



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 51.08 23rd May 2019

Deadline for 51.09 is at 5.00 pm on Monday 3 June 2019



Now that the election is over, the decision about the Government has been made, and life can go back to its usual quiet self.

We at the Fingal Valley Neighbourhood House are looking forward to working closely with BODC and the Government on the funding for the Old Tasmanian Hotel, that then Senator Steve Martin announced when he visited the Break O'Day region in March 2019.

As reported in the last issue, the money—\$500,000.00—was not an election promise, and has been factored into the 2018/2019 Federal budget. The Break O'Day Council has started the process of beginning the project and accessing the funds.

We in the Fingal Valley now look forward to the restoration of the Old Tasmania Hotel with the funds provided by Senator Steve Martin before the election.

Everyone involved with the House is extremely excited to see the renovations begin, and we all look forward to working with the Council and Government to see this project started. This will mean we will have a meeting room, Valley Voice office, counselling spaces, aboriginal interpretation room, office spaces for visiting services, and, eventually, some short-term emergency accommodation. There will also a lift installed in the future. We are sure that it will be a very exciting time ahead!

APOLOGY - In the last issue, I reported that John Mc Cormack had read the lesson at the St Marys ANZAC Day service. This was incorrect; it was John McGiveron who performed this task. Also, the recording of Selby Target was NOT used, but Last Post and Reveille were played by Michael Mathers. My deepest apologies for these mistakes. On a brighter note this issue, we are very happy to have the St Marys District School "The Minor Report" join the regular articles. I think you will agree that it is an excellent submission, and we look forward to seeing their input each month for the rest of the year. "Thank you", to those readers who have contacted me regarding the East Coast and Valley Voice. I appreciate your feedback, and encourage anyone to follow suit. Editor.

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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.

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24HR EMERGENCY CONTACTS

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Poisons Information	13 1126
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TasNetworks	13 2004
TasWater	13 6992

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

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

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

All articles for submission must bear the author's name, town of residence, address and phone number.

The address and phone number will not be published but are for verification purposes only. Letter writers will be given the chance to respond over a suitable period of time.

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

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

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

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

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

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

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

May 23	Freya Wynter
24	Ruth Aulich
27	Val Spencer
28	Pam Breta
29	Manfred Jogis
30	Judy Duckett
31	Karl Balzar
June 3	Pam Bretz
4	Valmai Spencer
5	Lundy Vosper

FINGAL FOCUS

Contributed by Mike Brouder

A rose by any other name.....

In the lawn outside the Online Centre and the Op shop is a single rose.

It is a yellow rose and is cared for by Coral Brady. It was planted there in commemoration of someone for a special reason but we cannot remember who or what. Can anybody help us in identifying the history of this flower in this particular place?



FUNNY JOKES

(“ Well, I think they are funny!”)

Clear instructions for the use of telephones: If you understand English, press 1.

If you do not understand English, Press 2.

A man arrived at his workplace with both ears bandaged. “What happened ?” his boss asked.

“ I was ironing my shirt when the telephone rang and I accidentally answered the iron” the man explained.

“Well, that accounts for one ear. What happened to the other ear?”

“ Well, I had to phone the doctor.”

Whilst they were in the Vatican City visiting the Sistine Chapel , a father and son were admiring the work of Michelangelo. The young son asked his father for the umpteenth time, “What is this place called?”

“It’s the Sistine Chapel.” The young son replied “OK, but where are the other fifteen?”

A man calls a radio DJ and says “I’ve found a wallet with 10000 dollars in it and someone’s name: Jan Smith.”

“So?” says the DJ, “what do you want me to do?” .

“Would you be so kind as to play the man a song?”

A polar bear walks into a Bar and says to the barman “ Give me a scotch and.....er.....coke” .

“ Why the long pause?” asks the barman.

“ Don’t know,” says the bear, “ I’ve always had them.”



Song Makers Workshop

On the 30th of April and the 1st of May, students of St Marys District School participated in a two day program called Song Makers. Jean Paul (J.P) Fung, Katie Wighton and Tina Broad visited the school to mentor the students and help with their song writing journey. J.P Fung is a producer who has worked with multiple bands including Birds of Tokyo, Cold Chisel and Client Liaison. Katie Wighton is a member from an Australian band 'All My Exes Live in Texas'. Tina Broad manages APRA's Song Makers program.

On day one the selected music students were introduced to the mentors. The mentors spoke about their career, song writing tips and the aim of the program. The aim was to share the importance of original songs and learn what it's like in the musical industry.

Katie performed her song 'Dear John' and explained the meaning behind it and her experience writing the song. The students were split into four groups and started developing their own musical composition. By the end of the day, the 4 groups performed their demos and day one was complete.

