



THE VALLEY AND EAST COAST VOICE

Established 1968

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FINGAL VALLEY NEIGHBOURHOOD HOUSE RECEIVES FUNDING FOR HEALTHY EATING PROGRAM

HAPPY and healthy lifestyles are being yielded in Fingal Valley as part of a new program being rolled out in the area.

The Fingal Valley Neighbourhood House was announced as one of the recipients of Aurora Energy's recent round of Community Grants on Friday 11th October, 2019, when Jordan Abell, Corporate Affairs Adviser and Laura Reed, Community Program Coordinator of Aurora Energy visited the House, along with Guy Barnett MP, to speak with staff and visitors.

The grant will assist them to deliver the 'Happy and Healthy' program, including refurbishing the kitchen. The program is designed to teach participants a complete healthy eating lifestyle, from growing and harvesting food from their vegetable garden, to preparing and cooking healthy meals from the seasonal produce.

Fingal Valley Neighbourhood House Manager Gary Barnes said getting people to think about their own health was a critical first step to helping alleviate the common long-term health conditions relating to lifestyle diseases.



"People's perceptions of local food environments influence their abilities to eat healthily. Promotion of healthy eating is one response to the obesity and lifestyle disease epidemic," Mr Barnes said.

"There are no other examples of this style of project within the area of Fingal. There have been short classes on healthy cooking but nothing long term which follows the whole process from growing, harvesting, distributing and cooking vegetables and greens."

Aurora Energy CEO Rebecca Kardos said the energy retailer was proud to support a program which encouraged Tasmanians to live their best lives.



"We support local projects and programs that foster inclusion and contribute to making Tasmania a great place to live and the Happy and Healthy program is exactly one of those," Mrs Kardos said.

After the visitors toured the Neighbourhood House, Mr Barnett commented on the impact that the organisation has in the Fingal Valley, and the wide range of programs and activities which it offers.

The grants, of up to \$5,000, are assisting to deliver projects or programs that make a practical difference in the lives of vulnerable Tasmanians.

The other successful applicants were Strike It Out, The Salvation Army, Bravehearts Foundation, Community Response to Eliminating Suicide (CORES) Burnie/Wynyard Community Network and Surf Life Saving Tasmania.

Aurora Energy's next round of Community Grants is expected to open in the first half of 2020.

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

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

Valley and East Coast Voice Inc.**Advertising rates for all community groups**

Regular articles i.e. news of current activities/events and general information will, at the discretion of the Editor, be carried free of charge. Community group announcements up to 5 lines or business card size are free, anything larger will be charged at 50% of current rates. The decision regarding whether or not an article attracts advertising fees is the Editor's. Groups will be advised of any cost before going to print.

Private community announcements/private classifieds are free for one issue.

Annual posted subscriptions are \$69 and annual online subscriptions are \$20.

Articles for publication may be left at the St Marys Pharmacy, posted or emailed.

We do not accept responsibility for the accuracy of information provided by contributors.

For online advertising or any other advertising queries, please contact the editor.

valleyvoice@fvnh.org.au

03 6374 2344

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.



Meals on Wheels | More than just a meal
Tasmania

St Marys Roster Ph: 0437 397 219

Oct 24	Heather Griffiths
25	Karl Balzar
28	Val Spencer
29	Pam Bretz
30	Lynne Fitzgerald
31	Judy Ducket
Nov 1	Val Spencer
4	Val Spencer
5	Pam Bretz
6	Lundy Vosper

FINGAL FOCUS *Contributed by Mike Brouder*

What you spent years building may be destroyed overnight.....build anyway!

Fingal streetscape

The Streetscape continues. The public -works extend from Fingal Valley Neighbourhood House (the old Tasmania Inn) to the Fingal Hotel also under renovation. All of these works are on the south side, the sunny side, of Talbot Street. The “boxing” for the footpaths is almost finished and the foundation for the guttering is well under way, so we can only wait in anticipation for the new paths and nature strips looking beautiful. The footpaths will be demanding that we walk the “walk” and having seen the previous work of the council workers we expect the finished article to be of similar high quality. (see photos)

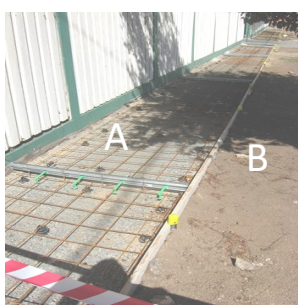


Photo 1



Photo 2

Photo1 shows (a) boxing ready for footpath laying . Photo 2 show (c) foundation for guttering
Also (b) preparation for nature strip

TIME FOR A BIT OF HUMOUR....

