



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 51.02 28th February 2019

Deadline for 51.03 is at 5pm on Monday 11th March 2019

Supporting our Veterans

I was pleased to visit the St Helens – St Marys RSL Sub-Branch and view equipment and security upgrades secured thanks to the 2018/19 Teddy Sheean Memorial Grants Program.

These important upgrades were made possible thanks to the Hodgman Liberal Government providing almost \$50,000.00 in funding to ten veterans and ex-serving organisations across Tasmania from the first round of the 2018/19 Teddy Sheean Memorial Grants Program. Named in honour of Ordinary Seaman Edward ‘Teddy’ Sheean—one of Tasmania’s best-known wartime servicemen — the Government established the Teddy Sheean Memorial Grants Program to help support Tasmania’s veterans and ex-serving community.

Minister for Veterans’ Affairs, Guy Barnett joined Sub-Branch members to inspect the new equipment. “It is a pleasure to support valuable community organisations like the St Helens /St Marys RSL Sub-Branch, particularly while honouring a great Tasmanian hero in Teddy Sheean” Minister Barnett said.

“Today I had the opportunity to meet with some of the community members who use these facilities every day. “RSLs provide valuable assistance and advocacy for veterans and their families, which is why the Hodgman Liberal Government is committed to supporting these organisations.”

Under the Program, funding is available for small infrastructure repairs and maintenance, and/or equipment purchase for RSLs and ex-serving organisations throughout Tasmania, as well as for war memorial construction, repair and maintenance.

The Hodgman Liberal Government recognises the valuable contribution of Tasmania’s service men and women and is committed to supporting the serving and ex-service community in Tasmania.

(Information supplied by Office of the Premier, the Hon. Will Hodgman MP)



In this issue.....

We welcome back the ‘Fingal Focus’. Mike is back and the Focus will be featured each month in the editions of The Valley and East Coast Voice.

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For all account enquiries, please contact:valleyvoice@fvnh.org.au**ADVERTISING RATES - 2019**

Business Card Size Ads \$15	1/2 Page Ads \$40
Intermediate Ads \$18	Full Page ads \$60
1/4 Page Ads \$25	Permanent Classified ads \$20p.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.

valleyvoice@fvnh.org.au

03 6374 2344

PO Box 322 Fingal Tasmania 7214

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

24HR 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.



Meals on Wheels | More than just a meal
Tasmania

St Marys Roster Ph: 0437 397 219

Feb 28	Heather Griffiths
Mar 1	Karyl Balzar
4	Val Spencer
5	Pam Bretz
6	Heather Gillies
7	Freya Wynter
8	Lynne Fitzgerald
11	Val Spencer
12	Manfred Jogis
13	Lundy Vosper



39th ANNUAL

The Fingal Valley Festival

is back on

Saturday 2nd March 2019.

This years Festival features:

World Titles Coal Shovelling Competition, Roof Bolting Competition, Underhand, Standing, Tree Felling and Chainsaw Race in the Wood Chopping, Sheep Dog Trials and a car show.

Kids rides including jumping castle and face painting.

Craft market, St Helens Archery and great food.



Come along and enjoy a great family day out.

See you there!



FINGAL VALLEY Festival

RAFFLE

DRAWN ON
SATURDAY 2ND MARCH 2019
AT THE FINGAL VALLEY FESTIVAL

PRIZES

1ST PRIZE - ZIEGLER & BROWNE BBQ AND COOLER
2ND PRIZE - \$300 AMART VOUCHER
3RD PRIZE - FULL SHEEP AND GROCERIES
4TH PRIZE - ACCOMMODATION AT COUNTRY CLUB
5TH PRIZE - BEER AND WINE
6TH PRIZE - MEAL VOUCHER @ WHITE SANDS ESTATE

\$5 A TICKET

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FINGAL VALLEY Festival

FESTIVAL CABARET

LIVE - Dave Hawkins

MARCH 2

Featuring
St Marys District School Band til 6.30pm & Dave Hawkins from 7pm til 12pm.

GATES OPEN FROM 4.30PM TIL 12PM | SPIT ROAST ON THE NIGHT | ADMISSION \$10 PER PERSON

FINGAL RECREATION GROUND FINGAL TASMANIA 7214

PosterMyWall.com

LETTER TO THE EDITOR

Dear Editor,

Welcome back Valley Voice - good to see you again, for we missed you! Welcome, too, to Elizabeth and her first issue. It looks good. Thank you also to Keri for her hard work after taking over from Wendy, and thanks are also due to the many people who work on the sidelines. I hope that Keri's health will allow her to enjoy a well-earned 'retirement'.

Each Editor has had a different approach, and the paper is looking great now, but Elizabeth will probably add her own style in time - a tweak here, a touch there!! Best wishes for a successful 2019 - and beyond!

Toni Brewster

Chain of Lagoons



OUT OF THE WOODWORK

Wendy Brennan Secretary

Lot 1 Esk Highway St Marys M 0429722091

Facebook/ BreakO'Day Woodcraft Guild

A large thank you to Keri Webb the previous editor. We all wish her well with her new adventures and to our new editor Elizabeth Death. We know that Elizabeth has the intelligence and sensitivity to carry on the tradition of editorial content with the professional integrity that our little paper deserves.

The Guild has been succesful in obtaining another grant which has helped us purchase materials for our next project. What project you may ask? Stay tuned!

We have two new members from St Marys. We hope that our club will provide an opportunity for these new residents to form new friendships and skills.

