



# THE VALLEY AND EAST COAST VOICE

Established 1968

50.34 September 27h 2018

Deadline for 50.35 is October 8th 2018



## “WE NEED YOUR HELP”

In 2016 the government were contemplating closing the Online Access Centres in the state. The communities rallied and thankfully we got a grant to cover basic costs for three years.

Well the time is up in June and the government once again are making a decision on whether we are no longer required. The Online Centres went from 64 in the state to 20 and now could be zero.

Jen Butler MP fought tooth and nail for our survival back then and she has stepped up to help us again. If you have used your local centre you would know the kind of service we provide, it is not just Internet Access, we assist with form filling, resume building, computer literacy and so on.

I noted in the latest minutes, Council were contemplating whether it was worth supporting relocating the St Marys Online Access Centre, when as reported in The Examiner, Cllr Le Fevre stated *“there was no point in looking for a new location if the online access centre was going to be phased out.”* with that kind of apathetic attitude we will lose the battle, hopefully not everyone thinks the same as some of our Councillors.

We need people to speak up and let the government know you can't keep stripping back community services, we can't all go to Launceston or Hobart to do our banking, online applications etc., we strive to assist the community in all ways possible and should we close there would be a void in service access within the rural communities.

We have started a Facebook page and ask if you could spare a couple of minutes to go online and like our page maybe the next time you are visiting your Online Access Centre. The address is <https://www.facebook.com/loveyourtasaoac/>.

20% of our population is still without internet access, the majority of these are in areas serviced by the community managed OAC's, the rest of the centres are all located in marginalised/regional areas of Tasmania with small populations and high disadvantaged indicators, why would the government consider dismantling a service which is obviously still an asset within the area .

There are three centres within the municipality and without the government funding they would not be able to continue their mission of being “ a *community-focussed public computing facility providing equitable supported access to online services, information and lifelong learning in accordance with State Government strategic directions and local needs.*”



Editor: Keri Webb

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## Advertising rates 2018

Business card size ads \$15    ½ page ads \$40  
Intermediate ads \$18    Full page ads \$60  
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

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Digital Mobile Phone Emergency Service 112

Poisons Information 13 1126

SES Flood & Storm emergencies 13 2500

TasNetworks 13 2004

TasWater 13 6992

Opinions in any letters published are not necessarily those of the Editor and committee, or volunteer staff.

Our pages remain open to fair and honest criticism so that on all questions both sides may be presented, but any submissions containing personal attacks / libel / slander will not be accepted.

Kindly do not attack the editor, the paper or the authors of previous articles.

All articles for submission must bear the author's name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only.

Letter writers will be given the chance to respond over a suitable period of time.

Subjects may be closed at the editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam.

Articles most commonly published are those relating to current community issues.

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary.

All letters/emails must include your full name, address and contact phone number.

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



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

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

Sept 27 Judy Bucket

28 Ruth Aulich

Oct 1 Val Spencer

2 Pam Bretz

3 Louise Keady

4 Manfred Jogis

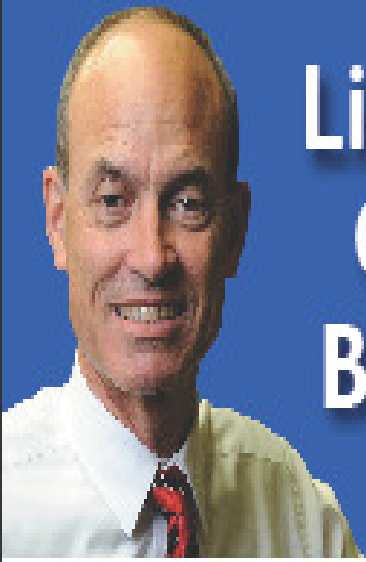
5 Kerry Veldum

8 Val Spencer

9 Pam Bretz


10 Freya Wynter

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




**Listening Caring Building**

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

 find me on Facebook

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



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**WISE WORDS TO VOTE BY:**

**IF YOU NEVER SEE THEM  
AND THEY NEED GPS TO  
FIND WHERE YOU LIVE**

**WHY WOULD YOU VOTE FOR THEM?**



## U3A Creative Writing Group -FVNH

The next get together of this group will be held at  
**FVNH Library Room Friday October 5<sup>th</sup> 10.30am**

The task topic for this month is  
“My Journey to The Valley” – an autobiographical piece.  
Morning tea provided. All welcome.



## **Vote 1 Bill Manning for Deputy Mayor**

## **Vote 1 Bill Manning for Councillor**

Bill Manning  
0448 722 195

[fourmile18@gmail.com](mailto:fourmile18@gmail.com)

Facebook page – <https://www.facebook.com/voteoneBillManning>

My name is Bill Manning, married with two adult children. I live at Four Mile Creek and have done so for many years. I am asking for your vote for Deputy Mayor and/or Councillor. I have insurmountable experience that I can bring to the Break O'Day Council:

- 35 years as a Technical Forester with Forestry Commission, Native Forest Management, Compliance of Forest Practices on private property, and Workplace Standards. I specialised in management of native forest harvesting, fire management, road construction, forest regeneration and long term forest management planning;
- Represented several community based groups in a voluntary capacity on planning appeals and scheme amendments;
- Represented the Four Mile Creek community and other coastal communities on planning schemes, for 35 years and currently support the Planning Matters Alliance Tasmania group;
- I have a broad and high level experience in Forest and Coastal Management as a practitioner in forests and a user of coastal resources;
- I have an excellent understanding of the Break O'Day Planning Scheme 2013 and land management issues on State and Private property;

