

The Valley & East Coast Voice

Volume 42 No 3

Thursday, July 16, 2009

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Parents urged to read to children to celebrate Education Week

Tasmanian parents are being urged to read to their children to help celebrate Education Week 2009, Premier and Minister for Education and Skills, David Bartlett, said today.

"Research shows that children who are read to from birth are far better prepared for school, showing that all parents have a crucial role in helping to educate their child," he said.

Mr Bartlett said every Tasmanian child should arrive at school with the seed of a life-long love of learning sown within them.

"There is no more precious gift we can give children than a love of learning. I want every Tasmanian child to have books and reading no matter what family or circumstances they are born into."

Mr Bartlett said that a new literacy brochure to help parents read to their children would be sent to all Tasmanian Child Care Centres during Education Week, which ran from July 5 until Sunday July 12.

"Reading with Your Young Child and Enjoying Books' provides tips for parents and carers on helping their child to read and develop a lifelong love of reading," he said.

Mr Bartlett said that Education Week was the perfect time to pay tribute to the commitment and innovation of Tasmania's students, teachers and school communities.

"Over Education Week, schools around the state held many activities that engaged parent and community networks while highlighting their learning opportunities and achievements," he said.

"Open days, art shows, musical performances and other special events are among the many activities, that give an insight into the vibrant education settings in which young Tasmanians learn, thrive and grow."

Also as part of Education Week, Tasmania played host to the largest gathering of the nation's English and literacy educators.

"Eight international speakers shared their knowledge with around 1100 delegates at Bridging Divides: ensuring access, equity and quality in literacy and English education, the National Conference for Teachers of English and Literacy," Mr Bartlett said.

The conference, hosted by the Australian Literacy Educators' Association (ALEA) and the Australian Association for the Teaching of English (AATE), was held in Hobart from July 9 to July 12.

"It is believed to be one of the biggest ALEA/AATE national conferences ever held and provided the opportunity for classroom teachers, principals, lecturers, consultants and researchers to come together to share ideas and practices."



Premier, David Bartlett and students at the Lansdowne Crescent Primary School.



Parliamentary Secretary to the Premier, Heather Butler.

Supporting rural students to continue with schooling

The State Government has invested almost \$6 million to create 100 extra accommodation places for students who must live away from home to study, Parliamentary Secretary to the Premier, Heather Butler, announced last week.

Opening the National Association for Rural Student Accommodation's 15th national conference in Hobart last week, Ms Butler said the Government was committed to providing equal access to education for all young people, no matter where they live.

"We recognise that if we want students from regional areas to continue on to study beyond year 10, we need to provide them with the best possible support," Ms Butler said.

"Following extensive consultation with key interest groups, the State Government has made changes to make it easier for students from regional areas to go on to high school and post-year 10 education and training. \$4.4 million has been allocated to construct a new purpose-built student accommodation facility in the grounds of the Tasmanian Polytechnic and Tasmanian Academy's Newstead Campus in Launceston. The

complex, which is close to completion, will cater for up to 50 students attending education and training in Northern Tasmania, including students seeking short-term accommodation options.

"A further \$1.4 million has been spent to provide a further 20 places and improved facilities at Hobart's Springvale Hostel. The hostel's new accommodation capacity is 87 places for students in years 7-12.

"The Student Accommodation Allowance for senior students has also been boosted by 33 per cent from \$1050 a year to \$1400 a year and eligibility criteria has been relaxed to support more students, including part-time students," Ms Butler said.

More than 115 delegates from all states and territories attended the National Association for Rural Student Accommodation's conference and training forum, which was held in conjunction with Indigenous Boarding in Secondary Schools.

The association supports staff in student boarding facilities throughout Australia.

The conference concluded last Friday. (July 10).

**Please note: Deadline for articles to be included in the next Valley Voice is: 5 pm Tuesday July 28, 2009.
email address: judith.spilsbury@bigpond.com**

Community news

St Marys Hospital Auxiliary wishes to advise that no meeting will be held for the month of **July**. The next scheduled meeting will be **Mon, August 3, 2pm, at St Marys Community Health Centre**.

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

Grassy Bottom Regional Arts General meeting time and place has changed **Please note** that until this years Winter Solstice, general meetings will be held each Thursday morning at 9am at eEscape Cafe. Come have a cuppa in a warm and comfortable place and join the fun.

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 Thursday at 10.30am 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 Danyelle Briggs:**

WOMBAT WALK LANDSCAPING GROUP meet every Wednesday 9am to 12 Noon (weather permitting) at St Marys Musical Playground area to plant and maintain the rivulet park and flower bank - anyone interested in joining us - please come along and meet our group. **Contact - Robina 6372 2022.**

Break O'Day Wine & Food Appreciation Society meets once a month on the last Sunday.
Ph: Jan 6376 1661 or Leanne Ph: 6372 5291.

The Scamander and Beaumaris Community Development Association meets at 7 pm at the Scamander Sports Complex every third Wednesday of the month. New members are most welcome.

St. Patricks Head & Esk Valley Historical Society meets on the third Sunday of every month, except December, at St. Marys Online Access Centre at 2.30 pm. Meetings are informal and fun and new members are needed. Please contact **Barry Aulich** on **6372 5752** or **Jim Haas** on **6372 2127.**

The Falmouth Community centre would like to advise members and the community that the new contact for bookings of club facilities is Ben Morgan. Ben can be contacted on **03 6372 5604.**

Suncoast Singers meet every Friday at 10am in the Catholic Hall - Cecilia Street St Helens. New singers always welcome.....If you can yawn - you can sing. Phone Mary-Anne Wadsworth 6376 2969.

St. Helens Al-Anon Family Group Meeting: St. Pauls Anglican Church Hall - every Sunday 2pm Contacts: **Ann, John 6376 3270 or Rose 6376 3335.**

Swap n Go gas cylinders available from Gone Rustic, 37 Main Street, St. Marys. Phone 6372 2724 (BH), 0417 027 424 (Rita) or 0417 648 845 (Ian).

NEWS FROM GONE RUSTIC

Just in - *artisan-made fused glass pendants, handstitched owl keyrings, small art originals.* Coming soon - *bib and washer sets* (great gift for new baby!)

Gone Rustic makes every effort to support Australian artists and artisans, especially from Tasmania, and locally where possible.

Exhibitions, handmade gifts and décor, craft, art, cards and more!

Coming soon - journal quilts from the online yahoo group Australian / NZ quilters. More details later ...

Win enough quilt blocks to make a quilt! Join *Rustic Ragamuffins* to enter each month. All you have to do is *rise to the challenge* - the *block challenge* that is. Participants are *given a small kit to get started*, but the rest is up to each individual. Finish the block, put your name in the hat, and *you could win all the blocks!* We have had two winners so far ... Next block challenge *begins this week*, so call in to Gone Rustic today and find out more so you can have a chance to win.

Free quilt block patterns - available to *anyone* who drops in to Gone Rustic ... just ask!

Rustic Ragamuffins - every *Wednesday, 7-9.* Bring your *current stitching project* and enjoy chat, friendship and laughs! \$5 per night - includes *tea, coffee and home-made cake.*

Quilting Bee - once a month, as part of Rustic Ragamuffins. An opportunity to help to make quilts for those in need. *Next one 23rd July.* Please bring your *sewing supplies.*

PROUD PARTICIPANT IN THE EXAMINER'S SHOP LOCALLY CAMPAIGN

Gone Rustic Studio & Gallery, 37 Main Street, St. Marys 7215 Phone - 03 6372 2724 (BH)

0417027424 (Rita) or 0417648845 (Ian)

Web -

www.myspace.com/gonerustic

Online Shops - www.gonerustic.etsy.com

www.gallery37.com

HOMESCHOOLING FAMILY, new to St Marys, with 2 girls -12 and 5 years old, would like to meet up with any other home-schoolers in St Marys or surrounding areas.

Please phone Sharon: 6372 2182.

Meals on Wheels

**Annual General Meeting
August 19th 2009 At 2.00pm**

St Marys Community Health Centre
Agenda - Election of Office Bearers

President

Vice President

Secretary

Treasurer

Committee

Present President, Secretary and Treasurer
are not for re-election.

Secretary, Susan Woods.

Looking for your dream home/shed/garage/stables, etc. at very *affordable* prices? Want a *free* catalogue and *no-obligation* quote? Then call in to Gone Rustic, 37 Main Street, St. Marys. To phone, call 03 6372 2724 (BH), 0417 027 424 (Rita) or 0417648 845 (Ian).

