



THE VALLEY AND EAST COAST VOICE

Established 1968

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WORK TO COMMENCE ON RESTORATION OF FINGAL ICON

In a statement made on Friday, 4th October 2019, Senator Claire Chandler and Break O’Day Mayor Mick Tucker welcomed the start of the funding agreement which will enable the restoration and renovation of the Old Tasmania Hotel in Fingal.

As promised before the last election, the Federal Government has provided \$500,000, and the Break O’Day Council has contributed \$100,000, making a total of \$600,000 being made available to restore the historical two-storey building, an important part of the history of Fingal.

Built in the 1850’s by former convict Daniel Pestell, the Old Tasmania Hotel has been a landmark in the town, first trading as a hotel before being abandoned in the 1970’s, then being used to house the Fingal Valley Neighbourhood House since 1987. Local resident Scott Marshall saw potential in the building in the 1980’s, and began an extensive restoration project, along with 14 partners, funded by a grant of \$60,000. This work has enabled many programs to be run at the FVNH, This includes the play centre, used during term time to introduce children of the area to educational experiences before moving into the education system, and Eating With Friends, an opportunity for people of the area to gather and enjoy good food and pleasant company. A community library, training sessions by a variety of providers, counselling services, legal literacy assistance, and food assistance programs also use the Neighbourhood House, and the gardens are a lovely place to sit and have a chat with staff or counselling services.

As mentioned in a previous issue, the amalgamation of the St Patricks Head and Esk Valley Historical Society and the Fingal History Group has seen the collection of archives including photographs, diagrams, newspaper cuttings and historical documents grow, requiring safe and suitable storage, and an area for the public to access these is becoming more urgent.

Fingal Valley Neighbourhood House manager Gary Barnes is “looking forward to the work starting, and excited for what we will be able to provide for the people of the area. It will be great to have space upstairs which we can use, and to be able to offer more areas for the community to use, and for hire to organisations for workshops and training. We are really looking forward to the future of the Fingal Valley Neighbourhood House.”



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Intermediate ads \$18	Full Page ads \$60
1/4 Page ads \$25	Permanent Classified ads \$20p.a

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24HR EMERGENCY CONTACTS

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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

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 Our pages remain open to fair and honest criticism so that, on all questions, both sides may be presented, but any submissions containing personal attacks/libel/slander will not be accepted.
 Kindly do not attack the Editor, the paper or the authors of previous articles.
 All articles for submission, 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

Oct 10	Heather Griffiths
11	Ruth Aulich
14	Pam Bretz
15	Val Spencer
16	Lundy Vosper
17	Manfred Jogis
18	Val Spencer
21	Bronwyn Zemanak
22	Pam Bretz
23	Louise Keady

AVOCA MUSEUM RECEIVES FUNDING FOR IMPROVEMENTS

Two separate grants from the State Government totalling \$23,000, have enabled the Avoca Museum and Information Centre (AMIC) to install a new heating system, and to have solar panels fixed to the roof, keeping the volunteers and visitors warmer in the cooler weather, and reducing running costs. The Centre is important to the town, drawing tourists and causing them to stop and support local businesses.



The AMIC is situated in the old Avoca State School, which opened in 1908. By 1929, it had 73 pupils enrolled, and in 1936, electricity was connected to the building, allowing a radio set to be installed. Prime Minister Joe Lyons visited the school in that year, but the building of a new school in 1951 meant that it was redundant. However, the CWA soon took the building over, but when they moved out, it was neglected until 2010, when Greater Esk Tourism obtained a grant of \$193,00 from various sources to fund the restoration. The Museum was opened on Australia Day 2012

“The recent de-consecration of the only church which had been open in Avoca for the past few years, St Thomas Anglican Church, along with the closure of the Avoca Primary School later this year, has left a shadow over the town”, Northern Midlands Council Mayor, Mary Knowles noted. “This work is good news, and the benefits are appreciated by the volunteers”.



Members of the House of Representatives, John Tucker and Mark Shelton, along with Guy Barnett, Member of the House of Assembly, visited the town on 13th September to look at the Museum, and meet with volunteers, including Justin Fahey (left front), and Carol Weaving, (centre front), with Guy and Mark in the back, and Northern Midlands Mayor Mary Knowles at far right. “We recognise that regional communities are the life blood of Tasmania and we will continue our unwavering support into the future,” said Mr Barnett.

Inside the Avoca Museum and Information Centre





TASMANIAN FIRE SERVICE PREPARE FOR THE BUSHFIRE SEASON

We must always be alert to the risk of bushfires and how this might impact on our homes, towns, infrastructure and businesses. Community bushfire safety is something we need to be aware of over the bushfire season.

The Tasmania Fire Service (TFS) is preparing for the upcoming fire season along with the Parks and Wildlife Service and Sustainable Timber Tasmania, by holding information sessions for the public in all bushfire-prone areas. We have a number of paid fire experts in each agency, and our bushfire response capability would not exist without our magnificent volunteer fire fighters and the arrangements with the Australian states and New Zealand fire services to help each other out when needed.

This is the most effective way of responding to fires, which in one year may be minor, but in other years, such as last summer, may be bigger and last longer.

The fuel reduction program has reduced the fire risk across Tasmania. But reparation doesn't stop there, as every one of us has a role to play in preparing for each fire season. We need to rely the expert advice of the TFS to prepare and practice bushfire survival plans, and to prepare properties by removing flammable material from yards and gutters and to know how you will act when a bushfire threatens your property and property around you.

