



THE VALLEY AND EAST COAST VOICE

Established 1968

50.32 August 30th 2018

Deadline for 50.33 is September 10th 2018

Little Shop needs to Stop

As part of the Plastic Free July movement that was carried out across the globe last month, Coles, the supermarket giant banned the giveaway of single-use plastic bags. Not only did Coles go back on the bag-ban promise but they begin giving away micro-plastic toys with every \$30 spent.

Mixed messages you're giving us Coles? Ban one item that will end up in landfill and introduce another. Sounds like a good idea. For those that haven't been to Launceston or Hobart in recent times, Coles has introduced a new collectable range, the Little Shop collection. These are miniature-sized plastic grocery items packaged in plastic and given to shoppers when they spend over \$30.

Outrage over the Little Shop collection has occurred over social media and with fair reason as twitter user @madeinnoosa states, '*@Coles what's this, anti plastic bag push, then you promote this plastic toy crap. Shameless chance to charge for shopping bags and virtue signal, while appealing to the kids with crap. Hypocritical and cynical Coles.*' Nowadays in school, students are being taught how to protect and look after their environment through programs such as War on Waste being shown in classrooms but for every little shop collectable given out to a child we are taking a step backward.

Coles did however, release a statement regarding the little shop collectables, '*... Whilst the mini collectables and accessories are not made from recyclable materials, our customers [are] enjoying and keeping them for the future which means they aren't heading to landfill...*'

Now I don't speak for all children, but I can say with confidence that eventually children will get tired of playing with plastic half the size of their pinky finger and this promotional material will be headed straight to landfill.

CEOs of large companies such as Coles are partially responsible for the environment left for the children of today and this is the change they're making?

No thanks Coles!

Laura Sliskovic

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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 and look back over ten years of archival content, galleries and stories, in addition to each new issue. Leave a comment / suggestion on what you would like to see included.

24 hr Emergency Contacts

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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 30 Heather Griffiths

31 Lynne Fitzgerald

3 Val Spencer

4 Pam Bretz

5 Lundy Vosper

6 Manfred Bogis

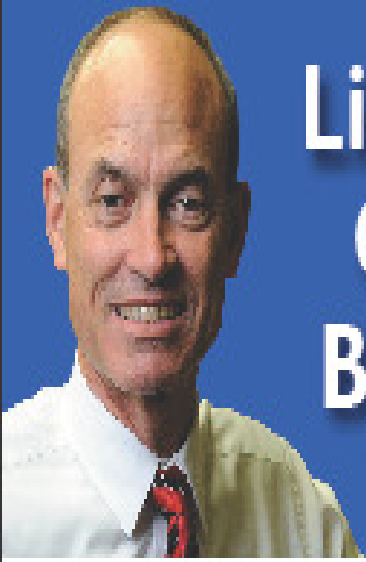
7 Freya Wynter

10 Val Spencer

11 Pam Bretz


12 Louise Keady

Guy Barnett MP
State Liberal Member for Lyons




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For assistance, contact my office:
76 Emu Bay Road, DELORAINÉ • Ph: 6701 2170
guy.barnett@parliament.tas.gov.au • www.guybarnett.com.au

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Authorised by Guy Barnett MP, 76 Emu Bay Road, Deloraine 7104



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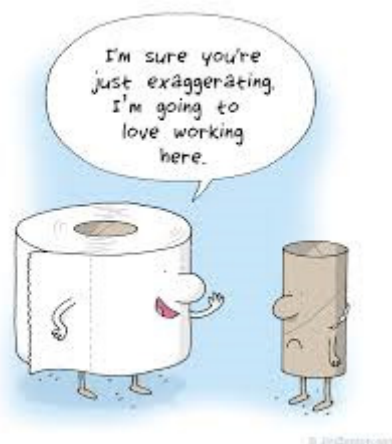


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Thank you St Marys Community



The staff and students at St Marys District School would like to say thank you. We appreciated the support from families, community members and store holders in attending our Book Week Costume Parade for 2018 on Wednesday 22nd August. Thank you to our local police personnel who ensured our path was clear and safe to cross over to our local library. Many thanks goes to our librarians, who showed great excitement surrounding the event. They went the extra mile in opening their doors earlier than usual to welcome us so we could unite along with the Children's Book Council of Australia in celebrating Australian authors and illustrators. Together the occasion built valuable links between family, school and community.



FROM COAST TO COUNTRY

Mr Michael Ferguson MP, Minister for Health

To feel as if you don't belong anywhere, that you have no home or shelter, and no one to support you, is one of the most distressing experiences a person can have.