My aim if elected is to bring greater transparency, accountability and truth tested evidence based assessments on all council decisions. Key areas I would like to see changed are:

- Zero rates for pensioners;
- A new swimming pool at St Helens, fully enclosed 25 to 50 meter heated pool;
- Introduction of a solar panel rebate purchase system similar to the southern based councils innovative model;
- Well planned and maintained dog parks and access to off lead beaches are a priority for me as a dog owner;
- Increase in outdoor staff including a full time Dog Ranger, full time weeds officer and a full time Community Liaison Officer;
- Against the sinking of the boat in Skeleton Bay because of the toxic chemicals on board;
- Against the selling of our land to foreign investors;
- Amalgamation of Councils with an inquiry into the roles and responsibilities of all staff.

I also support the current prohibition of subdivisions one kilometre from the coast and strata titling of units outside of the main centres of St Helens and St Marys.

*If elected I would ensure that all councillors consult widely with community groups, ratepayers and residents in a transparent manner. I am passionate about the BODC community and will work hard in ensuring everyone gets a fair go and are part of the decision making process for their township. I want us to be leading and a bit more creative. It's time for us to start thinking 10 years ahead and think about local issues.*

If you want **change** please Vote No 1. Bill Manning for Deputy Mayor/Councillor.



## THE MINOR REPORT

FROM COAST TO COUNTRY

### Interviews with Pat and Ben

## Triple J's One Night Stand Interviews

Here at the Minor Report we did more than just fight our way through a crowd of 25 000 people to get into the one night stand, we went backstage and chatted to the artists! Some of us here at the Minor Report had the privilege of interviewing Ben Woolner from SAFIA and Pat Broxton from the Sleepyheads on everything from high school antics to struggles in the music industry!

*First we rang up Pat Broxton and talked about the music industry in Tassie. For those that aren't in the loop, Pat's band, The Sleepyheads took out Triple J's unearthed competition to perform at the One Night Stand in St Helens. Pat was a super chill dude and gave us great insight into the music industry in our state!*

***Are there any artists who have influenced your style of music in any way?***

*Yeah I feel like the Sleepyheads music is inspired by a lot of local bands like Luca Brasi and stuff. Luca Brasi were a big one for me, personally. That's how I sort of kinda got into like a lot of the Australian punk stuff and like luca brasi then led on to the smith street band and they became one of my favourite bands and yeah it kinda went on from there.*

***You've said that they influenced your style of music, what made you get into the music industry?***

*I've always sort of played music, like I started playing piano when I was like five or something, and then went onto playing the guitar when I was about ten. I've always been in bands all throughout high school. I started playing in bands when I was in grade seven and it continued in bands all the way through high school, with Sleepyhead's bass player, Cam. We went to high school together, so we've been playing together since about grade nine. It led on from there and I started playing acoustically through our town and stuff when I turned eighteen and it all started to snowball from there.*

***When you were in high school with your band did you perform any gigs?***

*It was really only school performances in high school, like battle of the bands and rock challenges and stuff. Once I got into college we actually ended up playing a few gigs down at Hobart, at this thing that used to be on down in Hobart called Damage. Damage was like a punk rock night they had once a month or something. Since we were all seventeen we had to leave as soon as we played but that's sort of where I started gigging outside of school performances.*

*Continued next page*



**Did you have any challenges getting your music out? Was anyone critical or was everyone positive?**

*Everyone was really supportive, I think that's the thing with younger bands that come through. I think it's all about sort of supporting them from the get go because that's how a lot of new bands form.*

**Do you have any tips for new musicians in Tasmania?**

*I'd probably say go to as many shows as you can and try to support as many people as you can because it all comes back around again. Luca Brasi were one of the first gigs I went to when I turned eighteen and now I've seen them like twenty-something times and then for our last EP, Tyler [from Luca Brasi] ended up singing on one of our songs. It all comes back around if you're just supporting everybody.*

**You've performed at festivals before, how do you think the One Night Stand will be different?**

*With festivals you kind of rock up twenty minutes before you're about to go on and then you play, come off and then you go and do your own thing but I think the One Night Stand is going to be different. All the artists are there from around twelve o'clock or something and everyone's going to hang out a bit more. I think it's going to be a bit more of a communal thing.*

**How did releasing such a successful debut ep effect your career?**

*I think we were really lucky for our very first EP. Before we got onto our label we recorded that EP in my house, and that got a lot more traction than I was expecting, and we actually signed to our label in WA called penultimate records. So when we did the three track EP, Be More Optimistic that promotion stuff really*

*helped us. It got us all the Spotify streams and everything like that, and I think having such a good launch and everything right from the start was really helpful for us.*

**What do you as a band want to be remembered for?**

*I think, individually and as a band, we want to be a band that gets along with everybody. There's a lot of weird competition that sometimes happens in a small community and the small music scene and I feel like we want to try and combat that a little bit and just get everyone working together because I think that it just works better for everybody that way.*

**Last question, what's your favourite food?**

*That's a big one, probably the hardest question out of all. I'm really into ham and cheese croissants at the moment, that's the thing at the moment. I work at a record shop in town that's attached to a café and they have them there so I'm just always there.*