The three agencies concerned with bushfires have implemented a state-wide fuel reduction program that is helping councils and landowners to keep Tasmanians safe. In the past few years, there have been more than 600 fuel reduction burns in targeted areas around Tasmania. backed up by research and modelling.

In the Hobart area strategic burns have resulted in large relative risk reductions of between 50 per cent and 75 per cent in suburbs to the north, west and south. Other significant risk reductions include a between 50 per cent and 75 per cent risk reduction in the Orford and Spring Bay area, 47 per cent on Flinders Island and 65 per cent at Conara.

We have seen real world examples of the effectiveness of the fuel reduction program. The communities of Rossarden, St Marys, Scamander, Beaumaris and Zeehan, have been spared disaster due to fuel reduction burns that allowed our firefighters to successfully tackle fires started by lightning.

The strong action to date has led to the lowest rate of risk state-wide in over 15 years. However, we must not be complacent, and we must approach every fire season with vigilance and with resolve.

Our fire agencies do an outstanding job keeping Tasmanians safe.

Information from a statement issued by Mark Shelton MP, Minister for Police, Fire and Emergency Management and Minister for Local Government.





EAST COAST COMMUNITIES PRE FIRE SEASON BRIEFINGS

St Marys Hall | Wednesday 30 October | 5:00pm

Portland Hall | Wednesday 30 October | 7:30pm

Are you prepared to manage BUSHFIRE risk?

This information session is aimed at residents to get the latest information about preparing your property for the Bushfire season. Learn about Fire Danger Ratings and your Survival Planning.

WHO'S INVITED? Shack owners, residents, Parks and Wildlife Staff, Break O Day Council staff and Tasmania Fire Service staff.

ACTIVITIES: Information session
Question and Answer session

1800 000 699

www.fire.tas.gov.au

 facebook.com/TasmaniaFireService

 twitter.com/TasFireService

Know **YOUR** bushfire risk.
Make a plan.



VIOLENCE PREVENTION

..... We all make a difference

This interactive workshop gives you the skills to effectively interrupt & prevent all forms of abuse — physical, emotional, sexual, rather than be a bystander.

You will learn how to effectively:

- Challenge attitudes that drive bullying, fighting, family abuse
- Mentor others to stand against violence
- Manage common abuse scenarios
- Protect the safety & rights of everyone in our community

What: A community workshop “Mentors in Violence Prevention”

Where: Break’O’Day Child & Family Centre

When: October 24, 2019, 11 - 2:30 pm.

RSVP by Oct 18: Break’O’Day Child & Family Centre to register your place. 6376 7172



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OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 0429 722 091

Lot 1 Esk Highway St Marys

Facebook/ BreakO'Day Woodcraft Guild

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

Well the pith hat, plus the owner, will be resuming the sale of our haute cuisine snags very soon. Yes, it's hard to keep a sausage king down for long! On a serious note, many thanks to Keri Webb. The Woodcraft Guild has been working in collaboration with the Fingal Valley Neighbourhood House to secure funding for our next project, and Keri has been instrumental in writing the grant application. Not an easy task. Finally, a large thank you to Grahame Derbyshire, who brought to our attention my senior lapse in my last article, when I gave the wrong date for our Swap Meet Car Boot Sale. The correct date is 18th April 2020. Stay tuned for more updates.

DID YOU KNOW: That our previous Prime Minister Malcome Turnbull's cousin is Angela Lansbury the actress. Just a little trivia for all the political tragics out there.

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 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

Eastcoast RC Flyers

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



We all know someone who might be struggling with life's challenges, and we encourage people to reach out and ask for help.

But...would you know what to say and what to do if someone reached out to you?

Would you spend just 90 minutes to find out?

Mental health problems are not the same as mental health illness, and how they are handled is different for each. Part of both, however is support from family and friends, and also from professionals in the field. Simple things like asking "R U OK?", calling in to see someone, sharing a drink or meal, or going for a walk with a friend, can make a lot of difference to them, but knowing how to take the next step if you think that isn't enough, may be what you need to find out.

Awareness of mental health problems is important, but "Do ALL You Can For a Mate" workshops go the next step: dispelling common myths, seeing the warning signs, identifying risk, showing how to respond, the most appropriate support that is available, and how to access it.

A.L.L. workshops are being held at St Helens, St Marys and Bicheno in the next week, so look for the notices in this newspaper, and posters on noticeboards and shop windows.

Three simple steps to help – A.L.L.©

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The Suncoast Spinners

will next meet on 15th October at the Community Centre Morrison St Falmouth.

Please note this is a change of venue from St Helens where it was previously scheduled. As

there is no nominated host for this meeting could all those attending please bring a plate of goodies to share.

All textile crafters and those who would like to learn a new skill are welcome.

Pictured below is a pair of socks, made with wool spun by a member of the Suncoast Spinners, Jacinta Allen.



GROUND WORK

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Community BBQ

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Seniors Week, Volunteers and Community.

All welcome to attend

Wednesday 16th October 2019

12pm

at

Fingal Valley Neighbourhood House

RSVP TO THE OFFICE BY

MONDAY 14TH OCTOBER 2019 ON 6374 2344 OR

VIA E-MAIL: ADMIN@FVNH.ORG.AU

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

St Marys Op Shop

Situated directly behind the Town Hall, plenty of parking available.

Opening hours

from 7th October 2019

until 5th April 2020

Monday - Friday

9:00am - 4:00pm

Every Saturday

9:00am - 1:00pm

Phone: 6372 2889

If Esmerelda (our armless mannequin) is in the carpark then the shop is OPEN.