Affordability of housing and property prices in Australia are rapidly increasing. Unaffordable property prices are the leading cause of homelessness. Each year in Australia, additional quantities of people are becoming vulnerable to homelessness. This is a horrifying concern for many people, including future generations, which will predominantly be affected. There are several solutions

which will influence this matter positively, however, they are required to be acted upon. It is vital that we assist the homeless and prevent further concern, not only for the people but also for the sake of Australia's housing stability. To address this issue, Australia needs your help and support to achieve the greatest results when addressing this matter.

I strongly believe that as a society, Australia is continually failing to realise how serious this issue is. Without housing stability, it is impossible for people to feel safe and comfortable. Unfortunately, the lack of Australia's efforts to address this issue has resulted in homeless figures rapidly increasing. This is as a result of insufficient support provided by Australia. Consequently, people are forced to live on Australia's streets. We do not want to grow up in a society where funds are spent on unnecessary items, as opposed to preventing and fixing the greater social issues of the world. Mandatory changes need to be reinforced to address this issue. You are able to assist these people in ways beyond belief and it is crucial that you do so. It is essential that stable housing in Australia is provided, as it is a significant component of living a healthy lifestyle. There are several solutions attainable, which will solve all aspects of this issue. However, your efforts to address this matter will have the greatest effect. These solutions include:

- Funding the development and implementation of a national affordable housing strategy.
- Building more housing commission houses.
- Supplying shelter and support agencies, to rural and urban areas.
- Income, health care and social supports.
- Provided training and work from the government

Without hesitation, I believe these solutions will dramatically influence this problematic concern in a positive manner. I strongly recommend taking these solutions into consideration and acting upon them, as they cover all aspects regarding unaffordable housing and homelessness. The development of a national affordable housing strategy as well as additional housing commission houses, will allow those with low incomes to access the required housing to feel safe and comfortable, as opposed to sleeping on the streets. Providing skills, training and work will be of assistance when building a career to support themselves and family members. If additional income, health care and social supports were available, there would be a greater likelihood of people attaining a healthy lifestyle, as well as increasing productivity and sustaining a steady income. This would allow the homeless to meet the expenses of basic living needs and housing. Providing additional shelter and support agencies to rural and urban areas will provide the homeless with a temporary place to stay, while evaluating long-term options. These strategies will be exceedingly effective and beneficial when addressing different aspects of the issue.

This issue is impacting the lives of many Australian's and the effects it has on society. These resolutions will undoubtedly resolve this problematic concern and influence the lives of those facing homelessness. Action must be taken to address this issue; otherwise, homelessness rates and the affordability of housing and property prices will continue to accumulate. Consequently, future generations will be unable to afford basic living needs and no one will be safe from becoming vulnerable to homelessness. The importance of this issue cannot be emphasized enough. We must prevent homelessness in Australia; however, it is up to you to make this change possible.

Thank you for your attention to this matter.

Yours faithfully,

Dakota Mckimmie



FROM COAST TO COUNTRY

St Marys District School is currently undergoing a major culture change. We as a school have recognised that something we would like to work on is how we interact with others and value our peers and learning environments. Since coming back to school for term 3, things have changed. A rewards system has been set up for the high school students. If a student shows an act of Aspiration, Growth, Courage or Respect they receive a token which can be traded in for toys, gift cards and chocies!

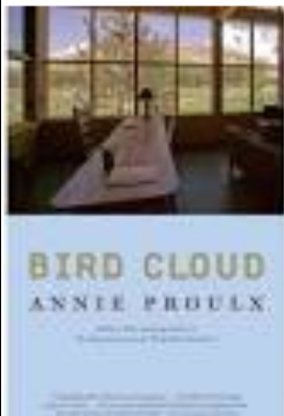
These are the schools values and since this has been put in place we have seen an increase in positive behaviour as a school. There has been a rise in our expectations for ourselves, the pride we have in our school and area and an huge gains in taking responsibility for our own image, through things like uniform and dedication to school work. With the new change and the new renovations on the admin building, St Marys is beginning to see different and positive times ahead! Thankyou for reading

We all like settling down after a hard day's work, a blanket over our legs and a bucket of popcorn on our lap, getting ready to watch out favourite RomCom movie and waste our days on the couch.. That's all fine and dandy but the only problem is what we watch, the movies with sick underlying meanings that you don't notice and condition your mind.

