



# THE VALLEY AND EAST COAST VOICE

Established 1968

50.33 September 13th 2018

Deadline for 50.34 is September 23rd 2018



## **Flying high and making us proud: The Grand Final between the East Coast Swans and Evandale.**

The atmosphere at Windsor Park was electric, the ground was packed with supporters from both clubs and the weather was bearable.

The first thing that caught my attention was the amount of people, we thought we would get there early and grab a good park, well after finally finding a park down at the shopping complex and walking up the hill we went looking for a good possie to settle in for the game. It was like we never left the valley, we ran into people from Fingal, St Marys, Scamander and St Helens. The community came in force to cheer on our boys.

The Swans, ably coached by Ned Hyland were left behind in the first quarter with the strong breeze favouring the Evandale end, No-one panicked because we new the tables would turn, the boys had it in their forward half more often but didn't capitalise on it, kicking a lot of points which made it all the more exciting, there was never a big gap in the scores all game. The noise from the crowd was deafening whenever one of their boys went for goal or took a mark or laid the big tackle. They were even helping the Umpies out with some suggestions on how they could improve their game.



The guts and determination from both teams should be applauded as they fought for every inch of the ground, There were stand out performances from both teams and the last quarter went for 34 minutes, the boys had to hold the Evandale team at bay for the last 10 minutes, you didn't know right up until the siren sounded who would be the victors.

Congratulations to Corey Bosworth, best on ground, and thankyou to the East Coast Swans, finally a flag to fly after 18 years trying, you are the best!

## **7.14 (56) to 8.2 (50)**

Editor

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### 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.

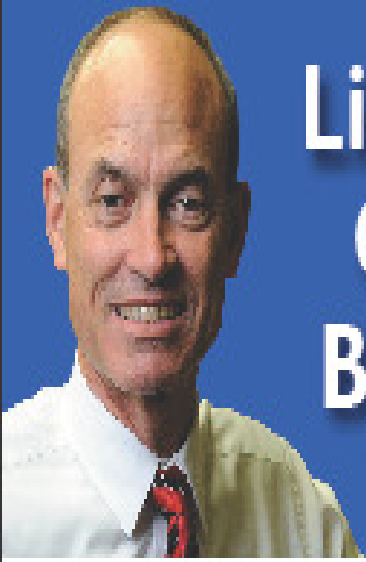


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17	Val Spencer
18	Pam Bretz
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20	Lundy Vosper
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24	Val Spencer
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**LIFE BEFORE THE COMPUTER**

- \* Memory was something that you lost with age
- \* An application was for employment
- \* A program was a TV show
- \* A cursor used profanity
- \* A keyboard was a piano
- \* A web was a spider's home
- \* A virus was the flu
- \* A CD was a bank account
- \* A hard drive was a long trip on the road
- \* A mouse pad was where a mouse lived
- \* And if you had a 3 1/2 inch floppy ...you just hoped nobody found out



### St Marys Hospital Auxiliary AGM.

Will be held on Mon 1st October 2018

at 2pm in the Day room at the Hospital.

Existing & new members welcome.

Kevin Faulkner. Sec.

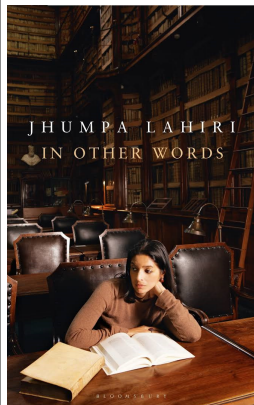
### LOCAL ACHIEVER NOMINATED

Hub4Health from ST HELENS has been nominated for the **Get Moving Tasmania Physical Activity Award** in the 2018 Tasmanian Community Achievement Awards.

We congratulate **Hub4Health** for being nominated and wish them the best of luck with judging on Wednesday 3rd October 2018



## Book Review by Pamela Bretz



August's book was *In Other Words* by Jhumpa Lahiri, the daughter of Bengali immigrants to the USA where she was raised. She is the well regarded author of short stories and the novels *The Namesake* (which was made into a movie) and *The Lowland*. She says "What drew me to my craft was the desire to force the two worlds I occupied (as an immigrant) to mingle on the page as I was not brave enough, or mature enough, to allow in life.

