



# THE VALLEY AND EAST COAST VOICE

Established 1968

50.30 August 2nd 2018

Deadline for 50.31 is August 13th 2018

## Still Going!!!!

Well the Fingal Valley Neighbourhood house has been publishing the Valley and East Coast Voice for 6 months hopefully fulfilling our initial hope of bringing local news to the community and continuing the previous publishers good work. There have been some teething problems and we are learning something new every edition.

What have I learned? I have learned we have a very diverse community abundant with talent, high achievers and caring dedicated people. The main lesson I have learnt is the good natured, enthusiastic, well wishers we have throughout our region, always ready to lend a hand, pat you on the back and help you achieve your goals.

These people are the contributors to this paper, The Cagerattler, Hayley at the St Marys Community Health, Wendy at the Woodcraft Guild, Mary with the Avoca news, Janet Drummond with the Op Shop, Valmai for the Meals on Wheels roster, Mike MacDonald for his funny bits, Pamela our book reader. The partnership with the St Marys District School has allowed us to marvel at the mature, talented students who take the time, even during holidays to submit their articles. The community as a whole are proud and privileged to read the Minority Report, a sign of the special talents held by these children, thanks to the teachers who have assisted with the learning and the publishing.

The Maori proverb states "*E raka te mauī, e raka te katau*" "A community can use all the skills of its people". In our case our community is must be overflowing with opportunity.

Other just as important contributors are the businesses who give us the opportunity to continue to publish by advertising in and supporting our paper, also the businesses who distribute the Valley and East Coast Voice, without them there would be no audience.

There are a lot of people in the background who play a pivotal role in our successes they are the proof readers, Coral Brady and Elizabeth Death, Gary Barnes who fought for the paper to continue, deliverers Louisa Rhodes and Michael Brouder, Shirley in the office who takes the phone calls.

The most important people to the continuance of this paper are you the readers, without you what would be the point. We hope you continue this journey with us and if there is anything you think would enhance this paper or some news you would like to see added write us a note or give us a call, we are ready to listen.

Keri

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
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Crime stoppers	1800 333 000
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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.

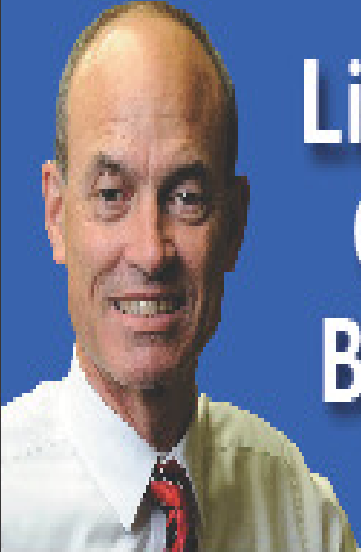
The Valley and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines. All information is correct at time of printing. Whilst we value and welcome community input, the Valley and East Coast Voice Inc. does not provide specific feedback regarding any decision made not to publish a submission.



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


August 2	Heather Griffiths
3	Val Spenser
6	Val Spencer
7	Pam Bretz
8	Karl Balzer
9	Manfred Jogis
10	Lynne Fitzgerald
13	Val Spencer
14	Pam Bretz
15	Lundy Vosper

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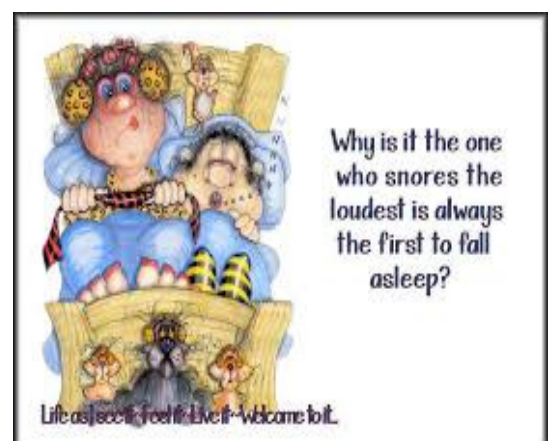


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### **Mamma Mia!**

Here we go again! Another film review about a movie you may never watch. However, I highly recommend you do watch the sequel movie, *"Mamma Mia 2, here we go again."* My family and I raced to the cinemas with the ABBA Gold CD blasting in the car on the way there! Mamma Mia 2 was based around Sophie, one of the main characters opening up her childhood home, as a hotel. It included many a flashbacks to Donna, Sophie Mum's teenage years. Yep that's right, young Harry, Bill and Sam! All three men were brilliantly cast with each having strong vocals (which is fairly important for a movie filled with random outbursts of song and dance). Donna was also brilliantly cast with Lily James playing the role.

