



# THE VALLEY AND EAST COAST VOICE

Established 1968

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Deadline for 51.17 is at 5.00 pm on Monday 23rd September 2019

## MILITARY HONOUR BOARD FINDS NEW HOME

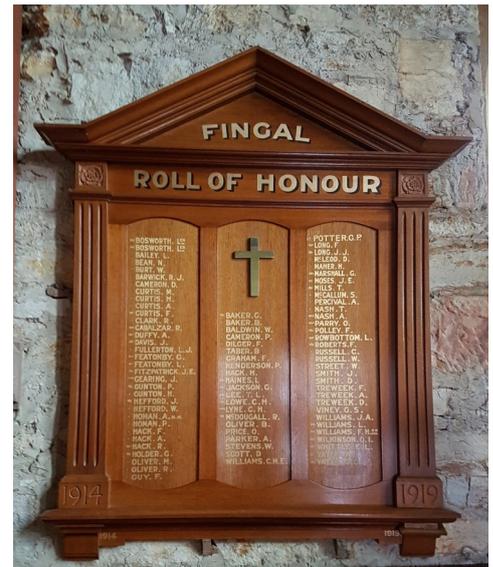
The 1914 — 1918 Great War Roll of Honour, commemorating those who laid down their life for King and Country, has been taken down from its former location in St Peter's Anglican Church in Fingal, and will now be stored at the Fingal Valley Neighbourhood House. After the restoration, its permanent place will be on the walls of the Neighbourhood House, as part of the records and artefacts in the care of the Fingal Valley Neighbourhood House History Group.

The board lists the name and rank of men who went to face the terrors and traumas of war in Europe and paid the ultimate price — losing their life. The men's ranks are varied; Private, Driver, Sapper, Gunner, and Sergeant and others. The surnames represent many families who still live in the area: Bean, Bosworth, Williams, Hefford, Marshall, Street and Yates, to name some.

Two of the men had been decorated. Private A Homan was awarded the Military Medal, and Corporal F H Williams was awarded the Military Medal with Bar, meaning he received it twice, a rare honour.

The central row names those from Mangana who gave their life, and also has some familiar names; Baldwin, Henderson, Oliver and Parker among others.

As we get closer to Remembrance Day, the Valley Voice will publish articles about some of the brave men, telling the story of how they served King and Country.



AUSTRALIAN WAR MEMORIAL P07602.002

Private Allen Parker, from Mangana.



Shane Death and Gary Barnes carefully ease the board off the wall of the church.



Shane Death and Darren Elms carry the covered board out.

## INSIDE THIS EDITION

Emergency Contacts	2
The Cage Rattler	6
Crossword	19
Hospital	26 & 27
Crossword Solution	38

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Business Card Size ads \$15	1/2 Page ads \$40
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**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.  
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**24HR EMERGENCY CONTACTS**

Abuse & Assault Services	1800 737 732
Ambulance, Fire & Police	000
Crime Stoppers	1800 333 000
Digital Mobile Phone Emergency Service	112
Poisons Information	13 1126
SES: Flood & Storm emergencies	13 2500
TasNetworks	13 2004
TasWater	13 6992

Opinions in any letters published are not necessarily those of the Editor and committee, or volunteer staff.  
 Our pages remain open to fair and honest criticism so that, on all questions, both sides may be presented, but any submissions containing personal attacks/libel/slander will not be accepted.  
 Kindly do not attack the Editor, the paper or the authors of previous articles.  
 All articles for submission, including letter to the Editor, must bear the author's full 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.  
 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**

Sept 12	Heather Griffiths
13	Ruth Aulich
16	Valmai Spencer
17	Pam Bretz
18	Manfred Jogis
19	Valmai Spencer
20	Karl Balzar
23	Bronwyn Zemanak
24	Freya Wynter
25	Louis Keady



### Book Week 2019

Reading is definitely our SUPER POWER!

Each year, St Marys District School students eagerly await the month of August, when we celebrate and commend Australian authors and illustrators.



This year, both across campuses and sectors, all students celebrated Australian children’s literature, through inter-grade art activities, focusing on the shortlisted books, themed classroom doors, book readings including “mystery readers”, and book reviews. A highlight of the week-long celebration were the annual Book Week parades, where students of all ages, dressed in an array of costume and colour reflecting this year’s Children’s Book Council theme of “Reading is my SECRET POWER”, visited their local communities.

Fingal Campus students paraded to Chelle’s Place and then continued onto the Fingal Valley Neighbourhood House. All gathered as Elizabeth Death lead a shared reading experience, focusing on the book titled “Chalk Boy”, written by Margaret Wild and illustrated by Mandy Ord.



The St Marys Campus students of all ages excitedly walked together along the main street via Groom Street, and returned to school to enjoy a picnic together ‘on the green.’ The next day, St Marys Campus students thoroughly enjoyed Mrs Prebble’s (nee Marshall) humorous reading of “Doctor Dog” by Babette Cole. Parents and carers - over the next week, do look out for the personalised participation certificates which will make for a wonderful memory keepsake of the celebration.

A heartfelt thank you to all students, teachers, parents and community members who contributed to making the 2019 Book Week event so successful.

Lynette Yodgee, St Marys District School

Photos supplied by St Marys District School



**“The Tasmanian Leaders Program has been one of the greatest experiences of my life.”**



**Tim Jordan,  
Electrical Divisional Manager,  
Degree C**

Applications for the 2020 Tasmanian Leaders Program close **OCTOBER 1**

## TASMANIAN LEADERS PROGRAM

Leadership is increasingly influenced by unprecedented speeds of change creating unique situations requiring us to be adaptive leaders. Tasmanian Leaders exists to support leaders like you be more effective and dynamic in your profession and community organisations.

Our flagship program, the Tasmanian Leaders Program, is sharply focused on delivering lasting benefits to participants, their organisations and the wider community. It is delivered intensively over one year with a winning combination of multi-day residentials, two- to three-day linking sessions and transformative Learning Set Projects.

The Program is delivered through monthly gatherings from February to November. This structure allows participants to maintain their important professional and personal responsibilities. It also affords time for reading, reflection and networking over the year. Findings from the 2019 Tasmanian Leaders Impact Study provide strong evidence that participation in the Tasmanian Leaders Program has a positive and lasting influence on graduates, with a very high impact on personal and professional growth evident long after completion. The study indicates the core deliverables of the program are being met with 100% of graduates attributing participation in the program to their professional and personal growth.

This is supported by former General Manager, Spring Bay Mill, Stuart Loone, *“The depth and breadth of the TLP experience, including the illuminating Residentials and access to such incredible leaders, has led me to challenge myself, kick myself and, most importantly, back myself.”*

Entry into the Program is via an application process that closes midday, Tuesday 1 October.

## Tasmanian Leaders Program

Applications for the 2020 Tasmanian Leaders Program are now open.

**Apply online today!**



Visit [www.tasmanianleaders.org.au](http://www.tasmanianleaders.org.au)

## FINGAL FOCUS

(Whether it is the worst of times or the best of times .....it's the only time we've got)

### “ A rose by any other name.....HELP! ”

Standing, just a little bit forlorn, in the front lawn of the Family Based Care premises, is a single rose plant. It looks lonely and bedraggled in winter as a lot of roses will do at this time of year. When spring is at last in the air and the earth starts to warm up again, life is again reaffirmed, with fruitful buds appearing and soft green new leaves emerging, before the fresh flowering buds come to life announcing a brilliant coloured rose.

Such a rose was planted in the lawn in memory of ????......That's the problem! Why was the rose planted? It was suggested that the Country Women's Association was connected to the dedication of this rose, but I just don't know.

Does anybody have information to help solve this problem? We can then have regard for the significance of the rose, apart from admiring it for it's inherent beauty.

.....Mike B

\*\*\*\*\*

**A woman was** sobbing that she had locked her keys in her car. A passing soldier stopped and assured her that he could help her. She looks at him in amazement as he started to remove his trousers and roll them into a ball. He then started to rub the rolled up trousers against the car door. It opens without a sign of trouble. “That's incredible,” the woman says. “How did you do it?” “ Oh, that's simple these trousers are khakis.”

