



# *The Valley & East Coast Voice Est. 1968*

*Volume 45 No. 22 Thursday April 11th 2013 \$1*

The Say,  
by Cagerattler

Out on Gray Road, pretty much opposite the District School is a facility that has been in existence for several decades. This facility has provided a wonderful outlet for golf and lawn bowls, community fundraising, employment, training and all manner of other opportunities. I refer of course to the St Marys Sports Centre.

This club has been intertwined with most of us for a huge part of our lives and many of us have friends here and much further apart because of this wonderful club.

Why I make this my first topic in this issue is that this fantastic facility is gradually losing members. Not only just financial members but more importantly those who contribute in a major way to the club's running and wellbeing. Yet another of our very hardest workers and biggest contributors very recently is finding it difficult to continue, for differing reasons I believe. He is in need of a spell and hopes to take a well deserved step back for a while. Another senior member will be doing the same I believe.

I joined this club as a 15 year old when it was essentially two clubs using one building. The St Marys Golf Club and Bowls Club with two sub-committees and a fifteen-person main committee. On Annual General Meeting nights in cold frosty June, we'd have the clubhouse packed out and usually a vote was required to elect

office bearers. On working bee days, the biggest issue was whether there was enough tucker to accommodate the volunteers. Golf and Bowls pennant team selection resulted more often than not in players having to stand down to give everyone a game and on every golf trip away when the club won one of its 25 East Coast div 3 Pennants and three NTGA flags, every player had a caddie and more often than not at least 15-20 supporters went along for the weekend.

On Friday nights and this is a lot more recent our club was the 'watering hole' for many locals, a place to enjoy a beer, a joke and a bit of fun for an hour or two. It's sad to say that through a series of occurrences, misunderstandings and possibly even egos and inappropriate behaviour by one or two individuals this is not always the case nowadays but...it can and must be again very soon. IF we can't begin to turn things around in the next few weeks and months with attitude, support and wellbeing ...THERE WILL BE NO CLUB...but it's still in our own hands. It can and should begin next Tuesday 16th April at a meeting to be held at the Centre at 7pm. An invitation is extended to members wishing to attend this meeting.

We already have lost a century-old football club and other sporting bodies as they used to be and as the last remaining week in-week out sports club in a town of about 800 people the ramifications would be nothing short of tragic. If ever the phrase "The Club is bigger than the individual" was true it

applies here for sure. As the incumbent custodians of this amazing club we must support her as she deserves; if this means we need to sort out a few lingering issues that hold us back then let's do it soon before it's all too late, and pay respect to all those who helped build this proud club from the ground up all those years ago and before we hear any grave turning going on out the road. Maybe the next club functions will need to include Humble Pie on the menu, so some of us, me included, can find a way to resolve the frustrations and difficulties the club faces. It's not too late. Let's not still be talking about this in a few months' time. Congratulations to the club winning the bowls Div 1 grand final last week too. Despite some of the problems involving bowls formatting etc., it was great to acknowledge that several non-playing members travelled to the game in the spirit of team support. All contributed to the win I'd suggest and good luck against Brighton Bowls Club in the regional finals.

This upcoming weekend is the Woodcraft Guild Fair held at the Railway Station Complex and going by what the crew have said, it should again be a bumper affair with so much to see and do. I'd encourage all locals to go along and spend a great day and check out what a great thing they provide.

What do you think?  
(Column by Rod McGiveron)

The next Valley Voice is due out on 25th April 2013 and the deadline is 5pm Tuesday 23th April 2013

[vvoicerevisited@gmail.com](mailto:vvoicerevisited@gmail.com)

6372 2442 / 0403 430 452

Wendy Dawson, 12 Groom St, St Marys Tas 7215

## Community News

**St Marys Hospital Auxiliary** meet on 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, 10 am at the St Marys Community Health Centre, Day Care room.

### **St Marys Ladies Midweek Tennis**

9.30am each Wednesday. 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

**Suncoast Singers** meet every Friday, 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 Paul's Anglican Church Hall, St Helens. Murdoch 6376 3335

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.

**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 **Falmouth Community Centre** contact for booking club facilities is Rachel Woods on 03 6372 5118.

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

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

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

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

## Valleys of Adventure

GREATER ESK TOURISM

WHERE: Fingal Valley Neighbourhood House  
TIME: 7PM All WELCOME.