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
Wi-Fi

6am-9pm

St Marys Library

31 Main Street, St Marys
(03) 63875602



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 Wed: 12.30-4pm
 Thurs: 10am-12.45pm
 Fri: 12.30-4pm

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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



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.

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St Helens Walking Group –In search of the heritage magnolia trees...

Contributed with picture by Jill Howe.

A pleasant-weathered Wednesday saw 18 walkers take on a new walk around town footpaths and grass verges in search of the three St Helens heritage-listed magnolia trees, and other interesting points of history. The adventure walk had key words to remember – ‘heritage’ and ‘coffee’... Coffee because we knew it would be waiting for us at the end - yet little did walkers realise we were to run into other Coffey’s long before our last step!

The first magnolia was found behind Mr Doyles Cottage, between Medea Park village and the school. After much “ooow”ing and “aar”ing, and a few seeds pods gathered, we proceeded along the river on Medea Cove Esplanade, enjoying the beautiful old gum trees lining the riverbank, then turned into Young Street. During these sections a few walkers keenly alerted leader of the occasional magnolia growing in a private yard. Leader’s reply was that those trees lacked the vital key word, ‘heritage’! Walkers made up for any disappointments in their discoveries by stepping it out in constant chatter within the group! On reaching Tully Street, we admired the elm trees lining the street and their importance in history . Land where Martha’s farm once operated was pointed out. Stopping at the old cemetery with its few remaining headstones, we noticed how young many were when they died, which raised more questions that leader could not answer. We found old Mr Tucker’s property at no.14 and stretched our eyes and imagination to view remains of the old cow milking shed, but still could not conclude if we actually had seen it or not! With 18 in a group, there is always the next person to chatter with, and this was how we strode along until the next stop at the Headmasters House, where the Coffey brothers James and Thomas were introduced as the first builders on the site. Right next door is the building of the old Cobb & Co Inn from days when the horse-drawn carriage would travel from Launceston to Georgetown to St Helens to Swansea and onto Hobart. It was known locally as Coffey’s Palace. And yep, it was the first place in St Helens to offer café facilities and a chemist..... no wonder St Helens folks still like their coffee so much!! Across the road behind the Catholic Church, leader offered the challenge to find the Coffey brothers headstones – and so the walkers did. Everyone was then ready for a real coffee!



In Cecilia Street, we stopped at the cenotaph and looked back at Newsagent’s corner while leader told an animated story of how one of the heritage-listed magnolias was dug up and chopped up, but with a towns-people outcry, the other next to it was dug up and replanted in the CBA car park – and there it was right across the road from where we stood! There also on the foot path at the cenotaph is a standing notice about the Cecilia Street elm trees planted in 1890 in honour of distant King George. Leader told how the Electricity company wanted to chop them all down to connect this vital new service to the community in the 1930s, but St Helens people protested so angrily that the electricity lines were placed behind the then buildings at the back of the town. From this last magnolia tree we only had a short walk through the car park before being greeted by Brian and Jean Morrison from the Mainly Marine Museum. Wow, what a place to visit! Brian has most excellently displayed everything nautical to do with the merchant navy, from pictures to ship logs, crew lists, artefacts and books. Our leader was most impressed with a whole book cataloguing different poison spearheads from the South Pacific, and the consequences if struck by one! Certainly, we are privileged to have this amazing personal collection in St Helens, which is now offered for public viewing at a small entry fee. The museum is open Wednesday to Monday – go see it folks, and tell others about it!

So after all this activity and taking in of past people, events and things, walkers spread themselves around town for real coffee, and yet another Wednesday walk was completed.

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. It’s 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 walks).

For more information contact **Pam Bretz on 0439 547 529 or Alex Buchanan on 0428 287 753**

HOUSEHOLD HAZARDOUS WASTE DISPOSAL

The Northern Tasmanian Waste Management Group is hosting household hazardous waste drop-off sessions for things like;

Solvents	Household cleaners	Poisons	Pool chemicals
Floor care products	Ammonia-based cleaners		Hobby chemicals
Pesticides	Herbicides	Acids Alkalis	Used chemical containers.

Bring unused and out-of-date chemicals and containers to the **St Helens Waste Transfer Station** in Eagle St, St Helens on **Saturday 26th October 2019**. Make sure that what you bring doesn't weigh more than 20kg, or is more than 20 litres each, and is packed securely.

DON'T BRING:

Motor oil Asbestos Fire extinguishers Farm vet chemicals
 Medicines Pharmaceuticals Ammunition Explosives
 Commercial business chemicals.

All chemicals are immediately sorted, placed in sealed containers and sent to specialized waste treatment centres, where every effort is made to recycle. All chemicals and hazardous waste are treated in accordance with Environmental Protection Authority requirements.

WASTE TRANSFER STATIONS

BREAK O'DAY MUNICIPALITY

Eagle Street, **ST HELENS**, includes recycling; OPEN 10am – 4pm every day.

Coach Road, **SCAMANDER**, includes recycling; OPEN 10am – 4pm Tuesday and Thursday and 2pm – 5pm Sunday.

Gray Road, **ST MARYS**, includes recycling; OPEN 10am – 4pm Tuesday and Thursday and 2pm – 5pm Sunday.

North Ansons Bay, Road, **ANSONS BAY**; OPEN 12pm – 4pm Wednesday, 10am – 4pm Sunday and 12pm – 4pm on Monday long weekends.

Rossarden Road, **FINGAL**; OPEN 10am – 4pm Tuesday and Thursday and 2pm – 5pm Sunday.

Tasman Highway, **PYANGANA**; - OPEN 9am – 12pm Wednesday and 2pm-5pm Sunday.

