



THE VALLEY AND EAST COAST VOICE

Established 1968

50.36 October 25th 2018

Deadline for 50.37 is Nov 5th 2018

Destination Action Plan – Valley Tourism Promotion

Greater Esk Tourism (GET) with the help of East Coast Regional Tourism Organisation (ECRTO) and Tourism Northern Tasmania (TNT) developed a Destination Action Plan (DAP) for the Fingal Valley.

The Destination Action Plan (DAP) is a community and industry driven plan that identifies achievable priorities and actions, the hard work has already been undertaken; communities and industry members were surveyed and invited to discussion groups. The Plan is based on principles that visitors are attracted to destinations and experiences rather than regions, that the visitor experience of the destination is a critical success factor and local communities – YOU – know their communities best.

This action plan seeks upgrades to access tracks to Meadstone Falls, St Patricks Head and South Sister, these are considered iconic tracks within the Valley. It also seeks to celebrate and share our stories of the Fingal Valley and thirdly it seeks to expand the connection between community and visitors.

The Destination Action Plan (DAP) already exists and the actions requires implementation. The Fingal Valley Neighbourhood House are looking for interested parties, both community members and industry representatives, to form a sub-committee that will work on the implementation of the Destination Action Plan (DAP).

This is a very exciting project that has the potential to guide and lead the development of the visitor economy in the Fingal Valley for the foreseeable future. If you want to become involved in creating a dynamic visitor experience in the Valley, do think about joining this new and exciting group. It will be through this collaborative approach that we can implement the Destination Action Plan (DAP) for the Valley.



VALLEY TOURISM GROUP

The aim of the new group is to replace GET (Greater Esk Tourism) and will be a part of Fingal Valley Neighbourhood House.

We are holding a meeting on:

Thursday 25th October 2018 @ 6pm

Venue: Fingal Valley Neighbourhood House

Please RSVP to: tourism@fvnh.org.au or via (03) 6374 2344

ALL WELCOME TO ATTEND

BE A VOICE TO SUPPORT TOURISM IN THE VALLEY



- Museum – Avoca
- Free camping
- Galleries
- Evercreech Forest Reserve & Falls
- St Patricks Head walking track
- History
- Specialised shops
- South system lookout
- Cranks & Tinkers Museum
- Warm atmosphere/venues
- Food and coffee, St Marys Bakery
- Drives
- Esk Valley Highway
- Ben Lomond
- Tiers
- Waterfalls
- Parks at Fingal
- Bushwalking
- St Marys up shop
- Labyrinth walk
- St Marys shopping – diversity
- Community character/unique characters
- Boutique Accommodation – B&B
- Train stations – restored Queen Anne style
- Nature experience, wildlife, birds
- Car show
- Fingal valley Festival
- Markets
- Local music scene at the pub
- Golf club
- Trout fishing

Editor: Keri Webb
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valleyvoice@fvnh.org.au

Advertising rates 2018

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



St Marys Roster Ph: 0437 397 219

Oct	25	Judy Bucket
	26	Ruth Aulich
	29	Val Spencer
	30	Pam Bretz
	31	Kerry Veldum
Nov	1	David Lawson
	2	Freya Wynter
	5	Val Spencer
	6	Pam Bretz
	7	Louise Keady

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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Jokes

Why do we tell actors to "break a leg?"

Because every play has a cast.

A woman in labour suddenly shouted,

"Shouldn't! Wouldn't!

Couldn't! Didn't! Can't!"

"Don't worry," said the doc.

"Those are just contractions."

What kind of exercise do lazy people do?

Diddy-squats.

What do you call a parade of rabbits hopping backwards?

Receding hairline

What do you call a woman with one leg?

Eileen



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The Say by Cagerattler

I fully get why our Council has closed the local Recreation Ground due to cockchafer infestation until further notice. This is a bane of abnormally dry weather over a few years. Unfortunately also, through no one's fault and despite some incredibly selfless work by the intrepid Sports Centre crew (these blokes are legends), the continuing dry weather and minimal available resources see parts of the golf course suffering with cracking and drying. That said the course will benefit from the nice rain over a few days last week. Much more heavenly moisture needed yet though.

Back, though, to the Recreation Ground. I spent the best part of a decade green keeping and in those days (1986-1994) we frequently copped black headed cockchafers only. They'd infest the high banks, mounds, fairways and greens. Spraying with a product called Fenitrothion almost always returned our greens and tee beds to order, and after good rains or heavy watering the grubs would be near to the top of the ground and birds would feast on them. This of course was when rain was a consistent occurrence; not so reliable these days it seems. We never got the yellow or red headed cockchafers back then, although a chap by the name of Mr Richard Orr, a regular Field Officer and advisor from the Agriculture Department, told me one day that the reds and yellows were extremely difficult to remove.

