



The Valley & East Coast Voice

Est. 1968

Volume 45 No. 21, Thursday March 28, 2013.

\$1.

Introducing 'The Hundred Mile Dinner'

Organised by the Break O' Day Transition group, St. Marys group has already enjoyed two One Hundred Mile Dinners so far and we are growing; 14 guests at the first dinner and 18 at the second. This was a great opportunity to get together with people in our community and showcase and enjoy local and regional food.



Everyone brought a home cooked dish to share, and meat eaters and vegetarians alike were well catered for, being treated to delicious foods such as baked Tasmanian quinoa with vegetables and herbs, locally grown and cured ham, soups and stews, and salads with home grown ingredients and Tasmanian feta, followed by delights such as nectarine sorbet.

The idea was born in Canada when, starting in 1979, the Sooke Harbour House Restaurant near Vancouver became known for its 100 mile philosophy of eating. The owners Frederique and Sinclair Philip were inspired by indigenous foods of the region along with local fish, meats, vegetables and herbs from local farms and gardens.

More recently the concept was popularised when another Vancouver couple, Alisa Smith and J.B. MacKinnon, decided to 'go local' after running short of food in their holiday cabin in the north of British Columbia. They feasted with their guests on local trout, wild picked mushrooms from the forest, dandelion leaves, apples, potatoes, garlic, sour cherries and rosehips, and enjoyed the experience so much that in 2005 they made a commitment to source only foods grown within 100 miles of home. In 2007 they wrote about it in 'The 100-Mile Diet, A year of local eating'.



The benefits are many including supporting the local and regional economy, building community, eating fresh seasonal food, reducing the food miles/kilometres that are usually associated with long distance food production and transport, reducing fossil fuel use and carbon emissions, supporting local growers, fishers, farmers, markets and food makers, and having a fun, relaxing evening sharing food with others.

Here in the north east of Tasmania we believe it is in keeping with the spirit and intention of the Hundred Mile Dinner to source food grown and produced from anywhere throughout our island state ie. regional, and local, being anywhere in Break O'Day, is even better.



Please feel welcome to come along to the next 100 Mile Dinner. Cook a favourite recipe or try something new using at least 80% of ingredients from local foods or from anywhere in Tasmania! The remaining 20% can be other ingredients preferably Australian-grown or Fair Trade. Please also bring a List of All Ingredients used and where they are from, e.g. garden, local, Tassie, and a gold coin donation for tea or coffee or homemade cordials. Dinners will be on the second Saturday of every month. Look out for our poster, a simple map of Tassie and concentric circles radiating out from near the east coast, for the current venue and further information.

Next Dinner is on Saturday 13th April, starting 5.30pm at the St. Mary's Community Hall Supper Room. After dinner will be a screening of a wonderful Cuban film on local food production, with some surprising outcomes! We'd also like to thank Healthy House in St. Helens and are grateful for their support! (S. Edwards for the Hundred Mile Dinner Group)

The next Valley Voice is due out on 11th April 2013 and the deadline is 5pm Tuesday 9th April 2013

e: vvoicerevisited@gmail.com

ph: 63722442 m: 0403430452

Wendy Dawson 12 Groom St., St Marys Tas 7215

Community news

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

The Break O'Day Woodcraft Guild Inc meet on the last Thursday of the month at 11a.m. in the Goods Shed behind the St Marys Railway Station.

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

St Marys Ladies Midweek Tennis 9.30am each Wednesday. Need new players of any standard and beginners welcome. Child minding included – a lovely safe place to bring toddlers while you play. Ring Karon 6372 2382 or Dana 6372 2033.

The Falmouth Community centre would like to advise that the new contact for booking club facilities is Rachel Woods on 03 6372 5118

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

St Helens Alcoholics Anonymous (AA) meet on Wednesday 8pm weekly at St Pauls Anglican Church Hall, St Helens. Murdoch 6376 3335.

St Patricks Head & Esk Valley Historical Society Inc meet every second month on the third Wednesday at 3pm at various venues throughout the valley.
Barry 6372 5752 (aulich@bigpond.com)
Jim 6372 2127 (jimhaas@bigpond.com)
www.fingalvalleyhistory.com

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

Break O'Day Regional Arts General meetings are held on the first Tuesday of March, June, September, and December at 4pm at Mt Elephant Fudge Shop. All welcome. Michelle 6372 2056

BINGO at the Cornwall hall every Monday at 7pm, 2 jackpots each week. All welcome. Money raised goes to help with Hall renovations.

St Helens Al-Anon Family Group (Al Anon) help families and friends of alcoholics recover from the effects of living with the problem drinking of someone close. Sunday 2pm weekly @ St Pauls Anglican Church Hall St Helens. Anne or John 6376 4270, Rose 6376 3335.

The Chocolate Shop Singers meet at the Mt Elephant Fudge shop St Marys every Thursday at 5pm. Everyone welcome.

Valleys of Adventure

ANDREA • ROYAL GEORGE • ROSEBUD • FINGAL • MASCANA • MATINNA • LIPNEASE • CORNWALL • ST MARYS

GREATER ESK TOURISM

GET TOURISM meets the second Monday of each month unless otherwise notified
 WHERE: Fingal Valley Neighbourhood House
 TIME: 7PM All WELCOME.

Please note change of date for April meeting - now on Tuesday 9 April 2013 (changed from our usual 2nd Monday for this month only)

Stallholders Market Inc. is a non profit organization which hold markets every Saturday from 8am in St Helens at the Library car park. There are a variety of stalls and the fees charged to stall holders are donated to various charities. Cheryl 6372 2194 (please leave a message)

Scamander Garden Club meet at Scamander Sports Complex 1.30pm on the third Monday of each month. Enjoy sharing garden activities. Val 6372 2762

The Cornwall Community Development Group Inc will hold their next general meeting on April 9th @ 7pm. Meetings will then be held on the first Tuesday of the month at 7pm.

The Break O'Day Stitchers meet each Friday in the Bungalow at Neighbourhood House in St Helens from 10 a.m. to 3 p.m. and participants are welcome to stay for as long or short a time as they choose. The choice of projects to work on is also optional - either bring your own work or join in and assist on a group project.

ST MARYS / FALMOUTH PLAYGROUP

MONDAYS 10:30 – 12:30 at the Falmouth Community Centre

Does your child/children enjoy

- Painting and Arts & Crafts Activities
- Riding Bikes
- Playground Play
- Exciting Activities & Celebrations
- Interacting with others



If so, then join us at Play Group at only a small charge of \$3 per family in a relaxed and friendly atmosphere (for children & mums & dads). Contact Tash Speers 0419 591 905 or Amy Faulkner 0417 152 337.

St Marys Alcoholics Anonymous (AA) meet every Friday 8pm at Holy Trinity. Mick & Shirl 6372 2909.

St Marys Soccer Club AGM will be held at 6pm on Thursday 4th April at Mt Elephant Fudge, enquiries to Jack Foreman 6372 2034

