



# THE VALLEY AND EAST COAST VOICE

Established 1968

50.31 August 16th 2018

Deadline for 50.32 is August 27th 2018

## ST MARYS SCHOOL REDEVELOPMENT

In January 2017, Architects '60ty<sup>o</sup>' successfully gained the planning and management of the redevelopment project and came up with concept plans, which were shared with the parent and wider community in March. Planning and refinement took place over the following months with the final proposal presented to the Parliamentary Standing Committee for Public Works, in July 2017. The committee conducted a visit of our facilities in preparation for the \$5.4 million redevelopment. Once final approval was received, building plans to refurbish block 1 to develop a music and performing arts centre, new canteen, update administration offices and refurbish our secondary classrooms were submitted to council. Once Council approval was received, the tender was advertised and planning began for the vacating of building 1 and the hall, with the office relocating to the Library in October and culminating with a busy last two weeks of term in 2017 as the last of the classrooms were emptied.

The successful tenderer – Fairbrothers commenced Stage 1 works in January 2018, establishing their building compound, removing windows and demolishing the toilet blocks.

Props and bearings were installed and the side walls to the Hall were removed. Earthworks commenced for the entry ramp and stairs, as well as for the extensions for office spaces at the rear of the building. Inside the building, framing up took place for the library and library pods, foyer and some of the administration and support offices. And by the end of February, we began to see how the Music room/performing arts end of the building would work, with window openings between practice rooms being created, as well as door openings and preparation for the stage. As could be expected with a building of this age, substantial issues with majority of the floor area of the building were discovered. Works were delayed slightly until the pouring of a slab took place on Friday March 23<sup>rd</sup>, and a new floor installed in the Hall. Behind the scenes, a lot of electrical and communications work has taken place, relocating switchboards and the data connection between block 1 and the current Library building.

The works have revealed what a substantial building this was at the time of its construction, with internal and external walls, even the roof of the circular former staffroom being poured cement. We have loved seeing images from the construction of the school and other memorabilia coming to light on the St. Marys Connections, St. Marys, Tasmania. Family, Friends & History Facebook Page (<https://www.facebook.com/groups/740272192764747/>).

Stage 2 of the redevelopment commenced during the July 2018 school holidays with a builder's compound being established around block 3 (the old typing/computer building) and all internal lining being removed. The refurbished space will include toilets, classrooms connected with operable doors, break out spaces and disabled access.

With the new administration space scheduled to be complete at the end of August, including the new canteen and performing arts centre, all services will relocate to their new home and work will commence on converting the current library space into two more classrooms.

Soon after the relocation of the office, we hope to receive the shipment of new library furniture for the Library which will now be housed in the Eastern end of Block 1, and furniture for our student/staff common room, which is adjacent to the new canteen located in the Performing arts centre. All works are scheduled for completion by the end of 2018.

**Bruce Campbell Principal**

Editor: Keri Webb

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

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[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.



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Tasmania

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

August 16 David Lawson

17 Ruth Aulich

20 Val Spencer

21 Pam Bretz

22 Louise Keady

23 Judy Bucket

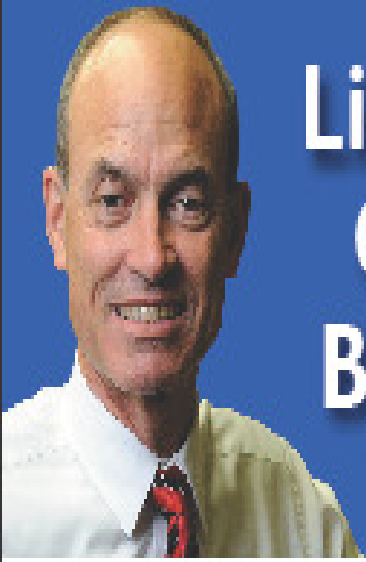
24 Freya Wynter

27 Val Spencer

28 Pam Bretz


29 Karl Balzer

**Guy Barnett MP**  
State Liberal Member for Lyons




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For assistance, contact my office:  
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Authorised by Guy Barnett MP, 76 Emu Bay Road, Deloraine 7104