I'm hoping that two things apply here with the current issue. First thing that reports are wrong and the current grubs aren't red or yellow and if unfortunately they are, that the turf specialists the Council engage can advise on new resources/methods to eradicate them.

Our Rec is pretty crucially important and to see it out of bounds is really not an option for any extended period of time. Maybe though while this eradication is taking place in coming weeks or months, Council will consider our local sports grounds to be not just made grub free but to investigate fertilizer, weed control and better irrigation accessibility programmes that are sustainable and affordable.

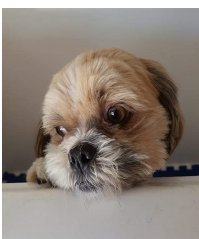
I recall that at a former time St Marys recycled sewerage water was being considered to go to the Sports Centre and Recreation Ground but this couldn't happen at the time. I was a committee member at the Sports Centre then and it was discussed at meetings as a viable possibility.

Given that irrigation is a key issue, would Council at some stage consider re-routing water from the treatment pond to the sports precinct for this purpose, I wonder. Maybe a potential answer in coming years?

Could relevant Council representatives look into any such idea which might help water the Recreation Ground, Pacing Club track and parts of the golf course in coming years and allow us to have better recreation facilities over time.

What do you think ?

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Help Wanted.

Retired handyman, to assist pensioner
with general work around the house.

2 hours per fortnight at Cornwall.

Please phone Val, on **63722914**.

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 4th 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.



Free

Wi-Fi

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St Marys Library

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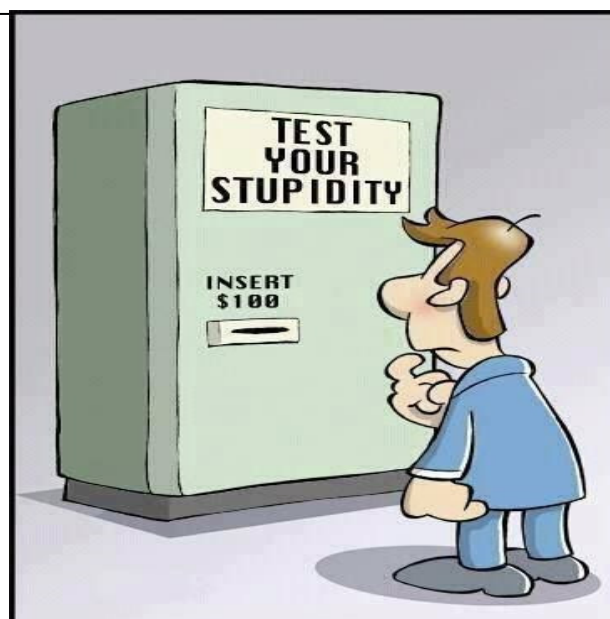
Wed: 12.30-4pm

Thurs: 10am-12.45pm

Fri: 12.30-4pm

Are you available for relief work at the St Marys library? Go to our Relief Register and follow the steps
<https://www.jobs.tas.gov.au/>

eLibrary : www.linc.tas.gov.au
eBooks, eMagazines and much more!



Libraries



61 Cecilia Street **St Helens**

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Sat 10am - 12pm

31 Main Street **St Marys**

6387 5602

Mon, Wed & Fri 12.30 - 4pm

Tue & Thurs 10am - 12.45pm

Fingal FVNH

Talbot Street 6374 2344

Mon, Wed & Fri 9am - 3pm

Tue & Thurs 9am - 12pm

Letters to the Editor

Dear Editor,

It is interesting reading the profiles from all the prospective Councillors & for some their wish lists.

Mr Manning I agree with thinking ahead about local issues, & everyone getting a fair go, but we also have to be realistic.

Zero rates for pensioners, you wish to Increase outdoor staffing, a new swimming pool for St Helens etc. These wishes are expensive wishes.

As a pensioner it would be great to have no rates to pay but I also realise that we all have to pay our share towards our wish lists. As regards to the dog parks or dedicated areas there are lots of green areas dog lovers can walk their dogs without each town having a dedicated area.

How do you plan to achieve this & still maintain the necessary services for the huge area of the Break' o' Day Council? There are no free lunches as the saying goes, we all have to pay our share to make it work fairly for everyone.

Coral Brady

Dear Editor,

Many people have asked what happened to the Woodcraft Guild "Meet the Candidates Forum" which was held in the St Marys Hall and gave attending voters a chance to meet and ask questions and assist with the decision making process with whom to give their preference.

