



# THE VALLEY AND EAST COAST VOICE

Established 1968

50.29 July 19th 2018

Deadline for 50.30 is July 30th 2018

## **St Helens - St Marys Community Bank® Community Small Grants**

Members of the Break O'Day community will once again benefit from an essential element of community banking through the St Helens – St Marys Community Bank® branch's Community Small Grants Program.

This program is designed for specific one-off needs of community and not for profit groups and is funded through branch profits.

Local community organisations were recently encouraged to apply for funding from the second round of the Community Small Grants Program. Fourteen applications were received by the closing date and assessed, on a competitive basis, by the community bank Board.

Board Chairman Andrew McGregor, today announced the following successful applicants:

- **Cornwall Community Development Group Inc: \$500 to complete the Cornwall Soldier's Memorial Park;**
- **Hub4Health: \$1,000 towards the purchase of a replacement treadmill for St Marys Community gym;**
- **Mathinna Community / Landcare Group Inc.: \$1,000 to purchase new tables and chairs for the Community Centre and hall;**
- **Scouts Australia, Tas Branch/St Helens Scout Group: \$1,000 to replace stolen tools and goods;**
- **St Helens District High School: \$500 to purchase sporting equipment packs for Prep to Grade 2 students;**
- **St Helens Online Access Centre: \$500 towards the purchase of replacement \$800 inkjet photo printer;**
- **St Helens – St Marys RSL Sub Branch Inc: \$913 to replace St Helens Memorial Park flagpole;**
- **St Helens Sailing Squadron: \$1,000 contribution towards costs associated with attending 2019 Stonehaven Cup in Melbourne, Victoria.**

Andrew said that 'as the community banking business grows so too will profits and therefore more support will be given to more community groups. Applicants who have not been successful this time will be entitled to apply when the next round is announced.'

Editor: Keri Webb

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03 6374 2344 website: [valleyvoice.com.au](http://valleyvoice.com.au)

[facebook.com/ValleyEastCoastVoice](https://facebook.com/ValleyEastCoastVoice)

PO Box 322, Fingal Tas. 7214

For all account queries please contact

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

### Advertising rates 2018

Business card size ads \$15    ½ page ads \$40  
Intermediate ads \$18    Full page ads \$65  
¼ page ads \$25    Permanent classified ads \$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.

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

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

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.



**Meals on Wheels** | More than just a meal  
Tasmania

**St Marys Roster Ph: 0437 397 219**

July	19	Heather Griffiths
	20	Ruth Aulich
	23	Val Spencer
	24	Pam Bretz
	25	Lynne Fitzgerald
	26	Judy Duckett
	27	Karl Balzer
	30	Val Spencer
	31	Pam Bretz
August	1	David Lawson



## EAST COAST MOTOCROSS

East Coast Motocross Club is host to  
the Tasmanian State  
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## Fingal Valley Neighbourhood House OP SHOP

29 Talbot St Fingal

The Op Shop at Fingal will be closed for renovation from  
Wednesday 27th June 2018 for 2-3 weeks.

The renovations will revitalise the shop, making a pleasant atmosphere for volunteers and customers.

Keep an eye on our Facebook Page for the date of our grand reopening.



### How fights start:



and then the fight started ...



FROM COAST TO COUNTRY

(Continued from last edition)

## Alone Again

The hell was that.” The Brit yelped bracing a hand against the wall.

“Maybe there are workers in there doing some demolition?” Offered Chelsea sounding unconvinced herself.

“Hope so. We’ll just have to sneak past them.” Henry stepped anxiously through the doorway followed by the others.

They were immediately faced with a bunch of people in high Vis vests and hard hats, the surprise on the gruff faces soon turned to anger.

“You kids should not be in ‘ere.” Growled one of the bigger men stomping closer until Henry could smell the grease on his overalls. “Can’t ya read them signs out front, you stupid or sometin’?”

“No sir, just hoping to get a nice view from the top of this place.” Pipped up Chelsea cheerily grinning one of her sarcastically wide smiles. “Wouldn’t mind if we run up those stairs?”

He did not look pleased and neither did his friends. “Now little miss, we was gonna let you go without trouble, but ‘cause of that mouth of yours.” He gestured at her face, the angry crease between his eyebrows growing. “Police are going to have a word to ya, little trespassers.”

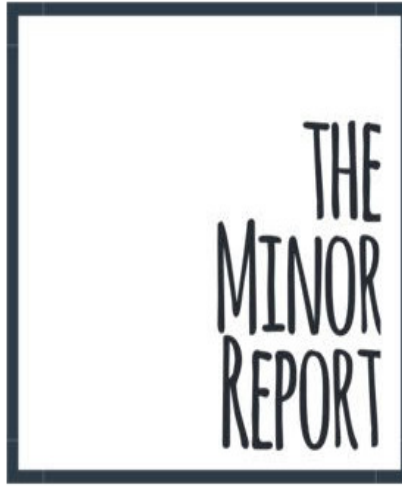
“Nice going Chels’.” Henry muttered as the man turned, he turned to Jeremy for back up as the red head glared at him, but found the Brit’s mouth gaping and his face unusually pale. “Hey you alright Jer’?”