**Problem:** If I were to drive my car through a field of corn, would I be a cereal killer?

**The only thing** a golfer needs is more daylight.

**The difference** between golf and government is that in golf you cant improve your lie.....

**Golf is** a day spent in strenuous idleness.

**Golf is played** by twenty million mature American men whose wives think they are out having fun.

**The only time** my prayers are never answered are on the golf course.

**A priest and** a young man were playing golf. At a short par 3 the priest asks, “What are you going to use on this hole? The young man says, “An iron, Father, how about you?” The priest says, “I'll hit a soft seven iron and pray.” The young man lands his ball on the green. The priest tops his ball and it dribbles a couple of yards. The young man says, “I don't know about you Father, but in my church when we pray, we keep our heads down.”

**Jennifer's wedding day** was fast approaching and nothing could dampen her excitement, not even her parents “nasty” divorce. Her mother had found the perfect dress to wear and would be the best dressed mother-of-the-bride ever. A week later, Jennifer was horrified to find that her father's new young wife had bought the same dress as her mother. Jennifer asked her to exchange it but she refused and said, “Absolutely not, I look a million dollars in this dress and I'm wearing it.” Jennifer told her mother and her mother graciously said, “Never mind, I'll get another dress. After all it is your special day.” A few days later, they went shopping and found another dress for her mother. When they stopped for lunch, Jennifer asked, “Aren't you going to exchange the dress? After all you don't have another occasion to wear it.” Her mother smiled and said “ Of course I do, dear. I'll wear it at the rehearsal dinner the night before the wedding.”

(Well, I think they're funny.....Mike Brouder)

## The Say by the Cage Rattler

About 18 months ago, Australian cricket was in crisis. It had just happened that three of our most revered cricketers were cheating by tampering with the ball, while in South Africa. Those three players included the captain Steve Smith, vice-captain David Warner and opener Cam Bancroft. All three faced big fines and suspensions as was expected. The whole culture of cricket in this country was tainted like never before, rightly or wrongly. Stories abounded about other indiscretions over previous years too. Something had to be done and quickly. Soon after all this Darren Lehmann (the coach) resigned.

At the time, one of the Test team players, the wicketkeeper Tim Paine from our state of Tasmania, was asked to take over the poisoned chalice of captaincy, and many sceptics predicted a horror show on the back of this. Fast forward 18 months and Tim's team have just done what so many thought near impossible, by retaining the Ashes on English soil. Not only has this been done, but the whole team has been praised by a very vitriolic British press for their amazing attitude, their good will and great behaviour at all times in the face of expected booing and condemnation from the crowds. Can you believe that! Incredible stuff.

It just shows what a good outlook by two people now heading our Test campaign can achieve. Honest appraisal, not putting up with poor attitude, respecting the game and enjoying the game via Tim Paine and head coach Justin Langer, has done almost the unthinkable within 18 months.

The restoration began in the final test of the South African tour, when Tim was asked to step in as a temporary captain for that game. Although they were hammered in that game, the way he conducted himself and instigated a couple of genuinely respectful touches prior to start of play set the mould, and the Cricket Australia board installed him to the permanent captaincy. Against India last summer, despite relentless jibes from some of their side early on, he gradually gained a lot of respect from the opposition and even after being the first side to lose a home series against India, Tim's gracious acceptance and congratulations to them, earned huge kudos from all and sundry. He was massively disappointed no doubt, but he presented in a great way. After that, while thrashing Sri Lanka he was magnanimous to them in victory.

Since then, he has led a team that has shown that the ill reputation the team had for a while could be fixed, and yet still play tough, hard and fair cricket to the highest order, and has now seen the Ashes retained on foreign soil for the first time for a long time. All this with a smile on his face.

I'm so proud that our fellow Tasmanian has done this, and also so proud that their severely dirty reputation through Tim and Justin Langer has been pretty much washed clean. It's hard to believe that a beaten British press baying for Aussie blood a few weeks ago, are now lauding our team, in the way they have conducted themselves in such a hostile environment. Who'd have thought that already, after the infamous March 2018 debacle?

What do you think ?



### The Break O'Day Woodcraft Guild

will hold it's AGM

on the 9th October at the Guild's Shed

starting at 11am.

All positions will be declared open

for further information call Reon on 0429722091

All welcome

### Sun Coast Spinners



The Suncoast Spinners next meet at Lorraine's place in St Marys, on 17 September, from 10am till 2pm.

For details phone Jacinta Allen 63842355

## Events

### 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.

### AA

Wednesday night, Anglican Church Hall, Cecilia Street, St Helens @ 7.00 p m,  
Friday night, Anglican Church Hall, Main Road St Marys @ 7.00 p m

### 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.

### 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.

### 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: 10.00 am. Where: Scamander Beach Hotel  
Contact: Marj Aulich 0473 238 077  
or Val Spencer 0437 397 219

### Eastcoast RC Flyers

Remote control flying every Sunday at 145 Reids Road Priory (St Helens), from 9.00 a m. Visitors welcome. Phone Paul on 6372 2529

### The Combined Probus Club of Scamander.

We have just returned from another enjoyable bus trip to the Central Highlands. We were joined by guests from St Helens Senior Citizens Club. We departed St Helens at 8am and drove through to Cressy, where we enjoyed a massive morning tea put on by members of the Club. An army could have been fed from the amount of food we had. Having been fed and watered we proceeded up to Poatina, viewing the village with interest, then on up to the Lake Highway, taking in the magnificent views back over the valley; everything was beautifully green with Spring in the air, all the wattle trees were coming into bloom, baby lambs and calves frolicking everywhere. We called into Pumphouse Point to view the recreational facilities available and to see the water levels which are quite low, as more rain is needed. We also went into Tods Corner then onto Miena Lodge, where we had a wonderful home cooked roast and sweets and where a few of us enjoyed a tippie or two! On finishing lunch we had a tour around Miena before heading home, but not before we turned off onto Penstock Lagoon Road to look at White Deer and a paddock full of working dogs, 15 that we saw, each tied up to their own kennel. We came home via Campbell Town and the Fingal Valley, getting home to St Helens about 6.30pm.

Another wonderful day in the life of our Probus Club.

If you want to know more about the Club please contact Valmai on 63722762

Contributed by The Combined Probus Club of Scamander Inc



FROM COAST TO COUNTRY

## The Environment Issue

### Deforestation

Bridie Aulich

Deforestation is an alarming issue that is happening at an alarming rate. Forests cover 31% of the land on our planet today. They help us survive by absorbing gases like carbon dioxide and potentially harmful gases such as sulphur dioxide and carbon monoxide. Without trees, the human race wouldn't be here today.

Forests don't only provide us air to survive, they provide 13.2 million people across the world with a job, and 41 million people have jobs that are related to the forest sector that would rely on forest to stay standing rather than turned into palm oil. The United Nations and Agriculture Organization (FAO) states an estimated 18 million acres of forests are lost each year due to deforestation.

The most common effect of deforestation is loss of animal, insect and plant species. Some of the main causes of deforestation is agricultural expansion. When we cut down forests for our needs we are killing animals and forcing them out of their homes. Many animal species rely on the rainforests that we are cutting down to survive. Orangutans, giant panda, rhinos, and the Asian elephant are just a few species that are being effected by deforestation. If we want these animal species to still exist in the future, we need to stop global deforestation. Removing forests doesn't only effect animal species but also plant species like grass and other shrubs that regrow after we cut them down. Removing large trees thins the forest canopy which is meant to block the sun during the day and keep in the warmth during the night. When this is removed it leads to extreme temperature swings that are harmful to plants and animals.

This is one of the main reasons why many animals, plants and insect are becoming endangered and even extinct. Emily Holland states:

"It is estimated that we are losing 137 plant, animal, and insect species every day, which equates to 50,000 species a year. It's also been estimated that 40% of the

animal and plant species in Southeast Asia could be wiped out in the 21<sup>st</sup> century." (E Holland, 2017) This is all happening because of our choices to do with the environment. Though a few species are killed directly in these forest clearances, many will face a slower death due to lack of food causing starvation. There are many reasons why deforestation is happening, and the main one is agricultural plantations. An increase in products such as palm oil and soybeans are driving producers to clear forests at an alarming rate. Many farmers and producers resort to burning and slashing techniques to remove forests just to get the land, but many don't realise the consequences their actions have, not only on them, but also on animals and plants.