I LOVE CHOCOLATE! I suppose that I was inspired by watching television. I love chocolate and I wondered how I can get it on the cheap. The main problem is to convince the shopkeeper that what you are offering him/her in exchange for chocolate is legal. It all depends on what you see as legal currency. I suppose that because of my age, I could act out being in my second childhood and present some buttons and other little baubles in exchange for chocolate. I probably wouldn't get away with it, unless my acting was convincing enough. In fact it might precipitate a well-meaning authority “offering” me long term residence at some government establishment.

When I was four, I was left an orphan..... Now I ask you what would I do with an orphan?

A woman bought a whole range of anti-ageing cosmetics, and spent the whole afternoon in her bedroom applying them to various parts of her body. Then she went downstairs and said to her husband, “Tell me honestly, darling, how old do you think I look?” He answered, “Well now, from your skin, 17, from your hair, 20, and from your figure, 22.” “Oh you flatterer, you,” she gushed. “Wait a minute, I haven't added them up yet,” he said.

When my wife got to forty, I wanted to change her for two twenty's....

A septuagenarian millionaire married a twenty year old woman. “You crafty old thing,” said his friend, “how did you manage to get such a lovely young wife?” “Easy,” replied the millionaire “I told her I was 95.”

I went to the dentist and he said, “Say AAH...” I said, “Why?” He replied, “My dog died.”

I am always amazed to hear of air-crash victims who are so badly hurt that they have to be identified by their dental records. What I can't understand is, if they don't know who you are, how do they know who your dentist is?

I'd give my right hand to be ambidextrous.....

(Well, I think they are funny....Mike Brouder)

The Say by the "Cage Rattler"

So, a thing most of us take for granted, made up of metal, rubber, glass, plastic, sometimes fiberglass or carbon fibre, water and numerous fluids (even acid) and petroleum based products can almost have a heart soul and personality not unlike us humans eh!

I refer of course to our cars. During last weekend I happened to watch a You Tube doco about an older Englishman and his "Dotty". Dotty was a very elderly new arrival to his family. Dotty was a Citroen 2CV. It was shot on the day he travelled a long distance to take delivery of his own (and first ever) little twin cylinder 600cc 2CV. This quirky but lovely cheap little Citroen was built between 1948 and 1990 and was designed to meet post World War Two austerity needs and allow mere mortals the opportunity to own a car. The 2CV was one of many of these very small, compact cheap to buy and run cars that helped get things going again. Over time it became to many basically part of the family and in some cases was more cared for than some of the family.

In Australia or anywhere else for that matter we develop an affinity and loyalty to a brand or even a particular individual car we've owned that we don't usually do for any other manufactured item. Quite strange really when you think about it. In some cases it's a tribal thing too. So many of us are the Blue Oval or Red Lion brigade especially around Bathurst 1000 weekend despite our family steed really bearing no real resemblance to the 650 horsepower beast going down Conrod Straight at 300 kmh other than the badge on the car.

Not quite as obvious but there are many Nissan, Toyota, Mazda, Mitsubishi, Hyundai, Kia, Volvo, Mercedes, BMW, Audi, Porsche, VW, Ferrari, Lambo etc. etc. that have a passion for that manufactured hunk of stuff they control. Then on any given Sunday hoses trickle, a particular brand of car shampoo is selected, a favourite sponge or cloth or chammy is found and even the lid of a particular wax is chosen to lovingly care for the car whilst the smelly dog that's just rolled in something very deceased or has been excreted from the rear end of a creature is not given a second thought unless of course the rancid pooch decides to get in the open door of that car.

On car show days this is taken to a whole new level and the pride in the 'pride and joy' is totally evident.

Sometimes though despite the love afforded to the shiny beasts they'll still be cantankerous and mysterious and cause grief with a strange cough or splutter, a vibration or even a rattle or two causing some sleepless nights of worry not least for the bank balance. Sometimes for goodness sake these precocious beasts will leave you stranded on a cold wet night where no phone reception is possible just like an errant human family member or pet can.

We've even been known to grieve when it's time to part ways with a particular favourite car. Some do get names like Dotty did.

Probably most of us at one time or other can identify with that conglomeration of materials that we've had. I have one of them now.