For sale	
Cottage Garden Plants \$2.50 each at 50 St Patricks Head Road, St Marys. 6372 2512	
Steelcraft baby car capsule \$120 ono. Zuzu 3 wheel baby pram \$50 ono. Bicheno. 0408078640	Garden mulch, in big round bales. (wheat straw, weed free) \$60 a bale delivered free in St Marys area, Tractor slashing available. 0407 944 158.
1967 XR FORD UTE, VERY GOOD PROJECT. ALL PARTS. MINOR RUST. STRAIGHT. 0409 541 235	Orders taken for Sheep Poo (for the Scouts) \$5 a bag. 0412 803 027
Innovative quilting machine - a great set up if you don't want to pin or baste a quilt together before machine quilting. Table frame with rollers included, as well as manual, DVD & pantographs (quilting patterns). Help offered with set up at no extra cost. Large machine comes with extension table (can also be used as stand-alone sewing machine) & extra large space under the 'arm' for rolling up the quilt as you sew. \$3000 for the lot, or best offer. 6372 2724 or 0417 027 424	Wanted
Massey Ferguson diesel Tractor good cond \$5300. 3 point linkage tractor grader blade h/duty little use \$1400. Criterion Computer /office Desk. \$200. D/b mattress \$50. S/b and mattress \$100. Camp 3 burner gas stove \$30. Blackwood coffee table \$40. Round blackwood table \$80. Heavy wooden coffee table with carved legs \$100. Corner picture stand \$30. Jarrah Kitchen table and 6 chairs little use \$550. Wooden corner book shelves \$60 Fingal Warren 0427742235	Employment wanted: gardening and odd jobs \$20 p/h Call 6372 2584
Wardrobe & dressing table in one \$30. Chest of drawers (6) \$85 ono. 6372 2440	HOUSE CLEANING Experienced, honest and reliable lady with references. \$16.00 p/hr. 6372 2584
Ducks, cheap. '86 Holden Astra, still in use. Many good parts, mags & new tyres, clutch. Nissan Pulsar parts. Both hatches with interchangeable parts. 0499 608 770	Many thanks to everyone who left empty pot plants at the Purple Possum. Hopefully more can be left. Thank you. Mila.
HAY. Small squares, cutting now. \$5 per bale. Bung 0447 151 871	Wanted to buy working second hand landline phone. 63842139
Nielson Pop Top 3 mtrs long with verandah annex, gas heater and stove. \$2200. 0498 971 956	Wanted to buy jewellery - bling, costume etc. 0438 873 789
7 large Peking ducks \$20 each or \$100 the lot. Dash mat 60 series Landcruiser \$20. 60 series Landcruiser front twin seat sheepskin seat cover cream colour \$50. 6372 2357	Wanted to buy - 2 x Acro Building Props about 2m tall. Please ph 6372 2844
firewood 1 ton delivered \$80. 0498 971 956	FREE firewood, you cut the tree down and cart away. Must be competent and insured. 6372 2584
4 wheeler 2004 Suzuki Eiger 2 WD - 400. 9,000 kms, exc condition with nothing to spend. \$3,500 ono. Hi Lux Nissan Sunraysia 15x7 rims very good tyres 30-40% \$120 ono. 63722264 / 0438 042553	The Op Shop workers at the Fingal Valley Neighbourhood House are happy to receive your preloved clothing and goods. We are open Monday to Friday 9 am to 3 pm. Donations can be collected on Mondays or items can be dropped off at the Centre. Come along, check it out and pick up a bargain. Deb Speers Fingal Valley Neighbourhood House
Primus fridge 31 litre freezer 24 litre. Built-in AC/DC power supply 2 yr warranty Australia-wide. Perfect Condition. \$830 ono 6372 5445 / 0458 019 640	St Marys Op Shop Opening hours starting Wednesday 3rd April 2013 Monday – Friday 11-4 Market Saturdays 10-12.30 Closed Easter and Anzac Day We are looking for new volunteers . Call Janet Drummond on 0404 562 320
Black pipeline futon couch/double bed. Good condition with original cushion \$50. Cow hide (black angus) floor rug. As new never used. \$150. St Marys 0408 174 193	Classifieds in the Valley Voice are free of charge. If your articles are not sold after the first entry we will repeat the ad in the next issue. Please let us know if items are sold. Every effort will be made to have correct details and phone numbers, however if there is a mistake, it will be corrected in the following issue.
Moo-Poo". Finely screened, any quantity Norm, 6372 2380. Now doing mint mulch.	
Frozen blueberries - \$11 kilo. 6372 2341.	

COMMENCEMENT WORK ON PROPOSED SHEARWATER NEW TOWN CENTRE SHOWS CONTEMPT FOR PUBLIC

Media release

Devonport lessons being ignored

Monday 25 March 2013

The commencement of work on the proposed new town centre and shopping centre in Alexander Street, Shearwater shows contempt for the public while ignoring the lessons of Devonport said the Save our Seaside Village group today.

"The developer is showing contempt for the community by starting work but still refusing to release the plans. The development was approved by the Latrobe Council nearly six months ago but the plans have not been released despite repeated calls, said Guy Barnett, Save Our Seaside Village group spokesperson.

"This development should occur in the existing town centre. It will split Shearwater in two and has every chance of crippling the existing retailers, their employees and families in the existing town centre, said Mr Barnett.

"When will we learn the lessons of Devonport? Devonport is fragmented but now they say it should consolidate. Why then is there a plan to split our community in Shearwater? What regional Tasmanian town has two town centres?

"What are the views of Devonport's Living City Taskforce and its Chairman for plans to split Shearwater in two? Planning decisions today will have an impact on our community for decades to come. We have to get it right.

"We need development that will enhance our town and enrich our community, not an out-dated proposal that will split Shearwater in two and divide our community.

"It appears the developer who has started work on the site without disclosing the plans to the public is willing to ride roughshod over the community and in particular the wishes of over 2800 people who signed a petition against a new town centre development.

"We will continue our fight for justice and a fair go. We hope State Parliament will see the merit of an inquiry." Mr Barnett concluded.

EAST COAST SWANS

Easter Raffle winners

- 1st prize** of \$300 hamper from Choc a Lolly and 2kg fish won by Luke Fredrickson
2nd prize of \$100 hamper from Choc a Lolly and 2 kg fish won by Jamie Murrell
3rd prize of cheese/stubbies won by Cheryl Richards was kindly return as donation, thank you.

NORTH WEST REGIONAL HOSPITAL CANCER CARE CENTRE AND ED REDEVELOPEMENT

22 March 2013

The construction of the North West Regional Hospital Cancer Care Centre and Emergency Department Redevelopment is about to commence. *Phillip Matthews, General Manager* of Vos Construction and Joinery said it was an honour for Vos to be involved in such an important development. The development will consist of construction of a new MRI facility, a larger and completely refurbished Emergency Department, a multistorey building to house the Regional Cancer Centre including two new linear accelerator bunkers, a new main entrance to the hospital as well as general site works to complete the upgrade to the NWRH precinct.

VOS has been awarded a \$20 million contract for construction work associated with both the Cancer Centre and Emergency Department. The construction and development will employ in excess of 50 people over 18 months.

Mr Matthews said that Vos had been working hard to secure this project and was proud and passionate about being part of the overall team to construct the new Regional Cancer Centre and Emergency Department Redevelopment.

Community Dinner

The second Anglican Church Community Dinner for 2013, held on 16th March, with the theme of Traditional Tasmanian Fare, was attended by 36 community members, and a total of \$70 was raised. The money will be donated to the St Helens and District Hospital Auxiliary. A real feast was enjoyed by all, with a variety of home style pies provided by the church "chef", and the community supplying plentiful salads, side vegetables and sweets. The next community dinner will be held on 20th April 2013

CAR BOOT SALE

Expressions of Interest sought
from anyone wishing to have a
car boot space at our

**WOODCRAFT GUILD OPEN
DAY
13TH APRIL OLD RAILWAY
GOODS SHED ST MARYS**

Car Boot \$5.00, Ute Or Flat Top
\$10.00

Call Wendy or Reon on 63722094

East Coast and Fingal Valley Junior Football Association

AUSKICK

Registration Day will be held on
Sunday 7th April 2013 @
10.30a.m. at the St Marys football
ground

The AGM will be held at
10.45a.m.

Free sausage sizzle
All new players welcome
Registrations for 2013 are \$50 per
child

enquiries to Mark or Louise on
63722158 or Fiona on 63722088

ERIC HUTCHINSON
Federal Liberal Candidate for
Lyons
MEDIA RELEASE
15th of March 2013

Federal Liberal candidate for Lyons
Eric Hutchinson has welcomed the
report from the Legislative
Council's inquiry into the forest
IGA, which confirms what those
who acknowledge how important
the industry is to the Tasmanian
economy have been saying for
months – it's a total sham and
should be ripped up.

"This so-called peace deal has been
absurd from the start and now we
have confirmation from the first
level of Government prepared to
offer any real scrutiny or
consultation around these reforms,"
Mr Hutchinson said.

"It's time this jobs-destroying
forest deal was declared dead and
buried. The Premier should stop
wasting time and money shutting
down an industry, especially one
that is so vital to Tasmania's
economy. Unfortunately the Labor

Party's previous support for
forestry has been thrown out the
window because of their toxic pact
with the Greens at both a state and
federal level, leaving only one real
alternative for Tasmanians who
want jobs – the Liberals."

Mr Hutchinson said it's time to
focus on the future and reverse the
damage Labor and the Greens have
done.