**Guest speaker** - Monday, 6 May (please note date change) **Sue Atkinson** (museum consultant) will give a presentation about the proposed Tasmanian **Migrant Museum** which will showcase the stories of migrants who have made an impact on our state's development.

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

**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)

The **Cornwall Community Development Group** hold their general meetings on the first Tuesday of the month at 7pm. All interested persons are 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

### 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 for 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 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 Paul's Anglican Church Hall St Helens  
Anne or John 6376 4270 or Rose 6376 3335

## For Sale

Steelcraft baby car capsule \$120 ono. Zuzu 3 wheel baby pram \$50 ono. Bicheno. 0408 078 640

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

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

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

Combination wardrobe & dressing table. \$30. 6372 2440

Firewood 1 ton delivered \$80. 0498 971 956

3 Bar stools, \$50. 0457 157 780

Gas tank for car \$100. DVD's Nugget, Norbit, Casanova, Last Samurai, Battlefield Earth and 300. \$50 the lot. 51cm TV \$20. 6372 2584

The Voice strongly encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles and written or visual art with a community-based theme are welcome, especially with relevant pictures included. Regular columns can be made available for talented and dedicated contributors. Contact the editor if you have any questions or would like more information about guidelines. We aim to reflect and represent all those who make up the community of the Valley and East Coast.

**St Marys Online Access Centre**  
6372 2005

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

## Wanted

Wanted to buy, working second hand landline phone. 6384 2139

Wanted to buy jewellery - bling, costume etc. 0438 873 789

HOUSE CLEANING Experienced, honest and reliable lady with references. \$16 p/h. 6372 2584

Employment wanted: gardening and odd jobs. \$20 p/h 6372 2584

FREE firewood, you cut the tree down and cart away. Must be competent and insured. 6372 2584

Gardening, odd jobs. Family man, \$10 p/h 6372 2584

St Marys Op Shop

Opening hours

Monday - Friday 11-4

-Market Saturdays 10-12.30

We are looking for new volunteers . Call Janet Drummond on 0404 562 320

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

To the people who thought it their right to steal the honour box, money and sheep manure from Beaumaris on Friday night, I hope it brings you lots of luck (all bad).

There is good money to be made from selling sheep manure. Do it the honest way, get off your backsides, do a day's work - you might be surprised at how good it feels.

If people in their mid 70's can do it, maybe you can.  
**Return the honesty box!**

R. AULICH  
SECRETARY  
ST HELENS GUN CLUB

**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. If there is a mistake, it will be corrected in the following issue.

# 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](mailto:bodregionalarts@gmail.com)



News from The **Suncoast Gallery** in St Helens, behind Wombat Burrows:



Artist of the month is **Sue Briginshaw** pictured with her arts and crafts. Sue's favorite is the linen shawl or wall-hanging visible in the left corner.

Currently Sue works mainly in watercolours, silk painting and porcelain. She was the first curator of the St. Helens Historical Museum and was responsible for the old photographic works around the town noting our heritage.



Suzanne studied Fine Arts at the Tasmanian School of Art, under Dorethy Stoner, Jack Carrington-Smith, Viv Webb, and Harry Buckie. Further studies were undertaken under Jenny Boam and Paul Baum.

Illustration was studied at East Sydney Technical College, Post Graduate in Ceramics at The Tasmanian school of Art.

As a textiles designer Sue developed an abiding delight in Eastern Art, and as a cartoonist at Artransa Park Studios in Sydney, was fascinated by animation.

Sue received a Journeyman Scholarship to the College of Advanced Education in Tasmania and studied Education, majoring in Materials, Design and Technology as well as Visual Arts.

Sue has taught both Technology and Art in High Schools across Tasmania, as well as Adult Education.

Past exhibitions have been held at Bicheno; Skeleton Bay Studio; Richmond; by invitation-The Tasmanian Art Awards Eskleigh, Perth; The Max Fry, Launceston; Reflections, St. Helens and Currumbin Arts Festival Queensland.

Sue revels in the challenge of working with Pastels and Mixed Media and we invite you to come and look at a lovely display of present works in The Suncoast Gallery. Be AMAZED!