Finally, thank you to Jenny who has been instrumental in ridding our memorial garden of many unwanted weeds. Jenny approached me and asked could she help in this way. One is sometimes lost for words when it comes to the uncalled kindness of this community.

Can anyone guess who this member is from his younger days!



Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Thursday, 7 March 2019

9:30 am to 2:30 pm

In front of Fingal Valley Neighbourhood House, Talbot Street

FINGAL

For more information, go to humanservices.gov.au/mobileoffice or call 132 316.



THANK YOU...

I would like to thank Dr Latt and the staff of the St Marys Community Health Centre for the excellent care I received while being a patient there.

I would also like to thank family and friends for the cards and visits.

Marcia Lohrey



The Say by the Cage Rattler

I'm a goose...(don't agree too quickly!) but I forgot edition one of the Voice again..yep, two years in a row, sorry Editor. Not intentional.

A bit of a loosener this time I think. HOBBIES .

Hobbies, pastimes, clubs, groups are important. Every day we face daily life as we all know. It could be external work, housework, being parents, looking after others, going to school for the young un's, and so on. We think it's all easy and normal and a lot of it probably is to a degree, but somewhere or sometime you need a release or an escape. This could be all manner of things like sport, social activities, resting or...a hobby.

Hobbies are awesome, they really are. Admit it or not, every one of us have something that makes you happier than normal. It's there somewhere even if you don't really know for sure what it is. When you follow that hobby or pastime, and you involve yourself in it, other mundane things or even worries dull or seem that little bit less stressful.

I escape to a few. It could be the car forum, it could also be a spot of fishing, walking the muttles, photo/video, mucking around with radios or the ultimate, model rail indulgence (for me) that despite some thinking I've spent too much on, is just pure fun to do... That's just me. So what interests you? Tell me sometime.

The range of hobbies of good friends just locally is incredible. Photography, air, water or land models, either static or remote control, Lego or Meccano, scrapbooking, period costume (eh Mrs Editor?), gardening is a biggie, fishing, shooting, boating and camping, operating a drone, line dancing, making items from wood or metal, jewellery making, stitching, knitting, crocheting and similar, car and bike restorations, coin, stamp, book, movie or doll collecting, horse riding, trail, road or mountain bike riding and go cart driving in particular locally too...and heaps more. So many, and that doesn't include sports. Ask any of these people and you'll find a passion there that's hard to deny. Some of us also might like the idea of trying or finding out more, so I'm hoping that through the Valley Voice, some of us can occasionally write a few lines about our favourite hobbies or pastimes and help guide someone else into that hobby.

Look elsewhere in this edition and I'll kick it off with some train stuff, just as an example.

My point is, life's too short to be working too much or bored when you're not, so give something that interests you a burl or at least ask about it. You won't regret it, I think.

What do you think?

St Marys Monthly Market @ St Marys Town Hall

*Musicians play for a free lunch
Music Jam Session
Saturday 2nd March*

Market Open 9am - 1pm

**Local handmade crafts, fresh produce and
preloved bargins**

**New stallholders welcome contact Megan on 0418881315 or
bodregionalarts@gmail.com**

Events

AA

Friday night St Marys Anglican Church Hall 7:00pm

Wednesday night St Helens Anglican Church Hall 7:00pm

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.

St Marys Monthly Market

9am - 1pm first Saturday of every month at St Marys Town Hall. Local handmade crafts, fresh produce and preloved bargains. Ph Megan, 0418881315.

The Combined Probus Club of Scamander

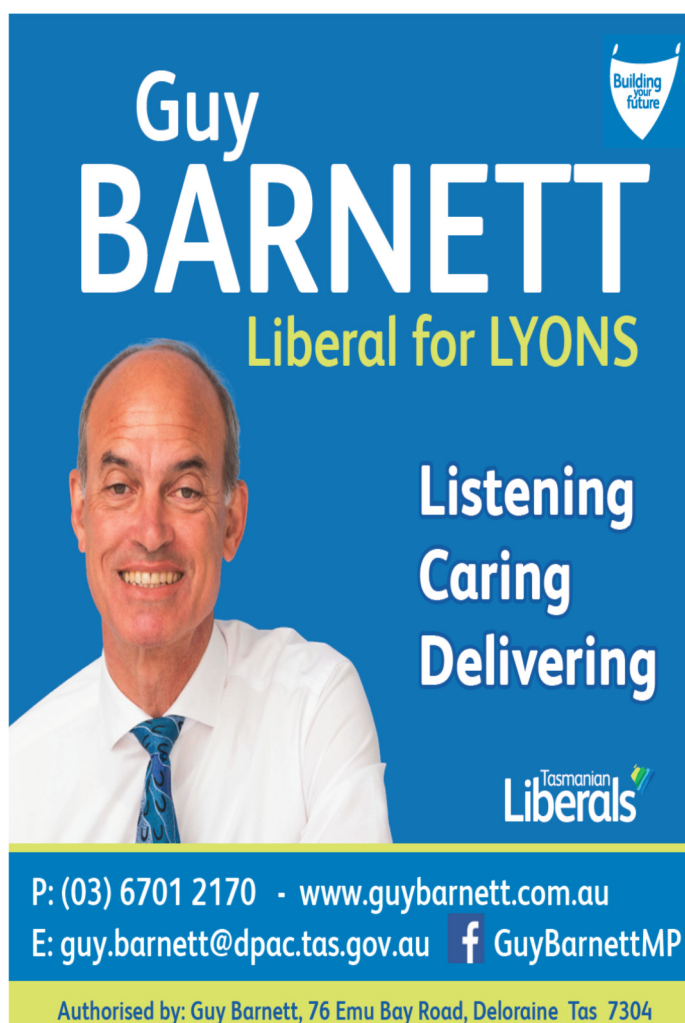
Join us in fellowship, friendship and fun.