Day two consisted of the final touches and the recording of the demos. J.P Fung created a makeshift recording studio which included a professional studio microphone and his recording software. He created a backing drum beat for each song before groups recorded. The recording process started with the instrumentals and then the vocals. At the end of the day the students came together to listen to the final songs. Here's what the students thought about it:

"It was fun and it was good to work with other people I didn't know." Bayli Casbault

"It was inspiring and it opened my eyes to different musical careers." Elise Sliskovic

"It was a great experience and J.P Fung was an absolutely amazing guy. Katie was pretty cool too." Louis Langoulant

"It was pretty cool. A good life experience for future pathways in the music industry." Aaron Mason

"It was good experience. It was pretty cool how we made a good song in 2 days." Xavier Langoulant

This became a bonding experience for the younger and older grades. The workshop was a musical heaven for the students at St Mary's.

Written by Nakita Pirangi-White, Maggie Egan, Alice Woolfe and Sage Lye.



FROM COAST TO COUNTRY



Lest We Forget

It was an honour to take part in the Dawn Service in Bicheno this ANZAC Day past. The spirit of the ANZAC's is something that will continue to be important to Australia's culture. During the one minutes silence I was moved and saddened by the thought of both the sides fighting each other when they knew the other men were not so different. Young people carrying on the tradition is vital to the memory of the soldiers who risked life and limb for our country.

~Chloe Malley

A Day at Agfest

On Saturday the 4th of May I travelled up to Launceston with a few friends and family to spend the day at Agfest. For those whom don't know what Agfest is; it is a huge agriculture based exhibition that spreads out over 3 days. Thousands of people from all over Tasmania and some from the Mainland of Australia gather together to celebrate and appreciate new and old agriculture.

As soon as we stepped through the gates of Agfest, we had a family meeting and organised a time and place to meet back together at the end of the day. We split off into different groups and set off on our own journeys, my little sister, a friend and I made our way around the place, no maps and little to no direction of where we actually wanted to go. So we just explored, looking at displays such as the show cows, sheep and alpacas, to the cars, caravans and tractors. One of the most memorable things for me were the Irish dance performance from the Tasmanian School of Dance which was very fun and interesting to watch. The girl's outfits were so cute and I found their song choice was amazing. It was really funny when a line of 5 girls were Irish dancing and a lady on horseback was doing tricks behind them to the song Cotton Eye Joe. Our group also went on the Helicopter ride that flew over the whole grounds of Agfest, the view was absolutely stunning and it was really interesting to see just how big the show was.

Overall the day was great, many people turned up and the weather was just amazing! It was a lot of fun and I really would urge people to go spend a day at Agfest.



The Say by the Cage Rattler

The recent Federal Election once again had a disputed policy as part of it. More the point, how to handle it. That is, of course, Climate Change. For many years politicians, scientists, industrialists, environmentalists and ordinary people argued whether it was fact or fiction. Some still do.

The overwhelming evidence now, though, has swayed the unbelievers, and the catastrophic and unprecedented weather events all over the world have just enhanced the fact. Climate change cannot be denied by anybody with rational thinking. So once this, as in the past decade or more, has been agreed, it begs the question, "What do we do about it?"

There have been different summits, different ideas, and different perceived solutions, and targets have been set to reduce carbon emissions and effects of such. All this, and yet no real binding agreement across the planet. We have now been told that the initial modelling on the climate were under-estimated, and that the crisis is even more dire than first thought. It's also sobering to think that it's irreversible.

During the current election campaign not much has changed. Neither of the major party proponents really grappled with both hands this most important of issues, other than with the usual rhetoric. Neither did any of the minor parties. Nobody did. I never, ever, thought that this would bother me so much. It has become a real source of frustration these days, and because I see our next generation on a daily basis, I truly fear for what we are leaving for them.

I remember as a kid being told, "You made the mess, you clean it up". This definitely should be the case in regard to this mind-blowingly important issue, and our political leaders, whoever they may be, have to face this with a full frontal and bipartisan approach. I just wish that someday soon this dawns on them.

POLITICIANS.....put away your political agendas and talk across party lines. Call in the experts, sit down with all those who can make a difference in developing a genuine plan to attack this crisis, and we will all praise you like never before.

In Gough Whitlam's words, (circa 1972), "IT'S TIME TO MAKE A DIFFERENCE ". Never so apt in this regard.

What do you think ?



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1 hour talk



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Monday

3 June 2019

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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: \$1.00 per cuppa.

St Helens Markets

Held every Saturday in the St Helens town centre from 8.00 am - 1.00 pm. New stall holders welcome, phone 0475 844 481.

