

## THE VALLEY AND EAST COAST VOICE INC.

Established 1968

50.19 March 1st, 2018

Deadline for 50.20 is March 12th 2018



**How quickly we forget**

## TasWater - Mathinna and Cornwall

It wasn't that long ago Fingal was on a permanent boiled water alert. Since the construction of the treatment plant we enjoy the ability to grab a glass of water from the tap, although it is hard to actually complete this task after so long; the trust is not automatically there. You have to will yourself to take the leap, or should I say sip.

You forget there are still towns in our area who aren't able to grab a drink straight from the tap. TasWater put out a statement on the progress of treatment plants for Mathinna and Cornwall. Without being political on who would be better suited to run the organisation, the interest is for our fellow townspeople to be able to enjoy the same convenience we take for granted.

The following is an excerpt from the TasWater website 24glasses.

"Works are continuing this month for the treated water supplies in Cornwall and Mathinna with new water treatment plants taking shape on a factory floor in Launceston.

The factory was established last year to allow for the highly efficient construction of the water treatment plants in one central location.

It employs more than 30 local workers with much of the site works in the regional towns being undertaken by Tasmanian civil contractors.

Reticulation network upgrades in Cornwall and Mathinna are being carried out by TasWater contractor Water Industry Solutions. The water treatment plant for Cornwall is expected to be onsite for testing in March. Construction is also underway on the new treated water reservoir and other site works with reticulation upgrade works already completed in the town.

Mathinna will also receive one of the plants from Launceston in the coming months with civil works beginning in March. Reticulation network upgrades are currently underway.

The fully commissioned plants will be lifted by crane from the factory floor onto a truck and then transported with an escort to the sites where they will be installed. They will then undergo testing before they begin operating."

**Tap or Cap:** at least now we have the choice, hopefully the rest of the municipality won't be far behind us.

**For further information about this project, please visit  
[24glasses.com.au](http://24glasses.com.au)**

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For all account queries please contact

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

## Advertising rates 2018

Business card size ads \$15

Intermediate ads \$18      ½ page ads \$40

¼ page ads \$25      Full page ads \$65

### 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.

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 included.

## 24 hr Emergency Contacts

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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

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

March 1st      Lundy Vosper

2      Ruth Aulich

5      Valmai Spencer

6      Pam Bretz

7      Freya Wynter

8      Kerry Veldrum

9      David Lawson

12      Valmai Spencer

13      Pam Bretz

14      Lynne Fitzgerald

## New Director appointed to St Helens/St Marys Community Bank

St Helens/St Marys **Community Bank**<sup>®</sup> Chair, Andrew MacGregor has announced the appointment of St Marys resident Lynne Fitzgerald to the Board. Lynne has previously held Director positions of the Tasmanian Development Board and Tasplan Superannuation Fund. In welcoming Lynne to the Board, Andrew MacGregor said that her knowledge and experience would complement that of current Board members and he looked forward to her contribution. Lynne and her partner moved from Hobart to St Marys just over 18 months ago.

‘We were lucky to stumble on a block of land with a superb view down the beautiful Fingal Valley and spent most of last year building our house. While creating a garden will be our next task, we’re also keen to actively participate in our community.’

Lynne said she was delighted that the St Helens/St Marys Community Bank had been established and that she had been invited to join the Board. ‘Not only do **Community Bank**<sup>®</sup> branches provide banking and financial services but they also directly invest in local projects and organisations in their communities. I’m really keen to promote the **Community Bank**<sup>®</sup> within our community.’

Andrew MacGregor said that at the recent launch of the St Helens/St Marys **Community Bank**<sup>®</sup> Branch, 3 of the nine \$500 sponsorships awarded were given to the St Marys Community Space Association, the Fingal Valley Festival and the Fingal Valley Neighbourhood House.

Andrew advised the Board was currently investigating a suitable site for the establishment of an office in the Valley with the longer term aim being to establish an agency at St Marys to give locals access to banking services tailored to their community.

Andrew MacGregor 0419 894 072

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Riddle Me This  
Forward I am heavy, but  
backward I am not.  
What am I?

Forward I am ton, backwards I  
am not.

# THE MINOR REPORT

## ***HALFWAY TO FORTH***

As you drive through the gorgeous green tree archway on your way to Swansea, slow down and look to your right. About halfway down, there lies an old flour mill set on the picturesque property of Riversdale. Plenty of old mills all across Tasmania right? So why focus on this one?

Ange Boxall and her husband, the owners of Riversdale do things just a little bit different here; nestled into the heart of the land is a wooden stage with comfy beanbags and blankets spread around. Here musicians come from far and wide to host gigs for the public on this spectacular property. The most recent on these performers came *Halfway to Forth*, two brothers from the North West Coast of Tassie.

The gig, held on Saturday the 17th of February kicked off at 3 with Gin and Tonics for the adults and pop tops for the kids. Not only were there drinks but also the delicious roast chicken and fresh coleslaw rolls cooked by local Jahan.

As time went by more and more beanbags were filled by eager gig-goers ready to hear what *Halfway to Forth* had in store. Calming acoustic tunes with enough beat behind the lyrics to get you up and grooving. Brothers Dan and Kyle Lizotte would best be described just like their music, honest and hearty. If they ever get sick of the music industry Dan and Kyle could certainly give comedy a go as they kept the audience chuckling away with their stories and jokes!

So if you're ever after a music fix just check out Riversdale for whatever event is going on or google *Halfway to Forth* and sit back, relax as you listen to these truly Tasmanian songs!