"Sanity must now prevail so can
put our efforts into rebuilding this
cornerstone industry in Tasmania.
It is about a truly sustainable
industry with enough 'headroom'
to manage forests in this state even
better than in the past. It's about
value-adding and high quality
timbers that are a fundamental
component of the brand that is
Tasmania, biomass from harvesting
residues and creating smart fibre
and engineered structural building
materials, like those that went into
building the world's tallest wooden
building at Melbourne's Docklands
recently."

Mr Hutchinson said it was a
tragic irony that all of the timber
used in this development was

imported from overseas
(contributing to the \$2 billion trade
deficit Australia has in wood and
wood products) when Tasmania has
resource to offer and is desperately
in need of the dollars and the jobs.

"This report is damning and
confirms what the Liberals have
been saying since for months. The
IGA is littered with inconsistencies,
supply issues, shambolic
consultations, rubberstamped
World Heritage nominations and it
believes further protest action is
likely, therefore the forestry 'peace'
deal will not lead to peace at all,"
Mr Hutchinson concluded.

Eric Hutchinson
Federal Liberal candidate for Lyons
0447 777251

A HUGE THANK YOU TO HEATH
AND RAY WHO MOVED THE
OPERATING PLANT OF THE
VALLEY VOICE TO NEW
PREMISES. A DIFFICULT JOB
VERY WELL DONE. Ed.



Virtuosi Tasmania Inc

Tasmania's premier ensemble
bringing chamber music to regional Tasmania.
Celebrating our 20th year.

Violin Piano

Our first concert for the year features TSO violinist, Rohana Brown and pianist Karen Smithies, both set to perform Beethoven's 'Kreutzer' sonata and Fauré's beautiful A Major sonata Op13.

Enjoy the wonderful music across April. In the south at MONA and Home Hill Winery while in the north at Spreyton, *Hans Vonk Music House*, and at the Exeter Primary School Multi-Purpose Hall where the concert will be presented by the Tamar Valley Film Society.

For further information visit www.virtuositas.org.au or to join our postal or email list - just send us an [email](#)

Tickets from the [TSO Box Office](#) or call [1800 001 190](tel:1800001190).

For tickets to the Exeter concert contact the [Tamar Valley Film Society](#).

All the concert details including ticket bookings and venue contact information (for those wishing a restaurant reservation) are in our [April pdf](#).

Venues & Dates

Fri 5 Apr	11:00am	MONA Organ Room
Sat 6 Apr	2:00pm	Hans Vonk Music House
Sat 6 Apr	7:30pm	Exeter Primary School Multi-Purpose Hall
Sun 28 Apr	11:00am	Home Hill Winery



**ST MARYS SPORTS
CENTRE INC.**
Every Friday - 6.30 - 7.30pm
drinks at discounted prices
Ph: 6372 2177

Tools Explained



WIRE WHEEL Cleans paint off bolts and then throws them somewhere under the workbench with the speed of light. Also removes fingerprints and hard-earned calluses from fingers.

OUT OF THE WOODWORK

SECRETARY WENDY BRENNAN 637 22094

www.breakodaywoodcraftguild.weebly.com

Many thanks to Tanya and Craig Greenwood from all our members for the kind donation of wood turning tools and to Robina Balzar Co-ordinator of the St Marys Market who had no problems when approached about the Wood Guild conducting a one off car boot sale on our open day in April. It was very much appreciated by all members. (Refer poster for costs etc)

Our Ambassador Pat Well's Home Hint For a Great Day

Make sure you can make it to our Open Day on the 13th April starting at 10am. Pat will be there in person for photo opportunities and will only be too pleased to autograph his poster. On a serious note we all look forward to seeing you there!! Please keep a lookout for our trusty ticket seller Lorraine and don't forget the raffle will be drawn on the day.

The Guild meets on the last Thursday of every month at 2pm in the old railway goods shed situated behind the Railway Station complex. New members are always welcome, both men and women. We are open Monday, Wednesday, Thursday and Saturday. Other times by appointment. (Please note that our previously advertised day of Friday has now been replaced by Thursday)

Community Dinner

Holy Trinity Anglican Church Hall St Marys

Saturday 20th April 2013

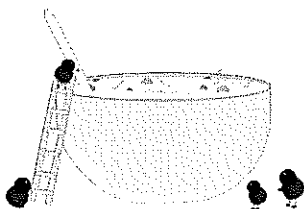
5.30 for 6pm

Please note earlier start time for autumn

Soups

Please bring a starter or a dessert to share

RSVP Kevin on 0427 062 406



BASKET MAKING FROM GARDEN FOLIAGE

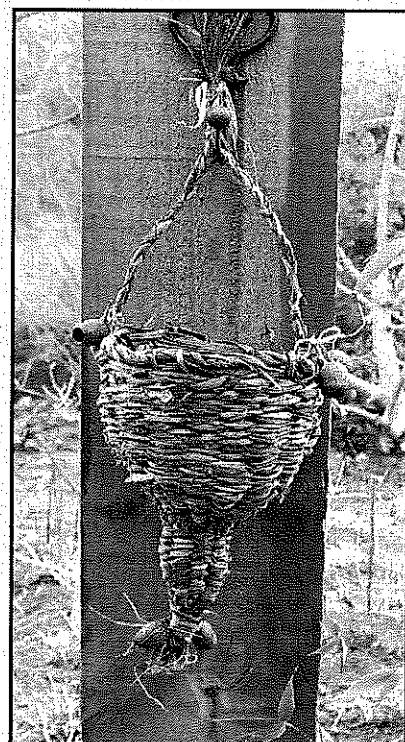
Break O' Day Regional Arts
will be holding a 2 day workshop on
Saturday 13th April and Saturday 20th April
making baskets out of garden foliage and prunings.
Helen Napier will be our tutor for this course.
Phone Robina on 6372 2022 for information.

BREAK O'DAY REGIONAL ARTS IN 2013

A range of art & craft workshops will be offered.
This will include "Gather" an exhibition of baskets made by
Tasmanian artists commencing in May 2013 at
Gone Rustic Studio, Sketching for Beginners and
Advanced students, Signwriting, Felting, and Photography.

Our next workshop after basket making will be
Sketching for Beginners, starting 6th June
with Ian Summers.

Call Robina on 6372 2022 or
email: bodregionalarts@gmail.com



Valleys of Adventure

AVOCA • ROYAL GEORGE • ROSSARDEN • FINGAL • MANGANA • MATHINNA • UPPER ESK • CORNWALL • ST MARYS

GREATER ESK TOURISM



Congratulations to the WINNERS

Coal Shovelling Singles-Mal Woods, 34.97sec winning \$2,000 and Russell Lane second in 35.82sec. Coal shovelling Doubles - Mal Woods (Tas) + Russell Lane (Qld) in 19.00sec

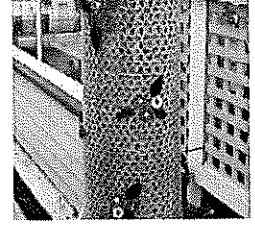
Roof Bolting -Viv Ward (Tas) and Rob Coker (Tas), winning for the 6th time!!! First prize this year was \$3,000

Dale Beams won the wood-chopping title and local Steve Rigby the shearing crown, shearing 12 sheep in 15 min.

Fingal 50 Northern Vets Cycling Fingal to Mathinna and return, exciting finish won by Leigh Kerrison from Paul Morgan and Dale Hainsworth.



Malcolm Woods



WRAPPED IN ST MARYS

1 & 2 JUNE 2013

THEME "Connected"

Think outside the square, use your imagination, have a go!!!