Charges apply at all waste transfer stations; see sign at entrance.

BLACK WATER DUMP POINTS

BREAK O'DAY MUNICIPALITY

St Helens—117 Tully Street, St Helens

Fingal—13 Talbot Street, Fingal

St Marys—Harefield Road, St Marys.

No charges apply to use black water dump points.

FREE WASTE DISPOSAL

HOUSEHOLD CHEMICALS

Dispose of unwanted hazardous waste chemicals around your home, garden and shed at one of the selected sites and dates listed below



Find your local drop off day below

	Saturday 26th October 2019	Sunday 27th October 2019
	<ul style="list-style-type: none"> • St Helens 8.30am - 11.30am • George Town 12.30pm - 3.30pm 	<ul style="list-style-type: none"> • Launceston 8am - 4pm



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AUSTRALIAN ROGAINING CHAMPIONSHIP HEADS TO ST HELENS

The 2019 Australasian Rogaining Championships will be held in the St Helens area during the weekend 9 - 10 November. Rogaining is a sport that appeals to a wide range of people who have a love of the outdoors and enjoy the challenge of bush navigation using basic equipment, such as a map and compass (no GPS!). The name is made up from the names of its three founders: ROd, Gail and NEil.

The event will be based at the Moulting Bay Camp Ground. Starting at 11 am on Saturday 9 November, teams of two to five members will venture into the bush on foot to visit as many check points as possible in 24 hours. These are worth differing points, depending on the level of difficulty in reaching them. At the end of the time period, the team with the highest number of points is deemed the winner. A non-championship 11 hour event is also being held. Competitors in this event can only spend 11 hours in the bush during the 24 hour period.

A common misconception about rogaining, is that in the 24 hour period, competitors spend every waking minute chasing those points. In reality, the vast majority will make good use of the base camp, known as the hash house, which provides hot meals throughout the event. Teams are welcome to return at any time to eat, rest, socialise or sleep. The elite competitors will only make brief use of the hash house, they will travel about 100 kilometers during the course of the event.

The competition area covers approximately 120 square kilometers and includes the outskirts of the St Helens township. Do not be surprised to see competitors walking the streets carefully studying their maps during this weekend. During the night time they will be wearing head torches. Up to 300 competitors are expected to participate. To date, entries have been received from all Australian States, New Zealand, Germany, France, Norway, South Korea and Sri Lanka.

The event Director Peter Tuft says the St Helens community has provided valuable support to the organising committee. Particular thanks are due to the staff of the Break O' Day Council, the National Parks and Wildlife Service and the landowners who have given permission for their properties to be included in the competition area. Thanks to the Rotary Club of St Helens, who are helping with the catering.



St Marys Newsagency

3 Story Street, St Marys.

Phone 6372 2143

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 Saturday 7.00am – 4.00pm
 Sunday 7.00am – 3.00pm

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Visiting Ochre Medical Centre,

St Helens

on 7th January, 2020.

Phone 1300 380 060

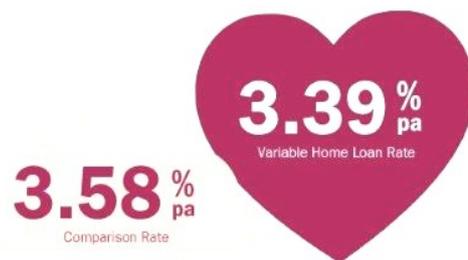
Comfort Clean Ear

Micro-suction wax removal clinic

Home Visits are available on request!

St Helens/St Marys Community Bank Branch

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Drop into your nearest branch at 41 Cecilia Street, St Helens or phone 6376 2560 to find out more.

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Notice of Annual General Meeting

Thursday 17 October 2019

St Helens

...

On behalf of the Chair, Alison Stubbs and the Board of East Coast Tourism Inc. you are invited to our Annual General Meeting on Thursday 17 October 2019.

The meeting details are as follows:

Annual General Meeting
Tidal Waters Resort, 1 Quail Street, St Helens
Thursday 17 October, 3:15pm

Please see the Agenda for the AGM attached.

RSVP by Monday 14 October to alison@eastcoasttasmania.com.au

Open House and Garden



396 Elephant Pass Road
St Marys

SATURDAY 30th NOVEMBER
10.00am–2.00pm

\$5.00 Entry and \$5.00 Morning Teas
Plants for sale, raffle prizes

Come and experience off grid living,
see the bottle walls, flower garden
and organic vegetable garden

*All funds raised go to the
Tasmanian Lymphoedema and
Laser Therapy Centre, St Marys*



What's on at Surfside

Oct. Sat. 19th

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

\$10 entry

Sat. 2nd Nov

Live Music. Trawl Dogs featuring Ray Singline, Bruce
Cornelius and Sean Larby.

\$10 entry

Sat 16th Nov

Live Music. Red Whyte on guitar, drum & percussion, bass,
mandolin, harmonic flute, didge & sitar with a full vocal
range

\$10 entry

Sun 15th 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

Bookings/Enquiries 0412 172 569 (Hotel) or

0407 342 918 (Chris, Owner)



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Our vision is to become the undisputed
Mountain bike destination in the world by
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mountains to the sea. The great news is that
we are well on the way to realising our vision
and we now need the right people to keep the
trails in prime condition. If you are interested
in joining with us to make our trails great, hop
on our web site and check out the vacancies
page.

Enquiries: Paula Kloosterman on (03) 6376 7900
or email paula.kloosterman@bodc.tas.gov.au

Applications close on Friday 18 October 2019.

To view the Job & Person Specification
please visit our website.