*After talking to Pat Broxton from the Sleepyheads, the Minor Report travelled to Gate B of the One Night Stand where we met the lovely Rhosian from Triple J who took us backstage ready to interview Ben Woolner from SAFIA. Ben was great company and a really laid-back guy who answered all of the Minor Report's "When you were sixteen" style questions!*

**What was the music program like at your school?**

*It was good and bad. I went to a private school in Canberra so it was a very structured music program, I always felt a bit outside of the system, but also there were one or two teachers who were amazing.*

*Continued next page*



FROM COAST TO COUNTRY

*It was those two teachers that were the really inspiring ones that*

*would always try and work around to get us times to practice. Because it was a very structural thing. There were times for jazz band and times for classical music and time for choir, but rock bands didn't really have a place in this fit. We were playing rock music and stuff like that.*

*But yeah there were a few young guys and some really inspiring teachers there that picked up that we were very passionate about what we did but didn't really have an outlet to do it in. So they kind of mentored us in that state and I'm still good friends with some of them.*

*I went to one of their weddings a while ago and we still catch up for beers occasionally so they've been great mentors and now good friends.*

**How many times would you say you wagged class and headed down to the music room?**

*I used to but, you know, strategically... classes that I didn't really need to be at. But we also had free periods so a lot of those times I'd go off and just jam in those times as well. So allocated wagging time.*

**When you were sixteen, who were your musical influences?**

*I might have been going through my emo phase. I was into a broad range of stuff but I think particularly at that time, because I was especially into learning guitar, I played a lot of that stuff. A lot of rock groups, a lot of Australian progressive rock, and also because at that age you just want to cover music and play songs you like from that whole range from like eighties into early noughties progressive rock stuff.*

**What struggles did you go through getting into the music industry?**

*I came from a small community, not dissimilar to here, sort of seven to eight years ago in Canberra and there's no industry there really, so I don't think I really expected to get in the music industry. I wanted to be involved in music and so I always took the pragmatic approach, studied sound engineering and was like "I'll be a sound guy" and I'll do music as a passion because I want to do it because I love it, I wasn't too concerned if I could break through or not.*

*Then Triple J played our songs and gave us a little confidence boost and we kept following and just taking gradual steps and we're somehow still around getting to play gigs, tagging along. So I don't know, I was always trying, writing music and trying to put it out with low expectations.*

**What advice would you give to your sixteen year old self?**

*Jeez, be less angry, and maybe be a little more considerate of other people, but I was being a teenager you know. I'd probably say if you want to do something work at getting yourself the best you can be at that thing, hone in. I think I found that out in the previous years. Work out what you like and make sure you're the best version of that that you can be and then hopefully it'll work.*

**One last question, probably the hardest, what's your favourite food?**

*I love Japanese food, I tend to go in waves but right now, Japanese food.*



## THE SAY by "CAGERATTLER"

The other day and some time back the topic of things said or written incorrectly came up in conversation. Some terminologies and definitions referring to things around us was mentioned too. I'll throw some at you for an example . Some say "I play AFL" or similar. Unless that person is an incredibly well known elite player from one of 18 clubs in the national competition ...no . Should be "I play Australian Rules or Aussie Rules " That's the game, the former is the ultimate league they play in. "There's a train" when they see a picture of a rail power unit. They are locomotives of course not trains although it could be said to be a train when rolling stock is featured ..The 'train' is actually that. Then some go to the "ATM machine " Hmmm...

Our U.S. friends will "sorder" a wiring joint when they spell the word like we do with a solder job . They'll buy a tuna fish sandwich with cash money but then again why we say 'leftenant' when it's spelled lieutenant is equally bewildering. We're a funny mob us Strayans in that regard too .

As each year passes the good old dictionaries get new words added because they become part of what we say on a daily basis. A couple of classic examples are google/googling/googled and facebook/facebooking/facebooked etc. which are products of evolving technology. Then of course megabytes, gigabytes and so on along with many other cyber words relatively new to the world .

Definitely not claiming to spell especially well but another niggle for me is bad basic spelling. Some spelling I see these days beggars belief and I often wonder whether a lot of this is caused by near enough is good enough courtesy of texting/messaging via our phones these days. Our dear old Mum had great pride in good spelling and being a librarian and a love of reading books certainly engendered that. Similarly she appreciated good grammar too. I even recall some early "Ttttt's" from Mum when reading the Valley Voice all those years ago when spotting some glaring errors. Different times of course but when we were young kids for word based subjects, reading, hand writing, comprehension were a big thing, especially in Primary School. In Secondary years studies headed more toward more potential vocational avenues including woodwork/metalwork/ tech drawing / typing / home arts etc. along with core subjects. The computer based subjects across a vast field of opportunities these days have changed the landscape and it wouldn't be fair and equitable to compare these different times. That said correct terms and calling things by the right names can't be a bad thing and a bit of effort when it comes to spelling is surely a good thing . Hopefully this will always be the case for both young and old folk alike.

What do you think ?

## Time for a change

How many times have I seen drivers change lanes without bothering to indicate. It seems such a simple and common-sense thing to do , to inform other drivers of what you intend to do. Mind you, even if you do signal it doesn't give the right to change lanes immediately. You can only do that when it is safe for you and other drivers that you can legally change lanes. All drivers are guilty at times and it only takes one of those times to be a disaster. I can only guess what their reasoning is. Perhaps it is that changing lanes is such an obvious choice , particularly in overtaking areas . It is true that changing lanes out of overtaking lanes is perhaps obvious. However, it is still important to let other drivers know WHEN you wish to change lanes . Some drivers who should know better are some Big Truck drivers . The vast majority of these drivers are as professional as they are meant to be but there are some who let the side down, which is disappointing.