Land is not only cleared for palm oil and soybean crops, it is often cleared for other uses such as housing and livestock. WWF (World Wildlife Fund) states: "In the Amazon, around 17% of the forest has been lost in the last 50 years, mostly due to forest conversion for cattle ranching." (WWF, NA)

The Amazon is home to a lot of animals, plants, and insects which are dying due to the need for land. Trees help to mitigate carbon dioxide and other greenhouse gases, but when burned, trees become carbon sources. Emily Holland states: "it's estimated that deforestation is responsible for around 20% of greenhouse gas emissions and 1.5 billion tons of carbon is released every year by tropical deforestation." (E Holland, 2017) That means that the practice not only kills and puts thousands of species at risk, but also puts humans at risk when carbon dioxide is released into the air.

Deforestation is an alarming issue that is happening at an alarming rate. We don't only harm animals, insects and plants when we cut down these trees, we also harm ourselves when we let the carbon dioxide into our atmosphere. Many animal, plants and insects are becoming extinct because of our personal choices. The main reason why this is happening is because of the need for land by farmers. They use the land to produce palm oil and soybeans as well as using it for cattle. We need to stop deforestation now before it's too late.



## Effects of Climate Change on Animals

Isabelle Horwood

One of the major issues in today's society is climate change. Climate change has a massive effect on animals. Wild animals face new challenges every day for survival because of climate change. More frequent and intense drought, storms, heat waves, rising sea levels, melting glaciers and warming oceans can directly harm animals and destroy the places they live. Due to that, climate change has had a huge impact on our threatened species. We need to know what the consequences of losing these species are and what needs to be done to prevent from losing them further.

Our endangered species such as cheetahs, green turtles, elephants and the polar bears have all had to adapt to the changing of our climate. The animals experience habitat loss due to the increased greenhouse emissions and they have to alter their breeding and feeding patterns in order to survive. For example; the cheetah's prey population is declining, and as a result, the cheetahs have had to change their diets. Green turtles are very sensitive to change in temperatures and baby turtles' genders depend on the temperature of the sand where the eggs are laid. The warmer areas produce female turtles. So with climate change causing an increase in temperatures, more females than males will hatch. In order to survive, elephants need a great amount of fresh water daily and due to global warming it will make it more difficult for elephants to get the water they need. Warmer temperatures also create better conditions for invasive plants to thrive and outmatch the elephants' regular food sources.

The Arctic sea ice is melting, resulting in less ice for the bears to hunt seals on. This reduces their access to food sources and threatens their habitat and overall survival.

We need animals because they enable us to survive and stay healthy. We don't appreciate how much biodiversity does for us. For example, biodiversity provides our food, cleans our water, provides medicines for curing illness, and even creates the oxygen that we breathe. If we reduce that, by driving many species to extinction, then we can't expect nature to keep providing these things for us.

Bees are very important species to our planet, they are critical pollinators and pollinate 70 of the 100 crop species that feed 90% of the world. Honey bees are responsible for \$30 billion a year in crops. Without bees, our supermarkets will have half the amount of fruit and vegetables. If we lose our bees, we might lose all of the plants that bees pollinate. Consequently, all those animals that eat those plants, we'll lose too. A world without bees could struggle to sustain the global human population of 7 billion.

If we, together as a community, contribute and make a change to our daily lives by doing simple things, we could help save our animals and our planet. By changing small things we do, like recycling, or buying reusable bags or even not buying furniture made from endangered wood, we could help prevent losing our animal species.

Climate change has had a massive affect on us, but most importantly our animals. Endangered animals suffer everyday due to global warming. Rising temperatures are creating a problem for our animals. We shouldn't just want to help our animals; we need to help them. Animals help us survive and stay healthy. Without them, we wouldn't be able to keep a healthy lifestyle, and biodiversity helps with that by providing us with food, clean water and fresh air. If we all together change little things in our daily lives, we can help save the animals and the planet we live on.

# 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.



**Free**

**WiFi**

6am - 9pm

**St Marys Library**

31 Main Street St Marys

(03) 63 875 602



### Opening Hours

**Monday** 12.30-4pm

**Tuesday** 10-12.45pm

**Wednesday** 12.30-4pm

**Thursday** 10-12.45pm

Check out the new look Beama-films on the library website.

Hundreds of films to choose from, FREE with your library membership!

**eLibrary:** [www.libraries.tas.gov.au](http://www.libraries.tas.gov.au)

## Console games

You can now borrow games for PlayStation 4 and Xbox One.

Find out more at your local library.



**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

# STORY BOX LIBRARY



Story Box Library is a fun, engaging resource that inspires a love of reading in kids of all ages. See and hear your favourite stories come to life, read by well-known Australian and New Zealand storytellers like Nick Cave, Justine Clarke, Eddie Perfect, Kate Ritchie, Kamil Ellis, Missy Higgins, Jay Laga'aia and many more!

You can get FREE access to Story Box Library through the Libraries Tasmania website, by following these steps:

- Click on the 'eLibrary'
- Select 'eBooks + stories'
- Click the red 'Story Box Library' square
- Log in with your Libraries Tasmania card number and password



There are hundreds of videos for you and your kids to enjoy, plus fun activities for kids and a blog full of great information for parents.

Try Story Box Library today!



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## Visiting Lawyer

Free Legal Advice

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20 Talbot St

Monday

7 October 2019

General Law / Welfare Rights / Disability Discrimination  
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To book your  
appointment  
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## Your Health Link Photographic Competition

COMPETITION  
NOW OPEN  
GREAT PRIZES TO BE WON  
Competition closes 13 October 2019



### Categories and Awards

- Primary and High School
- Eating the Rainbow
- Mobile
- Open
- People's Choice
- Program Cover Award

### Prizes

- A family holiday to New Zealand
- Canon EOS R RF 24-103mm Lens
- Computer packages, iPhone 11 and a lot more...



Competition Theme  
HEALTHY LIFE HEALTHY YOU

Grab your mobile phone or camera  
and start snapping

[yourhealthlinkphotocomp.com.au](http://yourhealthlinkphotocomp.com.au)

Competition Partners



ST MARYS PACING CLUB

# ANNUAL GENERAL MEETING

27<sup>th</sup> September 2019 @ 7:00pm

St. Marys Pacing Club Rooms

A plate of food would be greatly appreciated

ALL NEW MEMBERS  
WELCOME





## SCOUTS CAUSE A "BATTLE" BETWEEN TWO LOCAL TOWNS...



### But it's not what you think... or is it???

The battle between the two towns is actually going to be a Trivia Night. And what would be better than one trivia night? Two... of course... But not two separate ones... oh no! That would be just too easy. Let's do it AT THE SAME TIME, ON THE SAME NIGHT and with THE SAME QUIZ!

St Helens Scout Group needs to raise funds to build it's carport, and "Free 2B Girls" wants to expand its successful youth program for young girls. A trivia night is always great fun, and because both these groups have representation in St Marys too, it was impossible to decide which town should be the host of the trivia night, so Carol said why not do both towns and create a competition between the two towns?

**RESULT: Saturday 26<sup>th</sup> October 2019 –"Battle Of The Towns" Trivia Night**

Here's how it will work: Decide which venue you want to play at. If you play at St Marys Hall you'll be representing St Marys, and if you play at Portland Hall you'll be playing for St Helens. You can only have a maximum of 8 players in a team. You can have less if you wish, but definitely only a maximum of 8 players per table. Table scores from St Marys teams will be added up at the end of the night and an average taken, the same will happen in St Helens. The town with the highest average will be the winning town, and own the bragging rights for one year. There's even a trophy!

Both venues will have their own MC/Quizmaster and will deliver the exact same quiz. Only the two quizmasters will know the answers. The best team in St Marys and the best team in St Helens will also receive prizes as you would normally expect. Raffles will also be conducted on the night at each venue.

**YOU MUST BOOK!** Contact Carol Liefing: [carol.liefing@gmail.com](mailto:carol.liefing@gmail.com) or 0418 135 051 to book your table. You will also need to pay for your tickets before the event. Contact Carol and she will arrange that with you. Also, every Friday until the end of Sept you can head down to the *Bay of Fires IGA* and arrange your booking with Carol at the Scout sausage sizzle.

Please understand that, unless the table is booked and paid for, your booking is not secure. We will be unable to accept walk-ins on the night. Already we have sold 30% of the tables at the St Helens venue through the Facebook announcement on 9<sup>th</sup> August. We anticipate a sell out, so if you want to join in on this very unique event, then please make your booking now. See the poster for further details, and watch this space for more information next month.