This work is a non fiction book which deals with her "love affair" with the Italian language and her ambivalence over her identity. She became so involved with the learning of this language that she moved her family-husband and two children- to Rome for two years so that she could thoroughly immerse herself in Italian. She writes the account in Italian and has it translated by someone else so that she does not somehow "betray" her new language by using English herself!

Many of our group found her motivation baffling. It is tied up with a search for identity. Her parents had tried to maintain connections with their Bengali heritage by insisting on the use of Bengali in the home but English was the language she spoke outside the home and in which she wrote and studied and made a name for herself as a writer. Yet she never felt as though she could fully identify with either language, perhaps because she was always conscious of looking different from those around her. By immersing herself in a new language she felt as if she was creating a new independent identity for herself. This is a very internal, personal journey and we learn little of her experiences with the culture of Italy or anything about her family.

*In Other Words*, a title loaded with meaning, is not an easy or fast paced read but as a thoughtful exploration of how language forms one's identity it may appeal to anyone who has seriously tried to learn a foreign language. It is also interesting to reflect on the connection between language, culture and identity in the migrant experience and may lead to a greater understanding of their difficulties.

## Local Boys trying to make a difference.

This is an amazing story about two boys who just want to help another kid out. Their names are Bailey and Jade who are both 14-years old. They started B & J Droolers in St Marys High School as part of a project. They have a real love for animals, they love to care for dogs like they are family. They say "We have learned so much about what is good for them or not. Also, a lot of work has gone into making our product earth-friendly. "

With their vision, they started the business of making Dog Treats in August 2018 with the \$20 boss program at school. They enjoyed the process so much they wish to continue and raise money to send to local fundraisers. Currently they are raising money for a young man named Jordy to support him to go to Melbourne to attend a WWE show.

"This is his lifelong dream, and we really want to give him this opportunity. 100% of our profits will go to him for August and September 2018. This young man has been living a very difficult life, facing challenges both physically and mentally."

If you are interested in learning more about the boys and their dog treats, go to <https://www.bjdroolers.com> and have a read or you can order some treats through the website.

Good on you boys you are amazing.





**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 more information.**

**Office hours are from 9am - 3pm  
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Authorised by Donna Coulson, 15 Tully St, St Helens 7216



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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.

We are looking for volunteers so if you are interested

Phone 0363 742222 for a chat.

## Libraries



61 Cecilia Street **St Helens**

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31 Main Street **St Marys**

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Tue & Thurs 10am - 12.45pm

**Fingal FVNH**

Talbot Street 6374 2344

Mon, Wed & Fri 9am - 4pm

Tue & Thurs 9am - 12pm

## LETTER TO THE EDITOR

A letter to the Editor

Dear Cage Rattler thank you for your articles they are very interesting reading.

I think you were spot on with your article this week. You have said what many people are thinking.

As a practising Catholic myself I'm appalled at the situation that is happening in our Church, as many other Christian people are with their Institutions.

Until all these Clergy are named shamed & jailed people will not have the love & confidence in their Churches. I feel this way especially as there are so many wonderful Catholic Priests & Clergy of other Churches that are being put in a position of being tarred with the same brush. We all know that the decent ones far outweigh those that are not good people but that awful shadow looms over all these Churches.

There are so many Children that have been scarred by these events, not only the Children but loving parents that feel the guilt for not having protected their Children from these Monsters.

We need strong leaders that will bite the bullet and say this is not ok here are the perpetrators in our organisation take them and deal with them. I know forgiveness is preached but the prime concern is for these vulnerable people and the fact there has been evil intent by these Clergy and the moral code and the law of the land has been broken!

I appeal to these Churches to attend to the problem and not just with compensation.

Coral B

Letter to the Editor

I wish to praise the new Crew that run the Valley Voice. What a great job you are doing, I know it has been a big undertaking one which you have taken to with grit and determination. The "Valley Voice" is a darn good read with local content added. Keep up the excellent work folks you are much appreciated, as is the paper each fortnight. WELL DONE!

