

The Valley & East Coast Voice

 Celebrating St Marys Sesquicentennial Year 

Volume 40 No 6

Thursday August 2, 2007

Est. 1968

50 cents



'Crooktown'

Rod McGiveron.



In the past few days you would think the place was a war zone, not a country town on the East Coast of Tasmania.

There seems to be a rather virulent strain of influenza (or similar illness) around at the moment, affecting many of us. No doubt our local doctors, hospitals and pharmacies could elaborate on what this illness does to you, making life quite uncomfortable if you are unlucky enough to contract it.

Those who have been laid low by it have 'copped' varying degrees of symptoms of the flu, and like most things of this nature, the older and younger members of the community seem to suffer the most.

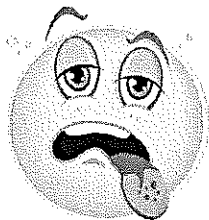
Apparently last week the student numbers started to dwindle at the St Marys District High School, and in the first two days of this school week it was reported things were getting worse by the day, as student numbers were again decimated.

Monday the number was fast approaching one hundred students and staff away, and on Tuesday it was believed to be in excess of that figure.

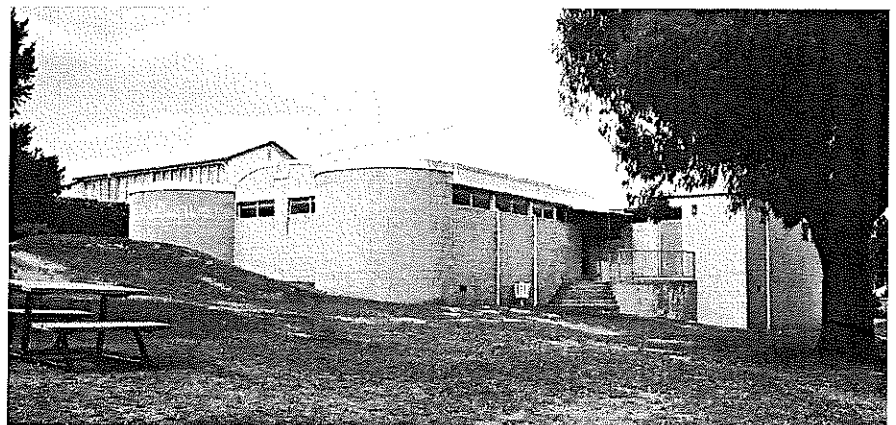
That's a lot of 'Crooktown' people indeed. Hopefully this insidious illness will soon go away, but maybe we should all check our medical records to see when we last had a preventative flu shot.

Again, if you are a likely candidate for picking up such types of conditions, or your family members are particularly susceptible, why not call up and make an appointment for those vaccinations.

As they say, better safe than sorry.



Many students and staff are stricken with winter ills at the moment.



School grounds looking decidedly deserted this week due to illness.

Please note: Deadline for articles to be included in the next Valley Voice is: 5 pm Tuesday, August 14, 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 Ladies Midweek Tennis 9.30am each wed. Need new players - of any standard- beginners welcome- childminding included - lovely safe place to bring toddlers while you play. **Ring Annette- 6372 2224**

St Marys Playgroup meets each Friday 10ish at the kindergarten. All preschool aged kids welcome to bring a carer/parent/granny/pa for a play and morning tea. Very chilled relaxed group of all ages - we love new members. **Contact Jane 6372 5060**

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

CORNWALL COMMUNITY DEVELOPMENT GROUP INC. ANNUAL GENERAL MEETING

Cornwall Community Hall
August 7th 2007 at 7.30pm

Agenda:

Previous minutes
 Reports
 Election of Officers
 General Business

**Signed: Jim Haas,
Public Officer.**

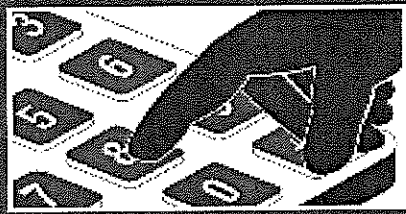
CORNWALL COMMUNITY DEVELOPMENT GROUP INC.

Tree Planting Day

An invitation is extended to the Break O'Day community to attend our **Soldiers' Honour Avenue Tree Planting Day** to be held on Sunday the 5th August at Cornwall Park at 11.00am.

Come along and be part of this memorable day and enjoy a **free** sausage sizzle lunch. All you need is a spade, or a hoe, or just bring yourself.

CRIME STOPPERS



1 800 333 000

WOULD YOU LIKE TO BE PART OF AN EXCITING THEATRE PRODUCTION TO BE HELD IN THE BREAK O'DAY REGION?

ACAST will be performing an Australian play, written by Graeme Pitts, during September.

The play, **EMMA CELEBRAZIONE**, is a celebration of the life of Emma Ciccotosto, who migrated to Australia as a teenager in 1939.

This true story tells of the joys and hardships of one family. It has become so popular throughout Australia, that it is claimed by all migrants and recognised by all families who struggle to survive.

Complete with cooking lesson, wedding reception and the infectious music of traditional Italian women's song, Emma Celebrazione touches us all with its life affirming optimism.

GRASSY BOTTOM SINGERS have been approached to be part of the Italian Women's Chorus.

YOU DON'T NEED TO BE ITALIAN, BUT YOU DO NEED TO BE A WOMAN!

Grassy Bottom Singers may need more voices, so talk to any member, phone Leissa on 6372 2686, or come to choir practice on Thursday nights, 6 – 8pm at Eo's Garage, 2 Story St, St Marys.



TASSELLED ENVELOPE CUSHION COVER –

a simple and easily made design, with a decorative tassel to stitch yourself. Starting date: 14th August, 1-3 pm (2 sessions); cost: \$20 (members \$18). For bookings and materials list, contact Rita at *Gone Rustic Quilt Studio & Gallery*, 37 Main Street, St. Marys, Tues-Fri, 11-4 (phone 6372 2724 or 0409 29 997).

FABRIC PLAY – cut, stitch and layer fabrics to make an A4-sized visual diary “page” – learn new techniques and have fun with colour, shape and design. Date: 4th August, 9-12 am; cost: \$10. For bookings and materials list, contact Rita at *Gone Rustic Quilt Studio & Gallery*, 37 Main Street, St. Marys, Tues-Fri, 11-4 (phone 6372 2724 or 0409 29 997).