Classifieds

For sale

Subaru Brumby '89 dual range, bull bar, UHF, CD player, good tyres, 136k, very good condition. \$6,200.

'02 VX Commodore, auto, mags, April '10 rego, very good cond. \$8,200. **Stock hurdles** to suit 8' x 6' flat tray. Near new. \$500. **Wrecking '93 Hilux** 4 x 2. **Forklift tyres.** 5.00 x 8.00 8 PR, 6.50 x 10.00 10 PR.

Ph: 6372 2465 or 0419 518 533.

Ab Revolutionizer floor exercise machine for abdominal toning. Complete with workout video and instructions. Ex cond. Unwanted gift. \$25. **Ph: 6372 2214.**

2 bags ceiling insulation batts -new. \$35 each.

1x L Tastic 4 light & fan -new. \$100.ono. **2 Pine bar stools.** \$5 each. **1 bedside table.** \$5. **1 Mother's Choice pram.** Good cond. \$20. **1 folding change table.** \$10.

1 Valco portable baby carrier (suit new-born to 6 mths) \$10. **1 fitball** (55cm) \$5.

Ph: Craig or Hayley 0408 174 193

Bosch gas hot water service, good working order, instant heat. Suitable for house or shack. \$295.00 **Ph: 6377 1216.**

1995 4 x 4 Toyota flat tray. 12 mths rego, new battery, good tyres -Sunrasia wheels. A/C - P/S Very reliable. \$7,300. ono. **Ph: 6372 5445.**

Steel electricity supply pole 100 x 100ml square with meter box, earth rod and insulators. \$500. **Ph:6372 2388.**

Free gas stove in working order

Free shower recess base, never used

Timber window frames with glass, various sizes \$10. each. **Timber interior doors** with door jambs \$10.

Ph: 0428 725 228.

1990 Mitsubishi Lancer GLX, 5 speed manual, power steering, CD player, rego 8/09, recon motor, excwllwnt fuel economy, great condition, well looked after. \$2,200. ono **Ph: 0409 778 725/ 6372 2443.**

125cc Thumpstar Terra-Moto Motor bike. As new. Paid \$3000. Sell for \$1400.

Eze-Go Golf cart. New batteries, ex. Condition. \$3,200. **Ph: 0419 511 635.**

Children's heavy duty material indoor playhouse tent. "Bazoongi" brand. Great birthday or Xmas gift. As new.\$30.

Contact: Karen Polden: **Ph: 6372 2438 or 0439 333 398.**

Fergy Mouldbond plough. \$150. **Ph: 6374 2219.**

TV cabinet, black \$150. **DVD player** (Panasonic) \$150. **VCR** (Sharp) \$100. **Ph: 6372 2513.**

1983 Toyota Hiace van. Low kms on engine, good tyres, brakes, bull bar. Rego to 11.7.09. Removable bed & cupboards in back. \$1200. **Ph: 6372 2417 / 0438 873 789.**

Toyota Landcruiser ute 1993 6 cyl 4.2 diesel near new BFG MT tyres, racks to carry 6m loads.157,000km Rego Nov.\$13,500. **Ph: 0418 680 799.**

Frozen blueberries -this season's -\$12 kilo. 2 or more kilos, \$10.50 per kilo. **Ph: 63722341.**

Homebrew supplies

Beer and spirit making supplies. All your kits, yeasts, essences and equipment available. Free local delivery in St Marys and district. **Ph: 6372 2540.** →

Proof is in the eating

All people of St Marys and surrounds should be very proud of

Mount Elephant Fudge and Liz Dean

A recent article on the need to support local business in the Examiner newspaper, St Helens shop owner Carol Liefing was quoted as saying "...in consistency in sales its one of the best products in the shop..."

Well done to Liz, keep up the great work.. its the best fudge ever !!

The Falmouth Community Centre AGM will be held on the 26th of July at 4:00pm at the Falmouth Community Centre

GIVE-AWAY

FANTAIL PIGEONS. PH: CHARLIE 6372 2425

WANTED

Pottery wheels for art classes.
Phone Big Shed Studios, 0428 725 228.

WANTED

a person or persons who would like **FREE** accommodation for the week of 21st September to the 28th of September, 2009. The only thing you need to do is look after our two old dogs, (well trained) who are just happy with food, an occasional walk and a pat
We need you to be responsible, love animals and to meet you before hand.
Call us on 6372 2540.

Straw Bales for sale, \$8 each. **Ph: 6376 2131.**

1990 Ford ute, manual. Rego. \$995. firm. Ph: 0408 596 152

Eight laying chooks and a rooster. Ph:6372 2410.

2 wardrobes. \$60. 1dressing table. \$30 3 piece lounge suite. \$100. assorted crockery. 2 armchairs \$50. ALL ono. Ph: 6384 2279.

Modern Flat Large Screen TV. Approx 40cm x 50cm Acoustic Surround (Very loud and crisp) NTSC input. Remote Included. Model AV-2854E. Made in the U.K. \$120. **Ph 6372 2818.** St Marys.

Small sink with beautiful mosaic surround and new taps - \$100. **Hi-Tech walking boots**, mens, hardly worn, UK size 8, \$60. **House lot of second-hand timber-frame windows**, various sizes and prices. **Ph 6372 2686.**

Tractor slashing available. Fire wood. 1, 2, & 3 tonne loads Ph: 0407 944 158.

"Moo-Poo". Finely screened. Any amounts. See Norm. **Ph: 6372 2380.**

Yamaha WR 250 motor bike. Reg. Under 800kms. \$8,500. **Ph: 0407 431 191.**

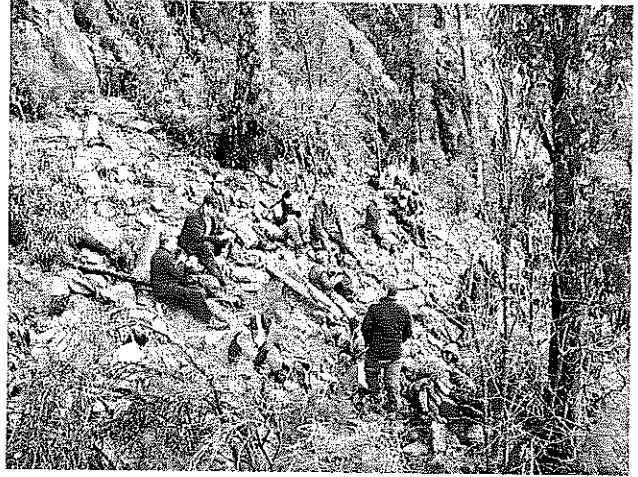
1989 Ford Laser hatchback. 175,000 kms, reg. Dec '09. Ex. con. \$2,750. ono. **Ph: 04077 725 722.**

A LITTLE BIT OF HERITAGE: Jim Haas "Picnic at Tea-Pot Rock"

In the days before motor cars became such a prevalent part of society, recreational walks, which would include a well prepared picnic, were common place in most families in the Fingal Valley. For the folk of St Marys, St Patricks Head or Kringle's Caves were popular destinations, whilst the folk at Fingal would most probably head off to the Bare Rock, or a stroll along the South Esk River. For the townspeople of Cornwall and Mt Nicholas a walk in to St Marys to visit friends or relatives was always popular, but it was the Tea-Pot Rock, which rises above the Mt Nicholas Range directly above the Cornwall Township, that was the favourite for many.

It was tradition for every capable man, women and child in Cornwall, to walk to the Rock at least once in their lifetime. But once you did it the magnificent raw beauty of nature in all its glory would draw you back time and time again. Proof of its popularity was the well worn track that headed up the mountain behind Cornwall to the base of the rock. From there you would have to pick your way over a couple of hundred metres of loose rocks and then follow a crevice which circled to the northern side of the rock, then rose quite sharply to the top. But like many of our old traditions the Tea-Pot Rock walk has gone by the wayside and the old track, from where it branches off from the Derrick Marsh track, has disappeared.

On Saturday the 4th July, however, twenty or so members of the Launceston Walking Club met up with Beth and Jim Haas at Cornwall and followed the tradition of our ancestors to walk to the once popular rock. But the tradition could not be complete without the picnic, and what a picnic it was.



Members of the Launceston Walking Club take a well earned break on the way to Tea-Pot Rock.

After a long climb, which entailed much scrub bashing and scrambling over a million loose stones, we eventually arrived at the top. By this time we were ready for lunch and everyone went diving into their backpacks.

But Malcolm, from the walking club, had a pack quite a bit larger than the rest of us and his mission was to find a flat rock, lay out a printed table cloth, along with a gas burner, plastic cups and an old tea pot. To top that off someone else came up with a large cream cake. Then more cake appeared and before long a picnic fit for a King was displayed on a table only nature could provide.