The boy didn’t respond still staring ahead, his eyes wide and fearful. Henry followed his frightened gaze and completely understood his friends expression, he could hardly believe it, wouldn’t if it wasn’t staring him in the face. He felt his stomach drop, his blood run cold, all those metaphors of fear he remembered reading all mixed into a storm of terror.

Outside of the wide pane of glass over their heads a great wall of churning water crashed through the sky scraper across the street, rushing and tumbling towards them. In the short few seconds of shock absent thoughts of the trembling ground flitted through his head, earthquakes lead to Tsunamis. *Higher! They had to get higher.*

He latched on to both of his friends and tore off towards the stairway. Jeremy seemed to snap out of it as the frothed murk of the water shattered the windows like a wrecking ball threw a sheet of thin paper. The monstrous mass swept in falling the screaming workers like bowling skittles, Henry lost his grip on Chelsea’s arm, he spun with Jeremy gaping mortified as she was torn away by the torrential flood. Extinguishing the flame in his life.

(continued on next page)



FROM COAST TO COUNTRY

“Chelsea!” Jeremy made to lunge for the girl crying out in pain for a reason he couldn’t see, Henry wrapped his arms his arms around the hysterical boy holding him back from what was obviously suicide. “Let me go Hen!”

He didn’t, he couldn’t. He was sure those terror filled green eyes would haunt his nightmares if he ever escaped this. Henry pulled his friend away from the rush of water and up the stairwell, round and around until Jeremy collapsed with a groan.

“No Jer’ we have to keep going.” He tugged on his stubborn arm again, another pained cry came from his friends lips. “Jer’?” He panted crouching to his level.

His friend’s face was clammy and pale, Henry propped him up against the wall, then peeked over the edge of the railing cursing at the steadily rising water three stories down. He knelt back at his friend’s side, his eyes widened at the dark stain spreading over Jeremy’s lower abdomen. He carefully lifted the thin cotton of Jeremy’s shirt, biting his thumb to keep his shock inaudible. There was a gaping gash that crossed from his hip to the dip of his rib cage, thick blood poured from the gruesome wound.

“Bad is it?” panted Jeremy his eyes hazed with pain. Henry made to console him, but was cut off before he could force the words out. “Don’t bother lyin’. It’s written all over your face.”

The water rushed up the stairs like lapping tongues of cool death that would soon be swarming the two boys. Henry could believe this. If someone had told him this morning how these events would play out, he would’ve marked them a lunatic. *Chelsea*. Just the thought of her made him want to crumble to the floor and let the water take him. He forced everything to the back of his mind, focusing on his waning friend.

“We can’t stay here Jer’.”

“Well if I move, I’m pretty sure I’ll tear in half.” He gave him a look and Henry knew his exacts thoughts.

“No.”

“Hen-”

“No. I’m not leaving you.” He said adamantly, clasping his friend’s shoulders. “Not you and Chelsea both.”

The water was rushing around them now, pink swirls of bloodied water surrounding them as the liquid damped their legs.

“Let me be the hero for once.” Jeremy grinned and it would’ve been sunny if not for the crimson staining his lips

(continued on next page)

## THE MINOR REPORT

### FROM COAST TO COUNTRY

Jeremy's eyes were glassed over like he wasn't really seeing what was in front of him, he looked on the verge of unconsciousness. "Hen' just go. I'm a lost cause, get out." He wheezed, still trying to be righteous.

Tears pricked Henry's eyes as he stood, a wad of emotion constricted his throat until he was bordering suffocation.

"I'm- God I'm so sorry." He choked backing up the stairs.

He wasn't sure if it was real or just a figment of his strained mind, but he thought he'd heard a small, *its okay*, from his friends dying lips. He couldn't cope. The last

tethers of his happiness were ripped to shreds, leaving him falling into the abyss of hopeless loneliness and despair. He didn't look back, kept launching himself up the stairs trying not to think, trying to block out everything.

He burst out of the door to the roof, stumbling to the very edge of the lipped edge. He fell painfully to the ground gasping for breath that was stolen by the sobs that wracked his being. What about his family? His mother and father back at home? He hadn't had a moment to spare them a thought until now. It made it all the more worse.

He lifted his head from where it rested on the concrete to take in the world around him. It was complete chaos. The scraper he sat on was only peeking above the surface of horrors lay both beneath and atop the murk. Buildings had succumbed to the massive force of the wave, most no longer stood the only thing visible were the mauled stumps of the bases. Debris floated atop the polluted water, along with what he was sickened to assume were bodies, how many women and children had been in New York? Five thousand? More?