John Brown
General Manager

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Email: graham74@outlook.com.au



Saturday 16th November 2019

The third weekend in November sees the multi award winning Bicheno Food and Wine Festival. This boutique weekend Festival, in its 13th year, is a showcase of life on Tasmania's East Coast

The main Festival day is on Saturday 16th November, however entry tickets and local accommodation have sold very quickly again this year – in fact we are sold out online now. We need to thank Phil and Sandra at the Bicheno Newsagency for their local sales of close to 700 tickets in August prior to on line sales. They don't take any fees and we are very grateful for their commitment to the Festival.

But don't be put off if you didn't purchase your ticket. There is still the opportunity for "one out-one in" Festival entry ticket sales during Saturday afternoon as those who arrive early take their leave. You can also put your name on a waiting list via our web site.

Even if you don't make it on Saturday, Sunday is also a great day with lots happening: play golf with the locals, enjoy a bacon and egg sandwich and watch our Surf Club in action; have a go at learning to surf or stand up paddle; relax and enjoy your yoga moves; and there is even (free of charge) live music and an artisan market at Devils Corner vineyard, just a few minutes drive south of Bicheno.

You can also start celebrating early with The Really Awesome Music Show on Thursday night and on Friday night at The Farm Shed there is an opportunity to taste a wide range of East Coast wines which won't be shown at the Festival.

Full details of everything which is happening , and how to book can be found at www.bichenofestivals.com.au



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Rod Shaw 0407-615-072

Nick Shaw 0439-414-299

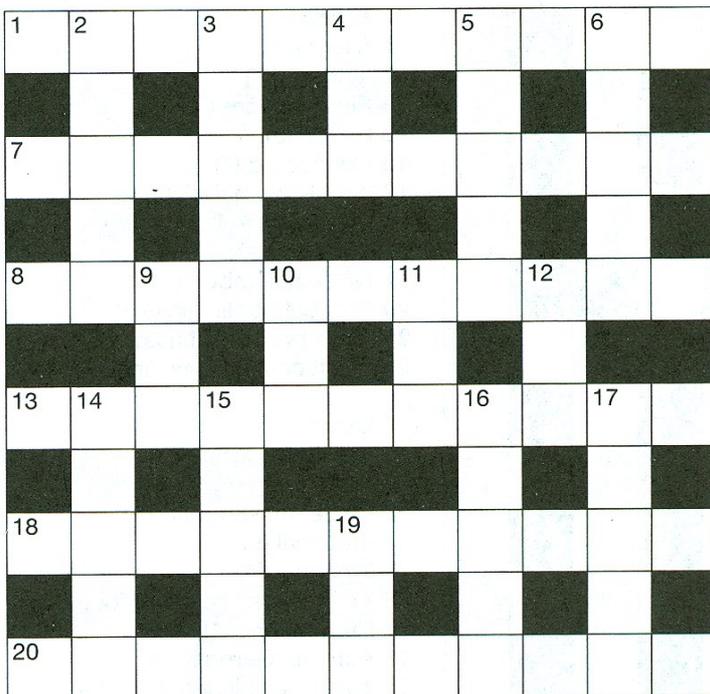
24798 Tasman Highway
St. Helens, Tas. 7216

Email:
sth.electrical@gmail.com



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Crossword 51.16



Across

- 1 A series of elusion manoeuvres (3,3,5)
- 7 Self-centred (11)
- 8 Cartridge-based writing tool (8,3)
- 13 Identification procedures (11)
- 18 Distorted (11)
- 20 Crossing hot ashes without shoes (4-7)

Down

- 2 Violent behaviour (slang) (5)
- 3 Follow, as in advice (3,2)
- 4 Opposite of don'ts (3)
- 5 'The Hunter' constellation (5)
- 6 Owned person (5)
- 9 Croatian river (3)
- 10 Can (3)
- 11 All the details: ___ and outs (3)
- 12 'Golden ratio' letter (3)
- 14 Baghdad resident (5)
- 15 Steer (5)
- 16 A trail (5)
- 17 Tidy up (5)
- 19 *Smash* actress, Thurman (3)

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Dandelion

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Thistles

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Bracken Fern
Willow Trees

Blackberry

Capeweed

Holly

Ivy

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Briar Rose

Oxalis

Gorse

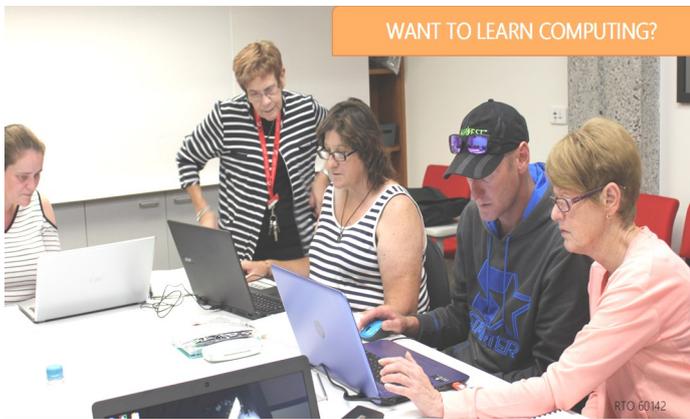
Broom

Patterson's Curse
Flat Weeds
Salsify

Stinging Nettle
Erica
Boxthorn

Onion Weed
Spanish Heath

Pampas Grass
Wild Raddish
Serrated Tussock



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Build your computing skills with this free online accredited course run by TasTAFE in partnership with Libraries Tasmania.

Learn about word processing, file management, email, internet, spreadsheets, using presentation packages and digital devices.