Meetings held 4th Wednesday of each month. Guest Speakers.

Bus trips. Visit local attractions.

Time; 10am. Where: Scamander Beach Hotel

Contact; Marj Aulich 0473238077



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Authorised by: Guy Barnett, 76 Emu Bay Road, Deloraine Tas 7304



You're Invited!

WITH ONE VOICE
A NEW Community Choir

Would you like to be inspired, unleash your creative potential and improve your well-being? Then a *With One Voice* choir is for you!

Singing is the language of the heart. For centuries, song has played a key role in community, culture and story-telling. Yet how many of us dare to sing these days, apart from in the shower?

Every week Creativity Australia's With One Voice choirs inspire diverse people from more than 40 nationalities, aged 9 to 90 to sing side by side.

There are no auditions and no singing experience is necessary. Age, race, religion, disability and disadvantage fade away. Families, professionals, students, seniors, migrants, refugees...everyone is welcome.

With One Voice choirs are led by professional conductors and meet weekly followed by supper.

Choir is a great place to find your voice, find friends, de-stress, build well-being and confidence, learn new skills and connect to your community.

Everyone welcome. No experience necessary.

LAUNCH EVENT
When:
Thursday March 7th 2019
1:30 pm - 2:30 pm

Where:
St Helens Neighbourhood House (Bungalow)
25 Circassian St, St Helens TAS 7216

Conducted by:
Terese Tanner

RSVP by 27th February 2019
to Tanya Greenwood | 0400 002 116
tanya.greenwood@Hub4Health.org.au

(03) 8679 6088
withonevoice@creativityaustralia.org.au
www.creativityaustralia.org.au

WITH ONE VOICE 





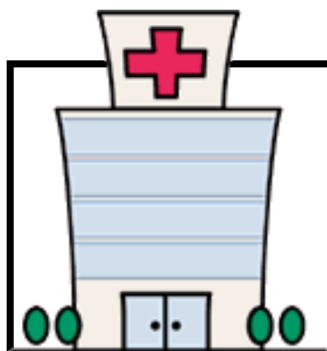
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*Reon and Wendy and all members of the woodcraft guild
send their heartfelt best wishes to
Gerald Aulich for a speedy and full recovery*

Senator Steve Martin

**Getting a
FAIR SHARE
for the
East
Coast!**



INTERNATIONALS for Regional Tasmania

Authorised by Senator Steve Martin, 1 Rooke St, Devonport

2019

TERM DATES

Term 1

Wednesday 6th February to
Friday 12th April 2019

Easter Break - 19th April to 23rd April
2019

Term 2

Monday 29th April to
Friday 5th July 2019

Term 3

Monday 22nd July to
Friday 27th September 2019

Term 4

Monday 14th October to
Thursday 19th December 2019

Island Taiko Gathering

9 - 11 MARCH
2019

BICHENO
TASMANIA

CONCERT

9th March, 7pm,
\$10pp
(door and online
sales available)

TAIKO PROFESSIONALS DIRECT FROM JAPAN

Makoto Sekine &
Mitsutoshi Morita

BEGINNERS WORKSHOP

11 March, \$40pp
10am - noon

LOCATION

Community Hall,
Burgess St
Bicheno.



INFO & TICKETS

web: www.taikodrum.com.au

email: info@taikodrum.com

Facebook: [taiko drum](https://www.facebook.com/taiko.drum)

From the 9th-11th of March this year Bicheno will be alive with the sound of Taiko - the ancient art of Japanese drumming, as the Island Taiko Gathering gets under way. After two very successful trips to Tasmania for the event in 2015 and 2017 - held at Bruny Island's Adventure Bay, Makoto Sekine, one of Tokyo's top professional taiko players will be heading to Tasmania once again to teach both local and interstate drummers and enjoy the wonderful surroundings the East Coast has to offer.

The decision to move this year's event to Bicheno was motivated by a desire to engage a larger portion of the state's rural community, more easily achieved in a central location. Similarly, this year's event will have a high emphasis on local community involvement. Experienced drummers and beginner players will be lead by Makoto in a variety of workshops. A community concert on Saturday night will showcase Makoto and drumming partner Morimitsu's incredible talent as well as Tasmanian and interstate drumming groups. The event was well received by the Adventure Bay community on previous occasions with many local participants.

Makoto Sekine is a professional taiko drummer who has been performing both in Japan and overseas since the age of 18. He has been teaching for many years in Tokyo both as part of the Kyoto Taiko Centre, Japan's biggest taiko school, and through his own school, Studio Medatai.

Taiko is an energetic and uplifting form of Japanese drumming, which is a whole lot of fun!

For more information on the 2019 Island Taiko Gathering or to register for participation please email info@taikodrum.com or visit www.taikodrum.com . Tickets are available through eventbrite.

FINGAL FOCUS

TASSIE TRUCK TREKKERS

Eyes opened wide last Tuesday, 12th February, when a group of tractors were driven into town.

Curiosity got the better of us all and so we questioned the drivers. Well, not all of them but their spokesman, Gary Bramich. "Normally," he said, "the Trekkers do an annual tour of Tasmania to raise funds for a worthy cause. This year, however they were having a "fun run"."

They started out from Wynyard last Saturday, the 9th, and intend to get home by Monday the 18th February.