Tickets: \$20 per person includes a light supper. Fully licenced – NO BYO please  
Venues: St Marys Hall & Portland Hall – 6pm for 7pm  
Contact: Carol Liefing: [carol.liefing@gmail.com](mailto:carol.liefing@gmail.com) or 0418 135 051

This is a joint event on behalf of:

Tani Garde from *Free 2B Girls* & the Group Committee from *St Helens Scout Group*

© "Battle of The Towns" Trivia concept is the intellectual property of CJ Liefing

Proudly supported by:





# ST HELENS SCOUT GROUP & FREE 2B GIRLS CHALLENGE YOU TO...



# TRIVIA NIGHT



**"BATTLE OF THE TOWNS"**  
**SAME QUIZ, TWO VENUES, ONE CHAMPION**  
**ST MARYS vs ST HELENS**

**ST MARYS HALL AND PORTLAND HALL**

**BOTH HALLS OPEN AT 6PM TRIVIA STARTS AT 7PM \$20 PER PERSON**  
**Light Supper included Fully Licenced \*\*No BYO\*\***

**BOOKINGS ESSENTIAL** Maximum of 8 players per team  
Contact Carol Liefing - Phone 0418 135 051 / [carol.liefing@gmail.com](mailto:carol.liefing@gmail.com)



## St Marys Flood Mitigation update

The planned works for the St Marys Flood Mitigation works include reducing flood risks by lifting The Flat Bridge and a levee bank to protect housing behind Story Street upstream of Groom Street, and a flash flood warning system involving a new rain gauge and flood alert communications. Depending on the receipt of funding, works could start in October, but most are planned for early next year. Earlier this year Council followed up the 2017-18 flood studies project with the St Marys Flood Risk Management Plan 2018-2023. Other priorities in the plan include management of vegetation, particularly below Story Street, and developing flood response plans, triggered by the flash flood warning system. It also recognises that the value of the Rivulet as an natural asset for the town needs to be considered. Flood risks are felt across the community and Council will continue to work with households, business and groups in St Marys to avoid, be ready for and recover from floods together.



Map of the St Marys showing areas affected by flood.

Article reprinted from Break O'Day council monthly newsletter



### Esk Main Road Shoulder Widening

Survey Investigations  
July 2019

Start of planning and design work on Esk Main Road Shoulder Widening - Fingal to Killymoon Bridge and Cornwall Road to St Marys

The Australian and Tasmanian Governments are jointly funding safety upgrades on two sections of Esk Main Road between Fingal and St Marys. The work involves widening and sealing the road shoulder along a 7.7 kilometre section from Fingal to Killymoon Bridge and a 3.9 kilometre section from Cornwall Road to St Marys. Construction is scheduled commence in late 2019.

The sealed shoulders will reduce the likelihood of loss of control crashes and meet the Heavy Vehicle Safety and Productivity Program objectives of increasing access and improving safety for higher mass and productivity vehicles.

The Department of State Growth has engaged Pitt & Sherry to complete the planning and design work for this project, including detailed survey investigations along the road corridor. We expect the project planning and design to be completed by the end of July 2019.

Construction is planned to start in October 2019 and will be completed by April 2020. The construction activities will include excavation, widening, sealing of the road surface, improvements to roadside drainage and sealing accesses up to the property boundary. During construction, works will be carried out between the hours of 7am and 6pm, Monday to Friday. We will let you know in advance if we need to work outside these times.

#### How will the work affect you?

The planning and design work will have minimal impact on local residents, however you will notice survey work being undertaken on the road shoulder. We will make every effort to minimise noise by turning off vehicles when not in use and staging the work.

The construction work will result in some traffic changes to ensure the safety of workers and road users. Road surface conditions may change as work proceeds.

#### Contact

If you have any questions please contact David Hugo, Project Manager at Pitt & Sherry on 0419 109 354 or dhugo@pittsh.com.au.

For more information on our projects, visit [transport.tas.gov.au](http://transport.tas.gov.au).

Thank you for your patience during this important work.

# GROUND WORK

Landscaping, Mini Digger & Gardening Services

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# St Marys Op Shop

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## Autumn & Winter 2019

Opening hours from 6<sup>th</sup> July through until 6<sup>th</sup> October 2019

Monday - Friday

10:00am - 3:00pm

First Saturday of each Month

St Marys Market Day

10:00am - 12:30pm

Phone: 03 6372 2889

If Esmerelda is out then the shop is OPEN ☺



## Caring for a friend or relative can be complicated.

Get one-on-one support from a professional counsellor over the phone.

The **New Carer Gateway** phone counselling service is a free service for carers. Each weekday from 8am to 6pm, professional counsellors are waiting to talk through the concerns you have and how you feel about your carer role.

To use the service call **1800 422 737** (select option 1) or visit [www.carergateway.gov.au](http://www.carergateway.gov.au) (select phone counselling)



**1800 422 737**  
8am to 6pm weekdays

## 3 great reasons to register for the Carer Gateway Community Forum

### Support

We are developing a wonderful community for carers that thrives on social connection and mutual support.

Talking helps! Online Peer Support gives carers the chance to work through their shared experiences in a supportive community.

### Anonymity

We know it can be hard to discuss issues online, especially when you may be struggling. The Carer Gateway Community Forum provides complete anonymity. When you register, nothing that identifies you will be available on your public profile.

### Education

Our team at the Carer Gateway Community Forum is committed to bringing you information and valuable educational resources. This includes how to manage your self-care and reduce stress.

Go to [carergateway.gov.au](http://carergateway.gov.au) for more information.



## Welcome to the Carer Gateway Community Forum

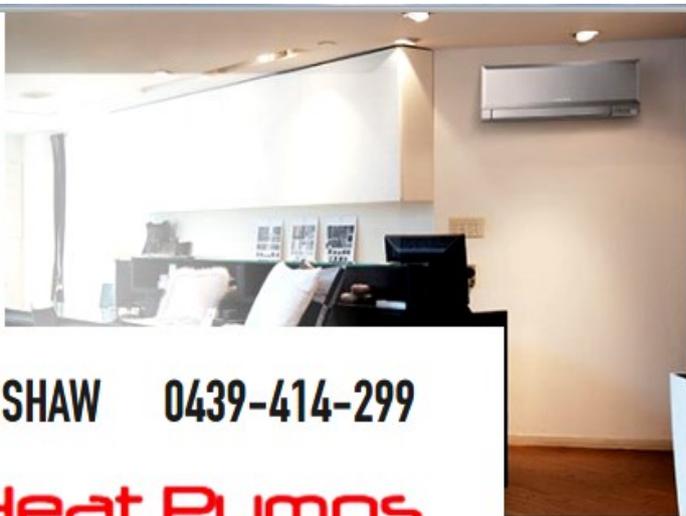
There are over 2.7 million unpaid carers in Australia

Do you care for a friend or relative?

Come and engage with carers just like you

- Discuss daily challenges
- Build connections with other carers
- Benefit from mutual support
- Completely anonymous
- Access information and advice





**NICK SHAW 0439-414-299**

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**Nick Shaw 0439-414-299**

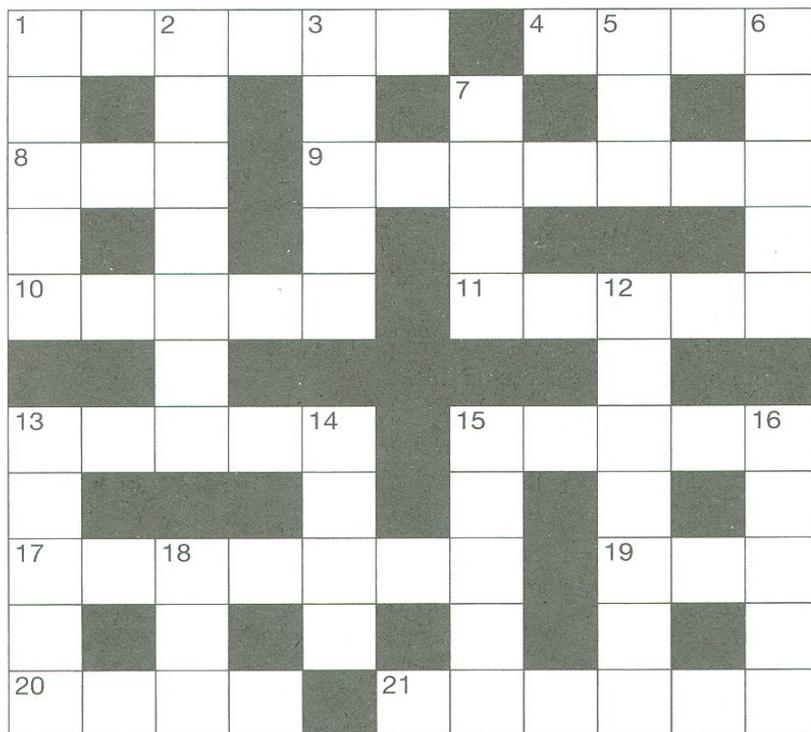
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# Crossword 51.16