## ***PUZZLE PIECE***

**JACK**

YGGIR  
RIDE

MINUTES  
MINUTES  
MINUTES  
MINUTES  
MINUTES  
**BACK** MINUTES

Answers on next page



## EAST COAST NATUREWORLD



The wildlife park *Natureworld* sitting on the side of the Tasman highway northward from the town of Bicheno has enough furred, feathered and scaled friends to fill your hearts content.



The newest addition to the family are the tiny baby sugar gliders. Inside the nocturnal house where all the animals who sleep during day hide away in the dark. These adorable little creatures crawl all over the parks keepers, who watch out for the nipping teeth of these unassuming pipsqueaks. Tasmanian devils take the spotlight at 10am with one of the keepers leading the talk about the habits and highlights of this amazing endangered species. A far more cuddly animal than the devil would be the teddy bear like wombat.



Most of the wombats in *Natureworld* have been orphaned by cars, then rescued and taken to the sanctuary where they are raised by the keepers. This human contact and coddling usually leaves the animals unable to be returned to the wild. The hand raising allows the keepers to hold and pet these compassionate creatures, who are often sleepy. Free rang forester kangaroos hop about and lay in the sun , feeding their joeys. They are not against a little hand feeding if you're lucky, just grab some feed from the front desk and give it a go. By chance you might even catch a glimpse of the white stag who stalks around the flora walk. That's if you're incredibly lucky!



*Natureworld* has received new enclosures and refurbishments such as the Quoll house, filled with the spotted cats like marsupials and their young. There is also the fully running café/restaurant with coffee, slices and delicious lunch and breakfast for the whole family. Enjoy the wild-life photography displayed in the dining area, curtesy of the wildlife photographer, director and current owner of the sanctuary, Simon Plowright.

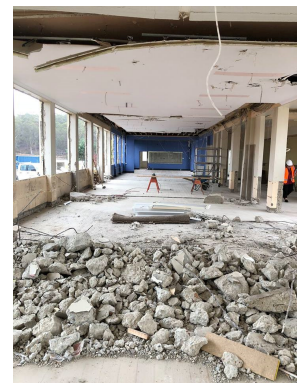


This incredible nature park is the complete wildlife experience. You really shouldn't put it off for long!

## NEWS FROM ST MARYS DISTRICT SCHOOL



The Veggie garden on the school farm is booming. Veggies are growing everywhere all with the hep of our agriculture students! Produce is available for sale from the veggie stand. Please pop in to the school administration office to see what is available. On that note, the office has been relocated due to renovations and is now in old library building.

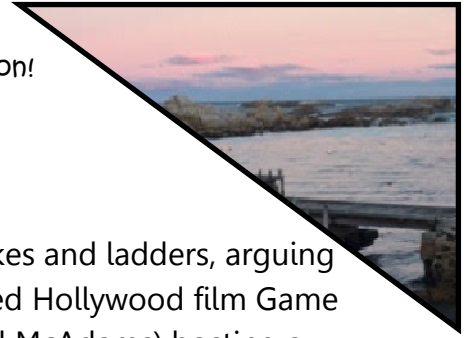


Ex-administration building



ANSWERS TO PUZZLE PIECE: jack in the box, piggy back ride, back in five minutes

Lucky last page of the minor report! Keep a look out for us every edition!



## GAME NIGHT - movie review

Think of your classic family game night. Monopoly, charades, snakes and ladders, arguing over the tv remote... got the picture? That's how the newly released Hollywood film Game night starts, with couple, Max (Jason Bateman) and Annie (Racheal McAdams) hosting a weekly game night at their house for their closest friends. It's all fun and games (literally) till Max's brother Brooks ( Kyle Chandler) enters town and decides to spice up game night into a real life murder mystery. With numerous plot twists and surprises, this film would be an ideal watch for people looking for an action/comedy film or mystery fans, with a style similar to that of 2016 film Central Intelligence.

The screenwriter Mark Perez has done a brilliant job of keeping jokes throughout the film short, sharp and witty. Next door neighbour (also called Max) played by Jesse Plemons, was particularly quirky and humorous in Game Night. Appearing to be the stereotypical annoying neighbour, Max ends the film in quite a different way with the rest of the cast respecting him. Definitely a must watch if ever in town looking for a good movie at Village Cinemas!

## COMING UP IN...

**Bicheno:** Rockpool - March 13th

The Really Awesome Music Show #2 - April 21st

**Fingal:** Fingal Valley Festival - March 3rd

**St Helens:** Break 'O' Day triathlon - March 4th



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**THE BLACKSTONE DUKES**

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**ACROSS**

- 1) Anklebones
- 6) University in Texas
- 11) "This means \_\_\_\_!"
- 14) For all to hear
- 15) Truly love
- 16) Anger
- 17) They are see-through
- 19) "... heal, gloom of night ..."
- 20) "Mode" preceder
- 21) Munched
- 22) Tall Australian bird
- 23) Becoming morning
- 27) Like some humor
- 29) \_\_\_\_-Wan Kenobi
- 30) Jewish homeland
- 32) Below-the-bell comment
- 33) Animal house
- 34) "Come in!"
- 36) Nosy thing to do?
- 39) Roams
- 41) Auctioneer's hammer
- 43) Voyaging on an ocean
- 44) Fire remnant
- 46) Andrea Bocelli, for one
- 48) Malone on "Cheers"
- 49) Coral strip
- 51) 100-meter event
- 52) Clairvoyance, e.g.
- 53) Breastbone
- 56) Some instrument pluckers
- 58) When doubled, a dance
- 59) Airport schedule abbr.
- 60) Chunk of lawn
- 61) Common tree
- 62) Achieve total victory
- 68) "\_\_\_\_ moment, please"
- 69) End of a bridal path
- 70) Contents of some office cartridges
- 71) The "p" in mpg
- 72) Be educated
- 73) Prepare to be tested

