

# THE VALLEY AND EAST COAST VOICE.

Established 1968

50.18 February 15th, 2018

Deadline for 50.19 is February 22nd 2018

## .....AND SO THE JOURNEY CONTINUES

Welcome to the first edition of the Valley and East Coast Voice Inc. from the Fingal Valley Neighbourhood House.

I have always had great admiration for volunteers within the community who put themselves out there to help bring a service or event to the public and that is exactly what the previous editors, committees and volunteers of this newsletter did on a fortnightly basis for many years. I, as the new editor, realise the extent of the work they have done and I highly commend everyone involved.

We know there are big shoes to fill and I hope you will continue to support the paper and understand if there are some teething problems. A big thankyou to all the advertisers who have shown their support by continuing their subscriptions; without them this project would not be able to continue.

Our aim is to provide the best service to the community by continuing with the “Voice” and Focus. We are excited about the partnership with the St Marys District School, and believe it will strengthen the value of the newsletter by getting a different perspective on current affairs and community news, whilst assisting the students to gain experience in the varied processes of publishing a newsletter.

We are asking if you have anything to say, something to sell or an idea to enhance the publication please let us know, we can be contacted through our email, [valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au) or by phone to 03 63742344. We want the paper to be entertaining and informative, at times controversial, but above all useful to the communities of the Break O 'Day and Northern Midlands municipalities.

Inside you'll find a mixture of news, features and regular columns on a wide range of social and cultural issues, and thanks to the upcoming election an insight into what the political parties have to offer.

Enjoy the read.

Keri “A good newspaper, I suppose, is a nation talking to itself.” Arthur Miller—

SO LETS GET TALKING

To celebrate the continuation of the Voice we will publish this edition in colour.

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### Advertising rates 2018

|                       |                          |
|-----------------------|--------------------------|
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| Intermediate ads \$18 | Permanent classified ads |
| ¼ page ads \$25       | \$20 p.a.                |

### Valley and East Coast Voice Inc. Advertising rates for all community groups

Regular articles i.e. news of current activities / events and general information will, at the discretion of the Editor, be carried free of charge.

Community group announcements up to 5 lines or business card size are free, anything larger will be charged at 50% of current rates.

The decision regarding whether or not an article attracts advertising fees is the Editor's. Groups will be advised of any cost before going to print.

Private community announcements / private classifieds are free for one issue.

Annual posted subscriptions are \$69 and annual online subscriptions are \$20.

Articles for publication may be left at the St Marys Pharmacy, posted or emailed.

We do not accept responsibility for the accuracy of information provided by contributors.

For online advertising or any other advertising queries please contact the editor.

[valleyvoice@fynh.org.au](mailto:valleyvoice@fynh.org.au)

03 6374 2344

Visit our website [valleyvoice.com.au](http://valleyvoice.com.au) and look back over ten years of archival content, galleries and stories, in addition to each new issue.

Leave a comment / suggestion on what you would like to see

### 24h Emergency services numbers

|  |              |
|--|--------------|
| Abuse & Assault Services               | 1800 737 732 |
| Ambulance, Fire & Police               | 000          |
| Crime stoppers                         | 1800 333 000 |
| Digital mobile Phone emergency service | 112          |
| Poisons Information                    | 13 1126      |
| SES Flood & storm emergencies          | 13 2500      |
| TasNetworks                            | 13 2004      |
| TasWater                               | 13 6992      |

### The Valley and East Coast Voice Inc.

Opinions in any letters published are not necessarily those of the Editor and committee, or volunteer staff.

Our pages remain open to fair and honest criticism so that on all questions both sides may be presented, but any submissions containing personal attacks / libel / slander will not be accepted.

Kindly do not attack the editor, the paper or the authors of previous articles.

All articles for submission must bear the author's name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only.

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 submissions just to let off steam.

Articles most commonly published are those relating to current community issues.

Keep articles short, simple and to the point.

Letters are restricted to 300 words or fewer.

The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary.

All letters/emails must include your full name, address and contact phone number.

The Valley and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines.

All information is correct at time of printing.

Whilst we value and welcome community input, the Valley and East Coast Voice Inc.

does not provide specific feedback regarding any decision made not to publish a submission.

### St Marys Roster

0437 397 219

|             |                  |
|-------------|------------------|
| February 15 | Lundy Vosper     |
| 16          | Ruth Aulich      |
| 19          | Valmai Spencer   |
| 20          | Pam Bretz        |
| 21          | Freya Wynter     |
| 22          | Judy Duckett     |
| 23          | Lynne Fitzgerald |
| 26          | Valmai Spencer   |
| 27          | Pam Bretz        |
| 28          | Louise Keady     |



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**Liberals**

Authorised by Guy Barnett MP, 76 Emu Bay Road, Deloraine 7304

## St Marys District School

### Students Pages



#### AYLA

### Parks and Wildlife Discovery Day

By Ayla Johnson, student

A day full of discovery was at St. Helens Tidal Waters when the rangers came to town, full of learning experiences for all ages. Gloria Andrews taught parents and children about Aboriginal culture and creativity. Ranger Liz had a table set up of stuffed Australian wildlife, which was quite fascinating for the younger kids around the table. Michael Thow had a live reptile exhibit open where he taught the audience about snake awareness and lizard information. He showed a large variety of reptiles from the large Carpet Python to the smaller Mountain dragon.

Gloria Andrews had the table set up with native grasses, shells and eye catching beads for children to braid into very long and beautiful necklaces. Once you got into the rhythm of braiding, it just felt like you could never stop, it's just too fun. Ranger Liz's beautiful display of stuffed wildlife with the Fairy penguin, bandicoot and owl being the stars of the show. After the wildlife the children were quickly drawn to the devil masks activity to make their own to take home.

As the excitement started to settle down Michael Thow had fully set up his mini enclosure where he showed off his reptiles and venomous snakes, as the show went on Michael brought out a Tiger snake, copperhead snake and a whip snake, teaching parents and children the signs of when a snake is going to bite and how to back away from a snake if you see one. Michael brought out the very pregnant Mountain Dragon and explained why he wanted the law to change on how Tasmanians can keep this lizard as a pet. Instead, have the local law changed on importing Bearded Dragons to keep as pets instead of the Mountain Dragon.

There was an exhibit on fish care and how to look after our fish in the ocean but I was unable to see the exhibit and looking forward to viewing it next time.