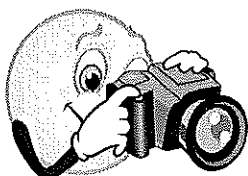
DEADLINE FOR ENTRIES

4 pm 17 May 2013, entry forms available online valleysofadventure.com.au

WRAP a power pole – categories:

- textile art (\$300 + certificate)*
- theme - 'connected' (\$200 + certificate)*
- group (\$200 + certificate)*

An initiative of Greater Esk Tourism (GET) and Break O'Day Council



Photographic Competition 2012

THEME

"Touring through the Valleys"

Dates and details out soon, start taking pics now

NORTHERN MIDLANDS R&SLA Sub Branch



**The price of liberty is eternal vigilance
ANZAC DAY SERVICE 2013**

11- 00 AM

Cenotaph, Boucher Park

Avoca Tasmania

Free lamb & venison spit roast lunch afterwards

Rossarden & Avoca Museums to be open

Open garden at Benham 2pm - 4pm Afternoon tea and plants for sale



Avoca Museum and Information Centre

Old School Building

AVOCA TASMANIA 7213

AMIC Regional



The Avoca Museum and Information Centre opened on Australia Day 2012.
A year later the success of this project in our community includes:-

- 4 Branch meetings
- 2011 Youth Portraiture Prize exhibition
- Material Girl exhibition
- Local Artists exhibition
- 2 Spinning and Weaving days
- Felt making workshop and exhibition
- Entered felt works in the Campbell Town Show (winning awards)
- Garden exhibition
- 3 members attended Hobart Seminar
- Bread making workshop
- Soap making workshop
- Health & Well being Day
- Children's Holiday workshop
- Schools History exhibition
- 8 Market Days
- Successful funding application to clean Cenotaph

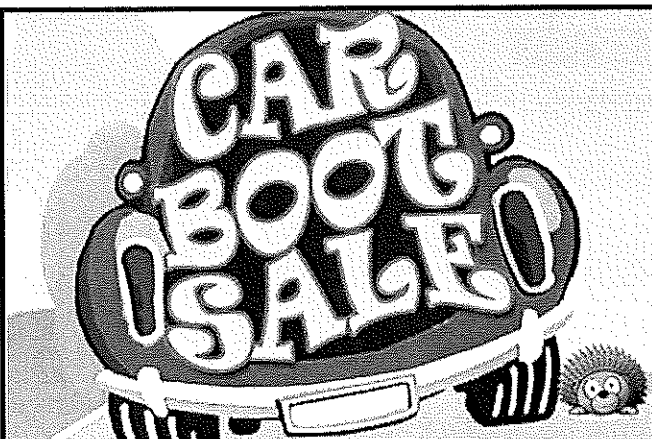
Total visitors = 1,464

Volunteer hours including garden = 482

The next **AMIC Market** is **Sunday** April 14th

Contact Prue 63842119 or Steve 63842188 for a stall, Contact Tom 0418545732 if you would like furniture sold

Free: Learn to knit and crochet - class at the market



EASTER SATURDAY 30TH MARCH 2013

To be held in conjunction with the regular monthly market.

Starting at 9.00am until 1pm

'Book a Boot' for \$15

If you've been putting off that clean out, **now** is the time to sell those unwanted items and make some **cash**.

To book a 'Car Boot' site or a stall for this very special market, ring **Robina Balzer** on **6372 2022**.

Spaces are **limited**, be quick so you **DON'T MISS OUT!**

Future Car Boot Sales will be held on:

- 1st June,
- 7th September,
- 7th December



St Marys Markets

1st Saturday of the Month

(Except July & August)

At the St Marys Community Hall

**Grab a Snag or Hamburger &
Bag a Bargain!**

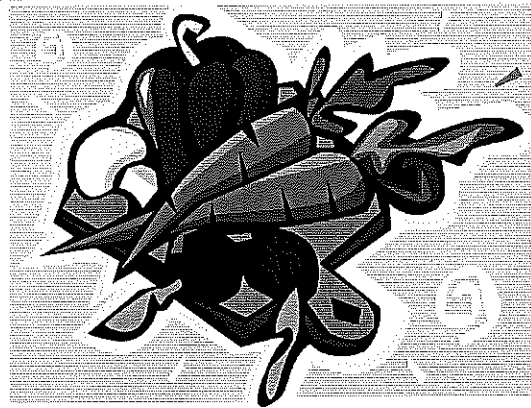
Ship Ahoy Café

Serving Coffee, Tea, Cakes & Muffins

Stalls featuring:

- Fresh Veggies and Condiments
- Fresh Bread, Veggies and Pot Plants
- Organic Skin Care
- Jams and Dolls (Gorgeous Golliwogs)
- Great range of Tools and Bric a Brac

See you there!



**Turn your trash
into cash
for only \$15 per stall**

For bookings ring
Robina Balzer on
6372 2022.



Our Ambassador
The Hon. Pat Wells
Cordially Invites You
To The Woodcraft Guild Open Day Fair
On the 13th April starting at 10am
At the Old Railway Goods Shed St Marys



Music by the 4"X2"
Reptile Rescue Display, Markets & Car Boot Sale
Variety Of Food Stalls
Medieval Display
Woodcraft Raffle Drawn

For further information or to book a stall/boot call Reem or Wendy 6357 22094



Regional Arts Youth Company

St Marys Community Hall

Workshops

RAYC is presenting for anyone of any age in the community, a series of fun and engaging Workshops this year. These workshops are being supported by a Funding Grant that we have successfully obtained from the State Government through our governing group – Tasmanian Regional Arts.

APRIL 2013

Saturday 13th **Mask Making**
2.00pm – 4.00pm
Cost: \$7.50
RAYC Member: \$5.00

Monday 29th **Hip Hop Workshop**
(Tutors from TasDance)

Tuesday 30th **Hip Hop Workshop Day 2**

MAY 2013

Saturday 11th **Mask Making Workshop**

Saturday 18th **Circus Workshop**
(Tutor Mark Sands)

Sunday 19th **Circus Workshop Day 2**

Bookings are ESSENTIAL please call Michelle on **6372 2056** or **0407 046 865**



Regional Arts Youth Company

2013

We are pleased to advise that our **Thursday Drama & Movement classes** are up and running at St Marys Community Hall. We still have a couple of vacancies.

Who can join RAYC you ask?

Anyone aged 5 - 18years of age can come along and participate in our weekly classes. There are no auditions. No previous experience is necessary.

Juniors: 3.30pm – 4.30pm

Intermediates: 3.30pm – 5.30pm

Cost: \$6.00 per week

\$50.00 upfront for 10 week term

We are integrating into our movement classes some "mask-making" for the first few weeks. There is an exhibition opening for display of our students' works of art on Friday night, 31st May 2013

See you all soon!!!

Artistic Director Jeanette Dal Santo

Secretary Michelle Kaal

Assistant Brittany Smith

Any queries – please call Michelle on **6372 2056** or **0407 046 865**





Break O'Day Regional Arts

Invites
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Adult Art & Craft Classes

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2013 Season

Single Membership \$15

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or

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APRIL 13th & 20th

Two days making baskets with
local basket maker,
Helen Napier

DRAWING FOR BEGINNERS STAGE 1

JUNE 6th

2 hours a week for 6 weeks
All equipment supplied
Learn to draw with local teacher
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DRAWING COURSE STAGE 2 – COLOUR

SEPTEMBER 5th

2 hours a week for 6 weeks
follow on from stage 1 with
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SIGNWRITING COURSE

AUGUST 8th & 15th

Learn the basics for making your signs
look professional with local teacher
Ian Summers

FELTING WORKSHOP

OCTOBER 26th

One day course
Make a Nuno felt scarf with local felter
Robina Balzer

PHOTOGRAPHY Stage 1

NOVEMBER 6th

2 hours a week for 4 weeks
Learn the basics of good composition
and editing with local artist
George Kerri

For placing your name on our class lists –
please fill out an enrolment form available
at

Mt Elephant Fudge Shop or

Purple Possum or

email bodregionalarts@gmail.com

for further information



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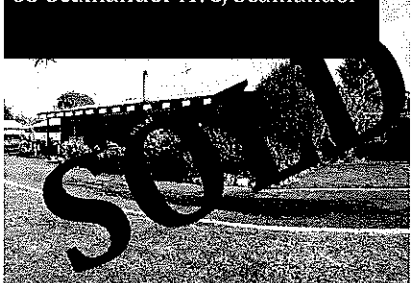
20 Fraser Street, Fingal



28 Legge Street, Fingal



65 Scamander Ave, Scamander



69 Parnella Dr, Stieglitz



178 Cornwall Rd, Cornwall



23299 Tasman Hwy, Scamander



Surf Coast Realty - Marketing Up-

Surf Coast Realty believes that it is important to utilise all marketing tools available to ensure that our properties are always visible and easy to access for potential buyers. This is why Surf Coast Realty has developed it's own **mobile website** to ensure that buyers can view your property with ease anywhere via their mobile phone.