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Courses start when you are ready. Enrol today!

COST

This course is FREE!

INTERESTED?

To enrol in one of these online classes, talk to your Centre Coordinator today.



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

Contact Number: 6374 2344



BUS TRIP



**RHODODENDRON GARDEN
BURNIE**

DATE: Saturday 2nd November, 2019

TIME: Leave FVNH 8am

BUS COST: \$15 per person



Coffee stop at Epping Forest, Elizabeth Town

Call into Office to book your seat along with payment before Monday 21st October

Entry Fee to garden: \$10

Concession Available



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



**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 26th 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 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 9th 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 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



THE 2019 TASSIE
MENTAL HEALTH WEEK
COMEDY
 ROADSHOW

HOBART: THURSDAY OCT 10
 AT THE HOBART BREWING CO
ST HELENS: FRIDAY OCT 11
 AT PORTLAND HALL
LAUNCESTON: SATURDAY OCT 12
 AT SAINT JOHN CRAFT BEER

ALL SHOWS START AT 7:30PM

FIND MORE INFO AND
 REGISTER FOR FREE TICKETS AT
clubhousecomedy.com.au

Supported by



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 (select phone counselling)



1800 422 737
 8am to 6pm weekdays

LOOK OUT FOR A MATE



We all know someone who might be struggling with life's challenges and we encourage people to reach out and ask for help.

But...would you know what to say and what to do if someone reached out to you?

Join Wendy French for a 90 minute workshop. Learn how to see the warning signs and how to respond and link the person to most appropriate support that is available.

Three simple steps to help – A.L.L.®

WHEN: 16th October 2019
TIME: 6.30pm—8.00 pm
WHERE: St Helens Neighbourhood House
Light supper included

Phone the team on 6376 1134 or email admin@sthelensnhh.org.au for more information

A.L.L. Ask Listen Link.®

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Bicheno, Mondays; Fingal, Tuesdays;

St Marys, Thursdays.

Ph Bree on 0450 068 328

Work Wanted!

I am a qualified and experienced Landscape Gardener.

I have a Certificate III in Horticulture and am available to work in the area.

For more information call Mark on

0457 168 521

Moo Poo

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Pellows Saws and Mowers stock a wide range of domestic supplies for all your home gardening needs. including field-proven brands such as Toro, Echo, Bushranger, Rover, Masport, Archer, Redgum, Rato, and Kohler.



Pellows Saws and Mowers is Tasmania's sole distributor of Toro Commercial products.

Pellows Saws and Mowers is a family-run Tasmanian business that has been operating for 50 years.

We employ professionally trained staff who offer qualified advice in helping you purchase the right equipment for your needs.



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- Road gravel.
- Top soil, screened topsoil.
- Sand and rocks.
- On sight screener 20mm - 75mm.
- 20 tonne excavators with tilt bucket, ripper, rock and log grabber and quick hitch.
- D65 Komatsu dozer with ripper and tilt blade.
- 10 yard tipper.
- Compaction roller.
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Dams, roads, firebreaks, land clearing, house sites, drainage, bridge construction and much, much more ...



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St Marys

OPENING HOURS,

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SAME AS COACH

HOUSE RESTAURANT



Practise Speaking English

DEPARTMENT OF EDUCATION learners first



Is English your second language?

Please come and join us each week in a friendly environment to practise speaking English. Commencing in October.

Thursdays from 17th October 12.45pm – 2.00pm (no bookings needed)

For more information contact St Helens Library 61 Cecilia Street St Helens, Tasmania 7216 6387 5601 polly.fowler@education.tas.gov.au



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.



Blessing of the Fleet

Commercial and Recreational

27th October 2019

2PM

Fisherman's Park

Opposite Marine Rescue



Gold coin donation to St.Helens Marine Rescue

All Welcome

Sponsored by the Combined Churches of Break O'Day

John 0409 175 987

Do you know what 'The Blessing of the Fleet' is about?

The Blessing of the Fleet is a tradition that began centuries ago in Mediterranean fishing communities. The practice began predominantly Catholic, but is now practiced by all Christians as a blessing from the local priest and pastors that is meant to ensure a safe and bountiful season.

Come along to the **St Helens Fisherman's Park** on **27th October 2019** and help support our local fisherman for their next bountiful season out at sea

Did you know... it has been reported that St Helens Blessing of the Fleet is the only unbroken Blessing of the Fleet in Australia??



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

Contact Number: 63742344



BUS TRIP WYNYARD

BLOOMIN' TULIP FESTIVAL

DATE: Saturday 12th October, 2019

BUS COST: \$15.00 per person

DEPART FVNH: 8am

Entry Fee applies to Tulip Farm

\$12 Adults, \$10 Seniors/Concession, \$8 Students and Under 16's free. Recommend wearing appropriate footwear.



Coffee stop at Epping Forest and Elizabeth Town

If interested call into office with payment and book your seat. Booking and payment must be made before Monday 7th October, 2019



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

AGED CARE KNOW-HOW

A FREE AND FRIENDLY COMMUNITY SERVICE TO HELP YOU NAVIGATE THE AGED CARE SYSTEM

Do you need information about your options for aged care services at home?
Do you want to know about residential aged care services?
Do you support an older person who might need aged care services?