Over all the Discovery day was a huge success and an educational day full of fun for all ages.

#### CHARLOTTE

### Maze Runner: The Death Cure

A Review.

The Death Cure marks the final installment in the Maze Runner series, following a group of young adults trapped inside a maze of murderous potential. This last movie features the remaining group of "gladers", lead by Thomas, trying to rescue humanity from a deadly disease that is turning all adults into zombie like creatures.

The Death Cure is full of action, with never a dull moment to be had. Multiple plots created through all three movies provide constant suspense with the audience constantly on edge, waiting for the next betrayal of alliance.

The movie is comparable to another dystopian style series, The Hunger Games with both featuring a group of young rebels fighting against selfish government plans and cruel experiments. With these movies having such strong similarities it is almost guaranteed that fans of novels like The Hunger Games would thoroughly enjoy The Death Cure and Maze Runner movies.



The only, very small, downside in the film would be that without watching the two Maze Runner movies released before it makes it can be difficult to understand. If however, you were simply interested in watching a good action film regardless of backstory, it does provide enough information to still be enjoyable.

Overall, The Death Cure is a fast paced action film, with complex and suspenseful plot lines. It is a perfect finish to the trilogy as well as a captivating watch on its own, a definite recommendation for young adults and upwards.

## AMY

*The Mortal Instruments series; a review*

By Amy Norris

By far, The Mortal Instruments series is one of the largest, and most drama-filled book collection I have ever seen.

The story is set in Brooklyn, and its protagonist is a sixteen year old girl by the name of Clary Fray. From the small amount of description you receive - before jumping straight into action - Clary is a stubborn, strong-willed fighter who stands out from the crowd.

The book, overall, is fast-paced and action packed, with quick and clever humour, intertwined with a modern fantasy vibe which gives you a good read.

Despite the detailed and complex plot, it is far overshadowed by an even more complex and confusing incestuous (and yet not incestuous at the same time) relationship of Clary and Jace - another Shadow hunter, who is told that he is Clary's long lost brother at the end of book one .

The story is quick to grasp the attention of any reader, but is not suitable for someone looking for a quick and easy read. This book will drag you in, and force you to read more.

To finally wrap things up, the book series is well written, and exciting as well as being an amazing read if you're ready, of course, for an emotional roller coaster.

## LAURA

### **St Mary's New Year's Day Pacing Club Race**

What a day!

From watching the horses as they paced around the track, to watching as the ladies (and gentleman alike) got up on the stage in their well-thought out outfits, every element of the 2018 St Marys New Year's Day Races was a joy! Getting to (and home from) the races was no problem with buses running from all directions including Bicheno and Fingal.

Whilst the adults had a lot of fun betting on their favourite horses and having celebratory drinks at the St Marys Pub later onwards. The kids had just a little bit more fun with jumping castles, lolly bags and lucky dips galore!

The day kept everyone on the edge of their seats (or on their feet more like it) as many of the races were nail biters leaving everyone debating who crossed the line first.

Such a privilege it is to be a part of a community where events like this can be pulled off both annually and successfully!

## Letters to the Editor

Dear Editor,

I recently visited St Helens and while walking along Stieglitz Beach, at the boat ramp there was a very large, over 2m, shark that had been cut apart and left to rot in the water. The head was left on the boat ramp and the tail and fin floating nearby, obviously the person responsible had just taken the meat they wanted and left the rest for someone else to deal with. This caused a foul smell and the water was putrid. My horror at not only the disrespect for the shark but for the beach where people walk and swim was disturbing. Not to mention the disregard for the rules around disposing of the remains, which are to be placed in general water. Well done to the council for removing it after we advised them but shame on the people who did this, karma is looking for you.

Wendy

## St Marys Christmas Parade 2017



*As for previous years, the Salvation Army was again pleased to be involved in the street parade to help the town celebrate Christmas.*

*The Children's Ministry, JAM (Jesus And Me) was represented by a small group of children, wearing the now well-known JAM shirts. They rode in the rear of Stuart's decorated ute and proudly held our banner, declaring, JESUS is the REASON for the SEASON.*

## Libraries (Closed public holidays)



61 Cecilia Street **St Helens**  
6387 5600  
Monday to Friday 10am - 5pm  
Sat 10am - 12pm

31 Main Street **St Marys**  
6372 2114  
Mon, Wed & Fri 12.30 - 4pm  
Tue & Thurs  
10am - 12.45pm

**Fingal FVNH**  
Talbot Street 6374 2344  
Mon, Wed & Fri 9am - 4pm  
Tue & Thurs 9am - 12pm



### **Congratulations**

A wonderful day was had by all at the Australia Day Celebrations held by the Break'O'Day Council in the Portland Hall St Helens. It was a lovely sunny morning & the event was attended by many people from all over the Break O'Day area.

It was wonderful to see so many deserving people recognised for their hard work over the years.

We are especially proud here in Fingal with two of our own receiving Awards on Australia Day. Congratulations to Gary Barnes for Break O'Day Australian Citizen of the Year. Gary has always been an active Member in the Fingal Township & surrounding areas.

He has been connected with Fingal Valley Neighbourhood house for approximately 19 years both as past President & now as Coordinator, is one of the founding members of our Fingal Online Access Centre & Chairperson of the St Marys District High school Parents & Friends. Gary is always willing to lend a hand with local projects & is a respected hard working Community member, he is always looking for ways to help improve our community, I'm proud to be associated with such a hard working Community member .

Our other Recipient is Keri Webb Well done Keri it is a pleasure to see Keri get this special Recognition from the Break O'Day Council the Mayor's special Award for Community Service.

Keri has lived and worked in the valley since 1980.

I have worked with Keri, our Coordinator, at the Fingal Online Centre for the past 15 years, Keri is one of the most hard working community minded people I know, she is always there to lend a helping hand, organise committees and community meetings. Keri is always first to volunteer assistance, she is a key member on many Committees, writes grants for community projects and is a very caring person . I'd like to say a big congratulations to Keri she is a quiet achiever never wanting to be in the limelight or be recognised for her efforts & kindness to others. It is a pleasure to be associated with both Keri and Gary, two of our finest Community members.