St Marys Monthly Market

9.00 am - 1.00 pm, 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 4th Wednesday of each month. Guest Speakers. Bus trips. Visit local attractions. Time: 10.00 am. Where: Scamander Beach Hotel Contact: Marj Aulich 0473 238 077 or Val Spencer 0437 397 219

OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 0429 722 091

Lot 1 Esk Main Road St Marys

Facebook/BreakO'Day Woodcraft Guild



Well the sausage king was back on the hustings, his temporary platform the BBQ, his talking point the Guild's haute cuisine snags. Many thanks to all who said it was great to see the old familiar pith hat and owner back in action. Thank you to all who purchased a sausage while deciding on their election choice. All monies raised help with the costs in keeping our shed viable. The shed is open Monday till Thursday, from 10.00 am till usually 4.00 pm, depending on volunteers. Come down and have a cuppa to see if its to your liking, you are most welcome, both men and women.

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

You can donate to the Red Shield Appeal by calling **13 SALVOS (13 72 58)**, online at 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.



Libraries



Fingal Fingal Valley Neighbourhood House, Talbot Street Ph 6374 2344
Mon, Wed & Fri 9am - 3pm Tue & Thurs 9am - 12pm Adult's and children's books, magazines, DVDs.

St Marys: 31 Main Street

Ph 6387 5602

Mon, Wed & Fri 12.30 - 4pm

Tue & Thurs 10am - 12.45pm

St Helens: 61 Cecilia Street

Ph 6387 5600

Monday to Friday 10am - 5pm

Sat 10am - 12pm



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6am-9pm

St Marys Library

31 Main Street, St Marys
(03) 6372 2114



Opening Hours:

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Wed: 12.30-4pm

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Media Information

Bay of Fires Winter Arts Festival

June 8 - 10, 2019

Location: St Helens and East Coast Tasmania

Web: www.bayoffireswinterartsfestival.com.au

Phone: 0437 069 603

Email: johnavery1@bigpond.com



Held over the long weekend in June, the Bay of Fires Winter Arts Festival is a celebration of the arts that offers something for the serious art lover to the fun loving family.

From live music, fine arts and craft, this annual event is a powerhouse of creativity that sees the east coast from Four Mile Creek to St Marys, and from St Helens to Binalong Bay come alive with artists, artisans and musicians.

The art aficionado can check out this year's \$20,000 Bay of Fires Art Prize finalists at Tidal Waters Resort before perusing some of the local talent who will be showcasing their creativity at their personal studios and gardens as part of the Art Trail - Secret People, Secret Places event.

Secret People, Secret Places allows visitors to explore the region, featuring 8 artists of diverse talents showcasing prints, painting, textiles, plus 2 surprises that will delight the whole family. Visit 'Boppard' - a miniature European-style village complete with water feature, and the award-winning St Helens History Room. Get free advice on how to research your family tree and take the 20 minute Heritage Walk guided tour. Don't miss the garden and art display, plus two new features on offer at Banksia Hollow, St Marys, home to Bryon Beggs.

Experience the Arts Market on Sunday 10am - 3pm where handmade creations can be found. Of course some delectable local foodies will also be on hand.

Visit the Youth Art Prize exhibition at Portland Hall, St Helens. Open 11am - 4pm Saturday and Sunday, 11am - 2pm on Monday. Entry is by gold coin donation. PLUS, winners of the Youth Art Prize Awards will be announced at 12noon on Monday June 10 at Portland Hall.

Children can join a workshop on Lantern Making with Tash Lowe on Saturday June 8th 11am - 3pm. Children under 10 years must be supervised by an adult.

The Offbeat Music Event is set to charge the senses through a medley of food trucks, a licensed bar and the performance of the Smokin' Elmores - live music that will pulse along the East Coast. The action will start at 7pm, Portland Hall, St Helens. Tickets \$15. Book online at the Festival website.

For more information on events and ticketing, please visit www.bayoffireswinterartsfestival.com.au

We look forward to welcoming you to the Bay of Fires this June long weekend.



We are very pleased to announce that John McColl will be doing a series of

8 Monday sessions,

from 29th April - 17 June 2019, at his studio at 7391 Esk Highway, St Marys.

11.00 am - 2.00 pm

Bring your own materials or pay John.

\$10 per session for non-members, \$7.00 for members

BYO Lunch

Come to one or come to all!

This is a great opportunity to work with a renowned sculpture artist on the project of your choice.

RSVP to John; 0476 120 066

St Helens – St Marys Community Bank® Branch Small Grants Presentation

A key function of the **St Helens – St Marys Community Bank®** is to return a portion of its profits to the community. Since opening its branch in February 2018, \$29,000 has been awarded to community organisations via the Community Small Grants and Sponsorship programs.