They are a bunch of ten Tasmanians who just enjoy their annual get together. "It's a chance to see Tassie. People wave, children ask about the tractor, adults often reminisce about when they had one," the ABC were told last year.

In 2018, they did two treks to raise awareness of mental health issues and also to raise funds for "Beyond Blue". They have also raised funds for other rural health issues.

The idea of their "trek" is very encouraging about ways of having fun. Good Luck to them all, we hope you enjoy the rest of your trek.



Time to smile

A woman enters the pearly gates and asks to see St Paul. "I wonder," she pondered, "Did you ever get any replies to all those letters you wrote to the Corinthians?"

"I've really had it with my dog. He just chases anyone on a bike" a man said to his friend. "Well, what are you going to do with him? Take him to a dog's home or sell him?" "Good Heavens ! No I shall simply confiscate his bike."

"Do you believe in life after death?" the boss asked one of his employees.

"Yes" replied the employee. "Well that's OK then" said the boss, "while you were at your Grandmothers funeral yesterday, she popped in to see you."

St Marys Newsagency

3 Story Street, St Marys.

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Sat & Sun 7.00am – 4.00pm

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Home Visits are available on request!**WE NEED YOUR HELP!**

Did you know that the Heritage Listed Slaughter House in St Marys is being rebuilt?

With guidance from Heritage Tasmania, fantastic craftsmanship by Ian Hays from Mountain Huts Restoration Group and financial support by the owners Jeff and Ros Wallace, the building is rapidly coming back to life.

We are thrilled at the progress made so far.

Once completed, we expect this to be in the next few months, it will have an Interpretive Display/ Information Board and be open to public.

However, we desperately need PHOTOS and STORIES of the structure for this display.

We would be grateful for any donations and all those used in the Interpretive Display will include the donor's name.

Contact: Jeff Wallace 0419 591 699 58 Gray Rd St Marys (the Camel Farm).



The Pain Revolution Rural Outreach Tour is coming to...

Wednesday, March 20

St Helens Neighbourhood House Association
Bangalore Room

Do you, or someone you love, live with persisting pain?
Are you ready to learn how understanding pain can help you, and your whole community? Join us for a FREE, easy to understand talk about why your body hurts, why it keeps hurting and what you can do to help it.

Come along early and visit our Help Desk from 3pm. Our Pain Revolution experts from different healthcare professions will be available to answer your questions.

PUBLIC SEMINAR	
3.00 - 4.00pm	Help Desk
4.00 - 5.30pm	Pain Education Seminar

Are you a health professional working with people living with persisting pain?
Join us for an interactive multidisciplinary lecture and discussion about the challenge of treating persisting pain, and the opportunities for recovery that have emerged from the research lab.

HEALTH PROFESSIONAL FORUM	
5.30 - 7.30pm	Health Professional Seminar and Networking Light dinner provided.

Check out Pain Revolution's Brain Bus in the IGA Carpark, next to Portland Hall, 12-2pm
Experience the power of your brain in our pain science laboratory on wheels. If you are interested in how our understanding of pain has changed and why new scientific discoveries bring hope for people in pain, then this is for you.

BRAIN BUS	
12.00 - 2.00pm	IGA Carpark, next to Portland Hall

See more at www.painrevolution.org/brainbus

Book your **FREE** ticket at website www.painrevolution.org/events



Grassroots Campaign to Tackle Chronic Pain is Turning Heads and Wheels

The Pain Revolution Rural Outreach Tour heads to Tasmania in March 2019.

Persisting pain affects 1 in 5 Australians, yet less than 10% of people get the help they need to recover from this condition. World renowned pain scientist, educator and clinician **Professor Lorimer Moseley**, is leading his team of 50 dedicated health professionals, patients and educators on the Pain Revolution Rural Outreach Tour to tackle this problem head on.

In collaboration with Primary Health Tasmania and a range of community and professional groups, his team will cycle 700 kilometers and deliver 19 free educational events for the public and health professionals from March 16-23rd. This is no ordinary charity bike ride – packed houses in town halls, surf clubs and RSLs attest to that - it is a world leading public health promotion and grassroots campaign to tackle Australia's most burdensome health problem.

As well as raising awareness and providing valuable resources for rural health professionals and the wider community, the Tour raises critical funds to support Pain Revolution's world-first Local Pain Educator program, a capacity

and community building program that trains and supports rurally based health professionals to provide best care and education locally.

Australia is a world leader in chronic pain research yet the impact of persistent pain on rural and regional communities is massive and growing. Persistent pain is a major risk factor for depression, suicide, cancer, stroke and heart disease, not to mention opioid and harder drug addiction, a problem that is hitting at the heart of rural communities across Australia. Persistent pain is the most common reason for early retirement. Pain Australia, the nation's peak national body representing the needs of people with persisting pain estimate that it cost the Australian economy more than \$34 billion dollars in 2017, more than cancer and heart disease combined. Critically, these risks, costs and burden could be halved if people receive timely, effective care.

Professor Moseley and his international research collaborators have made startling discoveries about over the last 30 years. They have also shown that people can recover from persistent pain when they too understand those discoveries. This is why academic and scientific organisations across the world recommend pain education as the highest priority intervention to prevent and treat persistent pain. Moseley has gathered expert educators, scientists and clinicians to take these discoveries directly to the people. "Persistent pain is a complex problem. We need collaborative cross-sector efforts to take it on. Modern pain science is surprising. It is amazing. It is fun. It is full of hope and it is transforming lives."