The songs themselves were much better timed than that of the original Mamma Mia with no zany singalongs between Skye and Sophie this time. The playlist included most of the same songs as Mamma Mia 1 but with a few new additions.

I highly recommend the sequel to Mamma Mia to anyone who loves a sing-a-long to some classic 70's music and to fans of Colin Firth, who once again stars as Harry!

### **Let's Talk, School Talk!**

This issue of the Minor Report I would like to talk about the Basketball and Netball season. People from all over the East Coast including Bicheno, St Marys, St Helens, Binalong Bay and more all come together in St Helens to compete together and against each other.

Basketball games occur every Monday night at 6:00pm and 6:50pm between The Baysurf Bulls, The Cavs, The Allstars and The Perkunas. For each game there are four ten-minute quarters, where there are five players on the court per team. The 2018 season commenced on the April 30<sup>th</sup> and 11 rounds in the Baysurf Bulls are on the top of the ladder!

Netball games occur Friday nights at 4:30, 5:45, 7:15 and 8:30 or at Saturdays 9:30, 11:00, 12:30 and 2:00 for division 3, division 2, A reserves and A grade. The four teams in the association are Bay of Fires, Clovers, Georges Bay and Surfside. The 2018 Netball season started on March 2<sup>nd</sup> and all of these months later we are entering the finals!

If you would like to join a basketball or netball team next year contact the association to get started! There is no age too young or old. Next issue I'll tell you all about the three young netballers that made it into the U15 state netball team!

**Dakotah Thomson**





### **PCYC Trip to Launceston**

During the school holidays, the youth of Bicheno and Swansea were given the opportunity to go to watch the Hawthorn v Brisbane AFL game in Launceston. From the very generous donation from the Glamorgan Spring Bay Council, the PCYC hired a bus to Launceston to visit the Queen Victoria Museum and Art Gallery and watch a game of AFL. The day began with an early start and a quick pick up in Swansea. Once we arrived in Launceston we headed to the QVMAG. We spent an hour at the QVMAG exploring the different activities and the excellent Spider exhibit.

We then went to the game, with the free tickets generously given to the PCYC by the Hawthorn Football Club. We got decked out in pink for the Breast Cancer round and found our spots in the stadium.

**Continued on next page...**

### **Story time!**

The wind is ever changing. Most nights it's just a gentle whisper over a moonlit lake, others it might caress a young girls' face tickling hair across her cheeks as she smiles up at her father. Some nights it may even sweep a hundred-dollar bill into the hands of a too generous homeless man, who smiles at it gently before handing to a stressed single mother pushing a stroller, a burden so heavy resting on her drooping shoulders. But then, then there were those small hours where the gale would be frightful, inconsiderate, unstoppable. And tonight, was one of those nights where the wind swept me far away.

There's nothing quite like bundling down in the cacoon of blankets on your bed after a long day. Dusk was turning the sky that impossibly deep blue, one that was only broken by the smattering of winking lights. Giant balls of gas and light, billions and billions of miles away. My eyes closed with that satisfying weight of easy slumber, the kind that comes infrequently to those in need of it. Little did I know of what was in store for me behind the doors of sleep. Very little indeed. And so, the world faded away as the wind picked up. It blew at the walls of the modest house. It was the kind of wind you can feel without really feeling it, the kind that whistled lowly about the place making the windows crackle and creating that soft pressure that's not even there. Its presence is not ominous nor is it reassuring, it is merely present. But tonight, it swept my unconscious mind someplace else, don't ask me how. I do not totally understand it either. To be frank I don't know if it was real or just a dream. I could get philosophical about the reality of dreams, but you don't really want that. You want to know about the wind that blew me away. Who knows maybe it'll blow you away too.

## THE MINOR REPORT

FROM COAST TO COUNTRY

The game was rather eventful with a majority of the supporters cheering for Hawthorn and ended in a win for Brisbane.

The day was an excellent opportunity for the youth of Bicheno and Swansea. The PCYC are continuing to run events and activities in both Bicheno and Swansea, with their most recent event being a disco. The PCYC, Glamorgan Spring Bay Council and Hawthorn Football Club are to thank for the wonderful trip to Launceston.