Coral B

### 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 Combined Probus Club of Scamander**

*Join us in fellowship, friendship and fun. meetings held 4<sup>th</sup> Wednesday of each month Guest  
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Being located on the East Coast of Tasmania gives us the ability to reduce inspection waiting times for the entire eastern coastal region. We are fully insured and hold a current commercial Licence.

Our aim as TasInspect is to deliver a professional, comprehensive building and pest inspection and heat-loss service. We encourage an open line of communication; our office hours are 9.00am to 4.30pm, Mon-Fri.

It is our aim to deliver 100% client satisfaction.

We look forward to assisting you in the near future.

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**PLEASE  
VOTE 1**

**MICK TUCKER**  
*for both*



# MAYOR & COUNCILLOR

**Michael Tucker will represent  
all of Break O' Day**

**Not a yes man - Gets things done**

Authorised by John McGiveron, 11 Newman St, St Marys, Tasmania - Printed by Scott Signs, Invermay

## 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?

Jonathon Duniam  
Liberal Senator for Tasmania



## **MEDIA RELEASE**

### **Council on right track after approving cycling trails**

Tasmanian Liberal Senator Jonno Duniam has welcomed the decision by the Break O'Day Council to approve two major bike trails along the East Coast.

"I'm pleased the council has approved the applications for the Bay of Fires Descent and the St Helens Stacked Loop Network."

"These two bike trails will offer cycling enthusiasts a unique experience only Tasmania can offer."

"Our State is fast becoming recognised as the cycle tourism capital of Australia, and it's time to take advantage of the benefits this reputation brings."

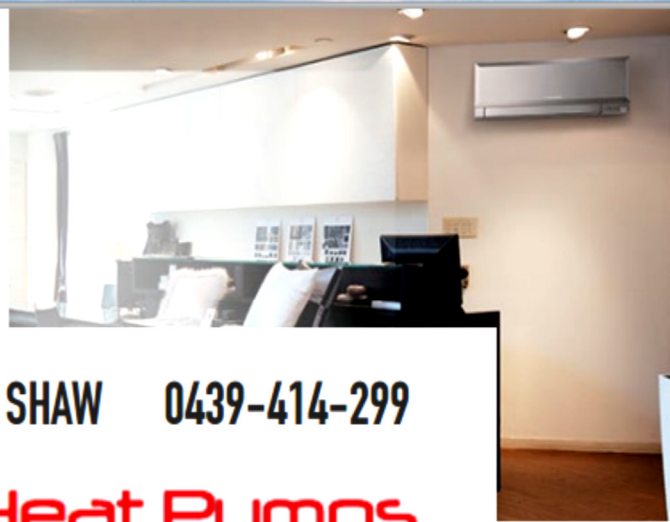
"These two developments will entice tourists to visit our State, stay longer and spend more."

"And it's not just good news for the tourism industry, but also for the jobs it will create during construction."

"I implore everyone to get behind and show their support of these two developments, which will help provide social and economic benefits for the east coast region."

"I look forward to seeing both trails take shape in the coming months."





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## Ageing by Coral Brady

My darlings, I am growing old  
Silver threads among the gold  
Lots of wrinkles that are there  
So what I really do not care.  
Body parts now travel south  
A few more wrinkles round the mouth  
Joints that get a little sore  
Dencorub will fix that for sure  
Joy and sorrow take alternate shifts  
Live and love life, each day is a gift  
We are all so special, individually chosen to walk  
our path  
Be happy, spread the joy have a laugh  
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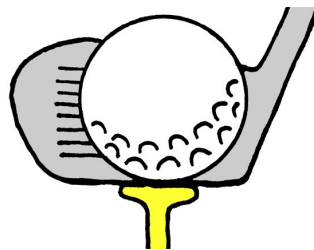
## Malahide Golf Club

Renovations are in full swing with the kitchen getting new benches and cupboards and a complete makeover. Friday nights continue to attract the locals with Happy Hour between 5 pm and 6 pm.

Everybody is welcome to join us, not just golfers , it is a club for the community. The Golf: Big fields on Friday for the chook run 9 hole competition. Last Friday saw **Dave Lowe** clean up with a net 25 and on Saturday **Ashley Stone** took out the Monthly Medal with a net 75.

The weather is getting warmer and so , to all those fair weather golfers .... dust off those clubs and join us at “ Royal Malahide”. Our club is a friendly place to meet and is also available for functions.