The basis of this observation is that we must show courtesy to other drivers .

**ALL of us.**

## LETTER TO THE EDITOR

To Whom it may Concern,

I wish to inform the residents, ratepayers and voters of Break O'Day Municipality that after serving nine years as Councillor (including three years as Deputy Mayor), I will not be standing for Council this upcoming election.

Although I have very much enjoyed being a Councillor, and feel much has been achieved during my time on Council, at times I have felt frustrated and ashamed at the attitudes and behaviours of some of my colleagues, such as bullying, disparagement of certain sectors of the community, sexist, racist and inappropriate comments. Therefore, I urge voters to carefully consider who they are voting for in the October election.

I have decided I need to take a break to refresh and revive myself due to the arduous and challenging role as Councillor, and I look forward to spending more time with my husband Ross and daughter Victoria.

I thank all who have supported and encouraged me during my time on council. In particular, I appreciate the support from my family and friends over the years.

I will certainly miss serving my community through the Council, and wish the new 'to be elected' Council well.

Sincerely, Hannah

Hannah Rubenach-Quinn - Councillor, Break O'Day Council

Editors Note:

The Committee and Staff of the Fingal Valley Neighbourhood House and Valley Voice wish to thank Councillor Rubenach-Quinn for all the support and work she has done for the community especially Fingal for the last 9 years.

We wish you the best of everything in your future role, you are a credit to your family and hopefully we will continue to see you at our functions.

To Whom it may Concern

In 2011, 2012, 2013 (motion number—02/11.13.2.29) our local council propose converting part of our railway easement, that section between St, Marys and Cornwall, to a walking track. The council will not be proceeding with this.

For many years several individuals and groups have lobbied to have the St. Mays to Fingal railway easement converted to a walking, riding for the disabled and a cycling trail, (not mountain biking).

Federal monies were available for the conversion of redundant railway lines to such use, this council did not avail themselves of the funds; Victorian councils made much use of the money and now has a fine and expanding network of trails. We have a Trails Project Manager instead.

We will however have mountain bike tracks in and around St Helens.

Yours Faithfully,

Neil Capill.

## A Story of Lucy and Mrs Puss.....Part two

The time came when the owner of the old house wanted it back for one of his sons who was relocating to a new job, back to Southern Tasmania. We found a house in Bicheno and bought it. Of course, Lucy and Mrs Puss came with us. Lucy wasn't phased by the move but Mrs Puss was a different matter. She, we kept inside for a couple of days until she knew that we were staying together. Our imperious cat also had a routine which she imposed on me. We had built a terrace at the front of the house, because it was so steeply sloped, out of old sleepers and earth. When I arrived home in the evening after a trip to town or whatever Mrs Puss would come running along the sleepers and insist that our noses touched. Mind you I was always conscious that my neighbours might see this routine. However once the celebration was complete she would make her way back to the house with her tail straight up in the air. Lucy loved to sit on our drive to watch movement around but mostly to enjoy the sun. Our House was very close to a sharp bend. One day some idiot driver came round the bend much too quickly and ran over Lucy. A kind neighbour came to my door with Lucy in his arms. I was horrified and rang the vet immediately who said to bring her straight away. I put her in a cardboard box on an old jumper of mine to give her a familiar smell. I talked to her all the way to St Helens but by the time I arrived she had died. The vet asked me if I would like him to bury her. I thanked him and said that I knew the spot to bury her in my back garden. There was a spot in the top corner where she would sit in the sun in the morning.

Mrs Puss acted like a cat. She was in her own world. She was an affectionate little animal and at night she would jump onto my bed and lay down near me giving out very loud purrs, which was of course a dead give-away. Sometimes I was too tired to move her off my bed. Other times I would shoo her away but when I awoke in the morning, sure enough, she was back. One Easter night I was watching TV in a half-dozing state when Mrs Puss came and rubbed herself against my legs. I bent down and gave her a pat. She lay down under my chair and gave a small cough." You right?" I asked as you do to a pet. When I got out of my chair to make a hot drink I saw that all was not OK with Mrs Puss. She had died under the chair. I like to think that she had chosen a safe spot under my chair for her last moments. Maybe or maybe not I knew that Mrs Puss would have to be buried next to Lucy. If there is a pet heaven then they could play and be the best companions ever.

Michael Brouder

### Pure Corn

What do you call a bear with no ears ? B

Why couldn't the pony sing himself a lullaby?  
He was a little hoarse

What did the janitor say when he jumped out of the closet?

Supplies

Why did the man with one hand cross the road?

To get to the second hand shop  
What do you call a belt with a watch on it?

A waist of time

What do you call a sleeping bull?

A bulldozer

What is the best day to go to the beach?