Early this month presentations were made to the following organisations at the St Marys Community Health Centre:

East Coast Motocross Club that provides a safe, controlled environment for motocross enthusiasts to learn and develop motorbike riding and racing skills, received \$500 to upgrade its track.

Falmouth Community Centre was established in 1984 to organise and conduct community oriented sporting activities. The grant of \$1000 will be put to resurfacing the tennis court with Plexi-pave.

Medea Park Residential Care received funds of \$500 to help establish a dementia-friendly sensory garden for its residents.

St Helens Football Club Inc. The \$500 grant will help the Club to upgrade its 30-year-old kitchen and equipment.

St Marys Child Care Centre received \$631 to build a community garden to teach its young children about growing food and healthy eating.

St Marys Community Car & Bike Show Inc. was established in 2006 to hold the increasingly popular annual event. The \$500 grant will pay for Public Liability Insurance cover.

Tasmanian Lymphoedema and Laser Therapy Centre provides vital low-level laser therapy, education and guidance on lymphoedema self care and associated treatments. The \$500 awarded will help in bringing Professor Neil Piller, a lymphoedema specialist and long term supporter, to the Centre to consult with clients and share his expertise with the Centre's team.

With One Voice Choir meets each Wednesday evening in the slick, modern Performing Arts Centre at St Marys District School to sing, socialise and share a meal. The \$300 granted will help to meet the cost of transport for singers.



The recipients of the last round of grants at the presentation afternoon tea.

Charitable or not-for-profit organisations can now apply for grants from the next round of the Community Small Grants Programme.

Applications must be made on the Community Small Grant Application form, which can be obtained from the **St Helens – St Marys Community Bank** Branch, 41 Cecilia Street, St Helens, The Secretary, Break O'Day Community Financial Services Limited, christriebe@yahoo.com, the Purple Possum St Marys and the Fingal Valley Neighbourhood House, Fingal.

The closing date for applications is Friday July 5.

St Marys Newsagency

3 Story Street, St Marys.

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Fingal District Progress Committee Inc.
PO Box 51, FINGAL, TASMANIA, 7214
FINGAL DISTRICT PROGRESS COMMITTEE MEETING

We are holding a meeting to discuss maybe putting a tennis court at the Fingal Recreation Ground. If you have any thoughts on what else could be done for the Recreation Ground, please come along.

The Community Development officer of the Break O'Day Council, Chris Hughes, will be attending.

Time: 5.30 pm
**Place: Fingal Valley
Neighbourhood House**
Date: Monday, June 3rd. 2019

Prepare your Will and estate plan in St Helens



Protect yourself and your loved ones by preparing the right documents now to make your future legal, health and financial decisions.

To book an appointment to see the Public Trustee at
St Helens Neighbourhood House, 25 Circassian Street
on Wednesday, 19 June 2019
please call 1800 068 784 or visit publictrustee.gov.au

Appointments are essential. Can't wait or can't make that date?
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Book Review

Our Book Group read Ceridwen Dovey's book, "Only the Animals", during May.

She is a South African born, young Australian writer, and this is her second book. It is a collection of 10 short stories which are all linked by a common theme. Each of the 10 stories is told from the viewpoint of an animal that has died during some sort of human conflict, ranging from nineteenth century outback Australia, to the battle for Sarajevo in 1992, to the Beirut conflict in 2006. We are presented with Soul of Cat, Soul of Dog, Tortoise, Camel, Chimpanzee, Mussel, Elephant, Bear, Dolphin and Parrot. This is a multi-layered piece of fiction, in that these stories are not just reflections on human relationships to animals but they also, at times, mimic or reference various famous writers, echoing their writing styles and their attitudes to animals. These writers include the poet Sylvia Plath and her ex-husband, poet Ted Hughes, Tolstoy, Virginia Woolf, Kafka and George Orwell, among others.



The first story called "The Bones" and subtitled "Soul of Camel" references Henry Lawson, who is also a character in this story. We learn not only about the Afghan camel drivers of the nineteenth century but the question of Aboriginal massacres is raised and considered, all in the rather laconic style of a Henry Lawson short story. Some of the stories are very moving and dark in theme, but Dovey uses whimsy and humour to lighten the seriousness of tone. Indeed, Soul of Mussel is written using Jack Kerouac's "beat" language to tell the story of a footloose, travelling mussel (of all creatures!), as he follows his sense of adventure, hitching rides on battleships and eventually being blown up at Pearl Harbour! Then there's the heartrending story of the Elephant in Mozambique who becomes a victim of the Civil War there, and its devastating consequences for the environment and the people.