Social membership is available for \$50 a year and full membership at one of the best presented courses in the state is a bargain at \$200 a year.



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Authorised by Brian Mitchell MP 53B Main Road Perth

**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**



## Have we got it right?

We are seeking feedback on the preliminary Fingal Streetscape design and options for the amenities block at the Fingal Recreation Complex

A Community drop-in session will be held at:  
Fingal Neighbourhood House  
Tuesday September 25 from 4-6pm

Council officers will be in attendance to discuss and record community feedback around the proposed streetscape designs for Fingal and options for amenities at the Recreation ground.

Feel free to drop-in and share your ideas with our staff.  
You can view the plans in the My Community section of our website.



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FROM COAST TO COUNTRY

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(with a hint of school renovations)

### Triple J's One Night Stand Up

On Saturday the 31<sup>st</sup> of August Triple J hosted a comedy pre-show for the One Night Stand. The event was the first comedy show held by Triple J. The event started at 6:30 and ran for 2 hours. The night was filmed by the ABC to be aired on TV the next night. The show was very successful with a wonderful line up of comedians. Becky Lucas, Michael Hing, Gen Fricker (Triple J) and Craig Quartermaine did a set each. The night was full of laughs and hilarious stories from each of the comedians. Triple J's Veronica and Lewis hosted the night and kept the whole crowd entertained throughout the breaks. Before the night Triple J did a search for anyone in St Helens with a special skill. They quickly found their talent, Nick James, the local karaoke champion. So the night started off with a St Helens twist on the classic *I Wanna Dance with Somebody*. This led to a continuous theme throughout the night with many jokes about St Helens. All in all the night was a great event by Triple J and a wonderful opportunity for the east coast.

**Elise Sliskovic**

### School renos!

School Renovations Update: St Marys school has been going through many changes this year, and, finally we have reaped the reward. The reward being the first glimpses of the new office area. With work starting on the new classrooms and the hall/drama space. Great work everyone and we cannot wait for the finished product.

**Amy Norris**

### The true heroes of Triple J's One Night Stand

The Triple J One Night Stand was an awesome event that occurred on September 1<sup>st</sup>. The atmosphere was crazy. There were thousands of people all over the football ground dancing, singing and having the best time! However, some people were not there to have fun, some people were there to look after the others who could not look after themselves. These people were from St John Ambulance. There was a tent set up next to the stage for people who had injuries or were not feeling well. They worked extremely hard to accommodate everyone and make sure that everybody was hydrated, warm and safe. Without St John, many people could have been seriously injured and hurt. We are very grateful for St John being there to support St Helens during the One Night Stand and hope we have many more, awesome opportunities like this one!

**Dakotah Thomson**

We'd also like to thank all the SES volunteers from Hobart, who had to stay in the cold for long hours as they kept our roads safe and for all the volunteers who had to stay at home and be on call. You guys were the superheroes of the One Night Stand.

**Amy Norris**

***Check in next fortnight's edition for exclusive backstage interviews with the artists from the One Night Stand!***

# Hilly's IGA St Marys

Open 7 days a week



*'think Hilly's, think convenience'*

Pizzas made wholly in house,  
ready to cook.

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made fresh in-store.

Succulent BBQ Chickens  
cooked to perfection.

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and hot chips available 7 days.



## Hilly's IGA St Marys and St Helens

*'we stand for fresh'*

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oils - watercolours -

pen and ink - sketches - etchings

photography

ceramics

sculpture - tribal carvings

jewellery

hand made soaps

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### Strange Careers:

#### 1. The 'knocker-upper'

What did people do before iPhone alarms to wake them up in the morning? They employed a 'knocker-upper'. The knocker-upper was paid to wake people. They would use a truncheon to tap on the door or, if on an upper floor, a peashooter to send these little missiles to tap on the windows. The activities were repeated until the person was up for work... there was no snooze button!

#### 2. The 'battledore maker'

Often the word to describe the occupation gives no clue at all to its meaning. Take for instance a 'battledore maker'. This job had nothing to do with battles, or doors, but was the art of making beaters, usually from cane or reed, to remove dust from cloths or floor mats. It appears to have been a seasonal job undertaken around the time of a spring clean.