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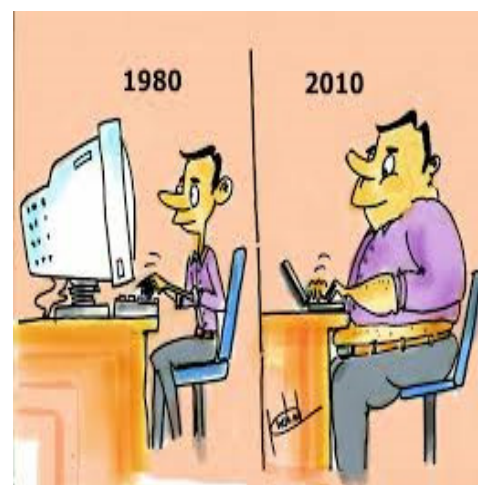
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**Call in and see the Fingal Valley Neighbourhood House for:**

**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.

Congratulations to the East Coast Swans defeating Lilydale at the weekend

130 to 68

This left the Swans 4th on the ladder

That puts them in the

Elimination Finals

Sunday 19th August at 2 pm at Invermay Park

Go The Swans



**A big Congratulations to Corey Bosworth for winning the Best and Fairest**

### VIETNAM VETERANS DAY 2018.

This year marks the 50<sup>th</sup> Anniversary of the Battles of Fire Support Bases Coral and Balmoral.

Vietnam Veterans Day will be commemorated on Saturday the 18<sup>th</sup> of August. The service will commence at 11am at the Vietnam Veterans Memorial site at the Cenotaph in St Helens. If you wish to join Veterans in the march, please form up at Hilly's Supermarket, St Helens at 10.45am. You are invited to lay a wreath for the fallen during our Remembrance Service. If the weather is inclement the Service will be held in the Portland Hall adjacent to the Cenotaph. For further details please contact

President Gary Graham on 63725727.

### ST MARYS DISTRICT SCHOOL POOL

**OPENING DATE:** Saturday 29th October 2018

**POOL KEYS AVAILABLE FOR PURCHASE FROM:** Monday  
September 24th

Please contact the school administration office on 0363723900 for pricing, rules and user agreement.

**PROOF OF A VALID CPR QUALIFICATION\* IS REQUIRED**

#### CPR COURSES

Roxy Cowie in conjunction with St John Ambulance will be holding CPR courses for Pool Key holders and interested community members during the lead up to pool season.

These will be held at a venue to be advised by St Marys.

Please contact Roxy on 0419 872 781 for times and to register your interest.



\* St John recommends, as per the First Aid in the Workplace Code of Practice and the Australian Resuscitation Council guidelines, that

### Dad Jokes

Q: What did the baby corn say to the mama corn? A: Where's pop corn?  
When my wife told me to stop impersonating a flamingo, I had to put my foot down.

Waitress: Do you have a reservation?  
Dad: Yes, but I'm going to try the food anyway.

Why was the cook arrested? He was caught beating an egg.

Cashier: Would you like the milk in a bag? Dad: Just leave it in the carton thanks.

How do you make a tissue dance? You put a little boogie in it!





FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

Contact Number: 63742344

## Light Luncheon

We invite you to come along and meet new people. Enjoy a delicious light luncheon in a warm and friendly environment.



Soup—Pumpkin

Mixed Sandwiches



APPLE TARTLETS

**DATE:** Wednesday 29th August

**TIME:** Noon for 12.30pm start.

**COST:** \$6

Call into office and book your seat

**RSVP Essential for catering purpose by  
Wednesday 22nd August**

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

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## Fingal Online Access Centre

The Fingal Online Access Centre is offering a free course in Computing Foundations.

