



# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 51.06 25th April 2019

# ANZAC DAY



The name resonates with emotion in our souls. We must never forget that this name was earned with blood, sweat and tears. Every Anzac Day provides an opportunity to remember and be thankful for the sacrifices made at that time, and which still are reflected in our thoughts now, over a hundred years later.

So many men and women died or were badly wounded for their mates and families, and the countries they loved. We should not forget the families who said goodbye to their fathers, husbands, brothers, sisters, sons and daughters, never knowing if they would ever see them again, or how changed they would be when they returned. They, too, made sacrifices when they said goodbye to their loved ones.

Here it is over a hundred years later and we thankfully express our gratitude to all the defence forces who gave us our Australian way of life.

“At the going down of the sun, and in the morning,  
we will remember them.

## LEST WE FORGET

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 PO Box 322 Fingal Tasmania 7214

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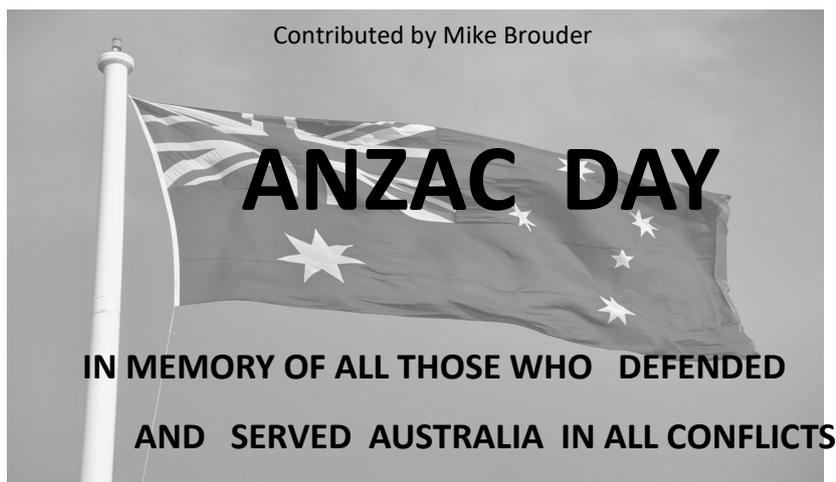
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 Our pages remain open to fair and honest criticism so that, on all questions, both sides may be presented, but any submissions containing personal attacks/libel/slander will not be accepted.  
 Kindly do not attack the editor, the paper or the authors 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 The address and phone number will not be published but are for verification purposes only.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**

April 25	Judy Ducket
26	Ruth Aulich
29	Bronwyn Zemanek
30	Val Spencer
May 1	Louise Keady
2	Heather Griffiths
3	Karl Balzar
6	Val Spencer
7	Pam Bretz
8	Freya Wynter

# FINGAL FOCUS



**I wonder if the day will ever come when we try to remember when the last time Australia was involved in a war, small or large. The thought of a “small” war is a bit ludicrous; it is still a violent episode ruining or disrupting so many lives, not to say economies. So many young Australians are so much more aware of Australia’s sacrifices in war.**

**Hopefully , they will never be involved in any such conflicts, ever.**

## Jokes

Three handy rules for all DIY jobs around the house.

- 1/ Always select the right tool for the job.
- 2/ A hammer is always the right tool for the job
- 3/ Anything can be used as a hammer.....

“Rocket Salad” is a name that has disappointed thousands of kids.....

I was at a party and the host was getting worried because there were too many people and not enough refreshments. She wasn't sure that everyone had been invited, and didn't know how to weed them out. Her husband had a brainwave. He turned to the guests and said, “Will all those from the bride’s side of the family stand up?” About 20 stood up. Then he asked, “And now those from the groom’s side?” About 25 people rose. He smiled at them and said, “ Will all those who stood up please leave. This is a birthday party.” .....

A friend said, “I thought that I wanted to be a fireman, but it turns out I just like breaking windows....

## ANZAC DAY

Anzac Day is not a day to glorify war.

Anzac Day is a day to show honour and respect to our servicemen and women, many of whom came home from the bloody theatres of war with physical and mental damage. It will never be a day to talk about refugees, or dispute party politics. How could it be, when so many families were touched by the loss of a loved one, or a friend during the first two World Wars, and in later wars in Vietnam, Syria and Afghanistan, to name just a few?

Here in the Fingal Valley, we seem very far from the battlefields across the world, but in 1914 our young men enlisted to fight. All of our small towns sent a contingent of enlisted men. There was a purely Tasmanian battalion, the 40<sup>th</sup>, that took part in the worst battles in Europe. We have a tangible record of those who died, on the Honour Rolls for each town, and in some wonderful photographs. When you look at these photos, please remember how young they were – some barely 18 years old, and others younger. These young men joined the Light Horse and had to be able to jump a fence and ride bare-back. For many it was simply an adventure. We don't have any names for these men who were listed as Mangana soldiers.



**Mangana soldiers heading out to war in 1914.**



**Fingal Light Horse after a training session at Mona Vale, 1935.**

This wonderful photo has been included to show the human side of these young men. Amongst them are Jack Woods, and Grant Woods from Fingal, as well as Arthur McGee, and Roy Barnes from Avoca. It isn't from World War 1, but once we reduce our soldiers, sailors and airmen to statistics, we lose the point that they are sons, brothers, cousins, husbands and fathers. They lose their humanity. My grandfather Edgar Oswald Watts was a British soldier who joined up in 1914, and he too, went through the trenches. His life was saved by Australian soldiers when he nearly drowned in the River Nile. I researched this and was able to prove a family story. Do you have any family stories in your family? Many of them will be based on truth, and it would be great to share them.