SPINNING, KNITTING, CROCHET, WEAVING, TAPESTRY, HAND-DYING, LATCH HOOKING, ETC. – if you are interested in any or all of these, you are invited to a new group which will be held once per month, beginning Saturday, 11th August (9-4 pm). Bring whatever project you are currently working on and be inspired! Cost: \$5 (please bring a packed lunch; tea and coffee provided). Venue: *Gone Rustic Quilt Studio & Gallery*, 37 Main Street, St. Marys. BH – Tues-Fri, 11-4. Phone – 6372 2724 or 0409 289 997.

Classifieds

FOR SALE

SEWING MACHINE FOR SALE – Janome with removable table and variety of stitches, extra bobbins, box with extra feet etc., also foot pedal and cord. Works well if a bit noisy! Only \$40. Call Rita on 0409 289 997 or call in to Gone Rustic, 37 Main St., St. Marys, Tue-Fri, 11-3 (ph 6372 2724).

front door, solid timber, 2050x810mm \$95.

Hoover Apollo Deluxe tumble dryer \$100.

Word processor, as new with extra ink cartridges, cost \$500, sell \$200.

Desk, solid timber, 2 drawers, 660x870x710mm \$60
phone 6372 2686 or 0417 156 759

0-4 car seat. Excellent condition \$70.

Ph: Genevieve: 6372 2573

Carpet semi commercial grey.

3.45 x 3.2 mtrs. \$100

Jason style recliner chair. Tapestry type cover. \$50.

15 speed push bikes. Max Trax + Malvern Star Mustang. \$75. ono.

Ph: 6372 2194

Holden Kingswood. No rego, goes. \$800.

Kylie Minogue picture. \$20.

Ph: 0448 049 384.

Gas barbecue, 4 burner plus gas bottle. \$70.

PH: 6372 2380

Chain saw. New. No use for it. \$250.

Ph: 0408 596 152

“Moo-Poo”. See Norm. Trailer or truck loads. Ph: 6372 2380.

1 round frypan, \$10. 1 square frypan, \$10. Both electric. 1 Tiffany breadmaker.

PH: 0448 709 958

Footy boots. Nike Air Zoom Total 90.

Black/silver, hardly worn. A1 cond. \$50. ono. Ph: Lochie Rice 6372 2465.

York 401 Home Gym. As new. \$220 neg. Ph: 6372 2465

Colonial bunk beds. \$70. Ph: 6372 5418.

Lounge and 2 recliners. \$180.

Ph: 6372 5418.

Homyped shoes. Size 6. Hardly worn. \$20. Tiffany coffee maker. Hardly used. \$20. Ring Rosa Byard on: 6372 2238, or call in at 22 Clive Street, St Marys.

Older style Emulunja pram, toddlers seat and booster seat. \$50 the lot.

Ph: 6372 2380.

FOR SALE

Plastic water, diesel and chemical tanks.

Water and feed troughs. Water pressure pumps and petrol transfer and firefighting pumps. Best deals. Call today.

Ph: (03) 6372 2762. All hours.

Ph: 6372 2762.

Boat Stacer. 3.9 metre aluminium.

Near new 30HP Yamaha, carpeted full floor, removable canopy, registered trailer, many extras. Very good condition. \$6,900. Ph: 6372 5486 or 0408 519 373.

Craypot, steel. \$50.

Blundstone boots. Brand new, only worn once. Comfort sole. \$35.00.

Ph: 6372 2813.

Small compressor. Separate motor type. New gauge on tank. New tyre pump ends. Good old unit. \$150.

Ph: 6372 2542 or 19 Cameron St, St Marys.

Double Dicky Seat for Commodore, VT, VY. Very good condition.

\$300. ono.

1 single wooden bed, base and bedends. V.G. condition. \$200. ono.

Replica clawfoot bath. Cream. Ex con. \$200. ono.

Ph: Sharon 6372 2218.

1 dining extendable table. \$75.

1 recliner chair, blue micro suede. Price \$400. ono.

Contact D Floyed Ph: 6372 2176.

* Firewood cut to any length

* Split fence posts

* Ph: 6372 2002 or 0400 826 639

SPACE FOR SALE

WANTED TO BUY

Treadmill. Must be in good condition.

Ph: 6376 1249

16 plate, 3 point linkage off-set disc.

12 run seed drill.

Ph: 6372 2762.

Aviaries, any size, any condition.

Not wooden though. Pay good money.

Can pick up. Ph: 6372 2273 Suzanne.

Small freezer. 4 drawer filing cabinet.

Ph: Darlene: 6372 2007.

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

Adjustable dressmakers dummy.

Ph: 6372 2634.

Dry firewood 14", any quantity.

St Marys Woodyard. Ph: 6372 2107

Mob: 0417 279 422

WANTED

Handyman to rebrick a firebox in an Everhot Combustion stove. Please ring 6372 5272. After 6pm.

Break O'Day Stitchers of St Helens would like to give a challenge to everyone.

For our Easter Exhibition in 2008 we would like you to produce a mini A3 size quilt/embroidery??

For a travelling exhibition with the theme 'H2O' "Use your imagination".

We will send everyone two small pieces of material to be incorporated in part or full. If you are interested please contact Barbara 63763771 or Marj 63725752.

We would appreciate your reply before the end of August.

GIVE AWAY

*Second-hand:

*Cast iron bath (good condition)

*Toilet pedestal and cistern

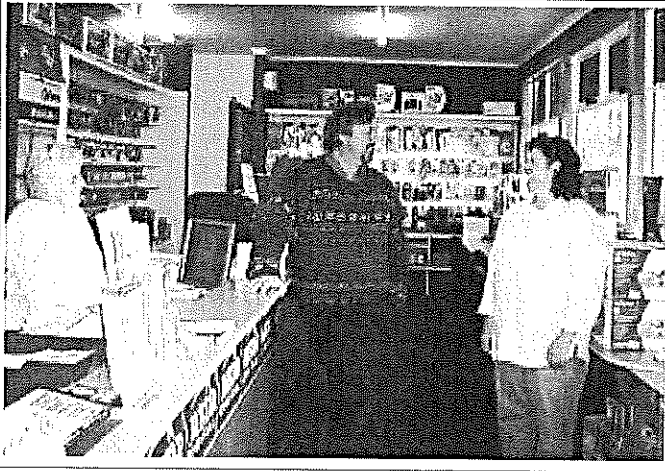
*Wood burner (built-in type)

*Vintage 1950s electric cooker (excellent condition)

Phone: 6372 2673



NORTH EAST COMPUTERS Pty Ltd
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 Email: sales@necomputers.com.au
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- Q. What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common?
 A. All were invented by women.
- Q. What is the only food that doesn't spoil?
 A. Honey.