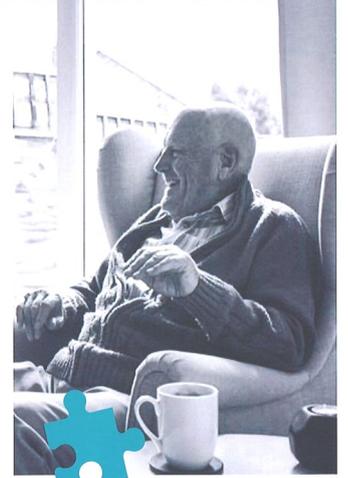
Come along to an introductory session on the aged care system and how to find your way to services you may need:

Date: Wednesday 23rd October, 2019

Time: 10:30 am

Venue: Fingal Valley Neighbourhood House Inc. 20 Talbot Street, Fingal, TAS.

Presenter: Alison Smith
COTA (Council on the Ageing) TAS



COTA TAS
Westells 181 Elizabeth St
Hobart TAS 7000

P: (03) 6231 3265
Launceston office: 0439 417 634
admin@cotatas.org.au

Supported by the Australian Government Department of Health.

Aged Care Navigators Trial

The Aged Care Navigators Trial is delivered as part of a consortium led by COTA Australia and funded by the Australian Government.

www.AgedCareNavigators.org.au

LOOK OUT FOR A MATE



We all know someone who might be struggling with life's challenges and we encourage people to reach out and ask for help.

But...would you know what to say and what to do if someone reached out to you?

Join Wendy French for a 90 minute workshop. Learn how to see the warning signs and how to respond and link the person to most appropriate support that is available.

Three simple steps to help – A.L.L.©

WHEN: 17th October 2019
TIME: 6.30pm—8.00 pm
WHERE: St Marys Fire Station
Light supper included

Phone the team on 6376 1134 or email admin@sthelensnhh.org.au for more information

A.L.L. Ask Listen Link

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 24-105mm 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

Competition Partners



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

10/10/19– 25/10/19

Dr K. Rawnsley

11/10, 15/10, 18/10, 22/10, 25/10/2019

Public Holiday

Thursday 10th October– see over page

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

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

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

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

A.H. contact numbers

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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

10th Oct	Public Holiday – Launceston Show Day Normal surgery hours will resume 11/10/19. See after hours details
11th Oct	Social Worker Shan Williams for appointments please phone 6387 5555
15th Oct	HUB4HEALTH Board Meeting 6:00pm-7:30pm in the Day Room.
16th Oct	Day Centre - call Hayley Gilbert on 6387 5555 for information on the group. Social Worker Shan Williams Call 6387 5555 for appointments.
17th Oct	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments.
18th Oct	Social Worker Shan Williams for appointments please phone 6387 5555
22nd Oct	Child Health Session with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381 Max Employment – 9:00am-3:30pm downstairs.
23rd Oct	Day Centre - call Hayley Gilbert on 6387 5555 for information on the group. Podiatry North – for appointment please phone 6777 1428
24th Oct	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments.
25th Oct	Social Worker Shan Williams for appointments please phone 6387 5555

FOOT HEALTH MONTH OCTOBER 2019

October is Foot Health Month

Come in to the St Marys Community Health Centre and help yourself to some facts sheets about looking after your feet including: Ageing, Diabetes, Shoes, Pain, Corns and Calluses, Gait– the way you walk, Fungal and Nail Infections and a handy check list for you.

Doctor's Appointments

Due to high demands on our doctor's there is at least **1 weeks 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

MEALS ON WHEELS



Do you know you don't just have to be elderly or sick to receive meals on wheels?

You can also select from a 3 course down to a one course meal. You don't even have to get them every day... *you decide when and how often*

Are you interested or have further questions?

Call Alana at the St Marys Health Centre on 6387 5555 and see if you are eligible or to discuss your options.

Home style meals are made on site at the Health Centre daily. Pick-up and delivery available.

St Marys Meals on Wheels cover from Scamander to Bicheno and as far as Fingal and surrounding area.

Are your details up to date?

Do you have a new address / phone number?
Do you have a new Centrelink / Medicare card?
Have you updated these details with us?

Sometimes we need to contact you, or pass your details on to other health professionals.

You may also be charged for some medical services if your Centrelink / Medicare cards are not current

If **any** of your details have changed, please contact us on 6387 5555 or call in and see our friendly reception staff for assistance

Community Transport Services

For Transport Bookings please
Phone: 1800 781 033

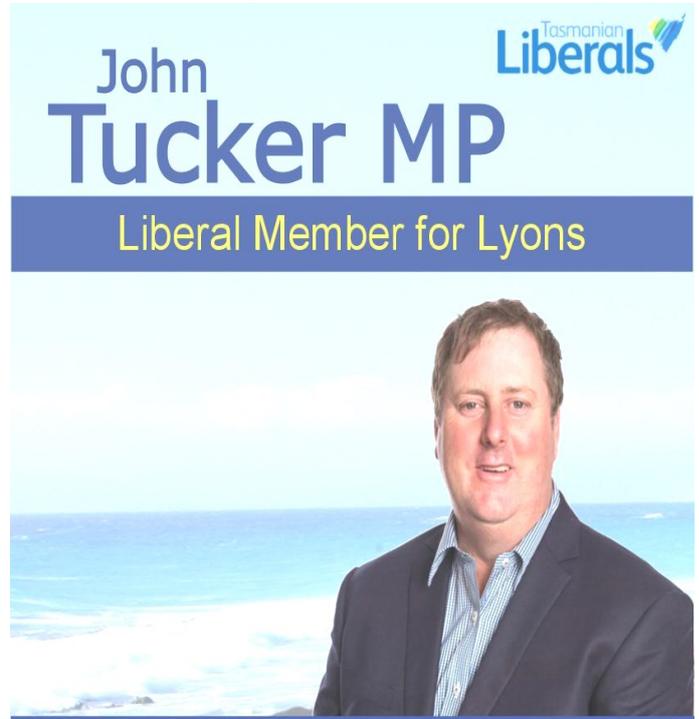


"I extend a warm welcome to our newest Tasmanian Liberal Senator - Claire Chandler"