#### 3. The 'scourger'

In the 1822 muster, there were five 'scourgers' working in the colony. Their role? To wield the whips over any misbehaving colonist sentenced to receive the lash. There was one for each district in New South Wales at the time: John Roach worked in Sydney, William Reynolds at Windsor, William Yates at Liverpool, James Walton at Parramatta and William Edwards at Argyleshire.

#### 4. The 'pettifogger'

The origin of some surnames harks back to our ancestors' occupations. Ones such as 'Taylor' (a spelling variation of the occupation of tailor), and Cartwright (a maker of carts) are fairly simple and self-explanatory. But you may not be so happy to have the surname 'Pettifogger' – it meant you worked as a dodgy or shyster lawyer.

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

**GP Surgery Hours**

**Monday - Friday**

**8:50 - 10am**

(10 -10:30am reception closed)

**10:30am - 12.30pm**

(1:00 - 1:30pm reception closed)

**1:30 - 3:00pm**

(3:00 - 3:30pm Reception closed)

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

**Pathology Service– Bloods**

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

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

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

**Scripts and Doctors Appointments**

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

**Please be patient**

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

**Non Attendance of Doctor's Appointments**

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

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

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

Waiting periods can apply.

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

Please inform reception when booking

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

**Doctors Roster**

**Dr C. Latt**

17/9/18– 28/9/18

**Dr K. Rawnsley**

14/9, 18/9, 21/9 & 25/9/2018

**Dr Oxlee**

13/9/18-14/9/18

**Dr Reeckman**

Women's Health Clinic

13/9/18

**IN A EMERGENCY**

**PHONE 000**

**AMBULANCE, FIRE & POLICE**

**St Marys General Practice reminder**

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

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

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

September 13 **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**

September 14 **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 17 **Physiotherapist**– Patrea Zacher for appointments please see your GP or Health Professional for a referral.

September 18 **Anglicare**– Mark 11:00am-12:00pm

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

**HUB4HEALTH Annual General Meeting**  
6:00pm-8:00pm in the Day Room.

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

September 19 **Social Worker**- Shan Williams  
For appointments phone 6387 5555

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

**Diabetes Prevention and Screening**–  
8:30am-5:00pm

September 20 **2nd Bite Delivery**

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

**Chronic Disease Pain Management Course** 2:00pm– 4:30pm

September 21 **Social Worker** Shan Williams  
Call 6387 5555 for appointments

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

September 24 **Physiotherapist**– Patrea Zacher for appointments please see your GP or Health Professional for a referral.

September 25 **Child Health Session**– Mary Mumford by appointment only. Phone 0428 136 381

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

September 26 **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.

September 27 **2nd Bite Delivery**

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

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

**Chronic Disease Pain Management Course** 2:00pm– 4:30pm

September 28 **Physiotherapist**– Patrea Zacher for appointments please see your GP or Health professional for a referral.