**DOWN**

- 1) Glass shooter
- 2) Legendary Muhammad
- 3) "Anchorman: The Legend of \_\_\_\_ Burgundy"
- 4) Country in northeastern Africa
- 5) Put on a pedestal
- 6) Drink from a dish
- 7) Org. on toothpaste tubes
- 8) One-celled organism
- 9) Ridges on ranges
- 10) Caulks again, e.g.
- 11) Some juicy vats
- 12) Bouquet
- 13) Any "I Love Lucy," now
- 18) On the decline
- 23) Avoid artfully
- 24) Crosswise, on deck
- 25) Jacket worn on a blustery day
- 26) Intimated
- 28) Russian assembly
- 31) Decisive refusal
- 35) Kidney-related
- 37) Minimal amount
- 38) Reading lights
- 40) Nostradamus, purportedly
- 42) Plague item of biblical proportions
- 45) Subscriber's option
- 47) Sharp replies
- 50) Pointless, as an effort
- 53) Ice cream portion
- 54) Macbeth was one
- 55) Kind of ray
- 57) Far from a Mensa candidate
- 63) Steering device, on water
- 64) Jumbo colleeopot
- 65) Large African antelope
- 66) "\_\_\_\_ he a fool not to!"
- 67) Attempt

**A WIN-WIN-WIN-WIN SITUATION**

By Timothy E. Parker



Solution on back page

## Theft of the Security Camera from St Marys School Association Op Shop

St Marys School Association Op Shop would like to THANK the volunteers and the patrons of our Op Shop. We thank the donors who bring us high quality donations. We thank the shoppers who keep on coming back and the tourists who spend their dollars with us. Thank you all for all that you contribute to this community venture.

I'm sad to report however that someone felt it appropriate to steal the security camera from over our shed. This camera provided safety during hours when the shop is closed and to the volunteers on the premises at all times.

Stealing or just destroying is just so malicious.

## 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. Child/ren 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 or book for an appointment with our trained staff.

**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.**

## Events

### Cavaliers Netball Clinic

#### **March 3**

Held at the Stadium, this free clinic starts at 12noon and is followed by a demonstration game at 3.15pm. To register your interest please contact Ebony Duke; 0408 797 884

### Fingal Valley Festival

#### **March 3**

Held at the Fingal Recreation Ground this event includes coal shovelling and roof bolting competition, plus live music and plenty of family fun.

### St Helens Triathlon

#### **March 4**

Starting at the St Helens Foreshore participants will swim in Georges Bay, cycle half-way to Binalong Bay and run along the main road and around Georges Bay. This is the first St Helens Triathlon, so come along and help make it a success.

### St Helens Game Fishing Classic

#### **March 10-11**

This annual event is a drawcard for our area and includes major prizes for heaviest gamefish and broadbill as well as tag and release sections for teams and anglers. To enter contact the secretary; [shgfc11@gmail.com](mailto:shgfc11@gmail.com).

### XPD Australia's Expedition

#### **Adventure Race**

#### **March 16-25**

Bringing international competitors and media to our area, this event is a coup for Break O'Day. The event is an expedition race that includes trekking, mountain biking and kayaking.

### Field Archery Shoots

#### **Every Sunday from 9am**

Break O'Day Field Archery Club Inc invite all to join them for a fun morning of archery. No experience required. Cost \$10 per person + \$5 hire fees. Range located at 24627 Tasman Hwy, Dianas Basin. All enquiries phone Liane Gordon - 6376 1815

### Old Codgers Meeting

#### **Every Friday**

St Helens Books and Coffee are offering men over 50 the chance to call in, enjoy a hot cuppa, play some cards/chess or just meet some new blokes. Held from 2-4pm. Cost: \$1 per cuppa.

### St Helens Markets

#### **Every Saturday**

Held every Saturday in the St Helens town centre from 8am - 1pm. New stall holders welcome, phone 0475 844 481.



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**Letter to the Editor**

A new year, a new look for The Valley Voice.

For decades The Valley Voice has brought you the news, social reports and local information. Many thanks must go to all those wonderful volunteers who have kept this much valued publication in circulation.

The Fingal Valley and the East Coast offer amazing environments for tourist visitors and residents alike, beautiful scenery and vibrant communities. The current increase in interstate and overseas visitors to the area is a testament to the value of our area to the Tasmanian tourist economy. Everyone seems to be commenting on how busy the towns are and how popular the tourist facilities and attractions have been over summer. Those responsible for promoting our area and providing quality experiences for our visitors should be congratulated.

Coupled with the increased numbers of visitors, is the arrival of many new residents. St Marys and Fingal have seen increased housing sales and new faces can be seen not only in the township shopping, but becoming involved in the many social activities. It is uplifting to hear their positive comments about the area. Sometimes we just have to be reminded about the wonderful facilities and natural assets we have on our doorstep. This is why so many mainlanders come here and rave about their luck at finding the valley and east coast.

The Valley Voice is now based at Fingal and co-ordinated through the Fingal Valley Neighbourhood House. Congratulations to those individuals who have put up their hands to take on the task of keeping The Valley Voice alive. Starting out on a new venture is not always easy and the effort of embarking on a first publication from this end of the valley has proven to be challenging. The momentum of interest and contribution is starting to pick up but an open request is being put out to all locals to join in and help to make this publication as inclusive and informative as it has always been.