If you would like to refresh your skills on the computer you can sign up for a basic course on design, word and excel.

The course begins in September and runs for 10 weeks @2 hours a week.

Phone 0363 742222 for a place.

## Libraries



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

## Letter to the Editor

### Valley Voice Association makes \$10 k donation to St Marys District Hospital Auxiliary

The Valley and East Coast Voice Incorporated Association, which produced the Valley Voice until the end of 2017, has made a donation of \$10,000 to the St Marys District Hospital Auxiliary.

The Association is currently winding up its operations now that the Fingal Valley Neighbourhood House has taken over the role of producing our vital community newspaper. This donation is the first step in dispersing the Association's assets.

In presenting the donation to Hospital Auxiliary Treasurer Len Miles, Association Treasurer Rod Hunt said that the Valley Voice was conceived and delivered from the St Marys Hospital in 1968. Jeff Dean, the first editor, had a scoop for his first front page – the closure of the local Cheese factory.

For fifty years the St Marys, Fingal Valley and East Coast community wrote, read, advertised in, bought and eagerly anticipated the next edition of the Valley and East Coast Voice.

A small and select group of editors drove the project – and volunteers wrote, proof read, printed, compiled, stapled and distributed each edition.

Rod Hunt said that the Association Committee were very pleased to make the donation of \$10,000 as the Valley Voice has been a product of the whole Fingal Valley and East Coast community and likewise this donation will be of benefit to the whole community through supporting the St Marys District Hospital.

"The St Marys Community Health Centre and hospital is a key part of our community – a great facility we can all be proud of." Rod also said that it is great that the Valley Voice name has been continued by the Fingal Valley Neighborhood house.

The balance of Association funds will now be directed to appropriately preserving and storing copies of the Valley and East Coast Voice for study and reference purposes. Remaining production equipment will be offered to emergency services in the Valley.

After the donation was made members of the Valley Voice Committee and the Hospital Auxiliary enjoyed an excellent afternoon tea, featuring the most amazing cream cake!

Rod Hunt



## Letter to Editor

One form of exercising I personally enjoy is swimming. Every year I participate in the compulsory first aid course to access the community pool. However, after making my initial inquiry with the St Marys District School I was informed that there will be no CPR courses held this year at the school due to renovations and it would be in my best interest to try elsewhere. I trust that the school is a strong advocate for health and well being so surely they could utilize other venues such as the town hall.

It was the community of St Marys who put in a sizable amount of fund raising to have the pool built so you can acknowledge how many residents feel unhappy with the current circumstance. Many people find it difficult to travel to a participating CPR course held out of the town boundary due to mobility issues and transport. I believe that many more people would access the pool if the school would provide more of a communication advisory channel other than social media and therefore, making the pool more of a viable asset as reduced costs come from increased usage or to put it succinctly..... "economies of scale".

Wendy Brennan

ST Marys

**To the Editor,**

I would like to thank the Tasmanian community for their generous contributions to The Smith Family's Winter Appeal. We are very pleased to have raised over \$4.5 million nationally to help thousands of disadvantaged children across Australia with vital support for their education.

For the one in seven young Australians living below the poverty line, keeping up at school can be extremely challenging. Family struggles at home can have a flow-on effect to a child's learning. In our daily work, we hear heartbreaking stories of children missing school because they're embarrassed about not being able to read or pretending to lose their homework because they hadn't understood what was happening in class.

The donations we've received will help us reach almost 11,000 children in need through The Smith Family's out-of-school learning programs – such as *student2student*, which helps younger children improve their reading skills by pairing them with older 'reading buddies', as well as our after-school *Learning Clubs* and the *iTrack* online mentoring program.

We are seeing great outcomes for the young people participating in our programs. For example, in 2017, 96 per cent of primary school students improved their reading ability through the *student2student* program, while 86 per cent of students agreed that going to a *Learning Club* helped them do better in class. Another 85 per cent of high school students said their *iTrack* mentor helped them feel more confident about their future job, career or study options.

