

The Valley & East Coast Voice

Celebrating St Marys Sesquicentennial Year

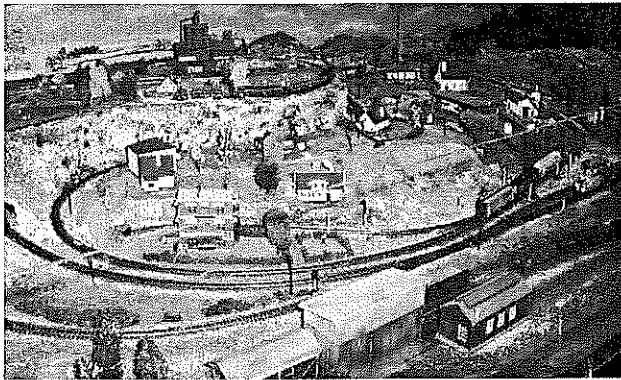
Volume 40 No 2
Thursday June 7, 2007

Est. 1968
50 cents

Model Train comes to town.

As part of the Sesquicentenary Year, SMACD has invited Rob and Marilyn Mathews and their son Frank, to exhibit their model train in St Marys.

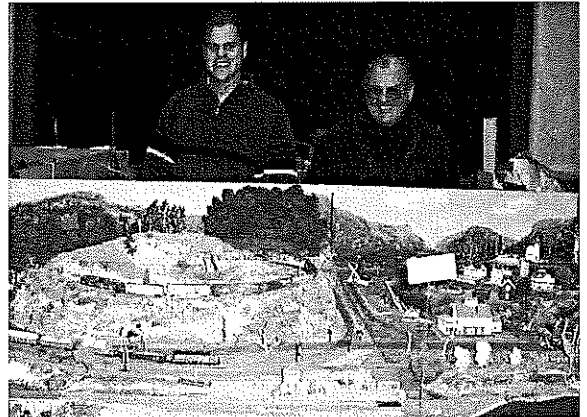
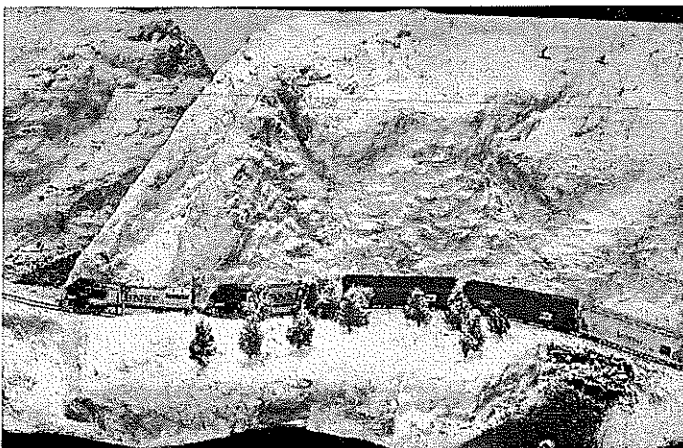
What a lot of work has gone into making and setting up this display in the Community Hall. Rob started this as a hobby around 30 years ago, and it has steadily grown ,with a lot of the model



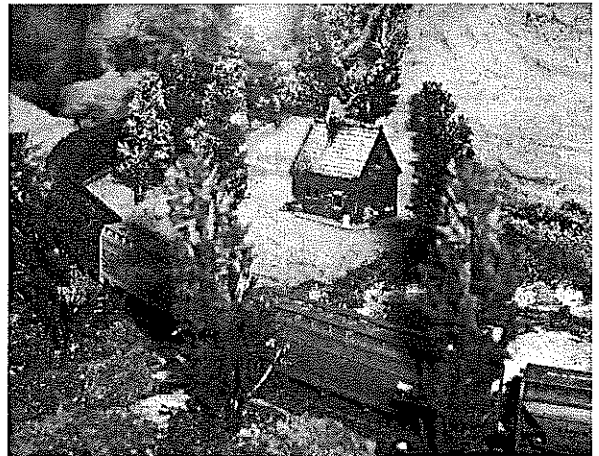
engines
and
buildings
being
made by
Rob and
Marilyn, and
to her credit,
all of the
scenery
and
figurines
have
been

made by Marilyn. What a hobby to have. I did pose the question to Frank of whether his dad had time to take him to a footy match, and his answer was "No, but it didn't matter, because I was just as interested in trains as he was."

The landscaping is made from plastic over flywire, then coloured or dyed. Fibreglass resin is used as well to create the illusion of water. You should let your children go along and view this display.



Rob Mathews, right, and his son Frank in front of the model train display.



Or take them yourself. It is worth seeing.

Rob and Frank have set up signs with questions asking you to look for certain figures, and it takes some time to find them all. Thank you Rob, Marilyn and Frank for bringing something different to our small town.

\$3 per adult, children free, or if a child is going unaccompanied it will cost a gold coin.

Finishes Friday 15th June.

**Please note: Deadline for articles to be included in the next Valley Voice is: 5 pm Tuesday, June 19, 2007.
New email address: judith.spilsbury@bigpond.com**

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 the last Saturday of the month at 4pm at the goods shed behind the St Marys Railway Station.

Grassy Bottom Regional Arts are holding General meetings on the first Tuesday of every month at 2 Story St, St Marys at 6pm. Come along to share your creative ideas and help Grassy Bottom maintain an artistic culture in our community.

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

St Marys Yoga Room, Wednesdays 5.30pm—7pm. 7 Storey Street. Inquiries to teacher Jack Foreman. 6372 2034. All welcome to come and try. \$10 per class.

*ST MARTS DISTRICT HOSPITAL
SUPPORT ASSOCIATION INC.
MEMBERS PLEASE NOTE
ANNUAL SUBSCRIPTIONS OF \$5.00
ARE NOW DUE.
THIS CAN BE LEFT AT THE STMARYS POST
OFFICE, THANKS HARRY AND KERRY.
L. MILES. PRESIDENT.*

SCAMANDER SKATE PARK
THE SCAMANDER SKATE PARK INTEREST GROUP
(S.S.P.I.G.)

WISH TO THANK ALL THE PEOPLE WHO VOTED FOR US IN
THE COMPETITION IN "THAT'S LIFE" MAGAZINE.
THANKS TO YOUR SUPPORT,

WE ARE WINNERS
AND HAVE RECEIVED A PRIZE OF
\$1,000
TOWARDS THE SKATE PARK IN SCAMANDER!
CHEERS.

FINGAL VALLEY HISTORY GROUP

A meeting will be held at the St Marys Railway Station for the possible formation of a history group.

The history room at the railway has generated a lot of interest. A number of photos and museum items have been donated since our opening.

If you are interested in our local history and would like to be part of a team in compiling and caretaking of this wonderful information, please join us on:

**SUNDAY, JUNE 24, 2007
AT 2.30PM**

I would like to thank everyone for their support and encouragement in this project.

Darlene Wright.
Ph: 63722 007

HYPNOTHERAPY

IF YOU NEED HELP WITH:

- * SMOKING
- * WEIGHT CENTRAL
- * DEPRESSION
- * STRESS
- * GRIEF
- * PHOBIAS
- * ALL PERSONAL PROBLEMS

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IT'S SAFE, GENTLE AND EFFECTIVE.

SANDY WINSTANLEY
CLINICAL HYPNOTHERAPIST
AND COUNSELLOR.

SERVING THE EAST COAST.
Ph: 6373 6106

Christmas All Year Round (8 Stitcheries) -

begins 19th June, 1-3 pm.

Start early and have some lovely handstitched work ready to decorate your home for Christmas, or to give as gifts! Cost: \$80 for 8 sessions (members \$72); deposit of \$20 payable with booking. For materials list and bookings, call Gone Rustic Quilt Studio & Gallery, 37 Main Street, St. Marys on 6372 2724 (Tues-Fri, 11-4) or 0409 289 997.

St Marys Online Access Centre

Opening Hours:

Monday	10am - 3pm
Tuesday	10 am - 4 pm
Wednesday	10 am - 4 pm
Thursday	10 am - 3 pm
Friday	10 am - 3 pm
Saturday	11 am - 2 pm

Ph: 6372 2005

Snug as a Bug Snuggle Rug Project

— since the collapse of the former communist regime in what was the Soviet Union, the many orphanages there have suffered badly due to lack of proper infrastructure and funds. Orphans from babies to 15 years, who have no parents or have been abandoned, often suffer from poor self-esteem, lack of hope, loneliness and rejection. Can one person make a difference? Yes — by making a small quilt which a lonely child can keep as a sign that someone really cares. For details, drop in to Gone Rustic Quilt Studio & Gallery, 37 Main Street, St. Marys (phone 6372 2724 Tues-Fri, 11-4, or mobile 0409 289 997).