### ST MARYS DISTRICT SCHOOL

## BUSH FOODS FOREST PROJECT

#### WORKING BEE

We need some help to prepare the phase 1 beds for planting!

- Mulch
- Remove fencing

Lunch and some tools provided.

Come when and for how long you can.

Learn more about the project and its exciting future!

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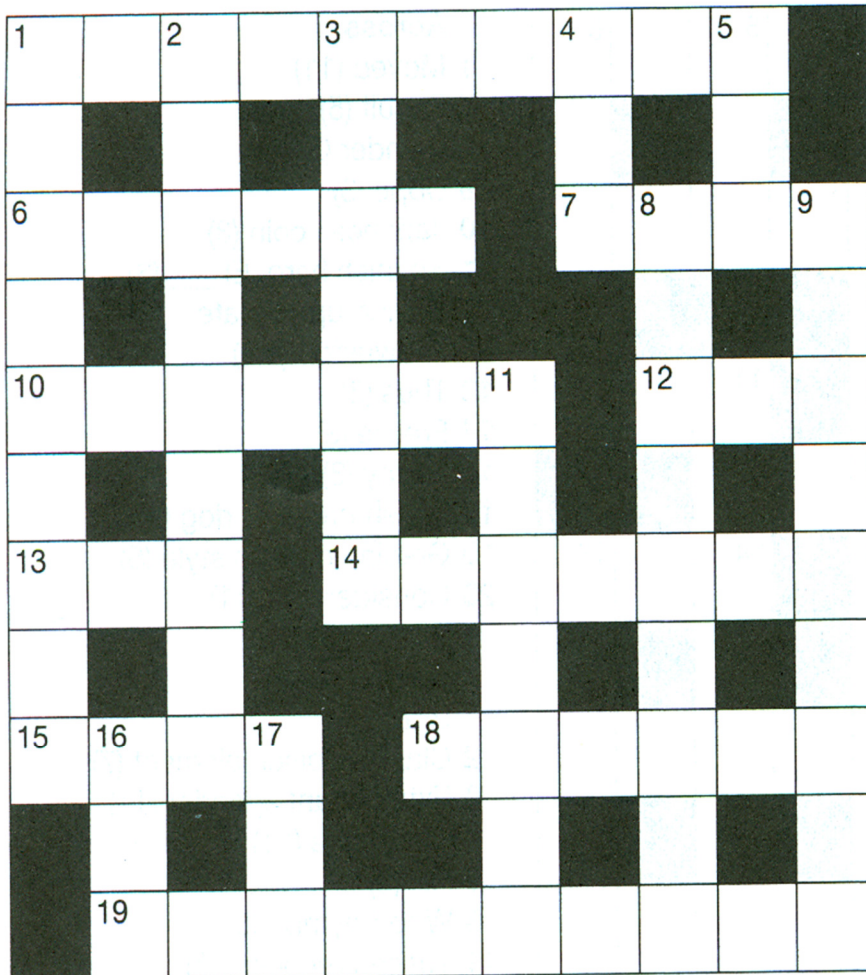
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**WHEN**  
**Saturday**  
**4th August**  
**10am—3pm**

**WHERE**  
**St Marys**  
**District School**  
**Vegetable Garden**

Below the top carpark and kinder





### Across

- 1 In word order (10)
- 6 Song words (6)
- 7 Demeanour (4)
- 10 Lava emitter (7)
- 12 Male cat (3)
- 13 Literary greeting (3)
- 14 Less cloudy (7)
- 15 If not (4)
- 18 Edible, tropical tuberous root (6)
- 19 Removal (10)

### Down

- 1 Make less severe (9)
- 2 Equivalences (9)
- 3 Antiquated (7)
- 4 Belly (3)
- 5 *Evita* narrator (3)
- 8 Oral examination (9)
- 9 Quantitative (9)
- 11 Outside; unenclosed (4,3)
- 16 Rule (3)
- 17 Tolkien forest giant (3)

**HOMELESSNESS**  
**POVERTY**  
**DOMESTIC VIOLENCE**  
**UNEMPLOYMENT**

There are many reasons why women are forced to choose between buying food or buying sanitary items, these are just a few.

This is NOT okay.

Help homeless and at risk women restore their dignity, by donating sanitary items to your nearest collection point during **April & August**.