Shoot me any RomCom movie. How about "Pretty Woman" the match which started the 'Romantic Comedy' fire, Vivian Ward is a prostitute who gets picked up by a wealthy businessman— Richard Gere. But, despite the lovely Cinderella 'rags-to-riches' sort of vibes the fundamental elements of the story is a woman who is moulded to be the perfect wife, worthy of the businessman's love, but that conveys and inappropriate and disgusting message— that woman can be bought. How about we talk about the most recent Romantic Comedy movie that has become centre of attention for many. "The Kissing Booth", a movie based off two best friends, their rules and how the main female character broke one of them. "The Kissing Booth" is about Elle, Lee and his brother, Noah and their idea to start a kissing booth for the school's charity carnival (hence the name). What, at first, people don't realize is the serious sexist undertones that continue to play throughout the movie. Take a look at Noah and Lee, two males who are constantly trying to 'own' Elle, romantic or otherwise, no woman is owned by a man. This is displayed in scenes like the fight scene where 'Tuppen' assaults Elle. Both Lee and Noah rush to her aid even after she tells them not to and that she has it under control. I could go on and on with all the inappropriate conditioning that happens throughout the movie. Either way, I must continue.

How about everyone's favourite movie, "50 First Dates". A lovely movie, right? Well, not really. Right off the bat, Henry is a womanizer, known for luring tourists and sleeping with them, but almost immediately that changed when Lucy came into the picture. Which suggests that it was the woman he was choosing to lie to and not his own selfish self and Henry takes up Lucy as a project—her vulnerability reeling him in. Other than that, Lucy falls for arrogant and rude man who was once or twice nice, meaning, drops her standards for a man who is funny every-now-and-then. Finally, the "happy" ending is not finding a cure for Lucy, but, rather, Lucy wakes up every day to a video finding out that she is married and pregnant. Isn't that a wee bit creepy? I'm not telling any of you to stop enjoying romantic comedies and what they stand for, because for the most part, these movies can be enjoyable. Rather, realize the underlying sexist messages. So, next time you settle down with your popcorn, think because your movies could have harmful connnotations that you don't realize.

BOOK REVIEW



Bird Cloud is a "memoir of place" written by Annie Proulx, the well known American author of such novels as *The Shipping News*, *That Old Ace in the Hole* and the short story, *Brokeback Mountain*. This, however, is the account of the building of a house she envisaged in the remote high prairie land of Wyoming, a place that she loves and feels a strong connection to. She likens it to the area around Uluru, both for its geological significance and its importance to the local Native American people of the past.

This book may resonate with readers who have attempted to build their "dream house" under very difficult conditions. Not only is the site remote from supply depots, builders have to contend with searing summer temperatures and dust storms followed by winters of extreme low temperatures, blizzards and deep snow that regularly cuts access to the house for months at a time. The reader might wonder why Proulx was so determined to build there but there is no mistaking her connection to the landscape and its creatures. As much as an account of a very unusual building project this is also a detailed journal of her observations of birdlife, in particular, the geology and botany of the area and its history, both Native American and of the pioneer people. She also gives us an account of her family origins in French Canada and New England.

The "James Gang"-her builders- are four local men, three of them brothers, with whom she develops a close personal and professional relationship over the course of the two year project. Sometimes they go off camping with her when she sees that everyone needs a break! She has very definite ideas about what she wants and the men seem prepared to follow her whims without much opposition. There MIGHT be another version of the story from the viewpoint of the men! In her account, however she presents us with a picture of them all working with a common purpose. The main source of conflict turns out to be with the architect and his vision versus the practicalities of creating a liveable house, perhaps a common source of disagreement...

Although this book is not designedly about Proulx herself but rather the building of a house and the environment around it, nevertheless we learn a lot about the woman. She is certainly determined, strong minded and tough. Some members called her cantankerous! Above all though, it is the picture of a woman of acute observation of the natural world. We know from her fiction that she is a keen observer of human nature, with a wonderful, wry sense of humour. This must have stood her in good stead over the course of the build. If you've ever read any of Proulx's fiction you will find this an interesting revelation of her character.

Pam Bretz.



VOTE 1

Mary Knowles OAM as Deputy Mayor and Councillor

I have decided to stand for Local Council elections again so I hope you will support me as I work to support and promote the Northern Midlands municipality and its communities. Please vote 1 Mary Knowles OAM as Deputy Mayor and Councillor for the Northern Midlands Council.

I listen to the community, promote this beautiful region and lobby for sensitive development and for a steam train to the Fingal Valley. I believe small communities are as important as the larger towns and I get things done.