All of these key programs rely not only on generous donations from the public but also volunteering support from the communities in which we operate. To everyone who has given their valuable time and dollars to support our work, we extend a huge thank you.

It is heart-warming to see people responding with great care to this large-scale issue of poverty in Australia, which is affecting so many of our young people. With this support, we can help more children in need break the cycle of disadvantage and create better futures for themselves.

Anyone wishing to find out more about The Smith Family and our work can phone 1800 024 069 or visit [thesmithfamily.com.au](http://thesmithfamily.com.au)

Lesley Mackay

General Manager – Tasmania The Smith Family

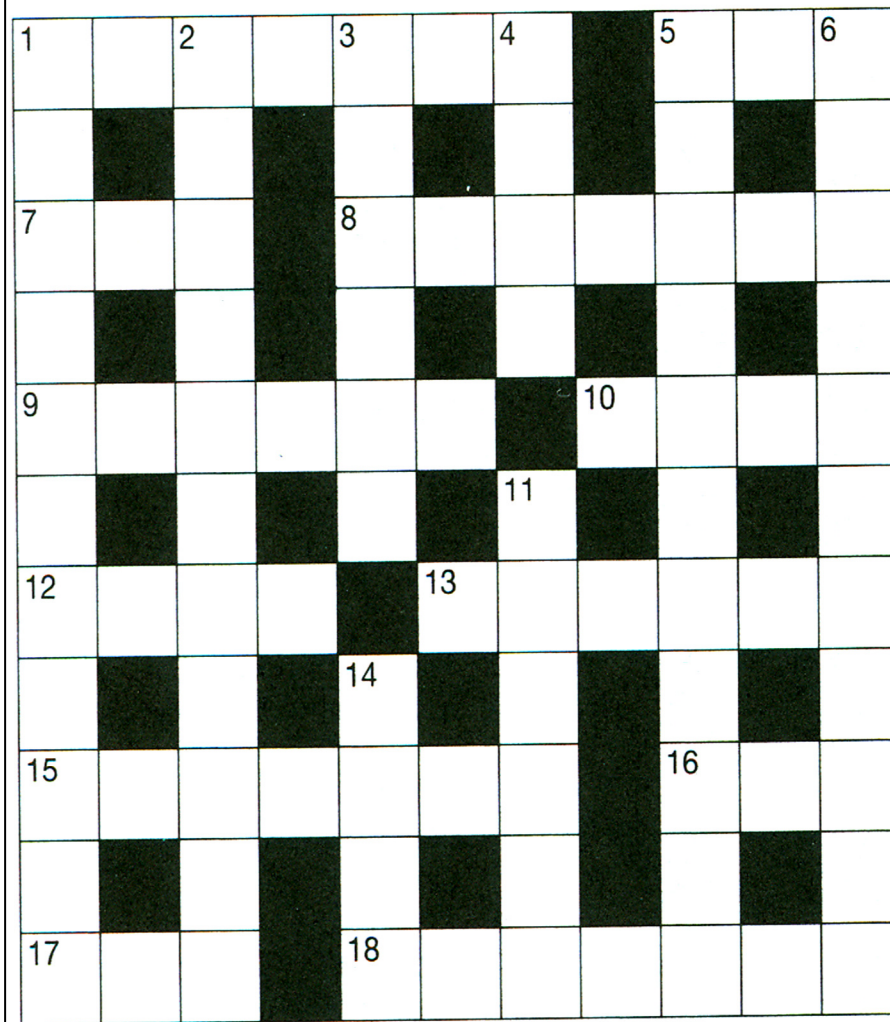
**Letter to the Editor**

I'm writing to the community about a very disappointing development Re the pool season at St. Marys. Last week the school informed us via Facebook (very limited audience unless you have children in attendance), that the CPR course needed, will not be offered at the school, due to refurbishments. How can a school with classrooms to accommodate up to 25 students, not have enough room to accommodate less than 20 people at a time, doing a course? Do they not have a gym or space to hold assembly. What about the town hall as it is a community facility? I'm sure I'm not the only dissatisfied person who is now effectively unable to use the pool this year, because I cannot attend an alternative course offered in St. Helens, Bicheno, or Launceston. All courses run from 8.45am-12.30pm, which is during most people's work hours (school teachers included). I did message the school through Facebook, but received no response at all. Maybe through this medium I will at least get some acknowledgement to my disappointment. Am I alone in this or can we unite and solve this problem. Who's with me.?

Kelly Farrell

St. Marys



**Across**

- 1 Constructed again (7)  
 5 Jamaican pop music (3)  
 7 Dells, eg (abbr) (3)  
 8 Adult (5-2)  
 9 Vigorous (6)  
 10 New Zealander (4)  
 12 Night-time birds (4)  
 13 Swiss city (6)  
 15 Type of soft cheese (7)  
 16 Unwanted personal details (inits) (3)  
 17 Sample a liquid (3)  
 18 Ancient Mesopotamian city (7)

**Down**

- 1 Bodies of performers' work (11)  
 2 Sports headgear (8,3)  
 3 Consume (6)  
 4 Implement (4)  
 5 Nostalgic (11)  
 6 Request (11)  
 11 Smear (6)  
 14 Attempt (4)

## 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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[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?

## **WHAT ARE THE SIGHTS AND SOUNDS OF THE COUNTRY**

Do you like living in a country town like Fingal?