Sometimes stuff like this is not logical but that's what makes us a bit different to all other living creatures on this

DRIVE SAFELY

PROBABLY THE ONLY MESSAGE SHORT ENOUGH FOR US TO READ. PLEASE "LISTEN" TO IT.



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 on 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. This has been 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

BUSHFIRE READY
NEIGHBOURHOODS
INDIVIDUALS > TFS > COMMUNITIES
WE ALL PLAY A PART

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.**



Hub4Health^{Inc}

Connections start here

Active4Life Gym Memberships at our St Marys facility . Membership are easy to apply for and the low fees will be used to support the ongoing operation of the community gym and ensure it is sustainable over the long term.

The induction sessions for new members are on **Tuesdays 1.30-2pm** with Jason . For more information please contact us admin@hub4health.org.au



How do you contact us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

Facebook: Hub4Health

Our Aim:

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

Mini Bus For Sale

After a long period of consideration the Hub4Health Board of Management has decided to sell our mini bus.

No hires after 31st October.

For further information please



With One Voice Break O'Day Choir Rehearsal 23rd October at St Marys Sports Club, Gray Rd 6-8pm All Welcome



Our 100th Member of WOV BOD Joy, receives her thank you gift



With One Voice
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WITH
JANE CHRISTIE-JOHNSTON

DIRECTOR OF THE
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This event is open to people of all Ages & Skill levels.

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ST MARYS TOWN HALL, MAIN RD ST MARYS

\$25 Non WOV BOD members

refreshments available BYO Lunch
tickets sales at WOV BOD sessions or by email

Tanya: 0400 002 116

E: admin@hub4health.org.au for more information



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



HAPPY BIRTHDAY CHRIS FROM ALL THE GANG

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 a m. Visitors welcome. Phone Paul on 6372 2529

Apply now for a Bendigo Community Bank Grant

Community organisations are encouraged to apply now to the St Helens-St Marys Community Bank for a Community Bank Grant.

This grants program awards funds (up to \$1000) to charitable or not-for-profit organisations in the Break O'Day area for specific one off needs. Organisations awarded funds will provide publicity opportunities to promote the Bendigo Community Bank.

Andrew MacGregor, Chair of the St Helens-St Marys Community Bank Board said "To date more than \$37,000 has been allocated to 45 community organisations. Obviously as the banking business and profits grow more support can be provided to community groups."

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

St Helens/St Marys Community Bank Branch

Your best interests at heart.



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

bendigobank.com.au



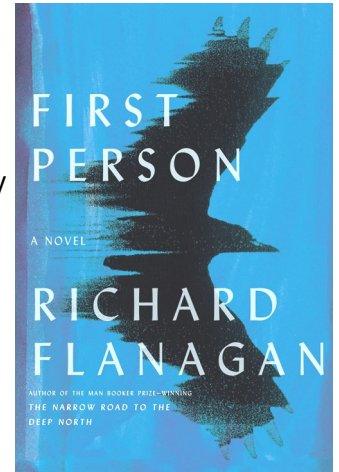
Bendigo Bank The better big bank.

Terms, conditions, fees and charges apply. All information including interest rate is current as at 29 July 2019 and is subject to change. Full details available on application. Lending criteria apply. The comparison rate employed is calculated for an owner occupied, principal and interest Bank Home Loan based on an amount of \$150,000 over 25 years. WARNING: The comparison rate is true only for the example given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Credit provided by Bendigo and Neilsen Bank Limited ABN 11 068 040 176 Australian Credit Licensee (APL No. 237679, 411252731, 1505797, 110530, 2013)

“FIRST PERSON”

Book Review by Pam Bretz

“First Person”, by well known Tasmanian writer, Richard Flanagan, was the novel our Book Group read in September. Published in 2017, this novel had been percolating away in Flanagan's mind for over 30 years before he finally committed it to paper. It tells the story of a struggling Tasmanian would-be writer in the 80's, Kif Kehlmann, with a small child and a pregnant wife expecting twins. He is eking out a living in Hobart working as a builder's labourer while trying to write at night. Out of the blue, he is contacted by a man called Siegfried (Ziggy) Heidl who wants him to basically ghost-write his autobiography in 3 weeks! This man has been arrested and is awaiting trial for embezzlement. Desperate for the promised \$10,000, Kif agrees and flies to Melbourne to begin what becomes a nightmare of a task. Heidl is the ultimate conman and is impossible to pin down. Like a chameleon he changes his story, his behaviour and his mood, and proves a most unreliable and frustrating witness. Meanwhile, the creepy publisher is breathing down Kif's neck to get something on paper. Kif's long time friend, Ray, turns out to be Heidl's bodyguard and feeds Kif confusing information from Heidl's background. Kif feels himself being drawn into Heidl's bleak and negative world view. By the time he manages to produce a cobbled together and largely invented "memoir" his life is changed forever.