Airing the Quilts in St. Marys

— next to St. Marys Rivulet (between the bridge and the library) on Sunday 24th June, with the quilts hanging up just like the washing in the old days — on lines, held up with wooden clothes props.

Come and enjoy the creativity of quilters from the Break O'Day district and beyond!

If you're a quilter, why not display the quilts you've made, in company with other quilters?

For entry forms, contact Rita Summers @
Gone Rustic Quilt Studio & Gallery,
37 Main Street, St. Marys, Tas. 7215

Tues-Fri, 11-4
phone 6372 2724
or 0409 289 997

Classifieds

FOR SALE

Bricks, new. 1750 Coach House Cream \$1400.

Two bi-fold doors. As new. 820x2040, with glass. \$120. **Ph: 6372 2201.**

Casio Scientific Calculator. VX-9860GAU. Used twice. \$155. (New \$185) **Ring Karen: 6472 2111 (W)**

Stihl chainsaw. 026 49cc, 18" bar. Very good order. **Ph: 6372 2762.**

Kelpie pups. Elphinvale/Meertonvale parents. Red & Tan, and blue. **Ph: 6374 2356.**

1 Black trolley case. 71cm. Only used twice. In Ex con. \$45. **Ph: 6374 2232.**

Blueberries. Top quality, frozen. 600g cryovac bags. \$13.50. **Ph: 6372 2341.**

Nike football boots. White, size 4. \$30. **Ph: 6372 2542.**

"Moo-Poo". See Norm. Trailer or truck loads. **Ph: 6372 2380.**

Boat Stacer. 3.9 metre aluminium. Near new 30HP Yamaha, carpeted full floor, removable canopy, registered trailer, many extras. Very good condition. P.O.A. **Ph: 0408 519 373.**

Fibre Glass Canopy. 1950 long x 1550 wide. Sliding side windows. \$450. ono. New sun umbrella with cast iron stand. \$50.

4 burner gas BBQ. \$30. ono.
Golf clubs. R.H. 11 iron, 4 wood.
Golf bag and fold-up buggy. \$75. ono.
2 water tractors \$20 each.
4 x Speedy rims, 14 x 6 Desert Rat. \$350. ono. **PH: 6372 2375.**

IXL Tastic four light and fan ceiling light. Brand new, never used. \$100.
2 Arm chairs in good condition. \$15 ea. **Ph: 0407 908 058.**

Water pressure pumps. No pressure fluctuation. Runs up to 4 taps. \$375.
5.5 hp single impeller fire fighting pumps. \$525.
6.5 hp twin impeller. \$550. **Ph: 6372 2762.**

2 Staffie X bitches. \$50 each. **Ph: 6372 2885 after 5pm.**

FOR SALE

Arnette motorbike goggles, black with orange lens, black and white straps. V.G.C. \$40. **Ph: 6372 2542.**

Sony player. Needs control. \$50
Boys small bike. \$25.
4 Commodore Mag wheels. \$100.
Commodore gear box. \$100
Ph: 0448 049 384.

Room to Rent.

Natural Therapy Clinic St Helens.

Ph: Sandy 63736106.

- Firewood cut to any length
- Split fence posts
- **Ph: 6372 2002 or 0400 826**

WORK WANTED

**Handyman,
Maintenance and Renovations
Painting
Carpentry
Tile, plaster, masonry repairs etc
Indoor outdoor jobs**

**Over 10 yrs experience, full ins.,
neat work and good rates.**

Ph Ben 0448 669 996

WANTED

House to rent in St Marys. Clean, reliable tenants. **Ph: 0438 543 168**

Old saddle & bridle, for display - not for use. **Ph: 6376 1588**

Adjustable dressmakers dummy. **Ph: 6372 2634.**

Wall mounted fan heater, or floor standing, which could be adapted to wall mount. **Ph: 6372 2515.**

External glass door for garden project. **Ph Jack: 6372 2034.**

Shipping container. **Ph: 6372 2742.**

FOR RENT

Large 3 bedroom house in Mathinna. \$105 pw. **Ph: Trish 6383 1347 or Julie: 0406 183 971**

Doodle With Your Sewing

Machine – free-motion machine quilting class on Saturday 7th July, 9-12. Cost: \$10. Play with layered fabric samples and learn a fun technique which will be useful for making small quilts or wallhangings, or larger quilts if using the quilt-as-you-go technique. Refreshments provided. For bookings and materials list, call Rita @ Gone Rustic Quilt Studio & Gallery, 37 Main Street, St. Marys (phone 6372 2724 Tues – Fri, 11-4, or mobile 0409 289 997).

A THANK YOU AND AN APOLOGY

We would like to thank all the people who recently gave so generously to the 2007 Salvation Army Red Shield Appeal.

At the same time we would like to apologise to those people who we were not able to visit.

After 2 separate ads in this paper, we had no response to our call for volunteer helpers in this year's appeal.

So of course it is very difficult to cover all of St Marys, Scamander, Beaumaris, St Helens, Cornwall, Fingal and Mathinna with just four people!

If anyone would still like to donate to the work of the Salvation Army, then please contact Mrs. Melanie Norton on 63-722099.



A LITTLE BIT OF HERITAGE: by Jim Haas
“Avro Avian”

In 1928 Jack Bullock was hardly out of napkins, but today he remembers what is believed to be the first airplane landing near St Marys, as vividly as if it were yesterday.

The plane circled the town several times, with its engine roaring with a sound foreign to the people of the Break O’Day Plains. Finally, when everyone including the children from the school, had ventured outdoors to investigate the strange roaring from the skies, they saw the unidentified object land in a paddock behind the homestead at “Cullenswood”.

All of a sudden it was a mad rush; almost all the townspeople followed by the children from the school, took off across the fields of Londavra and through the Break O’Day River to the paddock where the large, roaring bird had landed.

But poor Jack was disappointed, he was too small to keep up with his older brother Keith and the bigger kids who rushed past the teachers in their excitement to get a closer look at this new fangled flying machine, and to his disgust was held back at the school.

We can only imagine the excitement of the people of St.Marys on this significant day in our heritage, and thankfully in our Sesquicentennial year as part of the History of Transport being held during June, this day and the aircraft that paid our town a visit will be recognised.

Local identity Ian Summers, who can build, fix or restore anything from a safety pin to a jumbo jet has built a quarter size replica of the Avro Avian aircraft that, not only has a place in our heritage, but has a heritage of its own as long as your arm.

Avro Avian aircrafts were built in Britain, and first released on the market after World War One. They had twin open air cockpits, double wings and a wooden frame covered with thin light-weight metal. The wing span was 8.5 metres, length 7.4 metres, height 2.6 metres and overall gross weight was 726 kilograms. The earlier models, like the one that came to St Marys, had a single 85 horse power Cirrus II motor with a maximum speed of 160 kilometers an hour and cruising speed of 137.

The Avros were initially designed as a sporting aircraft. They were easy to fly and were used extensively in Europe and America in the 1920s as a recreation and pilot training machine. They were also used to set a number of aviation records and were owned by a number of pioneers in the field, including Sir Charles Kingsford-Smith.

The most noted of the Avro records, however, were set in 1928, the same year as the St Marys visit. In February, Australian Bert Hinkler flew an Avro Avian solo from England to Australia in a record time of 15 days. Later in the year Amelia Earhart became the first woman to fly an aircraft solo across a Continent. She flew an Avro from East to West of America and back again.

From my research, it appears most likely the Avro which came to St. Marys in 1928 was quite special. I believe it was the first one shipped to Australia. It arrived in Adelaide towards the end of 1927 and was flown all over Australia by Royal Flying Corps pilot, Captain F.C.R. Jacques, who demonstrated the machine for the Avro Company.

This aircraft was kept in Australia and maintained in good working order. It was purchased in the 1990s by Lang Kidby, at which time it was the oldest registered flying aircraft in Australia. In 1999 Kilby duplicated Hinkler’s 11,000 mile flight of seven decades earlier, from England to Australia.



Ian Summers stands proudly over his quarter size replica of the first aircraft to land near St Marys in 1928.

In 2001, however, after 74 years in Australia, the Avro was acquired by Greg Herrick, who shipped it to the United States and re-created the historic Amelia Earhart flight across America.

Now thanks to Ian’s 200 hours of making 712 parts and skillfully fitting them together he has created a replica that will, not only remind us of a significant day in the history of St. Marys, but give us an insight into a tiny aircraft that played such an important roll in the development of World aviation.

Left: Amelia Earhart stands beside her record breaking Avro Avian in 1928.

Successful book launch of 'Blood of a Distant Island'

Writer Patsy Crawford, pictured right, who recently read from her new book, *Blood of a Distant Island* in St Marys, has incorporated several aspects of her family association with the district in the work.