**Across**

- 1 Fireplace remainders (6)
- 4 Prune (4)
- 8 Vehicle for British roads (inits) (3)
- 9 Gave for free (7)
- 10 Tally (5)
- 11 New (5)
- 13 Swellings (5)
- 15 Governed (5)
- 17 Cynic (7)
- 19 Graduate degree (abbr) (3)
- 20 Behalf (4)
- 21 Carnival (6)

**Down**

- 1 Makes (5)
- 2 Sleeping chamber (7)
- 3 Crest (5)
- 5 Crank (3)
- 6 Foot-operated lever (5)
- 7 Soon (4)
- 12 Books (7)
- 13 Misplaces (5)
- 14 Takes a seat (4)
- 15 US film actress, Christina (5)
- 16 Formal rulings (5)
- 18 Moose (3)

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**Moo Poo**

See Normie  
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 0417 385 935



**Ticket to Play - information for parents, carers and children:**

Ticket to Play is a Tasmanian Government initiative designed to reduce the cost of participating in club sporting activities for Tasmanian children. Tasmanian children aged 5 to 17 who are listed on a Centrelink Health Care or Pensioner Concession Card, or who are in Out of Home Care, are eligible for a voucher of up to \$100 in value to be used towards the cost of club membership at an approved activity provider. A list of approved activity providers can be found on the Ticket to Play website. To apply for a voucher or for more information, visit our website at <https://www.communities.tas.gov.au/ticket-to-play>. Vouchers can be applied for and used at an approved activity provider until **30 November 2019**.

For more information or assistance with voucher application please contact Communities, Sport and Recreation on 1800 252 476 or [tickettoplay@communities.tas.gov.au](mailto:tickettoplay@communities.tas.gov.au).



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**WOVBOD CHOIR NEWS****Pub Choir @ St.Marys Hotel**

On July 31<sup>st</sup> a noisier than normal choir session was held at the St Marys Hotel. The WOVBOD Pub Session was a great success with plenty of chortling choristers and hotel regulars vying to express themselves joyfully and with much gusto! The Hotel put on a wonderful supper for us, and the roaring fire was also a welcome reward. We plan to hold more Pub Sessions in the Break O'Day region. As well as being lots of fun and a great way to show the wider community how we roll, there is the opportunity for everyone to join in and share the health and social benefits of singing With One Voice.

**What's Coming up?**

Spring! Renewed energy and vitality as the days warm up. Leonard Cohen originally heralded it and by popular opinion Jeff Buckley, Rufus Wainwright and KD Lang expressed it equally as well - **Hallelujah!** Actually (interesting fact moment) did you know there are more than 60 versions or covers of 'Hallelujah', with John Cale recording the version that we all heard in the movie 'Shrek'. Check out Celine Dion with the Canadian Tenors on Oprah (YouTube) for an interesting live version, Jon Bon Jovi also has a go but my personal vibe is Jai Jagdeesh. Whatever your version taste, it is a song our choir enjoys immensely. Moving forward we plan to learn some arrangements for Christmas Carols in the next few months in preparation for the Christmas Eve parade(s?) There will be Vocal Workshops on offer open to the community and a 'Soiree' (thanks Siri) happening in St Marys. Did you know that you can request the WOVBOD choir to entertain at your event? We are like a flash mob, jukebox and karaoke machine combined!! (well close to that)

**Monday St Helens Sessions**

St Helens WOVBOD sessions have been a popular way to spend a Monday. We gather at the St Helens Footy Clubrooms from 11:00am – 12:30pm and share the joy of singing, learn new songs, do some healthy warm ups & breathing techniques, make new friends, have some lunch and warm our tails by the open fire (thanks Reg)

**Wednesday St Marys Sessions**

We are still enjoying wonderful sessions at St Marys District High from 6:00pm-7:30pm and the hot suppers and sweet treats are worth singing for!

There is a bus leaving St Helens Hub4Health at 5pm on Wednesday nights and picks up at Lions Park, Surfside, Scamander River mouth and the bottom of the St Marys Pass. Cost is \$5 (return). Bookings/enquiries for the St Marys bus to Geraldine 0417 292 414 or Tess.

# My Horizons

**Program Information****MyHorizons**

MyHorizons is a connection point, we can work with you in groups and one on one to help you reach your goals and get you connected with other services as needed.

MyHorizons is a state-wide program, meeting individuals in their local community and running groups to support you in building life skills and understanding your wellbeing.

**Who is this program for?**

You can use MyHorizons if you have a mental illness, are not engaged with State Mental Health Services and are not eligible for NDIS.

**How do I start?**

You can contact MyHorizons program on the details below or by talking your GP or other clinical provider.

Call us on 1800 290 666

Email: [myhorizons@baptcare.org.au](mailto:myhorizons@baptcare.org.au)



Because everyone deserves  
the best of care

Baptcare

ABN 12 069 130 463 Page 1 of 1

[baptcare.org.au](http://baptcare.org.au)

**NEW MENTAL HEALTH PROGRAM BEGINS**

MyHorizons, a new Baptcare mental health program is now open for referrals!

MyHorizons is a state-wide program working with people who have a diagnosed mental illness, are not receiving NDIS funding, not engaged with State Mental Health Services and not coming out of Partners in Recovery or PHaMs programs.

MyHorizons engages with people on an individual basis to work towards their goals. MyHorizons also offers a wide range of group work options. People can access MyHorizons for both groups and one-on-one work, or just groups. MyHorizons can work with people for up to 6 months.

To be referred, a General Practitioner or other clinical provider needs to complete the referral form, and email the form back to [myhorizons@baptcare.org.au](mailto:myhorizons@baptcare.org.au). For inquires please call 1800 290 666 and press option 4 to talk to the MyHorizons team.



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**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**  
**Fridays 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**

12/9/19– 27/9/19

**Dr K. Rawnsley**

13/9, 17/9, 20/9, 24/9, 27/9/2019

**Doctor’s appointment are needed to see our GPs.**  
**It is not a drop in clinic**

**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
- ◆ Insurance medicals renewals
- ◆ 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**

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

# St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215  
6387 5555

## What's on at the Centre

12th Sept	<b>2nd Bite Delivery</b> <b>Social Worker</b> Shan Williams for appointments please phone 6387 5555 <b>Eyelines</b> -For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.
13th Sept	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.
16th Sept	<b>TLC Meeting</b> (Tasmanian Lymphoedema Centre) 5:00pm in the Day Room.
17th Sept	<b>Diabetes Tasmania Dietician</b> – Sally Gates please see your GP for a referral. 9:00am– 3:00pm <b>HUB4HEALTH Board Meeting</b> 6:00pm-7:30pm in the Day Room.
18th Sept	<b>Day Centre</b> - call Hayley Gilbert on 6387 5555 for information on the group. <b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.
19th Sept	<b>2nd Bite Delivery</b> <b>Social Worker</b> Shan Williams for appointments please phone 6387 5555
20th Sept	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.
24th Sept	<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.
25th Sept	<b>Day Centre</b> -call Hayley Gilbert on 6387 5555 for information on the group.
26th Sept	<b>2nd Bite Delivery</b> <b>Social Worker</b> Shan Williams for appointments please phone 6387 5555
27th Sept	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.

### Doctor's Appointments

Due to high demands on our doctors there is at least **1 week's wait to see our GP'S.**

If you are taking regular medications it is recommended you make your appointments in advance so they do not run out. Scripts can not be given over the phone or after hours.

Thank you for your cooperation

### SMCHC Teaching Site

#### We are a UTAS teaching site

We regularly host students from various health faculties, who attend our site to participate in training placement.

If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment.

These placements are very important for the students, so your cooperation is greatly appreciated.



The St Marys Community Health Centre is a distributor of the **2nd Bite Food Program**. The food parcels are a combination of core fresh produce and other food items supplied from a variety of farms and supermarkets around the State.

Food parcels are delivered on a \*Thursday

Criteria to be a recipient of a parcel are:

you are experiencing hardship and hold a current Centrelink Health Care Card or Pension Card

Give us a call on 6387 5555 for further details about the program or to register.