Henry curled in on himself empty and numb, he didn't know how long he sat there a hollow husk of a man. Weeping until his eyes would shed no more tears, he noticed the light had faded. A brilliant sunset burned in the distance, splashes of vibrant colours across the horizon. He didn't even feel anything at the sight, the utter contrast between the disastrous earth and the heavens, it was almost mocking.

The abandoned child sat huddled alone on what was once his favourite spot on earth, his memories tainted with death and grief. Absent to the rest of the world, in some ways deader than his lost friends. The lights of rescue boats swung across the water, picking up the tattered remains of Manhattan.

Henry shivered, a last whole thought in his mind as cold and unforgiving as the water that swept away his happiness. A thought that lingered in his mind as one of the rescue teams swarmed him. *Why?*

# Surf Coast Realty

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## We are actively seeking **NEW Listings** in the St Marys and Fingal area...

Surf Coast Realty has just SOLD a number of properties throughout the Valley region, with many more currently under contract and we still have a number of purchasers looking for properties in these areas. If you would like an obligation free appraisal or further information on the current market conditions then please call Surf Coast Realty on 63725321.



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GRAY



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ST MARYS



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ST MARYS



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7409 Esk Main Road,

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301 Gardiners Creek Rd,

ST MARYS



Surf Coast Realty

Lot 3 German Town Rd

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108 Main Road,

ST MARYS



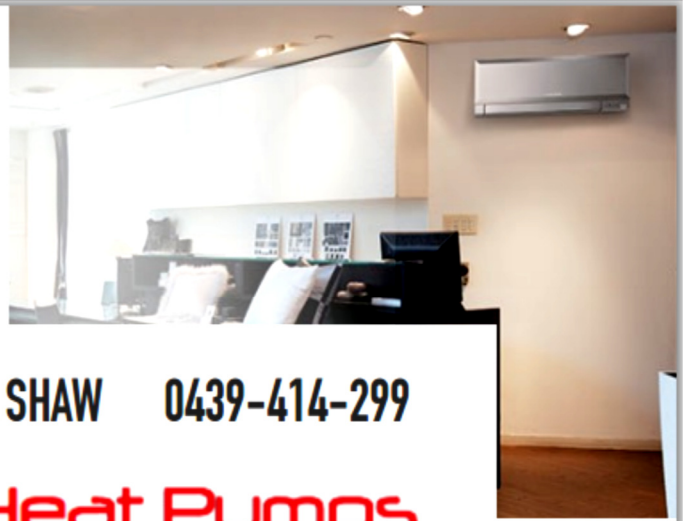
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ST MARYS



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#### Footpaths:

- Main Road, Binalong Bay - \$100,000
- Storey Street, St Marys - \$50,000
- Parnella/Foreshore walkway, St Helens - \$250,000

#### Roads and Bridges

This year we have earmarked more than \$3 million for our road networks. This includes Council funding as well as funding from both State and Federal Governments. This includes; Re-sheeting - \$574,870 and Re-sealing - \$417,625.

As well as these major projects;

- Fingal Streetscape - \$480,000
- Annie Street, St Helens - \$287,000
- Kismet Place, St Helens - \$100,000
- Gardens Road, The Gardens - \$318,000
- St Helens Point Rd, St Helens - \$210,000
- Treloggen Drive, Binalong Bay - \$50,400

We have received \$761,900 funding from the Roads to Recovery Fund which we will be using for bridges across the municipality. All in all we have earmarked \$1.1 million for bridge works including;

- Gillies Rd, St Marys - \$25,000
- Four Mile Creek Rd, Four Mile Creek - \$30,000
- Richardson Rd, St Marys - \$38,000
- Davis Gully Rd, Four Mile Creek - \$31,000
- Otway Ck, Rossarden Rd - \$220,000

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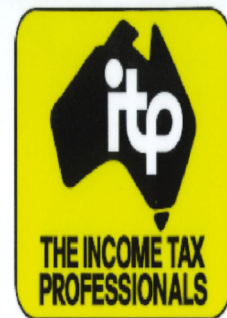


**THE FARM SHED**  
EAST COAST WINE CENTRE

# WINTER HOURS

From July 8  
Sunday to Thursday 10-4 - Everything on and happening!  
Friday 10-4 - Gallery and Wine Centre with Susan,  
kitchen and coffee closed  
Closed Saturday

53 Burgess Street, Bicheno (03) 6375 1868



## ITP THE INCOME TAX PROFESSIONALS

Nina will be visiting FINGAL for Income Tax services,

on the following dates:

Thursday 19<sup>th</sup> July, Thursday 2<sup>nd</sup> August, Thursday 16<sup>th</sup> August, and  
(possibly) Thursday 30<sup>th</sup> August

at the

Fingal Neighborhood House

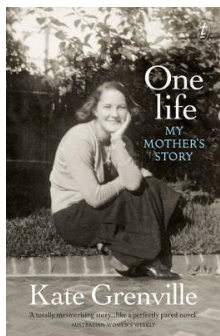
Talbot St

Phone 63 449 433

for an appointment



## One Life– My Mothers Story

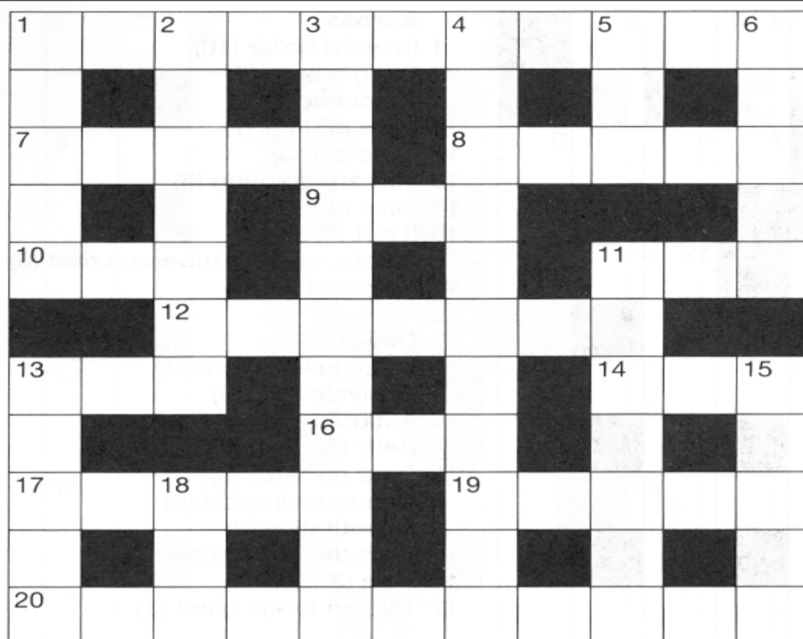


This past month's book was *One Life. My Mother's Story*, written by well known and respected Australian author, Kate Grenville. You may have read the *Secret River* or seen the TV series which was based on some aspects of her own family history. In this memoir she tells the story of her mother, Nance, who was born in rural Queensland in 1912 and died in 2002 at the age of 90. Her lifetime spanned the 20th century and in the telling of the life of her mother, Grenville also gives the reader an idea of what life was like for women over those decades. It is thus a social history as much as a personal story.

She begins her account by writing, "My mother wasn't the sort of person biographies are written about" and this is true. Her mother saw herself as an ordinary woman, yet she was, in reality, a remarkable one. From a rural working class background Nance went on to achieve qualifications as firstly a pharmacist and later followed her first dream, to become a teacher. None of this was easy during the decades of the 1920's and then the Depression of the 1930's but through her intelligence and determination and desire for independence she achieved her goals.

We learn of the early hardships of her mother as her parents restlessly moved from town to town, buying pubs that sometimes were successful and often not. Enduring convent schools and isolation from her family, especially her beloved older brother, Frank, she eventually was sent to a good school and then against her own wishes was apprenticed to a pharmacist. Later she marries but the marriage never really gives her the love she seeks. While raising two boys and coping with the rather distant and unloving Ken, she manages to open her own pharmacy. Later Kate is born but eventually Ken leaves Nance for another woman, whereupon Nance takes herself off to University and becomes, in her fifties, a teacher.

The author uses fragments of diary entries that her mother had attempted to write over the years as well as accounts of friends and acquaintances and, of course, her own experiences as the daughter of Nance to present the facts of her life. The photographs of Nance and family are a splendid addition to the book but above all it is Kate Grenville's wonderful ability to tell a story and to empathise with her subject that brings this woman's story alive. Her descriptions of her mother's experiences and Grenville's attempts to imagine how her mother felt about them are moving and personal. This book was very popular with the Book Group and we were full of admiration, firstly for this determined and brave woman and then for the skill of the writer. This is truly an homage by a daughter to her mother, and readers of a "certain age" may find echoes of their own family experiences in this wonderful story.



### Across

- 1 Moved (11)
- 7 Result (5)
- 8 Wander (5)
- 9 Dope (3)
- 10 Japanese coin (3)
- 11 Spanish hero, El \_\_\_\_ (3)
- 12 Having up-to-date knowledge (2,5)
- 13 Thus (3)
- 14 Freeze (3)
- 16 Decay (3)
- 17 Welsh breed of dog (5)
- 19 Grecian column style (5)
- 20 Considerable (11)

### Down

- 1 Braid (5)
- 2 Classic poison element (7)
- 3 Extravagant spender (11)
- 4 Hindrance (11)
- 5 Hill (3)
- 6 Wood nymph (5)
- 11 Tuscan red wine (7)
- 13 Clothes for the feet (5)
- 15 Do very well (5)
- 18 Chafe (3)

# Mini Fingal Focus

## Senator Steve Martin makes a Visit

This week the Fingal Valley Neighbourhood House had a visit from Senator Steve Martin, National Senator from the North West of Tasmania. He wanted to catch up with the residents of the area and discuss any concerns raised.