If you do a little Googling or listen to Richard Fidler's Conversation with Flanagan, you will discover that most of this book is a thinly disguised version of reality. Some of you may recall the name “John Friedrich” from the 1980's. He was a notorious conman who headed up the Australian Safety Organisation, and while doing so, managed to defraud banks of millions and hoodwink gullible government agencies. He was even awarded an OAM! He was finally caught out, and while awaiting trial, he contacted Flanagan and...the rest is in the book!

Flanagan's anti-hero, Kif, is not Flanagan, although the basic facts of the Heidl story are close to Friedrich's. Kif is something of an innocent, confronted by a world of evil, seduced by the cunning, world-weary Heidl into a web of lies and deceit. We feel his frustration and anger at this man as he tries to find some coherence in Heidl's stories, until finally he loses his own sense of judgement and moral centre. The setting is Melbourne in winter-wet, dreary and full of threat. The characters are unlikeable. We come to understand, as readers, that a man such as Heidl Friedrich plays on the inclination of people to believe shysters and frauds because they tell us what we want to hear!



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PHONE: 6224 2290 | WEB: WWW.PCSTAS.ORG.AU | OFFICE HOURS: 10AM TO 2PM WEEKDAYS

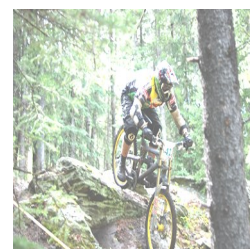
Ticket to Play - information for parents, carers and children:

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.



St Marys Op Shop

Situated directly behind the Town Hall,
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from 7th October 2019
until 5th April
2020

Monday - Friday


9:00am - 4:00pm

Every Saturday

9:00am - 1:00pm

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If Esmerelda (our armless mannequin) is in the car-park then the shop is OPEN.



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E: guy.barnett@dpac.tas.gov.au [GuyBarnettMP](https://www.facebook.com/GuyBarnettMP)

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

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



LIBRARIES
TASMANIA

Opening Hours:

Mon: 12.30-4pm

Tue: 10am-12.45pm

Wed: 12.30-4pm

Thurs: 10am-12.45pm

Fri: 12.30-4pm

Love magazines?

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eLibrary: www.libraries.tas.gov.au

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 Sun-
day

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.

Phone 6374 2157



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FREE Information Session

ALL YOU NEED TO KNOW ABOUT

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Payment types and Payment rates
Income and Asset tests
Your options at Age Pension Age
Income Streams

Presented by

Department of Human Services
Financial Information Service Officer

St Helens Neighbourhood House

25 Circassian St

Monday

28 October 2019 1.30pm

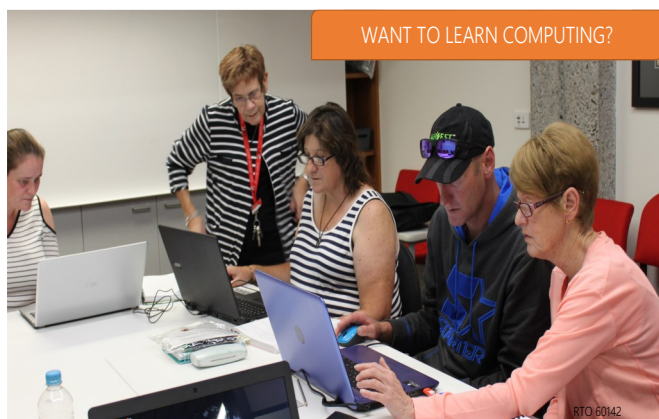
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COST

This course is FREE!

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

Ever thought about brushing up or expanding your computer skills? Do you have problems writing and storing emails? Can you find that list you made for Christmas last year? Want to find those oldies but goodies, that you used to listen to on the radio?

If you answered "Yes!" to any of those questions, go see Keri at the Fingal On-line Access Centre, and enrol in the next course in computing. Don't let the name of it scare you off; it really is about the basics, and Keri has the patience of a saint! How do I know this? Keri has just tutored me in the course mentioned to the left, and I can now do so much more. We worked at the pace that suited me, and it was great to see the feedback from my supervisor, Cheryl.

And now, putting the Valley and East Coast Voice together each fortnight has become easier and quicker...