\* Distribution depends on supply of the produce. Please note there are some weeks when there is a supply shortage.

### PODIATRY NORTH

Podiatry North will be holding their next Podiatry Session at the St Marys Community Health Centre on: **Tuesday 1st October 2019**  
Please phone 6777 4155 for appointment.

**NEWS FROM THE BREAK O'DAY ANGLICANS**

**WOW -Women of Worth** at St Marys Anglican Church.

The monthly meeting of WOW will be held on Saturday 21st September. The theme for this month is "Stepping Stones". Come along for a special time together, and enjoy some interesting activities as well as great company. Let Christine know if you intend coming along, phone 0410 441 558.

**Christian Movies**

If you are one who has been wanting more quality faith-based films to come to a cinema near you, your wait is over. In late August, in over 120 movie theatres across our nation, the film "Overcomer" was released. You can go see this at the Village Cinema in Launceston.

Also due to be screened across our nation is a movie called "Unplanned". This is the inspirational true story of one woman's journey of transformation. Australian Christian Lobby are pleased to bring this movie to Australia. It will be screening in Hobart on 22 September, and in Launceston on 25th September at Village Cinemas at 7pm. You will need to book online for this one; go to the Australian Christian Lobby website.

And being released on DVD in mid-September is The Least of These – the Graham Staines Story. Based on a true story and shot on location in India, "The Least of These" beautifully illustrates the power of love, hope and forgiveness to overcome hate.

**"Food For Thought"**

Not to be left out of social interaction, the Parish has a night for men to come together and discuss issues of interest., on Saturday September 28th, from 6-8pm in the St Helens Parish Hall. Ring Alexander on 6376 1638 if you are coming along, for catering purposes.

**A date for the future**

On October 27th the annual Blessing of the Fleet will be conducted in the Fishermen's Memorial Park on the Foreshore at St Helens. The service begins at 2pm and you are all most welcome.



What was that? 15 weeks to Christmas? Better get that pressie list made....

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



**ANGLICAN CHURCH**  
**SERVICE TIMES**



contact 6376 1144

**St Helens**  
St Paul's: 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: 9.30am cuppa, 10.00am every Sunday  
13 Main Street, St Marys

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

<b>VISION</b> CHRISTIAN RADIO	<b>LISTEN NOW</b>
	BINALONG BAY 87.8FM
	ST HELENS 88FM
	ST MARYS 88FM
	FINGAL 88FM

### TAKING YOUR DOG TO THE BEACH

Break O’Day Council and the Parks and Wildlife Service have been rolling-out new signs up and down the coast to mark changed ‘dog zones’ for beach access.

The changes were determined during a lengthy review and community consultation process on two draft Dog Management Policies during 2018, and involved the PWS. Council works closely with PWS to balance priorities for dog access, people and wildlife on our amazing beaches and to promote responsible dog ownership.

Many of the changed dog zones are seasonally restricted areas, such as a ‘bird sanctuary’ at Scamander River mouth and Binalong Bay Beach. Families, residents and visitors flock to these beaches over the summer months.

The signage uses a simple and consistent set of colours and symbols to make it as easy as possible for people to understand where and how they can take dogs for a walk.



Dog off lead area/beach



Dog on lead, always



Dogs Prohibited



Restricted Area  
Check conditions of access - typically on-lead only 31 March to 1 October.

**Find a copy of the Dog Management Policy and a map of our Dog Zones here, [www.bodc.tas.gov.au/property/dogs](http://www.bodc.tas.gov.au/property/dogs)**



### Second Hand September Tea Party

Saturday, 5 October 2019

from

10:30-11:30

@

St Marys Op Shop garden

A tea party to celebrate "Second Hand September"

Please wear your favourite pieces that you have found during "Second Hand September" and we shall share some morning tea and photographs in the garden of the Op Shop

Let's showcase how FABULOUS you can look wearing second hand and how you can reduce the fast fashion overload on society. Come along and strut your stuff with like-minded individuals

### Chronic Pain Self Management

TASMANIAN HEALTH SERVICE

A practical program for people living with ongoing pain!



#### A six-week group program - 2 ½ hours each week

Come along and discover the tools, skills and techniques you need to help you manage your health and overcome pain!

You can learn how to:

- manage pain & fatigue
- get better sleep & eat well to improve your health
- communicate effectively with your health team
- pace yourself
- set reachable goals

St Marys Community Health Centre

Time: 10.00am - 12:30pm

Start: October 4<sup>th</sup> Each Friday for 6 weeks

Finish: November 8<sup>th</sup> 2019

Register by calling: Shan on 63875574

No cost to attend, but we do ask for a gold coin contribution towards tea/ coffee.

The Chronic Pain Self Management Program is suitable for anyone with long term pain. Supporters and carers are welcome to attend with you!

Want to know more? Please phone the number above.

Dates don't suit? Again, phone the number above. Share your contact details and we'll let you know when we offer another program.



## Celebrate the Opening of the



# ST HELENS MOUNTAIN BIKE TRAILS

**Friday 22 and Saturday 23 November**

Based in St Helens and surrounds, we are putting together an event not to be missed that will span two fun filled days.

Here are just some of the things we have planned:

### **Friday - Official Opening**

**9am TRAILS OPEN!!!**

**11:30am** - Official ribbon cutting at Swimcart Beach

**12:30pm** - Official ribbon cutting at Flagstaff Trailhead

**Evening** - Various activities - TBA

### **Saturday - Mountains to the Sea Trail-fest**

**10am til late**

**Family Hub** - MTB skills coaching and more

**MTB Demo Hub** - MTB stunt rider and MTB stalls

**Chillax Hub** - Live music and more

More detail to come so keep an eye on Facebook and the BODC website

The St Helens Mountain Bike Trail Project was made possible with funding support from our partners:



**COUNCIL CALLING FOR EXPRESSIONS OF INTEREST**

Break O’Day council is asking for expressions of Interest, for a commercial operation at the Flagstaff Trail Head, near St Helens. There are many possibilities; a café, a coffee kiosk, a tea room, a spare parts and repair shop, which could include personal equipment, a souvenir shop.....or maybe a combination of all of these!

A trailhead is traditionally a starting point of a mountain bike trail, but we have taken our Trailhead plans to a whole new level. The St Helens Mountain Bike Trails trailhead will be located at Flagstaff, where the stacked loop network is found. Our trailhead has been designed to be sympathetic to its surrounds and is located in a tranquil bush setting with access to the town of St Helens via a multi-user trail allowing pedestrian and cycle traffic in both directions. The trailhead area will provide plenty of recreational space for hanging-out before and after a ride. There will also be a range of different facilities including; toilets, outdoor furniture, carparking, bike wash-down station and more.

Details of how to register are in the advertisement on this page.



**Expressions of Interest**

**Commercial Opportunity at the Flagstaff Trail Head**

The Flagstaff Trail Head will be a vibrant hive of activity, particularly during weekends and holiday periods, but we also see the St Helens MTB Network as being a great place to visit in the depths of winter, after all those that live on the Coast know what our winters are really like.

Break O’Day Council are seeking Expressions of Interest (EOI) from experienced, energetic and interested parties/businesses to establish a commercial operation at the St Helens Mountain Bike Trail Head at Flagstaff.

This is a limited opportunity. There is only one site available for an ongoing operation. It is not totally exclusive as during events there may be other temporary operations established for the duration of the event.

We envisage that the business would be operational from the time that the Trail network opens on 22 November.