Patsy's connection to St Marys is on her maternal side, her mother having been a Mitchell and her grandmother from the King family.

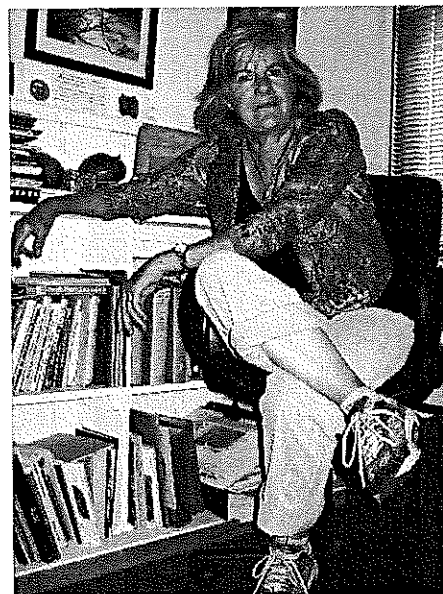
As such, her connection lies with both the Irish and the German settlers who came to the Fingal Valley in the mid to late 19th century.

Her new work consists of 11 stories gleaned from throughout Tasmania, with two concentrated on the St Marys area. German Town, the first story in the collection, and Irish Town, the final story have obvious connections and in part tiny observations and remembrances of stories told by her grandmother, Dolly Mitchell, when she was a child.

Patsy lived in the town for several years before moving to Deloraine, where she finds it easier to move between the east and west coasts and to the major Tasmanian libraries to carry out archival work. She is currently researching her next book.

Congratulations Patsy, for an interesting and informative book. Well done.

Patsy's book, *Blood of a Distant Island*, is available for sale at e.ScApe Café Gallery for \$24.95.



Donation of computer to History room.

Owing to a good response from the community from the sale of our heritage book and local identity calendar, plus a Sesquicentennial grant from Michael Polley MHA, St Marys Association for Community Development Inc. is in a position to help in worthwhile projects within the St Marys community.

To start this off, a \$500 grant has been given to the Break O'Day Woodcraft Guild to help in the expenses towards the construction of a Sesquicentennial seat. With the support of the Woodcraft Guild and students from the school, it will be carved by John Mc Coll from an old gum tree that stood for, what appeared forever, at the entrance to Grey Mares Tail at the top of St Marys Pass.

The tree was damaged in last December's fires and had to be felled. But thankfully local contractor, Craig Cox, saw the value in the old tree and delivered its main barrel to the Woodcraft Guild who came up with the idea of a seat, which will add another significant symbol to our 150th year.

As well, SMACD has pledged financial support, along with printing and online support, to Grassy Bottom Regional Arts for their Winter Solstice and the Lions Club towards the cost of running the Birthday weekend planned for the 1st & 2nd of December.

To add to this, through the Online Centre, a computer has been donated to the history room at the St Marys Railway Station. This computer will be used to store photos and literature relating to the history of the Fingal Valley and will be available for public viewing by appointment, once the loading of the programs has been completed.

SMACD is also looking at a number of future projects, including a Sesquicentennial bike race and literacy competition run in conjunction with St Marys District High School.

Thank you for continuing to support your community groups so that they can support you.



Darlene Wright works to load photos onto the computer, donated by SMACD, at the St Marys Railway Station History Room.

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Lions Club of St Marys St Marys Reunion Weekend 1 & 2 December, 2007

Reunite, Reminisce, Reflect

OK, let's start getting organised.

Even though St Marys has a rich history, the reunion weekend will bring together people who will get great pleasure from looking at and talking about things that are contemporary to them.

Therefore we are looking for photos from the early 1920's onwards. In particular we are after any photos of sporting teams, activities, presentations etc. etc. We are also after any wedding photos, particularly those that show a group of people that lived in or were connected with St Marys. The sort of photos that bring back memories of friends, family and good times.

We are also very interested in photos of the houses, shops etc. in St Marys, whether they are still here or long gone. It would be a great talking point if we could create a "photo wall" of all the houses (past and present) in St Marys.

The photos don't need to be artistic masterpieces – the best photos are ones that bring back memories, so start rifling through your albums and sifting through the old shoe boxes and drop as many photos as you like to the Post Office – we will copy them and return the originals.

Also we would like to start sending out advance invitations – if you know anyone who used to live in St Marys, has family here or any other connection with St Marys or might just like to visit for the reunion, write their names and addresses on a piece of paper and drop it into the Post Office – we will make sure they get an invitation and information updates.

Finally dust off the old cake and scone recipes and start practising for the "Great St Marys Bake Off" to be held in conjunction with the reunion weekend. For once and all we will be able to settle the great mystery of who is the best cake baker in the valley.

Any practice efforts can be left for sampling at the Post Office.
(particularly passionfruit sponges or cream slices) though bribing of judges will not be condoned!

Let's all get involved and make it the best reunion for 150 years.

celebrating

St Marys Sesquicentenary

History of Transport in St Marys

Sunday 10th June

St Marys Community Hall & Faulkner's Green

10am—5pm

- ◆ Working Model Railway Display
- ◆ Model AVRO AVIAN Aircraft
- ◆ Cars
- ◆ Motorcycles
- ◆ Bicycles
- ◆ Photos
- ◆ Memorabilia

The Early Ford Club of Tasmania

Historic and Classic Cars from surrounding areas

The Oldest Car in St Marys

The Oldest Car Purchased New in St Marys

The Oldest Car Purchased New and Continually Registered in St Marys

Letter to the editor:

My wife and I attended the "press opportunity" which the Premier attended and graced us with a prepared statement, that out Mayor mentioned a few issues ago. (It is interesting that he did not mention the protesters, one being a local councilor, or inquire how many thousands of dollars per hour did it cost us the tax-payer to run a helicopter and have a pilot on standby, on the Sunday in which the Premier arrived and departed on).

During the informal luncheon, we were introduced to the State Transport Minister. We asked how often St Marys Pass was checked for rocks etc. and that were the chances of the pass being widened or a more satisfactory route to the coast being built in the future.

The reply was.... "council members check the pass DAILY, with an engineer from Hobart assessing it MONTHLY for hazards. The pass has falling rock signs, which removes responsibility from government and you should have car insurance to cover any damage caused by falling rocks etc."

We put forward a few suggestions, one being a new road. When the Minister stopped laughing, he replied, "THE AREA IS UNSTABLE SANDSTONE, AND IT IS UNSAFE AND NOT JUSTIFIABLE. WE DO NOT HAVE THE MONEY AND IT WILL NEVER HAPPEN."

So my question is what is the current road built on?

I have heard on the grape vine that the pass has aboriginal heritage interest, and while resealing and road maintenance is tolerated, widening or re-routing the pass would not be tolerated. Will it take a fatality before something is done?

David and Kim Watkins.

The say by Cagerattler

A week or so ago I noticed a small mention in one of the newspapers in regard to our hospital (sorry, Health Centre) as part of the health reforms now being looked at by the current administration.

This mention referred to St Marys as still being reviewed.

What does that actually mean?

Another reference in a release referred to east coast upgrades as being improved, and that includes, I understand, a large injection of funds to upgrade St Helens Hospital.

There has been local community concerns that our services at the health centre may change again. Since then I have heard nothing more about this subject.

If there are to be eventual changes to our services, let's hope that it is to be for further upgrades for us as well.

After the monumental fight in 1997/98, to lose, then regain a full 7 day, 24 hour service, it is imperative that this not be lost again, but be enhanced, particularly in light of all the magnificent structural and other work that has taken place.

This is an unique community, but like all small communities with older residents, plus mining, forestry and other dangerous industries, we need around the clock facilities such as we have now. It gives great comfort, knowing it's there.

I suppose when the situation is reviewed fully, further information on any changes will be forthcoming. Let us anticipate that it will be good news. Too many people have fought too long for any other result.

If the healthcare officials fully consult with our community, they surely will consider us worthy of at least retaining what we already have.

What do you think?

e.ScApe
Tasmanian Wilderness Café Gallery

COMING TO THE GALLERY IN JUNE...

A NOT TO BE MISSED EXHIBITION

A PHOTOGRAPHIC EXHIBITION DETAILING THE
DECEMBER FIRES AS SEEN THROUGH THE EYES
OF THE EXAMINER NEWSPAPER

**Come have a cold drink anytime
in the fully licensed café!:**

Boags - Draught, XXX, St George, Premium, Light...

Cascade -Premium, light, and stout...

Jameisons, Jim Beam, Jack Daniels, Havana Club,
Appleton Rum, Brandy, Vodka, Galliano, Bacardi,
Kahlua, Baileys, Tuaca...