Surf Coast Realty is also now using **QR codes** extensively to advertise properties for sale. Each property listed by Surf Coast Realty will have its own unique QR code that will direct buyers to that specific listing on our mobile website. We will be incorporating these QR codes onto our signs, meaning that someone can once again scan the QR code and will be taken straight to the corresponding listing, where they can access detailed information regarding the property.



The Say by Cagerattler

I was gob smacked again the other day to see that compulsory Council Elections are again on the agenda. What a joke. I cannot believe that anyone would desire this. This essentially lumps our Councillors in with politicians and politicians they certainly aren't and shouldn't be.

It's bad enough that we are forced to vote at State and Federal level in what is touted as a democracy and one reason why many pollies are almost despised rightly or wrongly but to go down that path for a local council is ridiculous.

IF the councillors were paid substantial amounts of money and IF these people were in control directly of huge assets and local enterprises then it might make a tiny amount of sense, barely, but this is certainly not the case I believe.

I'd almost speculate that many councillors are out of pocket while carrying out their terms and any fringe benefits might not be that great except for the occasional instructional trip etc., that they might need to do, some allowance money for seminars and so on. No big parliamentary wages or superannuation funds here I'm afraid, so these councillors are just offering up their time and services for nothing like a politician receives.

I have more respect now than ever for councillors because with the mountain of red tape involved in local government issues these days, most of these men and women who are essentially volunteers cop a lot of flack for their efforts but they all know that and do it just the same. Unfortunately many would say that it's a tail wagging dog these days with all the regulatory bodies taking many decisions directly out of Council hands and local government is just a rubber stamp if/when requirements are met. I for one hope that a final decision to go down the all in all out and compulsory vote Council elections is knocked on the head as this is currently the last bastion of free choice in this regard. As a friend once said to me when I was whining about Council one day... "Did you vote in the election?" I replied in the negative. He then quite rightly pointed out to me that I didn't deserve to be critical if I chose not to have my say on who represented me, the point being that if you take care, time and trouble to vote as opposed to ordered to do so, then you get a fairer representation with very little donkey votes. I wonder if we are told we MUST vote or be fined, how true that will be. Just look what we get for many of our real politicians. Scary isn't it?

What do you think? Rod McGiveron

St Marys Police Phone Number	6372 1010
Non Urgent Number	131 444
Urgent and Life threatening	000
SES (Flood & storm only)	132 500
Fire	000
AURORA emergency	132004



I'm passing this on to you because it definitely worked for me today - and we all could probably use more calm in our lives. This morning, I read about a doctor who says the way to achieve inner peace is to finish all the things you have started.

So I looked around my house to see things I'd started and hadn't finished. Since then, I have managed to finish off a bottle of Merlot, a bottle of Chardonnay, a bottle of Baaayileys, a bottle of wum, a package of Prungles, the remainder of both Prozac and Valiumun scriptins, the rest of the chesescke and a box a chocletz.

Yu haf no idr how bluddy fablus I feel rite now. Plaese sned dhis orn to dem yu fee ar in ned ov iennr pisss..

An telum, u blody luvum.!!

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For more information call Mel on 0409 838 816 or just turn up at 12.30pm to share lunch and a smile and some love. Are you willing to risk some JOY?

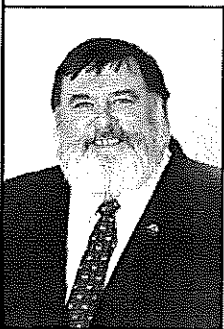
Dick Adams MP

Federal Member for Lyons

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

53B Main Rd Perth 7300 (POB 50) 6398 1115

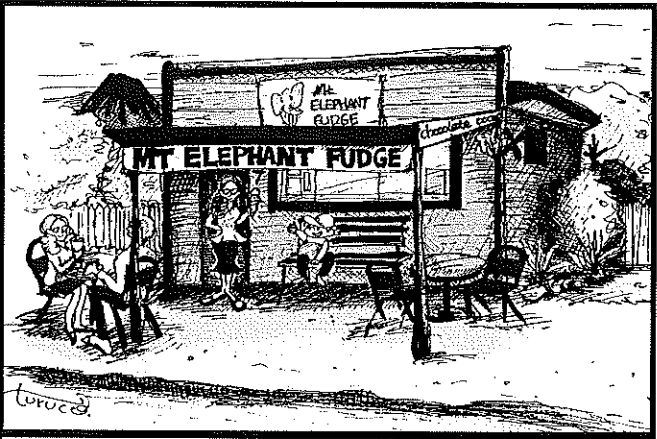
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Written and Authorized by Dick Adams, 53B Main Road Perth



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 this Easter.
 for all your sweet desires!

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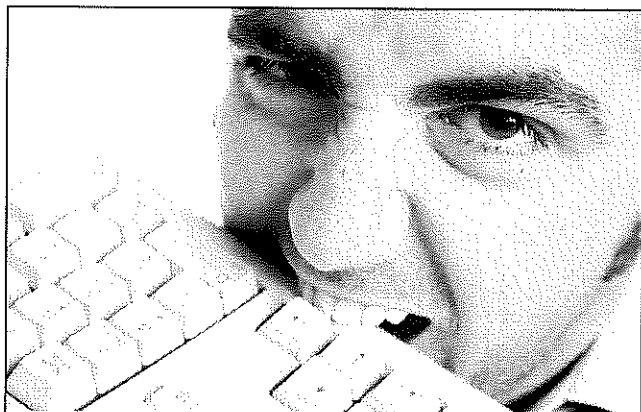
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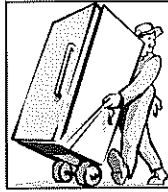
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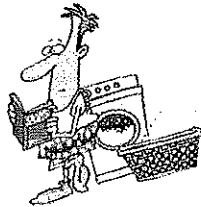
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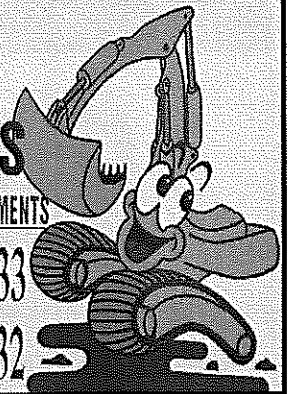
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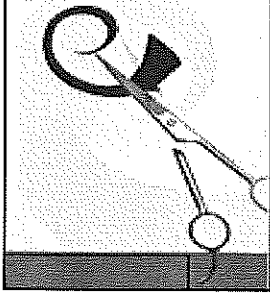


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PING'S PLACE

We have new stocks of Asian sauces and other foods on the shelves. For the children, some very nice rice crackers. Shrimp peanut munchies, lots of curry paste, curry powder, five spice mixed powder and many easily prepared types of noodles. Please come in and take the time to have fun and play table tennis. It is light, but full of fun. Most people can learn to play in 2 or 3 weeks and it costs nothing. Everything is provided, you could even share a cup of oriental tea, have a chat about travel, teaching, Chinese culture etc. Pass the time easily. Plus, there are so many more little gifts for you and your loved ones to look at. We have one size fits all reusable nappies, fits 0 to 2 years old. Many vivid, bright colours. There are scooters, ride on car toys, wooden jig saw puzzles - London bridge, Tower bridge. After you put them together, you could display them, they are most eye catching. Ping's place also has in stock lots of pain relief patches, and pain relief oil to help with pain.

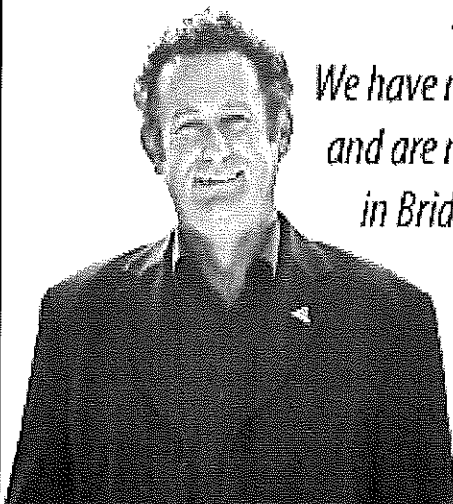
Tim Morris MP

Tasmanian Greens Member for Lyons



Tasmania

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Time: 10 am for 10.30 start

\$15 per person which
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Club 6374 2389 Darren 0429
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OF GOLF!