Painaustralia's CEO, Carol Bennett, recognises the importance of Pain Revolution's programs for people in pain in rural and regional Australia. "The Local Pain Educator Program addresses a dire gap in Australia's healthcare system – tending to people with chronic pain in regional Australia. This program serves to boost pain management capacity in these areas by offering specific pain training to targeted healthcare professionals in areas where access to best-practice, holistic care doesn't exist." "So many people don't understand pain, why it is there, what they should and shouldn't be doing as a result and how to best live with it. This Rural Outreach tour is designed to address all of these questions in an engaging and easy to understand way for everyone affected by pain."

Sinan Tejani is a Physiotherapist in Burnie, Tasmania that will join Professor Moseley for the 700km Rural Outreach Tour. Sinan not only works with people in pain, but he's also recovered from persisting neck pain that did not resolve with rest or the standard treatments often prescribed for musculoskeletal pain.



BREAK O'DAY COMMUNITY TRIATHLON

Great news everyone, our triathlon is on again and will be bigger and better than ever. Lock in the date, the morning of Sunday March 3rd 2019.

Our first Triathlon, held in March this year, was such a huge success that we have been invited to be part of the Armstrong's Insurance Broker Statewide Triathlon Series. This will bring additional elite athletes to our triathlon for the Sprint race and we should smash our 162 entries in 2018.

The event, based on the foreshore in front of the Council Chambers, will feature three races; a Junior Enticer, Adult Enticer and Main Sprint. Distances for the Enticers are; swim -350 metres, ride -10 km. and run—2.5 km. The Main Sprint distance is double the Enticers. Competitors are welcome to enter individually or in a team.

Features of our triathlon include; great food, free massages for participants, safety for competitors in the form of closed roads, 60 plus volunteers, a health and wellbeing focus, \$6,000.00 in prize money and terrific spot prizes.

One of our major aims in presenting the Triathlon is to get locals participating. Hopefully many more will 'have a crack' in 2019 as it is great fun and not too taxing if entering as a team. Just imagine, after Christmas, training with mates in our beautiful environment and improving your fitness and wellbeing.

A message for those wanting to train for the swim Nat invites you to join the Happy Fish group who swim at Beauty Bay on Saturday mornings at 7.00 a.m. Contact Nat, 0400 750 364.

GET INVOLVED-start training and join in with the community for an exciting event. Keep an eye on our Facebook site for ongoing information at "Break O'Day Community Triathlon".

Kind Regards
Barry Le Fevre



St Marys Op Shop - A School Association Venture

Come visit the [St Marys Op Shop](#) today, situated directly behind the community hall with car parking outside the store.

Open : 9am till 4pm every week day and 9am till 1pm every Saturday.

We have new stock daily in the shop and also selected stock marked down to half price every day. Anything with a red strike through is half the ticketed price. Plus we have the \$1 rack or fill a bag for \$2.50 on the front porch.

We need donations of small furniture, bric-a-brac, books, outdoor equipment, sporting equipment and clean working electrical goods. All funds go back into the community via the School Association.

Thanks for your continued and ongoing support.



Many hands make light work.
The St Marys School Association Op Shop
NEEDS YOU!

Volunteers are needed to take on permanent weekly shifts and/or join the casual volunteer pool.

The shifts are either 3 and a half hours in the morning or afternoon or a full 7-hour day. The casual pool provide relief to the regular volunteers for sickness, appointments etc.

Training is provided, tasks involve front counter work, helping shoppers, daily sorting tasks in store and other assorted tasks. It's quite a busy little Op Shop and usually support is provided by the senior worker on duty at the same time.

If you have some spare time and would like to become part of a friendly team of volunteers please call Janet the co-ordinator to discuss on 0404 562 320.



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

Contact Number: 63742344

BUS TRIP **Cataract Gorge**



DATE: Saturday—23rd March

BUS COST: \$10 per person

TIME: Leave FVNH 9am

Visit the Gorge Café or take your own lunch, visit Cliffground and Reserve.

A recreation hub to swim, walk, dine, enjoy nature and simply relax. Provides access to the cafe, shop, kiosk, first basin lawns, swimming pools, toilets and shower facilities.

Gorge Scenic Chairlift Rates

Fares	Across Ride one way only (across or back)	Across & Back Ride to Cliff Ground Reserve (visit Cataract Gorge) & Ride Back
Adults	\$13.00	\$16.00
Concession (Seniors & Pensioners)	\$10.00	\$12.00
Children (15 years & Under)	\$8.00	\$10.00

This trip will depend on driver availability.

Call into Office to book your seat with payment before Thursday 28th March.

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



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

Contact Number: 63742344



Hawthorn vs Richmond



Saturday 9th March 2019

Time: 7:10pm at UTAS Stadium

BUS COST: \$10 per person

LEAVE: FVNH 5pm

Rest stop along the way.

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Call into Office to book your seat with
payment.

Before Thursday 7th March.

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Scamander Tas 7215****enquiries@surfcoastrealty.com.au****www.surfcoastrealty.com.au****NEW Listing!**
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- Shan Rayner, 2018

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contact 6376 1144

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58 Cecilia Street, St Helens

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St Marys

Holy Trinity in St Marys 9.30am cuppa, 10.00am every Sunday

13 Main Street, St Marys

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February News from Break O'Day Anglicans 2019

The World Day of Prayer will be celebrated across the world in March and the country we are praying for this year is Slovenia. Services with the combined churches of Break O'Day will be held in the Anglican churches at St Marys and St Helens on 1st March. St Helens at 10am, and St Marys at 5.30pm. Morning tea and supper will be shared after each service.