Firstly, the Guild organized this event as a community service and paid for all expenses. However, after doing this for the previous four council elections and receiving too much negative critique we decided to step back and let the disparagers take the reins and do the organising. It is unfortunate, but true to form, that the talkers remain just that..... talkers who frowned upon our voluntary efforts with their elitist chastisement and ridicule. And did absolutely nothing!

To the many that gave us encouragement and were disappointed with this lost opportunity to assemble and discuss council issues for the Valley we say thank you. Finally, we wish all the candidates every success. They are deserving of our admiration for placing themselves forward with their commitment whether you agree or not with their policies for the benefit of our community. No easy task!

Wendy Brennan

Secretary BreakO'day Woodcraft Guild

St Marys

Public Information

Council advises that the St Marys Oval will be closed for sporting activities until further notice. We will erect warning signs on the ground and tape off the entrance to inform the public.

Despite our best efforts to date and specialist assistance, the condition of this ground is continuing to deteriorate. In 2017 Council engaged a turf specialist to treat the red headed cockchafer grub infestation which developed on the St Marys oval and adjacent grounds due to dry conditions which had prevailed over the last 2 years. These conditions have also continued which unfortunately promoted the development of the pest even further.

Council's contractor undertook pest management first in October 2017 and furthermore in October 2018. October was selected as the optimum time to treat this pest and to break the life cycle. If St Marys were to experience favourable conditions by sufficient rainfalls at the right times, the grounds would rejuvenate far quicker than it is currently happening. We are sourcing a water supply from the golf club which will assist with increasing the ground moisture.

Unfortunately we are unable to foresee when the ground will be in a suitable condition again but we believe that in its current state it is not safe to be used for any sporting activity.

Previously Council elected to give user groups the choice to utilise the grounds at their own risk but we have recently received legal/insurance advice against this option.

We will keep you updated on progress and appreciate you understanding that this action is our last resort.

Thank you for your cooperation and understanding.



St Marys Hospital Auxiliary AGM

TUESDAY 6TH NOVEMBER 2018.

Due to unforeseen circumstances the Auxiliary AGM will now be held on Tuesday, 6th November @ 2pm in lieu of the previously advised date.

Sorry for any inconvenience.

Kevin Faulkner

Sec.



OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 637 22094

Lot 1 Esk Highway St Marys

I am often amazed at the ingenuity of some of our old time tinkerers. Although, devoid of any formal engineering training some of their ability to make things with the bare minimum is intriguing. Below is a picture of one of these interesting useable everyday items. It is a laundry peg made from offcuts of an oak tree and steel binding. Before our beloved Maisie who was the oldest resident in St Marys departed from us I spent time with her to listen to her historical tales. I once asked her what invention did she consider the most memorable. In my arrogance I assumed the answer would be computers or mobile phones. No...the answer was electricity! Which brings me back to the laundry peg. Maisie informed me that they were made by Yorkie Smith an elderly tinkerer who would travel around country towns and sell them for a shilling a dozen. Although, considered useless to many now with its lack of symmetry I treasure it as a eulogy to our lost pioneers whose intelligence have paved the way for many. And to the times spent with Maisie reminiscing and learning about these fascinating men known as..... tinkerers.



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Jacobs Creek range	750ml each	\$9.00
Royal Swan Barbados Rum	700ml each	\$46.00

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This has nothing to do with poetry. Visit and find out more!

158-164 Scamander Ave., Scamander TAS 7215

www.scamanderbeach.com.au



Fingal Valley Neighbourhood House Inc.

20 Talbot St Fingal

6374 2344 / admin@fvnh.org.au

Facebook Like our page to keep up to date with what's happening at the house

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.

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Office hours are from

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Vote 1 Bill Manning for Deputy Mayor

Vote 1 Bill Manning for Councillor

Bill Manning
0448 722 195

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.

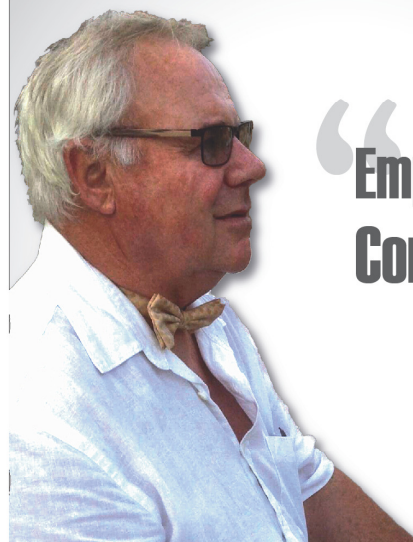
Vote 1 for Councillor **JANET DRUMMOND**



**Committed to community,
dedicated to progress.**

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

VOTE 1



“Empowering
our
Community”

Bill **MANNING**
COUNCILLOR | DEPUTY MAYOR

Vote 1



OSBORNE
Margaret
for
Councillor

Authorised by Matt Osborne
4 MacMichael Tce. St Helens

Me, myself and You

First of all I would like to explain to our newer residents who don't know me why you have not seen me door knocking. In 1953 I contracted polio and am now confined to a wheelchair. As my husband Matt says “I'm not much good at walking but pretty good at talking”.

