

THE VALLEY AND EAST COAST VOICE

Established 1968

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Deadline for 51:21 is at 5.00pm on Monday 18th November 2019

REMEMBRANCE DAY

It is difficult to find something new to say about Remembrance Day. Maybe that is the point. There is nothing new to say. All has been said many times before. The day is too important to search for clever new words to express what so many people feel. We try to show our respect for those men and women (and sometimes children too) who, by their deeds, showed that they were prepared to die for their mates and through them, the country they called home.

LEST WE FORGET

In 1998, my brother and I were visiting London, the place where we grew up.

Naturally, we decided to see much more of the UK than just London. During our tour we went to beautiful Scotland and of course, we visited Edinburgh Castle. I noticed that there was a War Memorial in the castle and decided to "have a look". I found that the Memorial was chapel - like and filled with remains and relics of battles. I had intended to take a few photographs inside the memorial, but the sight of flags and other relics, ragged and badly affected in battle, brought to mind that the men who were at those battles were also affected. It was so solemn and mournful, and at the time, I thought that it would be almost frivolous to take photographs in such a setting. Countries as well as Australia mourned for their lost sons and daughters.

I was profoundly moved by it all; my photographs live in my memory rather than on film.

.....Mike B

The staff and volunteers of the Fingal Valley Neighbourhood House, along with many readers, would like to acknowledge the role that Judy Spilsbury, who passed away last week, has played in the life of the Valley and East Coast Voice. Judy, along with the team of volunteers that she lead, produced a continually entertaining and informing newspaper, printed in St Marys, reflecting the events of the area with wit and humour.

We offer our deepest condolences to Judy's family at this sad time.

Elizabeth, Editor.

INSIDE THIS EDITION

Emergency Contacts	2
The Cage Rattler	6
Crossword	21
Hospital	26,27
Crossword Solution	34

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ADVERTISING RATES - 2019

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

Valley and East Coast Voice Inc.
Advertising rates for all community groups
 Regular articles i.e. news of current activities/events and general information will, at the discretion of the Editor, be carried free of charge. Community group announcements up to 5 lines or business card size are free, anything larger will be charged at 50% of current rates. The decision regarding whether or not an article attracts advertising fees is the Editor's. Groups will be advised of any cost before going to print.
 Private community announcements/private classifieds are free for one issue.
 Annual posted subscriptions are \$69 and annual online subscriptions are \$20.
 Articles for publication may be left at the St Marys Pharmacy, posted or emailed.
 We do not accept responsibility for the accuracy of information provided by contributors.
 For online advertising or any other advertising queries, please contact the editor.
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 03 6374 2344
 PO Box 322 Fingal Tasmania 7214

24 HOUR EMERGENCY CONTACT NUMBERS

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 ROSTER

The fortnightly "Meals On Wheels" roster will not be published for the remainder of 2019.
 The Valley and East Coast Voice would like to acknowledge the hard work that Val Spencer has invested in the roster over the years, and on behalf of the recipients, say, "Thank you very much, Val."



“BATTLE OF THE TOWNS” - TRIVIA COMPETITION...

AND THE WINNER IS.....

ST MARYS... by a very convincing margin! Congratulations to St Marys and all the players.

If you missed the Battle at Portland Hall & St Marys Hall on Saturday October 26th, you really missed an amazing night, and the causes, for which the funds were being raised, were so worthy. Both Scouts and Free 2b Girls focus on the development and support of our young people, so they can realise their dreams, challenge themselves, and interact socially in a safe and supportive environment.

With both Hall's doors opening at 6 o'clock that night it wasn't long before they were humming with energy, excited chatter, and warm welcomes. Energised with a drink at the well-stocked bars and munching on chips and snacks supplied by the hosts, many teams got down to business straight away coming up with team names and talking strategy.

The Battle was not just between tables at each venue but also between the two towns. At the end of the evening the winning town would be determined by the average score of each table competing in that town. So it didn't make a difference how many teams competed or how many people were on each table as the average score would even that out.

So at St Marys, ten teams competed, while at St Helens twelve teams threw down the gauntlet to vie for the coveted inaugural trophy. St Helens got off to a shaky start with late arrivals joining in almost at 7pm, putting Quizmaster, Carol, about 10 minutes behind in the scheduling. But they managed to make up that time throughout the night somehow.