Or try one of our exotic Tequila's!!

opening hours:

9 - 3pm Sunday (& Public Holidays)

9 - 5pm Monday - Saturday

e.ScApe Tasmanian Wilderness Café/Gallery

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Tel: 6372 2444

Peter Dane Gardening

St Marys

Qualified Horticulturist

Over 25 years experience

in all aspects

of garden maintenance, restoration

and organic vegetable growing,

specialising in pruning.

Call **6372 2686**

or **0408 208 658**

ST MARYS MAIN STREET MAKEOVER

Break O'Day Mayor Robert Legge welcomed the State Government's allocation of \$150,000 to be used for a **Main Street Makeover for St Marys**.

Mayor Legge said "Council is most appreciative of this generous grant which will significantly transform the St Marys Main Street".

Before public consultation takes place it would be advantageous to have written submissions from the community on their views and ideas pertaining to this project.

\$150,000 might sound a lot of money but with envisaged costs of road reconstruction and underground services there will be little funding left at the project's completion.

Written submissions on this matter will be received up until **July 30th, 2007** then public meetings will be called to discuss the proposals.

Written submissions are to be addressed to Mayor Robert Legge, Break O'Day Council, PO Box 21, St Helens, 7216.

For further information please contact Angela Matthews on 6376 7911.



Older Drivers Seminar

Where: St Helens Neighbourhood House
When: Monday June 25th
From: 10.30—12.30pm
Cost: Free. Morning tea included

- * Practical advice for older drivers
- * Helping you to continue driving safely
- * No driving required during seminar

For information and bookings, phone 6376 1134.

*An initiative of St Helens Neighbourhood House and
Community Road Safety Partnership*

HOW TO SURVIVE A HEART ATTACK IF YOU ARE ALONE AND CAN'T GET TO HOSPITAL IMMEDIATELY.

If you are alone and experience severe chest pain spreading to arm and jaw, you need to cough repeatedly and very vigorously—if your heart stops beating and you begin to feel faint, you have about 10 seconds before losing consciousness.

Take a deep breath before each cough. Repeat deep and prolonged coughs every 2 seconds until help arrives or the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.

The squeezing pressure on the heart helps it regain normal rhythm.

Tell your friends—you may help save a life.

(Brain Foundation, Tas.)

GOOD OLD DAYS

Grandmother, on a winter's day, milked the cows, and fed them hay.
Fed the hogs and saddled the mule, and got the children off to school.
Did the washing, mopped the floors, washed the windows,
did some chores.

Cooked a dish of home-dried fruit, pressed her husband's Sunday suit.
Swept the parlour, made the beds, baked a dozen loaves of bread.

Split some firewood, lugged it in, enough to fill the kitchen bin.
Cleaned the lamps and put in oil, stewed some apples she
thought would spoil.

Churned the butter, baked a cake, then exclaimed,
"For mercy's sake the calves have all got out of the pen!"
Then went out and chased them in.

Gathered the eggs and locked the stable, then back to the house
to set the table.

Cooked a supper that was delicious, and afterwards washed all the
dishes.

Fed the cat and sprinkled the clothes, mended a basket full of hose.
Then opened the organ and began to play,
"When you come to the end of a perfect day".

I'm on a Committee!

Oh give me your pity, I'm on a committee
Which means that, from morning to night,
We attend and amend and contend and defend
Without a conclusion in sight.

We confer and concur, we defer and demur,
And reiterate all of our thoughts,
We revise the agenda with frequent addenda
And consider a load of reports.

We compose and propose, we suppose and oppose,
And the points of procedure are fun
But though various notions are brought up as motions
There's terribly little gets done!

We resolve and absolve, but we never dissolve,
Since it's out of the question for us,
What a shattering pity to end our committee
Where else could we make such a fuss?

(Taken from the *Dulverton Chronicle*)

MEALS ON WHEELS ROSTER

June		St Marys	Fingal
Mon	11th	Debbie Barnes	Karen Lohrey
Tues	12th	Pam Lynch	Debbie Speers (N)
Wed	13th	B & B McAllister	Barb Saunders
Thurs	14th	Kaye Nailer	Jan Marshall
Fri June	15th	G & M Derbyshire	Robyn Miller
Mon	18th	Trish Pike	Sharon Hall
Tues	19th	Dawn Lodge	Robyn Holder
Wed	20th	Wendy Aulich	Alana Johns
Thurs	21st	Heather Griffiths	Maureen Hall
Fri	22nd	Claire Bean	Julie-Ann Claridge

Church Services

Catholic Parish of St Marys

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

1st Week: 2/3 June

St Helens	Vigil	6.00pm
Bicheno		9.00am
St Marys		9.00am
Fingal		9.30am
Swansea		9.30am
Campbell Town		5.00pm

2nd Week 9/10th June

St Helens	Vigil	5 00pm
St Marys		9.00am
Bicheno		9.00am
Fingal		9.30am
Swansea		9.30am
Campbell Town		5.00pm

3rd Week: 16/17 June MASS Fr Mike Back

St Helens	Vigil	5.00pm
St Marys		9.00am
Bicheno	LITURGY	9.00am
Swansea		11.30am
Campbell Town		5.00pm

Week 4 23/34 June

Liturgy of the Word

St Helens	Vigil	5.00pm
St Marys		9.00am
Bicheno		9.00am
Fingal		9.30am
Swansea		9.30am
Campbell Town		5.00pm

Anglican Parish of Northern Midlands

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

Anglican Parish of Break O'Day

Ph: 6376 1144

St Helens Every Sunday
8 am and 10.30 am

Kanga Sunday School

10.30 am - 12 noon every
Sunday for children
5 - 12 yrs

St Marys 10 am

(No service 5th Sunday)

Pyengana 7.30 pm

5th Sunday months only

Break O'Day Uniting Church

The Manse St Helens
Ph: 6376 2405

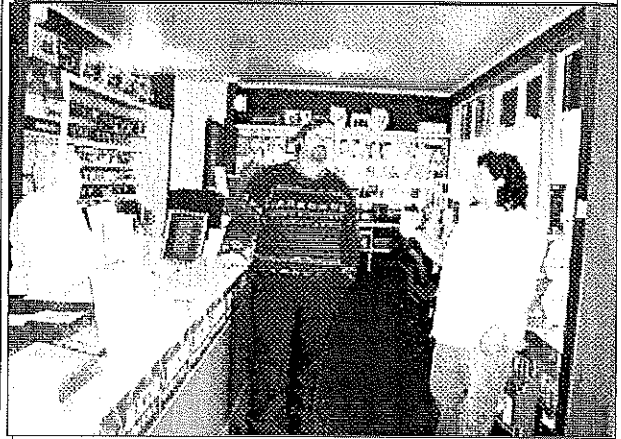
St Helens 9.00 am
Fingal 11.15 am

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am
Divine Service 11 am



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PH: Judy: 6372 2155 Fax: 6372 2172
email: judith.spilsbury@bigpond.com

Accounts: Mary: 6372 2328

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

Advertising: 2007

Classifieds: **25 words or less: free**

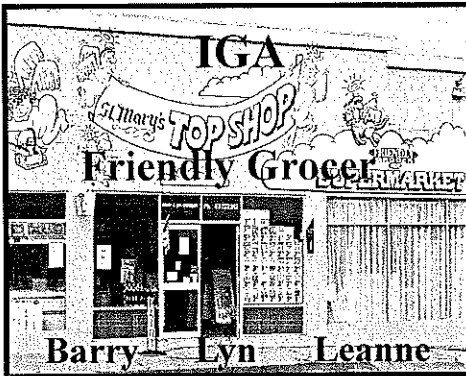
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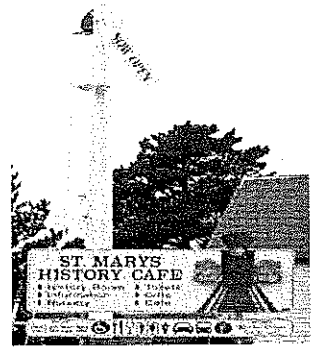
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OUT OF THE WOODWORK by Reon Johns. President 6372 2094

The Guild is currently constructing a large noticeboard for Fingal Neighbourhood House. It is big enough to have two glass doors on each side. A new member, Michael has shown us how to do mortise and tenon joints on the doors.

Michael made it seem so easy and the finished doors look great, a real credit to Michael's woodworking ability. Now these skill sets have been shared with other members. Ian Summers has finished the Avro Avian and has decided not to cover the plane with fabric, but let the construction techniques show for all to admire.

The next round of Council Small grants is coming up in July and the Guild is hoping to be successful this time as we would like to buy some much needed equipment, so keep your fingers crossed.

A reminder to all members that your membership fees are due by the 30 June 2007, and the AGM will in at the August meeting, with a BBQ to follow the AGM, only \$10-00 a member.