By Coral Brady

## Community Notices

### CATHOLIC CHURCH CHRISTMAS RAFFLE RESULTS

- 1st prize Helen  
 2nd “ Peggy Cameron  
 3rd “ Mary-Anne Wadsworth  
 4th “ John (Major Munchies)  
 5th “ Margaret Edwards  
 6th “ T. Singline  
 7th “ Lorraine  
 8th “ Henry Biggelaar  
 9th “ Chris Triebe  
 10th “ K. Walker  
 11th “ Peter  
 12th “ Peter  
 13th “ Tina Locket  
 14th “ Elaine Carpenter  
 15th “ T. Singline  
 16th “ Sylvia Gilham

### RAFFLE WINNERS



### Classifieds

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rainfall during the month.

STATION

ST MARYS (CAMERON STREET)

| Date<br>When<br>Gauge<br>Read<br>(1) | Rainfall<br>Amount in<br>Gauge<br>(millimetres)<br>(2) | River<br>Height<br>(metres)<br>(3) | Remarks<br>(4) |
|--------------------------------------|--|------------------------------------|----------------|
| 1                                    | 0.   | .                                  |                |
| 2                                    | 0.   | .                                  |                |
| 3                                    | 0.   | .                                  |                |
| 4                                    | 0.   | .                                  |                |
| 5                                    | 0.   | .                                  |                |
| 6                                    | 1.   | .                                  |                |
| 7                                    | 0.   | .                                  |                |
| 8                                    | 0.   | .                                  |                |
| 9                                    | 18.2   | .                                  |                |
| 10                                   | 0.   | .                                  |                |
| 11                                   | 0.   | .                                  |                |
| 12                                   | 1.8  | .                                  |                |
| 13                                   | 4.0  | .                                  |                |
| 14                                   | 4.2  | .                                  |                |
| 15                                   | 0.   | .                                  |                |
| 16                                   | 0.   | .                                  |                |
| 17                                   | 0.   | .                                  |                |
| 18                                   | 0.   | .                                  |                |
| 19                                   | 0.   | .                                  |                |
| 20                                   | 0.   | .                                  |                |
| 21                                   | 1.   | .                                  |                |
| 22                                   | 0.   | .                                  |                |
| 23                                   | 0.   | .                                  |                |
| 24                                   | 0.   | .                                  |                |
| 25                                   | 0.   | .                                  |                |
| 26                                   | 0.   | .                                  |                |
| 27                                   | 0.   | .                                  |                |
| 28                                   | 3.2  | .                                  |                |
| 29                                   | 1.   | .                                  |                |
| 30                                   | ↓  | .                                  |                |
| 31                                   | 35.  | .                                  |                |



## St Marys Christmas Eve Celebrations

The St Marys Christmas Eve Celebrations organising committee would like to thank the community for supporting the 2017 Christmas Eve party. We were overwhelmed with the great turn out and community spirited afternoon.

However, we could not have this FREE event without the generous support and donations from the following business / individuals, of which we greatly appreciate:-

|   |   |                |
|---|---|----------------|
| MT ELEPHANT PANCAKES                                      | ST MARYS LIONS CLUB                           | ST MARYS HOTEL |
| ST MARYS NEWSAGENCY                                       | PAINT ME HAPPY FACE PAINTING & JUMPING CASTLE |                |
| MIKE SWEET, SCAMANDER                                     | SKA POWER & CONTROL, SCAMANDER                |                |
| JUDY DUCKETT  | ST MARYS BAKERY                               |                |
| GONE RUSTIC   | LIZ DEAN – MT ELEPHANT FUDGE                  |                |
| TOAD HALL   | ST MARYS / FALMOUTH PLAYGROUP                 |                |
| ST MARYS CAR SHOW COMMITTEE                               | MARK CARRICK - ST MARYS IGA                   |                |
| SES (Craig Freiboth & Matt Hoskinson for traffic control) |   |                |
| TRUDY BARNES  | KIRK MC GIVRON                                |                |
| JANET DRUMMOND  | MARK HENDLEY                                  |                |
| JEFF & GRANT FAULKNER                                     | IAN BRADBURY                                  |                |
| BREAK O'DAY COUNCIL                                       |   |                |

We would also like to thank everyone who sold raffle tickets in the weeks leading up to / and on the day, we especially thank Carol Faulkner & May Izard for sitting for hours in the street selling the tickets. Thank you to Alison Potter & Sarah Tatnell for their assistance.

Congratulations to all prize / float winners and thank you to all Parade participants.

We also take this opportunity to once again thank all individuals / businesses for the wonderful support in the lead-up to the day, especially those that contributed towards the fundraising dinner held in November, without that support there may not have been such an event.

Thank you to Santa who took time out of his hectic schedule to join us on the day.

We look forward to celebrating again this year! Keep a look out for fundraising activities throughout the year to help keep this event a FREE afternoon for our community.

Feel free to speak to any of the organising committee members if you are interested in helping in 2018, remember "Many hands make light work".

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Building  
future

Authorised by Rene Hidding MP, 9 Gordon Street, Scott

The culmination of seven years' work by local volunteers finally bears fruit on 8 February 2018 with the opening of the St Helens-St Marys Community Bank®! With a full and locally staffed Branch in St Helens and soon an office in St Marys, the Community Bank® is a franchise of the Bendigo Bank owned by a local community company and offering the full confidential services of the Bendigo Bank, and their specialist partner Rural Bank.

Branch Manager Sheree Archer and her team will be eager to talk to new and existing customers after the opening. The new Branch number is 6376 2560. The Valley and East Coast Voice Inc. was selected as one of nine community groups to be awarded a \$500 donation from the St Helens-St Marys Bendigo Bank. Coral Brady, the President of the Fingal Valley Neighbourhood House gratefully accepted the cheque on behalf of the committee.



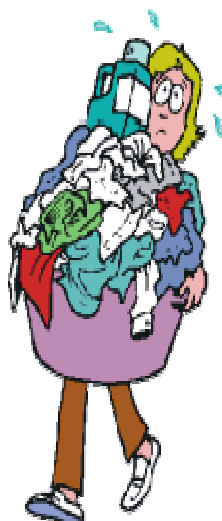
## East Coast Vet Clinic

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**Kate Walsh**

Your local area specialist in St Marys and Scamander. For an obligation free market appraisal please contact Kate Walsh from LJ Hooker St Helens.