Finally, never underrate the impact of our men and women in the field of battle. They are strong, innovative and courageous. We have what we have in Australia because of their sacrifices. War is horrific and brutal. Anzac Day has nothing to do with that, it is all about our service men and women, and their courage in the face of adversity, whatever their particular war.

Please join with me and raise your glasses to those who have fought for our freedom.

LEST WE FORGET

Marilyn Statham,

History Group

## LETTERS TO THE EDITOR

Dear Editor,

I wish to write a brief reply to the 'Cage Rattler'...

Dear Cage Rattler, it would seem your cage has been well and truly rattled, so I'd say the vegans mission was accomplished!

Every successful social change has come about through civil disobedience, and caring people challenging the norm. The emancipation movement was labelled "extreme" for interfering with peoples livelihoods and "rights" to own slaves. The suffragette movement was labelled "extreme", for using civil disobedience to get women the vote Ghandi used civil disobedience to free India from colonial control. Nelson Mandela was jailed and called a terrorist, and I could go on and on.

I find it rather amusing the amount of vitriol directed toward compassionate people armed only with cameras!

There wasn't such ire directed toward the 1000+'farmers' who the very next day gridlocked Albury CBD when David Littleproud was visiting. Nor toward the over 150,000 concerned citizens who brought Melbourne's CBD to a halt the day after...

And who could forget the CFA volunteers who dragged public resources away from their turnout areas to protest a few years back? They not only blocked the city with their vehicles, they jeopardized their own communities fire coverage. They also compromised the ability of MFB appliances to respond in emergency. No lynch mob for them either!

And I could list so many more occasions, yet it's a handful of vegans who get everyone's knickers in a twist!

Rather than occupy valuable column space in this lovely local journal, I simply say this: Why not see for yourself what the vegans are on about?

I invite you to share a beverage and watch **Dominion** with me, I'll even shout! You seem like a courageous soul, who seeks truth and isn't afraid to ruffle feathers, so let's get together and chat.

Your good editor has my details so you can contact me.

You can then decide for yourself. What do you think?

S L McLay, Gray

Dear Editor,

By the time this edition of the 'Valley Voice' comes out, Easter will be over, and also the Good Friday Appeal for the Royal Children's Hospital in Melbourne. The Herald-Sun Newspaper published a lift-out section (Weekend - 13th April) which contained among other items, a feature on three families who had received so much care and attention for their child's specific needs, and how well these children had progressed.

As this is a Melbourne newspaper, the stories naturally focused on three Victorian families, but in Tasmania we have excellent hospitals providing much-needed care and advice to local families. We don't read about them very often in the newspaper, but most families quietly get on with the care and attention their own special child might need, under the guidance of the hospitals and specialists here and possibly, when necessary, the Royal Children's as well.

*All children are special, but some have extra special needs, with extra special parents.*

Toni Brewster, Chain of Lagoons

## Events

### AA

Friday night St Marys Anglican Church Hall 7:00pm  
Wednesday night St Helens Anglican Church Hall  
7:00pm

### Old Codgers Meeting

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

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, 0418 881 315.

### The Combined Probus Club of Scamander

Join us in fellowship, friendship and fun. Meetings held 4<sup>th</sup> Wednesday of each month. Guest Speakers. Bus trips. Visit local attractions. Time: 10am. Where: Scamander Beach Hotel Contact: Marj Aulich 0473 238 077 or Val Spencer 0437 397 219

## BOOMERANG BAGS ARE HERE !

Join us at the St Helens Market on Saturday April 27<sup>th</sup> between 10 and 1, when we

## Boomerang Bags Launch



**Locals helping to make Break O'Day Plastic Bag Free**

Join us at the St Helens Market on  
Saturday 27th April between 10am and 1pm

**Come along meet the team and take a Bag**



### Community shopping bags to replace plastic

Our bags are made by locals using recycled fabric.

Our own Break O'Day Community group is one of more than 800 Boomerang Bag communities up and running around the world.

Ours was the first to list in Tasmania.



Funded by the Crown through the Department of Communities Tasmania

Plastic pollution is one of the largest global threats to the environment, with research finding that no part of the planet is free of plastic waste. The impacts of plastic on the environment and living creatures, even humans, are irrefutable.

Boomerang Bags works to increase awareness about plastic pollution and foster sustainable behaviour at a grass-roots level through creating conscious, connected communities.

Our own Break O'Day Community group is one of more than 800 Boomerang Bags communities up and running around the world. Ours was the first to list in Tasmania.

Volunteers collect and up-cycle unwanted fabric into re-usable shopping bags, diverting thousands of kilograms of waste from landfill, and replacing single use plastic that often ends up in our marine environment.

Along the way we are creating an opportunity for people to connect, socialise, learn new skills and contribute positively to the local community, building social capital and developing environment stewardship.

Boomerang Bags isn't about replacing all the plastic bags used in our local shops and supermarkets (we couldn't possibly make them fast enough!). We hope to provide practical solutions and help change attitudes for social and environmental change.

For the past 20 months our dedicated group of volunteers has been working away to produce 1000 bags! Bigger communities in Tasmania are ahead of us now in getting bags into circulation. We'd love you to join us at the Neighbourhood House-you don't need to be able to sew - so that can forge ahead.

On Saturday we will present bags to representatives from Bay Of Fires IGA, Hilly's and the NE Providore.

We are especially looking forward to distributing bags to you our fellow residents.

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**St Marys:** 31 Main Street  
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 Tue & Thurs 10am - 12.45pm

**St Helens:** 61 Cecilia Street  
 Ph 6387 5600  
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 Sat 10am - 12pm

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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](http://www.linc.tas.gov.au)  
 eBooks, eMagazines and much more!