The Guild meets on the last Saturday of the month in the Goods Shed behind the St Marys Railway Station, at 4pm.

The Woodcraft Guild workshop is open Monday, Wednesday & Friday from 10:00 till 4:00. All other times by arrangement.

THIS IS YOUR LAST CHANCE TO NOMINATE FOR THE OLDEST VEHICLE

As part of the upcoming Sesquicentenary celebrations we are looking for the oldest vehicle in St Marys and the oldest vehicle that is still registered.

Please contact Ian Summers, Grant Faulkner, Bill Targett or Reon Johns.



St. Marys Tasmania

Sesquicentennial Year 2007



St. Marys Association for Community Development
23b Main Street St. Marys Tasmania 7215
Ph 0363722094

We are holding a display of "the way things were transported in yesteryear" in June 2007, and we need photos and other memorabilia for our display. Your photos will be copied and returned to you immediately. Only the copies will be displayed.

We will be putting up the display soon and if you have anything that you would like to show please do so **ASAP**.

If you can be of any help with taking a trip down memory lane please contact Reon on 6372 2094.

We hope to make this event a success and with your help I am sure it will be.

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 inform us if your items are sold.

Please note: Letters to be published in the Valley Voice must be signed. Your name need not be published, but we must have a signature. Articles and letters published in the Valley Voice are not necessarily the opinion of the staff and volunteers of this community paper. Ed.



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33 Burnett St, New Norfolk 7140

Phone: (03) 6261 8048

Fax: (03) 6261 8047

E-mail:

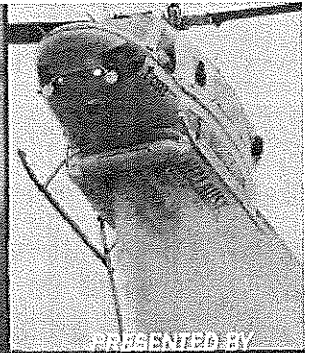
greens@parliament.tas.gov.au

www.tas.greens.org.au

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

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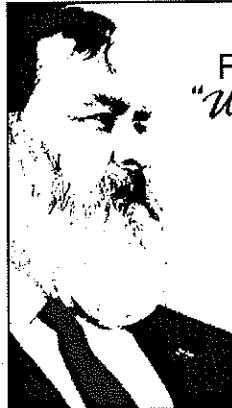
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Green's Senate candidate visit

Greens Senate candidate — and Iraq war whistleblower — Andrew Wilkie, pictured right, will be out and about introducing himself on the East Coast during the next week. He will be doorknocking and handing out information leaflets in St Helens on Friday June 8, Scamander and St Marys on the 9th, Bicheno on the 10th, Swansea on the 11th, Triabunna on the 12th and Orford on the 13th.

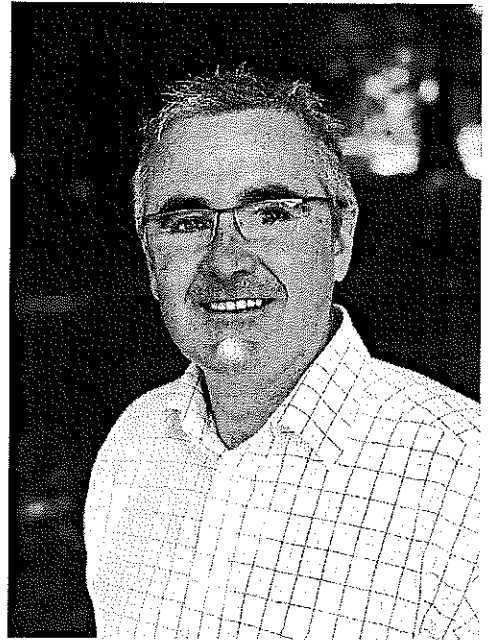
Andrew is the former army lieutenant colonel and senior intelligence analyst who resigned from the Office of National Assessments (ONA) in March 2003 over the Iraq war. He disputed the Government's case for war and forewarned of failure should the invasion go ahead. Andrew was the only serving intelligence official in Australia, the United Kingdom or the United States to resign publicly before the invasion.

He represented the Greens at the 2004 federal election when he stood against Prime Minister John Howard in his Sydney electorate. He forced the Prime Minister to preferences and the seat of Bennelong is now marginal.

Andrew has since realised his dream of moving to Tasmania and now lives in Hobart with his wife and young daughter. He retains a strong interest in foreign and security policy and feels passionately about Tasmania's priceless natural environment.

Andrew is again standing for election as a member of the Greens because he believes in the party's principles of peace and non-violence, social justice, participatory democracy and ecological sustainability. He is the number two candidate on the Greens Senate ticket behind Senator Bob Brown, and encourages you to vote 1 Greens above the line on the Senate ballot paper.

More information about Andrew Wilkie can be found on his website at www.andrewwilkie.org and he can be contacted at andrew.wilkie@tas.greens.org.au.



Police Report

We have recently had a number of complaints of trail bikes being ridden around the streets. Motorbikes must be registered and the rider must be licensed for it to be legal. Substantial fines apply to these offences. Once on private property no road rules apply, so either push your bike or use a trailer.

I have been told that damage has been done to 'Wombat Walk' near the St Marys Library. Plastic protectors for small trees and the poles holding them in place have been removed and used to make a cubby house. A lot of work goes in to this, so please leave them alone.

If you buy or sell a registered vehicle privately that both the buyer and seller notify the Transport Department. This can be done through Service Tasmania or St Marys Station.

I am aware of a recent trespass matter in St Marys. It was a case of friends visiting but the owner was not home, so the visitors let themselves in, and had a meal. No charges were laid but these trespassers could have been arrested.

In a sort of related matter, I am also aware that a couple of young local lads broke into a car and stole a purse with money in it. Luckily for the thieves, the owner did not wish to make a formal complaint, but I know who they are. It is worth noting that the money was stolen from inside an unlocked car parked in St Marys. Please lock your car, or at least do not leave valuables inside your car.

Obviously, winter has well and truly hit us. Please use your headlights a bit earlier at night. Also a good time to check out all the lights on your vehicle, as well as brakes and tyres. Please drive to the conditions, especially the fog we get here.

St Marys Phone Number 62721010
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Urgent and Life threatening 000
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Monday 4 June to Saturday 16 June 2007
24 hours per day.

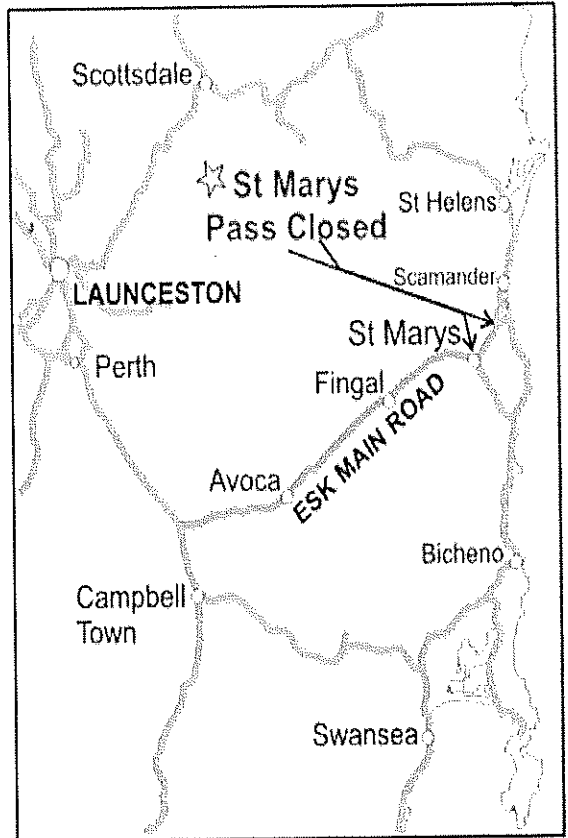
This is to enable the removal of loose rocks on
the embankments close to the road.

The **rocks** have become loose since the bush fires because the soil
supporting them is being eroded due to loss of surrounding vegetation.
Both community concerns and a risk assessment have identified those
rocks requiring removal.

Full closure is necessary as large equipment will be used to reach up the
embankments and rocks, rubble and soil will be dragged onto the road
ready for removal. The disturbed embankments need to settle during this
time to ensure they are secure before re-opening the road.

The **12 day closure** may be extended if unfavourable
weather conditions occur. The timing has been chosen
to fit in with school holidays and before winter sets in.

Emergency services will implement alternative arrangements during this
time.