Authorised by Mary Knowles 1230 Gipps Creek Rd, Gipps Creek 7213 Ph: 6385 2002 Email: gippscreek@skymesh.com.au

\$20 Boss Challenge at St Marys District School

Currently, the grade 7/8s of St Marys District High School are taking part in the \$20 Boss Challenge. The \$20 Boss Challenge is a program run by the FYA (Foundation for Young Australians) who provide students with \$20 to become young entrepreneurs. Throughout the program, students are taught business skills like profit and loss, advertising and creativity. At the end of the challenge students must give back the \$20 loan and a \$1 legacy fee. With their profits they are encouraged to give part to a charity of their choice. It is then up to the students whether they continue their business with the profits or keep the money. So get ready to see a lot more products being sold in your area or some helpful services being provided.

Elise Sliskovic

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Phone 0363 742222 for a place.

Libraries



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Sat 10am - 12pm

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6372 2114

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Tue & Thurs 10am - 12.45pm

Fingal FVNH

Talbot Street 6374 2344

Mon, Wed & Fri 9am - 4pm



OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 637 22094

Lot 1 Esk Highway St Marys

I was recently asked a hypothetical question concerning the Woodcraft Guild. "What would happen if the Guild were to fold which has been the fate of many community groups in our town"? I did answer the question for the inquirer. However, I thought it would be a good idea to use this platform to enlighten others. If other concerned parties were interested in continuing to keep the Guild open it would be a legal requirement for them to become financial members before the AGM/special meeting was held, which would then be appropriately advertised and called. The present committee would be dissolved and the new committee would be voted in and all the minutes would all be suitably documented. All assets would then be transferred to the new governing body and the Guild would continue functioning as customary. If, however, there was no interest for a new committee to take ownership, our assets as stated in our constitution would be donated to a like minded organisation and thus following the law of incorporation as governed by our constitution. It would not be up to the committee on insolvency to make a personal choice who they think is worthy especially if any were on the executive of the organisation receiving any benefit. This could involve a conflict or pecuniary interest and is in breach of constitutional law. The constitution has to be adhered to for all incorporated bodies and it is the Public Officer who is responsible that all legal requirements are adhered to. Be assured this was just an answer to an imagined circumstance.

The Guild is running perfectly!

TRIPLE J'S
ONE NIGHT STAND
 SAT 1 SEPTEMBER

3:30PM – GATES OPEN
 4:00PM – WELCOME TO COUNTRY
 4:15PM – THE SLEEPYHEADS
 4:50PM – ALEX THE ASTRONAUT
 5:40PM – MIDDLE KIDS
 6:45PM – TKAY MAIDZA
 7:50PM – VANCE JOY
 9:10PM – PEKING DUK
 10:00PM – EVENT ENDS

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COMMITTEE AGMS

The Break O'Day Woodcraft Guild
will hold its AGM on the 19th
September 2018 at the Old Goods
Railway Shed.

The meeting to begin at 11.00am. All
positions will be declared vacant and
notice is given that we will be reviewing
our constitution.

Wendy Brennan

Fingal District Progress Committee

The FDPC will hold its AGM
October 9th 2018

At the Fingal Valley Neighbourhood
House

7 pm

All Welcome

FINGAL VALLEY NEIGHBOURHOOD HOUSE AGM

To be held on 24th September 2018

7 pm

Fingal Valley Neighbourhood House

20 Talbot St, Fingal Tas 7214

Presentation of Reports

All Welcome

Rossarden and Friends Kids Christmas Group AGM

Tuesday 4th September 2018

At the

Avoca Roadhouse

All Welcome

The GET Annual General Meeting is on
Monday 24th September 2018 at 6 pm at the
Fingal Valley Neighbourhood House, to be
followed by a General Meeting.