The House put on a lovely morning tea and the meet and greet was a great success with many topics raised such as health, education, Infrastructure and projects for the future.



The Senator's assistant was Brian Semmens who grew up in St Marys and attended the St Marys District High School, it is good to see how well our sons and daughters do once they are out in the "big world". It shows the learning and upbringing they receive here is a good foundation to furthering their careers and dreams.

The Spinner and Weavers group were at the meeting bringing a perspective of living in the different areas in the region, the ups and downs, the future and its needs. Children and their needs in the area. The Senator was very informative and eager to listen. Very enjoyable gathering.



## 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

## **Warning! More Dad Jokes.**

What do you call two witches who live together?

**Broommates!**

Why weren't the tennis players allowed in the restaurant?

**Because they make too much racquet.**

What would you get if you crossed two bananas?

**A pair of slippers.**

What happened to the broken-down frog?

**It got toad (towed) away.**

Why did the outlaw hold up the bakery?

**He kneaded the dough.**

How do cows count?

**They use a 'cow'nter.**

**Sorry can't resist!**



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

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

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Avoca Museum and  
Information Centre

Old School Building  
AVOCA, TASMANIA 7213

**Free WiFi**

## Aquatic Centre Trip Invitation

To Rossarden & Friends Kids Christmas Group members and families, Avoca, Rossarden & Royal George families for a fun day out. The trip includes the bus, picnic lunch, Aquatic Centre entry and free slide, thanks to Northern Midlands Council sponsorship.



**Saturday 27th October  
2018**

Bus pick-up 10am at the Avoca Roadhouse and plan to be back by 5pm.

Bring: bathers, towel, sunscreen, drink and nibbles.

RSVP: Helen 63842101 or Leesa 63842173 by 25th September

- essential as we need to know numbers



Rossarden and Avoca Fire Brigades combined to train  
at Rossarden last Wednesday night

14 volunteers from  
Rossarden and Avoca burnt  
piles of broom prepared by  
the Green Army project,  
then enjoyed supper thanks  
to Rossarden ladies




**Rossarden Fire Brigade Landcare Group ANNUAL GENERAL MEETING**  
6pm at the Rossarden Fire Station Wednesday 1st August 2018


**Valleys of Adventure**

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


**GREATER ESK TOURISM**




**Photographic Competition 2018**  
**THEME "Heritage in the Fingal Valley"**  
Entries close in October so there is plenty of time to explore the Valley enjoying its built and natural heritage capturing exciting images.



**TRIPLE J'S**  
**ONE NIGHT STAND**  
VANCE JOY PEKING DUK  
TKAY MAIDZA MIDDLE KIDS  
ALEX THE ASTRONAUT  
+ UNEARTHED COMP WINNER  
SATURDAY 1 SEPTEMBER  
ST HELENS, TASMANIA



**Requesting all FINGAL VALLEY businesses to decorate your buildings with ORANGE BALLOONS for this event**



## Barn Dance



Saturday 14th July a fund raising Barn Dance was held at St Marys Community Hall, to raise funds for the St Marys Community Space Association Inc. Over 150 door tickets were sold and the evening went off really well. Moonshine Whiskey and the Ragged Pony travelled from Hobart to entertain the crowd and reported this as the best dance, in a number of years, which they had attended, the enthusiasm of the attendees showed in the numbers dancing and enjoying the calling. Plated suppers donated by community members and wood fired pizza fed the hungry hoards after

they had worked up appetites during the dance numbers. Thanks to Mt Elephant Fudge, the Vortex Centre, the Crystal Gift Shop at the St Marys Post office and the St Marys Op Shop for providing gifts for the lucky door prizes. Thanks to the Association fund-raising committee for organising and to the community for attending. It was a GREAT event.





## **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.

**Op Shop** Call in and browse our amazing Op Shop.

**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, 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.**

**If you have 4 hours a week to spare we would love to hear from you we need help with our OP Shop.**

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

**more information.**

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

## **Events**

### **AA**

Friday night St Marys Anglican Church Hall 7:00pm

Wednesday night St Helens Anglican Church Hall

7:00pm

**Phone 0438 157 878**

### **The St Marys Salvation**

#### **Army**

*would like to welcome back our JAMmers for Term 2 and also invite new children to JAM (Jesus And Me) commencing on Tuesday 8th May at 3pm.*

*For all inquiries please phone Mel on 0409 838 816*

### **St Helens Soccer Club 2018 Season**

Saturdays

5 years and over 10.00 am start

Adults 11.30am

Venue - St Helens Sports Complex. Tully St ALL WELCOME  
Enquiries 63761405

### **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.

### **Big Shed Market**

Big Shed Studios are hosting a monthly winter market every 3rd Sunday of the Month, 10am – 2pm Our focus is on make it, bake it, produce it, and our aim is to showcase local talent. 21837 Tasman Highway St Helens.

# Hilly's IGA St Marys

Open 7 days a week



*'think Hilly's, think convenience'*

Pizzas made wholly in house,  
ready to cook.