Dovey says that "the whole book is really a love letter to reading", and "an excuse (for her) to read more." One critic called it a "journey into empathy" and it is certainly that. It will leave you questioning the human effect on animals when we use them for our own selfish and often cruel purposes. There is a rich vein of irony in many of the stories such as in the Soul of Dog, where Himmler's German shepherd (sister to Blondi, the real dog that Hitler doted on) reveals the warped motivations of the Nazis and their treatment of humans they considered less than animals.

This is a thought provoking read, and most of our members found it stimulating and rewarding but certainly not straightforward. Dovey is an intelligent writer with a love of reading, and this is revealed in the clever way she has put her research to use in creating a complex piece of writing.



YOUR ONLINE ENVIRONMENT FORUM

FRIDAY 7 JUNE 2019
LAUNCESTON TAILRACE CENTRE

A free statewide event for young people 12-25 years to contribute ideas and solutions on online use, behaviour and safety.

Free transport available. Registrations open until 1 June 2019. Contact Jo at tyf@ynot.org.au or 0488 235 511 for more info or visit www.ynot.org.au

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Expressions of Interest

The Break O' Day Suicide Prevention Trial Working Group are seeking expressions of interest from professional photographers and graphic designers.

The group would like to capture a series of photographs across the Break O' Day & Bicheno area to be used for a community education project. The Working Group is trialing different approaches with the aim to reduce self-harm and suicide.

The photographer will be required to travel throughout the Break O' Day & Bicheno region to capture a series of 10 different images featuring groups of local people in various locations.

The graphic designer will then be required to create a series of posters from the chosen images.

The following criteria will be used to determine the successful applicant;

- Quality of portfolio
- Availability and flexibility
- Demonstrated ability to engage with people from all walks of life
- Costed competitively

How to register your interest:

Photographers - Please submit a portfolio of portrait photographs taken by yourself, a one-page resume, a schedule of fees including travel costs on a USB or electronic file. Please be advised we are unable to receive files larger than 5MB. Include a brief paragraph as to why you would like to be part of this project

Graphic Designers - Please submit examples of marketing/ promotional materials you have created, a one-page resume, along with a schedule of fees. Include a brief paragraph as to why you would like to be part of this project

- Materials may be submitted on a USB to St Helens Neighbourhood House, 25 Circassian Street, St Helens 7216. Or email to: trialsite@sthelensnh.org.au. Please be advised the preference is for USB.
- We do not accept responsibility for the loss of any hard copies of materials submitted.

Applicants are encouraged to contact Casey or Trish on 6376 1134 or email trialsite@sthelensnh.org.au prior to submitting application. Closing date for applications is 5pm May 31st 2019

St Helens Walking Group - Grants Lagoon and Grant Point to Dora Point Walks

Grants Lagoon Walk – contributed by Heather, edited by Jill Howe.

Eighteen of us gathered at Grant's Lagoon Day Parking area on a crisp, sunny autumn morning ready for a Wednesday walk. We crossed the lagoon on the footbridge and continued along the walking track to the northern end of Binalong Beach where we rested on the rocks admiring the view before walking back the length of the beach. The atmosphere of the morning stillness was awesome yet the chatter amongst the walkers proved that we truly are a very diverse and enthusiastic mob! Another photo opportunity and rest before returning via the northern end of the walking track.



Grants Point to Dora Point Walk – contributed by Fran & Stewart Taylor and John, edited by Jill Howe.

19 walkers, equipped with the essential water and snake bandages, gathered at Hub4health, and car-pooled to Grants Point car park, where another two joined us for the planned, easy 5 km walk with some undulations and plenty of great views. This walk is a perennial favourite.



The water sparkled and with the sun shining, the stiff breeze blowing at Binalong Bay did not affect us, as the track was mostly sheltered. We had several stops along the way to take in the stunning views, as well as a longer break on the rocks overlooking the barway, before heading back.



St Helens Walking Group is part of Hub4Health and the Heart Foundation's efforts to encourage walking as a daily exercise to improve and maintain a healthy lifestyle. Its great fun and always refreshing, with as much or as little as you desire in learning and social opportunities. A variety of leaders within the group are very capable of leading each walk on an adventure within the allotted time frame along with providing interesting information and/or walking conditions for the track being taken. 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 3rd Saturday of the month for a longer walk. (\$5.00 for carpooling on Saturday.)

Expressions of Interest

The Break O' Day Suicide Prevention Trial Working Group are seeking expressions of interest from professional photographers and graphic designers.

The group would like to capture a series of photographs across the Break O' Day & Bicheno area to be used for a community education project. The Working Group is trialing different approaches with the aim to reduce self-harm and suicide.

The photographer will be required to travel throughout the Break O' Day & Bicheno region to capture a series of 10 different images featuring groups of local people in various locations.

The graphic designer will then be required to create a series of posters from the chosen images.