Ruth Fingal

Hello

This is a long shot, but I thought it was worth an attempt. I'm trying to track down a copy of *150 years of heritage : St Marys Sesquicentennial souvenir book / written & compiled by Jim Haas for the people of St Marys* for inclusion in the PMI Victorian History Library. I was hoping you could tell me where I could obtain a copy from.

Any help you can give me would be greatly appreciated. Thanks Ellen

*Editors Note:* If you can help this lady contact me at valley-voice@fvnh.org.au and I will pass on your details.

Dear Editor

On behalf of all members of the Woodcraft Guild we send our heartfelt best wishes to Geoff Springer for a quick and full recovery.

We offer the family any assistance they may require.

Wendy Brennan

Secretary 637 22094

## Letter to the Editor

### Welcome Back - 'Valley Voice'.

It was good to once again receive my copy of the Valley Voice last week. I must also welcome Keri, the new Editor, and say how much I enjoyed reading the first issue 'under new management' and in glorious technicolour! The items submitted by students from St. Marys District School were a very welcome addition and I hope the school continues to provide readers with some interesting articles.

Last, but not least, I hope that our former Editor, Wendy Dawson, is enjoying a well-earned rest from deadlines and the time to spend with her dogs.

*Toni Brewster, Chain of Lagoons*



**Bay of Fires**  
**YOUTH ART PRIZE**

**Call for entries 2018**

**\$1,000**

\$1,000 value in prizes. Non acquisitive prize.  
Open to all artists aged under 18 years of age as at 30 April 2018.  
Class category does not attract monetary prize.  
Finalists' exhibition will be held at Tidal Waters Resort, St Helens 9 - 11 June, 2018

**Entries Close 6 April, 2018**

All details including entry information, entry limitations are available online:  
[www.bayoffireswinterartsfestival.com.au](http://www.bayoffireswinterartsfestival.com.au)  
Winners announced at Tidal Waters Resort, St Helens at 11am on Monday June 11, 2018

Presented by the Bay of Fires Winter Arts Festival and Break O'Day Regional Arts



## Harris Funerals

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## Artisans at the Stables Market - February 2018

The fourth Artisans at the Stables Market was held on February 16th at the Stables in the Recreation Ground, Harefield Road, St Marys. This season the format was changed to a late afternoon market, from 3:30pm through until 6:30pm and on average we have had between 15 and 20 stall holders including food vendors and many wonderful hand crafted items from candles, to copper jewellery, tiny dioramas of streetscapes, crystal trees and stunning gem jewellery plus watercolours and so many fresh food products.

It's always a lovely afternoon, with music provided by some fantastic local artists, we have a new and upcoming young singer / songwriter for our final market on March 16th this year. Patrons enjoy milling around and chatting with each other in between purchasing some great products for home or for gifts. The Artisans at the Stables Market are managed as a sub-committee by GET (Greater Esk Tourism) and supported by Hub4Health and Break O'Day Council through the provision of the use of the building. We have also had Building Blocks present with activities for kids whilst parents can relax to some music. The Hub4Health Community Gym is open for inductions and new membership enquiries.

If you would like to join the organising committee for the next season commencing in November 2018 through to March 2019 we would love to hear from you. You can drop us a line on our Facebook page at <https://www.facebook.com/thestablesandmademarkettasmania/> or have a chat to Peter Troode, Mark Thomas, Louise Keady or Janet Drummond.



### Where does your cat roam?

- Do the cat survey
- Volunteer your cat for tracking
- Learn about cat behaviour and personality

Get involved: [www.discoverycircle.org.au](http://www.discoverycircle.org.au)

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



## Classifieds

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# Valleys of Adventure

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## GREATER ESK TOURISM



**38th Fingal Valley Festival Saturday 3rd March 2018.**

**Time 10am - 4pm, Finals at 2pm** Fingal Recreation

Ground Events include: \* World Coal Shovelling Championship \* Roof Bolting Championships \* Wood Chopping \* Vets Cycling Fingal to Mathinna + return \* Yard dog Trials \* Band \* Car Show \* Children's Entertainment \* Art & Craft Stalls \* Free Camping available



### The Artisans @ Stables Handmade Market

St Marys Sports and Recreation Ground via Harefield Rd, St Marys

Friday 16th February + Friday 16th March 2018 3.30pm – 6.30pm

**Come and enjoy a showcase of high quality Tasmanian Artisan Products!**

There is free overnight camping within walking distance to the Markets if you wish to stay after the markets and enjoy the ambience of the Fingal Valley and East Coast for the weekend or longer.

For further information please contact [thestablesmarkettas@gmail.com](mailto:thestablesmarkettas@gmail.com)



# 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)

## 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**

## Doctors Roster

**Dr C. Latt**

2/3/18– 16/3/18

**Dr K. Nash-Rawnsley**

2/3, 5/3, 6/3, 9/3, 13/3, 16/3 2018

## Public Holiday

**Monday 12/3/18 Labour Day**

Normal Doctor's surgery hours will resume on Tuesday 13/3/18. Please see the After Hours contact details for during this time.



## 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

Information on this page supplied by St Marys Community Health Centre, Gardiners Creek Rd St Marys Tasmania 7215

## St Marys General Practice reminder

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

The below 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.

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

## A.H. contact numbers

GP Assist 1300 780 011

Ambulance or Emergency 1800 008 008 000

Lifeline - Saving lives, crisis support and suicide prevention 131 114

St Marys Community Health Centre - 6387 5555  
please ring before presenting after hours.