With a back drop of the Break O'Day Plains, Mt Elephant and St Patricks Head to the south, the coastline from Falmouth to Eddystone on our eastern side and rugged bush with rolling mountains dotted with the peaks of Mt's Huntsman, Victoria, Albert, Young and Saddleback to the west,



Members of the Launceston Walking Club fill the tea pot for a cup of tea on Tea-Pot Rock.

we all sat down to a feast of which our ancestors would have been proud. To top the meal off we were treated to a freshly brewed cup of tea poured from an old fashioned tea pot to emulate the rock on which our feast was served.

Like St Patricks Head, the walk to Tea-Pot Rock is only suitable for the hardy walkers these days, but to experience the feeling of being on top of the world in a place created only by nature itself is well worth the effort. It also makes one wonder why so many of our past traditions have been lost in time.

EXPRESSIONS OF INTEREST
SOUGHT FOR
INDOOR/CARPET BOWLS
AT ST MARYS SPORTS CENTRE INC.
PH: LILLIAN 6372 2531.



The Picnic at Tea-Pot Rock.

Letter to the Editor

Vol. 42, No. 3, 2009

The Editor
Valley Voice
Dear Editor,

Further to Jim Haas' article on the "Lady Nelson", there is a close connection between the "Lady Nelson" and the valley. Christina Stieglitz, chatelaine of Killymoon, who died in 1857 and whose grave is at Cullenswood, was married in 1810 at St Phillips, Sydney, to Bryan Overhand, Captain of the Lady Nelson 1809-1814.

During that time he was involved in voyages between Hobart, Sydney and Norfolk Island, and in the evacuation of the settlers on Norfolk to Van Diemens Land, including Thomas Ransom and Daniel Stanfield, both of whom subsequently obtained grants of land, two of which were land on which Killymoon was built later by Christina and Frederick L Stieglitz.

Christina was sentenced at the Old Bailey in 1806 under her first married name as Catherine McNalty. Marriages prior to transportation were not recognised in the colony, and she married Overhand in Sydney, 1810. When he left NSW in 1814, dismissed for assisting convicts to abscond, she came to Hobart with Thomas Ransom, and was known as Mrs Ransom. After his death in 1829, and the death of Bryan Overhand in 1824 at Parramatta under the name of Benjamin Ormond, she married again to Frederick Lewis Stieglitz in 1830.

After her death in 1857, the property passed to her son, Thomas, who had adopted the name Ransom, although he was baptised in 1821 as Thomas McNally. The Norfolk Island connection was maintained when (young) Thomas Ransom married Sarah Stanfield, daughter of the Daniel who had lived on Norfolk at the same time as (old) Thomas Ransom.

While the Lady Nelson was lost off Timor in 1825, her direct connection with Killymoon was not severed until 1904 on the death of Thomas Ransom, son of 'Catherine McNally, Catherine Overhand, Catherine Ransom and Christina Stieglitz', a remarkable woman in the history of the colony, respected by Governor Macquarie, who facilitated her marriage to Overhand, highly regarded by Governor Arthur, commemorated by Simon Stukely in "The Hermit in Van Diemens Land", and the "missus" to both Matthew Brady and Martin Cash.

David Clement



www.fingalvalleyhistory.com

HISTORY FIELD TRIP

The next field trip of the Society will be on Sunday the 19th July to the old "Garth" ruins on the property of "Rostrevor". Come along and learn the history of what is said to be one of the most haunted ruins in Tasmania and enjoy a BYO picnic lunch within the old stone walls.

*Meeting place will be Grooms Grove Road at 10.00 am
For more information phone: Darlene 63722222,
Barry 63725257, or Jim 63722127*

Workshops

Tues Afternoon - Advanced
Guitar, drum or bass lessons
with Pete Cornelius (private
tuition) \$25 - 30 mins

Wed 1 - 2.30 - Sculpture (clay
Modelling and Ferro Cement)
with John McColl \$20

Wed 5 - 6.30 - Life Drawing
(Model and materials provided.
No tuition) \$12

Sat mornings - **Pottery** (wheel
throwing) with Phillip McConnell
\$15 for 2 Hours Contact Phillip
0417103616

Art parties (make a private
Booking) \$10 per head for 1.5
hours of art activities.

24837 Tasman Highway, St Helens.
Phone **0428725228**

Bigshedstudios@bigpond.com

Open
Wed 10-7pm
Thurs 10-4pm
Friday 10-4pm
Sat 10-1pm

BIG SHED STUDIOS

Rae & Partners Lawyers Barristers & Solicitors 93 York St Launceston

Visiting :

St Marys Community Health Centre
Alternate Tuesdays : 9 am - 10 am

Ph: 6337 5555
For appointments

Australian Sewing Guild

A new branch will be commencing
on the East Coast soon.
Phone Jillian Breen 0408 520 919 or
email jillianbreen@bigpond.com for details.
Sharing and furthering the art of sewing.

Tasmanian Lymphoedema & Laser Centre Inc.

Operating from the St Marys Community Health Centre

Do you have a sporting injury, ulcer, arthritis,
gout, tennis elbow?

As well as treatment for the condition of Lymphoedema,
the low level laser at the Tasmanian Lymphoedema Centre,
can help with the treatment of these common conditions.

Call the enquiries/booking office on 6372 2900
Laser Therapist Kate Williams
Massage Therapist Sue Christiansen 0418 515 419
email: tlcstmarys@hotmail.com
www.taslymphoedema.asn.au



“Sharon and David”

I hope the family don't mind a few lines about their wonderful family members that were taken during the tragic day on our roads recently.

I wasn't lucky enough to have gotten to know David personally, yet everybody without exception, spoke of a truly great bloke who had no hesitation whatsoever in helping out anyone he could.

In a very short time back amongst us, he has helped time and time again, and another good friend of mine attested personally about his big help when a major incident happened in her family some months ago. No doubt a terrific mate if you were lucky enough to have the chance.

Sharon I did have the privilege to get to know, since she came to work at school in December last year. She was an absolute joy to talk to and very quickly she became a friend to us all. She also had this happy knack of making everyone feel welcome in the canteen and more often than not you'd walk out with a big smile on your face. To watch her handle everyone from the little tackers to the “big kids” was something else, all the while not breaking stride with her job of preparing so much food for the hungry crowd.

She was so excited about the new house soon to be built and how it was to take shape in the next few years and living in the shed was a small price to pay for all this.

A testament to Sharon was that when we were told of what happened you'd be forgiven for thinking she had been around for years and years. In fact it was only eight months, but from every kid to every staff member her impact on us all was infectious and palpable, such was her character. She will be a hard act to follow as I'm sure David will be too.

To all the family: We will join you in mind and spirit with your loss.

Rod McGiveron.

“Prue”

A few weeks ago we were given some sad news that rocked us all. Prue Wardlaw was ill. The general comment around the room was “Didn't even know she was ill”. Of course she was having some well earned time off teaching anyway but just the same.....

Only a few days later we were told in similar circumstances that our dear friend Prue had passed away, quickly, and in a way very similar to how she was in life, without fuss or fanfare.

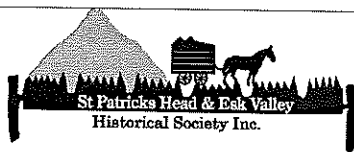
Every child who was lucky enough to be taught by her will always treasure her no nonsense approach to just about everything. At the same time though she was amazing in how she took personal interest in every child around her.

Outside of teaching, no one could ask for a better person to call a friend. If you were a friend of Prue Wardlaw you were a friend for life, no matter what.

On a direct level a great adjective to describe Prue was ‘funny’. On so many occasions she'd have us in stitches and grinning from ear to ear and usually from some of the day to day happenings, as only she could. Prue was legendary.

It will never be quite the same at school, so you can only imagine what her family have to miss, but anyone who knew her was very, very lucky indeed.

Rod McGiveron.



www.fingalvalleyhistory.com

**ST PATRICKS HEAD
& ESK VALLEY HISTORICAL SOCIETY INC.
ANNUAL GENERAL MEETING**

To be held at the St Marys Online Access Centre
on Sunday the 16th August at 2.30pm.

Signed: Jim Haas, Public Officer.

**CORNWALL
COMMUNITY DEVELOPMENT GROUP INC.
ANNUAL GENERAL MEETING**

To be held in the Community Hall

Tuesday 4th August 2009 at 7.00 pm

Signed: Jim Haas, Public Officer.