Large range of salads  
made fresh in-store.

Succulent BBQ Chickens  
cooked to perfection.

Cookies fried chicken  
and hot chips available 7 days.



Hilly's IGA St Marys and St Helens

*'we stand for fresh'*

## KHAYA GALLERY



oils - watercolours -  
pen and ink - sketches - etchings

photography

ceramics

sculpture - tribal carvings

jewellery

hand made soaps

27 Talbot Street, Fingal

## LJ Hooker



### 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) 6378 2300

Mobile: 0419 683 904

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

**St Marys Community Health Centre**  
Gardiners Creek Rd St Marys Tasmania 7215  
6387 5555

**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)

**Doctors Roster**

**Dr C. Latt**

19/7/18– 3/8/18

**Dr K. Rawnsley**

20/7, 24/7, 27/7, 31/7 & 3/8/2018

**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

**IN A EMERGENCY**

**PHONE 000**

**ARE YOUR DETAILS UP TO DATE?**

*Do you have a new address / phone number?*

*Do you have a new Centrelink / Medicare card?*

*Have you updated these details with us?*

**You may also be charged for some medical services if your Centrelink / Medicare cards are not current. If any of your details have changed, please**

**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**.

Waiting periods can apply.

**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 above are NOT covered by Medicare, and may incur

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

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**

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 - please ring before presenting after hours	6387 5555
Mental Health Helpline	1800 332 388

**INR** tests require a 5 minute doctors consultation.

Please inform reception when booking

# St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215  
6387 5555

## What's on at the Centre

July 19	<b>Social Worker</b> Shan Williams for appointments please phone 6387 5555  <b>Physiotherapist</b> – Patrea Zacher for appointments please see your GP or Health Professional for a referral.  <b>2nd Bite Delivery</b>	July 30	<b>Max Employment</b> – 8:30am-5:00pm downstairs.  Continued...
July 20	<b>Physiotherapist</b> – Patrea Zacher for appointments please see your GP or Health Professional for a referral.  <b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.	July 31	<b>Dietician Diabetes Tasmania</b> – Melanie Horte please see your GP for a referral  <b>Child Health Session</b> with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381.
July 23	<b>Physiotherapist</b> – Patrea Zacher for appointments please see your GP or Health Professional for a referral.	August 1	<b>Occupational Therapist</b> – Danyelle Briggs by referral from your Health Professional.  <b>Day Centre</b> - call Hayley Gilbert on 6387 5555 for information on the group.
July 24	<b>Anglicare</b> – Katrina 11:00am-1:00pm	August 2	<b>2nd Bite Delivery</b>  <b>Physiotherapist</b> – Patrea Zacher for appointments please see your GP or Health professional for a referral. <b>Social Worker</b> - Shan Williams For appointments phone 6387 5555.
July 25	<b>Social Worker</b> - Shan Williams For appointments phone 6387 5555  <b>Day Centre</b> - call Hayley Gilbert on 6387 5555 for information on the group.  <b>Rae &amp; Partners Lawyers</b> consult fortnightly at the SMCHC. Phone 6337 5555 for appointments.	August 3	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.  <b>Physiotherapist</b> – Patrea Zacher for appointments please see your GP or Health professional for a referral.
July 26	<b>2nd Bite Delivery</b>  <b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.	<b>Benefits of Art Therapy</b>  Art therapy is the deliberate use of art-making to address psychological and emotional needs.  Its benefits include fostering self-expression, enhancing coping skills, managing stress, a strengthening a sense of self. This translates into improved communication, behavior, and cognition. The St Marys Day Centre Clients have selected an adult colouring in design to do using a variety of resources. Come in to the Reception at the Health Centre and see what we have been creating. You can also enter our 'People's Choice Award' and <b>win a prize yourself!</b>	
July 27	<b>Physiotherapist</b> – Patrea Zacher for appointments please see your GP or Health Professional for a referral.  <b>Social Worker</b> - Shan Williams For appointments phone 6387 5555	<b>Voting is open for the month of July 2018</b>  People's Choice Award winner will be notified at the end of the month. Make sure you fill your details in on the voting forms.  Thank you for your support	
July 30	<b>Physiotherapist</b> – Patrea Zacher for appointments please see your GP or Health professional for a referral.  <b>Occupational Therapist</b> – Danyelle Briggs by referral from your Health Professional.		



**SENATOR JONATHON DUNIAM**  
Liberal Senator for **Tasmania**

**THE COALITION GOVERNMENT**

**THE FEDERAL BUDGET IS  
DELIVERING FOR TASMANIA**

- ✓ \$1 BILLION INFRASTRUCTURE BOOST
- ✓ GUARANTEED FUNDING FOR ESSENTIAL SERVICES
- ✓ TAX RELIEF FOR OVER 170,000 TASMANIAN TAXPAYERS

85 Macquarie Street, Hobart TAS 7000 6231 2444

senator.duniam@aph.gov.au SenatorDuniam

Authorised by Senator Jonathon Duniam, Liberal Party of Australia,  
85 Macquarie Street, Hobart TAS 7000.