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Anglican Parish of Break O'Day

24/3 PALM SUNDAY Combined Service in St Helens at the Christian Fellowship at 10.30am, followed by a shared BBQ. Meat supplied, please bring a salad. No dessert – that's a surprise!

10am Palm Sunday @ St Marys.

28/3 MAUNDY THURSDAY 7.30pm St Helens

29/3 GOOD FRIDAY 9.30am at both St Marys and St Helens.

31/3 Easter Day 6.00am Binalong Bay

Sunrise Service
9.00am at both St Marys and St Helens
7.30pm Pyengana

28 April Easter Service for Church in the Valley at Mathinna – 11am

HI

This is a joint invitation from the
Anglican Church
and Anglicare

To a Fish Luncheon in the Church Hall
at St Helens
on Good Friday 29th March at 12.00pm.



There is no charge so
come along and enjoy
yourself

but please reply to
6376 1144

ST MARYS & CAMPBELL TOWN CATHOLIC PARISHES HOLY WEEK 2013

HOLY THURSDAY: Campbell Town 5pm

GOOD FRIDAY: St Helens Stations 10.30 am
St Marys Liturgy 3pm
Campbell Town Liturgy 3pm

HOLY SATURDAY: Easter Vigil St Helens 6pm

EASTER SUNDAY: St Marys 7.30 am
Bicheno 9 am
Swansea 11 am
Campbell Town 5pm

Enquiries: Launceston Parish ph 63614377
Sr Marjory ph 63811122 m. 0409383908
Sr Lorraine ph 63722252 m. 0409172741

ST MARYS & DISTRICT BUSINESS CONTACTS

For enquiries/alterations to this page contact Valley Voice.

<p>ACCOMMODATION ADDLESTONE HOUSE B&B 6372 2783 19 GRAY RD ST MARYS FISH-TALES ON THE BAY 0439 265 362 PET FRIENDLY AH 6372 2128 MARITON HOUSE B&B + HORSE RIDING 1 IRISHTOWN ROAD ST MARYS 6372 2059 RAINBOW RETREAT 6372 2168 SEA VIEW FARM 6372 2341 ST MARYS HISTORIC HOTEL 6372 2181 48 MAIN ST</p> <p>ARTS & CRAFTS BLUEBERRY COTTAGE 6372 2755 ELEPHANT PASS GONE RUSTIC STUDIO & GALLERY 6372 2724 37 MAIN ST ST MARYS</p> <p>ART SUPPLIES BIG SHED STUDIOS 0428 725 228 24837 TASMAN HIGHWAY ST HELENS</p> <p>AUSTRALIA POST ST MARYS POST OFFICE 6372 2124 MAIN ST</p> <p>BAKERY ST MARYS BAKERY 6372 2131 MAIN ST</p> <p>BANKS COMMONWEALTH BANK 6372 2268 MAIN ST ST MARYS</p> <p>BERRY FARM BLUEBERRIES SEA VIEW FARM 6372 2341</p> <p>BOARDING KENNELS THE GUMS KENNELS AND CATTERY IRISHTOWN ROAD ST MARYS 6372 2512 UPPER SCAMANDER KENNELS AND CATTERY 905 UPPER SCAMANDER ROAD 6372 5157 WAGABOUTS 0429 170 077 6376 2131</p> <p>BREAK O'DAY COUNCIL ST HELENS 6376 7900</p> <p>BREAK O'DAY BUSINESS ENTERPRISE CENTRE BEC SHOP 1/34 QUAIL ST ST HELENS 6376 2044</p> <p>BUS SERVICES CALOWS BUS SERVICE ST MARYS 6372 2476 ST HELENS 6376 2161</p> <p>BUTCHER INSTORE IGA ST MARYS 6372 2274</p> <p>CABLE LOCATIONS TELSTRA COPPER NETWORK & UNDER-GROUND POWER CABLES ETC. MICHAEL SMITH 0408 059 521</p> <p>CARERS FOR WILDLIFE TAS INC. 6372 2973 / 0417 017 105</p> <p>CARTAGE CONTRACTORS C & D EXCAVATIONS 6372 2033 TROTTERS CONTRACTING 6372 2107/6372 2742 EXCAVATION, DRAINAGE, & GENERAL CARTAGE</p> <p>CHILD CARE ST MARYS CHILD CARE CENTRE 6372 2187</p> <p>CHINESE GROCERY & MEDICINE PING'S PLACE ST MARYS 0411 186 573</p> <p>CHURCHES ANGLICAN CHURCH 6376 1144 CATHOLIC CHURCH 6372 2252 UNITING CHURCH 6376 2405 SALVATION ARMY 6372 2099</p> <p>JAM (JESUS & ME) M.NORTON 6372 2099</p> <p>CLOTHING MAIN STREET CLOTHING 6372 2211</p>	<p>COMPUTERS MAINTENANCE & REPAIRS RAY WALKER 0401 497 199</p> <p>COMMUNITY CAR 6372 2137</p> <p>CONFECTIONERY MT ELEPHANT FUDGE 6472 2787 7 STORY ST ST MARYS</p> <p>DESIGNER -BUILDING BUILDING DESIGN STUDIO 6372 2000 56a MAIN ST ST MARYS</p> <p>ELECTRICIANS ST HELENS ELECTRICAL 6372 5522 0407 615 072</p> <p>ELECTRICAL REPAIRS RANSLEYS HOME APPLIANCES 6372 5307 SCAMANDER 0428 761 811</p> <p>FUNERAL DIRECTORS HARRIS FUNERALS ST HELENS 6376 1153</p> <p>GARAGES CALTEX ST MARYS MAIN ST 6372 2335</p> <p>GARDENING SERVICES CLEAN CUT GARDENING 0419 113 836 ANDREW DAVENPORT ST MARYS 6372 2366</p> <p>GLASS REPLACEMENT EAST COAST GLASS 6372 5361</p> <p>GOLF CLUB ST MARYS SPORTS CENTRE INC 6372 2177</p> <p>INSURANCE BROKERS MCKILLOP INSURANCE (LYN) 0400 984595</p> <p>JUSTICES OF THE PEACE K FAULKNER 6372 2196 H VELDUMS 6372 2124</p> <p>HAIR DRESSER ANA'S HAIR DRESSING SALON 0448 532 531 MAIN ST ST MARYS AH 6372 5497</p> <p>HEALTH FOODS PURPLE POSSUM WHOLE FOODS 6372 2655 STORY ST ST MARYS</p> <p>HEALTHY HOUSE 5 PORTLAND COURT ST HELENS 6376 5242 ST MARYS COMMUNITY HEALTH CENTRE 6372 2850</p> <p>HORTICULTURIST PETER DANE (QUALIFIED HORTICULTURIST) 6372 2686</p> <p>HOTEL ST MARYS HOTEL 6372 2181</p> <p>LIBRARY ST MARYS LIBRARY 6372 2114 MAIN ST</p> <p>LINE DANCING VALLEY COASTERS 63 72 2266 SUE FISHER</p> <p>LYMPHOEDEMA CENTRE ST MARYS LYMPHOEDEMA CENTRE 6272 2900 ST MARYS COMMUNITY HEALTH CENTRE</p> <p>MARRIAGE CELEBRANTS PETER POWER 0417 017 105 TERESE TANNER 0400 512 845</p> <p>MEALS ON WHEELS 0488 384 344</p> <p>MECHANICS MICHAEL AULICH MECHANICAL & WELDING REPAIR & GENERAL STEEL & ALUMINIUM FABRICATION 209 IRISHTOWN ROAD 0417 507 239 / 6372 2991 GRANT FAULKNER CALTEX ST MARYS 6372 2335</p>	<p>MUSEUM CRANKS & TINKERERS (IAN) 0417 648845 RAILWAY STATION ST MARYS</p> <p>NEWSAGENCY ST MARYS NEWSAGENCY 6372 2143 STOREY ST</p> <p>NET CENTRE (ST MARYS) 6372 2175</p> <p>ONLINE ACCESS CENTRE St Marys 6372 2005 OP-SHOP MAIN ST ST MARYS 6372 2851</p> <p>ORGANIC VEGETABLES JACK FOREMAN 7 STORY ST ST MARYS 6372 2034</p> <p>PACING CLUB ERIC BEAN SEC. 6372 2136</p> <p>PAINTERS EAST COAST MOBILE SPRAY PAINT 6372 5571 0457 583 099 MLN ENTERPRISE PAINTING 0439 722 718</p> <p>PHARMACY ST MARYS PHARMACY 6372 2844 MAIN ST</p> <p>PLUMBERS P J & H K CHILD 6372 5378 R G & R I HARWOOD 6372 2445</p> <p>PROOF READER LEISSA DANE 6372 2686</p> <p>REALTORS SURF COAST REALTY 6372 5321</p> <p>RESTAURANTS/CAFES COACH HOUSE RESTAURANT 6372 2529 MT ELEPHANT PANCAKE BARN 6372 2263 PURPLE POSSUM WHOLE FOODS 6372 2655</p> <p>SECONDHAND DEALERS & COLLECTABLES SECONDHAND ROSE AH 6372 2267</p> <p>SEPTIC TANK CLEANERS SPLASH ST MARYS 0488 777 713</p> <p>SCHOOLS ST MARYS DISTRICT HIGH SCHOOL 6372 3900 GRAY ROAD</p> <p>SUPERMARKET ST MARYS IGA MAIN ST 6372 2240 BUTCHERY INSTORE 6372 2274</p> <p>SURFING SUPPLIES SCAMANDER BEACH SURF SHOP 6372 5529 6 LAGOON ESPLANADE SCAMANDER BAY SURF SHOP 2 PENDRIGH PLACE ST HELENS 6376 1755</p> <p>TELEPHONE, DATA & TV EAST COAST PHONE & COMMUNICATIONS JOHN HERON - DIGITAL TV & SET TOP BOXES 0409 959 121 6372 2402 DELAFRONTERA DAVE MORRIS INSTALLATION & SERVICE TECHNICIAN 0402 969 393</p> <p>SURVEYORS EAST COAST SURVEYING ST HELENS 6376 1972</p> <p>WATER CARRIERS SPLASH ST MARYS 0488 777 713</p> <p>WOODWORK GUILD OLD RAILWAY GOODS SHED ST MARYS 6372 2094</p> <p>WIDE SPAN SHEDS 6372 2724</p> <p>YOUTH HOSTEL SEAVIEW FARM (GERMANTOWN) 6372 2341</p> <p>St Marys Police 6372 1010 Non Urgent Number 131 444 Urgent and Life threatening 000 SES (Flood & storm only) 132 500 Fire 000</p>
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ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Latt