All welcome

RSVP: Mary 63852002 or
gippscreek@skymesh.com.au



ST MARYS PACING CLUB

**ANNUAL
GENERAL
MEETING**

14th September at 7:00pm
St.Marys Pacing Club Rooms

~~~~~

A plate of supper would be greatly  
appreciated

**ALL NEW MEMBERS  
WELCOME**



### **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

## **The Say, by Cagerattler**

These days I'm essentially a non practising Catholic. These days also I watch with dismay how the churches face uncertain futures in the wake of the abuse claims from so many victims across different Christian denominations. The Anglican church has even considered selling churches to offset the cost to compensate victims of sinning priests and other clergy.

I grew up with some great times, some comforting times later on also when our local Catholic Church provided great support, comfort and guidance to the family when we lost our loved ones. I can say with certainty that our local church was amazing to be part of.

After a series of less than happy situations that were very personally disappointing and then for some considerable time the lack of our own parish priest after the untimely death of our much loved priest, I found myself drifting away from the church. This though comes with faith in the overarching message of faith I still believe in that Christianity offers.

I respectfully suggest to a number of Christian churches that people like me might need to see them move into the modern world faster than they are. Maybe human frailty that triggers terrible abuse by small numbers of priests is intensified by having to live lives where human desires are denied by archaic rules that go back countless centuries. This of course cannot excuse abuse and the cover up of abuse but might go some way to understanding that weaker individuals within the clergy prey on the vulnerable and cause untold damage. Maybe it's time that a whole new holistic approach from the churches is looked at and a whole raft of changes are adopted. The world has changed massively since so many of the laws set by Popes, Cardinals, Archbishops, Kings, Queens and so on were created for teachers of Christianity.

Even within the churches the demographic from country to country differs to an incredible degree as explained by a spokesman on Christian theology I listened to intently the other day and what prompted this article. What works in Africa, North, Central and South America, Europe, the Pacific including Australia of course and anywhere else is not uniform and can never be, yet the rules that Christians are asked to live by are set almost in stone it seems.

As much as it pains me to say it, just focussing on my own Catholic faith, I have need to say that a strong Pope has to take the bit between the teeth and demonstrate a serious method to change in so many ways before the church becomes less and less relevant in many countries. Maybe it's our current Holiness Pope Francis or a following one but one of them have to. A great start would be to tackle the abuse issues head on and do it with compassion and yet unbending will to find and fix this crippling problem especially evident in western society it seems. The really sad part of all this is that the massively vast numbers of priests would never carry out these acts but more will continue to tar them with the same brush that calls increasing doubt on all of them. SO WRONG unfortunately though perception will often cloud fact. Even if the church was to systematically offer specific training, guidance and help to any priest at first signs of improper conduct and expect that priest to 'own up' to wrong desires would be a start. Anything is better than what has happened to date in this regard as the Pope has clearly been educated in a staunch and loyal Ireland in recent days.

The really confronting thing for me is that as the Christian faith battles in many dominions to deal with this debilitating problem these days yet the church has so much to offer and millions have been happy to rely on faith to get them through some bad times, celebrate great times and offer them hope for the future.

Christianity has so much to offer and has helped us with our imperfect selves so much. I can attest to that personally on that front. One day if and when the Catholic Church in my case looks at doing a bit of "wheel re-inventing" and tackles some vexing issues facing our modern times in a modern way and not anchored to the archaic past then many more Catholics might start coming to Mass in numbers. You just never know what mysteries might occur do you?

What do you think ?