If you would like any further information please call

Louise Ransom
Project Officer,
Dept. Infrastructure, Energy & Resources
Phone 6233 2599
Email Louise.Ransom@dier.tas.gov.au



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rene.hidding@parliament.tas.gov.au

ST MARYS SESQUICENTENARY COOKERY BOOK

Do you have an **old** family recipe (no matter how quirky) or a
favourite one of your own that you would be willing to pass
on to the St Marys Lions Club for inclusion in our
upcoming publication?

This book will be produced and released on December 1st
to celebrate the sesquicentenary of "Life in St Marys" since
settlement.

It would be lovely if you could put your name to the recipe for
acknowledgement, but this is not necessary if you would prefer
to remain anonymous.

Recipes can be left at the Post Office with Lion Kerry,
or just phone Ruth on 6372 2231 or Charlie on 6372 2648
to arrange collection.



GREENS SUPPORT JOINT AUTHORITIES TAKING ON WATER AND SEWERAGE

Councils Must Work Together....or Else...

The Tasmanian Greens today announced that it is their preferred option that the existing three joint bulk water authorities, Hobart Water, Esk Water and Cradle Coast Water, take on full responsibility for the operation of all sewerage and water schemes throughout the state on a regional basis with the injection of some extra funding from the State government to assist in the transition stage.

Greens Shadow Water Spokesperson Tim Morris MHA, said that if the State government were to take over all the water and sewerage assets, such as has been flagged with a statewide Water and Sewerage Government Business Enterprise (GBE) being established, it would render many councils unviable and many will be forced to amalgamate just to survive.

Mr Morris today released the Greens', *Discussion Paper: Water and Sewerage Infrastructure and Services – Three Joint Water Authorities Option*, which will be distributed to all local councils for their feedback.

Mr Morris also said that the Greens' believe that something must be done to address the crisis in the state's water and sewerage infrastructure, that the do-nothing option does not exist, but they do not believe that the statewide GBE as flagged as the government's preferred option, is a workable solution.

"The Greens agree that there is a crisis of mammoth proportions with the state's substandard water and sewerage infrastructure and that to do nothing and to stick our heads in the quagmire is not an option at all, but we do not believe that rolling everything into one statewide GBE is necessarily the best solution," Mr Morris said.

"Instead the Greens are proposing that the existing three joint water authorities, Hobart Water, Esk Water and Cradle Coast Water, take on full responsibility for the operation of all sewerage and water schemes throughout the state on a regional basis, with the injection of transitional funding from the State government."

"The State government would be responsible for setting the standard expected for water and sewerage services, and the regional authorities, and the councils involved would be responsible for implementing those standards consistently across the state."

"This will help smaller councils provide the high quality service that currently they cannot afford to deliver, and which the larger ones are able to do to some degree."

"The do-nothing option will see the current unsatisfactory situation continue because many councils do not have the ability to raise the capital required to bring both the water and sewerage schemes up to an acceptable standard."

"There is a lot of investment needed to bring our water and sewerage infrastructure up to standard and the best way of achieving that is to boost the existing bulk water businesses, Hobart Water, Esk Water and Cradle Coast Water, as they already have a lot of the expertise needed and an appropriate ownership structure."

"If Councils want to avoid a State Government takeover then they would do well to accept that collectively they are unable to provide services at the required standard and become proactive and support their regional water authority, or they will lose all their water and sewerage assets and in many cases their viability."

"The Greens would prefer to see the councils still have a role in the provision of water and sewerage infrastructure and given that the existing structure is no longer satisfactory, then passing full responsibility to the regional joint authorities will provide strong businesses with sufficient expertise and capacity to bring our services up to scratch."

"We will be distributing this discussion paper to all local councils for feedback, as we wait to hear from the Lennon government as to how they intend to address this major and expensive problem in a long-term and equitable manner."

"Unlike the government so far, with the release of this discussion paper we are being upfront about our preferred option and why, and we look forward to any feedback from local councils and members of the public," Mr Morris said.

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NEW FM RADIO STATIONS FOR EAST COAST

VISION FM St Helens and VISION FM St Marys, are Christian-based national radio stations, and are now broadcasting live in St Helens and St Marys.

Relayed through 88.0FM, Vision Radio network is an entertaining mix of music and talk that aims to help encourage and equip listeners to make positive changes in their lives.

St Helens is the 14th town in Tasmania to gain access to the station which is non-doctrinal and non-denominational.

St Helens is No. 263 and St Marys No. 276, and the links were sponsored by the Break O'Day Minister's Fraternal.

Volunteer technician Alvin McMann and his wife Kaye, who travel across Australia for United Christian Broadcasters, installed the satellite links on the St Helens Christian Fellowship Church in St Helens and on a private business in Main St, St Marys.

When installing the stations Alvin said, "It will give local residents 24 hour access to a wide range of resources and support that will help many listeners find their feet in the turbulent world around them."

Among the presenters is well known country singer Colin Buchanan.


Mr McMann said the station had changed the spirit in a number of other country towns in Australia.

"In a remote Queensland town, it has been credited with reducing the youth suicide, and in a New South Wales country centre, the youth crime rate diminished significantly after we began broadcasting," he said.

St Helens and St Marys residents can receive copies of a Christian magazine entitled, "The Word for Today" which contains a detailed list of programs broadcast on 88.0FM and other related sources.

Further information can be obtained on the website: www.vision.org.au or by phoning Carolyn Fernando on: 07 3387 7363. Please contact local churches for copies of the magazine.

Whatever Art



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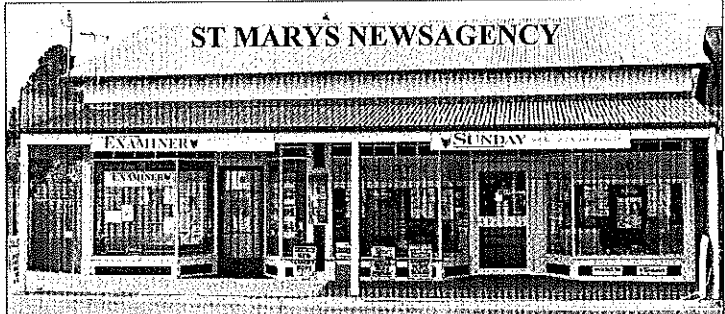
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September 30th: Practice/Fun Day
October 21st: End of Year Club Day/BBQ
December 2nd: Grass Track Event
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Calows Depot	The St Marys Newsagency is now a BILL EXPRESS agent.	Aurora PAYG
--------------	--	-------------

Fire Recovery News:

What's the best way to help communities recover from a bushfire disaster? Buildings and fences can be re-built and vegetation can be re-grown, but how do we work out how to recover from the losses to our economy and the disruption to our communities?

That's the question facing our new Community Recovery Reference Group, which is made up of 9 local people from across the fire affected areas, with the appointed members being:

Gerald Aulich	St Marys
Bruce Galbraith	Scamander
Jim Haas	Cornwall
Alice Hewitt	St Helens
Bill Manning	Four Mile Creek
Karen O'Shea	St Marys
Karen Rawnsley	Scamander
Hannah Rubenach	St Marys
Fiona Watts	St Helens

The feedback forums in February identified over 100 different ideas for recovery activities, and these were used to develop a Community Recovery Plan, outlining 50 actions that would help our communities rebuild from the fires.

The Reference Group is currently going through that Recovery Plan to identify the best ways to get these actions happening and will shortly be publicising their suggestions for local comment.

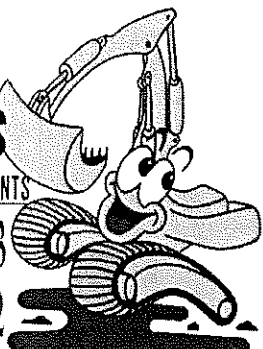
In the meantime, please feel free to contact the Disaster Recovery Coordinator, Howard Colvin on Ph: 6376 7900, Mob: 0438 881 736 or email: hcolvin@redcross.org.au with any questions or suggestions regarding the recovery process.



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<i>School Holidays 4th - 15th June</i>				
18th June ⇒ Start of Term 2	19th June ⇒ School Association Meeting 7pm School Staff Room.	20th June	21st June	22nd June
25th June ⇒ Primary Assembly P/1 Morrison to lead	26th June	27th June ⇒ Next Newsletter	28th June	29th June

SCHOOL DENTAL SERVICE

School Holiday Schedule:

St Helens

- ☉ Thursday 7th June
- ☉ Friday 8th June

St Marys

- ☉ Tuesday 12th June
- ☉ Wednesday 13th June

Please feel free to contact them regarding your child's dental health on the numbers below:

St Marys Dental Unit 6372 2488

St Helens Dental Unit 6376 1713

Kelham Street Dental Unit 6336 4100

St Marys District High School Association

Next Meeting to be held at

St Marys District High School - Staff Room

Tuesday 19th June @ 7pm

Hope to see you there!