I am honest, reliable and passionate about “my” Break O'Day Community. I have missed possibly four Council meetings in my eighteen years on Council. I have the knowledge and the contacts to ensure that I am fully informed on any business that might be presented to Council.

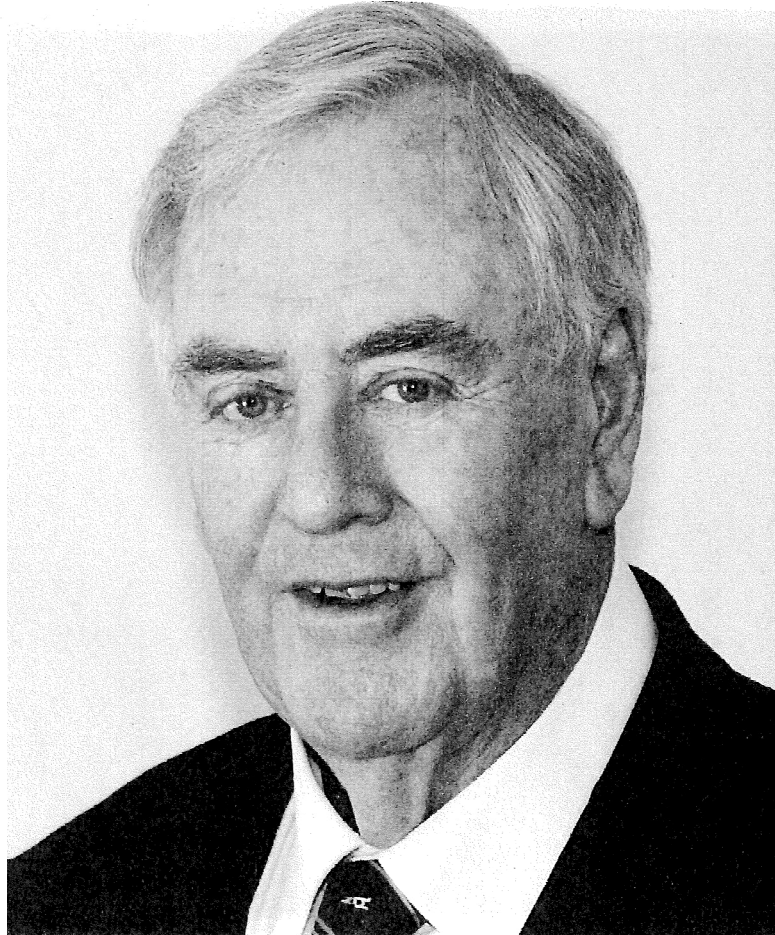
I am always available to assist you in planning matters, applying for grants, obtaining sponsorship or just to have a chat about something that concerns you about our Council.

Give me call on 0438 765 351. I am on Facebook but prefer to talk on the phone or better still, face to face. The only promise that I can make to you if I am elected is, that I will do my best. I am only one of nine and I need to convince at least four others to agree with me to get things through.

Marg

JOHN MCGIVERON

**COUNCILLOR & DEPUTY MAYOR CANDIDATE
for BREAK O'DAY COUNCIL**



VOTE 1. JOHN MCGIVERON FOR COUNCILLOR

VOTE 1. JOHN MCGIVERON FOR DEPUTY MAYOR

**A VOTE FOR
COMMONSENSE, EXPERIENCE, STABILITY AND A LIFETIME OF
PASSION FOR ALL OF BREAK O'DAY**

**I WOULD APPRECIATE YOUR SUPPORT TO CONTINUE AS YOUR
FULL TIME REPRESENTATIVE**

Authorised by Ruth McGiveron, 11 Newman Street, St.Marys Tas.7215

Break O Day council elections,
Candidate for councillor and Deputy Mayor.
John McGiverson .

Born in St Marys and have lived in Break O Day all my life where I have worked and raised our family with my wife Ruth.

I worked in the local Coal Mining industry for 42 years in various roles from engineering management to Operations Manager for the final 10 years before retirement.

I was a charter member of the local Lions Club and served for 42 years.

If re elected I will be available as your full time representative for all of Break O Day.

I have served on council for the past 18 years with the last 4 as Deputy Mayor.

During this time I have enjoyed a strong productive working relationship with the Mayor, fellow councillors , general manager, and all other council managers and staff.

My previous terms on council has been a solid learning experience which has enhanced my capacity and ability to be an effective contributor for the benefit of our community.