Tim Morris MHA Member for Lyons



CONTACT:
 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.

Letter to the Editor

Dear Sir,

We would like to know who in their right mind would put a NO ENTRY sign on the road in front of the community hall.

This effectively means that anyone traveling up to the tennis courts, on-line centre or school annex from the north of town, is forced to come to a complete stop in the busiest part of town, (i.e. the supermarket and post office) to give way to traffic coming from Fingal, before negotiating the narrow drive beside the e.ScApe Café, scraping the bottoms of a lot of cars.

With traffic reversing out from the angle parking spots, this is a recipe for disaster. Wednesday tennis has 16 players, with at least 10 cars travelling to the court on that morning. That's not including the cars that travel to the other facilities every day of the week. Come on guys, use a little bit of common sense. **TAKE THE SIGN DOWN.**

Wednesday Tennis Players.
 (Name supplied)

CHRISTMAS IN JULY

On behalf of the committee and myself, we wish to portray our heartfelt thanks to this wonderful community for the help given to us in so many ways.

Both on the day, and beforehand, the support we received was overwhelming for the running of our St Marys Catholic Parish function, 'CHRISTMAS IN JULY'

I wouldn't dare mention individual names, but thank you to all who helped in any way.

Suffice to say the day was a great success both 'FUN' & 'FUNDS' wise.

We look forward to seeing you all again in 2008.

God bless.

Wendy Aulich and Committee members.

PARISH RAFFLE

A very sincere 'Thank you' to the many people who supported us whilst running our

St Marys Catholic Parish raffle.

The generosity of the people of St Marys and surrounding areas, never ceases to amaze me! I am only sorry that you can't all be prize winners. The names of the prize winners are listed below.

	<u>Prize</u>	<u>Winner</u>
1st	— side of lamb	C Durbridge
2nd	— pr single sheets	M Bennett
3rd	— bathsheets & face washers	S Housego
4th	— 2 fold-up picnic chairs	M Berwick
5th	— Bath mat	Rod Bond
6th	— 4 person picnic set & case	P Bradbury
7th	— large torch	V Waldron

Pauline Berwick.

East Coast Motocross

Practice and Racing Calendar

- August 5th: Club Race Day
- August 19th: Tas Motocross Championship (Rd 6)
- September 30th: Practice/Fun Day
- October 21st: End of Year Club Day/BBQ
- December 2nd: Grass Track Event



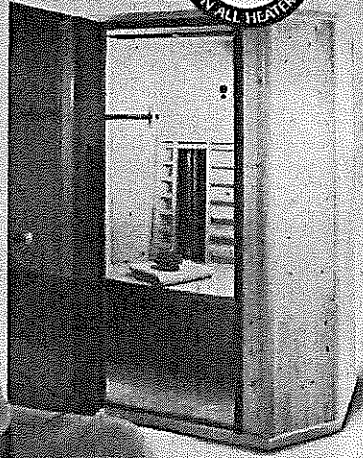
Enquiries: 6376 1380 A.H.

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The many Physiotherm Infrared Benefits

Welcome pain relief

Health professionals have used infrared lamps for many decades to treat muscle and joint problems.

Studies have shown that infrared saunas assist in the reduction of inflammation and soreness through direct action on the free nerve endings.

Safer detoxification

The lower operating temperature of a Physiotherm Infrared Sauna (30 to 45 degrees Celsius) leads to better detoxification through sweating, whilst not inflicting the stress of high heat on the body.

Over fifty patients were evaluated in a Bio-Toxic Reduction clinic. Each of these patients experienced either a total remission or marked improvement of their symptoms, following treatment with hypothermic infrared detoxification.

Accelerate weight control

Our body expends energy to produce sweat (1g sweat requires 0.586kcal) meaning your body burns up to 600 calories in just one 30 minute session.

Regular infrared sauna treatments increase your metabolic rate to keep weight and obesity under control and are a useful support for good diet.

Increase blood and lymphatic circulation

When circulation is improved throughout the body, even into the depth of muscles, organs and tissues, it may help prevent illnesses in their early stages, such as:

- * blood pressure problems (hypertension, hypotension)
- * early forms of angina pectoris
- * all forms of chronic diseases involving heart, kidneys, liver and tissues.

Limit the risk of heart disease

Repeated infrared sauna treatments stimulate circulation and increase the oxygen content in your blood. This suggests a preventative role for sauna use in treating Arteriosclerosis.

Improve your immune system

A strong immune system means a healthy body. If you have good immunity, you will not become ill very often, you will enjoy life and you will most likely live longer. Regular infrared treatments are a tried and proven method of boosting the immune system –and it is completely natural!

Reduce chronic fatigue

Chronic fatigue sufferers have experienced increased energy levels during and after infrared sauna therapy.

Refine you skin

Infrared heat opens and cleanses the skin's pores. Hence your skin is able to breathe freely, resulting in an improvement to texture, complexion and tone.

Treat cellulite

Many health and beauty clinics apply infrared heat successfully to reduce cellulite.

Supplement physical exercise

Infrared sauna treatments are beneficial and hazard-free for active people. For the sports person dresses in light attire, 5-10 minutes will be helpful to warm up your muscles before beginning exercise.

Call in or phone and talk to Kellie today.

Price: \$25 per ½ hour session

\$150 x 10 sessions.

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OFFICIAL OPENING - 7 PM FRIDAY 24TH AUGUST 2007
Entry \$5 (members free - please bring a plate of supper)

DUO Exhibition

@

Gone Rustic Quilt
Studio & Gallery

24th Aug-2nd Sept 2007

featuring work by Lauree Brown of Blackmans Bay and Rita Summers
of St. Marys as part of Living Artists Week through arts @ work

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase..... 'goodnight, sleep tight.'



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- * Looking for a gift with a difference?... we have it!!
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OPEN 7 DAYS**

10—5 PM WEEK DAYS
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(Closing at 4pm week days through winter.)

WELCOME ABOARD!

THE JOURNEY STARTS

AT THE

ST MARYS RAILWAY STATION.