## East Coast Football

It was a busy day at the Utas Stadium and Invermay Park on Sunday where the teams from all over came to play.

First of all congratulations to the East Coast Giants under 14 and under 12 teams for making it to the Grand Final. It was a valiant effort put in by the under 14 team going down to Deloraine by only 13 pts and congratulations to the under 12 team for a great win over Georgetown by 8 pts.

Division 2 semi final went to the East Coast Swans with a win over Lilydale. The weather was very blustery winds, making the scoring difficult, but both sides fought hard for four quarters.

It was a great team effort with Nick Child helping the side with 4 majors, Corey Bosworth going hard and Musicka and McCaroll playing their hearts out., but it was the whole team who brought it home.

Now we meet St Pats in the Preliminary Final, the Swans defeated Perth in the first week and St Pats lost to Evandale, so it's the do or die battle to make it to the Grand Final to play Evandale.

Come on boys you can do it! Go the Swans!!!!!!!!!!!!!!!!!!!!

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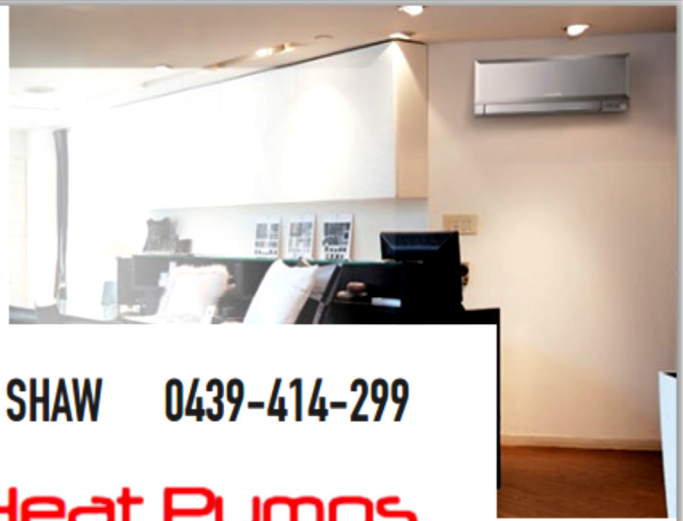


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Try one of our new pancakes,

- ♦ 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

## Vote 1 for Councillor **JANET DRUMMOND**



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Ragwort

Dandelion

Broadleaf

Dockweed

Boneseed

Hawthorn

Thistles

Cumbungi

Bracken Fern  
Willow Trees

Capeweed

Blackberry

Holly

Ivy

Fennel

Briar Rose

Oxalis

Gorse

Broom

Patterson's Curse  
Flat Weeds  
Salsify

Stinging Nettle  
Erica  
Boxthorn

Onion Weed  
Spanish Heath

Pampas Grass  
Wild Raddish  
Serrated Tussock

**ANY WEED, ANY WHERE!!**



## Fingal Valley Festival Last Man Standing Raffle

The Fingal Valley Festival would like to thank all the people who attended our Last Man Standing Night on Friday 24th August at the Malahide Golf Club.

It was a great event with special mention to the Malahide Golf Club committee for organising a great supper.

Thanks to our local policeman Peter for helping us on his days off to make sure everything was above board with the draw. Winners of the major prizes were:

B. Lynch.....\$500

A Webb.....\$200

R Hoskinson.....\$100

The money will go towards buying prizes for a major raffle we will run up to the Festival on March 2nd 2019.

The minor raffle winners were:

Robin Summers.....Wheelbarrow of Groceries

Cynthia Webb.....Trailer load of Wood

Geoff Davies.....Carton of Cheer

Keep an eye out for the raffle, and don't forget to clear your calendar for the Festival day, it is going to be a day full of events, stalls, great food and lots of fun for the kids.

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Valley community!

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Your Federal Member for Lyons

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6398 1115 (Perth office)  
brian.mitchell.mp@aph.gov.au

**Labor** REBUILD OUR REGIONS

Authorised by Brian Mitchell MP 53B Main Road Perth

### U3A CREATIVE WRITING GROUP FVNH

The next meeting will be held at the  
FVNH Library

**Friday Sept. 7<sup>th</sup>**  
**10.30am**

The topic for the September writing  
task is "Ageing".

All welcome.

**Did you Know ? Or can you believe?**

Q. What do bullet-proof vests, fire escapes, windshield wipers, and laser printers all have in common?

A. All invented by women.

Q. What is the only food that doesn't spoil?

A. Honey

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase..... "goodnight, sleep tight."

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down." It's where we get the phrase "mind your P's and Q's"

Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.



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**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**

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Vegetables fresh and frozen,  
All regular grocery lines available  
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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.



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Open 7 days a week



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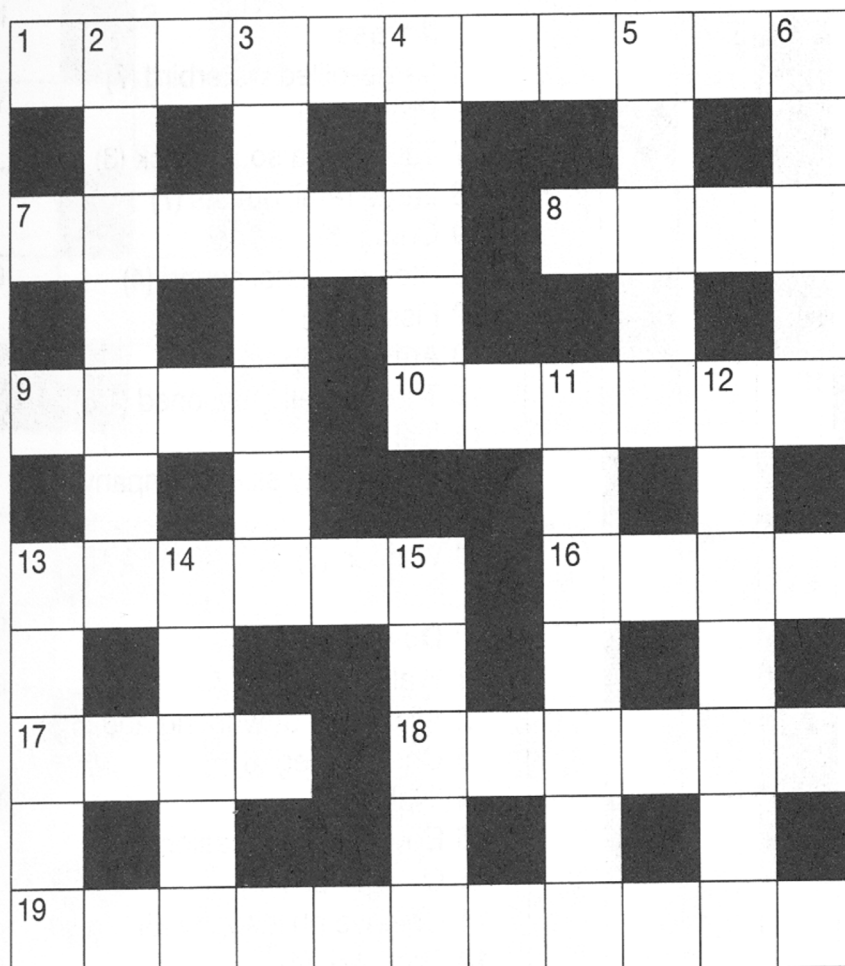
Succulent BBQ Chickens  
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Cookies fried chicken  
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## Hilly's IGA St Marys and St Helens

*'we stand for fresh'*



### Across

- 1 Makes up (11)
- 7 Savage (6)
- 8 Working (4)
- 9 Futile (4)
- 10 Resolve (6)