I strongly support sustainable industrial and tourism development with a focus on job creation in our region.

I also am a strong advocate for continued upgrading and improvements to all the towns in the Break O Day area.

I have a strong proven industry and community background with an experienced and commonsense approach to issues.

I would appreciate your support in the upcoming elections for councillor and Deputy Mayor,

John McGiverson.

11 Newman St .

St Marys , 7215.

0409 545674.

Congratulations

Congratulations to Corey Bosworth for winning the Best and Fairest for the NTFA Div 2.

Corey's remarkably consistent season saw him finish on 46 votes, four ahead of Will Stoltenberg, with Lewis Ritchie's 39 enough for third.

Your choice
Ross Quinn
A fresh approach



**Deputy Mayor
and Councillor**

Authorised by Hannah Rubenach-Quinn, Curtis Road St Marys

**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



Expression of Interest

Maintaining Land with Environmental Values

186 Gardens Road, Binalong Bay

Council would like to dispose of land at 186 Gardens Road, Binalong Bay to a group or association that will maintain the environmental values and integrity of the property.

- The land will be offered at no charge.
- Cost of transfer of ownership will be the responsibility of the group or association.
- After transfer, any ongoing costs will be the responsibility of the successful group or association.

If you feel your group or association would be interested in undertaking this important role, Council would like to encourage you to submit an 'expression of interest' outlining a proposal on how you would achieve this.

Your proposal can be delivered to the Council office; mailed to 32-34 Georges Bay Esplanade, St Helens TAS 7216; or email to admin@bodc.tas.gov.au before 5:00 pm Monday 10 December 2018.

If anyone is aware of a group or association they think may be interested in taking on the above role, Council would appreciate the information being passed on to them.

Any queries can be directed to Bob Hoogland on 6376 7900.

from the mountains to the sea | www.bodc.tas.gov.au

Thank you to Council

A big thank you to Council for helping us with installation of our historical signs here at Fingal.

Wayne Polden, Chris Turner and the crew were very supportive of our project and in no time at all collected the signs and cemented them in.

The Manager John Brown and Mayor Mick Tucker didn't hesitate to offer help with finishing the job.

Make sure you call in and have a look next time you are at Fingal.

Keri Webb

Fingal District Progress Committee

Advertisement

VOTE **1** COUNCILLOR
1 MAYOR

Kylie

WRIGHT

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kyliewright464@gmail.com



Authorised by Donna Coulson, 15 Tully St, St Helens 7216

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Solar Installation

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Rod Shaw 0407-615-072

Nick Shaw 0439-414-299

24798 Tasman Highway
St. Helens, Tas. 7216

Email:
sth.electrical@gmail.com



Electrical Contractors

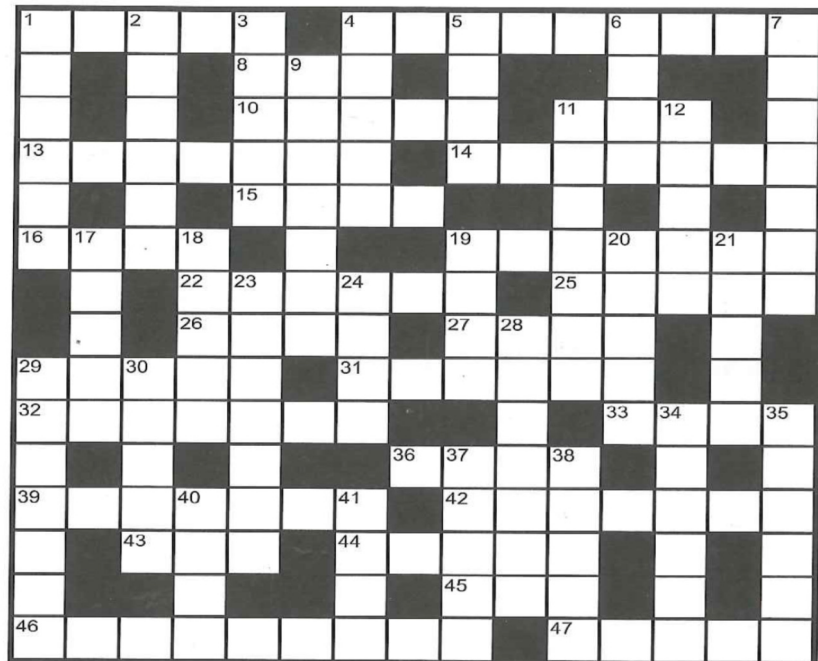
**Servicing the East Coast from Pyengana down Coles Bay
and through the Fingal Valley**