There are many sights and sounds that reflect country life, most pleasing, some not so pleasant.

Those who grew up in the country appreciate all of the animal noises, cattle baying, a lonely heifer woefully calling into the night, and the enthusiasm of the working dogs at dawn preparing and yapping in high spirits for a day's hard work. Then there are the roosters crowing, the hens clucking, the ducks quacking, the sheep baaing and the crows crying; and whistling magpies resounding into the hills. There is also the odd swallow swooping, parrots squawking and fighting and picking at fruit, and a hawk whirring by and hovering. There are native hens fleeing, farmed peacocks strutting, and daffodils for sale at a farm gate. All this and – and the odd possum snorting in the wattles or prancing on the roof!

The arrival of the coal train with its hooter bellowing welcomes in the dawn as delivery trucks roar along the highway from very early morning

Weekends come alive with allotment dogs woofing and people mowing, a yard gate clanging, cars sometimes screeching up the main 'drag' and barns and backyards, rumbling with a late night party, but the wail of an approaching or leaving helicopter or ambulance/firetruck can be alarming,.... but it aids in firefighting or rescuing

Aren't all these sounds reassuring that all is right with the country world.

*How much country noise and sights are too much? ---- what do you all think?*

*Pat Koskovic*



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Cheers Mt Elephant Crew

# Greater Esk Tourism

## Annual General Meeting

is to be held  
6pm on  
Monday 27<sup>th</sup> August at  
the Fingal Valley  
Neighbourhood House

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Wild Raddish  
Serrated Tussock

Fennel  
Briar Rose  
Oxalis

Gorse  
Broom



## Mini Fingal Focus



### Happy 18th Birthday Chelsea Lohrey

It was a full house at Malahide Golf Club on Saturday August 11th for Chelsea's 18th birthday.

People came from all over to celebrate with Chelsea and her family. The photo on the left is Chelsea with her two nans, Marcie and Sue and below is Chelsea with her best friend, Kiara.

The evening was a great success with amazing food on offer well done to Leslie and Andrew and the Malahide Golf Club committee and volunteers.



**Best Wishes Chelsea  
from  
The Valley and East  
Coast Voice**



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### Farewell to Pat

The Fingal Valley Neighbourhood House held a morning tea for Pat Koskovic to thank her for volunteering at the Op Shop and to wish her the best on her new adventure.