Written by Peggy Bogar

**St Marys**  
**Child Care Centre**  
New enrolments welcome  
(with limited spaces for under 2's)

open 8.00am - 5.00pm Monday - Friday

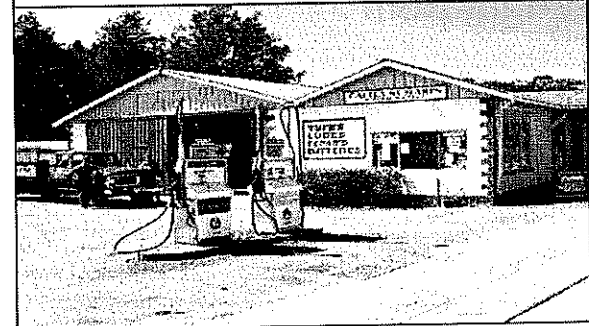
'NEW' Join us from 28th March  
for  
**Building Block's**  
free 'Play and Learn' sessions  
Thursday Mornings  
its open to all families



For more information  
contact the Centre  
**6372 2187**  
email [stmarys@ncn.org.au](mailto:stmarys@ncn.org.au)  
(Gardiners Creek Road)

 [www.ncn.org.au](http://www.ncn.org.au) 

**CALTEX ST MARYS**  
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7215  
PH: 6372 2335/0419 503 109  
Fax 6372 2822



**JACK MICK MOWING**

JACKSON SPILSHURY  
& MICHAEL CAMPAIN

St Marys  
6372 220  
0488 637220





## Break O'Day Regional Arts

Invites  
anyone interested in:

### Exhibitions

**Adult Art & Craft Classes**

**Youth Theatre Company**

**Car Boot Sales & Markets**

To join up for the  
**2013 Season**

Single Membership      \$15  
Family Membership      \$20

Pick-up & drop off  
Membership Application Forms  
at **Mt Elephant Fudge Shop**

or

**Purple Possum**

## ADULT CLASSES FOR 2013

### BASKET MAKING FROM THE GARDEN APRIL 13<sup>th</sup> & 20<sup>th</sup>

Two days making baskets with  
local basket maker,  
Helen Napier

### DRAWING FOR BEGINNERS STAGE 1 JUNE 6<sup>th</sup>

2 hours a week for 6 weeks  
All equipment supplied  
Learn to draw with local teacher  
Ian Summers

### DRAWING COURSE STAGE 2 – COLOUR SEPTEMBER 5<sup>th</sup>

2 hours a week for 6 weeks  
follow on from stage 1 with  
Ian Summers

### SIGNWRITING COURSE AUGUST 8<sup>th</sup> & 15<sup>th</sup>

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

### FELTING WORKSHOP OCTOBER 26<sup>th</sup>

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

### PHOTOGRAPHY Stage 1 NOVEMBER 6<sup>th</sup>

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 [bodregionalararts@gmail.com](mailto:bodregionalararts@gmail.com)

for further information

# SPLASH

## ST MARYS

*You swill it, we fill it!*  
*You dump it, we pump it!*

Water cartage  
Septic pumping

Contact: Mick

**0488 777713**



## St. Helens Electrical

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2 Lagoon Esplanade, Scamander 7215



## EAST COAST PHONE & COMMUNICATIONS

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DIGITAL TV & FM Antennas

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NEXT-G Wireless Internet Antennas

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LICENCE

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Phone & Intercom Systems

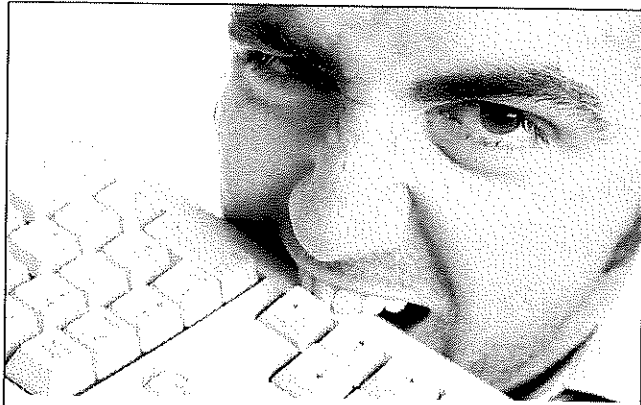
JOHN HERON

EAST COAST PHONE  
& COMMUNICATIONS

Mob 0409 959121

A/H 63722402

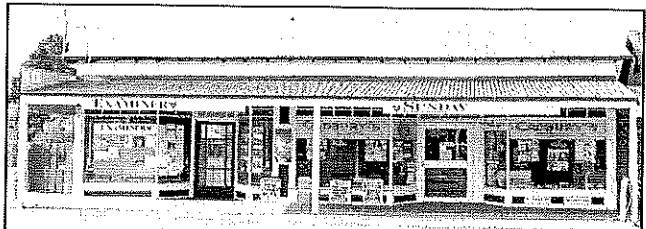




## Computer Trouble?

- 15 years experience
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- Hardware & software
- Websites & email
- Windows, Mac, Linux
- ADSL, WiFi, Satellite