Lic: 933671

Crossword

ACROSS

- 1 Storehouse
- 4 Involving two sides
- 8 Lyric poem
- 10 Courage
- 11 Encountered
- 13 Outline
- 14 One studying
- 15 Quote
- 16 Regrets
- 19 Tornado
- 22 Reluctant
- 25 Lawsuits
- 26 Weary
- 27 Authentic
- 29 Number
- 31 Unmarried
- 32 Gift
- 33 Slender support
- 36 Floor coverings
- 39 Slow stately hymn tune
- 42 Codes of ceremonies
- 43 Spoil
- 44 Exalt
- 45 Consumed
- 46 Audience
- 47 Mournful tune



DOWN

- | | | | |
|--------------------------|------------------------|--------------------------------|---------------------|
| 1 Spruce | 4 Headwear | 18 Satisfies fully | 29 Particular |
| 2 Conditional release | 5 Liquor dregs | 19 Gull | 30 Snake poison |
| 3 Strengthening medicine | 6 Observed | 20 Auctions | 34 Dealer |
| | 7 Missives | 21 Weird | 35 Brawn |
| | 9 Liberate | 23 Pickling medium | 37 Operatic airs |
| | 11 Melodious | 24 Repose | 38 Spirited mount |
| | 12 Biblical quotations | 28 One full of self-exaltation | 40 Wholly engrossed |
| | 17 The grayling | | 41 Celtic tongue |

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Email: allweedsolutions@bigpond.com



St John's Wort
Ragwort

Dandelion

Broadleaf

Dockweed

Boneset

Hawthorn

Thistles

Cumbungi

Bracken Fern
Willow Trees

Blackberry

Capeweed

Holly

Ivy

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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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

GP Surgery Hours

Monday - Friday

8:50 - 10am

(10 - 10:30am reception closed)

10:30am - 12.30pm

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

1:30 - 3:00pm

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

3:00 - 4:30pm

Pathology Service– Bloods

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

Hours of Pathology are: Monday-Friday

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

Doctors Roster

Public Holiday

Monday 5th November 2018

Dr Newton

Friday 26/10/18

Dr C. Latt

29/10/18– 9/11/18

Dr K. Rawnsley

26/10, 25/10, 30/10, 2/11, 6/11 & 9/11/2018

IN A EMERGENCY

PHONE 000

AMBULANCE, FIRE & POLICE

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

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 The above

- ♦ Driving licence renewals
- ♦ Insurance medicals
- ♦ Requested medical reports
- ♦ Harness medicals
- ♦ Pre-employment checks

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 pre- senting 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

October 25 **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.

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

November 2 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

2nd Bite Delivery

November 5 **Public Holiday**— Please see after hours doctor's roster for during this time. Normal Doctor Surgery hours will resume on Friday 5/11/18.

November 6 **Child Health Session**— Mary Mumford by appointment only. Phone 0428 136 381

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

MaxEmployment—9:00am-3:30pm downstairs.

November 7 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

November 8 **Social Worker**- Shan Williams

For appointments phone 6387 5555

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

November 9 **Social Worker**- Shan Williams

October 26 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

Adult Community Mental Health Worker 11:00am-2:00pm

Dietician Diabetes Tasmania— Melanie Hortle please see your GP for a referral

October 29 **Physiotherapist**— Patrea Zacher for appointments please see your GP or Health professional for a referral.

October 30 **Anglicare**— Mark 11:00am-12:00pm

Podiatry North- For appointments

October 31 **Social Worker**- Shan Williams
For appointments phone 6387 5555
Day Centre- call Hayley Gilbert on 6387 5555 for information on the group.

TAZREACH Antenatal Clinic with Katie. Contact GP for appointments.

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

Rae & Partners Lawyers consult fortnightly at the SMCHC. Phone 6337

November 1 **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.

PUBLIC HOLIDAY

Monday 5th November 2018

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**
- Normal doctor surgery hours will resume on Tuesday 6th November 2018



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

Contact Number: 63742344

MELBOURNE CUP DAY



Tuesday 6th November, 2018

Time 1pm

We invite you to come into the FVNH watch the Melbourne Cup on the television.

Bring along a plate to share.

\$5, \$2 and \$1 Sweep



Ladies come in your best dressed hat win a prize.

The Fingal Valley Neighbourhood House Inc., is Supported by the Crown through the Department of Communities Tasmania

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FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

DELORAIN CRAFT FAIR

The Fingal Valley Neighbourhood House Inc., is organising a bus trip to the Deloraine Craft Fair.