Pat will be heading into the big smoke to retire in comfort.





## **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.**

**Come along and enjoy good company, and  
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**Tickets can be purchased at the Fingal Post  
Office, Hayshed Fingal or by phoning  
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#### **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**

## Fingal Valley Neighbourhood House Inc.

20 Talbot St Fingal

6374 2344 / [admin@fvnh.org.au](mailto:admin@fvnh.org.au)

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**

# GARAGE SALE

**big one — lots to go!**



**SALE ALL WEEK COMMENCING**

**FRIDAY 24 AUGUST 2018**

**22 GRANT STREET FINGAL**

**SEE YOU HERE!**

## 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



**Spring**  
IS HERE!

Khaya Gallery  
is proud to present an  
exhibition of the art of

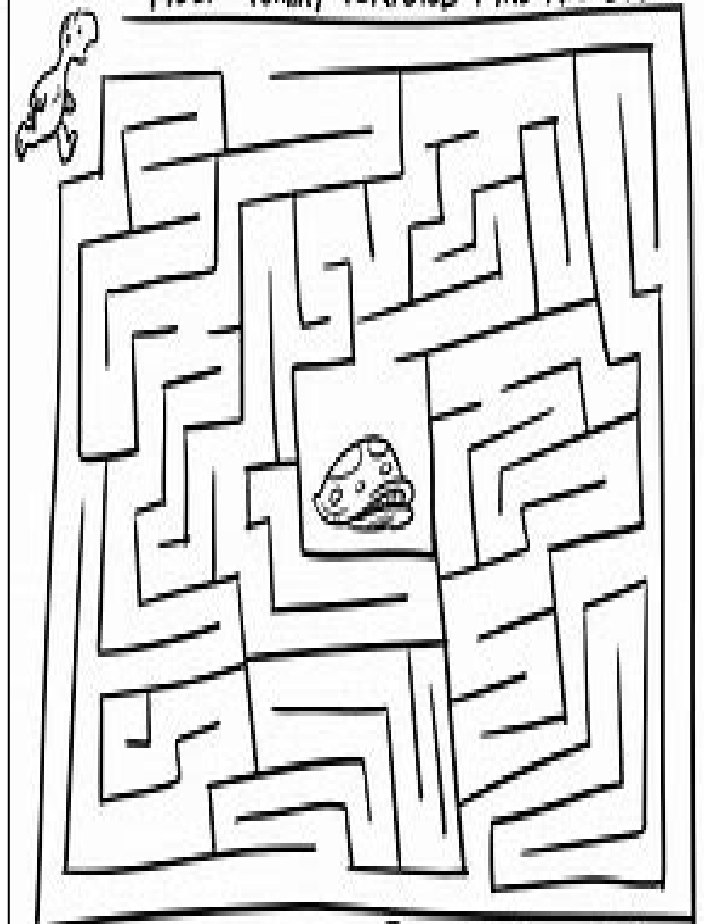
**Bryon Beggs**

with new works by Geoff, Ziggy,  
Bob, Susanna and Robert

27 Talbot Street, Fingal  
Friday 7<sup>th</sup> September 2018  
3.00pm-5.00pm

RSVP by 31<sup>st</sup> August to Artist/Owner  
Geoff Davies 0431 444 907

HELP TOMMY TORTOISE FIND HIS SHELL.



©2013 DUTCH RENAISSANCE PRESS

## 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**

### Doctors Roster

**Dr C. Latt**

20/8/18– 31/8/18

**Dr K. Rawnsley**

17/8, 21/8, 24/8, 31/8/2018

**Dr Oxlee**

16/8/18– 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 friendly reception staff for assistance**

### 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.

### 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 renewals
- ♦ 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 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