The following criteria will be used to determine the successful applicant;

- Quality of portfolio
- Availability and flexibility
- Demonstrated ability to engage with people from all walks of life
- Costed competitively

How to register your interest:

Photographers - Please submit a portfolio of portrait photographs taken by yourself, a one-page resume, a schedule of fees including travel costs on a USB or electronic file. Please be advised we are unable to receive files larger than 5MB. Include a brief paragraph as to why you would like to be part of this project

Graphic Designers - Please submit examples of marketing/ promotional materials you have created, a one-page resume, along with a schedule of fees. Include a brief paragraph as to why you would like to be part of this project

- Materials may be submitted on a USB to St Helens Neighbourhood House, 25 Circassian Street, St Helens 7216. Or email to: trialsite@sthelensnhh.org.au. Please be advised the preference is for USB.
- We do not accept responsibility for the loss of any hard copies of materials submitted.

Applicants are encouraged to contact Casey or Trish on 6376 1134 or email trialsite@sthelensnhh.org.au prior to submitting application. Closing date for applications is 5pm May 31st 2019

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

Break O'Day Community Financial Services Ltd. New Director Applications Sought

Expressions of interest are sought for volunteer directors of Break O'Day Community Financial Services Ltd. (BODCFSLtd)

BODCFSLtd owns a franchise in the St Helens/St Marys **Community Bank®** branch at St Helens, operated by Bendigo & Adelaide Bank.

BODCFSLtd is seeking energetic, community-minded and committed individuals to serve as voluntary directors, and to make an important and positive contribution to the local community.

Working as part of a dedicated, professional and diverse team, the role calls for people willing to apply themselves to the full range of responsibilities and accountabilities of a director. In return we offer a rich opportunity for professional and personal development in a stimulating and personally rewarding environment.

Successful candidates will possess some of the following capabilities:

- Business acumen
- Financial literacy
- Strategic thinking
- Community connections with a genuine willingness to engage with the local community
- Willingness to learn, participate, grow and develop
- Previous experience in any of the areas of Business Development; Marketing; Finance; Human Resources Management; Relationship Management; Board Governance
- Experience in and willingness to step up into board leadership roles

Applicants should send a 1-2 page letter and CV outlining their experience; what they would bring to the Board; and address the above selection criteria.

Please send your application to BODCFSLtd's Chairman, Andrew MacGregor at andrewmacgregor2@gmail.com

For further queries, contact Andrew MacGregor on 0419894072 for a confidential discussion.

Bicheno Food and Wine Festival 2019

Saturday 16th November 2019

Calling food and drink producers of the
East Coast of Tasmania.

If you aren't already on our data base and would like to express your interest in having a stall at the East Coast's premier festival, contact us now!

This is a competitive process so don't delay. We are looking for
quality, innovation, fantastic presentation
and produce which really shows what
the East Coast has to offer.

Email : jenlogie@bigpond.net.au

Phone : Jenny Logie 0409 401322



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Ph: (03) 6376 2300 **Mobile:** 0419 683 904

Email: kwash.sthelens@ljh.com.au

News from the Break O'Day Anglicans

National Day of Thanks - Thanking God. Thanking each other. This event is held across our nation every 4th Saturday of May. This year we are thanking Local Government and Chaplains, and our personal focus is on unsung heroes in our life and community. This is a unique opportunity to celebrate and give thanks for our God-given heritage as a nation, and to demonstrate the God-given values of respect, honour, thankfulness and gratitude towards our fellow man, that have made us the great nation we are. The Combined Churches of Break O'Day will be thanking our local government reps on your behalf this month by providing a delicious morning tea.

RESULTS from the 2019 Anzac day Fun Run

10kms: Men's: David Bailey 35.21 Women's: Daile Bennett-Moyle 43.43

10km Team Shield: The Running Girls, St Helens (Kym Etchells, Marika McGuinness, Vanessa Barnes, Natalie Walter)

5kms: Men: Jarrad Shaw 22.0 Women: Jemima Stuart-Smith 23.32

5km Team Shield: Under 16 Giants, St Helens 22.2 (Jayden Blunt, Zaymon Curtis, Louis Langalout, Xavier Langalout)

5km Under 16; Men: Michel Sebastian 24.37 Women: Jennifer Fuller 24.52

2kms Men: Andrew Hofer 13.09 Women: Jenna Collins 14.26

2kms u16: Male: Tadhg Blunt 9.06 Female Aika Butler 10.19

The winner of the RSL Anzac Day Shield Award with the fastest time over **10kms** was **David Bailey**, in a time of **35.21.9**.