Telephone: 6372 2007



Do you want to know the history of
your house in St Mary's?

What about your street? How has the streetscape of
St Mary's changed over the years?

If you have lived in St Mary's for 2 weeks,
2 years or even
two generations, then this is the tour for you!

**Get ready for the
St Mary's
Mystery History Tour !!**

coming to a Saturday afternoon soon!
(Depending on the Valley Football dates of course -
but perhaps the end of July??)

Register your interest so we can determine what size bus to
provide, and afternoon tea requirements. Cost will be minimal,
and we are looking for residents of any age or mobility
to contribute to the running commentary.

Please feel free to suggest a route/itinerary if there is
anything you want to know about your town's history. We
may take in Cornwall or Mt Nicholas if there is interest -
please contact 6372 5060 or text your details to 0412 803 027
and we'll add you to the list!

To Cagerattler,

Council's lack of information....

I would like to comment on the recent upgrade of water
meters around the valley.

Residents received a very short note telling us this was going
to happen... and that was it!

There seems to be a lack of information on MANY issues
facing the wider community, not just this one. Shouldn't the
council be responsible and accountable to the community to
inform us of details of changes going on?

Like, WHY it is happening, WHAT will the extra cost be
(if any), WHAT policies are in place, WHAT is the cost per unit
of water, WILL the amount we currently pay yearly in our rates
end or change, Is it true that ST MARYS pay the annual rates
fee a quarterly bill?

Nothing has been explained, leaving the wider community to
make assumptions that are likely to be incorrect.

Isn't it up to council to keep us informed?



I believe they should make a much bigger effort in dealing
with residents in ALL matters, Not just this one.

And not just a notice in the Valley Voice, but an
information sheet mailed to effected residents. It would make
their jobs much easier if the public have information available
to them so they are able to understand the whys and
wherefores.

Council would receive less inquiries and complaints which
would lessen the burden on their frontline staff.

If you, the reader agree, maybe it's time to start requiring
more from OUR council.

(Name supplied)

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Excavator fitted with grab • Custom made v drain buckets • Narrow trench bucket for poly pipe & electrical • Ripper and all digging & clean-up buckets • Supplies of bedding sand & gravel • House sites & blocks cleared • Rubbish removed & roadwork

If we can't do your work we will do our best to find you someone who can

Peter Dane Gardening

St Marys

Qualified Horticulturist

Over 25 years experience
in all aspects

of garden maintenance, restoration
and organic vegetable growing.

"July is the time
for fruit tree and rose pruning."

Call 6372 2686 or 0408 208 658

St Paul's Anglican Church.

Bishop John Harrower will be in St Helens presenting a Seminar. "Understanding Our Muslim Neighbours."

This Seminar is for all the Community.

**A Workshop over Friday evening
21st September, and Saturday 22nd 2007**
will be held in St Helens.

"Understanding Our Muslim Neighbours" will be conducted by Bishop John Harrower of the Anglican Diocese of Tasmania, With Rev. Tom Wallace as the workshop facilitator.

Friday's session will be from 7.30pm to 9pm, and Saturday 9am to 5pm in the Anglican Parish Hall.

\$10 donation to cover cost of materials, supper, am & pm tea. Seminar attendees are asked to make their own arrangements for lunch on the Saturday.

Bishop John will cover the following subjects:
The life of Muhammad, Revelation and sources of Islam,
What is Islam, Who is Allah (God)?,
Relating to Muslims.

Please register with the Parish Administrator
on 6376 3882.

The Say. Cagerattler

Last Sunday by chance, a local person I know quite well had me fascinated for a while. He is a very keen and experienced trout fisherman, and is particularly well versed in fly fishing.

This weekend coming up is the opening of the new trout season, and he was taking the chance to sort out his rod and spool combinations to be ready for this much awaited season. It was very interesting to watch and he gave me a real insight into this skilful method of catching our wild trout.

He will be trying his gear out at one of Tasmania's iconic places, and I hope he has plenty of success. He has been readying his fly's during winter too.

This made me think of growing up here, and our own Break O'Day Rivulet. This little creek of ours at one time was an incredible fishery in its own right.

As a kid, I regularly caught some of the best conditioned brown trout you'd see anywhere. A mate of mine and I would fish, mainly live bait, and on many occasions land fish in excess of 3 pounds. (Pounds and ounces is the only real way to talk fish by the way)

Sometimes fish up to five or six pounds were caught, and you would be disappointed if you didn't nail mostly 1½ pounders as a minimum. It might take all day to catch one or two fish, because like real trout, they were hard to get near in what was clear open water on most stretches.

Over more recent years, fish of that quality have seemed to dwindle, and it's been quite a few years since I've even bothered to try.

Locally it seems to now be the domain of the redfin perch. Am I right or not?

We even had a real tourist attraction, with some big 'Tame' trout at the 'town bridge'. Some were really big fish, and visitors loved to feed them.

Perhaps Inland Fisheries need to have a look to see if Break O'Day is being overrun by other less desirable species, and if anything can be done to reinvigorate this once terrific area for wild brown trout.

Wouldn't it be great to see big fat trout in numbers in our rivulet again?

What do you think?



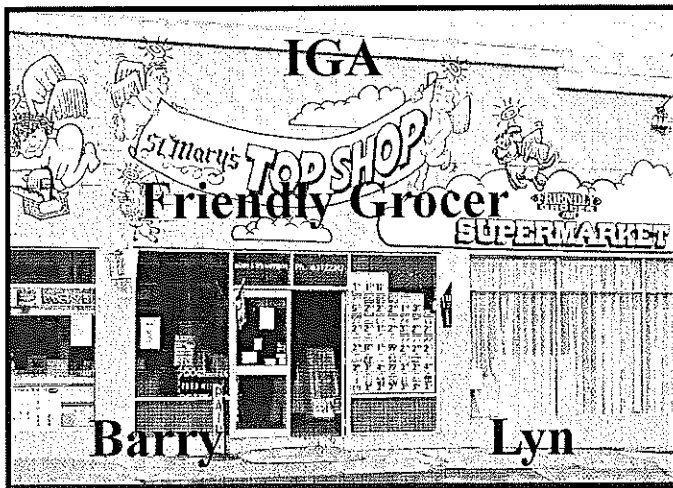
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Contacts for Valley Voice

PH: Judy: 6372 2155 Fax: 6372 2172

email: judith.spilbury@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**

Community notices : **free.**

Small ads. Garage sales. Greetings.