Sunday , of course

### Bottleshop, Bar and Bistro open daily

**Meals: Lunch 12-2pm, Dinner 6pm-8pm .**

**Every day**

**New Spring/Summer Menu starts Monday**

**1st October 2018**

#### **In House Specials while stocks last!**

Canadian Club and Jim Beam cans.....	10pack.....	\$40.00
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UDL varieties.....	6 pack.....	\$20.00

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(Duncan's Bottle shop specials change monthly)

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Boags Premium Stubbies		ctn. ....	\$50.00



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# time + tide workshop



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# Vote 1 for Councillor **JANET DRUMMOND**



Authorised by: Rodney Drummond, 121 Lower Germantown Road, St Marys TAS 7215



## Renting and the LAW

ALL YOU NEED TO KNOW

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### COMMUNITY INFORMATION SESSION

Fingal Valley Neighbourhood House  
OLD TASMANIAN HOTEL

**10am** Wednesday

**3 October 2018**

Phone 63341577 for more information

**All welcome**



Fingal Valley  
Neighbourhood House

## 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.**

**PLEASE VOTE 1**

**MICK TUCKER**  
*for both*



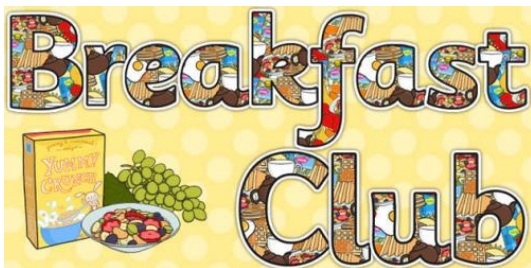
**MAYOR & COUNCILLOR**

**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

## St Marys District School



### Collection Point St Marys Op Shop

Non-perishable foods - Oats, Cereal, Muesli, Baked Beans, Canned Spaghetti, Canned Fruit, Vegemite, and Honey etc. all welcomed here

So, next time your shopping throw an extra item or two into your basket and then bring them up to the Op Shop

## Surf Coast Realty

Ph: (03) 6372 5321

Suite 1/ 158 Scamander Ave,



### Your Independent, Locally Owned & Operated Real Estate Agency!

- ⇒ Extensive market knowledge, sales evidence & personalised, caring service.
- ⇒ Window displays in Scamander, St Marys, St Helens and Bicheno.
- ⇒ Specialised website & social media sites designed to showcase & promote our properties as well as the wonderful East Coast lifestyle.

If you are thinking of buying or selling then please contact your area specialists, Surf Coast Realty for market advice or an obligation free appraisal of your property.

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

Honest

Reliable

Professional

# OUT OF THE WOODWORK

## WENDY BRENNAN SECRETARY

637 22094

Lot 1 Esk Highway St Marys



Results of Woodguild AGM held on the 19<sup>th</sup> September were as follows.

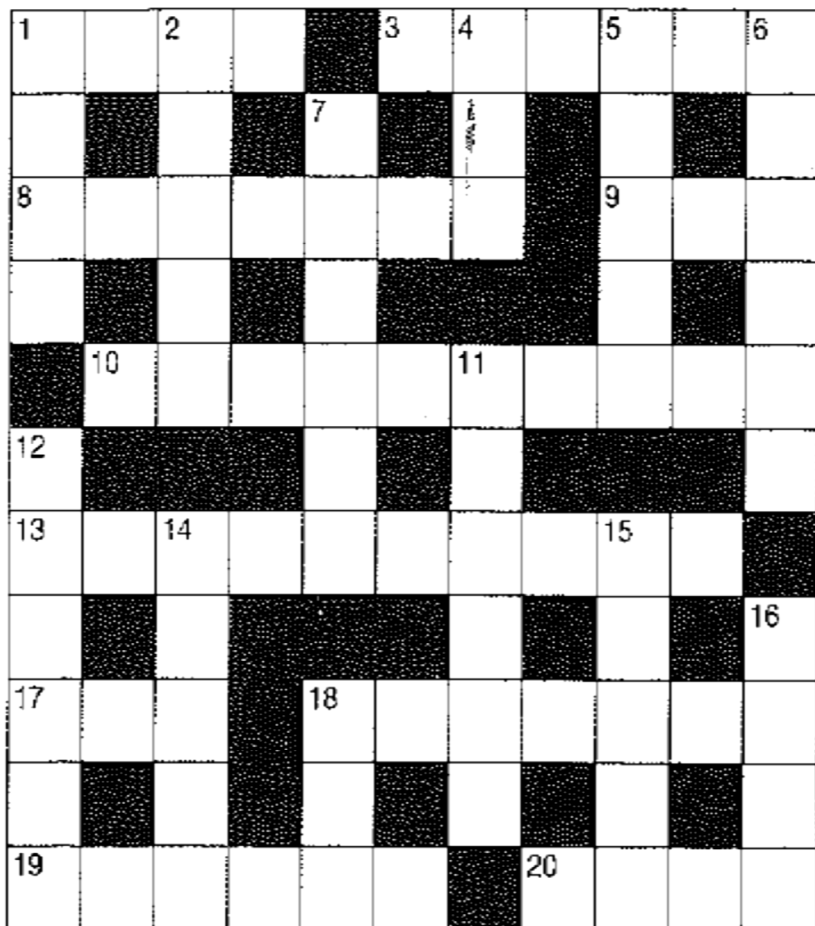
President/Treasurer Reon Johns, Secretary/Public Officer Wendy Brennan.

Committee members, Col Mackenzie, Dave Baker, Geoff Springer, Tom Brady, Chris Ogden and Bruce Glatte.



I was asked recently why our flag was lowered. It was with great sadness that we learnt that our friend and cooper George Marki had passed away. Hence the picture of this artisans clever barrel making skill which George learnt in Hungary. To all his family in Sydney we offer our heartfelt condolences.

The other picture is some of the motley crew!