The theme this year is

"Come-everything is ready".

Slovenia have been holding World Day of Prayer services since 1991 when their country was established and religious gatherings were again permitted after years of restriction. The population of Slovenia is around 2 million. The land area is small, less than 1/3 the size of Tasmania, with a coastline of 43 kms.

Vision Christian Radio

Just a reminder for our many visitors and holiday makers to the Coast, you can enjoy non-stop uplifting music and messages from our four Christian radio stations located at;

Binalong Bay on 87.8FM, St Helens 88FM, St Marys 88FM and Fingal 88FM.

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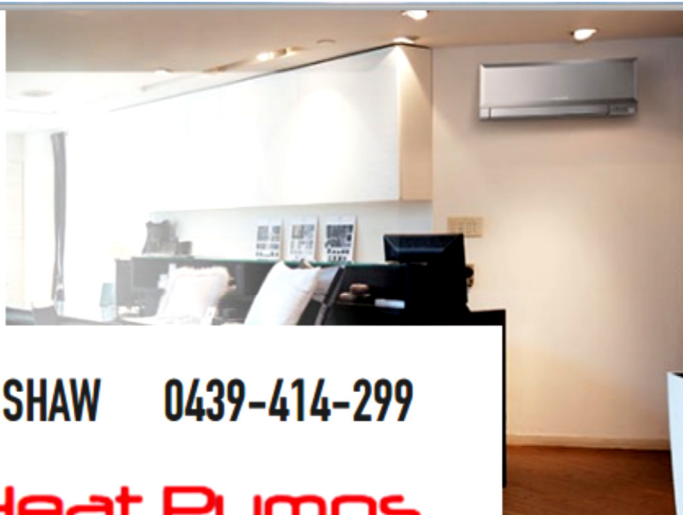
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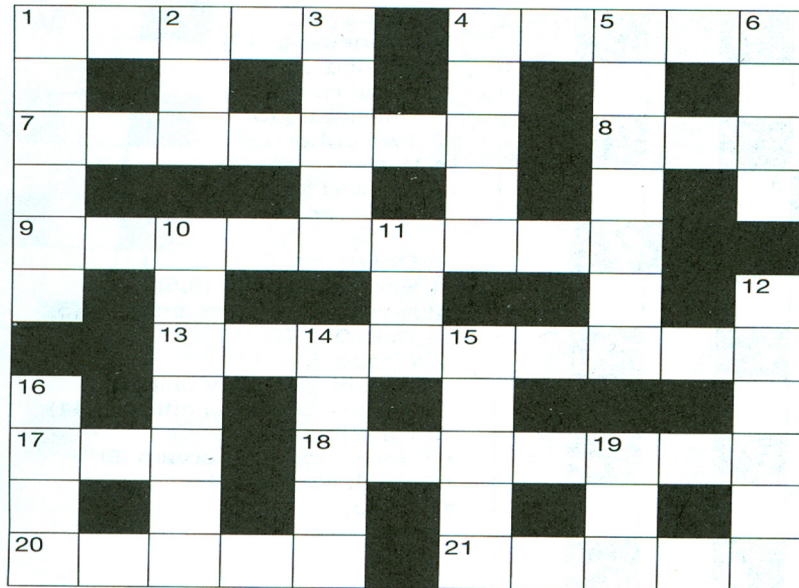
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Crossword

15



Across

- 1 Becomes weaker (5)
- 4 Get-well programme (5)
- 7 Pasta envelopes (7)
- 8 Jewel (3)
- 9 Cleaning agent (9)
- 13 Neglect (9)
- 17 To be given to the noted person (inits) (3)
- 18 Sycophants (7)
- 20 Mocking smile (5)
- 21 Cartoon sheep (5)

Down

- 1 Domains (6)
- 2 Penultimate month (abbr) (3)
- 3 Scrub hard (5)
- 4 Lift (5)
- 5 Substantial late afternoon meal (4,3)
- 6 Useless printed material (4)
- 10 Immature frog (7)
- 11 Unrefined sugar (3)
- 12 Probable (4-2)
- 14 Drunken woodland god (5)
- 15 Tests (5)
- 16 ETs' crafts (abbr) (4)
- 19 Girl's name (3)

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Erica
Boxthorn

Onion Weed
Spanish Heath

Pampas Grass
Wild Raddish
Serrated Tussock

The Liberal Government
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tourism growth along
the East Coast



- ✓ \$1.3 million for the Swansea boat ramp redevelopment
- ✓ Funding for the St Helens MTB Trail Network
- ✓ Funding for the Freycinet Marine Farm expansion

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JONATHON DUNIAM
 LIBERAL SENATOR FOR **TASMANIA**

Ground Floor, 85 Macquarie Street,
 Hobart TAS 7000
 03 6231 2444
senator.duniam@aph.gov.au
[SenatorDuniam](https://www.facebook.com/SenatorDuniam)



Authorised by Senator Jonathon Duniam, Liberal Party of Australia, Ground Floor, 85 Macquarie Street, Hobart TAS 7000.

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Do you enjoy helping others to learn?

We are looking for volunteers to join our team at St Helens library to help people in our community improve their skills with reading writing and maths.