Pampered Pet Grooming

Call Sharon on

0400 609 959

**Mobile service or come and see me
in my new workshop in St Helens.**



ANGLICAN CHURCH SERVICE TIMES

contact 6376 1144

St Helens

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens

On 5th Sundays; combined service with Uniting Church & Christian Fellowship

St Marys

Holy Trinity: 9.30am cuppa, 10.00am every Sunday

13 Main Street, St Marys

Pyengana

St Michael & All Angels: 7.30pm 4th Sundays only

28007 Tasman Highway, Pyengana

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, 87.8FM St Helens, 88FM

St Marys, 88FM Fingal, 88FM.

Why be lonely when there are friendly voices to talk with you 24/7?



UNITING CHURCH

SERVICE TIMES

FINGAL

1st and 3rd Sunday of month—9.30 am

2nd and 4th Sunday of month—11.15 am

Service times are also on notice board at front of church.

Phone 6374 2157

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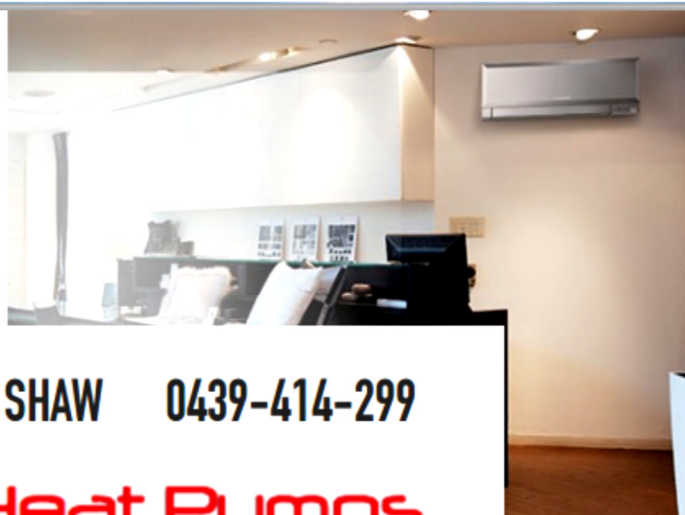
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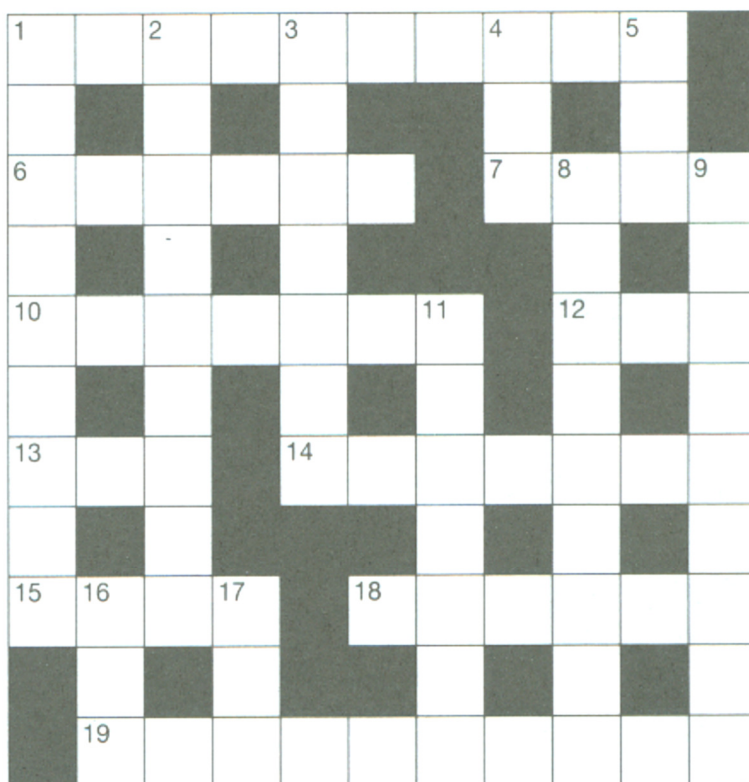
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St. Helens, Tas. 7216

Email:
sth.electrical@gmail.com



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Servicing the East Coast from Pyengana down Coles Bay
and through the Fingal Valley
Lic: 933671

Crossword



Across

- 1 Untouched (10)
 6 New emigrant settlement (6)
 7 World Wide Web protocol (inits) (4)
 10 Relevance (7)
 12 High _ _ kite (2,1)
 13 Info (3)
 14 Butter and margarine (7)
 15 Karaoke for two? (4)
 18 Compact mountain group (6)
 19 Diagnostic (10)

Down

- 1 Not revised (9)
 2 Suddenly (3,2,4)
 3 Docking cushions (7)
 4 'In truth', online (inits) (3)
 5 Speck (3)
 8 Marine (9)
 9 Laudatory (9)
 11 Personal attendant (7)
 16 Type 'A' sun radiation (inits) (3)
 17 Light meal (3)

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1567 Channel Highway

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Wynyard
Launceston
Cambridge
Margate Train

BEDS R US

**How do you contact us?**Email: admin@hub4health.org.auWeb: 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

**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!

With One Voice Break O'Day

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



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

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

Doctors Roster

Dr C. Latt

23/5/19-7/6/19

Dr K. Rawnsley

23/5, 24/5, 28/5, 30/5, 31/5, 4/6 & 7/6/2019

Doctor's appointment are needed to see our GP's.