**Social Worker**- Shan Williams

### 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-Rawsnley will be the GP's during that week.

### 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.



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**

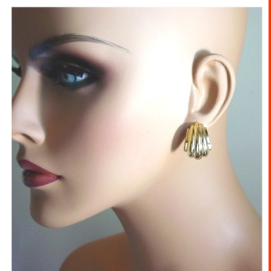
Main Street St Marys

Ph 6372 2844

***Kodak prints from 45¢***

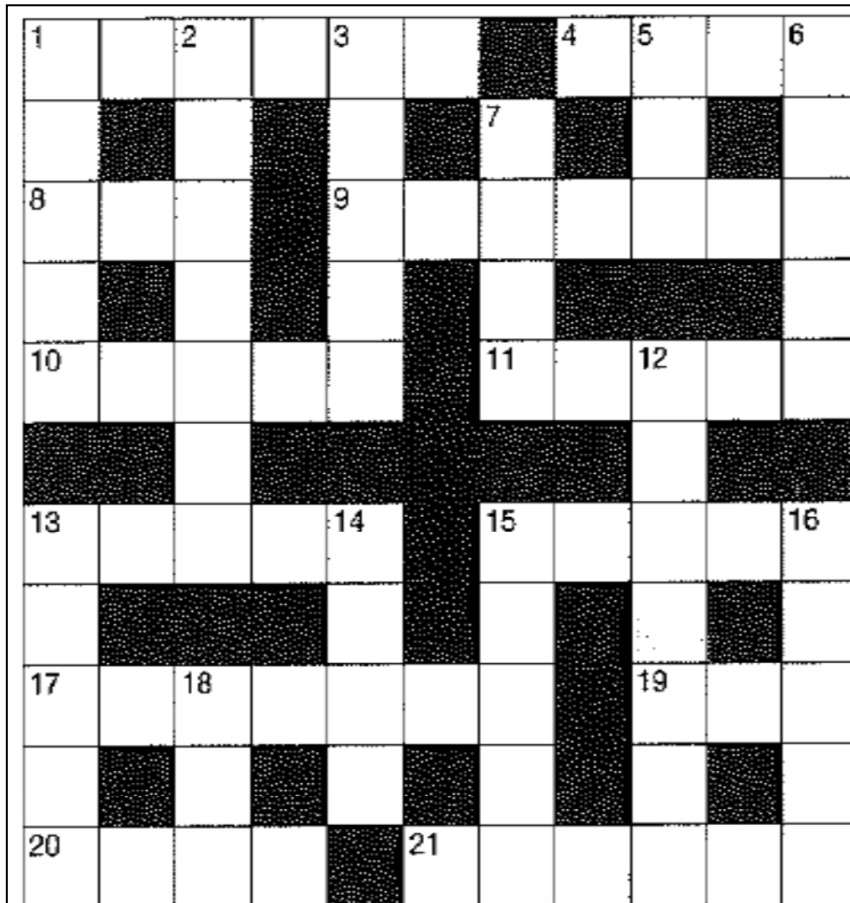
Ear piercing \$27

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



***Pharmacist in store***

***Monday to Friday***



### Across

- 1 Earliest (6)
- 4 Snow blades (4)
- 8 Smoker's item (3)
- 9 Ending (7)
- 10 Taxes (5)
- 11 Dominant animal in a pack (5)
- 13 Men (5)
- 15 Dazes (5)
- 17 Verify (7)
- 19 Gunk (3)
- 20 Weeps (4)
- 21 Attic room (6)

### Down

- 1 Academy award (5)
- 2 Made up of 0s and 1s (7)
- 3 Cults (5)
- 5 Japanese carp (3)
- 6 Maths summation symbol (5)
- 7 Dad (4)
- 12 Sink unblocker (7)
- 13 Heavy clubs (5)
- 14 Svelte (4)
- 15 Ballroom dance (5)
- 16 Yell (5)
- 18 Pen point (3)

## Harris Funerals

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*We are here when you need us.  
Burial or cremation, traditional or  
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### Office & Chapel:

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**6376 1153 ~ 0418 133 420**  
[tamara@harrisfunerals.com.au](mailto:tamara@harrisfunerals.com.au)

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**Free delivery in St Marys area.**

—

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—

**Moo Poo See Normie**

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—

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**BAS RETURNS, PAYROLL, XERO, MYOB and QUICKBOOKS SET UP**

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

## **A pets Tail (tale)- A Story of Lucy and Mrs Puss**

**(Part one)**

Once upon a time when we, my family, rented a beautiful old Georgian house on a farming property. We had a little dog named Lucy who looked a bit like a corgi but I thought she should be properly named as a Corgi– Heinz, Heinz being any one of 57 varieties. She was very affectionate towards our kids and they in turn returned that affection. We also had a cat that was named by the children, "Mrs Puss." Now Mrs Puss was adventurous and also affectionate. She thought that Lucy was her own personal plaything. Whenever Lucy settled down for a rest (such a tough dogs life) Mrs Puss would settle down leaning against her. Lucy would eye her with considerable suspicion because if she moved at all Mrs Puss would pounce thinking that Lucy was inviting her to play. It would always end up in a kind of scuffle with Lucy on the receiving end.

Now although the old house was of Georgian design it also had weatherboard extension which consisted of a large kitchen, with an AGA stove, a small living room with an open fire. A fairly dark pantry joined the kitchen and living room. The fire in the living room made the room snug and warm when it was lit. and I used to gather the wood from fallen dead timber on the property. It was particularly comfortable in winter when it was miserable outside but warm and cosy inside.