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## CAGERATTLER

First up to the crew at the Fingal Valley Neighbourhood House who have now taken on the Valley Voice. From one long term Valley Voice contributor it's great that the next facet of our local paper will follow in the footsteps and 50 years of history with new ideas added as well to further enhance a terrific Fingal Valley institution. that may well have finished in 2017. Hope it'll be fantastic for all and I'm very happy to continue with Cagerattler. As before I hope that some topics will engender discussion, agreement, disagreement sometimes and also a bit of fun. I make no apologies that I don't always do tons of research to the nth degree but just wish to promote or highlight the topic for others to take on board. My opinions of course are not always necessarily those of the FVNH Valley Voice crew.

Something that is more and more a part of our lives is social media via the internet. As wonderful as we often think it is, it's also becoming more and more a source of misbehaviour, acrimonious or vitriolic attacks and even cyber bullying. This form of bullying has way too often led to horrendous outcomes not the least being suicide and this is just plain wrong in every way.

As this becomes more prevalent as each year passes it's getting to the point where strong deterrents and punishments have to be enforced for those proven to have terrorised others via various outlets on the net. Recently a young 14 year old Northern Territory girl with a loving family took that way out after being attacked via social media. What a total tragedy for all involved.

Surely that reported case has to be a catalyst for every social media outlet to take serious stock on what goes on via their sites and especially with our youngsters, monitoring of how they deal with some cruel and malicious attacks is crucial before it leads to trouble.

No-one is immune to all this, at any age. Some of us have probably been angry enough to even return fire on Facebook or Twitter or similar and perhaps we all should try to stay away from such stuff. It might feel good to vent your anger by insulting someone on the other end but you can't possibly know the mental state of the recipient and if you think about stuff like that we all must realize that any attacking comments have the potential to cause way more trouble than it'd ever be worth.

I hope that our politicians and police will continue to bring in laws that encourage everyone to have to take responsibility for what we do via social media and if that stops even one suicide like the N.T teenager, it'd be well worth it.

On the positive side of the coin the same social media allows those far away to keep in contact, enjoy great experiences and take part in some great things around us but abused it can be rightly said that negative and malicious actions can have the worst of consequences way too often. Many need to grow up, behave better and enjoy this media, not abuse it.

What do you think ?

### **Fingal Valley Neighbourhood House Inc.**

20 Talbot St Fingal 6374 2344 / [admin@fvnh.org.au](mailto:admin@fvnh.org.au)

**Facebook** Like our page to keep up to date with what's happening at the house

**Play Centre** Has now started for 2018 working with Building Blocks, operating on Monday's from 9.30am till 2.30pm. Children welcome between the age of 3-5.

**Morning Tea** Wednesday mornings from 10am. Call in for a cuppa, snack and chat.

**Nils Loans** Contact the Office for more information. **Craft Day** Every second Wednesday. 10am to 2pm. Bring along your craft and ideas, enjoy the company of others. Next session 28th February.

**Op Shop** Call in and browse our amazing Op Shop. Tuesdays is now \$2 bag day.

**Library** Our community library is located at the FVNH and has a wide range of books available.

**Community Car/Bus** Car available to book for transport to medical and other appointments. Bus available for group outings. Call the office for more information.

Other things happening and coming up at the house are: U3A, Eating with Friends, History Group, Dance Fit, Hairdresser visiting weekly, 2nd Bite and Bread Deliveries. We are always on the lookout for volunteers, if you have some time and are interested, call into the office to find out more.

*Contact the FVNH on 6374 2344 or call into Office for more information .*

*Office hours are from 9am - 3pm Monday to Friday.*



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# SOLD! SOLD! SOLD!

We are really excited about the property market on the East Coast. Over the past 18 months the market has continued to strengthen & we are now experiencing a high level of interest on a range of properties throughout the East Coast. Now is a fantastic time if you are looking to sell your property. We pride ourselves on our local knowledge, working extremely hard for our clients & as a result are consistently achieving outstanding results. If you would like an obligation free appraisal or further information on the current market conditions, then call your area specialists on (03) 6372 5321.

**Below is just a sample of the properties we have already sold in 2018;**



**16 Main Street,  
St Marys**



**10 Newman Street,  
St Marys**



**13 Gray Street,  
Fingal**



**7409 Esk Main Road,  
St Marys**



**9 Albert Street,  
Fingal**



**25 Main Street,  
St Marys**



**51 Main Street,  
St Marys**



**7 Susan Court,  
St Helens**



**20-22 George Street,  
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**23245 Tasman Hwy,  
Scamander**



**132 Scamander Ave,  
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## Type II Diabetes Clinic

Dr George James  
03 6372 5614

### Now accepting new patients with Type II Diabetes

Are you aware that Type II Diabetes, with appropriate diet and lifestyle modification is preventable, and may be arrestable and reversible? That blood pressure and cholesterol can be normalised? That coronary artery disease can be arrested and even reversed?

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- Reduce your risk for complications.

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PUZZLE: A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is

The third room. Lions that haven't eaten in three years are dead.

## Life is short. Be prepared!

Who can make a will? Do wills expire? How do I make a power of attorney? Do I need a power of attorney? What is the difference between an enduring guardian and an advanced care directive? All these questions – and many others – will be answered during a free talk given by an experienced lawyer in Campbell Town in February.

Sarah House from Launceston Community Legal Centre (LCLC) will be giving a talk on Tuesday 20<sup>th</sup> February 2018 at 10.30am at the Fingal Valley Neighbourhood House called 'Life is short – Be prepared'. This talk includes everything people need to know about wills, powers of attorney, enduring guardians and advanced care directives.

'Regardless of your age, health or how much you own, these are all things of which people need to be aware' states Sarah, speaking about the topics in her talk, 'People could save significant amounts of money and stress by attending this talk, knowing what they can do legally, and how to go about it – potentially without paying a private law firm to do so'.

Come along on the 20th, bring a friend and learn something! Morning tea will be provided. There will also be time for questions and answers after the talk.

To make a free appointment to speak to one of the LCLC lawyers please ring 6334 1577.



### Wills, Power of Attorney and Guardianship

ALL YOU NEED TO KNOW

**FREE**

### Information Session

Presented by the LCLC Solicitor

Fingal Valley Neighbourhood House

**Tuesday**

20 February 2018 10.30am

1 hour talk

Morning tea provided

**ALL WELCOME**



A campaign poster for Fraser Brindley for Lyons. It features a portrait of Fraser Brindley, a man with short grey hair, smiling. The text on the poster includes 'State Election – Saturday 3 March', 'Fraser BRINDLEY for Lyons', 'FOR THE LOVE OF TASMANIA', and contact information: 'fraserbrindley@tas.greens.org.au', 'tas.greens.org.au', '@fraserbrindley', and '03 6391 8084'. The logo for 'THE GREENS' is in the bottom right corner.