# 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

Congratulations to the winners of the Easter Egg

Decorating competition:

UNDER 7:

- 1st: Emily Barnes
- 2nd: Angus Richardson

8-14:

- 1st: Billie Grace Jackson
- 2nd: Sienna McGiveron
- 3rd: Helayna McGiveron

Indigo Burrows

**WELL DONE!**





**OUT OF THE WOODWORK**

**WENDY BRENNAN SECRETARY 04 29722091**

**Lot 1 Esk Highway St Marys**

**Facebook/ BreakO'Day Woodcraft Guild**

**ALL MEMBERS PAY HOMAGE TO OUR FALLEN  
ON ANZAC DAY**



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**Rebecca White MP & Jen Butler MP**  
invite you to  
**ST HELENS HEALTH FORUM**

Join us to discuss the importance of health services in St Helens

**Friday 10 May 2019**  
**5:30 - 6:30pm**  
**Portland Hall, St Helens**

Rebecca's Office RSVP - (0124 2226) or penny.goodland@parliament.tas.gov.au  
Jen's Office RSVP - (0124 2070) or kate.hooson@parliament.tas.gov.au



Authorised by Rebecca White, MP (Liberal Party)



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## The Salvation Army Red Shield Appeal: Volunteer to give Hope



The Salvos are encouraging people to get involved in Australia's biggest annual doorknock, the Red Shield Appeal. Held over the weekend of 25-26 May, the Appeal has set a target of raising \$8 million. The money raised from the Red Shield Appeal will go towards The Salvation Army's vast network of services that help Australians in need.

With the many natural disasters that have struck our shores this year and the growing number of Australians overwhelmed by the continual rise in the cost of living, more Australians are turning to The Salvation Army for vital support.

Over the past 12 months, the Salvos have supported more than 38,000 people experiencing homelessness, 14,000 people overcoming addiction, provided over 50,000 financial counselling sessions, given care to 5,000 people experiencing family violence, and assisted more than 150,000 people with emergency relief\*.

More than ever, the Salvos need 50,000 volunteers to help raise crucial funds for the Red Shield Appeal, says The Salvation Army's Envoy Melanie Norton.

"The Red Shield Appeal is a fun and simple way that Australians can really make a difference in alleviating the hardship being faced by so many people, right across our nation," says Mrs Norton. "Hardship does not discriminate. More Australians from all walks of life are turning to The Salvation Army for help and we need the public's support now to ensure we can continue to help those doing it tough."

The Salvation Army has a long history of coming alongside Australians in need. For more than 135 years, the Salvos in Australia have been committed to helping those doing it tough.

Mrs Norton says, "The Salvos can only continue to meet the local community's needs with the support of volunteers. Through the support given to us, we are able to provide our services along the East Coast." "We cannot do this alone," she says. "We all have the opportunity to be beacons of hope for others and by partnering with the Salvos for just a few hours over the Red Shield Appeal weekend, you can give hope where it's needed most."

**To volunteer for this year's Red Shield Appeal, please call The Salvation Army office in St Marys on 6372 2099, or register online at [salvationarmy.org.au](http://salvationarmy.org.au)**

You can donate to the Red Shield Appeal by calling **13 SALVOS (13 72 58)**, online at **[salvationarmy.org.au](http://salvationarmy.org.au)**, in person at any Westpac branch or Salvos Stores or by posting your cheque to PO Box 9888 in your capital city.

**St Marys Newsagency**

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**PRESENTS:**

**OUR**



**NIGHT**

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**THE**

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**SATURDAY 27<sup>th</sup>  
APRIL STARTING  
5:30pm**

**MAIN COURSE \$20.00  
CHOICE OF:**

**SMOKED BEEF  
BRISKET AND VEG**

**9 June 2019**

**SAVE THE DATE!**

**ST MARYS CAR AND BIKE SHOW**

....will be held on Sunday June 9th, officially underway at 9 a.m., and early indications are that it will be well-attended. We don't have restrictions on make or age, so there is something interesting for everyone who comes. In addition, the town stays open for the day, so variety in food, drink and shops is guaranteed. If the weather holds, it is a great day out, and if the weather is poor, it still is. We go ahead no matter what!

Autumn / Winter 2019  
 Opening hours from 8 April through until 6 October 2019

**Monday - Friday**  
**10:00am - 4:00pm**

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Authorised by Brian Mitchell MP (ALP, Tas. Branch) 53B Main Road Perth

## WITH ONE VOICE BREAK O'DAY CHOIR

Wow! Just Wow! -Expresses perfectly how I'm feeling about the first month of our new Community Choir, With One Voice Break O'Day.

Our public launch happened on March 7<sup>th</sup> at the St Helens Neighbourhood House and was attended by more than 50 interested locals wanting to find out more. Just for fun, the WOVBOD committee performed a couple of songs and proved how truly versatile and fun- focused they are.

Fun and inclusion, that's what this choir is all about, I don't care if you don't think you can sing, I care if you can show up, have fun and feel good with a group of others doing the same. Oh, and did I mention the wonderful supper included? The St Marys School Enterprise Group under the guidance of Rachael Hodge have also been providing the yummy supper we are treated with each week at rehearsal. Thanks so much guys, it's been amazing!!

Over the past 6 weeks we have been getting comfortable with Comes A Time (Neil Young), Thinking Out Loud (Ed Sheeran), I Can See Clearly Now (Johnny Nash), This Old Love (Lior) Love Me Do (The Beatles), Hallelujah (Jeff Buckley version), You've Got A Friend (Carole King), Hit the Road Jack (Ray Charles) and The Real Thing (Russell Morris). There are lots more songs still to come from the 'to learn' list.