Give it a try; it's FREE, and you might be surprised at what you know, and what you learn...and you may be able to keep up with the kids and grand-kids!

Editor.

Break O'Day Community Triathlon: 16 Weeks to go!

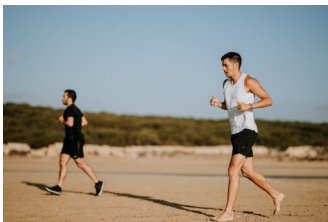
With 16 weeks to go until the Break O'Day Community Triathlon on Sunday 9 February 2020, what's your training starting to look like? Have you dusted off the bike, found your runners, dipped your toe in the water? Perhaps you've been chatting with friends, work colleagues or family about who in your team will be doing the swim, bike or run leg and if so that's great! One of the best ways to stay motivated and stick with your training plan is to exercise with friends or a group.

If you are contemplating doing the triathlon yourself you could find you are more comfortable/stronger in one leg than the other whether it be bike, swim or run, and weaker in the others. This is where the team approach comes in handy and the more involved the merrier right? Either way, we are pleased to let you know that starting from Saturday 19 October we welcome swimmers to meet up at Beauty Bay St Helens, bright and early at 7am. These friendly, casual and supportive sessions are suitable for both beginners and the experienced. Bring your goggles, a swim cap and maybe a wetsuit if you have one.



Swimming is often the aspect of triathlon people are most hesitant about but it doesn't have to be that way. The important thing is to start your training off slowly and work gradually at increasing distance over time. Swimming with flippers is a great way to increase the amount of time you can swim for when you first start out. You won't be able to use them on race day though, so over time start training without flippers to ensure you can swim well without them.

Sometimes it's hard to know what kind of bike training to do when preparing for your first triathlon. Basically though, training at a consistent speed you are comfortable with for the entire length of the cycling leg is a good place to start, using the bike gears as you would for a car. If training on the open road is not for you initially, then a stationary bike is a good interim alternative though there's also bound to be some off road paths you could take advantage of as getting used to breaking and cornering is important. If you're keen to join up for a ride session we're seeking expressions of interest at this stage.



So what about the run leg? Anyone can run and just like everything else it takes a bit of practice and that all important 'starting off slowly' approach. A great way to get going is to alternate between walking for one minute and jogging for one minute, building this up to two minutes, three minutes and so on. You'll be amazed at how effective this is in getting started as well as the distance you cover without even realising it! A good tip is to train in the shoes you plan on wearing on the day so they are well broken in.

We're also extending you an open invitation to join a casual running group each Wednesday starting 23 October at 5pm meeting up at the BBQ area on the foreshore in St Helens (across from the Break O'Day council offices). This friendly group session will be tailored to your abilities and will cover a maximum distance of up to 5km.

Another little training tip is to remember that you should be able to maintain a conversation with someone while you're jogging or cycling. If you're not able to, slow it down and pace yourself.

For all enquiries about the training groups outlined above please contact Nat Walter on 0400 750 364. Stay tuned for even more updates and remember, challenges are what makes life interesting! Till next time,

The BODCT Team

Johns Family Charity Golf Day Supporting Suicide Prevention Au

This great day of golf is to raise money for Suicide Prevention Australia
is a 3 Person Ambrose
Cost \$20 per person
Come along

Saturday November 30th 2019

10am for 10.30 start

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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
• St Helens 8:30am - 11:30am
• George Town 12:30pm - 3:30pm

Sunday 27th October 2019
• Launceston 8am - 4pm

NORTHERN TASMANIAN Waste Management For more information visit www.rethinkwaste.com.au

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, Pharmaceutical, 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

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.

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

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Department of Human Service

Payment types and Payment rates
Income and Asset tests
Your options at Age Pension Age
Income Streams

Presented by

**Department of Human Services
Financial Information Service Officer**

Fingal Valley Neighbourhood House

Talbot St

Monday

**18 November 2019 11.30am
ALL WELCOME**

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

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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