**Share the Dignity**  
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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



## The Say by Cagerattler

Who ever said our kids can't be trusted with our planet. After watching an ABC show called War on Waste recently I'd confidently say it's us that can't be trusted. The episode I watched featured plastic waste and boy was the show a fun but poignant eye opener. During the show there were kids who have ingeniously and inventively come up with some great campaigns to teach us old fogies what we're doing wrong. All with a smile on their face. I pray these fantastic youngsters keep teaching and educating us all on this shameful situation. In one part of the show they went to Bondi Beach and spread out huge groundsheets. They then trucked in nothing but plastic waste and laid it out like a giant foot. They then outlined to beach goers that this was a tonne of plastic. The presenter asked numerous people how long they thought it would take for Australia to chuck out this much 'one use' items. Most said days, one or two said a day, one I think said an hour. Even that would be horrific. This then led to the presenter revealing that in fact it was ONE MINUTE. That equates to 60 tonnes per hour every day of every week of every year. A huge proportion of that waste was bottled water. The plain truth was that just lessening that item it would make a massive difference to our 'footprint' hence the giant foot.

Along the same lines an independent Queensland investigation into several well known water brands took a bottle of Gold Coast water to reveal that it more than matched them for quality. To further prove a point they then gave the tap water a fancy name and in a fancy bottle and walked around asking people to try it with popular replies across the board. They were shocked when told it was ordinary water. I wonder if that changed their minds on buying bottled water compared to free tap water. The show, War on Waste is a beauty and with some fantastic insight and input from young and young at heart maybe we really can start making a small difference in a number of ways. I urge anyone who has never seen the show to give it a glance. It's terrific

What do you think?



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC



# BUS TRIP

# CHOC FEST

## CHOC WINTERFEST – LATROBE

From 10.30am – 3.30pm

DATE: SUNDAY 12<sup>th</sup> AUGUST, 2018

TIME: LEAVE FVNH 9am

BUS COST: \$12p/p

To book your seat, call into the Office with  
payment by Wednesday 8<sup>th</sup> August

**Please leave vehicles at back of FVNH**

Non Refundable

The Fingal Valley Neighbourhood House Inc., is funded by the Crown through the Department of Health and Human Services

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[Facebook.com/pages/Break-oday-Woodcraft-Guild-Mens-Shed](https://www.facebook.com/pages/Break-oday-Woodcraft-Guild-Mens-Shed)

A warm welcome to all the new faces we now see in the Break O'Day. If you are wondering what we are all about wait no longer, here is the prologue! We are situated behind the Cranks and Tinkerers museum. We are open from 10am till 4pm depending on volunteers. We are an incorporated body and are a political. Joining cost is \$25.00 dollars a year which covers insurance and tool maintenance. The use of our machinery at the premises is \$2.50 a day or \$6.00 per week. It is mandatory for all new members to partake in an induction course to cover the requirements for insurance coverage. We are open to both men and women and do small jobs for the infirm or elderly at a cost recovery basis only. We have a firm policy that we would never infringe on any source of revenue which can be provided by a trades person. We are all animal lovers and donate regularly to Animals Australia and assist many wildlife carers with construction of rescue boxes when needed. I hope that this article has aroused your interest enough to join us for a cuppa and to come and say hello?

## U3A Creative Writing Group -FVNH

The next meeting of the Creative Writing Group will be held at the

**FVNH (library room)**

**10.30am**

**Friday 3<sup>rd</sup> August**

This month's task is to write a *Story suitable for Children.*

Morning tea provided.

A light luncheon is available at the FVNH at 12 noon for \$5.

## Community Conversations



Are you aged 65 or over and living in the St Mary's area?

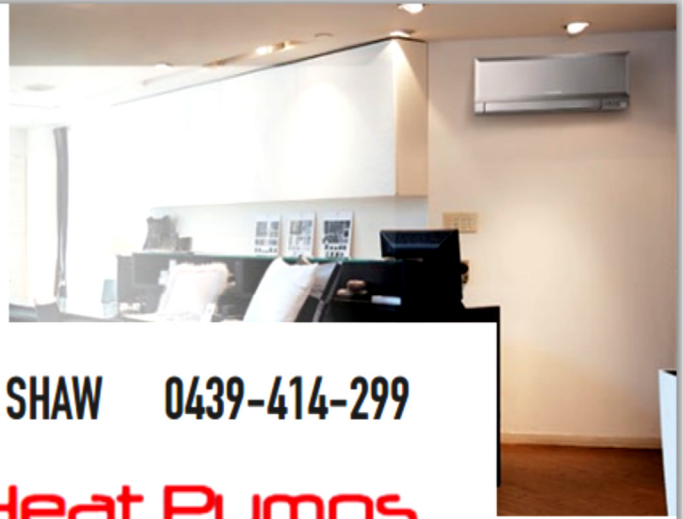
Would you like to meet up with others over lunch and chat about community health and wellbeing?