It is not a drop-in clinic

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 wishes 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 a 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

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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

23rd May	2nd Bite Delivery Social Worker Shan Williams for appointments please phone 6387 5555 Eyelines For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.
24th May	Social Worker Shan Williams Call 6387 5555 for appointments. Adult Community Mental Health Worker 11:00am-12:00pm
28th May	Social Worker Shan Williams For appointments phone 6387 5555 Podiatry North For appointments please phone 6777 1428
29th May	Social Worker Shan Williams Call 6387 5555 for appointments. Day Centre call Hayley Gilbert on 6387 5555 for information on the group.
30th May	Social Worker Shan Williams Call 6387 5555 for appointments.
31st May	Adult Community Mental Health Worker 11:00am-12:00pm Social Worker Shan Williams Call 6387 5555 for appointments
21st May	Child Health Session with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381 Max Employment 9:00am-3:30pm downstairs.
3rd June	Physiotherapist —For appointments please see your GP or Health Professional for a referral. Hospital Auxiliary Meeting - 2pm in the Family Room.
4th June	Physiotherapist – For appointments please see your GP or Health Professional for a referral.

4th June	Child Health Session with Mary Mumford; Tuesday fortnights, by appointment only. Phone 0428 136 381 Max Employment — 9:00am-3:30pm downstairs.
5th June	Day Centre - call Hayley Gilbert on 6387 5555 for information on the group.
6th June	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments.
7th June	Social Worker Shan Williams Call 6387 5555 for appointments.

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

FLU SEASON IS HERE!

HAVE YOU HAD YOUR FLU VACCINE YET?

VACCINES NOW AVAILABLE

Please call 6387 5555 to make an appointment

NTFA FOOTBALL PYENGANA HOSTS EAST COAST SWANS VERSUS EVANDALE

PYENGANA RECREATION
GROUNDS

SATURDAY 1ST 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



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St Helens

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Home Visits are available on request!



Public Notices



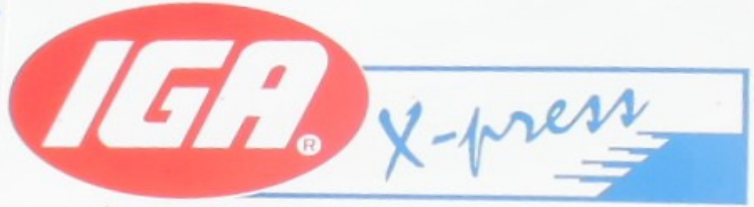
Bus Services are Changing

Bus services from St Helens, Coles Bay and
Bicheno through to Launceston will be changing
later this year.

View the proposed changes and have
your say by filling out the feedback form at
www.transport.tas.gov.au/haveyoursay

www.tas.gov.au

C & D's
PROUDLY SUPPORTING
OUR LOCAL COMMUNITY



Craig, Dana and Staff invite you to celebrate their

1st Birthday Bash



Saturday 1st and Sunday 2nd June 2019

BIG BARGAINS

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Family Fun Sunday 2nd June from 11am to 1pm



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12' 6" "Savage" boat, with 15 HP "Mariner" motor. Boat and trailer registered. "Eagle" fish finder
2 oars, 2 anchors, 2 swivel seats \$3,900.00 17 Gray Road, ST MARYS. Phone 6372 2375



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- ✓ Funding for the St Helens MTB Trail Network
- ✓ Funding for the Freycinet Marine Farm expansion

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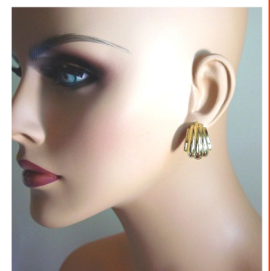
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W E E K L Y S P E C I A L S**Week 1 22 May—28 May**

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Moccona Coffee Sachets 10pkt \$2.99

Week 2 29 May—4 June

Kirks Soft Drink 1.25litre 2 for \$3.00

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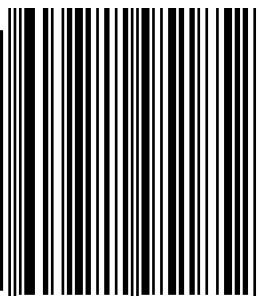
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Crossword Solution

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