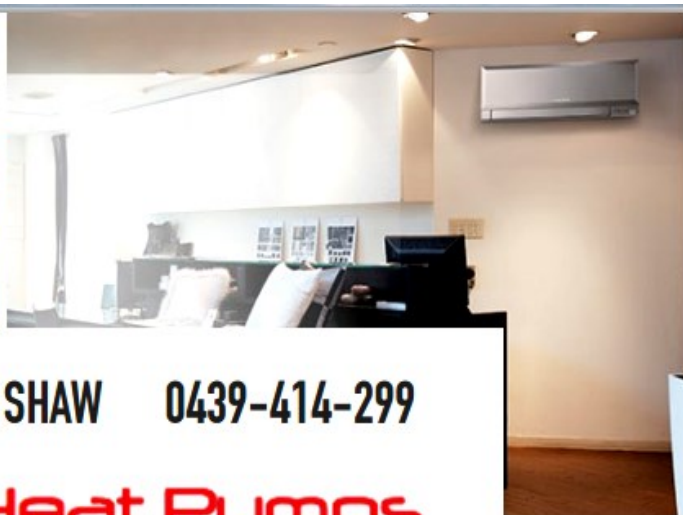
The main Festival day is on Saturday 16th November, however entry tickets and local accommodation have sold very quickly again this year – in fact we are sold out online now. We need to thank Phil and Sandra at the Bicheno Newsagency for their local sales of close to 700 tickets in August prior to on 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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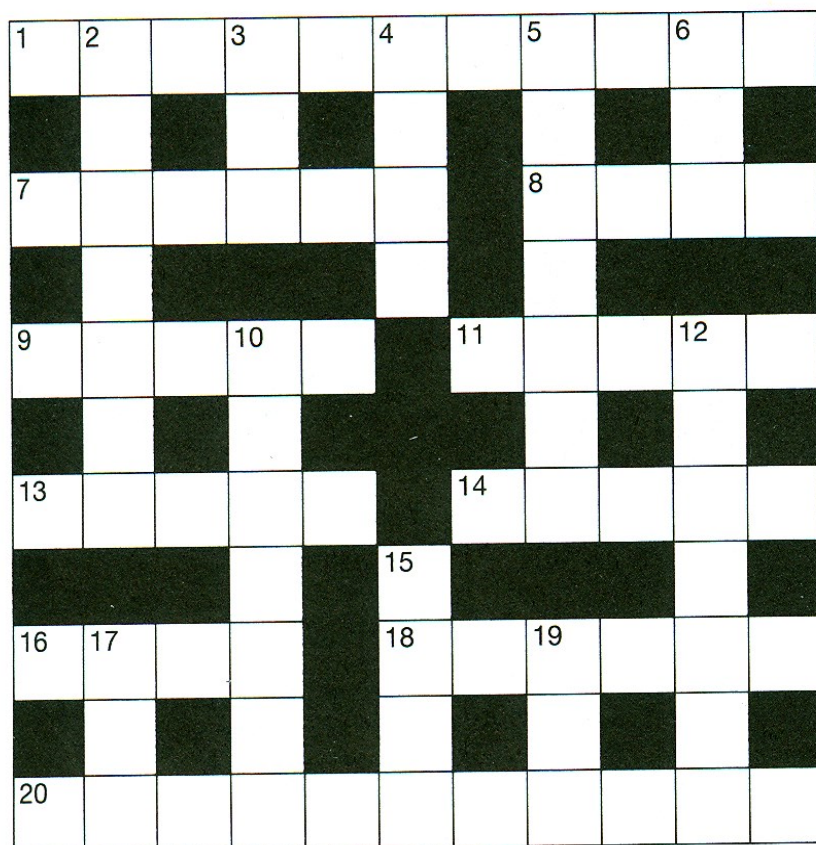
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Crossword 51.19



Across

- 1 Celebrity (11)
- 7 Sung by a group (6)
- 8 Object word (4)
- 9 Rush (5)
- 11 Bare (5)
- 13 Employees (5)
- 14 A quark and an antiquark (5)
- 16 Stout pole (4)
- 18 Apathy (6)
- 20 Make a lot of noise (4,3,4)

Down

- 2 Fatigue (7)
- 3 Pre-summer season (abbr) (3)
- 4 Invalid (4)
- 5 Ancestry (7)
- 6 Greek 'T' (3)
- 10 Sports umpire (7)
- 12 Imported curios (7)
- 15 Apiece (4)
- 17 Legume seed (3)
- 19 TV duck (3)

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Road Safety Barrier

After many close calls and some mishaps the Council was contacted regarding the dangerous approach to the Fingal Bridge.

Thank You to the Break O'Day Council for listening and more importantly acting on the matter. There is now a safety barrier in place.