St Marys Pharmacy

For all your health and
wellbeing products

Pharmacist on duty 5 days a week

Main Street, St Marys Tas. 7215



Kelvyn

Call in and talk to us
about
any health problems.
Or discuss
your medications.
Our friendly staff
are only too willing
to help
with any problem.



Andrew

Phone: 6372 2844 — Fax: 6372 2874

DOING THE ROUNDS By Cllr Reon Johns.

Like to raise an issue? Feel free to contact me on mobile 0429 722 091 or Fax 6372 2098

Cllr Clement moved that there be an amendment to the Special Council meeting as there was not a complete reporting on his objects in the minutes. This was lost 6 to 2. The Mayor moved a motion to reduce the speed limit at Weldborough be lowered to 50 kph was withdrawn as it was not in line with the current motion policy. I still believe that this policy is not in the best interest of the community as it can delay worthy motions such as this.

The Mayor was asked two questions without notice by Cllr Johns:-

Question 1. To the Mayor

What did you mean when moving the motion to invite the Local Government Board (LGB) to investigate a possible merger of the Break O'Day Council and the Glamorgan Springbay Council by the phrase "extensive consultation with the community" when the Local Government Act only requires "reasonable community consultation"?

Mayor answered that this was a procedure that the LGB would decide.

Question 2. To the Mayor

At a meeting on the 9 July 2009, at Fingal, you advised the assembled that as at 1 July 2009 the Break O'Day Council was debt free and that Glamorgan- Springbay Council was not in a similar position. On this basis is there any other information that you are in possession of that has not been revealed to the community at large?

Mayor answered no.

Exemption of fees for a resident at Upper Scamander was supported by Cllrs Clement, Johns, Osborne and Lefevre but was lost 4 to 4.

There was some discussion on the Works and Infrastructure report as to the amount of money that was spent on the St Marys Main Street Makeover. Cllr Clement advised that he would move a motion at the next Council Meeting for a full accounting. Council approved the funding of \$7000 for capital works for a section of footpath from St Helens Library to the car park and other upgrading in Cecilia Street.

Council will allot the next two years of Road to Recovery money to upgrade the Binalong Bay Road. Then a review may take place to decide any further upgrades and what areas.

Request for Sponsorship for Dr Lyall to compete in the Australian Karate National titles was supported by Cllrs Clement, Johns and Osborne. But was lost even though there was a motion on the books allowing for this type of sponsorship.

Council decided not to commit to a further three years funding of Northern Tasmanian Development (NTD) as there were concerns that NTD had not proved any measurable benefit to the area.

Council decided not to support a request for treated waste water to be directed onto Mathinna Recreation ground as there were some serious issues over maintenance.

Council decided to keep a limited number of toilets open in the new amenities block at the St Marys Recreation ground as they were built to be used by all, and not just campers. These facilities will be monitored and the opening of the all the facilities seasonally adjusted to meet demands.

DO YOU KNOW? That the guidelines for the possible merger between Glamorgan -Spring Bay and the Break O'Day Councils can be viewed at www.dpac.tas.gov/lgboard or you can contact your local Councillors.

Please note that I have changed my visits to the LAST Thursday of each month.

I will be in Fingal. At 08:30 to 9:30 at the Neighbourhood House, Mathinna from 10:00 to 11:00 at the Post Office.

St Marys, 11:30 to 12:30 at the Bakery. Then on to St Helens Neighbourhood House from 2:00pm till 3:00pm. Mouth Café Scamander from 3:30 to 4:00

I would like to invite any other Councillor to share this article with me and help keep the Break O'Day informed.



St. Marys Tigers Football Club Inc.

TRIVIA NIGHT
ST MARYS COMMUNITY HALL
SATURDAY 18 JULY 2009 7.00PM
TICKETS \$5.00 each (TABLES OF 6)
(MEMBERS FREE)

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Book your table at St Marys Post Office

BRING A PLATE OF SANDWICHES OR SOMETHING SAVOURY FOR A SHARED SUPPER

(BE QUICK, THE HALL IS FILLING RAPIDLY—

IF YOU CAN'T FILL A TABLE JUST ROLL UP ANYWAY

AND WE WILL DO OUR BEST TO GET YOU INTO A GROUP)

St. Marys Tigers Football Club, P.O. Box 42 St. Marys Tas 7215

Ph. (03) 63 72256

Mob. 0418564710

The Say Cagerattler

One thing that really disappoints me about our State is how tourism seems to be focusing on specific places in regard to Information.

Just lately a television ad has been specifying the yellow "I" thing in certain locations around Tassie. Whilst I'm sure there is some information about nearby towns in those "I" locations, why shouldn't every town have an "I" point directly drawing attention to that town the visitors are presently in?

I'd like to know the market research on this subject and might just try to find out in the near future. I'm a passionate supporter of the Fingal Valley, and think we need to have a "really out there" approach to drawing in visitors to the area and perhaps it's time to take a leaf out of the book of other Tasmanian communities.

First of all, maybe we need to latch onto our specialities which we know we are good at, and direct attention to developing the assets that are there.

A prime example is bush/trail/ history walks. We abound in them, but I'd suggest they are yet to get near their potential. One day I'd like to think that if you were anywhere near the Valley a "must do" was a hike to Paddy's Head, South Sister, Bare Rock, Evercreech Reserve, Grey Mare's Tail, Dalmain, Fawly Towers, Mathinna, Mt. Nicholas Ridge and numerous others. You get the picture.

What about gold panning expeditions? What about catch and release fly fishing possibilities, camping spots etc. It's all here already, but it needs targeting and marketing in a fashion other places do.

We have so much to offer and it's really sad to see so many cars just pass through StMarys and Fingal in particular, en route to one of the coastal tourist towns. Without our own "I", really obvious "I", they probably don't know what they are missing. Do they?

Just to finish with, I need to clarify something again that occasionally gets past some of the readers of this article I do.

The prime aim of "The Say" is to put subjects out there that some or many are talking about. Quite often it is a direct request from some one who knows me to make mention on a particular thing.

I will never profess to have done massive research on the subject. All I want to do is get people talking about the matter in question. The other day I was asked why I didn't just ring the Council instead of writing about the Community Forum idea (2-7.09). As I commented to that person the best way to gauge popular opinion is to put it out there. I trust he's figured it out by now.

What do you think ?



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Mob: 0400 054 110

email: marycporter@bigpond.com



The

Roost takeaways

Barbecued chickens

Great coffee

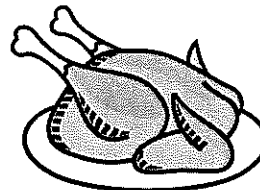
Fresh fish & chips

Hamburgers, Chickenburgers

St Helens

Tasmania 7216

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*I can offer you a service that is
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*I will help you plan, prepare and create
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family & friends
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*For more information,
please contact me on the following:*

Ph: 0417 017 105.

Email: peterpowercelebrant@gmail.com

Web: www.peterpowercelebrant.com.au

Submissions now invited for potential East Coast council merger

Public submissions are now invited on the potential voluntary merger of the Break O'Day and Glamorgan-Spring Bay Councils.

Local Government Board Chairperson Brent Armstrong said the Board has commenced a review into the potential merger following a request from the Minister for Local Government.

"It's important that anyone who may be affected takes this opportunity to have their say.

"The review of the possible merger will consider the economic, social and environmental benefits and impacts a merger may have, as well as look at community representation and related issues," Mr Armstrong said.

"We are inviting anyone who may have an interest in the matter - residents, ratepayers, visitors and businesses within the area as well as people in the surrounding area who may be affected - to make a submission and tell us their thoughts and concerns."

Written submissions close on Friday 31 July 2009.

Mr Armstrong said consultation will be a key component of the review of the potential merger, those interested will have an opportunity to make verbal submissions when the Board holds public hearings on the East Coast in August and September.

Times, dates and venues will be advised later in July.

For further information about the review, including the review guidelines, call 1300 404 607 or visit www.dpac.tas.gov/lgboard.

Contact: Brent Armstrong 0448 376 991.

OUT OF THE WOODWORK

Wendy Brennan, Secretary

Thank you to Dave and Liz Mallett who drove a group of members to Exeter Woodworking Guild. The invitation not only provided a great lunch it was good to do some networking and catch up with old friends.

I have been quizzed on numerous occasions about the Guild and what are its policies on joining. I thought there is no better way then to provide this information via this article.

Our joining fee is only \$16.00 per year. This helps cover the insurance cost of each member and entitles each member access to all our machinery which is less than two years old. Every member is given an induction on the safe use of all our tools etc. We have a fee of \$2.00 per visit or \$5.00 per week. This covers our electricity and also any replacement parts or repair on our machinery.