By the end of Round 4, the quizmasters at each hall had exchanged scores, and there was very little to separate the two towns: St Marys 24.3 points and St Helens by a whisker on 24.41 points. This was shaping up to be a close one. There was no time to check scores again before the finish and a very nervous St Marys waited anxiously, although according to inside sources not necessarily patiently, for St Helens to finish and calculate their total. St Marys Hotel had put on a fantastic band that night so players were keen to party on after the quiz. At about 10.15pm the scoring was complete and the roar of approval that came from St Marys when told they had won could have been heard in Bicheno I think. However, the winning score announced that night for St Marys had to be corrected after a count back and careful scrutiny by the Quizmasters and Adjudicators. The final official score was:

St Marys 78.1 points and St Helens 70.83 points

The winning team at St Marys was Barbara Longue and her crew called "Post Office", with a score of 87, while at St Helens Jeff Parsons, our local Vet, put a team together called "Paw Taste" that scored a massive 95 points. Well done to both teams who received prizes donated by two very generous communities. When the crowd was asked if they would like it to happen again next year, there wasn't one person who said "No"! So start swotting for next October 2020 (the same weekend – after Hobart Show Day).

The "Battle Of The Towns" was a resounding success and both Scouts & Free 2b Girls, who both deliver vital and necessary services for our youth, would like to thank everyone involved for their generosity and support. The funds raised at both events will assist them in the delivery of their programs; help maintain their assets; and fund ongoing costs needed.

The winning trophy will have a plaque added to it with the winning town's name and will be displayed at the St Marys Library as soon as it is ready. If you would like to sponsor or support this event in the future please don't hesitate to contact either: Carol Liefting on 0418 135 051 or Tani Langoulant on 0422 742 297



The 10 teams at St Marys with their thinking caps on.



Nick Langoulant, Quizmaster Adam Norris and Angus, the adjudicator, at St Marys.



At St Helens, 12 teams enjoyed the challenge of finding the right answer.

WHY IS THERE AN HONOUR ROLL?

There have been many wars over the ages that have decimated populations. Some have lasted decades, even centuries, but none sticks in the mind quite so thoroughly as the First World War. It was a war so brutal, so savage, and so unlike those others in living memory at that time, that it has left an indelible imprint on our society.

Australia was tied to English foreign policy, and so, when England declared war on Germany in August 1914, a contingent of soldiers was sent to Europe to reinforce and support the British effort. Tasmanian men answered the call to arms, confident that the war would be short lived. They were wrong. The huge number of casualties, often as much as 50% in each battle, meant that the original state quota of 1,000 was quadrupled. Casualty lists were shockingly long. There were so many men lost that it was decided to create a central remembrance site for each community, to acknowledge the contribution of the men

who served in our armed forces. The fact that many thousands of men died overseas also meant that there were no graves for the families to commemorate their passing, so the memorials had a double purpose. Some memorials also included the planting of avenues of trees, the biggest of which was in Ballarat.

In the Fingal Valley Neighbourhood House there is also a beautiful framed list commemorating all those who enlisted from Mangana Public School. Some of those names are also on the Fingal Valley Honour Roll. The picture above is of the timber Fingal Honour Roll that commemorates soldiers who were killed in action, or died as a result of their service in the First World War, and who lived in the Fingal area. It is beautifully made of Tasmanian timbers and the names are written in gold lettering. It resided for many years in the St. Peters Anglican church in Fingal. It was "unveiled" by the Archdeacon, the Venerable A.H. Beresford, and the Reverend W Earle, at a well-attended church service in St. Peters Anglican Church, on the 12th December 1920. Two beautiful stained glass windows, in memoriam for family members lost in the War were also dedicated at the same service. (Examiner 14th December 1920). The names of the community members who built the Honour Roll are not mentioned, nor are they on the back of the board. It has been suggested that this is the Parish Honour Roll, honouring those who were members of the congregation of St Peters Church. If anyone has any information about either of these points, we would love to hear from you.

There are the names of 86 men on the board of many different ages. Richard Barwick was 36 years old. Alan Parker was 24 years old. Bert Baker was 21 and was killed in action on 4th July 1918. There are the men of whole families recorded, for example, the Treweek brothers. Albert, 28 years old, Frederick, 26 years old and David, 22 years old, all enlisted. Their mother lived in Mathinna, and must have been one of the lucky ones to see all of her family come home in 1919. Others weren't so lucky.

Robert McDougall was 18 years old, Charles Russell was 19 years old. All these details are on their enlistment documents. One recruit had to have his father's permission to enlist.



Francis Herbert Williams was a brave man. He was 22 years old when he enlisted in December 1914, and his records indicate that he very quickly showed leadership, because he was an acting corporal the following April, and a lance corporal in 1917. He became a trainer and was given two stints at teaching others the skills that he had acquired. The massive numbers of casualties forced him back onto the battleground where he was severely wounded. He was awarded the Military Medal twice for conspicuous bravery. The first time was on 3rd July 1917. In 1918 he was severely wounded in action, but his outstanding bravery meant that he was awarded a bar to the Military Medal, one of very few awarded in the War.