If you would like more information please enquire here or contact

Polly Fowler, Literacy Coordinator
 Ph. 0428 161 057 or email polly.fowler@education.tas.gov.au

www.libraries.tas.gov.au

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St Marys PHARMACY

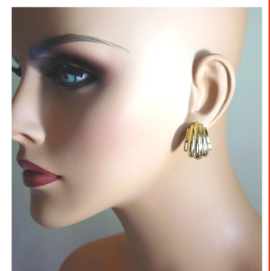
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Expressions of Interest to EXHIBIT or PERFORM at St Marys Monthly Market

St Marys Monthly Market is looking to promote local/new/emerging performers, artists, and musicians.

Are you starting out or entering a new phase in your artistic career? Have you been creating art and waiting for a chance to share it with the world? Here is your opportunity!

St Marys Monthly Markets are held at St Marys Town Hall on the first Saturday of each month. We are run by Break O'Day Regional Arts (BODRA). Our mission is to promote arts in the Break O'Day community and we want to help local artists gain exposure and experience in publicizing and performing their art.

Contact Bronwyn at bodregionalarts@gmail.com or on 0490543888 for more details.



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\$10 pp, bring your own gear

St Marys District School Hall

Contact Katrin: 0402 315 564



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.

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



Pilates

St Marys Active4Life Gym

Harefield Rd (Recreation Ground) St Marys

\$10 pp Fridays 9.30-10.30am

Contact Tani: 0422 742 297



All Building Blocks sessions are free of charge for all children from 0-5 years old, along with their parents, carers & grandparents. FVNH Play Centre by booking only for 3-5 year old children

More info

admin@hub4health.org.au



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

Dr C. Latt

28/2/19—15/3/19

Dr K. Rawnsley

1/3, 5/3, 8/3, 12/3 & 15/3 2019

Public Holiday

Monday 11/3/19

* Please see next page for public holiday details

IN A EMERGENCY

PHONE 000

AMBULANCE, FIRE & POLICE

WAITING AREA AT THE HEALTH CENTRE

The waiting area for **all** services at the St Mary Community Health Centre is in the reception. Please report to reception upon arrival and the consultant you are here to see will be told and they will come and collect you from this area.

St Marys General Practice reminder

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

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

The above are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your appointment. If you have any concerns, please contact us and we will try and address them

A.H. contact numbers

GP Assist	1300 780 011
Ambulance or Emergency	1800 008 008 000
Lifeline - Saving lives, crisis support and suicide prevention	131 114
St Marys Community Health Centre - please ring before presenting after hours	6387 5555
Mental Health Helpline	1800 332 388

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

28 Feb	2nd Bite Delivery Social Worker Shan Williams for appointments please phone 6387 5555	14th March Continued...	Diabetes Educator – Sally Gates. See your GP for a referral.
1st March	Social Worker Shan Williams Call 6387 5555 for appointments. Pain Management Course 10:00am–12:30pm	15th March	Social Worker Shan Williams Call 6387 5555 for appointments. Pain Management Course 10:00am–12:30pm
5th March	Max Employment – 9:00am-3:30pm downstairs. Podiatry North - For appointments please phone 6336 5155 Mindfulness Program – with Miranda Stephens 1:30pm-4:00pm in the Day Room. Hospital Auxiliary Meeting 2pm in the Family Room.	<p><u>PUBLIC HOLIDAY</u> MONDAY 11/3/19</p> <p>Normal Doctor Surgery hours will resume the day after the public holiday TUESDAY 12/3/19</p> <p>Please refer to the After Hours contact number for during this time.</p> <p>Emergency 000 GP Assist 1800 780 011 Ambulance 1800 008 008 non emergency Lifeline 131 114</p> <p>St Marys Community Health Centre 6387 5555</p> <ul style="list-style-type: none"> If possible please ring before presenting after hours 6387 5555 	
6th March	Day Centre - call Hayley Gilbert on 6387 5555 for information on the group. Social Worker - Shan Williams For appointments phone 6387 5555	<p>The GP Books at the St Marys Health Centre are <u>closed for new patients</u> in the areas;</p> <ul style="list-style-type: none"> North of Scamander South of Four Mile Creek Past Avoca <p><u>Exceptions</u>: pregnant women, request from specialist, people visiting, family members of existing patients i.e. new babies.</p> <p>This will be continue to be reviewed. Thank you for your cooperation during this time</p>	
7th March	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments.		
8th March	Social Worker Shan Williams Call 6387 5555 for appointments. Pain Management Course 10:00am–12:30pm		
12th March	Child Health Nurse – Mary Mumford appointment only. Phone 0428 136 381. Mindfulness Program – with Miranda Stephens 1:30pm-4:00pm in the Day Room.		
13th March	Day Centre - call Hayley Gilbert on 6387 5555 for information on the group.		
14th March	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments.		



INTERNATIONAL VOLUNTEER AWARDS

December 5th was **International Volunteer Day**, a day where we celebrate the contribution of volunteers worldwide, and locally it heralds the official launch of the 2019 Tasmanian Volunteering Awards.

The United Nations theme for International Volunteer Day is ‘building resilient communities’, new CEO of Volunteering Tasmania Dr Lisa Schimanksi says,

“Tasmania is powered by volunteers, they are fundamental to creating inclusive connected and resilient communities.” “There are so many ways in which we all rely on volunteers in our everyday lives, on International Volunteer Day we can collectively pause and thank them for all that they do - we are very proud to be launching our recognition awards on this day.” she said.

The Tasmanian Volunteering Awards, now in their fourth year, are Tasmania’s only state-wide awards program that formally recognises excellence in volunteering and showcases inspiring stories of individual and organisational volunteering across our state.