**Ray Walker**  
**0401 497 199**  
**help@raywalker.it**



## ST MARYS NEWSAGENCY

Phone: 6372 2143

- AURORA PAYG
- PHONE CARDS
- DVD'S
- STATIONERY
- GIFTS
- NEWSPAPERS
- MAGAZINES
- WRAPPING PAPER
- PRE-PAID MOBILES
- FISHING GEAR
- BAIT
- ICE
- CALOWS BUS DEPOT and TIMETABLES

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 Sat & Sun 7am - 6pm

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 Office: 03 6372 2500  
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*Agricultural*

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*Shutdown and Breakdown Services*

*Scheduled Maintenance Repairs*

*All Fixed & Mobile Plant Services*

*Hydraulic & Diesel Applications*

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Breakdown Service and Onsite Repairs

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Specialising in Diesel Performance & Turbo Set up

Fuel Injector Reconditioning & 4 x 4 Servicing

Farm machinery and Caravan Repairs

Hydraulics, Compressors and Pumps

Welding Repairs and Light Engineering on site

Small Engines to Heavy Equipment.

All Makes and Models

## JOE ELLIS MEMORIAL DAY

Sponsored by Paul Ellis

3 Person Ambrose on  
Saturday 20th April 2013 at  
Malahide Golf Club.

10 am for 10.30 start

\$15 per person which includes  
lunch

Club 6374 2389 Darren 0429 967 115  
Dale 0419 393 599

COME ALONG AND ENJOY A GREAT  
DAY OF GOLF!

VISITORS VERY WELCOME

## At Sunday JOY

We WELCOME all

We EAT  
We LEARN  
We SING  
We are REAL  
We make MISTAKES  
We say SORRY  
We FORGIVE  
We have FUN  
We give HUGS  
We are PATIENT  
We LOVE



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?

## ANZAC DAY

The St Mary's Memorial Services Association  
will hold the traditional Dawn and 11:00am  
ANZAC Day services at the St Marys Cenotaph.

A gunfire breakfast will follow the dawn service.  
A gold coin donation would be appreciated to  
cover costs.

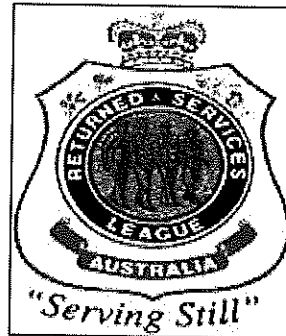
All ex-service personnel, residents, community  
groups and children are welcome to pay their  
respects.

If your organisation would like to lay a wreath  
please phone Reon or Wendy on 637 22094

(If inclement weather service will be held in St Marys Hall)

LEST WE FORGET

## 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

# ST MARYS COMMUNITY HEALTH CENTRE

## WHAT'S ON AT THE CENTRE

- 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
- 16 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.
- Child Health Session with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 17 April Day Centre- For details on the group please contact Hayley Gilbert 6372 2111
- MYSOAP- Antenatal Clinic with Dr Reeckman. For appointments please see your GP
- Physiotherapist- Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- Social Worker- Shan Williams. Please phone 63722111 for appointments.

## WHAT'S ON AT THE CENTRE Continued...

- April Falls Day- Falls Risk Assessments at the St Marys Health Centre 10am-3pm. Bookings not essential just turn up!
- April 18 Relationships Australia- Leanne McMurtie for appointments please phone 1300 364 277
- Social Worker- Shan Williams. Please phone 6372 2111 for appointments
- MYSOAP- Antenatal Clinic with Katie. For appointments please see your GP
- April 19 Social Worker- Shan Williams. Please phone 6372 2111 for appointments
- April 22 Physiotherapist- Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you
- April 23 Mental Health Clinician/ Case Manager Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Child Health Session with Sue Gofton every Tuesday- Appointments only. Please phone 0428 136 381
- Continence Nurse. For appointment please see your GP or Health Professional for a referral.
- Physiotherapist- Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- April 24 Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388
- GP Podiatrist- Annabelle. For appointment please see your GP or Health Professional for a referral.
- Day Centre- For details on the group please contact Hayley Gilbert 6372 2111
- April 25 ANZAC DAY- Public Holiday Normal doctor's surgery hours will resume on Friday 26/4/13. Please phone after hours numbers during this time.
- April 26 Social Worker- Shan Williams. Please phone 6372 2111 for appointments