Thanks etc. \$12.

¼ page \$20. ½ page \$30.

Full page \$50.

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- ◆ LAND CLEARING
- ◆ HOUSE SITES
- ◆ BRIDGE CONSTRUCTION
- ◆ ROAD GRAVELS AVAILABLE
- ◆ AND MUCH MORE

I WONDER HOW MANY PEOPLE KNOW ABOUT THIS?

A 36 year old female had an accident several weeks ago and totaled her car. A resident of Wollongong, NSW, she was traveling between Wollongong and Sydney. It was raining though not excessively, when her car suddenly began to hydroplane and literally flew through the air.

She was not seriously injured, but very stunned at the sudden occurrence!

When she explained to the policeman what had happened, he told her something that every driver should know-

NEVER DRIVE IN THE RAIN WITH YOUR CRUISE CONTROL ON.

She had thought she was being cautious by setting the cruise control and maintaining a safe consistent speed in the rain. But the policeman told her that if the cruise control is on and your car begins to hydroplane—when your tyres lose contact with the pavement, your car will accelerate to a higher rate of speed and you will take off like an airplane. She told the policeman that was exactly what had occurred.

The policeman estimated her car was actually traveling through the air at 10 to 15 kms per hour faster than the speed set on the cruise control.

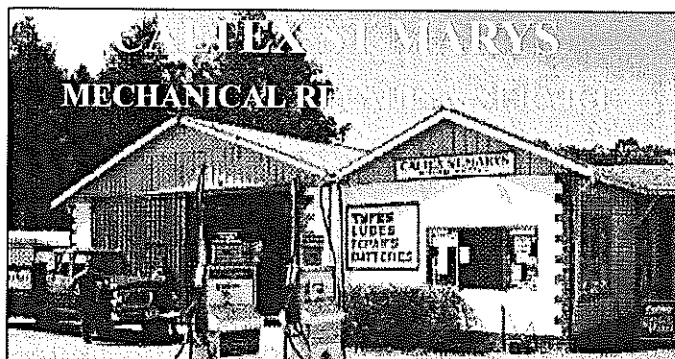
The policeman said this warning should be listed on the driver's seat sun visor: **NEVER USE THE CRUISE CONTROL WHEN THE PAVEMENT IS WET OR ICY**, along with the airbag warning.

We tell our teenagers to set the cruise control and drive at a safe speed—but we don't tell them to use the cruise control only when the road is dry.

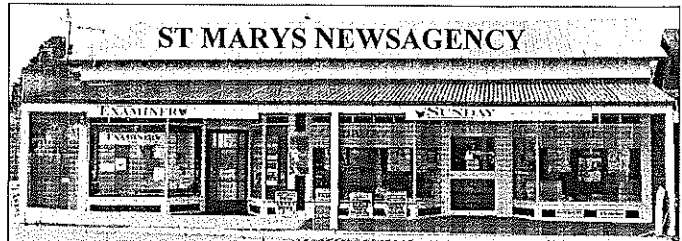
The only person the accident victim found who knew this (besides the policeman) was a man who had had a similar accident, totaled his car and sustained severe injuries.

Article sent in by Sue Fish.

ST MARYS MECHANICAL REPAIRS




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Dick Adams MP
 Federal Member for Lyons

Please contact one of my offices if you have any queries we can help you with.

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 Perth, Tasmania 7300
 Ph: (03) 6395 1115
 Fax: (03) 6398 1120
 Toll Free: 1300 132 689

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 (P.O. Box 271)
 New Norfolk, Tasmania 7140
 PH: (03) 6251 3366
 Fax: 6251 1030

Email: D.Adams.MP@aph.gov.au



"Working together for the future of communities in Lyons"

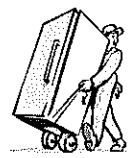
Written and Advertised by Dick Adams, 538 Main Road Perth, Tasmania's 1981

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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.

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.

Break O'Day Business Enterprise Centre

Do you have a great business idea?

Are you in St Mary's or Fingal?

*Come and talk to us, we visit the area on a regular basis,
make an appointment today!*

We offer a range of services that can help you:

- Business Plans
- Business Booklets
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- Resumes/CVs
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Telephone: (03) 6376 2044 Facsimile: (03) 6376 2055

Email: becmng@bigpond.net.au

This is a confidential service supporting new and existing businesses.

Rae & Partners
Lawyers Barristers & Solicitors
93 York St Launceston
Ph: 6337 5555

Visiting :

St Marys Community Health Centre

Alternate Tuesdays : 9 am – 10 am

Appointments: 6337 5555

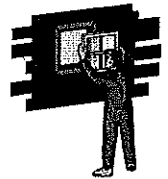
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Falmouth Ph: 6372 5361

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2007 - St Marys Sesquicentennial Commemorative Paving

St Marys & Districts' Families, School Classes, Individuals, Former Residents, Clubs, Interest Groups, Businesses, etc.

YOUR NAME/S WILL GO DOWN IN HISTORY

SINGLE PAVER



\$25
ONE PAVER

For just \$25 you can have your name engraved into a **SINGLE PAVER** as a record of St Marys' 150th Birthday celebrations. The paver will be permanently installed in a prominent place in St Marys for all generations to see.

M A R N E Y F A M I L Y
M T N I C H O L A S

ENGRAVING DETAILS: Please print clearly in **BLOCK** letters. Each square represents one letter, number, space or punctuation mark. (Maximum 32 letters for **ONE PAVER**)

A UNIQUE AND LASTING OPPORTUNITY TO SHARE IN ST MARYS' 150TH BIRTHDAY CELEBRATIONS



\$50
TWO PAVERS

TWO PAVERS (\$50) or THREE PAVERS (\$75) WITH A BORDER

You can have your name engraved into **TWO** or **THREE** pavers **WITH A BORDER** as a record of St Marys' 150th Birthday celebrations. The pavers will be permanently installed in a prominent place in St Marys for all generations to see.

T O O M B S
G E O R G E R H O N D A
D A V I D L E A N N E
K A T R I N A
R A C H E A L C A S B O U L T
L U K E

ENGRAVING DETAILS: Please print clearly in **BLOCK** letters. One square for each letter, number, space or punctuation mark and you can use "&" instead of "and".