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

Available on 6165 7840
john.tucker@dpac.tas.gov.au

9 Gordon Street, Sorell 7172

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

Authorised by: John Tucker, 9 Gordon Street, Sorell TAS 7172

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Contact Brian:
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brian.mitchell.mp@aph.gov.au

Labor  **REBUILD OUR REGIONS**

Authorised by Brian Mitchell MP 53B Main Road Perth

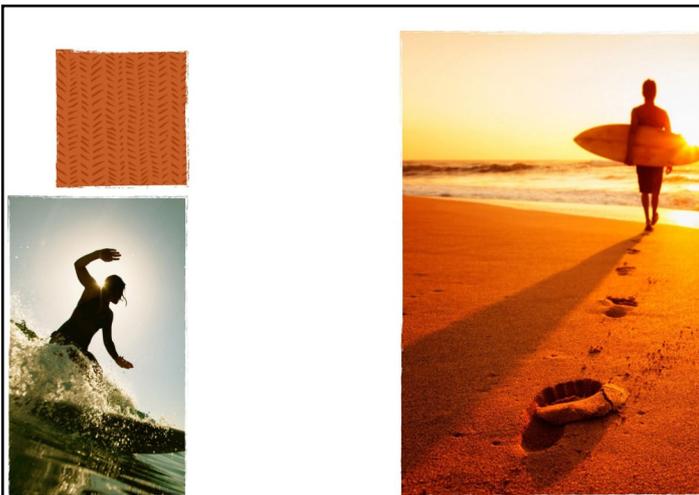
Senator Claire
CHANDLER
Senator for Tasmania

Your new
Liberal Senator
in **LYONS**




03 6223 1135
Senator.Chandler@aph.gov.au
SenatorChandler

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



The Mathinna Community
 Invites past and present residents to attend the
Mathinna Town Meeting,
 to discuss the future of
 St George's Anglican Church, on
Sunday, 13th October, 2019,
 commencing at **2.00 p m,**
in the Mathinna Hall.

For more information contact Christine Scott on 6377 1198

**GEORGES BAY MUSIC PRESENTS
 LUNCH AND MUNCH**

TIDAL WATERS RESORT.
FRIDAY 25th October 12 - 2PM
'Black Swans of Trespass'
Members \$8 Non-Members \$12



HUB4HEALTH PRESENTS



**MELBOURNE CUP
 BARBEQUE &
 PICNIC LUNCH**

Fundraiser for the Active4Life Gym
 Prize for best hat. All Welcome



Tuesday 5th November 12.30pm
 Harefield Rd St Marys. \$10 PP

RSVP FOR CATERING
 LEAVE YOUR NAME AT THE GYM OR
 ADMIN@HUB4HEALTH.ORG.AU

LOOK OUT FOR A MATE



We all know someone who might be struggling with life's challenges and we encourage people to reach out and ask for help.

But...would you know what to say and what to do if someone reached out to you?

Join Wendy French for a 90 minute workshop. Learn how to see the warning signs and how to respond and link the person to most appropriate support that is available.

Three simple steps to help – A.L.L.©

WHEN: 21st October 2019
TIME: 6.30pm—8.00 pm
WHERE: Bicheno Community Centre
Light supper included

Phone the team on 6376 1134 or email admin@sthelensnhh.org.au for more information

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 Ask Listen Link.©**

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SUMMER TRADING HOURS

Mon -Thur 7.30am - 6.30pm
 Fri 7.30am - 7.00pm
 Sat 7.30am - 6.30pm
 Sun 8.00am - 6.00pm

Week 1 — ALL 1/2 PRICE — 9 October — 15 October

Arnotts Mint Slice/Tim Tam Fam Pkts (330-337g) \$2.24
 Weetbix (575g) \$1.99
 Maggi Cup Noodles (58g-68g) \$0.90
 Nestle Med Choc Bars (35-65g) \$1.00
 Froot Loops/Coco Pops (285-375g) \$2.89
 Lipton Tea Bags (100's) \$2.74

Managers Specials
 2kg Apples \$2.99
 3kg Oranges \$4.55
 Cantaloupes each (\$4.99)

Week 2 16 October — 22 October

Friskies Dog & Cat Food (1kg) \$4.25
 Nestle Condensed Milk \$2.49
 Arnotts Cream Biscuits (200-225g) \$1.99
 Ingham Chicken Breast Tenders (400g) \$3.99
 Peters Ice Cream (4ltr) \$3.99
 Sorbent Toilet Tissue (8pk) \$3.95

Managers Specials
 Corolite Cotton Balls (100's) \$0.99
 Black & Gold Cling Wrap (60 metre) \$0.99

DUCK RIVER SOFT BUTTER 500g EVERY DAY PRICE \$3.99

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- Soda stream exchange
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- ♦ Avoca General Store
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- ♦ Hilly's IGA - St Helens
- ♦ Fingal Post Office
- ♦ St Marys Newsagency
- ♦ Chelle's Place - Fingal
- ♦ St Helens Newsagency
- ♦ Hayshed - Fingal
- ♦ Scamander Supermarket
- ♦ Mathinna Post Office
- ♦ Mouth Café - Scamander
- ♦ Coach House Restaurant - St Marys

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 PO Box 322
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Crossword Solution

ISSUE 51.17

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