WOVBOD is powered by an amazing committee of about eight dedicated community volunteers who give so much of their time each week organising rehearsal, supporting the choir members, the amazing supper, setting up, cleaning up, and keeping me on task, and without their support I'd be lost and there would be no choir. Thanks Legends!!

I also want to thank St Marys School for the support they offer in allowing us to use their funky new Performing Arts Space, and in particular Sandra Cook and Ros Smith for herding us in and out, and Nic Wardlaw for tech and instrument support.

Big thumbs up also to the Hub4Health for securing the funding which makes it all possible and providing the bus to bring our St. Helens members to St. Marys rehearsals.

New Winter rehearsal time for Wednesday nights at St Marys School is 6:00pm – 7:30pm starting from Term 2 on May 1<sup>st</sup> and more rehearsal for St Helens will be scheduled soon.

To find out more, check out the Facebook page, With One Voice Break O'Day, email Liz Dean- [lizdean2@gmail.com](mailto:lizdean2@gmail.com) or call Tanya Greenwood at Hub4Health- 0400 002 116



**Fingal District Progress Committee Inc.**  
PO Box 51, FINGAL, TASMANIA, 7214



**COMMITTEE MEETING**

**MONDAY APRIL 29<sup>TH</sup>**

**5.30 PM**

**FINGAL VALLEY NEIGHBOURHOOD HOUSE.**

**ALL WELCOME**

# Senator Steve Martin

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### Our next Dignity drive will be in April 2019.

Every **April** and **August** we ask the public to donate sanitary pads and tampons. At the end of the month the pads and tampons are donated to local partners including Anglicare and RAW.

Each packet of pads and tampons, or menstrual cup that you contribute makes a real difference for a woman in need in your community.

**“One box for me, one box for her”.**

Next time you’re at the shops, purchase an extra pack (or two) of sanitary items and donate them in a Pink Collection Box at your closest collection point during our **Dignity Drive**. Your donation is vital and we are grateful for your support.

**St Marys Op Shop, behind the Town Hall in St Marys, will be acting as a collection point for the April 2019 Dignity Drive. Please support us supporting women and girls locally.**

Thank you!





**GEORGES BAY MUSIC PRESENTS  
LUNCH AND MUNCH**

**TIDAL WATERS RESORT.  
ST HELENS**

**FRIDAY 26TH April 12 - 2PM**

**VIV AND CHRIS BOYSS**

**MEMBERS \$8 NON MEMBERS \$12**



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC  
Contact Number: 6374 2344



**BUS TRIP**

**HOBART SHOPPING**



**Date:** Saturday 25th May, 2019  
**Time:** Leave FVNH 8am



Cost of bus will be \$10 p/p



Stop at Campbell Town/Mood Food

Call into Office with payment to book your seat before Wednesday 22nd May.



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



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St Helens  
**St Paul's in St Helens 9.30am every Sunday**  
58 Cecilia Street, St Helens  
On 5<sup>th</sup> Sundays; combined service with Uniting Church & Christian Fellowship

**St Marys**  
**Holy Trinity in St Marys 9.30am cuppa, 10.00am every Sunday**  
13 Main Street, St Marys

**Pyengana**  
**St Michael & All Angels, Pyengana**  
7.30pm 4<sup>th</sup> Sundays only  
28007 Tasman Highway, Pyengana

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**SERVICE TIMES**  
**FINGAL**

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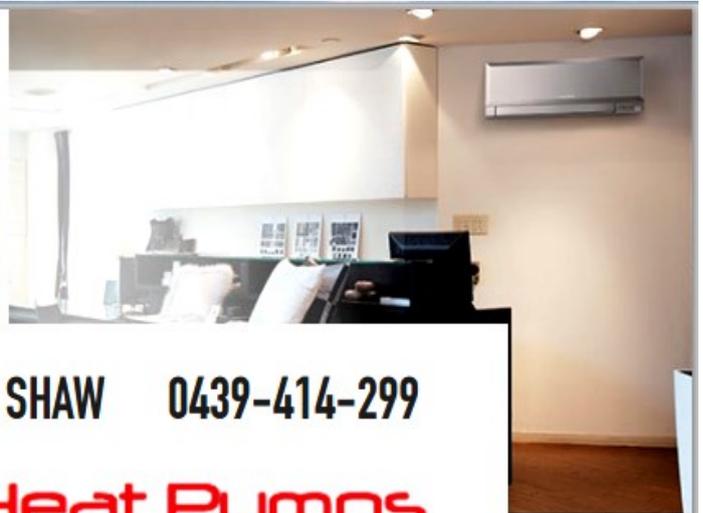
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**Rod Shaw 0407-615-072**

**Nick Shaw 0439-414-299**

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St. Helens, Tas. 7216

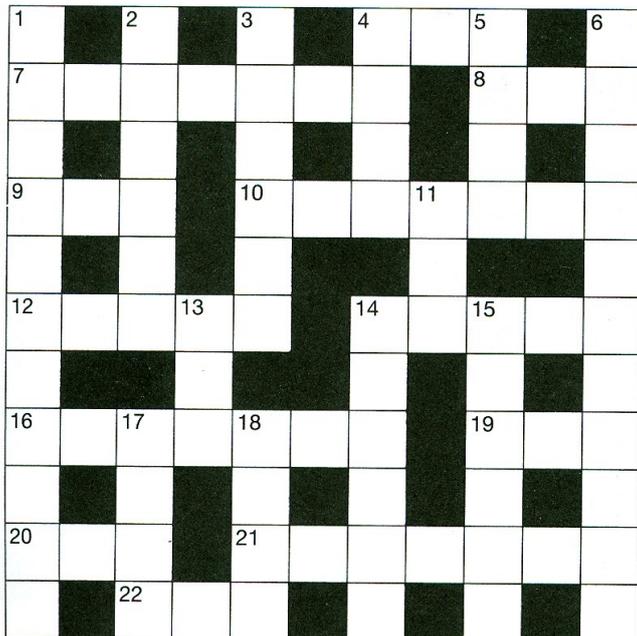
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[sth.electrical@gmail.com](mailto:sth.electrical@gmail.com)