# **PAMPER YOURSELF FOR A DAY COME TO THE WOODCRAFT GUILD OPEN DAY FAIR**

**14th APRIL 10am-2pm**

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**MEDIEVAL DISPLAY**

**FOR FURTHER INFORMATION CONTACT REON 637 22094 / M 042 9722091**



# **NOTICE TO OWNERS OF OLD CLUNKERS AND BIKES**

**THE WOODCRAFT GUILD INVITES YOU TO ENTER  
OUR CONCOURS D'LEMON STYLE CAR AND BIKE SHOW  
AS PART OF OUR OPEN DAY FAIR ON THE 14<sup>TH</sup> APRIL  
AT THE OLD RAILWAY GOODS SHED ST MARYS.**

**WHAT IS CONCOURS D'LEMON YOU ASK?**

**THE JUDGES LOOK FOR SHABBINESS AND HARD TO  
DEFINE ABSURDITY?**

**INTERESTED?**

**FREE ENTRY/PRIZES**

**PHONE REON H 6372 2094**

**MOBILE 0429 722 091**

**WE SUPPORT MEN'S HEALTH**



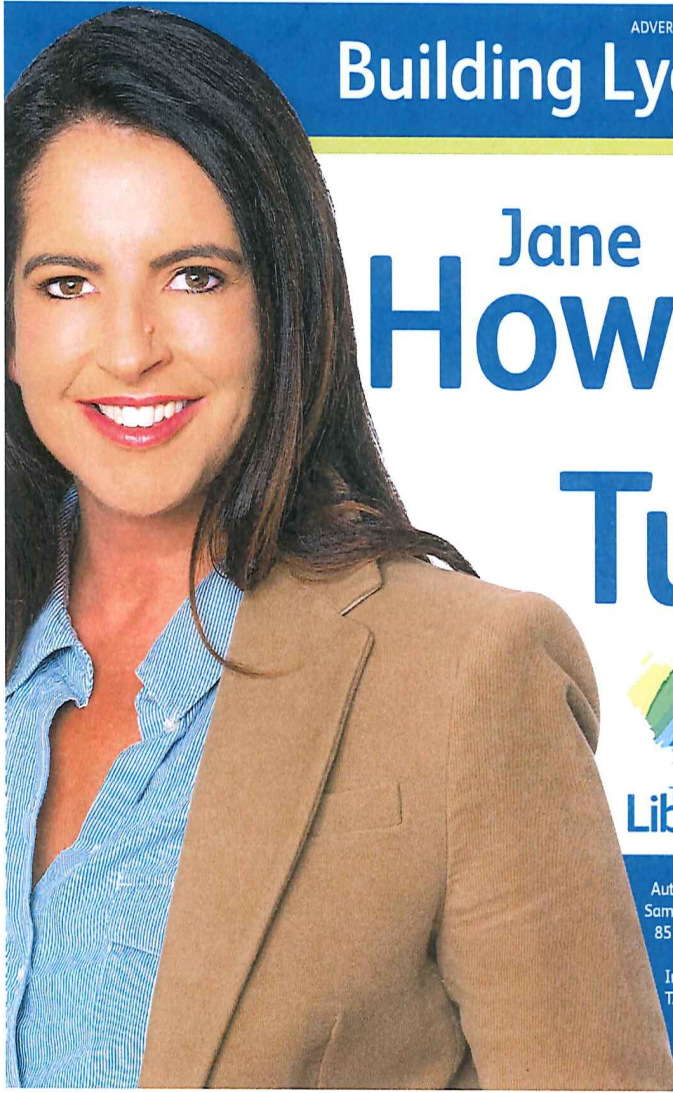


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Wildness is an hour-long documentary by the renowned director Scott Millwood. It tells the story of Olegas Truchanas and Peter Dombrovskis, two of Australia's greatest wilderness photographers. Both migrated to Tasmania from Baltic Europe and both died in the South West wilderness while working as photographers. Their iconic images placed Tasmania's unique environment on the world stage.

For details, contact: [Andrew.lohrey@gmail.com](mailto:Andrew.lohrey@gmail.com)

Co-hosted by The Wilderness Society

Falmouth Community Centre 7pm  
Drinks by donation, nibbles provided.

FEBRUARY  
**24<sup>TH</sup>**

DONATION  
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The Cat Tracker Australia project is being conducted by the University of South Australia's Discovery Circle initiative with support of State, Territory and Local Governments, and other stakeholders around Australia, including Break O'Day and Glamorgan Spring Bay Councils

Call Discovery Circle if you have questions (08) 8302 9999 or your Council



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**Nick Shaw 0439-414-299**

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## Mini Fingal Focus



**The Fingal Valley Festival is  
back on Saturday the  
3rd of March 2018.**

### **This years Festival Features:**

Coal Shovelling and Roof Bolting Titles, BBQ Competition , Wood Chopping Competition including, Tree Falling and Hot Saw Expo, Car Show and Sheep Dog Trials.

Kids rides including giant slide, jumping castle, go karts and face painting. Stables Handmade craft stalls, Break O'Day Field Archery Club and Reptile Rescue Display.

### Mike's Corner

#### **These are so bad they're good**

Dad, did you get a haircut? No I got them all cut

What do you call a Mexican who has lost his car?  
Carlos.

You know, people say they pick their nose, but I am  
sure I was just born with mine.

Why did the cookie cry? A: Because his father was a  
wafer so long!

How many apples grow on a tree? All of them.

How can you tell if a ant is a boy or a girl? They're all  
girls, otherwise they'd be uncles

I keep trying to lose weight, but it keeps  
finding me.

What's ET short for? Because he's only got little legs.

What do you call a fish with no eyes? A fshhh

**Don't say I didn't warn you**



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**Fax: 6374 2393**

## What A Gift

Just prior to Christmas the Fingal District Progress Committee were given a very pleasant gift. The Rossarden Community Group attended our meeting with a generous cheque.

The Rossarden group had decided to fold after many years of service to the Rossarden and Avoca area and wanted to divide their monies between Avoca and Fingal groups.

The committee were very grateful for the acknowledgement of the group on the work we have been doing. The funds will go toward projects in the area, we also gave a donation to the Fingal Railway Station refurbishment and the Christmas parade.