Mental Health Helpline 1800 332 388

# St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

## What's on at the Centre

March 2 **Social Worker** Shan Williams for appointments please phone 6387 5555

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

March 5 **Occupational Therapist**– Danyelle Briggs by referral from your Health Professional.

**Hospital Auxiliary Meeting** 2pm in the Family Room.

March 6 **Anglicare**- Katrina 11:00am-1:00pm

March 7 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

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

March 8 **2nd Bite Delivery**

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

March 9 **Physiotherapist**– For appointments please see your GP or Health professional for a referral.

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

March 12 **Public Holiday—Labour Day**

March 13 **Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381.

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

March 14 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

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

March 15 **2nd Bite Delivery**

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

March 16 **Physiotherapist**– Patrea Zacher for appointments please see your GP or Health professional for a referral.

**Social Worker**- Shan Williams

For appointments phone 6387 5555

### 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 co-operation is greatly appreciated.

### Satisfaction Survey's

#### St Marys Community Health Centre

The St Marys Community Health Centre will be undergoing a Community Service Audit on its Community Services i.e. Home Help, Community Nursing, Day Centre and Social Work Departments in March 2018.

Some of you receiving these services in the community will be receiving a Client Satisfaction Survey in the mail in the coming week.

Can you please complete this survey form and return it in the postage paid envelope at your earliest convenience.

There is no cost to you to take part in the survey but your feedback is priceless. If you have any further enquiries about this survey please phone the St Marys Health Centre on 6387 5555 and we will address any issues of concern you may have.

Thank you 😊



## Mini Fingal Focus

### Two More Sleeps!

Fingal Festival is nearly here, the response from stall holders, food vendors and entertainment stalls has been very pleasing and hopefully it will be a good turnout. The committee have put in a lot of hours organising, meeting, on the phone, facebook and literally running around. The massive commitment by these volunteers to put these events together should never be underestimated! Next time you are at an event take the time to thank the volunteers.

We don't have that many nowadays so we need to patronise them to make sure they continue.

### Mike's News

The Valley and East Coast Voice Inc. has had a few people asking if the Fingal Focus and our long serving Editor Mike will continue to have content in the current editions. The answer is YES, Mike is still working on his beloved newsletter and is coming up with new ideas he can implement in the coming issues.

He is grateful for the support shown and hopes the Focus will continue to interest the readers. As you would be aware it is not easy to condense ideas to a few pages and we are all still finding our feet.

This edition has a new concept of What do you find Annoying? Called My Moans, he doesn't want this to turn into a personal attack column, just a way to voice a general moan. Mike has put his bugbear in this edition and hopes others will contribute.

Let us know any favourite items you used to really enjoy in the Fingal Focus and Mike will slip it into future issues.

Contact Mike on [fingal.oac@education.tas.gov.au](mailto:fingal.oac@education.tas.gov.au)



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**Fax: 6374 2342**



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**Closed weekends**

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**made to order**

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**Phone: 6374 2171**

**Fax: 6374 2393**

# **HAYSHED**

## **IGA SUPERMARKET**

**TRADING AS HOLDERS BROS**

### **Trading Hours:**

**Monday to Friday.....8 am to 5.30 pm**

**Saturday..... 8 am to 10.30am**

**Sunday.....8 am to 10.00am**

### **Sunday papers & normal trading**

**Public Holidays.....8 am to 10 am**

**Good Friday.....Closed**

**Christmas Day.....Closed**

**Phone : 6374 2171**

**Fax : 6374 2393**

**Meat fresh and frozen,**

**Vegetables fresh and frozen,**

**All regular grocery lines available**

**at special IGA prices**

## **Funny or Not**

Doctor: "I'm sorry but you suffer from a terminal illness and have only 10 to live."

Patient: "What do you mean, 10? 10 what? Months? Weeks?!"

Doctor: "Nine."

My ex-wife still misses me. But her aim is steadily improving.

Q: Why shouldn't you fall in love with a pastry chef?

A: He'll dessert you.

Man to doctor." I've just swallowed a pillow".  
Doctor "How do you feel?". Man , " just a little down in the mouth."

## **My Moan**

Hopefully this column will become a regular feature for readers to 'talk' about their pet hates ( personal attacks are not acceptable). This becomes an open invitation to readers. Long letters are not encouraged and may be edited.

Why don't cyclists wear bright, highly visible clothing of some description? They do not help themselves by wearing dull, non-descript, hardly visible clothing whilst riding on the highway. If car drivers are obliged , in the name of safety and relieving pressure on our hospitals, to wear safety belts it isn't too much to require cyclists to wear visible clothing or a highly visible patch.

Mike.



Avoca Museum and  
Information Centre

Old School Building  
AVOCA TASMANIA 7213

Free WiFi



## Rossarden & Friends Kids Christmas Inc.

### Christmas Party



Held on Sunday 3rd December at the Avoca Memorial Hall due to the bad weather, was a fantastic event with 130 children receiving presents from Santa, plenty of games, face-painting and party food. The bikes had to cancel due to safety reasons but they will come along in December 2018. Thankyou Santa, the Avoca community and all the children for their wonderful smiling faces.