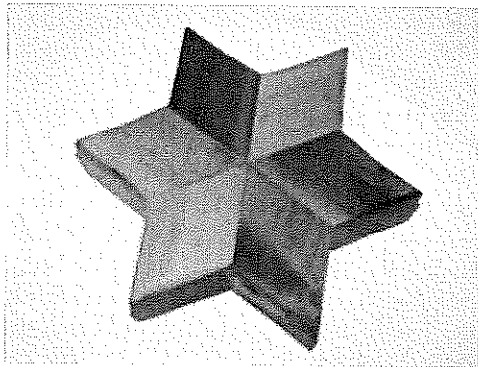
We ask members who make items to sell for themselves that they donate 10% back to the club. Items made for personal use are not charged this percentage. We believe in sharing knowledge and skills between colleagues and doing small jobs for the elderly or infirmed at no cost. Women are encouraged to join. A cuppa and bickie will cost you 50c but the banter is free.

Please keep a lookout for our new raffle which will be drawn on our Father's Day Opening. It will consist of a brand new lawn mower, new wheel barrow and outdoor chair. Our Father's Day Bash will be on the 5th September, located at the Guild's ground.

The Guild meets on the last Saturday of the month at the Old Railway Goods Shed at 2.00 pm.

The Guild is open Monday, Wednesday, Friday and Saturday. Any other times by appointment.

Below is a photo of a star trivet made by the Guild.



IRISH AGAIN!

Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place.

Looking up to heaven he said, 'Lord take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish Whiskey!'

Miraculously, a parking place appeared.

Paddy looked up again and said, 'Never mind, I found one.'

Happy Belly DELI

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Susan Fahey

Susan Fahey, Managing from Women's Legal Service.

In her position at the Women's Legal Service, Susan oversees the provision of legal advice and referral to women throughout the state of Tasmania.

The Women's Legal Service also presents a variety of community legal education workshops as well as producing a number of publications and information resources.

The Women's Legal Service also undertakes lobbying and law reform activities in areas of importance to women in this state.

Proudly supported by
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TUESDAY JULY 28, 2009 6PM—7.30PM
AT

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FREE EVENT

FINGER FOOD PROVIDED

RSVP by July 21st to 6376 2044

or admin@smallbusiness.org.au

Numbers are limited so book early.



CATHOLIC CHURCH FUND RAISER

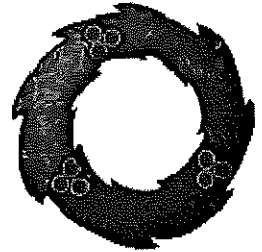
CHRISTMAS IN JULY



JULY 24TH

12.00 FOR 12.30

\$20.00 per person



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Gray Road, St Marys

Raffle:

1st Prize: Set of double bed sheets

2nd Prize: Four piece dinner set

3rd Prize: Chocolates and a surprise

\$1.00 ticket

Drawn on the day

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HOMEMADE SOUP & CRISPY BREAD, WITH COFFEE
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SATURDAY - SUNDAY 9.00AM - 3PM

THURSDAY DINNER

Tonight: Asian (all you can eat) - with Fe Gillies
ITS YOUR LAST CHANCE FOR THIS YEAR !!

SUNDAY ROAST

every sunday 12 - 2pm

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\$15 A \$10 C 2 courses

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and last weekend of each month.

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Urgent and Life threatening 000



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10AM - 3.30PM MON TO FRI.

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Winter has arrived!!

If you have extra blankets and/or warm
clothing they will be greatly appreciated
by all who are feeling the cold!

Enquiries—Ph: Tracy.

6372 2733.

Dick Adams MP

Federal Member for Lyons

Please contact one of my offices if I can be of any assistance

53B Main Road

PO Box 50

Perth, Tas 7300

Ph 6398 1115

58A High Street

PO Box 271

New Norfolk Tas 7140

Ph 6261 3366

Toll free 1300 132 689

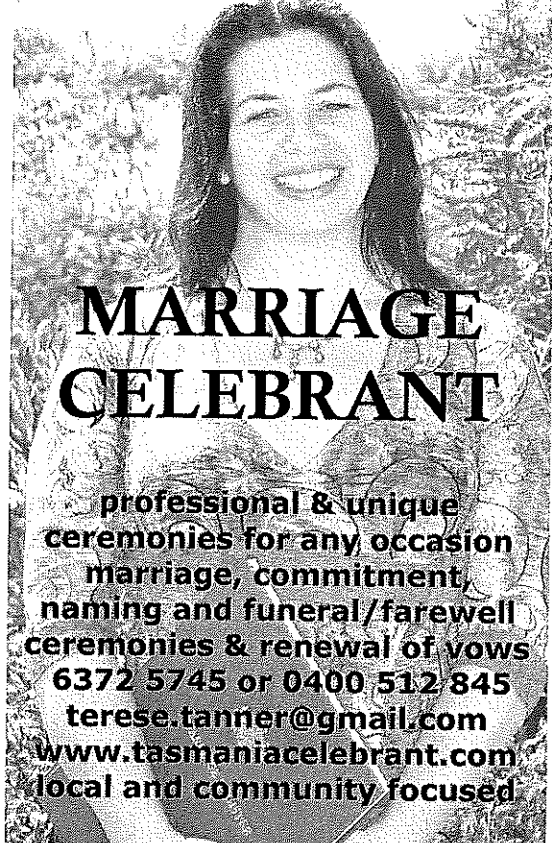
Email D.Adams.MP@aph.gov.au



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Written and Authorized by Dick Adams, 53B Main Road Perth
Tas. 7300

Terese Tanner



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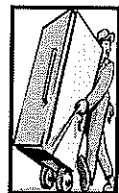
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- Washing machine NOISY?
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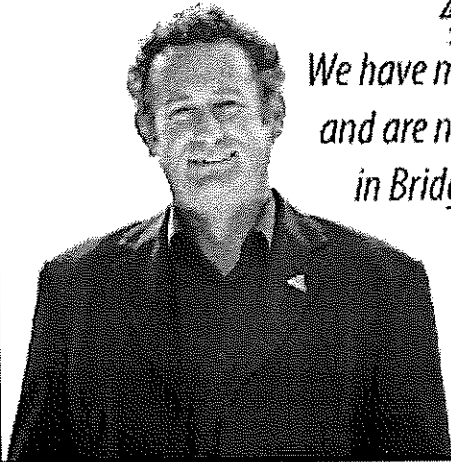
Tim Morris MP

Tasmanian Greens Member for Lyons



Tasmania

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E-mail: greens@parliament.tas.gov.au

www.tas.greens.org.au

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

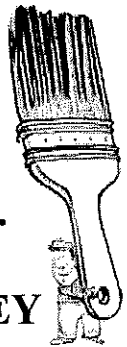
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Fax: 6372 2822 Mob: 0419 503 109

The Irish Times

26th February 2008

NEWSWIRE

IRELAND'S Worst Ever Air Disaster

Ireland's worst ever air disaster occurred this morning when a two-seater Cessna light aircraft crashed into a cemetery. Irish search and rescue workers have recovered 1826 bodies so far and expect that number will climb as digging continues into the night.

-Reuters

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St Marys Online Access Centre Opening Hours:

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

**Thursday 10 am - 3 pm
Friday 10 am - 3 pm
Saturday 11 am - 2 pm**

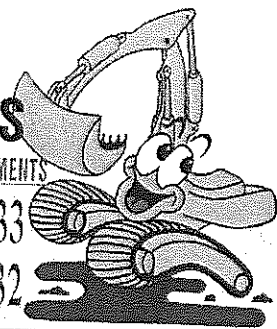
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AREA 102**

SCAMANDER, BEAUMARIS, UPPER SCAMANDER, FALMOUTH.