## Bingo



**Cornwall Hall**

**Mondays**

**Eyes Down at 7 pm**

**Great social event and help  
raise money for the  
community.**

## St Marys Bakery

**Ph: 6372 2490**

**Fresh bread, rolls &  
buns, pies,  
pasties,  
cakes, hot  
food, coffee,  
cold drinks,  
ice cream**



**OPEN 7 DAYS A WEEK**

**52 Main Street St Marys**

St Marys  
**PHARMACY**

**Main Street St Marys**

**Ph 6372 2844**

***Kodak prints from 45¢***

**Ear piercing \$27**

**includes earrings  
and solution with  
qualified staff Bec,  
Sally and Cassie**



***Pharmacist in store***

***Monday to Friday***



We make simple, affordable, custom-designed websites and would like to offer local businesses a special price to help them look their best online.

**Simple websites \$300 inc. GST**

- Up to 5 pages including "Home" page
- Mobile compatible and search engine friendly
- One month of free revisions
- BYO hosting and domain (we are happy to help you set this up)

If you are just starting out, we offer free logo design with any website order and can help with professional photography at heavily discounted rates.

Why not say Q'day?

0410 143 705 | shyes@signetwebsites.com.au

[www.signetwebsites.com.au](http://www.signetwebsites.com.au)

## Harris Funerals

**St Helens, Bicheno & Fingal Valley**

*We are here when you need us.  
Burial or cremation, traditional or  
unique funeral services available.*

### **Office & Chapel:**

46 Tully Street St Helens

**6376 1153 ~ 0418 133 420**

[tamara@harrisfunerals.com.au](mailto:tamara@harrisfunerals.com.au)

Member of the  
Australian Funeral Directors Association



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Mechanical repairs and  
all routine servicing.  
Batteries, tyres (including white walls).  
Old school V8s and 6s loved  
and nurtured, even Holdens!  
• FUEL AVAILABLE 24 HOURS •

41 Main Street. Ph: 6372 2335  
[caltexstmarys@bigpond.com](mailto:caltexstmarys@bigpond.com)

## **Classifieds**

### **Wheat straw,**

Big round bales. Good and clean, ideal for garden mulch or animal bedding.

Phone A.J. 0407 944 158.

Free delivery in St Marys area.

---

**TREE TRIMMING AND REMOVAL  
ALSO FIREWOOD  
DANNY FRANKLIN  
0417385935.**

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Floor Mats – made from recycled plastic  
Practical -  
Indoor/outdoor - Mould free - Hose wash  
Contemporary Casual -  
Looks like straw mat - Bright colours -  
Indigenous and other designs  
Durable & Portable  
Hard wearing indoor or roll / fold up for  
camping or picnics.  
Priced from \$40  
Phone 0474 767861 -Scamander

---

### **PAIN? LACK OF ENERGY? ALLERGIES?**

**I can help with this and more using**

**Kinesiology, Reset, Reiki and  
Access Bars®**

**Bicheno-Mondays, Fingal Tuesdays, St.Marys  
Thursdays**

**Ph Bree on 0450068328**

---

**Moo Poo See Normie**

**63722380**

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## **Community Conversations**



Are you aged 65 or over and living in the St Mary's area?  
Would you like to meet up with others over lunch and chat  
about community health and wellbeing?

Do you want to know about services in your area that you  
can access?

Do you want to increase your knowledge and capacity to  
age well?



If so, register with Rural Alive & Well's  
Community Conversations  
being held over an 8 week period starting Monday 6<sup>th</sup> August.  
11am-1:30pm. Lunch will be provided.  
Transport can be provided.  
Call or email Jayne on 0439 689 430 or [jpike@rawtas.com.au](mailto:jpike@rawtas.com.au)  
or call Martin on 0438 087 368



**The Famous  
MOUNT ELEPHANT  
PANCAKES™**

Come visit us on Tuesdays for **"Locals Day"**,  
and receive **10%** off your total bill, valid til  
9th August.

**Try one of our new pancakes,**

- ♦ **Chicken, Cheese and Pineapple**
- ♦ **The Lot**
- ♦ **Apple Crumble and Custard**
- ♦ **Peanut Butter and Banana**

**Or one of your old favourites.**

**Call us on 63722263 or check us out on  
Facebook for more details  
Cheers Mt Elephant Crew**

# C & D EXCAVATIONS

*For all your earthmoving requirements*

- Road gravel.
- Top soil, screened topsoil.
- Sand and rocks.
- On sight screener 20mm - 75mm.
- 20 tonne excavators with tilt bucket, ripper, rock and log grabber and quick hitch.
- D65 Komatsu dozer with ripper and tilt blade.
- 10 yard tipper.
- Compaction roller.
- Wheel loader.