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# Crossword

## 19



**Across**

- 4 Weep (3)
- 7 Without pausing (3-4)
- 8 Pointed instrument (3)
- 9 Lengthen (3)
- 10 Examines and amends (7)
- 12 Splits (5)
- 14 Rolled rice dish (5)
- 16 Chubbier (7)
- 19 Might (3)
- 20 A billion years (3)
- 21 Justify (7)
- 22 Viper (3)

**Down**

- 1 Disturbed (11)
- 2 Unobserved (6)
- 3 Begins (6)
- 4 Dodgy dealer (4)
- 5 Sacks or suitcases (4)
- 6 Categorizing (11)
- 11 Credit note (inits) (3)
- 13 Not bright (3)
- 14 Peels (6)
- 15 Monkey (6)
- 17 Elbow bone (4)
- 18 Make ready (4)

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Cumbungi

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### Moo Poo

See Normie

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Bring some balance into  
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Cambridge  
Margate Train

**BEDS R US**



**How do you contact us?**

Email: [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

Web: [www.hub4health.org.au](http://www.hub4health.org.au)

Facebook: Hub4Health

**Our Aim:**

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

**Active4Life Gym Memberships** at our St Marys facility . Membership are 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 .

For more information please contact us [admin@hub4health.org.au](mailto:admin@hub4health.org.au)



**With One Voice Break O'Day**

A **NEW** Community Choir

**Wednesdays 6:00 - 7:30 pm**  
*(New winter hours)*

Where:  
St Marys District School, Performing Arts Space  
13 Gray Rd, St Marys TAS 7215

**Supper and Good Vibes included!**

New Winter start time as of the 1st May from 6-7.30pm. Registration is free and new members are always welcome. Delicious supper included.

Hub4Health are proud to support this new community project and congratulate WOV Break O'Day as winners of the 2019 Good Neighbour Award from Healthy Tasmania. The funds will be used to support choir transport for members and supper

**Everyone Welcome,  
No Experience Necessary**  
[www.creativityaustralia.org.au](http://www.creativityaustralia.org.au)



Come along and share the fun



Hub4Health have a 12 seater mini bus, based at St Helens for hire by community groups and individuals.

Hire fees start at \$80 per day and can be booked at [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

Contact us for more information

**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-Thursday 8:30am-2:30pm**  
**Friday's 8:30am-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.

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**

**PLEASE BE PATIENT: Waiting periods to see your doctor may be experienced.**

**Non Attendance of Doctor's Appointments**

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

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

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

Waiting periods can apply.

**INR** tests require a 5 minute doctors consultation. Please inform reception when booking

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

**Doctors Roster**

**Dr C. Latt**

25/4/19-10/5/19

**Dr K. Rawnsley**

On leave until 16/5/19

See over page for Public Holiday details

**PLEASE BE PATIENT**

Waiting periods to see your doctor may be experienced.

**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**

25th April	Public Holiday– ANZAC Day
26th April	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.
29th April	<b>Physiotherapist</b> – For appointments please see your GP or Health Professional for a referral.
30th April	<b>Physiotherapist</b> – For appointments please see your GP or Health Professional for a referral.
1st May	<b>Day Centre</b> - call Hayley Gilbert on 6387 5555 for information on the group.  <b>Social Worker</b> - Shan Williams For appointments phone 6387 5555
2nd May	<b>2nd Bite Delivery</b>  <b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.
3rd May	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.
6th May	<b>Diabetes Tasmania Dietician</b> – Sally Gates please see your GP for a referral. 10:00am– 2:00pm  <b>Hospital Auxiliary Meeting</b> 2pm in the Family Room.
7th May	<b>Child Health Session</b> with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381  <b>Max Employment</b> – 9:00am-3:30pm downstairs.
8th May	<b>Day Centre</b> - call Hayley Gilbert on 6387 5555 for information on the group.
9th May	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.
10th May	<b>Social Worker</b> Shan Williams for appointments please phone 6387 5555

**FLU SEASON IS HERE!**  
 HAVE YOU HAVE YOUR FLU VACCINE YET?  
 VACCINES NOW AVAILABLE  
 Please call 6387 5555 to make an appointment

**COMPLIMENTS & COMPLAINTS**

If you have a concern, or an opinion, or a suggestion to improve our practices please let us know. Your opinion is valued and helps us improve our current services and provide quality service to our community.

**Have your say**

**It may be:**

**A compliment**

**A complaint**

**A suggestion for improvement**

Consumer Compliment and/or complaint forms are available from the reception area of the St Marys Community Health Centre.

Completed forms can left in the suggestion box in the reception area.

If you require feedback please leave your details on the form so we can get in contact with you.