The MS Read-a-thon

It's on again this year from
1st June - 30th June, 2007

Registration and information
booklets are available from the
school office.

AGFEST



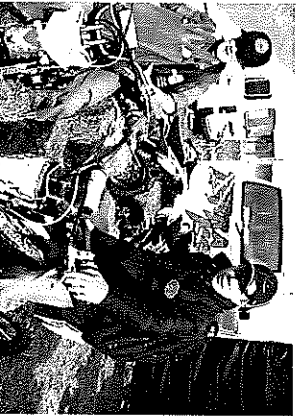
On Friday the 4th of April a group of hard working students took the Claw's Coaches bus all the way to Agfest in Carrick. We left at 9am and had a very loud trip. We entered Agfest together with strict instructions to stay in groups of two, working watch and quite a few mobile phones. Although told to be in groups of two most were groups of three or more people. After the first few minutes everyone wandered off in hot pursuit of their own special interests. Mrs Prebble had to meet Angry Anderson (who?), Mrs Hindley had a mother's day present to find. We didn't want to stay with them, No way!

As a first time visitor it was quite overwhelming to see how huge the complex actually was. There were so many stores I don't think it would be possible to go through all of them in a day. Some people bought show-bags while others went freebie hunting. The boys seemed to be the best at collecting freebies and spent a huge amount of time trying out all the gadgets in the cars in the show yards. Some of the girls tried to look for freebies but didn't have much luck as we kept buying heaps of cool things. Some of us girls bought hippos and at the end everyone tried to steal them off us. Some of the group spent ages watching the dogs at the sheep trials, we also spent quite a bit of time checking out the cows, and we named some of our favourite ones. There was Ernie the brown cow, Pluff the Dairy cow and Bronson the Albino cow. We didn't remember their breed names. Some country kids we turned out to be! We are in front of Ernie in the photo top left.

We visited the cute alpacas and wanted to take one home but the teachers said there was no room left on the bus. Really! There was heaps of room for a little alpaca. We had to be back at the gate at 2.30 to leave. You should have seen the piles of stuff. Just look at Liam Norton for example—bottom right. Miraculously we did not lose anyone. Except Joel, but he was a *planned* loss. It is ok to lose them if you plan for it, apparently—or so the teachers told us. No-one planned to lose Corey Bosworth so he had to come back with us too. Oh well! We were very loud on the way home as expected; some people had a few too many lollies and were *fortily* hypo. Poor Elizabeth's hippo lost his head in the excitement. No really! He was decapitated. It was really nasty.

We dropped off people at Fingal and school, and a few people got a ride all the way back to Scamander after a bus change. Everyone arrived back home safe, slightly deaf and very tired. On behalf of all the students that went to Agfest 2007, I would like to thank the teachers that organised for us to go and the teachers that looked after us on the day.

By Kiani Carson.



Arts Camp

On Thursday and Friday the 10th and 11th of May students out of Drama, Art and Music went on an Arts Camp to Hobart. On the way down to Hobart Miss Hickey, Mr K and Eamno took up the whole back seat drinking coke and water and singing songs the whole way.

We got to Salamanca Place around 12.30pm and set up to start performing. Three funny acts from Drama got a lot of looks and drew plenty of attention with their crazy characters - seven drunk old ladies causing havoc in the street, two blind men having a fight with their walking sticks and a tent that went running up the street. The band belted out some fantastic tunes - Proud Mary, Black Night - and the Art students took plenty of photos of the performances and made a great audience.

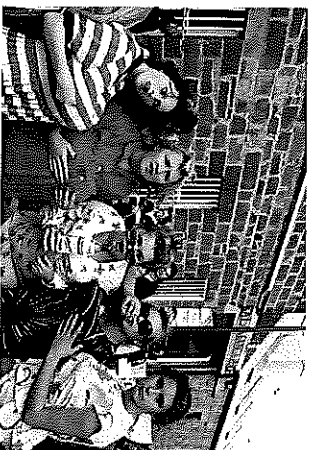
That night we went to the movies and we got to play laser tag which was heaps of fun. On the way back from the movies the whole bus was singing and yelling every song they could think of.

The next day we were all ready to perform in the mall but we got told by the permit officer we weren't allowed to perform there. But Miss Hickey took a stand and sang as loud as she could all the way through the mall.

Before we left we went and visited an art gallery and saw some great art that's been produced.

We all had a very enjoyable trip, it was a good experience and we learnt a lot about the art of performing in the street. Thanks to Miss Hickey, Mr Kleimert and Mr Emmerton for their hard work in making this camp possible.

Ella Cooke.



ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS on ROSTER

Dr. OTTOSEN— 7/6/07– 15/6/07
Dr. REECKMAN— 18/6/07–21/6/07
Dr. McWILLIAMS— 18/6/07–21/6/07

NO SURGERY

MONDAY 11/6/07— PUBLIC HOLIDAY

PLEASE PHONE THE COMMUNITY HEALTH CENTRE ON 6372 2111 FOR APPOINTMENTS. OR **BEFORE PRESENTING AFTER HOURS.**

SCRIPTS AND DOCTORS APPOINTMENTS

PLEASE ENSURE DOCTORS APPOINTMENTS ARE BOOKED **PRIOR** TO YOUR MEDICATION/S RUNNING OUT OR **IN ADVANCE** IF YOU ARE ATTENDING THIS PRACTISE REGULARLY.

SCRIPTS **WILL NOT** BE TAKEN OVER THE PHONE AND **WILL NOT BE FAXED** BY THE CENTRE. PLEASE USE HEALTH AND BEAUTY OR POST OFFICE.

St Marys Community Health Centre

GP Surgery Hours:

8:50am-12:30pm

12:30pm-1:30pm LUNCH

(Please do not phone during lunchtime as appointments can not be taken by the nursing staff
1:30pm-5:00pm

AFTER HOURS SERVICE

PLEASE PHONE GP ASSIST ON 1300 780 011
AMBULANCE 1800 008 008 or
EMERGENCY 000

PLEASE PHONE THE COMMUNITY HEALTH CENTRE ON 6372 2111 FOR APPOINTMENTS OR **BEFORE PRESENTING AFTER HOURS.**

PLEASE BE PATIENT

Please be aware that **waiting periods can apply.** **Phoning in advance may save you a wait. Please be patient,** we are doing our very best and your cooperation is appreciated. Everyone's health is important to us. — K. O'Shea DON

'WHAT'S ON AT THE CENTRE'

- 8 June **Relationships Australia**, Lyn Marie phone 1300 364 277 for appointments
- 12 June **Child Health Clinic** with Lorraine McGee
2nd & 4th Tuesday of the month
Open Clinic 9.00am—12.00noon
Appointments : 6372 2111
Mobile 0428 136 381
- 15 June **Women's Health Clinic** with Dr. Libby Reeckman for appointments
phone 6372 2111
- 19 June **Anglicare**, Jo 9:30am-11:30am
phone 1800 243 232 for appointments
- 20 June **Psychiatrist**, Dr Peters
- 22 June **Relationships Australia**, Lyn Marie phone 1300 364 277 for appointments

WOOL & KNITTING NEEDLES WANTED

The St Marys Day Centre is looking for donations of wool and knitting needles to enable us to make knitted and crochets blankets and slippers for the community. Any donations appreciated. If you can help us donations can be left at the reception area of the Centre or phone Hayley on 6372 2111 for pick-ups.



ANGLICARE

Having trouble with your Finances?

The Anglicare Financial Counselling Service can provide counselling, information, advocacy and support services to individuals and families experiencing financial difficulties. It is also involved in community education and development.

Phone 1800 243 232 for further information or appointments

BODYMUMS

(Break O'Day Young Mums)

If you're a young mum aged 25 and under and would like to meet with other young mums, here's your chance. This program is an opportunity to connect young mums with other young mums, to talk, hang out, and be involved in fun stuff.

Where: Anglican Hall, behind the Anglican Church at St Helens

When: Tuesday 19th June

(Tuesday fortnights until November)

Time: 1pm-3pm

As part of the program childcare and transport can be provided. For more information phone Cassie or Abbie at the Healthy Community House on: 63765242.

ST MARYS PHYSIOTHERAPY CLASSES

Core Stability Classes (Back rehabilitation)

Mondays & Thursday 9-10am

Individual Fitness

Improve your core stability, Learn dynamic exercises designed to correct specific control problems, Improve your posture and balance, Focus on your individual needs, Help prevent injury and strain, Motivate yourself to better health.

Individual Assessment

Prior to commencing classes an individual assessment is carried out by a physiotherapist.

The initial assessment: Provide physical and lifestyle information, provides the supervising physiotherapist with knowledge of specific injuries or needs, enables monitoring of your personal progress.