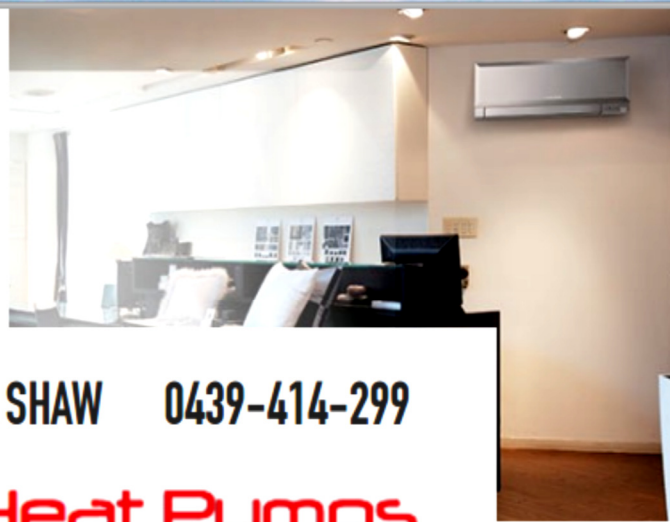


### Across

- 1 Toffs (4)
- 3 Self-service meal (6)
- 8 Type of international post (7)
- 9 Windows application file (3)
- 10 Dried (10)
- 13 Changes (10)
- 17 Help (3)
- 18 Sways back and forth (7)
- 19 Chore (6)
- 20 Large group (4)

### Down

- 1 Tidy (4)
- 2 Endured (5)
- 4 Web address (inits) (3)
- 5 Navy (5)
- 6 Fashions (6)
- 7 Nuns' garments (6)
- 11 Less far away (6)
- 12 Relaxed (2,4)
- 14 Common European viper (5)
- 15 'Balderdash!' (2,3)
- 16 Pallid (4)
- 18 A hundred (3)



**NICK SHAW 0439-414-299**

**Coastal Heat Pumps  
& Solar**

Lic no. L076081  
Lic no. A4155228

**Specialising in both Domestic and Commercial projects**

**Tax deductible for business**

**Tier 1 supplier, for the best quality solar systems**

**1 kW - 100 kW systems available**

**Call us today for a FREE SOLAR QUOTE**

**Already have a quote?**

**WE'LL BEAT IT BY 5%**

**Install one of our leading brands of  
Heat Pumps today and stay WARM this WINTER  
while still staying COOL in SUMMER.**

**-Floor mounted-**

**-Wall mounted-**

**-Fully Ducted systems**

**-up to 18kW**



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**Domestic, Commercial, Industrial**

New houses, wiring and repairs  
Underground mains supply

**Lighting Specialist**

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Supply and install all brands  
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**Solar Installation**

Domestic and business  
1kW to 100kW

Call for a free quote

**Rod Shaw 0407-615-072**

**Nick Shaw 0439-414-299**

24798 Tasman Highway  
St. Helens, Tas. 7216

Email:  
[sth.electrical@gmail.com](mailto:sth.electrical@gmail.com)



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and through the Fingal Valley**

**Lic: 933671**



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**MOUNT ELEPHANT  
PANCAKES™**

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

Try one of our new pancakes,

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

Or one of your old favourites.

Call us on 63722263 or check us out on  
Facebook for more details

**Cheers Mt Elephant Crew**

# Vote 1



## OSBORNE

**Margaret**  
for  
**Councillor**

Authorised by Matt Osborne  
4 MacMichael Tce. St Helens

## All Weed Solutions

ABN 605 6549 5606

Chemical Spraying Specialists

Boom Spray Spot Spray Cut & Paste

Certified, Licensed & Experienced

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**ANY WEED, ANYWHERE!!!**

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**Maurice 0438 081 473**

Email: [allweedsolutions@blgpond.com](mailto:allweedsolutions@blgpond.com)



St John's Wort  
Ragwort

Capeweed

Dandelion

Broadleaf

Dockweed

Boneset

Hawthorn

Thistles

Cumbungi

Bracken Fern  
Willow Trees

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

# Surf Coast Realty

Suite 1, 158 Scamander Ave.

Scamander Tas 7215

**Ph: (03) 6372 5321**

[enquiries@surfcoastrealty.com.au](mailto:enquiries@surfcoastrealty.com.au)

## **Tidy Home – Walk to Town – Set & Forget Investment**



### **4 Hugh Street, St Marys**

- ⇒ Great Home on 1012m2 block within walking distance of St Marys main street.
- ⇒ Consisting of three good size bedrooms with built-ins, open plan kitchen/ dining, lounge, great bathroom, separate laundry, undercover back porch & attached carport.

## **Convenient Location – Solid Investment**



### **33 Main Street, St Marys**

- ⇒ Offering convenient living with its main street location & presenting in wonderful condition. Fantastic value for owner occupiers & investors
- ⇒ This home has been well maintained with 3 large bedrooms, a lovely spacious kitchen, polished floorboards & great undercover deck perfect for entertaining.



**220 Irish Town Rd, St Marys**



**Price: \$215,000**

**Lot 3 Esk Main Road, St Marys**



**Newman Street, St Marys**



**6 Hugh Street, St Marys**

THE OLD TASMANIAN HOTEL  
**COMMUNITY CENTRE**

Proudly serving  
the East Coast and  
Valley community!