MEETING DATES 2009

WEDNESDAY AUGUST 12TH	7.30PM
WEDNESDAY OCTOBER 14TH	7.30PM
WEDNESDAY NOVEMBER 11TH	7.30PM

ALL MEETING ARE HELD AT THE HOME OF MRS SHEILA CHUGG,
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MEALS ON WHEELS ROSTER

July	St Marys	Fingal
Monday 20th	Trish Pike	Leslie Lohrey
Tuesday 21st	Patricia Barr	
Wednesday 22nd	Dianne Troode	
Thursday 23rd	R & B McAllister	
Friday 24th	Geoff Herrmann	
Monday 27th	Audrey Wright	Debra Speers (W)
Tuesday 28th	Pam Bretz	
Wednesday 29th	D & V Rice	
Thursday 30th	Geoff Herrmann	
Friday 31st	Wendy Aulich	

Church Services

Catholic Parish of St Marys

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

1st Sunday: MASS

St Helens Vigil 6.00pm
Bicheno 9.00am
Swansea LWC 9.30am
Fingal 11.30am
Campbell Town 5.00pm

2nd Sunday: LITURGY

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

3rd Sunday: MASS

St Helens Vigil 6.00pm
St Marys 9.00am
Swansea 11.30am
Campbell Town 5.00pm
Bicheno LWC 9.00am

4th Sunday LITURGY

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

5th Week MASS

St Helens Vigil 6.00pm
Bicheno 9.00am
St Marys 11.00am
Swansea LWC 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 every Sunday 10 am
Pyengana: Kids Church,
2pm - 4th Sunday every month.

Salvation Army

TUESDAY JAM

3-5pm every Tuesday,
excepting school holidays.
WOW "Women of Worth"
First Wednesday of month,
excepting school holidays.

SUNDAY JOY

7pm: each Sunday

LEGAL AID

3rd Wednesday each month
10.30am - 12.30pm.

Envoy Melanie Norton Ph: 63722099

Break O'Day Uniting Church

The Manse St Helens

Ph: 6376 2405

St Helens 9.00 am
Fingal 11.15 am

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am
Divine Service 11 am

MEALS ON WHEELS DRIVERS URGENTLY NEEDED IN ST MARYS AREA.

IF YOU ARE ABLE TO DRIVE FOR MEALS ON WHEELS ONCE OR TWICE A MONTH, PLEASE CONTACT
SUSAN WOODS: 6374 2193
MIM WOODS: 6374 2209
OR SHIRLEEN WOODS: 6374 2267
YOUR HELP WOULD BE APPRECIATED.

On Air Now!

Vision FM 88.0 at
St. Marys, St Helens
and Fingal.

Robbo isn't alone at breakfast anymore. Shelley has joined him and they are calling the program 'The Journey'

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

National Vision Radio Network.
Phone 1800 007 770.
web www.vision.org.au

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. Please include your full name and contact details. Your name need not be published, but we must have a signature. Please keep letters to 300 words or less.

Articles and letters published in the Valley Voice are not necessarily the opinion of the staff and volunteers of this community paper. Ed.

Contacts for Valley Voice

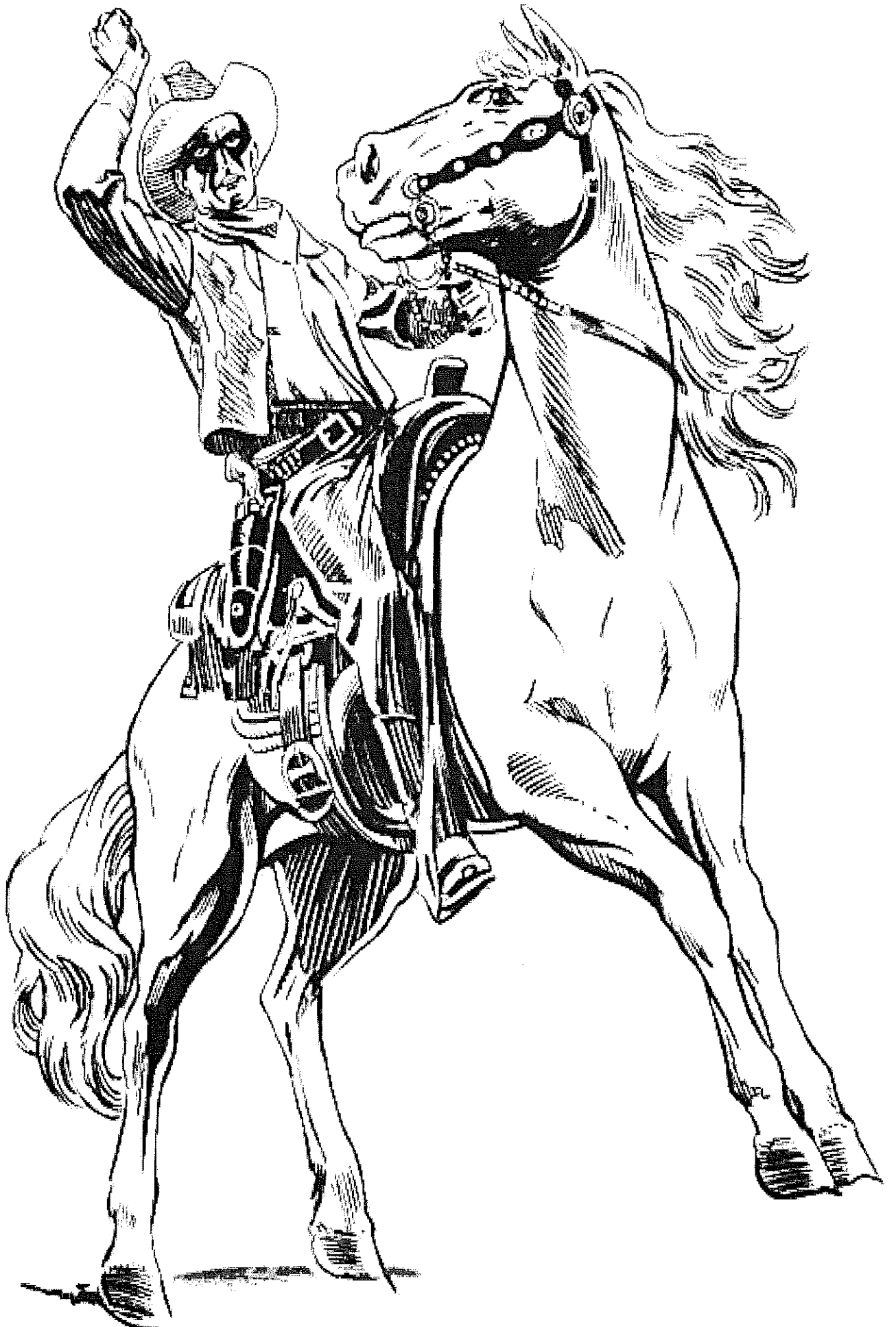
PH: Judy: 6372 2155
email: judith.spilisbury@bigpond.com
Accounts: Mary: 6372 2328

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

Advertising: 2008

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.
1 year posted subscription \$30.

COLOUR US IN



St. Marys has talent??

This year St. Marys Idol has morphed into a talent quest!!!



Can you sing, dance, act or have a special talent that is **entertaining?**

Then you better start practising!!!

ST. MARYS GOT TALENT WILL BE ON

WEDNESDAY 12th AUGUST

BBQ from 5:30pm

Show starts 6:30pm

Students from Grade 2-10 will be up on stage giving it all they've got to win cash prizes

**Kiosk & Lucky Door Prize
Drawn on night**

**Entry = \$2 single
\$3 family (2+ people)**

In School Hall



Oral Health Services Tasmania INFORMATION ABOUT DENTAL SERVICES FOR CHILDREN & ADOLESCENTS

Who is Eligible and what services are provided?

Oral Health Services Tasmania welcomes all children under 18 years of age, including preschoolers. Dental therapists provide the majority of dental care needs for children in a friendly and caring environment.

All dental examinations are free of charge and may include:

- > oral examination
- > x-rays
- > dietary advice and oral hygiene instruction
- > referral to dentist or dental specialist for further assessment

What fees are charged?

All children are examined free of charge.

There is a fee of \$50 per child per Course of Care, if treatment is required. (Please note: Additional charges may be incurred).

However, treatment following the examination is free if your child is:

- > Under 6 years of age, or
- > Covered by a current Health Care Card or Concession Card.

How do I make an appointment & enrol my child?

For further information please contact your nearest dental clinic/centre:

Northern Dental Centre:	6336 4100
Campbell Town:	6381 1042
Deloraine:	6362 5028
George Town:	6382 8975
Kings Meadows:	6336 5160 or 6336 5170
Mowbray:	6336 4199
Longford:	6397 7467
Scottsdale:	6352 5542
St Helens:	6376 5208
St Marys:	6372 2488



Oral Health Services Tasmania promotes healthy teeth and gums.

- Eat a balanced diet,
- Drink water at home, school and between meals,
- Floss & brush daily using a fluoride toothpaste,
- Have regular dental check-ups.