Copies of the EOI Brief will be available from Wednesday 4 September and you can request a copy of this by registering via Council's website [www.bodc.tas.gov.au/council.tenders](http://www.bodc.tas.gov.au/council.tenders) alternatively you can email Council's Executive Assistant at [angela.matthews@bodc.tas.gov.au](mailto:angela.matthews@bodc.tas.gov.au)

Closing time for receipt of EOI's is 12.00pm on Monday 23 September 2019. EOI's are to be sealed in an envelope, marked with "Break O’Day Council Expression of Interest - Commercial Opportunity at Flagstaff Trail Head, and either delivered or posted to Council offices at 32-34 Georges Bay Esplanade, St Helens, Tas, 7216; or emailed to [admin@bodc.tas.gov.au](mailto:admin@bodc.tas.gov.au)

For further enquiries please contact Chris Hughes, Manager Community Services on 6376 7900 or via email [chris.hughes@bodc.tas.gov.au](mailto:chris.hughes@bodc.tas.gov.au)

**John Brown**  
General Manager





# OKTOBERFEST

## Surfside Hotel

Weekend Oct 5<sup>th</sup> & 6<sup>th</sup>

*German keg beers by the stein*

*German foods, song, dance, etc*

*With Once Voice Community Choir*

*singing lively German songs*

*to get you in the festive mood*

### What's on at Surfside

Friday 20<sup>th</sup> Sep. (7-10pm)

**Live Music.** **Trudy Barnes** from Gypsy Rose. Performing a variety of songs from **dinner to dance.** **Restaurant bookings advised. \$10 entry**

Sat. 28<sup>th</sup> Sep (12 pm start)

**AFL Grand Final** on the Surfside large screen

Oct. Sat 5<sup>th</sup> and Sun 6<sup>th</sup> of October

**OKTOBERFEST** weekend at Surfside. German cuisine, beer tents, German barrelled beer by the stein, wines, games, entertainment

Oct. Sat. 19<sup>th</sup>

**Live Music.** **Brooke Banderas** Local artist on Spanish guitar singing your favourite songs from Latino, Jazz and Blues **\$10 entry**

Sat. 2<sup>nd</sup> Nov

**Live Music.** **Trawl Dogs** featuring Ray Singline, Bruce Cornelius and Sean Larby. **\$10 entry**

Sat 16<sup>th</sup> Nov

**Live Music.** **Red Whyte** on guitar, drum & percussion, bass, mandolin, harmonic flute, didge & citar with a full vocal range **\$10 entry**

Sun 15<sup>th</sup> Dec

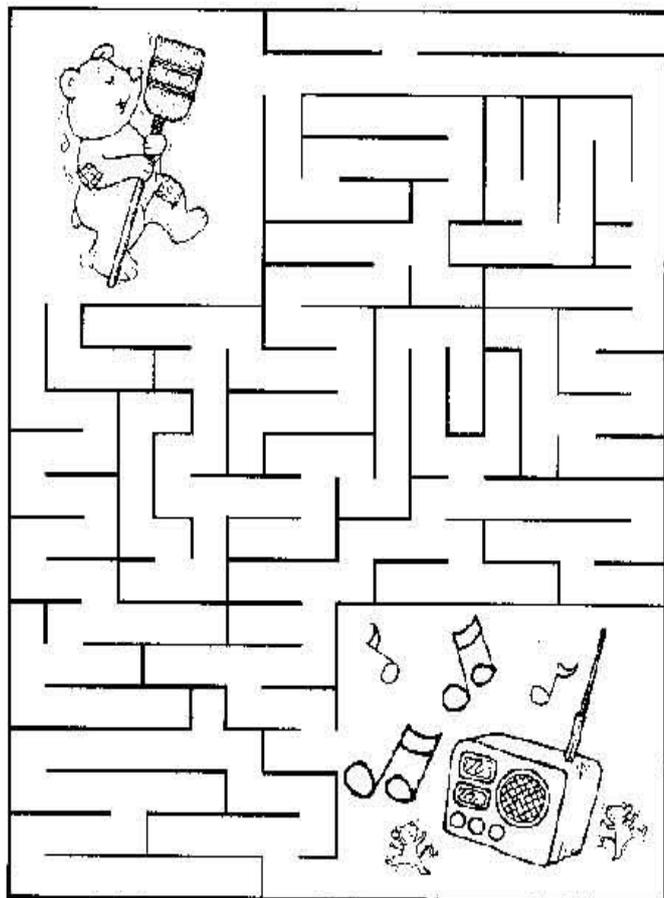
**Live Music.** **Pete Cornelius and the DeVilles** in for a Sunday chill session from 2pm **\$10 entry**

**Please note that Surfside is a NO BYO venue**

\***Octoberfest:** Surfside is asking for expressions of interest from organisations/groups that would like to be involved in this event. This includes German music, singing, dance, paraphernalia, games, etc. Food outlets will be provided by Surfside. Coffee van welcome.

**Bookings/Enquiries** 0412172569 (Hotel) or 0407342918 (Chris Owner)

### Help the bear find the music.



**The Fingal District Progress Committee** will be holding their **AGM on Tuesday, October 1st 2019** at the **Fingal Valley Neighbourhood House at 10.30 am.**

to elect the officers of the Association and Ordinary Board Members

Please come along and lend support.

## ST HELENS NETBALL ASSOCIATION

### TAKES OUT STATE AWARDS

The St Helens Netball Association has won two awards at the 2019 Netball Tasmania Awards: the Member Service Award and the Participation Award.

The Member Service Award recognises the outstanding services the Association provides its membership base – from the programs it runs, to the facilities that are used and the opportunities offered.

The Participation award was determined by Netball Tasmania data (2018), which reveals the Association demonstrated the greatest percentage of growth in participation rates.

Labor Leader and Member for Lyons, Rebecca White, said she was thrilled to help the St Helens Netball Association celebrate its win at the State Awards. “The St Helens Netball Association’s success at the 2019 Netball Tasmania Awards has highlighted the strength and spirit of the St Helens community” Ms White said. “The St Helens Netball Association should be proud of its achievements and of the positive contributions it continues to deliver to the community.

“Congratulations to all athletes, volunteers, umpires and the Club on a successful season and thank you for inviting me to join you in celebrating your outstanding achievements.”

Article taken from statement by Rebecca White, MP.



## OUT OF THE WOODWORK

**WENDY BRENNAN SECRETARY 04 29722091**

**Lot 1 Esk Highway St Marys**

**Facebook/ BreakO'Day Woodcraft Guild**

**Opening times: Monday – Thursday depending on volunteers 10am till 4pm**



A large thank you to the Hon. Brian Mitchell for the donation of our new flag. While on the subject of our flag I would like to appease the worries that were extended to me regarding our new flag posted at half mast. It was done out of respect and recognition commemorating the 80<sup>th</sup> year of the start of World War 11. **“LEST WE FORGET”**.

The Guild now has a sand blaster, thanks to a grant and the contribution of the sales of our snags from the sausage king himself, Reon. I have used it to clean a stubborn old stained baking dish which was headed for the garbage and now can be recycled for more use. All the Guild asks is a reasonable donation to cover costs for its use. Don't forget that the Guild will be holding a SWAP MEET CAR BOOT SALE ON THE 18<sup>TH</sup> SEPTEMBER. Finally, many thanks to all the kind sentiments given to both Reon and I concerning his recent stay in hospital.



*"I extend a warm welcome to our newest Tasmanian Liberal Senator - Claire Chandler"*

**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.



**John Tucker MP**  
**Liberal Member for Lyons**

Delivering  
in  
**LYONS**

Opening a new office  
soon in St Helens

john.tucker@dpac.tas.gov.au

Available on **6165 7840**

9 Gordon Street  
Sorell 7172

**f** John-Tucker-Lib-MP-for-Lyons

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**COMMUNITY CENTRE**

*Proudly serving  
the East Coast and  
Valley community!*



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



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

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

Authorised by Brian Mitchell MP 53B Main Road Perth

Senator Claire  
**CHANDLER**  
Senator for Tasmania

Your new  
Liberal Senator  
in **LYONS**




**☎** 03 6223 1135  
**@** Senator.Chandler@aph.gov.au  
**f** SenatorChandler

Authorised by Senator Claire Chandler, Liberal Party of Australia, Level 13, 188 Collins Street, Hobart TAS 7000



**Huntington's Disease Service**  
Adult Community Mental Health Service, North.

**WHO WE ARE**  
Statewide Huntington's Service for the North.

**Senior Consultant Psychiatrist, Dr Johnathan Paech**  
Medication reviews, healthcare and treatment planning.

**Case Manager, Social Worker, Vivien Elliott**  
(Nursing, Other Allied Health)  
Information and education sessions, liaison with support services (community and residential care), family care conferencing, co-ordinates clinics, family support for social welfare, advocacy / guardianship (legal orders).

**Visiting Neuro Psychiatrist, Dr Andrew Gleason**  
Symptom diagnosis, complex treatment.

**Neurologist, Dr Sarah Lee**  
Symptom diagnosis, complex treatment.

**Clinical Neuropsychologist, Dr Luke Smith**  
Baseline cognitive assessment, information and education sessions, behavioural management plans, follow-up reviews.