**Brian Mitchell MP**  
*Your* Federal Member for Lyons



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

**Labor**  **REBUILD OUR REGIONS**

Authorised by Brian Mitchell MP 53B Main Road Perth



Member of the Australian Cement Group

Energy for Tasmania since 1886  
from the coal rich Fingal Valley

**Reliability**

**Quality**

**Consistency**

The Cornwall Coal Company NL

Esk Highway

Fingal TAS 7214

Phone: 6374 0444

Fax: 6374 2342

## **HAYSHED CAFÉ**

### **COFFEE SHOP HOURS**

**Monday to Friday....8 am to 4pm**  
**Closed weekends**

**Toby's Estate Coffee**

**Fresh Rolls and Sandwiches**  
**made to order**

**Lasagne, Pasta Bakes,**  
**Cakes Slices, Quiches**

**31 Talbot Street , Fingal      Phone:**  
**6374 2171**  
**Fax:      6374 2393**

## **HAYSHED**

### **IGA SUPERMARKET**

**TRADING AS HOLDERS BROS**

#### **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 Op Shop

We would like to thank you for your patience, as our op shop volunteers organise the clothing etc as it arrives at the Neighbourhood House. We appreciate all donations, there will more stock available on the racks as we continue our sorting.

Please note all donations are to be dropped at the Neighbourhood House office not at the op shop door due to our sorting process

Volunteers are most welcome.



# VOTE 1



*Bill* **MANNING**  
COUNCILLOR | DEPUTY MAYOR

## New Take -Away Shop in Fingal

### Chelle's Place

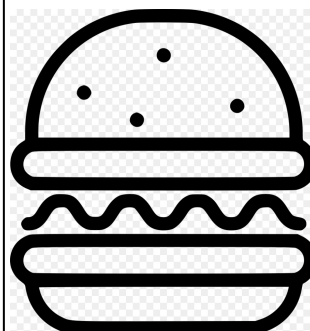
0418 243 822

Delicious Food at amazing prices

Talbot St Fingal

Phone Orders Welcome

Dine In or Takeaway



**Mon—Sat**  
7.30 am—8.30 pm  
**Sun**  
11 am—7 pm

# Hilly's IGA St Marys

Open 7 days a week



*'think Hilly's, think convenience'*

Pizzas made wholly in house,  
ready to cook.

Large range of salads  
made fresh in-store.

Succulent BBQ Chickens  
cooked to perfection.

Cookies fried chicken  
and hot chips available 7 days.



## Hilly's IGA St Marys and St Helens

*'we stand for fresh'*

## KHAYA GALLERY



oils - watercolours -

pen and ink - sketches - etchings

photography

ceramics

sculpture - tribal carvings

jewellery

hand made soaps

27 Talbot Street, Fingal

### Variety Children's Charity of Tasmania- Tas Bash

Come along to a fundraising indoor spit roast to be held at Scamander Beach Hotel Motel Bistro on **Friday 26th October 2018**, to assist Tasmania's children in need.

The theme for the night is Santa by the Sea so dress up if you'd like. Come and view the weird and wonderful Tas Bash cars and drivers prior to enjoying the .

two course meal and live entertainment by Scott Haigh, from about 6pm.

The meal consists of your choice of 3 different roasted meats with accompanying gravies and sauces plus 2 choice of desserts at a cost of \$40 per adult and children (12-17yrs) half price. A donation will be given to The Variety Children's Charity of Tasmania on the night.

Bookings are essential and can be made by phoning 1800 725 255 by Friday October 19th 2018.

**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

**Doctors Roster**

**Public Holiday**

Thursday 11th October– Launceston Show Day

**Dr C. Latt**

27/9/18– 5/10/18

**Dr K. Rawnsley**

5/10, 9/10 & 10/10/2018

**Dr Oxlee**

8/10/18– 12/10/18

**Dr Reeckman**

Women's Health Clinic

27/9/18

**IN A EMERGENCY**

**PHONE 000**

**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 reports

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	1800 008 008
Lifeline - Saving lives, crisis	131 114
St Marys Community Health Centre - please ring before pre-	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 27 **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 28 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

October 1 **Hospital Auxiliary Meeting** 2pm in the Family Room.

October 2 **Anglicare**– Mark 11:00am-12:00pm  
**Max Employment**– 9:00am-3:30pm downstairs.

October 3 **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.

October 4 **2nd Bite Delivery**  
**Social Worker** Shan Williams  
Call 6387 5555 for appointments.  
**Chronic Disease Pain Management Course** 2:00pm– 4:30pm  
**Physiotherapist**– Patrea Zacher for appointments please see your GP or Health Professional for a referral.

October 5 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

October 9 **Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381.  
**Max Employment**– 9:00am-3:30pm downstairs.  
**Physiotherapist**– Patrea Zacher or appointments please see your GP or Health Professional for a referral.

October 10 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

October 11 **Public Holiday**– **Launceston Show Day**. Please see after hours doctor's roster for during this time. Normal Doctor Surgery hours will resume on Friday 12/10/18.

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

October 12 **Social Worker**- Shan Williams

**PUBLIC HOLIDAY**

**Thursday 11 October 2018**

**Launceston Show Day**

Please refer to the After Hours contact number for during this time.

**Emergency 000**

**GP Assist 1800 780 011**

**Ambulance 1800 008 008 non emergency**

**Lifeline 131 114**

**St Marys Community Health Centre**

**6387 5555**

- If possible please ring before presenting after hours **6387 5555**

**MAGAZINES**

Do you have any 2018 magazines you no longer want?

The St Marys Community Health Centre is looking for donations of 2018 magazines for our reception area and for use in the St Marys Day Centre.

Magazine donations can be left with our reception staff.