OHST-185-005

DEPARTMENT OF HEALTH AND HUMAN SERVICES

JULY 2009

Mon	Tue	Wed	Thu	Fri
		15 Jul	16 Jul ✦ ENE Gymnastics Grade 3-6 ✦ Secondary Social - St Helens	17 Jul ✦ ENE Gymnastics Grade Prep-2
20 Jul ✦ Grade 10 Work Experience ✦ NEET Exams - St Helens	21 Jul ✦ Grade 10 Work Experience ✦ Grade 9 Camp	22 Jul ✦ Grade 10 Work Experience ✦ Grade 9 Camp ✦ 7/8 Activity Day	23 Jul ✦ Grade 10 Work Experience ✦ Grade 9 Camp ✦ ENE training	24 Jul ✦ Grade 10 Work Experience ✦ Grade 9 Camp
27 Jul	28 Jul ✦ Launceston College Orientation	29 Jul ✦ Football /Netball in Launceston	30 Jul	31 Jul
3 Aug ✦ Grade 10 Health Workshop	4 Aug ✦ Grade 10 Health Workshop	5 Aug ✦ Football /Netball in Launceston	6 Aug ✦ ENE Training ✦ Next Newsletter	7 Aug ✦ Jeans 4 Genes Day ✦ Reports go home.



Grade 4 Camp

Hagley Farm School

ON THE FARM/ FEEDING



We went on a walk to see and feed the animals. We went to see Farmer Matt shear the sheep. We went to feed the ducks, calf, alpacas and lots more animals. When we saw the cows they were chewing their cud. When the cows were chewing their cud they chewed it, swallowed it, speewed it up, chewed again. We went to feed the alpacas - Billy, Jack and Blinky Bill. It was two at a time to feed them. It felt like it was a nipping a tiny bit but not much.

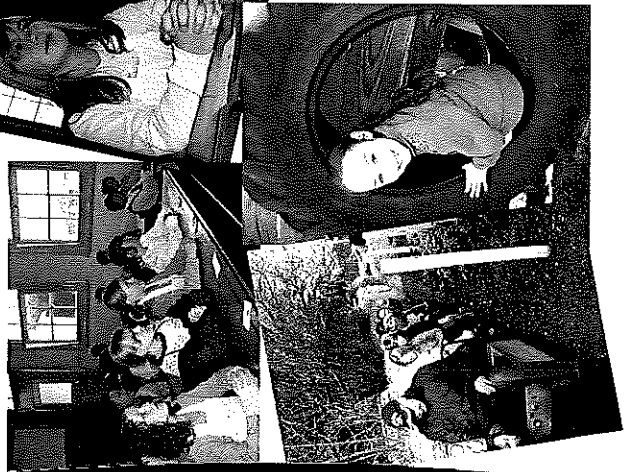
By Courtney Middendorp



OLDE CLASS ROOM

In the olde classroom it was very strict and the class has to write on a chalk board and with nib pen and an ink pot. We practised writing the old letters on the chalk board and a chapter of Long Bows and we dressed up in old clothes and had to march in and out the classroom. Kris had to put his nose on red chalk. We heard the old bell too.

By Joseph and Ruby

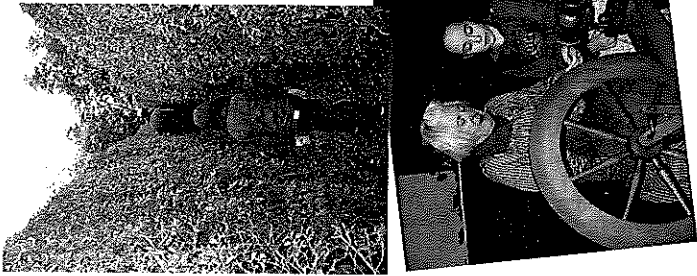


I liked Hagley Farm School. My favourite things were The Olde Classroom and the activity museum. The cabins were really good. The beds were comfy. The heaters were warm. The bunk beds were cool. I liked the playgrounds, they were really good. The barn was challenging. It was cold and muddy but fun.

By Madeline

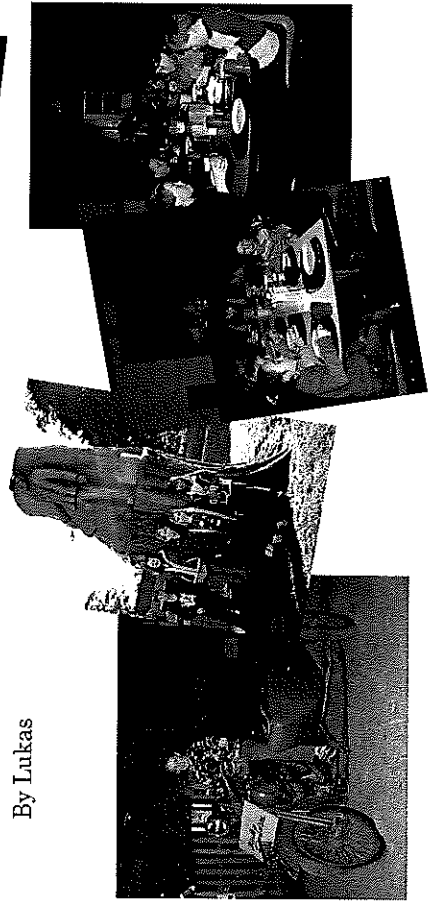
On Monday 22nd June all Grade 4's went to Hagley Farm School. We rode on the tractor to our cabins. We unpacked the trailer and took our suitcases into the cabins and made our beds.

By Hayden



On Wednesday the 24th we went to Westbury Maze and it was hard and I was with Cathrina. We went through the maze 2 times. After we went to Peans Steam World. It was amazing. I went on a train that went round two times first, then I went on a little steam train.

By Lukas



ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Phonesouk- 18th July- 24th July
Dr J Conway- 24th July- 7th August
Dr Libby Reeckman- 20th,22nd,23rd,24th July

AFTER HOURS SERVICE CONTACT NUMBERS

PLEASE PHONE GP ASSIST ON 1300 780 011

AMBULANCE 1800 008 008 or
 EMERGENCY 000

COMMUNITY HEALTH CENTRE 6372 2111

BEFORE PRESENTING AFTER HOURS.

St Marys Community Health Centre

GP Surgery Hours:

Monday—Friday 8:50am-12:30pm

12:30pm-1:30pm LUNCH

NO PATHOLOGY SERVICE 12:00-1:30PM

FLU LIKE SYMPTOMS

**PLEASE PHONE 1800 358 362 BEFORE COMING TO
 THE MEDICAL CENTRE TO BE ADVISED ON THE
 APPROPRIATE ACTION**

ANGLICARE FINANCIAL COUNSELLING

Our service is FREE and confidential.

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

For appointments please phone Anglicare on:

FREECALL 1800 243 232

Appointments available every 4 weeks depending on demand
 2nd Tuesday each month

UPDATE OF PATIENT INFORMATION

- Have any of your details changed?

- Have you moved, changed your phone number, got a new Medicare card, Health Care Card or DVA Card?

Please ensure your personal details are currently valid.

Please update your details with our reception staff on your next visit to the Health Centre.

This makes your visit faster and if required contacting you easier and possible.

AA CONFIDENTIAL SUPPORT SERVICE

Meetings:

Wednesday nights St Helens Anglican Church 8:00pm
 and

Friday nights St Marys Anglican Church 8:00pm
 For further details phone 6372 5026

DIABETIC CLINIC

ST MARYS COMMUNITY HEALTH CENTRE

Regular consults available at the St Marys Community Health Centre. If you require an appointment please see your GP for a referral and GP North will contact you with an appointment time. Next session at St Marys is: 17th July 2009

WHAT'S ON AT THE CENTRE

- 15th July **Day Centre**— For details on the group please contact Ann Jetson on 6372 2111
- 15th July **Social Worker**
- 15th July **Psychologist** Dohotay Teboul— appointments by referral from your GP.
- 16th July **Social Worker**
- 17th July **G.P. North**
 9am—5pm
Diabetes For appointments please see you GP for a referral.
Dietician— Appointments by referral from your G.P
Exercise Physiologist by referral from your G.P
Diabetes
Social Worker
- 20th July **Eyelines**
 Appointments made through provider
- 21st July **Child Health Session** with Sue Gofton.
 Every Tuesday by appointment. Please phone 0428 136 381
- 21st July **Physio**
- 22nd July **Psychologist** Dohotay Teboul— appointments by referral from your GP.
- 22nd July **CRS 10 AM**
- 22nd July **Day Centre**— For details on the group please contact Ann Jetson on 6372 2111
- 23rd July **Social Worker**
- 24th July **Social Worker**
- 27th July **Relationships Australia** Lyn Marie phone 1300 364 277
- 27th July **Margaret Van Der Merwe** Physio by appointment
- 28th July **Dietician**— Appointments by referral from your G.P
- 28th July **Podiatrist**—Annabelle Williams
- 28th July **Tom Bain—Rae & Partners Lawyers.** For appointment please phone 6337 5555.
 Available Tuesday fortnights at St Marys Community Health Centre
- 28th July **Margaret Van Der Merwe** Physio by appointment

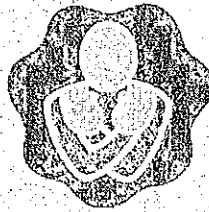
ST MARYS COMMUNITY HEALTH CENTRE REQUIRES HOUSE TO RENT FOR DOCTOR

**MUST BE INSULATED
 CONTACT KAREN O'SHEA**

Phone-63722111

Email - smchc.manager@dhhs.tas.gov.au

Are your ongoing health problems
getting you down?