If you have any ideas on projects please contact us on 03 63742222 or pop in our next meeting will be March 5th at 1.00pm at the Fingal Valley Neighbourhood House.

Our current project is erecting informational signs at the heritage buildings in the town and printing a heritage walk map, we have been able to do this thanks to the Cornwall Coal for their generous donation toward the cost of the project.



## St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

### GP Surgery Hours

**Monday - Friday**

**8:50 - 10am**

(10 -10:30am reception closed)

**10:30am - 12.30pm**

(1:00 - 1:30pm reception closed)

**1:30 - 3:00pm**

(3:00 - 3:30pm Reception closed)

**3:00 - 4:30pm**

### Pathology Service– Bloods

There is no pathology service prior to 8.30am. If you require pathology prior to 8.30am, i.e. urgent blood test and/ or a fasting test an appointment must be made at the Nurses' Station the day / evening before on: 6387 5555

**Hours of Pathology are: Monday-Friday**

**8:30am-11:00am & 2:00pm-4:00pm**

### Scripts and Doctors Appointments

Please ensure doctors appointments are booked **PRIOR** to your medications running out, or **IN ADVANCE** if you attend this practice regularly.

**Please be patient**

Waiting periods to see your doctor may be experienced. We are not able to issue scripts during the weekends, please ensure you have enough in advance. **Please be aware we are not able to issue scripts by phone**

### **Non Attendance of Doctor's Appointments**

Please be aware there is a **non attendance policy** at this Practice.

If you miss 3 appointments you will be sent an account. If you miss a 4th appointment you may be referred to another Medical Practice.

Due to demand non-urgent doctor's appointments need to be booked at least **2 weeks in advance**.

**INR** tests require a 5 minute doctors consultation. Please inform reception when booking.

### **Doctors Roster**

**Dr C. Latt**

16/2/18– 2/3/18

**Dr K. Nash-Rawnsley**

16/2, 19/2, 20/2, 23/2, 26/2, 27/2, 2/3

**Dr Libby Reeckman**

Thursday 22/2/18

**Public Holiday**

**Launceston Cup**

Wednesday 28/2/18

Normal Doctor's surgery hours will resume on Thursday 29/2/18. Please see the After Hours contact details for during this time.

### **St Marys General Practice reminder.**

Dr Latt wished to remind the community of the following exceptions to bulk billing at the St Marys

- |                             |                         |
|-----------------------------|-------------------------|
| ◆ Driving licence renewals  | ◆ Insurance medicals    |
| ◆ Requested medical reports | ◆ Harness medicals      |
|                             | ◆ Pre-employment checks |

Community Health Centre

The above are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your appointment. If you have any concerns, please contact us and we will try and address them

### **A.H. contact numbers**

|                  |                     |
|------------------|---------------------|
| <b>GP Assist</b> | <b>1300 780 011</b> |
|------------------|---------------------|

|                                   |                             |
|-----------------------------------|-----------------------------|
| <b>Ambulance or<br/>Emergency</b> | <b>1800 008 008<br/>000</b> |
|-----------------------------------|-----------------------------|

|   |                |
|---|----------------|
| <b>Lifeline - Saving lives, crisis<br/>support and suicide prevention</b> | <b>131 114</b> |
|---|----------------|

|   |                  |
|---|------------------|
| <b>St Marys Community Health<br/>Centre - please ring before<br/>presenting after hours</b> | <b>6387 5555</b> |
|---|------------------|

|                               |                     |
|-------------------------------|---------------------|
| <b>Mental Health Helpline</b> | <b>1800 332 388</b> |
|-------------------------------|---------------------|

## St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

### What's on at the Centre

February 16 **Social Worker** Shan Williams for appointments please phone 6387 5555

**Physiotherapist**– For appointments please see your GP or Health professional for a referral.

February 19 **Occupational Therapist**– Danyelle Briggs by referral from your Health Professional.

**TLC Meeting** (Tasmanian Lymphoedema Centre) 5:00pm in the Day Room.

**St John Podiatry**– phone 6376 2971 for bookings and fee enquiries

February 20 **Podiatry North**- For appointments please phone 6336 5155

**Anglicare**- Katrina 11:00am-1:00pm

February 21 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

**Social Worker** Shan Williams  
Call 6387 5555 for appointments.

**TAZREACH** Antenatal Clinic with Katie.  
Contact GP for appointments

February 22 **2nd Bite Delivery**

**Social Worker**- Shan Williams  
For appointments phone 6387 5555

February 23 **Physiotherapist**– For appointments please see your GP or Health professional for a referral.

**Social Worker** Shan Williams  
Call 6387 5555 for appointments.

February 26 **Occupational Therapist**– Danyelle Briggs by referral from your Health Professional.

**Max Employment**– 8:30am-5:00pm downstairs.

February 27 **Child Health Session** with Mary Mumford  
Tuesday fortnights, by appointment only.  
Phone 0428 136 381.

**Continence Nurse**– Karen Bell Please see your GP or Health Professional .

February 28 **Public Holiday**– Launceston Cup

March 1 **Eyelines**- For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.

**Social Worker**- Shan Williams  
For appointments phone 6387 5555

March 2 **Social Worker**- Shan Williams  
For appointments phone 6387 5555.

**Physiotherapist**– For appointments please see your GP or Health professional for a referral.

### SMCHC Teaching Site

#### We are a UTAS teaching site

We regularly host students from various health faculties, who attend our site to participate in training placement.

If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment. These placements are very important for the students, so your cooperation is greatly appreciated.

### PUBLIC HOLIDAY 'S

### Wednesday 28/3/18

Please refer to the After Hours contact number for during this time.