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**

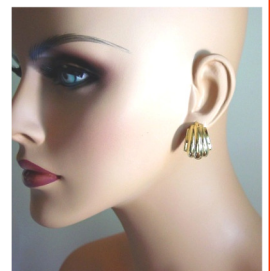
Main Street St Marys

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***

## Events

### AA

Friday night St Marys Anglican Church  
Hall 7:00pm

Wednesday night St Helens Anglican  
Church Hall 7:00pm

Phone: TBC

### 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.

### The Combined Probus Club of Scamander

*Join us in fellowship, friendship and fun. meetings held 4<sup>th</sup> Wednesday of each month* Guest Speakers Bus trips Visit Local Attractions  
Time; 10am

**Where: Scamander Beach Hotel**

**Contact; Marj Aulich 0473238077 Or**

**Val Spencer 0437397219**

### Exhibition: 'CAS' Combined Art Societies of Tasmania

A very diverse range of works will be on show at Eskleigh Gallery, Perth.

## Harris Funerals

**St Helens, Bicheno & Fingal Valley**

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

#### Office & Chapel:

46 Tully Street St Helens  
**6376 1153 ~ 0418 133 420**  
[tamara@harrisfunerals.com.au](mailto:tamara@harrisfunerals.com.au)

Member of the  
Australian Funeral Directors Association



## CALTEX ST MARYS

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

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

## **CLASSIFIEDS**

### **Wheat straw,**

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

**Phone A.J. 0407 944 158.**

**Free delivery in St Marys area.**

—

### **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**

—

### **Wanted to buy**

**Clean 2nd hand carpet for Shack**

**20m X 10m**

**Call Patricia on 0429 370629**

### **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**

—

### **Work Wanted!**

**I am qualified and experienced Landscape  
Gardener. I have a Certificate III in  
Horticulture and am available to work in the  
area.**

**For more information call Mark on  
0457 754 228**

—

### **Yard Pro**

**Ride on Mower**

**Still under 2 year warranty**

**Only had 2 hours work**

**Was \$2,800 will sell \$2,500 ono**

**Call 0458144269**

## **CLASSIFIEDS**

**Connecting local buyers and sellers 24/7.  
Place your ad now!**

# 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:** kwalsh.sthelens@ljh.com.au

## The benefits of early learning for children

Early Learning  
**EVERYONE  
BENEFITS**



Early Learning Matters October 2018

There is a strong body of evidence that early learning delivers significant educational, social and emotional benefits for the children who participate—research from the Australian Early Development Census (AEDC) shows that children who attend early education and care services – (child care, family based care and pre- kindergarten) are less likely to be developmentally vulnerable across all five developmental domains (Brinkman, Gregory, Goldfeld, Lynch & Hardy, 2014). Australian research shows that children who attend an early learning program led by qualified early childhood teachers are up to 40 per cent ahead of their peers in standardised testing by Year 3 (Warren & Haisken-DeNew, 2013, p. 34).

Across Australia around 35 per cent of children attended playgroup prior to starting school in 2015, and attendance is higher among children living in regional and remote areas. Research shows playgroup participation is beneficial to all children from a range of backgrounds, and those who did not attend were more likely to be developmentally vulnerable at school entry. In fact, after adjusting for socioeconomic and demographic differences, children who did not attend playgroups were more than 1.7 times more likely to be developmentally vulnerable in one or more AEDC domains (Gregory, Sincovich, Harman-Smith & Brinkman, 2017).

In Break O'Day 23.1 % of all children 0-5 are vulnerable on at least 1 measure of their development and 13.8% are vulnerable on 2 or more – this is higher than the state and national averages. We need a system that can deliver two years of quality preschool programs, as well as access for all Australian children during their crucial first five years of early development - wherever they live and whatever their family circumstances. The children of the Fingal Valley and surrounding areas deserved high quality and inclusive environments for learning, and their hard working and dedicated teachers and educators deserve a work environment that is safe, supportive and helps them achieve the best outcomes for our children.

So if you have young children in your family in the Fingal Valley then look around for program to help their learning

Fingal Valley Neighbourhood House Play Centre – Mondays 9.30-2.30 (3-5 year olds)

Fingal Primary Launching into Learning – Wednesdays 9.30-11am

St Marys District School Launching into Learning – Thursdays 9.30-11am

Read! Sing! Create! St Marys Library – 11-1.30 Tuesday fortnightly

St Marys Child Care – long day care for 0-5 Mon-Friday



<http://www.everyonebenefits.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 26/9 - 3/10

### FOOTY FINAL BARGAINS

Peters drumstick 24 pk	\$17.99
Four N Twenty pies 4pk	\$3.99
Smith Chips 150-170g	\$1.64
Zoosh dips 185g	\$1.99
Savoy & Jatz biscuits 180-250g	\$1.99
Schweppes Mixers 4pk	\$3.99
Coke varieties 1.25 lt	2 for \$ 4.00

## Week 2 3/10-9/10

Nanna's fruit pie varieties	\$2.99
Juicy Isle 2lt juices	\$2.25
Birds Eye peas 500g	\$1.99
Birds Eye Fish Fingers 1kg	\$9.99
Kleenex paper towel 2pk	\$2.99
Kellogs cereals 260-375g	\$2.99

**Vegan products, lactose free products and gluten free products available**

**Seeds, potting mix, weed killer, plant foods, garden stakes**

**Now stocking Ashgrove milk, cream and cheeses**

**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
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