This is part of our Quality Improvement Program

**PUBLIC HOLIDAY**

**THURSDAY 25th April– ANZAC DAY**

Normal Doctor Surgery hours will resume the day after the public holiday being;  
**FRIDAY 26/4/19**

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

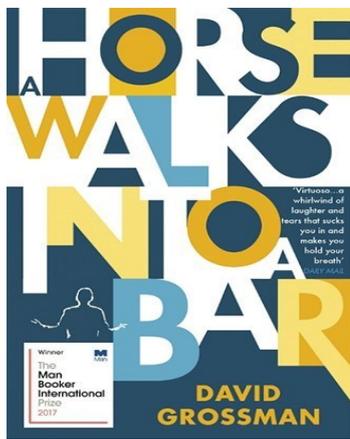
**Emergency 000**

**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



## BOOK REVIEW -

### “A HORSE WALKS INTO A BAR”

By David Grossman

The 2017 Man Booker International Prize winner, *A Horse Walks into a Bar*, by Israeli author David Grossman, was our book for last month. Translated from Hebrew by Jessica Cohen, this is a confronting novel on many levels and provoked lots of lively discussion at our meeting. The title is the first challenge, but that is soon understood, as this is the account of a 2 hour stand-up comedian's last show, though the audience only later must come to realise that. Dovaleh (Dov) Greenstein, the apparently well-known comedian, has contacted an old childhood friend, a retired district court judge, and asked him to come to his show. He wants him to watch closely and later write

down what he sees.

The show begins, and we are in the audience, seeing and hearing everything from the judge's eyes and ears. The judge has not seen Dov since boyhood and he is shocked at his appearance and behaviour. He is emaciated and covered in sores, and although the show begins with jokes, sometimes the corny old well-known ones, sometimes original, it becomes apparent that making the audience laugh is not the ultimate aim of the evening. He assaults the expectant audience with devastating directness, insulting individuals and mocking the crowd, while at the same time literally beating himself up severely to draw blood. This is clearly a disturbed man and over the course of the performance we learn the story of his troubled childhood.

The son of a Holocaust survivor and an erratic and yet controlling father, and something of a social misfit, Dov learns early to gain acceptance from the other kids by acting the clown, and obviously has gone on to make his living in the same way. The focus of this evening, however, is to recount the story of a traumatic event that happened when he and the judge were 14 and at a school army camp. The judge was unaware at the time of what had happened, but in hindsight feels a tremendous sense of guilt that he abandoned his friend and never saw him again until this night.

The audience becomes restless and some leave. This is not what they paid to see or hear, but skillfully, Dov slips in the expected jokes to hold them a little longer. In the end only a handful of the audience remains to hear the full story of the incident that shaped this man's life.

This is a cleverly constructed book, and in the course of reading it, we were reminded of the Tasmanian comedian, Hannah Gadsby, and her show, “Nanette”, where the audience is challenged by her account of growing up gay in a judgemental society.

Don't read this if you want a good laugh. Grossman is offering a kind of critique of Israeli society, while at the same time revealing the life of one tormented individual. It is a harrowing but finally rewarding read.

Pam Britz.

### ST HELENS WALKING GROUP

Pip Buchanan is just one of a variety of capable leaders within the St Helen's Walking Group, that as part of Hub4Health and the Heart Foundation's efforts encourages walking as a daily exercise to improve and maintain a healthy lifestyle. SHWG continues to be a popular community activity. Weekly Wednesday short walks and monthly Saturday longer walks are always an adventure within an allotted time frame. Walk leaders provide interesting information and/or walking conditions for the track being taken so that all are safe. It's great fun and always refreshing, with as much or as little as you desire in learning and social opportunities. Residents and travellers in St Helens and surrounding districts are welcome to join in the walks. Have \$2.00 ready for the driver if you want to car-pool and be at *Hub4Health in Portland Ct, St Helens* by 8.50am on a Wednesday or on the 3<sup>rd</sup> Saturday of the month for a longer walk. (\$5.00 for car-pooling on Saturday walks) For more information

**Contact Pam Bretz on 0439 547 529 or Alex Buchanan on 0428 287 753**



### Wednesday Loop walk south from dune buggy parking area to Moriarty Lagoon

As leader for the Wednesday's short walk, I set off with a small group of eight in overcast weather, with an even worse forecast ahead of us. I promised something old, something new, something borrowed and something blue for all to enjoy on the weekly walk! Not a wedding, but a feast of different habitats out towards St Helens Point. This loop walk included an old track through coastal heathland, where we had walked before; a historic concrete water tank atop a small hill - remnant of the days when cattle grazed the area; a new route through open forest; the sweet scent of Kunzea in flower, and a dry crossing of Moriarty Lagoon - an extension to my original route, 'borrowed' from one of our other walks; a few 'kangaroo tails' in flower; and a challenge to see who could find four or more species of blue flowers within a 10 metre stretch. The walk lived up to the promises and we made it home again before the rain set in. As leader it was good to hear several comments that the walk had been a very pleasant new route, and that we should do it again one day.