**Emergency 000**

**GP Assist 1300 780 011**

**Ambulance 1800 008 008 or in an**

**Lifeline 131 114.**

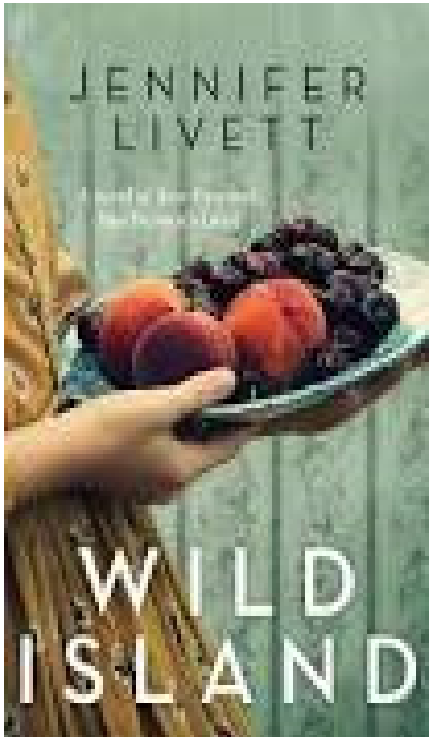
**St Marys Community Health Centre**

If possible please ring before presenting after hours

**6387 5555**

- Normal doctor surgery hours will resume on Thursday 29/3/17

# February Book Review



Our book for discussion over summer was Jennifer Livett's *Wild Island*. The original idea for the novel was as a sequel to Charlotte Bronte's 19th century classic, *Jane Eyre*, but we all felt by the end of the story that that thread had become fairly irrelevant and that the story of Harriet Adair, the young widowed artist- cum- carer, and from whose viewpoint much of the tale is told took over and was much more interesting. She is hired by Rochester to care for the "mad" woman in the attic. As readers of *Jane Eyre* would remember, it is revealed at the wedding ceremony of Rochester and Jane that he already has a wife-Bertha the woman in the attic. From this point on Livett plays fast and loose with the old story and all the characters from Bronte's novel finish up on a ship bound for Van Diemens Land where they hope to discover the "real" husband of Bertha.

A huge amount of research of early Tasmania went into the writing of the novel and most found the portrayal of actual historical figures of the 1830's and 40's fascinating. She brings to life people such as Sir John and Lady Franklin in the early days of Sir John's term as Governor of Van Diemens Land. The book reads like a

Who's Who of those early days of the colony and we meet people such as Charles O'Hara Booth, Commandant of Port Arthur, the Reverend Knopwood, John and Elizabeth Gould on one of their forays to record the birds of the colony and numerous other officials. Livett brings to life these characters and presents us with sympathetic pictures of Booth and Lady Franklin.

Harriet is a fictional character but through her eyes we learn of the machinations of the clique of former Army officers from Governor Arthur's rule and the wheeling and dealing among officials that at times seemed all too familiar to us! They are determined not to hand over power to the new Governor Franklin. The Franklins are subjected to criticism from the press and are hampered at every turn. Sometimes it is easy to forget who is a "real" person and who is a creation of Livett's imagination. The love story that develops between Harriet and another fictional character, Gus the government surveyor, is developed gradually but begins to dominate the last third of the novel and the mystery of Bertha/Anna Rochester is eventually resolved, though it seemed unimportant and somewhat artificial to some of us by the end of the story even though that had been the motivation for the trip to Van Diemens Land.

If you are interested in the early history of Van Diemens Land and the personalities of the early movers and shakers of the colony, then you will enjoy this novel. Livett also explores the idea of the loneliness and displacement suffered by early settlers. Some of the characters long for the familiarity of the English countryside and never feel at home in the new land. Others see opportunity and freedom away from the old restrictions and repressions of the class system. This is not a difficult read and most people would find something in the story to capture their attention.

Review by Pam Bretz.  
Scamander.



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Authorised by: D. Hanna, Federal Group,  
410 Sandy Bay Rd, Sandy Bay

## Walking Group Wanderings

By Jill Howe

Hub4Health St Helens has started the 2018 walks. New and visiting walkers are always welcome to join in. Walks are led **weekly on Wednesday** and are usually 1-2 hours long with good breaks along the way.

A **Saturday walk** is led every 3<sup>rd</sup> Saturday of the month. This is a longer walk and you need to bring your lunch. The Saturday walk on **February 17** will be to Evercreech Forest with lunch, at the White Knights. In the afternoon we stroll through a private Fingal garden. Many of us are looking forward to this new walk!

If you'd like to join in a walk be at Hub4Health in Portland Court St Helens by 9.00AM on any Wednesday or on the 3<sup>rd</sup> Saturday of the month. For more information **Contact Bryan Edhouse on 0414 987 435 or Pam Betz on 0439 547 529.**



### Bay Walk led by Fran & Stewart Taylor

We had a good crowd of 21 walkers turn up for the first walk for 2018. We started the year with an easy walk from Lawry Heights, following the track around Georges Bay, to O'Connors Beach. We returned along the bay with many walkers taking the option of returning via Falmouth Street.

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### Apricot and Sultana Balls

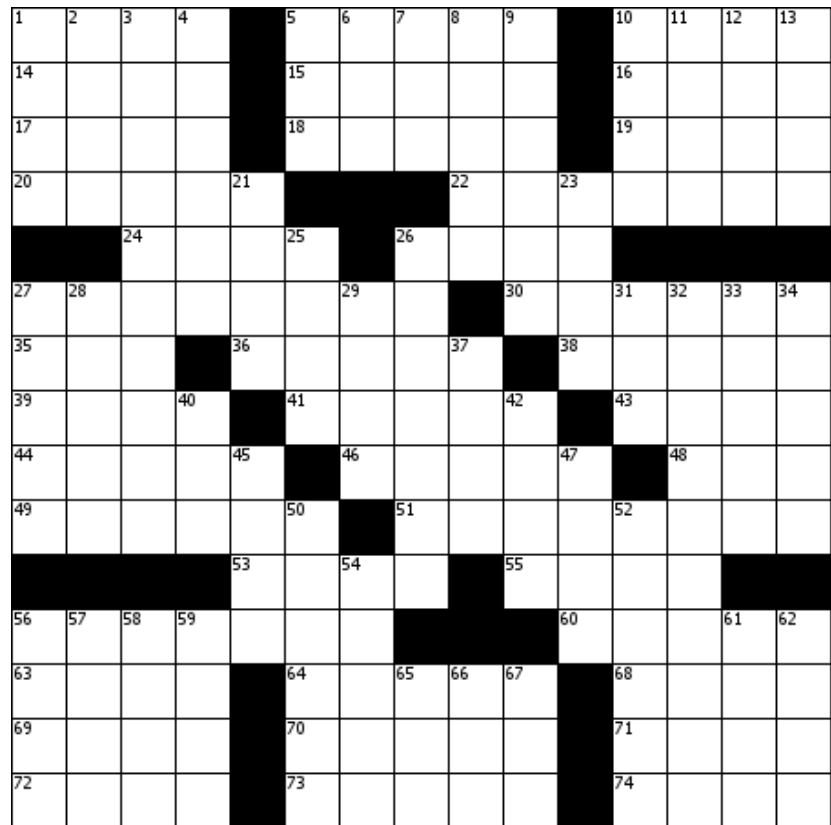
- 150 g dried apricots
  - 100 g sultanas
  - 1 cup apple juice
  - 8 Weet-Bix
  - 1/4 cup honey
- 1 cup desiccated coconut to coat

#### Method

Place apricots, sultanas and juice in a small saucepan and simmer until apricots have softened. Set aside to cool. **STEP 2** Process Weet-Bix in a food processor until finely crushed. **STEP 3** Add the apricot mixture and the honey and process until combined. **STEP 4** Roll mixture into small balls and roll in coconut.