Thank you





**2019
TERM DATES**

Term 1
Wednesday 6th February to
Friday 12th April 2019

Easter Break - 19th April to 23rd April
2019

Term 2
Monday 29th April to
Friday 5th July 2019

Term 3
Monday 22nd July to
Friday 27th September 2019

Term 4
Monday 14th October to
Thursday 19th December 2019

SPRING CLEANING SALE

November 3rd , 4th and 5th

Starting at 8.00 am

17 Gray Road, St Marys



Wills, Power of Attorney and Guardianship

ALL YOU NEED TO KNOW

FREE

Information Session

Presented by our visiting Solicitor

St Helens Neighbourhood House

25 Circassian St

Monday

28 October 2019 11.15am

1 hour talk

Morning tea provided

ALL WELCOME



LEGAL
LITERACY
VOLUNTEERS

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??

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



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ABN 12 069 130 463 Page 1 of 1

baptcare.org.au



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)



Australian Government



Carer Gateway

Counselling Service

1800 422 737

8am to 6pm weekdays

Engouraging Quotes

The darkest night is often
the bridge to the brightest
tomorrow

Jonathan Lockwood Huie

Suicide Prevention Trial

St Helens Neighbourhood House hosts the Suicide Prevention Trial Site Coordinator for Break O'Day and Bicheno Area. The Trial Site is governed by a local Working Group and funded through Primary Health Tasmania. The working group meets bi-monthly and have established an activity plan that outlines some strategies and activities to test different approaches to reducing self-harm and suicide.

If you would like to know what mental health services are available in our community please go to the St Helens Neighbourhood House website at www.sthelensnhh.org.au and download our 'Directory for Local Mental Health Services'. The directory is updated every three months and includes useful information such as how to access services and if there are any associated costs.

If you would like more information about the Suicide Prevention Trial Site for Break O'Day and Bicheno or would like to get involved please contact Trish at 6376 1134 or email trialsite@sthelensnhh.org.au for more details. Our working group membership is full at the moment however we welcome input, feedback and ideas. So please get in touch with us—we would love to hear from you.

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

Doctors Roster

Dr C. Latt

24/10/19-8/11/19

Dr K. Rawnsley

25/10, 29/10, 5/11 & 8/11/2019

Public Holiday

Monday 4th November– 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.

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

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 re-newals
- ♦ 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

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
28th Oct	Physiotherapist - For appointments please see your GP or Health Professional for a referral.
29th Oct	Hub4Health Networking Meeting 10:00am-2:00pm in the Day Room
30th Oct	Day Centre - call Hayley Gilbert on 6387 5555 for information on the group. Social Worker Shan Williams Call 6387 5555 for appointments. WACS Antenatal Clinic with Katie. Contact GP for appointments.
31st Oct	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments.
1st Nov	Social Worker Shan Williams for appointments please phone 6387 5555
4th Nov	Public Holiday - Normal surgery hours will resume 5/11/19. See after hours details
5th Nov	Child Health Session with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381 Max Employment - 9:00am-3:30pm downstairs.
6th Nov	Day Centre - call Hayley Gilbert on 6387 5555 for information on the group. Podiatry North — for appointment please phone 6777 1428
7th Nov	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments Eyelines - For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.

8th Nov **Social Worker** Shan Williams
Call 6387 5555 for appointments.

PUBLIC HOLIDAY

MONDAY 4th NOVEMBER 2019

Normal Doctor Surgery hours will resume the day after the public holiday being;
Friday 11th October 2019

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

Emergency 000

GP Assist 1800 780 011

Ambulance 1800 008 008 non emergency

Lifeline 131 114

St Marys Community Health Centre

WHAT SHOULD I DO IF I FALL AT HOME?

- ✓ Don't panic.
- ✓ Stay calm, remain positive and assess the situation.
- ✓ Decide whether or not you can get up safely.

"When I fell at home, using this plan really helped me to get back up and on my feet."



CAN YOU GET UP SAFELY?

I can get up safely

Roll onto your side and push up onto your hands and knees.

Use stable furniture to help yourself sit up. (see pictures over page)

Stand up slowly and safely.

Make sure you rest. Tell someone you have fallen and see your doctor.

I can't get up safely

It is important to get somebody's attention.

- You can:
- Make a loud noise
 - Try and reach for the phone
 - Slide or crawl to the front door
 - Press your personal alarm

Make sure you conserve your energy and lie quietly until someone who can help you arrives.

Use pillows or blankets within reach to stay comfortable and warm.

Once help has arrived tell someone you have fallen and see your doctor.

