Club. Keep it up Adam.

Finally to the Valley Voice, thanks Wendy for unravelling my scribble each fortnight while Audrey has been away, we appreciated it and of course, welcome back Audrey. We hope you had a terrific time over the past two months - look out here comes the scribble again.

(Not a problem Rodney !)

Anyway until next time,
good hitting and rolling.



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