Other men, like Cyril Yates, enlisted, but were not able to go to take part on the battlefield. Their service was none the less valuable, supporting their fellow soldiers with work that needed to be done here in Australia.



The men who enlisted were looking for adventure, a regular wage, and had a measure of patriotism as well. They found treacherous and staggeringly difficult conditions, and the struggle to survive each day was very real. Coming back to Australia was also a major challenge to these returned soldiers. Tracts of land were set aside as small farms, and there are records of some of these men doing quite well. Others had little success, and the drought of 1920 did not help matters.

I would like to mention also that it was not only men who served their country in the First World War. There were many army nurses who also did their duty. Largely forgotten by history, these nurses received many awards, and undoubtedly saved many lives. While this Honour Roll only records the men who fought in the First World War, there have been many others since.

Our men and women are still overseas, serving our country today in many fields.

At 11am on the 11th November, stop for a minute of silence, to acknowledge their sacrifice, and their work to ensure that we have the freedoms and privileges that we enjoy today.

Written by Marilyn Statham, Fingal History Group

Windows like this one were dedicated to the memory of many of those who went to war and didn't return, or who died later of their injuries. When the sun shines through them, they almost glow, with the colours shining so brightly that you can imagine their eager faces, excited at the thought of going off to do their duty to King and country.



The Say by the “Cage Rattler”

A few weeks ago, I nearly wrote about this topic again that I'd mentioned a good while ago, but then chose another subject. Now might be the time to put it out there again, though.

In the Fingal Valley and East Coast precincts of our Municipality, we are surrounded by some amazing bushwalking areas, scenic places and such things, but visitors probably are not as well versed in them as they could be. Maybe there's even a fair few locals who aren't either, come to think of it .

I have no idea where to begin on this, but whether it's walking, cycling, climbing, abseiling or even base jumping for the real lunatics, all this is done, but most likely could and should be advertised better. Look at Derby, Maydena, soon St Helens and actually several more mountain bike destinations around Tassie, that have made this State one of the most visited off-road bike places anywhere. That's not to mention the beautiful sealed roads that are also a great cycling mecca, of course.

Right within close range of my town there is St Patricks Head and South Sister Lookout that could be more utilized and visited, for walkers and photographers. Even North Sister has had, at one time or another, a trail to access. Then there's Bare Rock near Fingal that, via the land owner's permission I believe, can be accessed for climbing/abseiling, and there is or was Meadstone Falls walks, Mathinna Falls and numerous other places that some of us enjoy, that may or may not be in the mix.

Maybe it's time that we start thinking about our region, especially the Fingal Valley, as a destination to come and enjoy doing things in, not as a pass-through point to the East Coast. Maybe it's time to get a few of us to talk about this and investigate.

Places like Derby have come a long way, and there are new opportunities opening up all the time, and while we may not see mountain biking as our opportunity, great bushwalks/hiking, climbing, maybe even four-wheel driving or trail bike riding in appropriate locations might one day be our opportunity.

I'd love to see a few replies to this and to get your thoughts and experiences on this topic, and to see if there is merit at all to pursue further ideas. Who knows, there might even be some business possibilities for some over time. Wouldn't that be great?

C'mon .. What do you think ?

*Reon and Wendy and all members of the Woodcraft Guild send
our heartfelt condolences to the Spilsbury family for the sad loss of
Judy.*

Time is too slow for those who wait

Too swift for those who fear

Too long for those who grieve

Too short for those who rejoice

But to those who love time is eternity

Henry Van Dyke

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 2.00-4.00pm. 15 Pendrigh Place, St Helens.

Cost: \$1.00 per cuppa.

AA

Wednesday night, Anglican Church Hall, Cecilia Street, St Helens @ 7.00 pm.

Friday night, Anglican Church Hall, Main Road St Marys @ 7.00 pm.

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.



Save the Date!



Stallholders interested in two special St Marys Christmas Markets???

Friday 29th November – CHRISTMAS AFTERNOON MARKET – 1pm to 5pm

Saturday 7th December – 9am to 1pm (usual market)

Saturday 21st December - CHRISTMAS MARKET – 9am to 1pm

Enquiries: Megan – 0418881315 or bodregionalarts@gmail.com

FREE Information Session

ALL YOU NEED TO KNOW ABOUT

Palliative Care Advanced Care Directives

Presented by

Palliative Care Tasmania

Fingal Valley Neighbourhood House

Talbot St

Monday

18 November 2019 1.30pm
ALL WELCOME

Celebrate the Opening of the



ST HELENS MOUNTAIN BIKE TRAILS

Friday 22 and Saturday 23 November

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

Here are just some of the things we have planned:

Friday - Official Opening 9am TRAILS OPEN!!!