"Get the Most Out of Life"

a 6 week self management program
- (2 ½ hours per week for six weeks)

This program gives you some tools to regain
quality and enjoyment in your life.

Learn about:

- Managing your symptoms – pain, fatigue etc
- Communicating with your health providers
- Helping your general health
- Setting reachable goals
- Problem solving

Program commences at the
St Marys Community Health Centre
Gardners Creek Road, St Marys

10.30 am – 1.00 pm

From Tuesday 16 October 2009 to 20 November 2009

To register, phone – 6372 2111 or 6376 5244

But don't delay as places are limited

Cost: Gold coin donation for tea and coffee



This program is suitable for anyone with a long term health condition.
Supporters and caregivers are welcome to attend with you.



Symmons Plains Cross Country

On Wednesday 8th July a group of students from Fingal Primary School travelled to Symmons Plains to participate in the Tasmanian Cross Country. 17 students competed. It was a long hard race but to their credit all our students completed the course. Well done to you all.

Students who competed were:

12 Year Old Boys - Thomas Gee.

12 Year Old Girls - Ashleigh Templar, Breeana Francis and Zoe Simpson.

11 Year Old Boys - Harvey Flynn.

11 Year Old Girls - Jorgia Woods, Chloe Harris, Demi Brown, Bridgette Burns and Grace Gee.

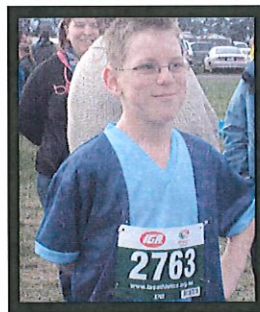
10 Year Old Boys - Jayden Bosworth, Jordan Flemming, Sam Herbert and Kurtis Tuck.

10 Year Old Girls - Sharnee Casserly.

9 Year Old Boys - Leo Davies and Aiden Flemming.



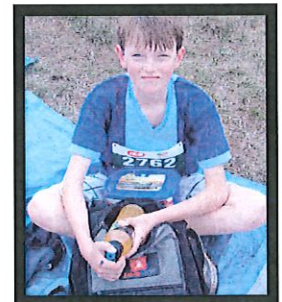
Zoe Simpson, Breeana Francis and Ashleigh Templar.



Thomas Gee



Bridgette Burns, Chloe Harris, Jorgia Woods, Demi Brown and Grace Gee.



Harvey Flynn



Bridgette Burns



Jorgia Woods



Thomas Gee



Breeana Francis



Grace Gee

Calendar of Events - July

20th Michele Bennett start her Internship	21st	22nd Flexible Programs Growing Up Program Parent Meeting 9.00 a.m.	23rd Launching into Learning 1.30—3.00 p.m. Leaders 2.15 p.m. ENE Training St Marys 12.30 p.m. Growing Up Program	24th
27th	28th Nation Tree Planting Day with Alison Hugo 1.30 p.m.	29th Flexible Programs	30th Launching into Learning 1.30—3.00 p.m. Assembly 5/6 to lead 2.15 p.m. News Letter	31st Student Reports Due Home

St Marys Sports Centre Inc. news Kackhander.

Short and sweet this time. Firstly an apology to GLENYS Turner. Totally my mistake. I was supposed to correct a spelling error of Glenys' name prior to submitting it to the Valley Voice and I forgot. I'm sure she will forgive me if I promise to never let it happen again.

It's great to report that the first meeting of the new golf sub-committee got stuck into organising a lot of good events really soon. (Weather permitting of course)

Isn't it amazing. Over the past month we haven't had a completely clear weekend's weather that allowed an unfettered run. Good numbers but they've been trying hard anyway. We just hope the remainder of winter will allow a few good days.

Col Payne and Bob Hersey advises that one of the first decisions of the new golf sub-committee was to lock in a permanent start time for normal comps. This is 12midday for a 12.30 start. Don't forget it !! Hopefully next issue we will have some good results to report.

While still on golf if any one has news to get into this column, men, women, golf or bowls just leave it on 6372 2215 anytime until the Sunday night prior to each Valley Voice and I'll make sure it goes in .

Bowls is soon on the horizon so if you know of anyone who wishes to join the club now would be a good time to mention it to them.

In a couple of weeks we should have had a meeting of the new General committee . Part of this will be to finalise membership fees for 2009/10. Once this is done we will notify all members.

Anyway, until next time, good hitting and rolling.

The Bathtub Test

During a visit to the mental asylum, a visitor asked the Director how do you determine whether or not a patient should be institutionalized.

'Well,' said the Director, 'we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub.'

'Oh, I understand,' said the visitor. A normal person would use the bucket because it's bigger than the spoon or the teacup.'

'No' said the Director, 'A normal person would pull the plug. Do you want a bed near the window?'

Annual General Meeting

Notice

The Break O'Day Woodcraft Guild

will hold it's

Annual General Meeting

to elect officers on the 25th July, 2009.

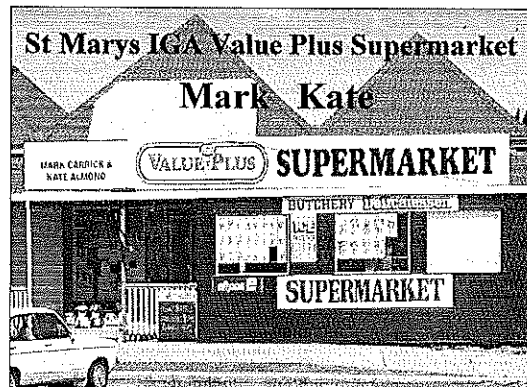
The venue will be the Guild's Shed
at the normal meeting time of 2pm.

Stallholders Market Inc.

Is a non profit organisation holding markets every Saturday from 8am in St Helens, at the Library car park.

There is a variety of stalls and the fees charged to stall holders is donated to various charities.

For stall booking or any other inquiries, please phone Sylvia on 6376 8390. Or Saturday mornings only: 0447 589 803.



38 Main Street St Marys
Phone/Fax 6372 2240 - Butcher Ph: 6372 2274
Mon - Fri 8am - 6pm
Sat 8am 12 noon

This week's specials.

From the butchery

Mince	\$ 8.99kg
Rump steak	\$11.99kg
Diced beef	\$ 9.99kg
Rolled leg of lamb	\$10.99kg

Instore specials

Fab 2 x ultra laundry powder 500g	\$1.99
Pedigree canned dog food 700g	\$1.59
Campbells chunky soup 500-505g	\$2.79
Sanitarium cornflakes 500g	\$2.39
Table Cape cheese 1kg	\$10.99
Baron Table chicken kiev 350g	\$7.99
Coke/Sprite/Fanta 1.25lt	\$1.89
Sorbent toilet tissue 16pk	\$8.99

From the Deli

Herb & mustard turkey	\$19.99kg
Boneless ham	\$14.99kg
Cabana	\$ 9.99kg

Next week's specials.

From the butchery

Porterhouse steak	\$15.99kg
6 legged Chicken	\$ 4.99kg
Beef stir fry strips	\$ 9.99kg

Instore specials

Wondersoft toilet tissue 12pk	\$4.99
Juicy Isle long life juice 2lt	\$2.79
Chum canned dog food 1,2kg	\$1.59
Lullaby nappies 12-18s	\$5.99
Devondale cheese 1kg	\$8.99
Macleans toothpaste 120g	\$1.49
Whittakers block chocolate 250g	\$3.49
Arnotts cream biscuits 200g	\$1.99
Coke/Sprite/ Lift 2lt range	\$2.69
Birdseye oven chips 1kg	\$3.89

From the Deli

Pandani pastrami	\$16.99kg
Lethborgs leg ham	\$12.99kg
Very Nice Virginia ham	\$10.99kg