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



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# Greater Esk Tourism

## Annual General Meeting

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6pm on  
Monday 27<sup>th</sup> August at  
the Fingal Valley  
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Fennel  
Briar Rose  
Oxalis

Gorse  
Broom

# Mini Fingal Focus

## Thank you Michael Brouder

Sadly the Fingal Online Access Centre said farewell to one of our Volunteers this week, he has been a volunteer for nearly 14 years and also the long term editor of the Fingal Focus.



Mike has decided to retire, he has put in thousands of hours doing volunteer work within the community and the committee of the Fingal Valley Neighbourhood House wish to thank him for his willingness to help, lightening the load and long term support.

There are not enough words to say how much volunteers do for the communities they live in, they help to improve and sustain our wonderful community and the people within it.

The Online Centre team is like a family and it is hard to replace these caring, generous people when they decide to leave. Thankfully someone just as generous stepped in to help fill

the void. Call in and say hello to our new volunteers, Diane and Kevin, we hope they enjoy working with the team. Happily Mike will still be assisting with the Valley Voice and calling in for a cuppa every now and again.

### Some Funnies

**Q: What do politicians and diapers have in common?**

**A: Both should be changed regularly, and both for the same reason.**

**Q: Is Google a he or a she?**

**A: A she, no doubt, because it won't let you finish your sentence without suggesting other ideas.**



## **The Fingal Valley Coal Shovelling Festival**

*'Last Man Standing'*

### **Reverse Draw Raffle**

**August 24th 2018 @ Malahide Golf Club**

**6 pm start**

**Numbers 1—100**

**\$20 per ticket**

**Last number worth \$500**

**2nd Last worth \$200**

**3rd Last worth \$100**

**Supper provided and Mini prizes randomly drawn throughout the night.**

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## **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)

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

## Pathology Service– Bloods

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

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

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

## Scripts and Doctors Appointments

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

**Please be patient**

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

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

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

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

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

Waiting periods can apply.

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

## **Doctors Roster**

**Dr C. Latt**

2/8/18– 10/8/18

**Dr K. Rawnsley**

3/8, 7/8, 10/8, 14/8 & 17/8/2018

**Dr Oxlee**

13/8/18– 17/8/18

**IN A EMERGENCY PHONE 000**

**AMBULANCE, FIRE & POLICE**

## **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**

**contact us on 6387 5555 or call in and see our**

## 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

- |                             |                         |
|-----------------------------|-------------------------|
| ♦ Driving licence renew-als | ♦ Insurance medicals    |
| ♦ Requested medical reports | ♦ Harness medicals      |
|                             | ♦ Pre-employment checks |

The above are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your

## **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



# St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215  
6387 5555

## What's on at the Centre

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

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

### 2nd Bite Delivery

August 3      **Physiotherapist**– Patrea Zacher for appointments please see your GP or Health Professional for a referral.

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

August 6      **Physiotherapist**– Patrea Zacher for appointments please see your GP or Health Professional for a referral.

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

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

August 7      **Anglicare**– Mark 11:00am-2:00pm

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

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

August 8      **Social Worker**- Shan Williams  
For appointments phone 6387 5555

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

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

**Psychologist**- Terece Moore. Please see your GP for a referral.

August 9      **2nd Bite Delivery**

**Social Worker** Shan Williams

August 10      **Social Worker** Shan Williams  
Call 6387 5555 for appointments

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

August 13      **Max Employment**– 8:30am-5:00pm downstairs.

**Psychologist**- Terece Moore. Please see your GP for a referral.

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

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

August 14      **Child Health Session** with Mary Mumford  
Tuesday fortnights, by appointment only.  
Phone 0428 136 381.