# ST MARYS COMMUNITY HEALTH CENTRE

## DOCTORS ROSTER

**Dr Latt**  
10/4/13— 26/4/13

**PUBLIC HOLIDAY**  
25/4/13- Anzac Day

For appointments phone: 6372 2111

Normal Doctor's Surgery Hours will resume on Friday 26/4/13

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.

## 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.

## 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

## 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

## IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 10/4/13

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.

## BREASTSCREEN TASMANIA



The mobile Breast Screen 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 Breast Screen 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.



## APRIL 'FALLS' DAY

Come along for an individual **falls prevention assessment**

Learn the tools of how to avoid a fall, get stronger and recognise what hazards are.

When: Wednesday 17 April 2013

Time: 10am-3pm

Where: St Marys Health Centre— Physiotherapy

Bookings not essential just turn up!

Assessments will be conducted by:

Naomi Ide— Physiotherapist and  
Alison Graham— Occupational Therapist

For more information phone: 6372 2111

# Australia's Biggest Morning Tea

23rd May 2013  
St Marys Town Hall

MORE THAN  
JUST A  
CUPPA  
with

Health Services  
Information Forum

INCLUDES

ALTERNATIVE THERAPIES

TEA COSIE DISPLAY AND COMPETITION

MORE THAN JUST A RAFFLE

AND LOTS MORE

EVERYBODY WELCOME

10.30 until 2.30pm

\$5.00 all inclusive



'MORE THAN JUST A CUPPA'

COMMUNITY HEALTH FORUM AND AUSTRALIA'S BIGGEST MORNING TEA

## TEA COSY COMPETITION

Categories for competition:

- Most useful tea cosy (natural fibre: cotton, wool, sewed, kitted, felted etc.)
- Most creative (any medium)
- Largest tea cosy
- Smallest tea cosy
- People's Choice

*Be creative and crafty...*

Prizes will be allocated for each category

Cost: \$1.00 per entry (discount for multiple entries)

- Registration forms, payment and your entry need to be received by Monday 13/5/13.
- Items can be left at the Reception of the St Marys Health Centre. No late entries will be accepted.
- If you want to sell your tea cosy on the day make sure it is pre priced when you leave your registration. Please note a 10% commission is requested on sales of items. This money will be donated to the Cancer Council.

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Registration Form: **TEA COSY COMPETITION**

\* Please complete one registration form per entry

Name (first): \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Name of your entry: \_\_\_\_\_

Is the item for sale:    Yes-             No-

Price: \$ \_\_\_\_\_ (please note 10% of sale cost to go towards Cancer Council)

Do you have multiple entries: (multiple entries entitle you to an entry fee discount) Yes-     No-

## Meals on Wheels

0488 384 344

April		St Marys	Fingal
Monday	15th	Ruth Aulich	Neighbourhood House
Tuesday	16th	Val Spencer	
Wednesday	17th	Lundy Vosper	
Thursday	18th	Yvonne Salter	
Friday	19th	Drew Adam	Neighbourhood House
Monday	22nd	Pam Lynch	Neighbourhood House
Tuesday	23rd	Lundy Vosper	
Wednesday	24th	Trish Pike	
Thursday	25th	Kaye Nailer	
Friday	26th	Drew Adam	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

### Break O'Day Uniting Church

The Manse 6376 2405  
St Helens 9.00 am  
Fingal 11.15 am

### Anglican Parish of Break O'Day

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

### Seventh Day Adventist

Hodgeman Street Scamander  
Sabbath School 10 am  
Divine Service 11 am

### 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.

### 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

## 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 St Marys Tas 7215  
vvoicerevisited@gmail.com  
6372 2442 / 0403 430 452

### Advertising

Classifieds **25 words or fewer: free**

Community notices **free.**

Large boxed ads **\$12.**

¼ page **\$20** ½ page **\$30.**

Full page **\$50**

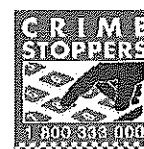
1 year posted subscription **\$50**

## 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. 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/emails must include your full name, address and phone number.
- 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 Police 6372 1010  
Non Urgent Number 131 444  
Urgent and Life threatening 000  
SES (Flood & storm only) 132 500  
Fire 000