Maximum 64 letters for **TWO PAVERS**

Maximum 96 letters for **THREE PAVERS**

SIMPLY FILL OUT THIS FORM AND RETURN WITH FULL PAYMENT BY CASH, CHEQUE OR MONEY ORDER TO:

St Marys Lions' Club
C/o St Marys Post Office
St Marys 7215

For further information contact:
Peter Troode on 6372 2783 or 0412 245 666
email: addestone@bigpond.com

Contact Name:

Address:

Phone:

Offer closes on the 30th September 2007
Please photocopy and pass on to friends and business associates.

MEALS ON WHEELS ROSTER

August	St Marys	Fingal
Mon 6th	Fe Gillies	Carole Woods
Tues 7th	Ruth Aulich	June Hall
Wed 8th	Liz Rice	Patsy death
Thurs 9th	Pat O'Donnell	Jan Marshall
Fri 10th	Jeff Herrmann	Christine Woods (S)
Mon 13th	Debbie Barnes	Karen Lohrey
Tues 14th	Pam Lynch	Robyn Holder
Wed 15th	B & B McAllister	Barb Saunders
Thurs 16th	Gail Gamble	Lynda Bean
Fri 17th	G & M Derbyshire	Robyn Miller

Church Services

Catholic Parish of St Marys

Sr. Lorraine Groves

Parish House. Ph: 6372 2252
Mob: 0409 172 741

1st Week:

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

2nd Week

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

3rd Week: MASS

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

Week 4

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

Salvation Army

Sunday JOY 2pm -3pm every
Sunday.
Salvation Army Headquarters.

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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Mob: 0418 133 420

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Chapel:

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St Helens



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PHONE: 6372 5291 OR MOB: 0439 378 624



Did you know?

If a statue in the park of a person on a horse has the horse depicted with both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS on ROSTER

Dr. DAVIDSON 6/8/07– 10/8/07

Dr. REECKMAN 6/8/07-10/8/07

Dr. OTTOSEN 13/8/07-16/8/07

There will be limited medical coverage on the weekends of 4&5 and 11 &12 of August 2007. Please phone after hours number for assistance.

AFTER HOURS SERVICE

PLEASE PHONE GP ASSIST ON 1300 780 011

AMBULANCE 1800 008 008 or

EMERGENCY 000

COMMUNITY HEALTH CENTRE 6372 2111

BEFORE PRESENTING AFTER HOURS.

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

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. Patients can not request scripts over the phone.

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



Flu Virus spread can be reduced by regularly washing your hands.

RELATIONSHIPS AUSTRALIA

Tasmania is presenting

RELATIONSHIP MATTERS

A short three-week course designed to help individuals stop those annoying behaviours that may hinder their relationships

This *FREE* course is being held at

ST MARYS

TUESDAY 21 AUGUST

7pm-8pm

At the Community Health Centre

(supper will be provided)

Numbers are limited- to register for this course phone:

1800 002 222

Bookings are essential.

'WHAT'S ON AT THE CENTRE'

3 August **Relationships Australia**, Lyn Marie phone 1300 364 277 for appointments

13 August **Relationships Australia**, Lyn Marie phone 1300 364 277 for appointments

14 August **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

14 August **CHAT Group** 1pm-2:30pm with Lorraine McGee and Christine Minchen

14 August **Anglicare** 9am-12noon phone 6333 3000 for appointments

15 August **Psychiatrist**, Dr Peters

17 August **Relationships Australia**, Lyn Marie phone 1300 364 277 for appointments

CHILD HEALTH ASSOCIATION

CHAT Group

Are you interested in meeting other mothers?
Would you like to join in social activities?
Would you like to hear information about children, play, child development, sleep etc?

Then our CHAT group is for you!

Come along on August 14 from 1pm-2:30pm at the St Marys Community Health Centre meeting room for a coffee and CHAT!

Talk to Lorraine or ring Christine 6231 4765

We look forward to meeting YOU and YOUR Child.

EMERGENCY RELIEF FUNDING

The St Marys Community Health Centre Social Work Department has in the past been a provider of the Emergency Relief Funds (Food Vouchers).

This service is no longer available through our Social Work Department but is now available through:

EAST COAST COUNSELLING SERVICE

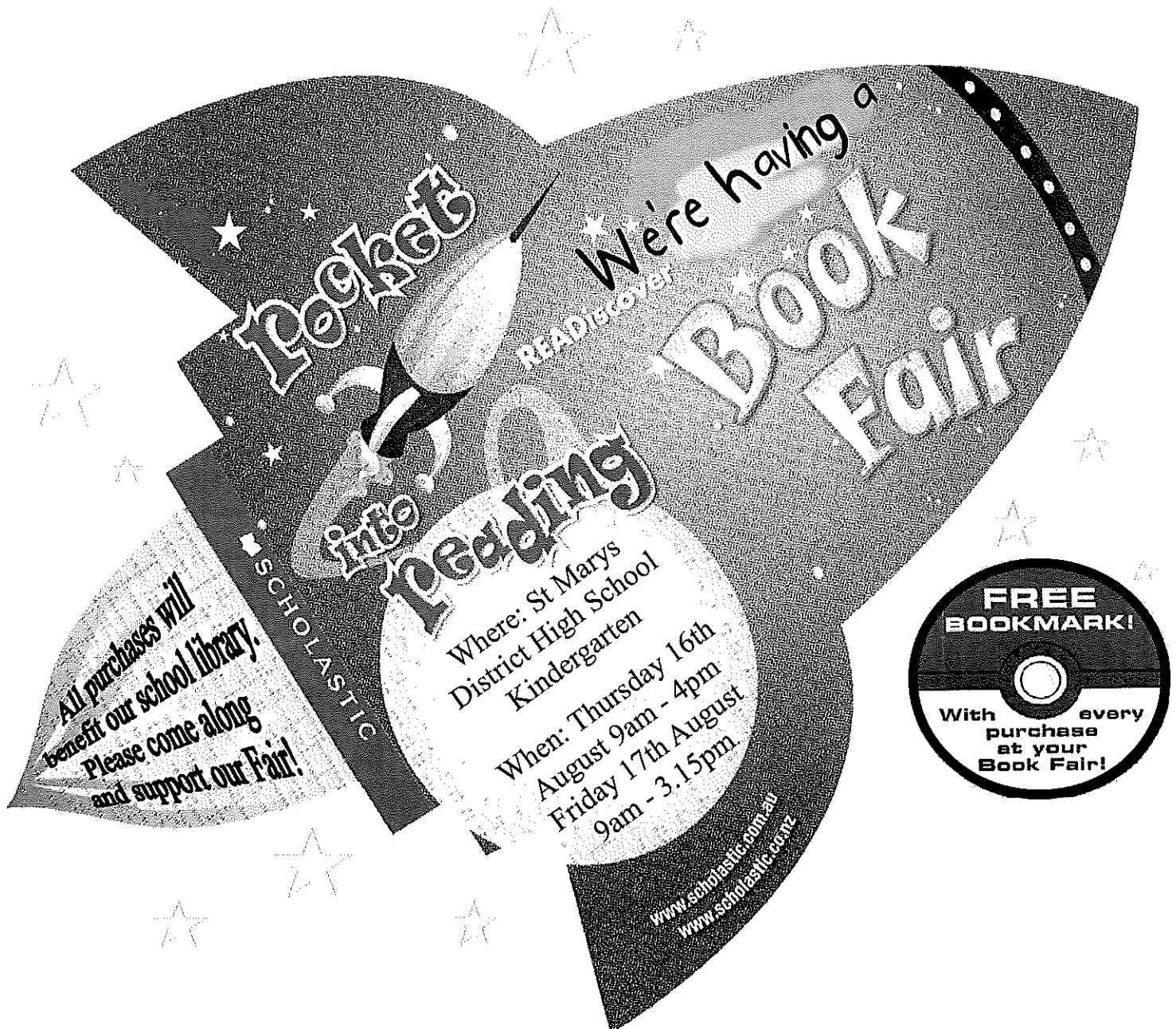
THOM RYAN on 6376 1810 or 1800 111 878

Please phone Thom for further details about the Emergency Relief Service

SENIORS WEEK 2007 IS COMING SOON- 1-5 OCTOBER.
KEEP WATCHING THIS PAGE FOR DETAILS OF EVENTS IN OUR MUNICIPALITY, BREAK O'DAY.

AUGUST 2007

Mon	Tue	Wed	Thu	Fri
		1st August ⇨ Dental Service ⇨ East Coast Gymnastics Prep - 2	2nd August ⇨ Dental Service ⇨ East Coast Gymnastics 3-6 ⇨ Kitchen Opening - 1pm ⇨ NEET maths exams 11am	3rd August ⇨ Dental Service ⇨ Jeans for Genes Day
6th August ⇨ Work Experience ⇨ Testing gr. 3, 5, 7	7th August ⇨ Work Experience ⇨ Testing gr. 3, 5, 7	8th August ⇨ Next Newsletter ⇨ Work Experience ⇨ Testing gr. 3, 5, 7	9th August ⇨ Work Experience ⇨ Testing gr. 3, 5, 7 ⇨ NEET Snow Camp ⇨ White Lion - 6-8	10th August ⇨ Work Experience ⇨ Testing gr. 3, 5, 7 ⇨ NEET Snow Camp ⇨ Reports Home.
13th August ⇨ A-E Reports Home ⇨ Chess Comp - Bicheno ⇨ Primary Assembly 11am - 4/5 Wardlaw to lead ⇨ Primary Social	14th August ⇨ Defence Forces visit after lunch - all grades 9 - 12.	15th August ⇨ Football/Netball in Launceston ⇨ Secondary Social	16th August ⇨ BOOK FAIR	17th August ⇨ BOOK FAIR ⇨ SRC Fundraiser



Lookset
READ DISCOVER

We're having a **BOOK FAIR**

into Reading

Where: St Marys District High School Kindergarten

When: Thursday 16th August 9am - 4pm
Friday 17th August 9am - 3.15pm

www.scholastic.com.au
www.scholastic.com.au

FREE BOOKMARK!

With every purchase at your Book Fair!

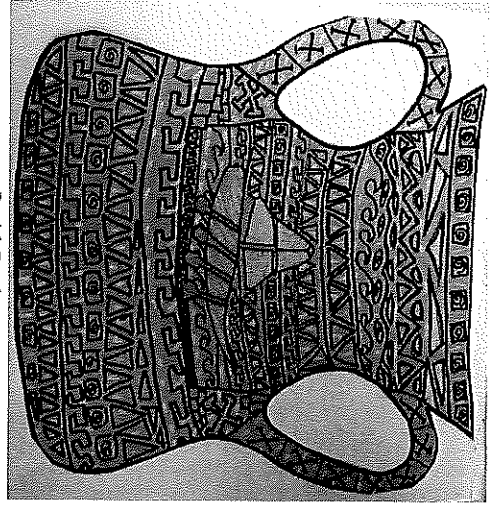
All purchases will benefit our school library. Please come along and support our Fair!

SCHOLASTIC

Campbell Town Show Prize Winners



Joelle Thompson
Grade 6 Open Piece of Artwork
1st Prize



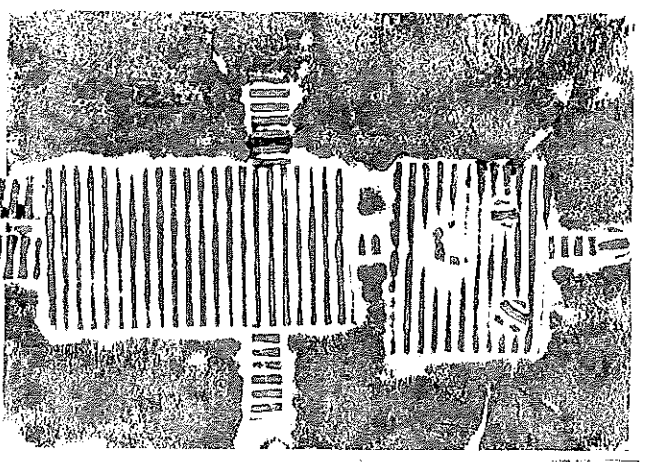
Patrick Bourke
Grade 5 Open Piece of Artwork
2nd Prize