Pip Buchanan

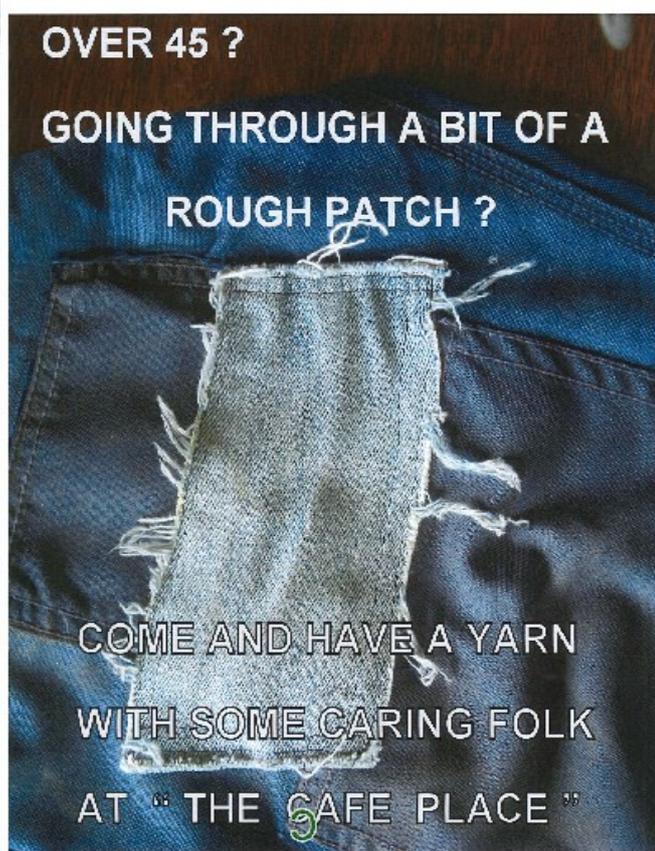
### Saturday Walk From Policeman's Point

16 of us met at Hub4Health and car-pooled to the south side of Ansons Bay. The walk is not difficult but can seem long as most of the walking is on sand. I had planned the walk to coincide with low tide which defused this difficulty considerably, as it meant that we had good wet walking sand most of the way. All walkers had been asked to prepare with lots of water, sunscreen, hat, jacket for weather changes, snake bandage, lunch and a camera if that was their thing!



We began the day with overcast weather, but as the day wore on, the clouds cleared and the sun became warm. Our pace was leisurely with time to take photos, and have a few sit-and-relax breaks on the way. Having rounded Policeman's Point, we turned south, with our first stop at the extensive Aboriginal living area, then over a little bit of scrubby vegetation back to the beach. Then my mob headed off down the scrub-free sand at a goodly pace, with leader, - me— in the rear, investigating a possible second side trip up a creek. I gave up as the mob had other ideas, and I finally caught up with them in time to wind our way around patches of kelp, then carefully traverse areas of rocks, while passing several Aboriginal seal-hunting hollows in the rocky shoreline. We were careful not to climb on the middens as requested by the Aboriginal people. At about 12., we stopped along part of a long white stretch of sand for lunch, where one brave swimmer had a dip in the blue water, while the rest of us gazed in awe at hundreds of colorful starfish stranded in a tiny tidal pool. Then we turned our faces northwards - finding, as always, that the views look different when you turn around and walk in the other direction! Three tail-enders in the group took a quick dip in the ocean to magnificently refresh themselves before joining the hot and sweaty others in the car park for our car-pool back to civilization. With a thank you to the drivers and arriving about 4.30pm, it was clear to observe that 16 tired and happy walkers had thoroughly enjoyed a beautiful day on the Bay of Fires beach with interesting extras!!

Pip Buchanan



**We're going to be at  
Mathinna Recreation Ground**

**On Thursday 2nd May**

**Between 10.00 am and 3.00 pm**

This mobile coffee and talk 'outreach' is part of a much larger Australian Government funded trial to help local communities reduce suicide. It is a safe place to talk.

We have a network of local assistance for those in need or alternatively if you would like to know more about the trial please contact:

**Trial Site Coordinator**  
on 6376 1134 or mobile: 0474 139 935

**Email:** [trialsite@sthelensnhh.org.au](mailto:trialsite@sthelensnhh.org.au)

If you or someone you know needs a little extra support call the Suicide Call Back

Service on 1300 659 467

*Supported by Primary Health Tasmania  
under the Australian Government's  
Primary Health Network*

**wellways**



## Understanding mental health issues

**FREE 3 hour session**

Open to anyone who would like to:

- Increase their understanding of mental health and mental illness
- Increase their understanding of symptoms and helpful interventions

**When:** 11am-2pm, Wednesday 8 May

**Where:** Fingal Valley Neighbourhood House  
20 Talbot St, Fingal

**RSVP:** Ph 6374 2344

[wellways.org](http://wellways.org) | 1300 111 400



**wellways**

### What is the Understanding Mental Health & Illness Workshop?

Wellways Understanding Mental Health & Illness Workshop is designed to support community groups to increase their understanding and awareness of mental illness and increase recovery oriented knowledge and skills. The workshop provides an opportunity for groups to discuss mental illness in a normalised space and challenge preconceived notions and stigma. All workshop content is evidence based and aims to ensure groups receive updated, useful information.

**Aim-** The Understanding Mental Health & Illness Workshop is designed to provide an understanding of mental health, mental illness, including symptoms, associated behaviours and helpful strategies and interventions in being alongside people who live with mental illness.

**Outcomes-** Upon completion of the workshop participants will have:

- An understanding of mental health.
- An understanding of mental illness including the types of mental illness, causes, diagnosis and treatment options
- An understanding of mental illness symptoms and helpful interventions
- Gained new skills in communicating with people with a mental illness
- Have increased confidence in working with the challenges around mental illness

#### Workshop Topics

A 3 hour interactive workshop including group discussions, practical exercises and the following topics:

- What is mental illness
- What are the different types of mental illness
- Causes of mental illness
- Recovery and treatments
- Education via personal experience – a presentation by someone living with mental illness
- Understanding the experience of auditory hallucinations exercise
- Symptoms and behaviors and helpful interventions activity
- Useful services and resources

*If you have any questions please feel free to contact David Wilkes Launceston, on 633 33 111 or via email on [dwilkes@wellways.org](mailto:dwilkes@wellways.org)*