DATE: Saturday 3rd November, 2018

TIME: Leave FVNH 8.30am

Admission Prices to Craft Fair:

- Adult	\$17.00
- Children (10-16 yrs)	\$8.00
- Children weekend pass	\$10.00
- Family (2 adults & 2 children)	\$40.00



Buy tickets online or at the venue

BUS FARE: \$10 Per Person

Call into the Office or Phone 63742344 to book your seat during Office hour 9am to 3pm, Monday to Friday.
Payment and bookings for bus are to be made by Wednesday 31st October.

The Fingal Valley Neighbourhood House Inc., is Supported by the Crown through the Department of Communities Tasmania

SCAMANDER BEACH HOTEL MOTEL

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.

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

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Fax: 6374 2342

HAYSHED CAFÉ

COFFEE SHOP HOURS

Monday to Friday....8 am to 3pm
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



On par

News from Malahide Golf Club

Mangana Rd, Fingal

Trivia Night The highly anticipated round 2 was held last Friday. Louisa Rhodes once again organised a challenging and fun contest fought out between 7 teams. Congratulations to team MUPPETS who narrowly won in a tie breaker over team FOREIGNERS.

Moorina Trip Our fine golfers travelled over the hills to be grandly hosted by the Moorina Club. Rumour has it that DB Lowe played better than most and an enjoyable day was had by all.

Coming Events

Fridays	Chicken Run, Tee off 1pm
Oct 27 th	Stableford Multiplier
Nov 3 rd	Monthly Medal
Nov 13 th	Stroke
Nov 17 th	HAYSHED CUP
Nov 24 th	"A day on the Green"

(Special Event, details coming soon)

Results

Chicken Run – Friday 19th Oct

1 st	A Stone (30)
2 nd =	DB Lowe / P Bosworth (32 ½)
3 rd	S Rigby (33 ½)

Nearest the Pin	4 th Hole	8 th Hole
	J Vincent	

3 Person Ambrose – Sat 20th Oct

1 st	J Vincent / P Bosworth / DB Lowe (61)
2 nd	A Stone / M Kuter / D Duthie (62)
3 rd	

Nearest the Pin	4 th Hole	8 th Hole
	DB Lowe	J Vincent

New members / visiting golfers / non-golfers

Always welcome at Malahide Golf Club

Happy Hour Fridays 5-6pm

Club contact 0427 854 555

Andrew Johns (Captain)



Malahide Golf Club

Big Clearing Sale - Sat 27 & Sun 28 Oct,

9 am start (no early birds please!).
1 Gray Rd, St Marys.

Lifetime collection of second hand building materials; architectural fittings - four panel pine doors, large door frame, miscellaneous timber windows including large arched windows, servery window, large multi paned window with coloured glass; recycled timber; mantle pieces (dismantled); assorted drawers; small timber staircase; metal roofing tiles; enamel sinks; wash trough; Allen Scythe (needs work); small road roller with trailer; Stihl 034 chainsaw; Honda WX10 water pump; various scrap metal pieces suit garden art etc; assorted plastic garden pots; antique four shaft floor loom; piano; household items; ornaments; books; some furniture and many more random items.

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

MELB-UN-CUP

FUND RAISING LUNCH

TUESDAY NOVEMBER 6TH

In aid of the Rescued Race horse Herd at
Brightside Animal Sanctuary.

Raffles and other prizes. including: Best hat, door prize.

Last time
- Over \$600 raised.
- 6 horses adopted



12:30 (for 1 pm start)
34 Cleland Drv, St Helens
Free live Entertainment

\$30 per head.

Includes food and bubbles / Drinks

Numbers strictly limited. Booking essential

Call Kylie Wright to book, 0439 742 946



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
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Main Street St Marys

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Kodak prints from 45¢

Ear piercing \$27

includes earrings
and solution with
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Sally and Cassie



Pharmacist in store

Monday to Friday



First Aid Courses

Roxy Cowie from St John Ambulance will be holding the following courses during November.

CPR - St Helens

Where: St Helens District High School,
9 Circassian Street St Helens

When: Thursday 1st November 3.15pm-5pm
Thursday 1st November 5.15pm-7.45pm
Friday 2nd November 9.00am-10.30am

Cost: \$50 per person

Full Courses (with CPR) St Helens

Where: St Helens Neighbourhood House
25 Circassian Street, St Helens

When:
(CPR Assessment & Provide First Aid Assessment)
12th November 8.45am-1pm
(Provide First Aid) 13th November 8.45am -5pm
(CPR & Emergency First Aid) 14th November 8.45am-4pm

BOOK NOW...

ONLINE: www.stjohnntas.org.au

PHONE: 6343 4226 (1300 785 646)

EMAIL: launceston@stjohnntas.org.au

Avoca – CPR

Where: Avoca Primary School, 26-30 St Pauls Street Avoca

When: 15th November 6pm-7.30pm

Full Course (with CPR) - Bicheno

When: CPR & PFA 21st November 8.45am-5pm

Where: Beachfront - 232 Tasman Highway, Bicheno

Harris Funerals

St Helens, Bicheno & Fingal Valley

*We are here when you need us.
Burial or cremation, traditional or
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Wheat straw,

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

Phone A.J. 0407 944 158.