- 13 Not dead (6)
- 16 Engrave (4)
- 17 Movable barrier (4)
- 18 Buddy (6)
- 19 Lacking warmth and affection (4-7)

### Down

- 2 Paper-folding art (7)
- 3 Stringed Indian instrument (7)
- 4 Units (5)
- 5 Faith (5)
- 6 Flair (5)
- 11 Even more minuscule (7)
- 12 Grant permission (7)
- 13 Reasoning (5)
- 14 Critical (5)
- 15 Blunder (5)

# 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

## 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.

Please inform reception when booking

## Doctors Roster

**Dr C. Latt**

30/8/18-7/9/18

**Dr K. Rawnsley**

31/8, 4/9, 7/9, 11/9 & 14/9/2018

**Dr Oxlee**

10/9/18-14/9/18

## To Our Community

A mess age from Dr Cyril Latt to our community that he will continue to have 1 week per month off at the St Marys Community Health Centre.. Dr Oxlee and Dr Nash-Rawnsley will be the GP's during that week.

Please see Doctor's roster above for availability

## 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 re-newals
- ◆ 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<br>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 30 **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 31 **Physiotherapist**— Patrea Zacher for appointments please see your GP or Health Professional for a referral.

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

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

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

September 4 **Anglicare**— Mark 11:00am-12:00pm

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

September 5 **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.

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

September 6 **2nd Bite Delivery**

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

September 7 **Social Worker** Shan Williams  
Call 6387 5555 for appointments

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

September 10 **Physiotherapist**— Patrea Zacher for appointments please see your GP or Health professional for a referral.

September 11 **Max Employment**— 9:00am-3:30pm downstairs.

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

September 12 **Day Centre**— call Hayley Gilbert on 6387 5555 for information on the group.

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

**Diabetes Educator**— Sally Gates. See your GP for a referral.

September 13 **Physiotherapist**— Patrea Zacher for appointments please see your GP or Health professional for a referral.

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

**2nd Bite Delivery**

September 14 **Social Worker**— Shan Williams  
For appointments phone 6387 5555

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

### SMCHC Teaching Site

#### We are a UTAS teaching site

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

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

### WAITING AREA AT THE HEALTH CENTRE

The waiting area for **ALL** services at the St Mary Community Health Centre is in the reception.

Please report to reception upon arrival and the consultant you are here to see will be told and they will come and collect you from this area.

### IN A EMERGENCY





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

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in Round 4 of the*

**STRONGER COMMUNITIES  
PROGRAMME**

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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  
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pasties,  
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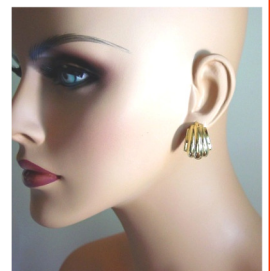
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**Monday to Friday**

### Celebrating Australia's Children's Authors and Illustrators

Sun shone down on our East Coast township – St Marys for our annual Book Week Parade. However, this year there was a difference. For the first time the staff and students brought the costume parade to the streets of the community on Wednesday 22<sup>nd</sup> August. Our destination was the St Marys local library.

Students from both Fingal Campus and St Marys Campus, spectacularly donned costumes of favourite book characters along with outfits reflecting this year's Children's Book Council of Australia (CBCA) theme ~ *find your TREASURE!* In preparation for Book Week, staff and students read many of the shortlisted from the various categories – The Book of the Year: Early Readers; Younger Readers; The Picture Book of the Year; Eve Pownall Award for documenting factual matter and the Crichton Award for encouraging new illustrators.