**WHAT WE DO**  
We work with people at risk of Huntington's Disease and their families.



**HOW WE DO IT**  
We work in a multi-disciplinary team to provide ongoing health care to people diagnosed with Huntington's Disease and their families.

Engage clients	Active case management	Ongoing treatment & care
Self-referral or from General Practitioner to service via Case Manager; individual or family members may be at risk	Liaison: Case Manager feedback to General Practitioner	Speech Pathology: assessment, education and reviews, swallowing, communication, nutrition
Referral from Case Manager to: Neurologist or Neuro Psychiatrist for formal diagnosis and/or Clinical Neuropsychologist for baseline cognitive assessment	Care Co-ordination of allied health services	Physiotherapy: assessment, plan and deliver exercise program
	Training: care services that support the client (community and residential)	Occupational therapy: environmental assessment to inform home modification and access to specialised equipment
		Social Work & Psychosocial Care: quality of life, work, finances, accommodation, emotional, advocacy, guardianship, advanced care directives, legal services



# LITTLE MUSIC MAKERS

WITH LILA MELEISEA



**ST MARYS CHILD CARE,  
GARDINERS CREEK RD ST MARYS**

Free Session for families and children 0-5 years fortnightly (opposite week to library sessions) starts: Tuesday 23rd July 10.30-11.30am

**THRIVE COMMUNITY GARDEN  
ANNIE ST, ST HELENS**

## NATURE EXPLORER

a fun free session with Tash Lowe for children 0-8 years who love being outdoors and their families/carers

**Tuesdays 1.30-2.30pm**

come along for garden investigations, creative arts and sharing ideas on sustainability.

**Starts 6th August**

MORE INFO CONTACT TANYA: 0400 002 116



## Bringing Up Great Kids



**Bringing Up Great Kids is a FREE program for anyone caring for kids 0-12 years old**

This 4 week course helps you build strong positive relationships with your kids

- Explore how we think and feel influences how we parent our kids
- Understand kid's communicate through their feelings and behaviour
- Look at what are the important messages we want to pass on to our kids and how we can do this
- Find out ways parents can take care of themselves and get support if they need it

**Date:** Mondays August 19th & 26th and Sept 2nd & 9th  
**Time:** 1.00pm—2.45 pm  
**Where:** St Marys Community Health Centre Day Centre  
**Presented by:** Mary Mumford (CHaPS nurse)  
Tanya Greenwood (Building Blocks)

**Cost: FREE!!**

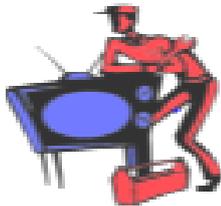
Afternoon tea and free adjunct child care provided

To book your spot call Tanya: 0400 002116 or Mary: 0428 136 381




# 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 Bakery

Ph: 6372 2490

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



**OPEN 6 DAYS A WEEK**

**CLOSED SATURDAYS**

**52 Main Street St Marys**



Family owned since 1972

## CALTEX ST MARYS

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

- FUEL AVAILABLE 24 HOURS •

41 Main Street. Ph: 6372 2335  
caltexstmarys@bigpond.com

# 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**

# 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**

# 45KG GAS BOTTLES



# \$125

*Pick up price from St Helens*

## DELIVERY

available through  
Fingal Valley - charges apply.

Ph Marcus Howe  
That's Howe Automotive  
**Ph 6376 2900**

Easy to swap from your current gas company  
Only \$30 annual bottle rental



Member of the Australian Cement Group

Energy for Tasmania since 1886

from the coal rich Fingal Valley

**Reliability**

**Quality**

**Consistency**

The Cornwall Coal Company NL

Esk Highway

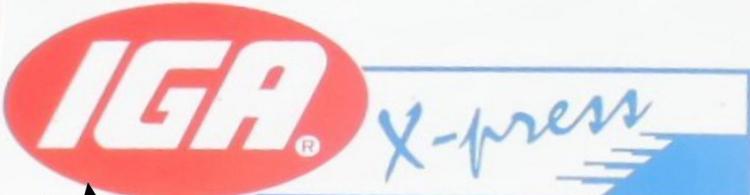
Fingal TAS 7214

Phone: 6374 0444

Fax: 6374 2342

**C & D's**

**PROUDLY SUPPORTING  
OUR LOCAL COMMUNITY**





Open 7  
days a week

**38 Main Street  
St Marys**  
**Phone: 6372 2240**  
**Email: shop@cndiga.com.au**  
**WINTER TRADING HOURS**  
 Mon -Thur 7.30am - 6.00pm  
 Fri 7.30am - 6.30pm  
 Sat 8.00am - 6.00pm  
 Sun 8.30am - 5.30pm

<p><b>Week 1      11 Sept — 17 Sept</b></p> <p>FOOTY FEVER 40% OFF</p> <p>Cadbury Family Blocks    \$2.79</p> <p>Bulla (8-10 pk) Ice Creams    \$3.99</p> <p>Coca-Cola/Fanta/Sprite Soft Drink (10pk) \$6.94</p> <p>Nescafe Gold (200g)    \$9.99</p> <p>Heinz Baked Beans/Spaghetti (300g) \$1.00</p> <p><u>Managers Specials</u></p> <p>Brawny Garbage Bags    \$1.99</p> <p>Cherry Tomatoes (Punnet) \$2.99</p> <p>Bag Tangelo's (1kg) \$2.99</p>	<p><b>Week 2      18 Sept — 24 Sept</b></p> <p>John West Tuna Tempters (95g) \$1.15</p> <p>San Remo Pasta \$2.15</p> <p>Fountain Sauce (250g) \$1.69</p> <p>Kanton Stir Fry \$2.99</p> <p>Felix (12pk) \$8.99</p> <p>Pedigree (3kg) (\$9.99)</p> <p><u>Managers Specials</u></p> <p>Balducci Pasta Sauces (700g) \$1.99</p> <p>Black and Gold Custard Powder \$1.00</p> <p>Balducci Lasagne Sheets (250g) \$1.99</p>
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DUCK RIVER SOFT BUTTER 500g EVERY DAY PRICE \$3.99

<ul style="list-style-type: none"> <li>Tasmanian meat</li> <li>Fresh produce</li> <li>Senior discount (<i>Weds</i>)</li> </ul>	<ul style="list-style-type: none"> <li>Pet Care*</li> <li>Garden care &amp; Cement</li> <li>Eftpos</li> </ul>	<ul style="list-style-type: none"> <li>Carpet Cleaner hire</li> <li>Soda stream exchange</li> <li>Ice &amp; bait</li> </ul>
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\*Pet care for dogs, cats, chooks, alpacas, lambs, rabbits, guinea pigs, birds and fish

FREE PIECE OF FRUIT OR LOLLYPOP FOR THE KIDS  
AND AS ALWAYS OUR HELPFUL STAFF WILL CARRY YOUR BAGS TO YOUR CAR

DON'T FORGET WAVERLEY FARM FREE RANGE (700G) EGGS \$6.50

ORDERS TAKEN UNTIL SUNDAY FOR WAVERLEY FARM FEED PRODUCTS (*Tuesday Delivery*)

Reliable and friendly local service - Free home delivery to St Marys area

THE VALLEY AND EAST COAST VOICE

is available at the following outlets:

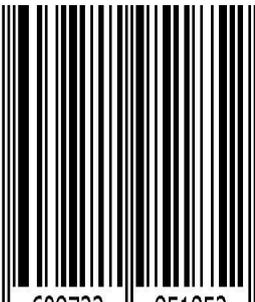
<ul style="list-style-type: none"> <li>◆ Avoca Post Office</li> <li>◆ Avoca General Store</li> <li>◆ The Farm Shed - Bicheno</li> <li>◆ Fingal Post Office</li> <li>◆ Chelle's Place - Fingal</li> <li>◆ Hayshed - Fingal</li> <li>◆ Mathinna Post Office</li> <li>◆ Coach House Restaurant - St Marys</li> </ul>	<ul style="list-style-type: none"> <li>◆ C &amp; D's IGA - St Marys</li> <li>◆ Hilly's IGA - St Marys</li> <li>◆ Hilly's IGA - St Helens</li> <li>◆ St Marys Newsagency</li> <li>◆ St Helens Newsagency</li> <li>◆ Scamander Supermarket</li> <li>◆ Mouth Café - Scamander</li> </ul>
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PO Box 322

FINGAL 7214



0 609722 951852

# Crossword Solution

ISSUE 51.15

R	L		L	E	E	R	S			
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