## Across

1. Thoroughfare
5. Author \_\_\_\_ Asimov
10. Begged
14. Folklore monster
15. Excuse
16. Helper
17. Thin
18. Hosiery material
19. Increase
20. Positive answers
22. Arid wastelands
24. Stiff
26. Office reminder
27. Caveman's time (2 wds.)
30. Proverbs
35. Circle section
36. Laziness
38. Over
39. Folk wisdom
41. Designer Calvin \_\_\_\_
43. Divisible by two
44. Unpaid toiler
46. Extinct birds
48. Conclude
49. Modifies
51. Begins anew
53. Pen fluids
55. Make money
56. \_\_\_\_ Valley (high-tech locale)
60. Musical speed
63. Burden
64. Leases
68. Singer \_\_\_\_ Diamond
69. Teen's woe
70. Edgy
71. Poker fee
72. Anger
73. Slumbered
74. RR terminals



## Down

- |                              |                           |                           |
|------------------------------|---------------------------|---------------------------|
| 1. Promising                 | 23. Pop                   | 47. Medical "at once!"    |
| 2. Gawky                     | 25. Speak                 | 50. Nasal sounds          |
| 3. Member of the nobility    | 26. Shooting stars        | 52. Coliseums             |
| 4. Dishonor                  | 27. Hot sauce             | 54. Genuflect             |
| 5. Bond creator ____ Fleming | 28. Internet pest         | 56. Glide                 |
| 6. Foxy                      | 29. Prospector's quest    | 57. Machu Picchu native   |
| 7. Suffer                    | 31. Lincoln's nickname    | 58. Respiratory organ     |
| 8. Living quarters           | 32. Political bureaucracy | 59. Understood! (2 wds.)  |
| 9. Movie theater             | 33. Occasion              | 61. Pocket bread          |
| 10. Book leaf                | 34. Mails                 | 62. Bullring shouts       |
| 11. Teller of falsehoods     | 37. Conceal               | 65. Compass point (abbr.) |
| 12. Rewrite                  | 40. Eden lady             | 66. Recipe unit (abbr.)   |
| 13. Bears' lairs             | 42. Smelling organ        | 67. Collection            |
| 21. Takes to court           | 45. Singer ____ Clapton   |                           |

SOLUTION BACK PAGE



You: Teacher!  
Teacher: Yes?  
You: Would You Punish Me For Something I Didn't Do?  
Teacher: Of Course Not.  
You: I Didn't Do My Homework.





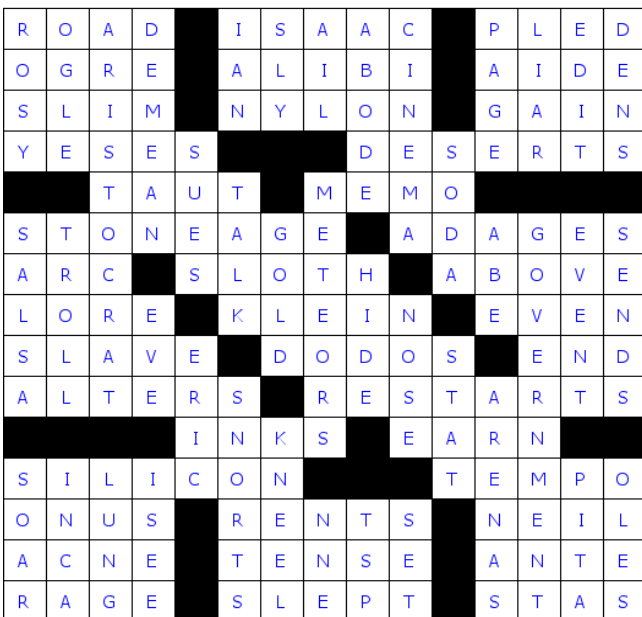


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38 Main Street 6372 2240  
Monday - Friday 7.30am - 7pm  
Saturday 8am - 7pm Sunday 9am - 7pm



## Specials 14th - 27th February

|  |        |             |
|--|--------|-------------|
| Peters Drumsticks 4 pk                   | \$3.99 | save \$4.01 |
| Papa G's Pizzas 445g                     | \$3.82 | save \$3.83 |
| Arnott's Shapes 165 - 190g               | \$1.49 | save \$1.51 |
| Sorbent Toilet Tissue 8pk                | \$3.97 | save \$3.98 |
| Natures Organics S'poo or Cond           | \$1.25 | save 65c    |
| Golden Circle Beetroot Slices 450g       | 99c    | save 70c    |
| Kellogg's Nutrigrain 500g                | \$4.99 | save \$1.91 |
| Nanda Pasta Range 500g                   | 87c    | save 88c    |
| Heinz Baked Beans 555g                   | \$1.50 | save \$1.50 |
| Cold Power Laundry Liquid 1L/ Powder 1kg | \$5.99 | save \$4.01 |



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You can visit the Mobile Service Centre at:

In front Fingal Valley Neighbourhood House, Talbot St

FINGAL

Tuesday, 27 February 2018 10.00 am - 3.30 pm

Experienced staff travel with the Mobile Service Centre and provide friendly, face-to-face service, information and support. Staff can also help you create a myGov account. myGov is a simple and secure way to access government services online.

For more information, go to [humanservices.gov.au](http://humanservices.gov.au) and search for Mobile Service Centre or call 132 316.

### The Valley and East Coast Voice Inc. is available at the following outlets:

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Printed and published by  
Fingal Valley Neighbourhood  
House Inc  
PO Box 322  
Fingal Tasmania 7214

0 609722 951852