**Psychologist**- Terece Moore. Please see your GP for a referral.

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

August 15      **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

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

**Psychologist**- Terece Moore. Please see your GP for a referral.

August 16      **2nd Bite Delivery**

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

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

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

August 17      **Social Worker**- Shan Williams  
For appointments phone 6387 5555

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



## St Helens Walking Group – Take a Stroll or Stride with us!

*Compiled by Jill Howe*

Residents and visitors in St Helens and surrounding districts are welcome to join in walks as part of Hub4Health and the Heart Foundation's efforts to encourage walking as a daily exercise to improve and maintain a healthy lifestyle. Its great fun and always refreshing, with as much or as little as you desire in learning and social opportunities. A variety of leaders within the group are very capable of leading each walk on an adventure within the allotted time frame along with providing interesting information and/or walking conditions for the track being taken. Be at *Hub4Health in Portland Ct, St Helens* by 9.00am on a Wednesday or on the 3<sup>rd</sup> Saturday of the month for a longer walk. For more information **Contact Bryan Edhouse on 0414 987 435 or Pam Bretz on 0439 547 529**

## Ralphs Falls Walk – contributed by Byran Edhouse

St Helens walking group recently walked the "Ralphs Falls" loop. Walkers were surprised and pleased at the new work done on the track since we last visited - what a difference, widened in places, graveled and wonder of wonders, a bridge over a gully and stream. The new viewing platform is more accessible and offers better views of the Falls. Well done those responsible for this upgrade, sensibly and sensitively done without detracting from the natural ambience.

The walkers carried on from the viewing platform through the mystical tea tree forest to Cash's Lookout where they were able to see the lush green farmlands in the valley below. From there it was an easy walk along the 1km boardwalk over the button grass plains back to the car park to enjoy a well earned late lunch before driving home through the lesser known Forest lodge Rd to Pyengana and St Helens.

### Vale—A girl from Cornwall

We were saddened to receive the news of the passing at 94 years old Noni Plummer—nee Haas. Her grandparents, James and Anne settled at "Pinch Gut", German Town during the mid 1800's. Seventeen children blessed the marriage, one of whom—Vincent, became Nonis' father.

Vincent a coal miner married Annie Cook of Cornwall and had three children Reg, Kitty and Noni the youngest.

With her love of the Valley she often returned to visit friends and ten her parents grave, even in her golden years. Her final wish was to be interred at Gray. She is survived by three daughters, Del, Linda and Tracy.

"Thy will be done".

Janice Johnson (nee Oliver)

## **Meningococcal Disease**

### **Things you need to know.....**

What is meningococcal disease? Meningococcal disease is a rare but serious illness caused by bacteria (germs) called *Neisseria meningitidis*. The different strains ('serogroups') of these bacteria are named by letters of the alphabet such as A, B, C, W and Y. The most common strain has changed

#### **What are the symptoms?**

People with meningococcal disease often go from feeling quite well to extremely unwell very quickly. Symptoms include fever, headache, neck pain or stiffness, drowsiness or confusion, severe muscle aches and pain, vomiting and rash (a red rash which does not fade when pressed and can become dark purple). Sometimes other symptoms can include lung infection (with fever, cough, chest pain and difficulty breathing), or severe throat infection (with pain, difficulty swallowing, and drooling). Children and adolescents can have leg pain, cold hands and feet, and blotchy skin.

#### **How is it prevented?**

Immunisation is the best way to prevent meningococcal disease with the Meningococcal ACWY vaccine

From 1 July 2018 a quadrivalent meningococcal vaccine for strains A, C, W and Y replaced the meningococcal C vaccine as part of the National Immunisation Program for all children aged 12 months. Previously Tasmanian teenagers who were born between 1 August 1997 and 30 April 2003 were eligible to receive a free meningococcal W vaccine. Population Health Services have recently established a rapid state-wide population response due to a further increase in meningococcal W cases in Tasmania. This will target all Tasmanians aged between six weeks and up to 21 years old. This includes all people born after 1 August 1997. For further information regarding the Meningococcal W Vaccination response go to:

**[www.dhhs.tas.gov.au/menw](http://www.dhhs.tas.gov.au/menw)**

[https://www.dhhs.tas.gov.au/\\_\\_data/assets/pdf\\_file/0010/197821/](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0010/197821/)

## **WATCH THIS SPACE**

**Healthy cooking classes starting soon**

**Discover an easier way to eat well and enjoy your food at the same time.**

**Fingal Valley Neighbourhood House**



**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

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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**

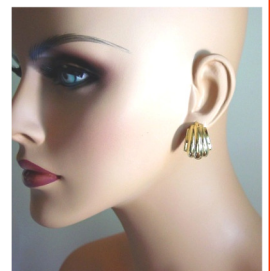
**Main Street St Marys**

**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***



## Council Elections.

With the elections coming in October BCDA encourages new arrivals and recent 18 year olds to enrol to vote. Almost everyone over 18, living, owning or leasing property in the Council area can be eligible to vote. You can vote if you are on the State Electoral Role and are resident in the Council area (you don't have to own a property). You can vote if you own or manage property in the Council area but are not resident, but you need to complete an enrolment form for owners/occupiers or corporate bodies.