For more information on how to prevent slips, trips and falls visit:

www.stayonyourfeet.com.au
Email: info@stayonyourfeet.com.au
Phone: 1300 30 35 40

Adapted from What Should I do if I fall at Home Flowchart (2004). Stepping out: Passport to Falls Prevention Project. North Metropolitan Health Service



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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

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

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Your Federal Member for Lyons



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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 St Marys Hospital Support Association Inc.

Will hold their **AGM** On Wednesday October 30th 2019 at 7 pm in the Day Centre Room at the St Marys Community Health Centre.

All Welcome

Len Miles (President)

Contact 6372 2285

FOR SALE

2001 Holden Rodeo Twin Cab Ute

Air Con, Tow Bar, Tonneau Cover

Reg Till May 2020

Ph: 63741044

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



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



LAUNCESTON
COMMUNITY
LEGAL
CENTRE

Wills, Power of Attorney and Guardianship

ALL YOU NEED TO KNOW

FREE

Information Session

Presented by our visiting Solicitor

Fingal Valley Neighbourhood House

Old Talbot Hotel

Monday

18 November 2019 10.00am

1 hour talk

Morning tea provided

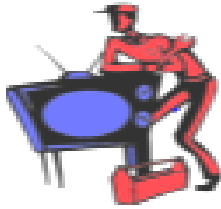
ALL WELCOME



LEGAL
LITERACY
VOLUNTEERS

The Antenna Guy

- Antennas
- VAST (free to air by satellite)
- TV tuning
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- 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 7 DAYS A WEEK

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
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• FUEL AVAILABLE 24 HOURS •

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

St Marys PHARMACY

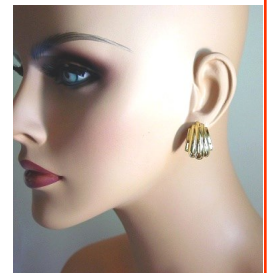
Main Street St Marys

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

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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

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All regular grocery lines available
at special IGA prices

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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

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available through
Fingal Valley - charges apply.

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That's Howe Automotive
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Fax: 6374 2342



**PROUDLY SUPPORTING
OUR LOCAL COMMUNITY**





Open 7
days a week

**38 Main Street
St Marys**
Phone: 6372 2240
Email: shop@cndiga.com.au
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 — 23 October — 29 October
 Beef Rump Steak \$19.99 kg
 Sorbent toilet tissue 24pk \$8.99
 Chum dog food 8kg \$16.99
 Iceburg Lettuce \$2.50 each
 Bunch celery \$2.95
Managers Specials
 2kg Apples \$2.99
 Mangoes \$3.35 each
 On the Go Cheese & Crackers (Extra Tasty) \$1.99

Week 2 30 October — 5 November
 Thins crisps 175g \$1.95
 Heinz Baked beans/Spaghetti (535-555g) \$1.49
 Palmolive naturals shampoo/conditioner 350ml \$2.49
 Red bull 250ml 4pk \$6.99
 Maggi 2 Minute Noodle (5 pack) \$2.99
Managers Specials
 Corolite Cotton Balls (100's) \$0.99
 Black & Gold Cling Wrap (60 metre) \$0.99
 On the Go Cheese & Crackers (Extra Tasty) \$1.99

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

- Tasmanian meat
- Fresh produce
- Senior discount (Weds)

- Pet Care*
- Garden care & Cement
- Eftpos

- Carpet Cleaner hire
- Soda stream exchange
- Ice & bait

*Pet care for dogs, cats, chooks, alpacas, lambs, rabbits, guinea pigs, birds and fish

STOCKING WAVERLEY FARM FREE RANGE EGGS & TAKING ORDERS FOR WAVERLEY FARM FEED AND WHEAT
ALSO STOCKING EAST COAST VILLAGE PROVIDORE MEATS
NOW IN STOCK PHONE CREDIT AND X-BOX LIVE CREDIT
 Reliable and Friendly Local Service with 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"> ◆ Avoca Post Office ◆ Avoca General Store ◆ The Farm Shed - Bicheno ◆ Fingal Post Office ◆ Chelle's Place - Fingal ◆ Hayshed - Fingal ◆ Mathinna Post Office ◆ Coach House Restaurant - St Marys | <ul style="list-style-type: none"> ◆ C & D's IGA - St Marys ◆ Hilly's IGA - St Marys ◆ Hilly's IGA - St Helens ◆ St Marys Newsagency ◆ St Helens Newsagency ◆ Scamander Supermarket ◆ Mouth Café - Scamander |
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Crossword Solution

ISSUE 51.18