# NTFA FOOTBALL PYENGANA HOSTS EAST COAST SWANS VERSUS EVANDALE

PYENGANA RECREATION  
GROUNDS

SATURDAY 1<sup>ST</sup> JUNE 2019

KICK OFF AT 10.30am

AUS KICK, SECONDS  
AND SENIORS

THE SWANS WILL BE HONOURING THE  
MATHINNA FOOTBALL CLUB BY  
WEARING THE MATHINNA GUERNSEY.  
WE INVITE ALL PAST PLAYERS AND  
SUPPORTERS AND THE MATHINNA  
COMMUNITY TO COME ALONG AND  
SEE THE MAROON & GOLD COLOURS  
ON THE FIELD AGAIN AT PYENGANA



**EVENING EVENTS** – MUSIC BY BAND

“WELL STRUNG”,

GUERNSEY AUCTION, AWARDS

### The Liberal Government Continuing to support 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

SENATOR  
**JONATHON DUNIAM**  
LIBERAL SENATOR FOR **TASMANIA**

- 🏠 Ground Floor, 85 Macquarie Street, Hobart TAS 7000
- ☎ 03 6231 2444
- ✉ senator.duniam@aph.gov.au
- 📱 SenatorDuniam

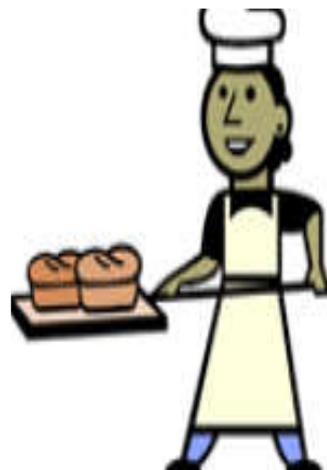


Authorised by Senator Jonathon Duniam, Liberal Party of Australia, Ground Floor, 85 Macquarie Street, Hobart TAS 7000.

# St Marys Bakery

Ph: 6372 2490

**Fresh bread, rolls & buns, pies, pasties, cakes, hot food, coffee, cold drinks, ice cream**

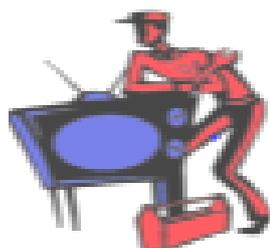


**OPEN 7 DAYS  
A WEEK**

**52 Main Street St Marys**

# The Antenna Guy

- Antennas
- VAST (free to air by satellite)
- TV tuning
- Home entertainment setup
- All areas serviced
- Get clear reception anywhere!



**Call Josh 0408 388 322 / 6377 1150**

# St Marys PHARMACY

Main Street St Marys

Ph 6372 2844

**Kodak prints from 45¢**

Ear piercing \$27

includes earrings and solution with qualified staff Bec, Sally and Maddy.



**Pharmacist in store**

**Monday to Friday**

# 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**

# 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**



## HANDYMAN AND WELDING WORK.

For all your home maintenance, welding and small mechanical jobs by a qualified tradesman on the East Coast and Fingal Valley, call STEVE for friendly and efficient service. Car and motorcycle projects welcome.

Phone  
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**Fingal TAS 7214**

**Phone: 6374 0444**

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# 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**



**Weekly Specials:**

24/04/2019—30/04/2019

Golden Crumpets	\$1.49
Nestle Medium Bars	\$1.00
Palmolive Naturals Shampoo & Conditioner	\$2.49 each
Kleenex Toilet Tissue 45 pk	Just \$17.99
Nescafe Coffee 500g	\$17.99

\$1.99

**Manager's specials**

Pumpkin	\$1.99 per kg
Lemons	just \$4.49 per kg
Black & Gold 250g butter	\$3.79

01/05/2019—07/05/2019

Marathon Spring Rolls 640g	\$2.59
Gravox Liquid Varieties 165g	\$1.99
Moring Sun Muesli 650g	\$2.99
Nescafe Coffee 100g	\$7.99
Earth Choice Washing-up Liquid 500ml	

**Manager's Specials**

Pumpkin per kilo	\$1.99
Black and gold Butter 250g	\$3.79

Great Tassie meat and fresh produce.

Don't forget, free home delivery to St Marys area.

Rug Doctor carpet cleaner for hire.

**THE VALLEY AND EAST COAST VOICE**

is available at the following outlets:

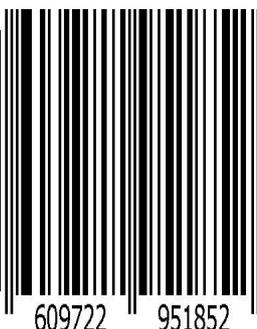
- ◆ Avoca Post Office
- ◆ Avoca General Store
- ◆ The Farm Shed - Bicheno
- ◆ Fingal Post Office
- ◆ Hayshed - Fingal
- ◆ Mathinna Post Office
- ◆ Coach House Restaurant - St Marys
- ◆ C & D's IGA - St Marys
- ◆ Hilly's IGA - St Marys
- ◆ Hilly's IGA - St Helens
- ◆ St Marys Newsagency
- ◆ St Helens Newsagency
- ◆ Scamander Supermarket
- ◆ Mouth Café - Scamander

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PO Box 322

FINGAL 7214



## Crossword Solution

**19**

I	U	S	S	O	B	C
N	O	N	S	T	O	P
T	S	A	I	G	A	
E	K	E	R	E	V	I
R	E	T	O	S		
R	E	N	D	S	S	U
U	I	T	I	F		
P	L	U	M	P	E	R
T	L	R	I	I	I	
E	O	N	E	X	P	L
D	A	S	P	S	N	G