Throughout Book Week, Grade 5/6 students prepared and conducted reading activities for our Prep/1 and 1/2 classes. All primary classroom doors were decorated reflecting our appreciation for books and reading, bookmarks were decorated and exchanged as well as students devouring treasure-filled cupcakes. If falling off to sleep with beautiful thoughts of a fun filled day wasn't enough....a charming certificate of participation was presented to all, as a memento.

These celebratory days are important on so many levels. The students from our two campuses had a valid reason to connect and learn together. Older primary students stepped up and allowed their leadership skills to shine by working in the classes of younger students as well as showing care by accompanying them throughout the parade. Secondary students gathered at the school driveway to cheer the students as they left the school grounds. Then

there was the involvement of family. This was evident by the number of students who were dressed up this year and those of you who were available to attend the parade - waving us on. Our local police personnel made themselves available to assist with the crossing of Main Street. Their visibility and support builds trust and appreciation for the work they do in our community. Networks were alive with the St Marys Childcare Centre bringing the children down to join in the excitement. Links were strengthened with our local library. Library staff were enthusiastic about the event recognising the shared purpose of building appreciation for literacy within our community. The Department of Education – Tasmania's initiative, Learning in Families Together (LIFT) promotes the building of links of collaboration between home, school and community to elevate literacy (and numeracy) learning outcomes for all children. The CBCA – Book Week celebration provided a springboard for our community to achieve this along with cultivating literacy skills and fostering a love for reading.



Lynette Yodgee  
Literacy Coach



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**Queen Timber Bed + Mattress + Electric  
Blanket + Wool Underlay**

**\$160 ono lot**

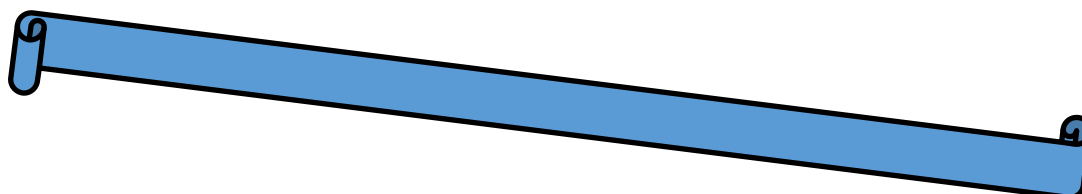
**Pat 0419 354 641**

## **Letter to Editor**

I would like to extend a personal thank you to both Roxie and Dana whose community spirit and initiative has given myself and others in the community the opportunity to attend a CPR course in St Marys. They both understood the dilemma facing people trying to find an alternative venue with appropriate times, Many thanks again.

Wendy Brennan

St Marys





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\$228,000



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Land 37.45 ha  
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96 Scamander Avenue  
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1 Pelican Court  
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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:** kwalsh.sthelens@ljh.com.au





**How do you contact us?**

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**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.

## **Australia's Physical Activity & Sedentary Behaviour Guidelines for Adults (18-64 years)**

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.
- Minimise the amount of time spent in prolonged sitting.
- Break up long periods of sitting as often as possible.

**Do you meet the guidelines? Maybe not ..think about joining a gym class this week**



### **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

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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



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## Week 29/8/- 4/09

|                                      |           |
|--------------------------------------|-----------|
| Heinz Baked Beans and Spaghetti 300g | \$1.00    |
| Four'N Twenty Pies varieties 4pk     | \$3.99    |
| Kelloggs Cornflakes 725gm            | \$2.99    |
| Sweet Potatoes                       | \$1.95kg  |
| Rump Steak                           | \$18.99kg |
| Kirks Soft Drink Varieties 10pk      | \$5.49    |

## Week 5/9- 11/9

|                             |         |
|-----------------------------|---------|
| Duck River Soft Butter 500g | \$3.99  |
| Nannas Pies 600g            | \$2.99  |
| Kleenex Toilet Tissue 45pk  | \$18.99 |
| Friskies Cat Biscuits 1 kg  | \$3.79  |
| Peters Drumsticks 4pk       | \$3.99  |

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| Avoca Store            | Hayshed Fingal       |
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