#### ROSSARDEN Fire training and BBQ dates for 2018

|          |   |           |         |          |
|----------|---|-----------|---------|----------|
| Feb 3rd  | Mar 3rd                                       | April 7th | May 5th | June 2nd |
| July 7th | Aug 4th                                       | Sept 1st  | Oct 6th | Nov 3rd  |
| Dec 1st  | Fire Brigade training 10am prior to each BBQ. |           |         |          |

#### AMIC meeting

4pm at AMIC Tuesday 13th February 2018

#### Rossarden & Friends Kids Christmas meeting

1pm at the Avoca Roadhouse Tuesday 13th Feb 2018



CTST is a vibrant and growing community organisation whose mission is to provide transport to support people to live in their community.

We are looking for a motivated, enthusiastic and flexible person to fill the role of

**Transport Coordinator – East Coast**

If you;

- Are organised, have strong administrative skills, can think strategically and problem solve
- Have great interpersonal skills and can build strong relationships with clients and volunteers
- Have experience working autonomously and have strong team skills

then we would like to hear from you!

Community Transport Services Tasmania Inc is a government funded, not for profit community organisation which provides transport services to older people and people with disability living in the community.

We need the right person to work with clients and coordinate transport and volunteers on a daily basis.

The position is based in St Mary's, working 15 hours per week. Working days can be negotiated between Monday and Friday. The position is classified at Level 3 of the Social, Community, Home Care and Disability Services Award 2010 with salary sacrifice options.

More information and the position description is available on our website at [www.ctst.org.au](http://www.ctst.org.au) or from CTST Offices.

If you have questions you should contact Mel Gardiner on 0419 684 965 or email [melissa@ctst.org.au](mailto:melissa@ctst.org.au)

Applications should include a current resume and cover letter explaining your experience in relation to the dot points above. It should be emailed to [assist@ctst.org.au](mailto:assist@ctst.org.au) by no later than midnight on Sunday 4<sup>th</sup> March 2018.

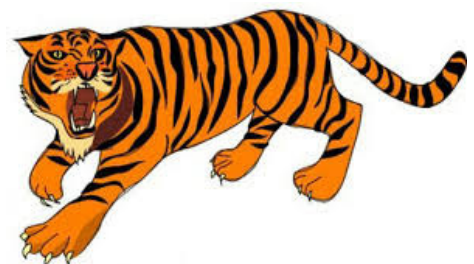
## **Congratulations**

### **St Marys Tigers Cricket Team**

Won the Grand final against  
Pyengana at St Helens on Saturday

Well done to Pyengana for getting all the way to the  
finals.

**GO TIGES !!!!!**





## The Say, by Cagerattler

Can it get any worse in the United States regarding the ridiculous situation with gun laws? Doubt it. Now you have the most incredibly inept man in charge of the world's most powerful country advocating teachers /staff taking guns to school. The NRA also advocates that the best way to stop a bad guy with a gun, is to do so by way of a good guy with a gun. Whatever happened in leaving that to your law enforcement officers eh? Totally irresponsible and stupid beyond any belief is what Trump and the NRA are saying.

This will only enhance the chance for more terrible incidents and anyone who believes otherwise is an idiot .

Think about it. Just say a gunman enters a school akin to the one in Florida last week armed to the teeth with assault rifle capability. So, a teacher or two have a gun easily accessible in the class room to stop someone, who can fire off massive amounts of munition very quickly. The potential for more innocent kids to be caught in crossfire is huge. Then there is the distinct possibility of accidental injury or fatality with a forgetful teacher with that weapon should a kid come in contact with the fire arm. What if the necessary cross referenced intense back ground checks, across all US States fail to find a highly stressed or even gung ho trigger happy staff member. The results could be catastrophic.

The distinct and fundamental reason why background checks in the USA would be extremely unlikely to be as effective as here in Australia is because of a tiny little detail called State Rights. In the USA there is no provision for individual States to have to yield information to national data bases like we have here. Same with sales details including firearms , ammo and such. As I understand it the background check for legal impediments of a gun owner, would only be guaranteed within that State and anyone with bad intentions or a medical issue or with a cache of weapons from another State could commit crime with relative ease.

For meaningful prosecution of firearms laws in America, it would require a monumental agreement across all fifty states to integrate their data bases. Then it'd be equally monumental to have a gun register that deals with at least 300 million privately owned firearms, according to conservative estimates. Others think the real numbers is well in excess of that.

Sadly I believe due to the terrible single mindedness of the NRA, the incredible "owned by the NRA" status of a big number of Congressmen and Senators, the previously mentioned stupidity and scant disregard by Trump, the greater wishes of so many fair minded Americans long waiting for meaningful change is highly unlikely at best . It breaks my heart to see all those good-willed American High School and University students campaigning for common sense, with their politicians failing to see the light at the end of the tunnel because the evil powerhouse NRA literally have so much clout, that these kids requests will again be ignored.

America may well be the most powerful in the world but it cannot lay claim to be truly the safest for it's own citizens. **A very long way from that they are.**

What do you think ?

**IF  
CINDERELLA'S  
SHOE FIT  
PERFECTLY,  
THEN WHY  
DID IT FALL  
OFF?**

**If we're not  
meant to  
have  
midnight  
snacks, why  
is there a  
light in the  
fridge?**

**Life is short.  
Smile while  
you still  
have teeth.**

**My bed is a  
magical place  
where I suddenly  
remember  
everything I  
forgot to do.**



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Scamander Tas 7215

# 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

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



16 Main Street,



10 Newman Street,



13 Gray Street,



7409 Esk Main Road,



9 Albert Street,



25 Main Street,



51 Main Street,



7 Susan Court,



20-22 George Street,



23245 Tasman Hwy,



132 Scamander Ave,



24317 Tasman Hwy,

**\*Our complete sales history is available at [www.surfcoastrealty.com.au](http://www.surfcoastrealty.com.au)**

## **Libraries** (Closed public holidays)



61 Cecilia Street **St Helens**  
6387 5600

Monday to Friday 10am - 5pm

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

## The Break O'Day Community Triathlon on March 4th 2018

This is a new and exciting event for the Break O'DAY area. Being the inaugural official Triathlon there is great expectation that the event will not only create major interest throughout the State but also within the local area with hopefully many juniors and adults participating.