## ST MARYS SPORTS CENTRE NEWS

**Bowls:** In a big weekend of finals bowls over two days, we somehow ended up the East Coast Pennant champions, coming from fourth place on the ladder. What an effort from a team that themselves would have thought they were due to strike out of the running against Scamander on Saturday. Amongst every conceivable hurdle thrown at the Committee and, at times, the players, over the new two tiered competition, they still managed to stay focused on the common goal and achieve a much needed victory for our wonderful club. Saturday against Scamander in the Preliminary Final saw John McDonald's rink get up by 10 shots over Darrell Harrison, John Vincent by a couple over Maurice Hill and Macca going down by 4 to Shady Davis. A win all up on two rinks and the chance to take on Swansea in the Grand Final the next day.

A little overnight rain may have been a blessing in disguise as the rink was slowed by a couple of seconds, which suited our team a little better on the day. John Vincent, Jim Rankin, Kirsten and Nikki Viney lead the way on their rink with a comfortable 10 shot win against Dave Gray. Macca, Brent & Nicky Leedham and Damon Viney having a great tussle as usual against "Big Al" Reidy, only getting away to a 4 shot win with some fantastic bowling in the last few ends. The same could be said for the mostly veteran team of John McDonald, Graeme Hayes, Bobby Harwood and Rod Field (you decide who is not the veteran!) who trailed Dean Pyke all day until the very last bowl to get up by just 1 shot. I must add that all rinks bowled well above all expectations, that is what probably made the victory so sweet. I must take the opportunity to thank all the bowlers who helped out this season, in both divisions, especially Barb Davern and Janice Viney, who were original members of the squad but had to stand aside due to being a "little tender below the knees".

As we are, I believe, the first Bowls Association to embrace the mixed pennant competition, not only has the East Coast been a pioneer by leading the way but it makes the St. Marys team the very first winner of such a competition. At present, some arrangements are being made for the team to challenge Brighton in a state finals game - more next issue. A small and hastily arranged celebration was enjoyed at the club on Sunday night and what a sheer delight to see all the happy faces there. Well done to you all.

**Golf:** Unfortunately the pennant golf match against Malahide had to be cancelled and I have been informed there will be a meeting arranged to attempt to have a squad play Bicheno this weekend.



### ST MARYS IGA SUPERMARKET

38 Main Street

Phone/Fax 6372 2240 - Butcher 6372 2274

Monday to Friday 8 - 6 Saturday 8 - 12

#### This week's specials

IGA Corned Silverside	5.99kg
Nichols Six-legged Chicken	4.75kg
T Bone Steak	16.99kg
Ingham Chicken Kebabs 450g	4.75pk
Marinated Roast Beef	9.99kg

#### *from the shelves*

Cottees Cordial Syrup Double Concentrate 1L	2.99
Sanitarium Weet Bix Value Pack 1.3kg	4.49
Sorbent Toilet Tissue 12pk	5.99
McKenzies Soup Mix Yellow/Green Split	
Peas/Pearl Barley 500g	.99
Pedigree Canned Dog Food 1.2kg	2.99

#### *All only 1.99*

Cadbury Finger Biscuits 125g
Arnotts Cream Biscuits 200-250g
Kleenex Extra Care Facial Tissues 95's
Eta 5 Star Spread 500g
Ingham Frozen Chubby Chicken Pieces 1kg

#### Next week's specials

Available from 18th - 24th April

#### *from the butchery*

Porterhouse Steak	15.99kg
Topside Beef Roast	8.99kg
Fore-quarter Lamb Chops	8.99kg
Nichols Chicken Breast Fillet	14.99kg
Ingham Microwave Chicken	5.99kg

#### *from the Coolroom & Freezer*

Tamar Valley Yoghurt 1kg	3.99
Miracle Margarine Spread 1kg	1.99
Kraft Cheese Slices Singles 410-500g	3.99
Peters Choc Wedge Vanilla Value Pack 12pk	4.99
Patties East Meets West 1 kg	6.99

#### *All only 1.99*

Kelloggs Corn Flakes 380g and Rice Bubbles 250g
Andersons English Breakfast Teabags 100's
Pascall Bagged Confectionery 140-400g
BelVita Breakfast Biscuits 50g 6pk
Fountain Sauce Varieties 250ml

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