27/3/13— 12/4/13

Dr Libby Reeckman

Women's Health Clinic
4 & 5 April 2013

PUBLIC HOLIDAY

29/3/13- Good Friday

1/4/13- Easter Monday

2/4/13- Easter Tuesday

For appointments phone: 6372 2111

Normal Doctor's Surgery Hours will
resume on Wednesday 3/4/13

Please see After Hours Numbers
below for during this time

St Marys Community Health Centre

GP Surgery Hours:

Monday—Friday

8:50am-10:00am

10:00am-10:30am— Reception Closed

10:30am- 12:30pm

12:30pm-1:30pm— Lunch Reception Closed

1:30pm-2:45pm

2:45pm-3:15pm— Reception Closed

3:15pm- 4:30pm

For appointments please ring Reception during opening
times. Appointments will not be taken at other times.

AFTER HOURS CONTACT NUMBERS

Please phone
GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE
6372 2111

Please RING before presenting after hours

INR TESTS

A doctor's appointment is required if you are having
an INR test. **Please let reception staff know when
making your appointment that you are having an
INR test.** This requires a 5 minute doctor consult.

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully
booked for appointments 1 week in advance as of 27/3/13

If you are unable to get a doctor's appointment at the time of
ringing and you feel you need more urgent medical attention
please inform the reception staff who will put you through to
the Nurse on duty.

Daily Doctor appointments are not always available but if the
need arises we can prioritise.

If in doubt— Call an Ambulance 000

Thank you for your cooperation

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 practice regularly. **PLEASE BE**
PATIENT waiting periods can apply to see the doctor.

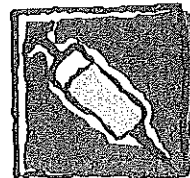
**Please speak to our reception staff about ordering
scripts over the phone— as fees apply.** Scripts are
unable to be done over the weekends, ensure you have
enough medications in advance.

PATHOLOGY SERVICE

No Pathology Service between
12:00-1:30pm or before 8:30am daily

If you require Pathology **before 8:30am** an appointment
must be made with the Nurses Station the day/night
before by phoning 6372 2111

FLU VACCINATION CLINIC- FOR PEOPLE 65+ OR THOSE WITH A CHRONIC CONDITION



When: Tuesday 9th April 2013

Where: St Marys Health Centre

Time: 2:00pm-4:00pm

Cost: FREE

Please ring the Health Centre on 6372 2111 to make an
appointment to attend this clinic or to confirm your eligibility.
Your appointment will be for the flu vaccination **ONLY**.

No scripts etc. will be done during this flu vaccination
appointment.

Keep watch on this page as there will be another flu
vaccination clinic for the general public in coming weeks.
Details of this clinic and how to access you flu script and make
an appointment will be advertised on this page in a few weeks
time.

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 27 Mar Day Centre- For details on the group please contact Hayley Gilbert 6372 2111
- Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 28 Mar Social Worker- Shan Williams. Please phone 6372 2111 for appointments
- 29 Mar PUBLIC HOLIDAY- Good Friday
- 1 April PUBLIC HOLIDAY- Easter Monday
- 2 April PUBLIC HOLIDAY- Easter Tuesday
- 3 April Day Centre- For details on the group please contact Hayley Gilbert 6372 2111
- Social Worker- Shan Williams. Please phone 6372 2111 for appointments.
- MYSOAP- Antenatal Clinic with Katie. For appointments please see your GP
- Physiotherapist- Naomi Ide. Please see your GP or Health Professional for a referral to the service.
- 4 April Relationships Australia- Leanne McMurtie for appointments please phone 1300 364 277
- Social Worker- Shan Williams. Please phone 6372 2111 for appointments
- 5 April Social Worker- Shan Williams. Please phone 6372 2111 for appointments
- 8 April Audio Clinic- For appointments please ring 6334 1466
- Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you
- Physiotherapist- Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- 9 April Child Health Session with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381
- Mental Health Clinician/ Case Manager Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.

WHAT'S ON AT THE CENTRE Continued...

- Physiotherapist- Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- 10 April Mental Health Clinician/ Case Manager Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Day Centre- For details on the group please contact Hayley Gilbert 6372 2111.
- 11 April Social Worker- Shan Williams. Please phone 6372 2111 for appointments
- 12 April Social Worker- Shan Williams appointments available by phoning 6372 2111
- 15 April Mental Health Clinician/ Case Manager Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist- Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- TLC Meeting (Tasmanian Lymphoedema Centre) 10:00am in the Day Room

Tom Bain, Rae & Partners Lawyers

At the Community Health Centre

Tuesday fortnights

For appointments please phone 6337 5555

BREASTSCREEN TASMANIA



The mobile BreastScreen Bus will be located at St Helens from: **29 April- 17 May 2013**

If you would like to make a booking to have a **FREE** mammogram done with BreastScreen Tasmania's mobile unit please phone **132050**.

The program provides free screening mammograms specifically targeting women aged 50-69, however all woman aged over 40 without breast symptoms or a recent history of breast cancer, are eligible to participate.

Prevention is the best cure!