## St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

6387 5555

### What's on at the Centre

August 16

**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**

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

August 27

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

August 28

**Max Employment**– 9:00am-3:30pm downstairs.

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

August 17

**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 29

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

**Rae & Partners Lawyers** consult fortnightly at the SMCHC. Phone 6337 5555 for appointments.

August 20

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

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

August 30

**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.

August 21

**Anglicare**– Mark 11:00am-12:00pm

**Max Employment**– 9:00am-3:30pm downstairs.

**HUB4HEALTH Meeting** 6:00pm-7:00pm in the Day Room.

August 31

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

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

August 22

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

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

**St Giles** 9:30am-12:30pm

#### St Marys Day Centre Artwork Competition

The results are in and congratulations to:

**Number 3- Pair of Giraffes by Margaret Kringle**

who was the overall winner of the Day Centre Artwork Competition for 2018.



The randomly selected People's Choice Award for voting goes to:

**Pamela Mayes**

A total of 97 votes were cast over the month of July.

Thank you everyone for your support of our artwork competition.

St Marys Day Centre

August 23

**2nd Bite Delivery**

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

August 24

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

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



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

*Calling for expressions of interest  
in Round 4 of the*

**STRONGER COMMUNITIES  
PROGRAMME**

For more information please contact my office

Expressions of Interest applications close  
5pm, Friday, 7 September 2018.

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 St, 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**

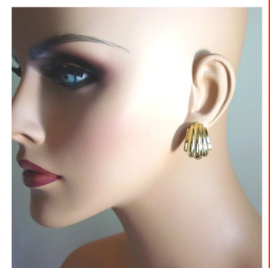
Main Street St Marys

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***



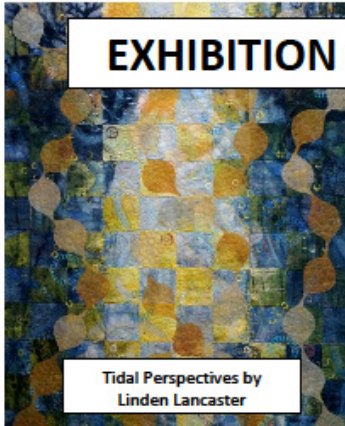
# EBB AND FLOW (1-22 SEPT)

LAUNCH – 2.30 PM ON 1 SEPTEMBER

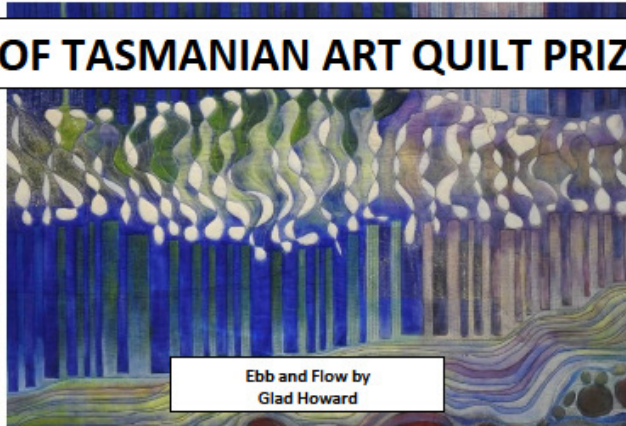
A 'MORE THAN A ONE NIGHT STAND' EVENT - #triplejons

Hosted by Rita Summers + Judy Duckett as part of 'Paint the Town Orange' in conjunction with Break O'Day Council

## EXHIBITION OF TASMANIAN ART QUILT PRIZE FINALISTS



Tidal Perspectives by  
Linden Lancaster



Ebb and Flow by  
Glad Howard



Phosphorescence  
by Kat Jones

Max. of 30 guests @ \$20 pp – prebookings only - [gonerustic.com/collections/events](http://gonerustic.com/collections/events)