The Triathlon will be based on the St. Helens foreshore in front of the Council Chambers.

The President of the Triathlon committee, Barry Le Fevre, reports participants will swim in beautiful Georges Bay, ride on a fully closed road half way to Binalong Bay and run along a partially closed Main Road, before entering the famous Bay Walking Track. 'The course showcases the beauty of our area'.

There will be 3 different events on Sunday morning March 4th. The first is a Junior Enticer commencing at 9.00 a.m. with the distances being; swim-350 metres, bike ride-10 km. and run 2.5 km. This will be followed by an adult Enticer at 9.30 over the same distances.

'The idea behind the Enticers is to allow locals and visitors to dip their toe in the Triathlon scene and see if it appeals to them' he reported. 'Why not do it as a team of 3 with mates for your first attempt'? The Sprint event at 10.00 a.m. is mainly focussed at your more serious Triathletes with the distances being; swim-750 metres, bike ride-20 km. and run 5 km.

We envisage the Sprint will be completed by 12.00 pm. with presentations shortly after.

The Triathlon committee are delighted to report that there will be over \$7000 worth of prize money and spot prizes on offer for the 3 races. This is expected to create great interest within State Triathlon circles and quite possibly interstate as well. We have been informed that several triathletes from South Australia could be entering.

In organising the Triathlon, with the support of the Launceston Triathlon group, the committee have a clear goal for the event. They not only want visiting athletes to feel welcome in Break O'Day and stimulate the local economy through their presence but also showcase what the area has to offer whilst allowing local residents the opportunity to see elite athletes compete.

We want people to appreciate and celebrate this new and exciting event.

The Break O'DAY Municipality has in the last several

years suffered from a cluster of suicides Barry reported. 'Our triathlon offers locals the chance to participate, volunteer or just simply turn up and watch. No matter your level of involvement there is an opportunity for community members to network, enjoy themselves and have another focus.' Already locals are training, swimming in groups, out on the bike and running. This all helps to create added wellbeing.

Jake Birtwhistle, our World under 23 Champ, visited the St. Marys and St. Helens Schools with Barry in November, encouraging students to have a go at the event. The committee is hopeful that at least 40 -50 local students will participate.

Jake hopes to one day be free to participate, but this year can't as he is overseas training for the Commonwealth games. Students were in awe of his training bike, valued at \$15 000 and the fact he trains 5 hours per day.

Sunday March 4th is an ideal date as the water temperature will be warm, the weather should be good and it is the Sunday before a long weekend. Why not make a weekend of fun and entertainment, go to the famous Fingal Valley Festival on Saturday March 3rd and then move on to the Triathlon on Sunday.

The committee have been thrilled with offers of support, including volunteers, from key community organisations such as SES, Marine Rescue, Scamander Surf Club, Neighbourhood House, St. Helens Athletics Carnival and many others. The Break O'Day Council and State Government have both financially supported the event significantly, with Council staff also working to ensure the Triathlon is a success.

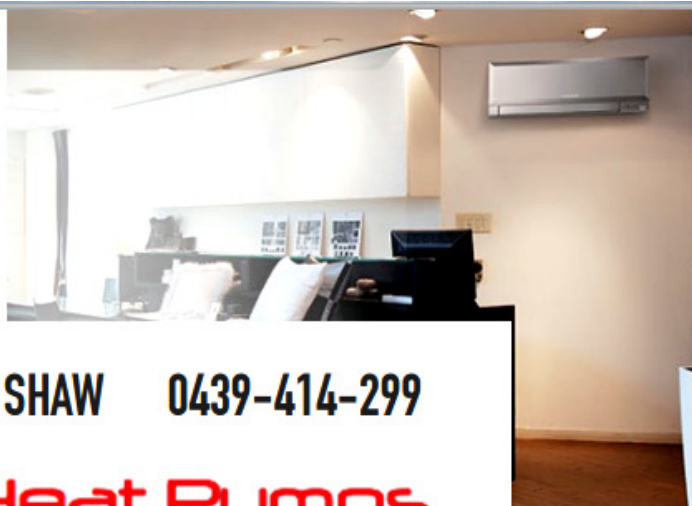
Food vans will be in attendance, offering goodies ranging from smoked pulled pork to Wonks famous fish patties to Blue Cave delights.

Athletes have treats on offer with plenty of cool water, popsicles and even a massage from the local Relax staff, as well as the amazing prize money and spot prizes.

Be part of a wonderful day; register, volunteer or simply watch an exciting new event.

Registration can be found online at the Launceston Triathlon Group website or Facebook the Break O'Day Community Triathlon.





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### How do you contact us?

**Email:** [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

**Web:** [www.hub4health.org.au](http://www.hub4health.org.au)

**Facebook:** Hub4Health

### Our Aim:

To support and facilitate health and wellbeing programs to rural and remote communities within the Break O'Day Municipality and

Hub4Health has introduced new **Active4Life Gym Memberships**. Membership is easy to apply for and the low fees will be used to support the ongoing operation of the community gym and ensure it is sustainable over the long term.