Dams, roads, firebreaks, land clearing, house sites, drainage, bridge construction and much, much more ...



LOCAL OWNER/OPERATOR WITH  
OVER 25 YEARS EXPERIENCE

*Call Dana or Craig: 6372 2033/0439 722 032*

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**Coin Operated  
Washers and  
Dryers**

**Open 7 Days**

**32 Main St**

**St Marys**

OPENING HOURS,

**APPROXIMATELY**

**SAME AS COACH**

**HOUSE RESTAURANT**

## 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*



# FOR SALE

39 Main Street St Marys

3 1 2

\$228,000



4 The Flat St Marys

3 1 4

\$210,000



Lot 1 Gardiners Creek  
Road St Marys  
Land 37.45 ha  
\$95,000



96 Scamander Avenue  
Scamander  
Land 1035 sqm  
\$95,000



1 Pelican Court  
Scamander

3 2 2

\$449,000



23239 Tasman  
Highway Scamander

3 2 1

\$348,500



22354 Tasman  
Highway Falmouth

4 1 Land 3281 sqm

\$595,000



50 New Street  
Falmouth

3 1 Land 1960 sqm

O/O \$650,000



## 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:** [kwalsh.sthelens@ljh.com.au](mailto:kwalsh.sthelens@ljh.com.au)



#### How do you contact us?

**Email:** admin@hub4health.org.au

**Web:** 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 beyond.

## Fundraising for our NEW TREADMILL

The Hub4Health Active4Life Gym in St Marys has been a highly successful community based initiative. The community gym, in St Marys, has been SO successful, that the members have worn out the original treadmill!! This treadmill was originally donated to the gym when we opened.

We are launching this campaign to replace the old and well loved treadmill, with a new and updated version.



We are planning to support local business by buying locally from Good Sports at St Helens. Janet Drummond the Chair of the Board of Management, accepted a cheque for \$100 from the St Marys Hotel Social Club, this cheque is being used to kick start this campaign for a new treadmill. **Our goal is \$3000.**



### Donate at the Go Fund Me Web Page:

<https://au.gofundme.com/communitygymtreadmill>

### Visiting Services to St Marys Outreach Office

#### Rural Psychology Tasmania

offering evidence-based psychological services to rural communities in Tasmania. **T: 6331 0577**

- Bree Piscitelli | Natural Therapist**

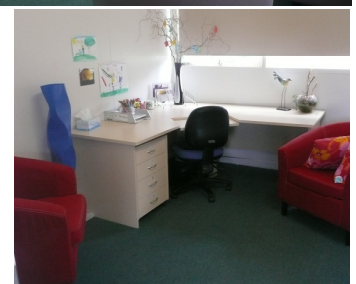
Practicing Kinesiology, Reset, Reiki and Access Barsâ.  
**M: 0450068328**

**Raelene Callaway | Naturopath: M: 0410 481 229**

E: [gratitudehealth2@gmail.com](mailto:gratitudehealth2@gmail.com)

There are spaces available for short or long term rent for allied health and community services and groups—please contact our office

**E: admin@hub4health.org.au for more information**



# C & D's IGA X-press

**38 Main St, St Marys, PH 63722240**

**Mon-Thurs 7.30 am - 6.00 pm**

**Fri 7.30 am - 6.30 pm**

**Sat 7.30 am - 6.00 pm**

**Sun 9.00 am - 6.00 pm**



**SHOP HERE FOR YOUR CHANCE TO WIN: PROUD SPONSOR OF THE LUCKY \$5 NOTE**

## Week 1: 18-24 July

Steggles breast nuggets, 400g \$3.49 save \$1.50

Tim Tam value pack 330g \$2.25 save \$2.25

Kellogs LCM Bars 6 pk \$1.99 save \$2.01

Just Juice 2 lt \$1.99 Save \$1.36

Heinz Red Label Soup 420g \$1.10 save \$1.29

## Week 2: 25-31 July

Duck River soft butter 500g \$3.99 save \$1.81

4 N 20 Traditional Pies 700g \$3.99 save \$4.76

Arnotts Family Assorted Biscuits \$500g \$3.49 save \$1.66

San Remo La Pasta 120g \$1.00 save \$1.10

Heinz Spaghetti 535g \$1.99 Save 0.51

Heinz Baked Beans 555g \$1.99 save 0.51

MANAGERS SPECIAL: QUILTON 36 PK TOILET ROLLS, ONLY \$14.99

**Now Available beautiful fresh flowers from Vicky and Bec**

**Free Home Delivery to St. Marys area**

**Call in and see Dana, Craig and staff for friendly and reliable service**

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is available at the following outlets:**

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Avoca Store	Hayshed Fingal
Coach House Restaurant	Mathinna Post Office
St Marys	Scamander S/market
The Farm Shed, Bicheno	St Marys IGA
Hilly's IGA St Helens	St Marys Newsagency
Fingal Post Office	St Helens Newsagency

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