Volunteering is critical to our state and volunteers can be found in almost every sector and most definitely in every community. Volunteers in Tasmania contribute over 7 million hours every year and it would cost the community \$2.5 billion to replace their collective effort. Although the economic value volunteers contribute to our State is enormous, it is the human connection, compassion and care that volunteers bring to their tasks that sets them apart; it is this that helps build the resilience in our communities. This is our opportunity to recognise, acknowledge and thank them.

The Awards are an important initiative of Volunteering Tasmania and are strongly supported by the Tasmanian Government, generous category sponsors and Volunteering Tasmania’s Patron, Her Excellency Professor the Honourable Kate Warner AC, Governor of Tasmania.

Attracting hundreds of nominations from around the state each year, the nomination period officially closes at midnight on 10th March 2019, with the winners announced on Monday 22nd of May 2019 at a special event at Government House.

Tasmanians are being urged not only to thank a volunteer today but to nominate a volunteer or volunteer group in one of ten volunteering categories.

The 2019 Tasmanian Volunteering Award Categories

Spirit of Tasmania’s Arts, Heritage and Tourism Award

Anglicare Tasmania’s Community Care and Health Award

Bulk Nutrients’s Sport and Recreation Award

CatholicCare Tasmania’s Volunteer Group or Program Award

Hydro Tasmania’s Excellence Award for Best Practice in Volunteer Management

Lifeline Tasmania’s Emergency Services Award

Volunteering Tasmania’s Environment, Animal Care and Conservation Award

TasTAFE Education’s Science and Technology Award

Volunteering Tasmania’s Corporate & Civic Award

Aurora Energy’s Lifetime Achievement in Volunteering Award

The inaugural Aurora Energy Lifetime Achievement Award has been introduced this year as part of Volunteering Tasmania’s 25th year Silver Jubilee celebrations in recognition of an individual’s exemplary long-term commitment to the volunteering sector.

The Premier’s 2019 Volunteer of the Year Award will be judged from the finalists of all individual categories.

To nominate simply visit www.volunteeringtas.org.au and follow the prompts.

MY HOBBY

I was interested at one stage in model rail but never did anything about it. Many years on and about 12 years ago, a fellow called Rob Matthews and a local, Shan Wilmot, had a weekend display in the Town Hall. I went in on the Saturday and ended up going back in on the Sunday. Rob particularly had been engrossed in the "world's greatest hobby" as it's known, for 30 plus years and had built an incredible modular "N" scale layout requiring a truck to cart it around.

A few months later while browsing on the internet and EBAY I came across an inexpensive "N" Scale Thunder Valley base set that I thought was worth the \$90 or so price....I was hooked. I recalled some of Rob's tips from the weekend a few months earlier that helped, so the journey began. Maybe a year in, and I'd built my first tentative layout, making lots of mistakes but having a ball. Only one regret. Why did it take me so long to start?

One day I visited a great friend, now a local business owner, who shared a similar passion and who had begun an amazing layout with a fantastic theme based on his personal experiences. The big difference was that he chose "HO" gauge, and I soon realised that this was really for me too, so I defected to it before I'd spent a lot of time in "N".

Nearly a decade on now and it doesn't matter how lousy a day I've had, an hour or two mucking around in the hobby room fixes it all.

Model rail dates back a long time, and the clockwork method was mainstream for a while, but it didn't take too long before the first Hornby, Triang, Lionel, American Flyer and others had switched to two or three rail electrified type. Now it's also digital, computer controlled if you want it to be, and has a mass of levels to go to.

By far the most popular scale is "HO", which is 1:87 size or one 87th the size of the real thing. Nearly as popular is "N", which is 1:160 or roughly half the size of "H". Then there is "OO", which is big in England especially. That's 1:76 proportion, but uses the same 16.5 mm track that "HO" does. There's less used these days gauges like "O" which is 1:48th or 1:43rd depending on which country you're in. Also "S" (1:64th), "G" or Garden Gauge which is about 1:22, meant for outdoor operation. Others are "Z" scale, which is tiny at 1:220, and even live steam which is able to be ridden on.

Why I like the hobby so much is that unlike years ago, it's quite cheap to make a start with Analog equipment, then there's DCC Ready or full DCC, which allows a whole level of control, sounds and functions which is getting cheaper all the time. Then there's the ability to build scenery if you wish or not, have a permanent track or not, build sectional track or flexible track, add electronics or just run any way you like. You can take it as far as you desire. It's awesome. The longer you're involved the more you learn, and there are millions who just love playing trains.

If anybody wants to know more, feel free to contact me through the Valley Voice and I'll see if I can answer any queries you might have. You'd be most welcome.

Rod McGiveron.



C & D's IGA X-press

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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



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Quilton Tissues 95s \$1.00

Allens Lollies 150-200g \$1.40

Tim Tams 160-200g \$1.82

Cadbury Family Blocks \$2.99

Palmolive Shampoo & Conditioner 500ml \$2.99

2kg Washed Potatoes \$3.95

Brown Onions 1kg \$1.49

Week 2 6/2/19

Arnotts Shapes \$1.99

Duck River Soft Butter 500g \$3.99

Nannas Fruit Pies 600g \$2.99

Greenseas Tuna - Varieties 95 g \$1.00

Sorbent Toilet Tissue 24 pk \$8.99

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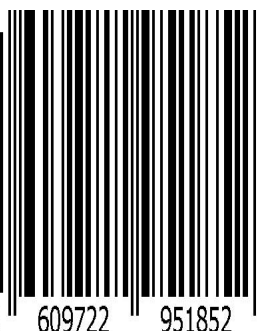
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Crossword Solution

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