The induction sessions for new members are on **Tuesdays 1.30-2pm** with Jason or during the Stables Market— **16th March 3.30-6pm** or appointment. For more information please contact us

**[admin@hub4health.org.au](mailto:admin@hub4health.org.au)** or on Facebook

## YOGA

Tuesdays  
5:15pm - 6:30pm  
\$10 pp

**St Marys District  
School Gym**

Contact Katrin:



Hub4Health have a 10 seater mini bus, based at St Helens for hire by community groups and individuals.

Hire fees start at \$80 per day and can be booked online at [admin@hub4health.org.au](mailto:admin@hub4health.org.au)



## LIFE COACHING

Would you like to have some free assistance to help meet your goals?

Hub4Health is offering a volunteer one to one Life Coaching Program with John Williams. To register your interest please contact us at [admin@hub4health.org.au](mailto:admin@hub4health.org.au)



## Fingal Valley Play Centre

Child Care for 3-5 yr olds at the Fingal Valley Neighbourhood House—cost **\$10 p/child**.

**Mondays 9.30-2.30.**

Presented by Building Blocks staff.

enquires: Tanya: 0400 002116 or

Fingal: NH 6374 2344



## OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 637 22094

Lot 1 Esk Highway St Marys

The Guild is open everyday except Friday, Saturday and Sunday from 10am-4pm (depending on volunteers) and other times by appointment.

Firstly, all members send their congratulatory sentiments to the Fingal Valley Neighbourhood House. We all wish you every success with the Valley Voice.

Our open day will be held on the 14<sup>th</sup> April in our grounds and we have had a sizeable amount of interest in our Councours D'Lemon car and bike show. Don't be embarrassed by your old car or bike that you may consider too shabby for a car show, we are not looking for anything that would be considered impeccable for the refined sensibilities for people who drive nothing but the best. The more grungy and absurd the better! Entry is free. If you would like a table at our markets the cost is five dollars \$5 and can be secured by ringing Reon on 0429 722091.

Finally, if you are are new to the valley and maybe feeling a little isolated feel free to drop in for a cuppa. We are an apolitical organisation that is opened to both men and women. Joining fee is \$25.00 a year which covers our insurance costs and \$2.50 a day or/ \$6.00 a week for the use of our equipment and electricity outlay. We are situated in the shed behind the Cranks and Tinkerers Museum.

Copy of Edwardian plant  
stand made by the Guild



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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.

**Ph: (03) 6376 2300**

**Mobile: 0419 683 904**

**Email: [kwash.sthelens@lih.com.au](mailto:kwash.sthelens@lih.com.au)**

## Fundraiser for the North-East Land Trust (NETLT)

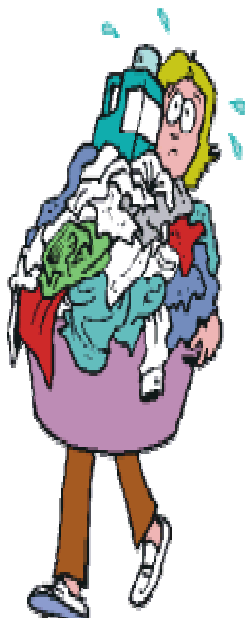
A film night fundraiser for the North-East Land Trust held in conjunction with The Wilderness Society (Tasmania) at the Falmouth Community Centre on Friday 24th February attracted over 70 community members. The film shown was "Wilderness" an hour long documentary by the renowned director Scott Millwood. The film told the story of Olegas Truchanas and Peter Dombrovskis, two of Australia's greatest wilderness photographers.

The crowd were addressed by Andrew Lohrey - President of the North-East Land Trust, Liz Johnstone from the Wilderness Society Launceston Campaign Office and Vica Bayley, Tasmanian Campaign Director for The Wilderness Society, before enjoying the film and then spending time socialising after the event.

NETLT would like to thank Frank Giles of Seaview Farm (Bandicoot Blu Farm Products) for his donation of Blueberry Sorbets which were thoroughly enjoyed by many. The evening was deemed a great success by all who attended and more seats had to be found as the organised seating quickly filled up and people spilled out onto the deck. The funds raised will go to pay rates on land which has been donated to the North-East Land Trust for management and conservation into the future. The aim of NETLT is to link and manage landscapes and create ecological connections.



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Washers and  
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**St Marys**

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## East Coast Vet Clinic

Dr Jeff Parsons regularly visits  
the Fingal Valley  
for all your veterinary needs.



*For appointments, please call the  
St Helens clinic on 6376 1577*



## **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?

Dr George James can provide specific services in the area of Type II Diabetes and obesity, and can help you to:

- Achieve optimum weight
- Normalise your blood pressure and cholesterol
- Optimise your blood sugar, streamline your diabetes medications and reduce your medication load
- Advise the best medication combination for your particular situation
- Advise you of diabetes medications that will help you to lose weight
- Reduce your risk for complications

Dr James can also instigate and adjust insulin and other injected diabetes medications, if required.

Dietary and lifestyle changes require a lot of hard (but very satisfying) work and Dr James will be pleased to guide, inform, advise, and encourage you to making changes that will help you reclaim your health.

**We aim to reverse Type II Diabetes wherever possible**

**No one will ever care more about your health - than you!**



**This practise supports whole food, plant based nutrition**



**Bingo**

**Cornwall Hall**

**Mondays**

**Eyes Down at 7 pm**

**Attend a great social event  
and help raise money for  
the community.**

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Saturday 8am - 7pm Sunday 9am - 7pm



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By Timothy E. Parker



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