Free delivery in St Marys area.

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ALSO FIREWOOD

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**Floor Mats – made from recycled plastic
Practical -Indoor/outdoor - Mould free - Hose
wash Contemporary Casual -**

**Looks like straw mat - Bright colours -
Indigenous and other designs Durable &
Portable**

**Hard wearing indoor or roll / fold up for
camping or picnics.**

Priced from \$40

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Clean 2nd hand carpet for Shack

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Kinesiology, Reset, Reiki and
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St.Marys Thursdays**

Ph Bree on 0450068328

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**Moo Poo See Normie
63722380**

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FINGAL VALLEY FINANCE

**BAS RETURNS, PAYROLL, XERO, MYOB and
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**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**

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Only had 2 hours work

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- Road gravel.
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- 20 tonne excavators with tilt bucket, ripper, rock and log grabber and quick hitch.
- D65 Komatsu dozer with ripper and tilt blade.
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Dams, roads, firebreaks, land clearing, house sites, drainage, bridge construction and much, much more ...



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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*



Happy Birthday LJ Hooker!

A property appraisal with LJ Hooker St Helens is a great way to find out what the market is doing and making a decision to sell or stay based on current property prices is always a smart move

Get the value of our experience with a free market update before November 30th and you'll go into the draw to **win 1 of 9 luxury holidays** for two to iconic Australian destinations (valued at \$10,000*)

☎ 03 6376 2300

Kate: 0419 683 904

✉ kwalsch.sthelens@ljh.com.au

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



23239 Tasman
Highway Scamander
3 2 1
\$348,500



Lot 2 - 24798 Tasman
Highway St Helens
Land 50 acres
\$250,000



50 New Street
Falmouth
3 1 Land 1960 sqm
O/O \$650,000



Hub 4 Health Inc

Connections start here

How do you contact us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

Facebook: Hub4Health

Our Aim:

To support and facilitate health and wellbeing programs to rural and remote communities within the Break O'Day Municipality and beyond.

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



Start date:
15th
October

Pilates

Pilates is a system of exercise that strengthens and stretches muscles whilst promoting constant awareness of correct postural alignment

5.30-6.30 pm Monday

9.30-10.30am Friday

\$10 per person

(please bring own mat or towel)

Active4Life Gym

Recreation Ground,
Harefield Rd, St Marys

Contact admin@hub4health.org.au
for more information



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

C & D's IGA X-press

38 Main St, St Marys, PH 63722240

Daylight Saving Trading Hours

Mon-Thurs 7.30 am - 6.30 pm

Fri 7.30 am - 7.00 pm

Sat 7.30 am - 6.30 pm

Sun 8.00 am - 6.00 pm



SHOP HERE FOR YOUR CHANCE TO WIN: PROUD SPONER OF THE LUCKY \$5 NOTE

Specials Available 24th October – 30th October

Palmolive Dish Wash 500ml \$1.67 save \$1.68
 Kelloggs Corn Flakes 725g \$3.99 save \$2.86
 Doritos Corn Chips 170g \$1.95 save \$1.34
 Twinings Tea Bag Varieties 10pk \$1.49 save \$1.50
 Golden Circle Beetroot 850g \$1.99 save 0.90c
 Arnotts Assorted Creams 500g \$3.99 save \$1.76

Specials Available 31st October – 6th November

Twisties Range 125-270g \$1.99 save \$2.00
 Heinz Baked Beans or Spaghetti 300g \$1.00 save \$1.20
 Cold Power Laundry 2L/2kg \$9.95 save \$5.05
 Arnotts Shapes 160-185g \$1.99 save \$1.01
 Cadbury Favourites 540g \$9.99 save \$10.50
 Patties Party Sausage Rolls 450g \$3.99 save \$3.51

Now Stocking Soda Stream Machines & Syrups

Jet Machines \$79.00

1L Bottles 2pk \$19.99

Regular Syrups 440ml \$5.99

Premium Syrups 440ml \$6.99

Spare Cylinder 60L \$35.00

Swap Your Empty Cylinder 60L \$21.00

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

Avoca Post Office	Hilly's IGA St Marys
Avoca Store	Hayshed Fingal
Coach House Restaurant	Mathinna Post Office
St Marys	Scamander S/market
The Farm Shed, Bicheno	St Marys IGA
Hilly's IGA St Helens	St Marys Newsagency
Fingal Post Office	St Helens Newsagency

Printed and published by
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 Fingal Tasmania 7214