**WEAR SOMETHING ORANGE AND YOU COULD WIN A PRIZE!!**

ALSO 10% DISCOUNT ON PURCHASE OF ANY ORANGE PRODUCT + GIVEAWAYS + REFRESHMENTS

GONE RUSTIC + BAGDAD QUILTING SUPPLIES, 37 Main Street, St Marys – 0417027424

## 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



Family owned since 1972

## 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.**

—

**TREE TRIMMING AND REMOVAL**

**ALSO FIREWOOD**

**DANNY FRANKLIN**

**0417385935.**

—

**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 Barsâ**

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

**Ph Bree on 0450068328**

—

**Moo Poo See Normie**

**63722380**

—

**FINGAL VALLEY FINANCE  
BAS RETURNS, PAYROLL, XERO, MYOB and  
QUICKBOOKS SET UP**

**Contact Kevin Reilly on 0438 794 844,  
kevin.reilly@accamail.com**

—

**For Sale**

**26 & 20" Bikes \$10 ea,**

**BBQ 2 burner with plate \$20**

**Exercise bike with digital read out \$50**

**Pick up only Fingal**

**Phone: 0447717658**

### **Notice of Hub4Health Annual General Meeting**

The Annual General Meeting of the Hub4Health will be held in the Day Centre of the St Marys Community Health Centre at 6pm on Tuesday 18<sup>th</sup> September.

The business will be as follows:

- to confirm the minutes of the last preceding Annual General Meeting and of any General Meeting held since that meeting.
- to receive from the Board, auditor and servants of the Association reports on the transactions of the Association during the last preceding financial year;
- to elect the officers of the Association and the Ordinary Board Members;
- to appoint a person to act as Public Officer of the Association;
- to appoint the auditor and determine his or her remuneration;
- to determine the remuneration of servants of the Association.

The Annual General Meeting may transact special business of which notice is given in accordance with the Rules of the Hub4Health.

To facilitate catering arrangements please **RSVP to Janet Drummond on 0404 562 320.**

Rod Hunt

**Public Officer**



# 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*

## 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



96 Scamander Avenue  
Scamander

Land 1035 sqm  
\$95,000



1 Pelican Court  
Scamander

3  2  2 

\$429,000 - \$449,000



60 Alexander Street  
Cornwall

2  1  1 

\$113,000



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





#### 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 beyond.

## YOGA

### Gentle Yoga Tuesday

*Wind down, loosen up and re-energize*

### Dynamic Flow Yoga Thursday

*Get in the flow, decompress, smooth the mind*

**\$10 pp. all classes 5.15-6.30pm**

(starts 20th March)

### St Marys District School Gym



Hub4  
Health  
Connections start here

Few mats available, please bring your own  
Contact Jason on 0902 011 531

Hub4Health have a 12 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)

Contact us for more information



#### Visiting Services to St Marys Outreach Office:

- **Rural Psychology Tasmania**

offering evidence-based psychological services to rural communities in Tasmania.

Please call for appointments on 6331 0577

- **Bree Piscitelli Natural Therapist**

Practicing Kinesiology, Reset, Reiki and Access Bars.

For appointments call 0450068328



#### 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

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

# 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 wed 15<sup>th</sup> - Tues 21<sup>st</sup> August

Western Star spreadable butter 500g  
\$3.45 save \$2.35  
Heinz Red label soups 420g \$1.10 save \$1.29  
Tim Tam varieties 175-200g \$1.82 save \$1.83  
I-care double length toilet tissue 8pk  
\$3.99 save \$4.00

## Week 2 Wed 22<sup>nd</sup> - Tues 28<sup>th</sup> August

Peters Ice Cream 4lt \$.99  
Meadow Lea Spread 500g \$2.49 save \$0.81  
Just Juice long life 2lt \$1.67 save \$1.68  
Safe Toilet Tissue 6 pk \$2.49 save \$3.86  
Andersons English breakfast tea bags 50 pk  
0.99 save \$1.00

### DID YOU KNOW WE ALSO HAVE

A range of hardware

Gardening supplies

Cement, rapid set and mortar mix

Wheat, Lamb & Ewe pellets

Fresh Flowers

### 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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