You must be enrolled by Thursday 13th September.

## Welcome to the practice driver knowledge test

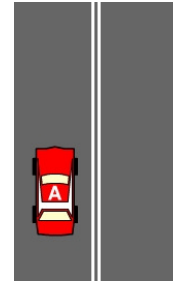
Think you know all the rules on the road, go to

[https://www.transport.tas.gov.au/drkts/driver\\_knowledge\\_test\\_system#](https://www.transport.tas.gov.au/drkts/driver_knowledge_test_system#) and see if you pass:

Here are a couple of sample questions-

**Can Car A cross the double line?**

- A. Yes to pass another vehicle
- B. Yes to turn into a driveway
- C. Yes to pass a cyclist
- D. Yes to do a Uturn



**You are driving a vehicle along a multi-lane road and the speed limit is 80 km/h or less, which lane should you travel in?**

- A. In the left-hand lane unless overtaking another vehicle in the left-hand lane
- B. In the left-hand lane unless turning right
- C. In either lane
- D. You must travel in the left-hand lane



Answers: C and C

## 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



## CALTEX ST MARYS

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.

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**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 -  
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Durable & Portable  
Hard wearing indoor or roll / fold up for  
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Priced from \$40  
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### **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.
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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*

## CLEAN CRACK LAUNDROMAT



**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



98 Scamander Avenue

Scamander

Land 1035 sqm

\$95,000



1 Pelican Court  
Scamander

3 2 2

\$429,000 - \$449,000



22354 Tasman  
Highway Falmouth

4 1 Land 3261 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:** [kwash.sthelens@ljh.com.au](mailto:kwash.sthelens@ljh.com.au)





#### How do you contact us?

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

**Web:** www.hub4health.org.au

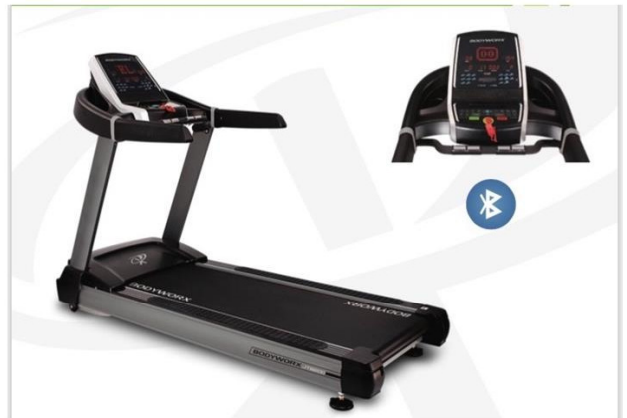
**Facebook:** Hub4Health

**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 1/8/18-7/8/18

Devon dale butter 500g \$3.99 save \$1.61  
 Ingham chicken tenders 400g \$4.99 save \$3.31  
 Super Coat Dry Dog food 7.5kg \$16.99 save \$10.00  
 Juicy Isle 100% juice 2LT \$2.99 save \$1.00  
 Nestle Milo 750g \$7.99 Save \$4.00

## Week 2 8/8/18 - 14/8/18

Pacific West Flat head fillets 360g \$5.99 save \$4.86  
 Greenseas Tuna Tempters 95g \$1.00 save \$1.00  
 Cold Power laundry liquid 2lt /powder  
 2kg \$8.49 save \$8.50  
 Continental Cup a soups 52-75g \$1.00 save \$1.46  
 Kleenex Toilet Tissue 45 pk \$18.99 save \$9.00

**Managers Special 8kg Chicken Chum Dog food, \$14.99**

**Want an old fashioned Saveloy, try our new range of JB Nicholas & Son small goods**

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

**The Valley and East Coast Voice  
 is available at the following outlets:**

Avoca Post Office	Hilly's IGA St Marys
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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