The pantry was not well lit. Mrs Puss thought it was great fun to wait for Lucy to amble slowly in to the living room from the kitchen. When Lucy was just inside the Pantry she would jump out at Lucy with her legs extended like a small Tiger. Lucy was not amused, in fact, she was terrified by the shenanigans of Mrs Puss. She was always nervous when Mrs Puss was anywhere near always giving sideways glance towards the cat every few moments. Eventually there seemed to be a kind of truce between them.

**Mike Brouder**



# C & D EXCAVATIONS

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- On sight screener 20mm - 75mm.
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- Compaction roller.
- Wheel loader.

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**St Marys**

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HOUSE RESTAURANT**

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St Helens clinic on 6376 1577*

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3  1  2 

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4 The Flat St Marys

3  1  4 

\$210,000



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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

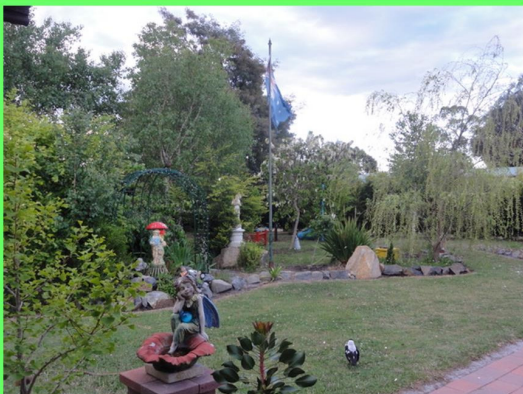
### Seniors' Week

Scamander Open Garden

Thursday 18th October 10-2pm

**Theme: Food Glorious Food**

Visitors are welcome to bring produce/ preserves or plants for a swap table and please enjoy a BYO picnic in the garden setting with family and friends.



### 31 Upper Scamander Road

Turn off highway almost opposite Winifred Curtis Reserve. If you get to Eureka Farm you've gone too far. Look for big red letter box on left coming up hill. Park outside long green shed.

Entry by Gold Coin Donation

For more information E: [admin@hub4health.org.au](mailto:admin@hub4health.org.au)



### Are you interested in trying a Pilates class?

Hub4Health are looking for Expression of Interest for anyone interested in joining a new general level pilates class at the **Active4Life Gym in St Marys**



Pilates is a system of exercise that strengthens and stretches muscles whilst promoting constant awareness of correct postural alignment. Exercising with postural awareness encourages muscles to support joints in their ideal position, helping alleviate pain and tension associated with musculo-skeletal misalignment.

Pilates helps the body feel more supported and balanced when performing everyday tasks, decreasing the risk of injury and unnecessary strain.

Please contact us at [admin@hub4health.org.au](mailto:admin@hub4health.org.au) for more info or put your name down on the EOJ list at the gym.



### St Marys 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**



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## 11-18 September

Pattie party pies & Sausage rolls	12pk	<b>\$3.55</b>
Heinz baked beans & spaghetti	555g	<b>\$1.25</b>
Safe long rolls toilet tissue	12 pk	<b>\$4.99</b>
Monster energy drink	4pk	<b>\$5.99</b>
Multix tidy bags	30-35s	<b>\$1.00</b>
Mars medium bars	35-55g	<b>\$1.00</b>
Crumpet splits	6 pk	<b>\$1.89</b>
Coke varieties	375 ml 10 pk	<b>\$6.99</b>

## 19-25 September

Peters ice cream varieties	2lt	<b>\$2.99</b>
Whiskas Varieties	1kg	<b>\$3.99</b>
Maggi 2 minute noodles	5pk	<b>\$2.99</b>
Berri pump pet varieties	750ml	<b>\$1.99</b>
Arnotts Biscuit varieties		<b>\$1.99</b>
J/W tuna tempters 95g		<b>\$1.39</b>

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**DORITOS SHAPES \$1.99**

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Hilly's IGA St Helens	St Marys Newsagency
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Printed and published by  
Fingal Valley Neighbourhood  
House Inc  
PO Box 322  
Fingal Tasmania 7214