MEALS ON WHEELS ROSTER

April		St Marys	Fingal
Monday	1st	Lundy Vosper	Neighbourhood House
Tuesday	2nd	Pam Bretz	
Wednesday	3rd	Lorraine Gill	
Thursday	4th	Heather Griffiths	
Friday	5th	Claire Bean	Neighbourhood House
MOW Contact		Phone:	0488 384 344
Monday	8th	Debbie Barnes	Neighbourhood House
Tuesday	9th	Trish Pike	
Wednesday	10th	Lundy Vosper	
Thursday	11th	Liz Rice	
Friday	12th	Lorraine Gill	Neighbourhood House

Church Services

Catholic Parish of St Marys

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

1st Sunday MASS

St Helens Vigil	6.00pm
Bicheno	9.00am
Fingal	11.30am

2nd Sunday LITURGY

St Helens Vigil	6.00pm
St Marys	9.00am
Bicheno	9.00am
Fingal	9.30am

3rd Sunday MASS

St Helens Vigil	6.00pm
St Marys	9.00am
Fingal	9.30am
Bicheno	LWC 9.00am

4th Sunday LITURGY

St Helens Vigil	6.00pm
St Marys	9.00am
Bicheno	9.00am
Fingal	9.30am

5th Sunday LITURGY

St Helens Vigil	6.00pm
St Marys	9.00am
Bicheno	9.00am
Fingal	9.30am

Enquiries to Sr Lorraine for
Baptisms & Weddings
6372 2252

Anglican Parish of Northern Midlands

Avoca	11am	2nd Sundays
Fingal	2pm	2nd Sundays
Mathinna	2.30pm	4th Sundays
Ross	10am	5th Sunday
Campbell Town		9am every Sun

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10 am
Divine Service 11 am

Anglican Parish of Break O'Day

6376 1144
8am St Helens
10am St Marys
10.30am St Helens
7.30 pm Pyengana
3rd Saturday of each month Community
Dinner @ St Marys

Salvation Army

Tuesday Jam
3-5pm every Tuesday
excepting school holidays
Envoy Melanie Norton 6372 2099

Sunday Joy 12.30pm

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

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9.00 am
Fingal 11.15 am

On Air Now!

Vision FM 87.8 FM at
St. Marys, St Helens, Fingal
& Binalong Bay

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

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

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

Contacts for Valley Voice

Written material may be left at the St Marys Pharmacy, Main
St St Marys 7215 or mailed to
W Dawson 12 Groom St Marys Tas 7215
vvoicerevisited@gmail.com
63722442/0403430452

Advertising: 2013

Classifieds **25 words or fewer: free**

Community notices **free.**

Large boxed ads **\$12.**

¼ page **\$20** ½ page **\$30.**

Full page **\$50**

1 year posted subscription **\$50**

Copy of guidelines available on request

The Valley & East Coast Voice Guidelines

- Opinions in any letters published are not necessarily the views held by the Editor and voluntary workers.
- Our pages will remain open to fair and honest criticism, so that on all questions, both sides may be presented, but any letters containing personal attacks or hinting at libel or slander will not be accepted. Stick to the issue rather than making personal attacks.
- Please do not attack the editor, the paper or the authors of previous letters.
- Letter writers will be given the chance to respond over a suitable period of time, but anonymous and/or nom-de-plume letters received as from 11-02-10 will not be published. Subjects may be closed at the editor's discretion.
- Please make sure of your facts. Do not write letters just to let off steam. Letters most commonly published are those that have bearing to current community issues.
- Keep letters short, simple and to the point. Letters are restricted to 300 words or fewer
- The Editor reserves the right to edit your letter for grammar, spelling or reduction in size where necessary.
- All letters arriving by post must be signed, including a printed name and also contain your contact details, such as full name, address and phone number.
- All letters sent by email must contain your contact details, such as full name, address and phone number.
- All letters left at drop-off points must have a signature, plus a printed name and also contain your contact details, such as full name, address and phone number.
- Do not be discouraged if your letters don't get published. Whilst each submission is reviewed on its own merits, we generally receive more letters than we have space available.
- The Valley & East Coast Voice reserves the right at all times, without notice, to update, change or amend our guidelines.

Whilst we value & welcome community letters, The Valley & East Coast Voice does not provide specific feedback regarding any decision made not to publish a submission.

St Marys Online Access Centre Opening Hours

Monday, Thursday & Friday 10-3
Tuesday, Wednesday 10-4
Saturday 11-2

6372 2005



ST MARYS SPORTS CENTRE NEWS

Golf: Firstly to our competition golf from the previous week, congratulations to Brent Leedham on winning the 18 hole stroke event in a count back from Bradley McDonald with Mark Carrick a close third. Our next competition is a three person ambrose on Good Friday, see advertisement this issue. A big thanks to those who helped out in the working bee on the course a few weeks ago, the course is all the better for your help and it was also appreciated by our voluntary course crew. To Pennant: our first week kicked off with the help of a few fill in players against Scamander at the Windy River Golf Club in shocking conditions last Sunday. Scores were a 6/1 win to Scamander with Chris Davern winning on the last, Brent Leedham going down 5/4, Mark Carrick 5/3, Rod McGiveron 7/6, Paul Davern 9/8, Paul Spilsbury 6/4 and Leigh Spilsbury 1 down on the last. Well done to Blairy on a very competitive game as he was expecting to get rolled by the maximum score. Whilst we are on that subject, we may not hear about someone's cricket score rounds for a while. Thanks to all for helping to kick off the season, we do need a few people to put their hand up for a regular game, so if you can help out be at the club on Friday nights for selection and put your name forward to take the pressure off those trying to help the club out. Well done again to Bobby Harwood for finishing runner up in her section of the women's Country Week Golf Competition.

The club hosted a hardy bunch of Veteran golfers last Thursday on a dismal rainy day but thanks to all that competed, organized and of course the ladies in the kitchen for making it a successful day.

Bowls: First week of the finals saw us pitted against St.Helens at Bicheno where we came away with a win on all three rinks John McDonald giving everyone heart failure at the start, giving up an 11 shot start to eventually win by a couple. John Vincent also getting up by a couple of shots after a close game all day, well done on his first win and Macca getting home comfortably in the end, mainly thanks to the magnificent lead bowls played by Damon Viney. We now take to the preliminary final the Saturday after Easter and good luck to everyone.

Fundraising: Mark Carrick's footy tipping is about to start up again, a little bit different to your normal format, with points being awarded for a winning tip awarded by the teams' spot on the ladder. If the team who is 9th wins against the top team and you tip them, you get 9 points. A great concept and also a chance to see a few faces at the club on Friday nights, put their forms in and also see the selection of the golf pennant team.

A singles euchre night will be held at the club on Saturday the 27th of March at 6:30pm, come along and have a go at being the champ, as we do not want to see Cookie take out the double, or heaven help us!

Calling all Carlton supporters! – This Thursday night will be Tigers and Blues supporters night at the club, we know how many Tiger supporters there are at the club, so come along and lend your support to the Blues and enjoy the game, with some great footy fare. (savs and pies)



ST MARYS IGA SUPERMARKET

38 Main Street

Phone/Fax 6372 2240 - Butcher 6372 2274

Mon-Fri 8 - 6 Sat 8 - 12

This week's specials

Available from 28th March - 3rd April
the butchery

Rump steak	10.99 kg
Nichols Turkey Rump roast	4.99 kg
Blade roasts	7.99 kg
T-Bone steak	16.99 kg
Beef Stirfry strips	12.99 kg

from the shelves

Arnotts Savoy/Clix 180-225g	1.89
Quilton Toilet Tissue 6 pk	2.99
Palmolive Ultra Dishwashing Liquid 400ml	1.79
Juicy Isle Long Life Juice 2L	2.69
Heinz Tomato Sauce Squeeze 500ml	1.79

ready for Easter

Red Tulip Carnival Rabbit	4.99
Lindt Gold Bunny	4.99
Cripps Easter Buns 6pk	4.49
Pacific West Flathead Fillets 360g	5.00
Birds Eye Fish Fingers 1kg	7.99

Next week's specials

Available from 4th - 10th April

from the butchery

Leg of Lamb	10.99kg
Nichols 6 legged Chicken	4.75kg
Rump steak	10.99kg
First Grade Beef Mince	9.99kg
Ingham Gourmet Chicken Portions	5.59kg

from the shelves

Spree Ultra Laundry Powder 1kg	2.99
Kleenex Cottonelle Toilet Tissue 8pk	3.99
Kellogs LCM Bars 6pk	2.99
Nabisco Captain's Table Water Crackers 125g	.99
Bushells Teacup Bags 100's	2.99

from the Coolroom & Freezer

Flora Margarine Spread 500g	2.69
Cracker Barrel Vintage Cheese 250g	3.99
McCain Peas 1kg	3.69
Sargents Party Pack 36pk	9.99
Marathon Dim Sims 500g	2.99

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