Small classes— Maximum of 6/ class

Classes 45 min duration

Cost— voluntary Gold Coin Donation

Strength Training

Mondays 10-11am

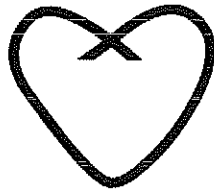
Fantastic Sitters (Fitter Sitters)

Thursdays 10:30-11:30am

Lung boosters, Pre & Post Natal and Fit ball Classes will be commenced in the future if there is a demand!

BOOKINGS CONTACT:

David or Margaret (Physiotherapy) on 6372 2111
St Marys Community Health Centre



GENERAL PRACTICE
north

MAHS Diabetes Clinic

Pat A'Bell

Credentialed Diabetes Educator

General Practice North

Level 1, 11 High Street

Launceston

A clinic for clients from rural areas who would like to be seen at General Practice North is scheduled for 2nd Monday of each Month, commencing July 9th 2007. This clinic will suit people who wish to be seen earlier than scheduled or people who would rather see educator out of surgery. Please phone Pat for appointment

on 03 6331 9296

Survivors

The 3rd and final part. by Shannon Rosskelly

Lilly Jackson walked into the small room where James and Officer Jones were sitting. James didn't really recognize her on account of it being a few years since he's seen her! Even then he had only seen her once or twice! He didn't understand how he could have a sister he didn't even know about!

"Hi James." Lilly said. James just stared. He didn't know what to say! "Um...Hi." Replied James. "We have no time for introductions. We gotta move. Fast!"

Officer Jones urged them out the door. "What's going on?" James asked. "We don't have much time because the people who want to kill both you and me are almost here! They know where we are. And they are coming for us!" Lilly said.

"What?" James asked again. He didn't understand what was happening. "They've tracked us down!" Lilly said. Officer Jones shoved them into the police car which would take them to their sanctuary. Well at least until the police catch the terrorists that are almost about to kill them! Officer Jones sped around the corner. But a car swerved around from another corner. It was them! They must have been waiting. Waiting for them to pass. Now the chase was on.

Officer Jones sped around another corner but lost control. The car smashed through a fence and into a wall. The impact wasn't huge and no one was hurt. They all jumped out of the car and ran. James was stunned. He'd never had this happen before in his life and certainly didn't want it to happen again! He ran through trees and bushes and down dark alleys until he couldn't run anymore. "I can't go on any longer," he said to Lilly and Officer Jones, "go on without me."

"Come on. We're almost there." Officer Jones said.

"Please," Lilly pleaded, "We have to keep moving!" But it was too late. Three shady looking men ran into the alley and stopped right in front of them. "We've got you now," a chubby man said, drawing a gun from the inside of his coat. "What you gonna do?" asked another shady, lanky looking one.

James stared him right in the eye. "Run!" He said, and they all did. Officer Jones and Lilly were in front until they had to stop. "What's wrong?" James asked. "Fence," Lilly said in a panicked voice. "Quick," Officer Jones said, "I'll give you a boost." He cupped his hands and Lilly stepped in them with one foot. She jumped over the fence. James was next but he could already see the shadows of the men projected on the alley wall. They were coming! He stepped in Officer Jones's hand and tried to lift himself over. But he slipped and fell.

"Quickly!" Officer Jones said. James tried again. He was halfway over when the men arrived. James jumped over. "HURRY!" Lilly screamed but it was too late. Officer Jones fell to the ground trying to get over. "Run," he shouted, "three blocks from here is a run down old house. It looks like a scabby shack. The windows are boarded but it's a sanctuary. Trust me."

James couldn't move. "I'm not leaving without you!" He shouted. A tear streamed down his cheek. "Come on we don't have time for this." Lilly grabbed him by the arm and pulled at him. James spun around just as a pistol was shot. Officer Jones was dead. James and Lilly ran the next three blocks. James had never been in this part of town before and didn't know where he was going. But on the third block they found the shack, boarded windows and all.

"Do you really think....." Lilly started but James cut her off. "He said to trust him. And I do. This is it. This is our sanctuary."

The door opened with ease and James and Lilly ran inside. James found the light switch and turned it on. And there standing in front of him were his family. His mother, father, and younger siblings.

"Hello James," his mother said. "Mum?" James whispered. "It's us James," his father said. "Were here."

James ran to him and hugged him. He cried in disbelief. "I can't believe this," James said. "For years I thought you were dead and now....." "Shhhhh," His mother hushed. "Were here now."

"And Lilly," James's dad said, "You've grown up so much." "Dad?" Lilly said. She hugged him as well and cried in his arms.

"I can't believe all this." James said, "What happened to you?"

"Well," James's mother said, "when we were shipped overseas in hiding it was so painful. We wanted to tell you were alive but we couldn't. We've been waiting so long for this day. Where's Jack Jones?" "Um....." James started. "He's dead." Lilly said. "They shot him."

Just as she said those words James's mobile rang. "H...Hello?" James asked. "James. This is Officer Bells. We have captured the terrorists and the Officers in the building with you are going to bring you down here so you can see for yourself. Oh, and I'm very sorry about Officer Jones. He was a good guy."

"Thanks." James said. He hung up as the other Officers escorted them to a police car and took them to the station.

It had been a year since James's reunion with his family and he still had so many questions. Questions that may never be answered. But maybe that was for the best. And as he watched his family by the bank of the stream he couldn't help but wonder how much time they had left.

THE END

St Marys Sports Centre news. by Kackhander.

It's going to take a while, but over the past few weeks we have had better weather, and some good aeration work going on that can only be good in the long term.

All we ask is that we have some patience over the next couple of weeks, to let some things happen. The old adage: 1 step back before 2 steps forward applies here.

The main event over the past fortnight has been the Ray Ridgers Memorial Trophy. Thanks especially to Dale 'Roy' Ridgers for kindly sponsoring this top day again.

Unfortunately, like has been the case for recent times, only a small field took part but those who did enjoyed it immensely. Our chronic shortage of golfers in the past few years is something we hope will be on the improve as time goes on, and more normal weather allows the course recovery to continue.

This year's Ray Ridgers Memorial Trophy winner was Barry Harrison with an excellent 64 nett. Well done Barry. The runner-up was Col Payne with 65. The gross trophy was won by John McDonald with 77, from Mark Carrick with 78. Dale Ridgers shot a nice 70, but as the donor declared himself ineligible. Thank again Dale.

This weekend is the incredible McDonald's Cup, 4 person Ambrose event. This has become a huge event over the years, and once again we thank Macca, Leeanne, John, Valda, Bradley, Raz and the family for their efforts in this event.

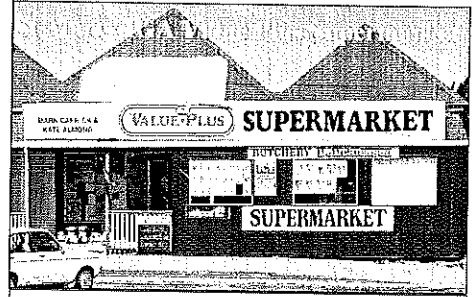
Expected again is a field of around 100. Macca suggests that only local teams who would like to play Saturday may do so, to shorten Sunday June 10th a bit. Contact the club if this is desired. Otherwise see you on Sunday from 9am onwards.

The Ladies Championships are only a couple of weeks away, and all are hoped to play to make this another special event. Contact the committee for further details.

Just a reminder that the AGM is Friday June 15th, and we hope to see as many members as possible attend. It starts at 7.30pm.

Until next time, good hitting and rolling.

STMARYS SPORTS CENTRE
AGM
FRIDAY JUNE 15TH
AT 7.30PM.
AT THE CENTRE
PLEASE ATTEND



38 Main Street St Marys
Mark Kate

Phone/Fax 6372 2240

Butcher Ph: 6372 2274

Mon - Fri 8am - 6pm

Sat 8am 12 noon

From the Deli

This week

Champagne ham	\$ 9.99 kg
Cocktail saveloys	\$ 6.99 kg

Next week

Rindless shortcut bacon	\$ 12.99 kg
4 x 4 sandwich ham	\$ 7.99 kg

In-store butchery

This week

Chicken wings	\$ 3.99 kg
T-bone steak	\$ 15.99kg
Silverside	\$ 7.99 kg

Next week

Chicken breast fillet	\$ 12.49kg
Porterhouse steak	\$ 15.99 kg
Regular beef mince	\$ 7.99 kg

Late week specials

This week

IGA cordial syrup 2lt	\$ 1.99 ea
Ridders bacon 750g	\$ 5.99 ea
Tarax soft drinks 2lt	\$ 1.29 ea

Next week

Multipack chips 18/20s	\$ 5.99 ea
IGA crumpets 6pk	\$ 1.29 ea
Prefer toilet tissue 18pk	\$ 3.99 ea