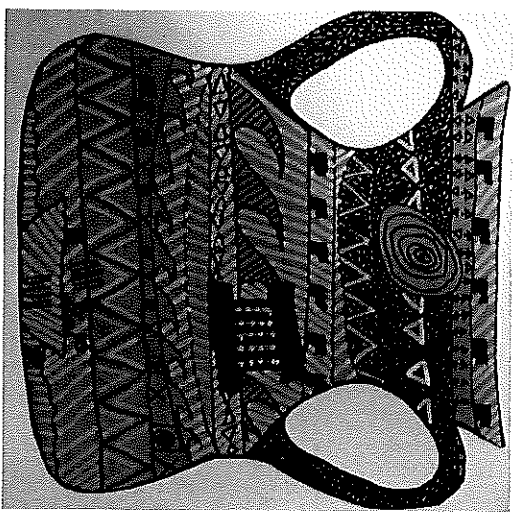
Caley Gough
Highly Commended



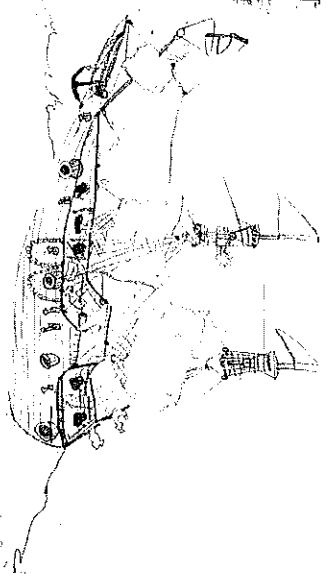
Damiana Neilson
Grade 3 Open Piece of Artwork
2nd Prize



Paris Pihl
Prep Open Piece of Artwork
1st Prize



Tom Kelly
Highly Commended



Josh Nelis
Highly Commended



Brodie Barnes
Grade 6 Open Piece of Artwork
2nd Prize

AMCAL ERNEST TARGETT PHARMACY ST HELENS

Servicing our community for 50 years and the Valley for 25 years, here are some of the services we continue to offer;

- We are Quality Care Accredited*
- We hold complete patient histories including drug interactions and allergies*
- We uphold total professional confidentiality*
- We are a Diabetes Australia sub agent*
- We employ approximately 10 local staff*
- We provide free blood pressure testing*
- We provide Self Care cards and print outs of any new medications prescribed*
- We have an extended range of vitamins and complementary medicines*
- Amcal catalogue specials and Amcal Loyalty Club*
- We aim to make shopping a pleasurable experience*
- We are the first point of contact in the health chain and if necessary, will advise further consultations with your local GP*
- Our goal is as each customer leaves our shop or completes a phone call, there is nothing more that we can do to assist*
- Our staff are vastly experienced with up to 30 years continuous service with the business*
- Free deliveries*
- Don't forget, we are only a phone call away*

St Marys Sports Centre news. Kackhander

First of all the good news, and thanks to Col and Kim at Main Street Clothing for beginning a terrific Mulligan's Day as their sponsored event for the year.

This event was played last week with a pretty solid field involved, considering that several people were away. With Main Street Clothing's support, this helps to raise funds to continue upgrading the club. The winners included Kodie Donald, Don Targett and Rod McGiveron, all winning some nice prizes

Thanks again to Kim and Col for their day on the calendar.

Now to the bad news. We simply could not start a 72 hole club championship with only about five or six players, and late on Friday evening some sort of decision had to be made. The people who were playing for certain were contacted, and we resolved to provisionally alter the dates to try and accommodate at least 10 players to start.

If this does not occur this Saturday there will be only two options. The first one is to totally reschedule the championships to late September or October, or play a non-graded championship with only an outright club champion and handicap winner, with no other events.

Please try to support the event this upcoming weekend so a normal A, B and C Grade event can be run. For that we surely must get the bare minimum 10 starters.

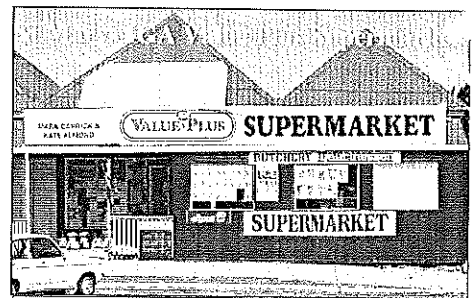
Still on the horizon is another new golf event, kindly sponsored by Harwood's Plumbing Services. This is on August 18th, also scheduled for the 3rd round of the championships and will be open to men and women. More details next issue. Thanks Russ and Bobbie for your support.

Our Annual Tournament is August 25/26th, with the St Marys Open for both men and women on the 25th over 27 holes as well as the usual graded events. Also the ECTGA event is a feature.

The Sunday events include Men's, Women's and Mixed Canadian Foursomes. Entry sheets are now available at the club.

Thanks to all involved with the Christmas in July fundraiser at the club last week. All who attended enjoyed the day immensely.

Anyway, until next time good hitting and rolling.



38 Main Street St Marys

Mark Kate

Phone/Fax 6372 2240

Butcher Ph: 6372 2274

Mon - Fri 8am - 6pm

Sat 8am 12 noon

In-store butchery

This week

Rump steak	\$ 9.99kg
Topside roast	\$ 6.99kg

Next week

Porterhouse steak	\$14.99kg
Legs of lamb	\$ 7.99kg

This week

Late week specials

IGA Finger lamingtons 12 pk	\$ 2.49
Prefer toilet tissue 18pk	\$ 3.99
Finefare cream assorted biscuits	\$ 2.99

Next week

In store

TableCape light cheese (only)500g	\$3.99
Kellogs cornflakes 525g	\$ 2.79
Arnotts shapes 110/200g	\$1.99

Late week specials

Duo laundry powder 1kg	\$ 1.99
Trix dishwashing liquid 1lt	\$ 1.99
Snugglers disp. nappies 24/32s	\$12.99

WINTER SOLSTICE PHOTOGRAPHS

4 SALE

Attention fire twirlers,
dancers and
performers of
Winter Solstice 07.
Order photographs
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E.ScApe Café,
St.Marys.

100x150mm - \$5
200x300mm - \$8

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Vision FM 88.0 at both
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100% positive music & talk
all day long;
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Phone 1800 007 770.
web www.vision.org.au

Australian Sewing Guild Inc. (www.aussew.org.au)

Sewing Retreat
at Seaview Holiday Park, Bicheno
Friday evening August 31st -
Sunday afternoon September 2nd
*Non-members welcome to attend
or drop in*

Enquiries: Jenny Jacobs 62 489125,
jennysewingroom@dodo.com.au

Sue Parsons 0438 382 017,
suepar8@bigpond.com