11:30am - Official ribbon cutting at Swimcart Beach

12:30pm - Official ribbon cutting at Flagstaff Trailhead

Evening - Various activities - TBA

Saturday - Mountains to the Sea Trail-fest 10am til late

Family Hub - MTB skills coaching and more

MTB Demo Hub - MTB stunt rider and MTB stalls

Chillax Hub - Live music and more

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

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



Expressions of Interest to EXHIBIT or PERFORM at

St Marys Monthly Market



St Marys Monthly Market is looking to promote local/new/emerging performers, artists, musicians.

Are you starting out or entering a new phase in your artistic career? Have you been creating art and waiting for a chance to share it with the world? Here is your opportunity!

St Marys Monthly Markets are held at St Marys Town Hall on the first Saturday of each month. We are run by Break O' Day Regional Arts (BODRA). Our mission is to promote arts in the Break O' Day community and we want to help local artists gain exposure and experience in publicizing and performing their art.

Contact Bronwyn at bodregionalarts@gmail.com or 0490543888 for more details.

Gingerbread House Making Event



Everything provided to make house
Bring extra lollies
Morning Tea provided

Saturday 16th November

St Marys Anglican Church

10am - 12pm

COST: \$30 per person

PAY ON THE DAY

FINAL W.O.W CELEBRATION

**A LOOK BACK AT W.O.W OVER
THE LAST 5 YEARS.**

**No Cost FOR CELEBRATION
ONLY TO DO GINGERBREAD.
CHILDREN OVER 6 WELCOME WITH AN ADULT**

CALL CHRISTINE 0410 441 558

(an initiative of the Break O'Day Anglicans at St Marys)



Community Drop-in Session

Break O'Day Council and Centacare Evolve Housing will host a drop-in session to give the community an opportunity to discuss the proposed development of eight dwellings at Lot 20 Oberon Place, Scamander.

When: Tuesday 12 November 2019 from 1:00pm – 3:00pm

Where: Scamander Sports Complex, 1 Old Coach Road, Scamander

Background

The Tasmanian State Governments, Department of Communities sought tender submission from Community Housing Providers to deliver new dwellings in regional areas of Tasmania, in collaboration with local Councils. The dwellings would need to be delivered in the next year and be used exclusively to accommodate priority applicants from the Director of Housing's social register.

Centacare Evolve Housing (CEH) Proposal

CEH offered construction of a number of new dwellings across locations state-wide, one of which is located in this municipality. The site located in the Break O'Day Council area is for 8 dwellings at Lot 20 Oberon Place, Scamander. The eight dwellings will be two bedroom, one bathroom residences with an open plan kitchen, dining and living space.

Who is Centacare Evolve Housing?

Centacare Evolve Housing is a Tier 1 Community Housing Provider that is committed to contributing to an increase in the supply of social and affordable housing in Tasmania. CEH owns or manages over 1,700 social or affordable housing properties throughout Tasmania and are also building many new homes through an extensive building program that will add over 400 new properties to the social and affordable housing markets over the next few years.

We believe our business is about much more than managing and building properties. So, as well as providing a comprehensive and responsive tenancy management service, we have a strong social commitment to enhancing the wellbeing of our tenants and the communities in which we work.

FAQ

What are Priority Applicants? Priority applicants are applicants on the social register that require housing urgently due to disability, homelessness or potentially family violence.

What is the Director of Housing's social register? The social register is a list managed by Housing Connect that includes everyone that has applied for a social housing property and is awaiting allocation of a house.

Why Scamander? There are over 200 applicants on the social register seeking housing in the Break O'Day Council area and demand for this area is high.

I have more questions, whom can I speak too? Please come along to the information session where all your questions will be answered.

LOCAL PAYS BACK BIG TIME.

Break O'Day Community Triathlon – 14 weeks to go!

Imagine my surprise earlier this year when I received a phone call from Luke Faulkner. I hadn't seen Luke since teaching him at the St. Marys District School in the 1990s.

Luke was a terrific person to work with, being highly motivated, skilled and thoughtful. As a sports person he excelled especially at footy. Bairy (David Bain - PE Teacher at St. Marys in Luke's time) and I, often reflect on his ability and attitude.

Luke rang me about our Break O'Day Community Triathlon, saying he had heard good things about the event and asked if he could help out, as he had received tremendous support with his sporting endeavours at school and wanted to give something back.

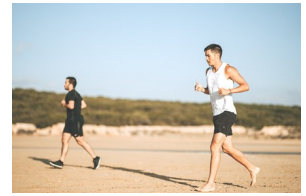
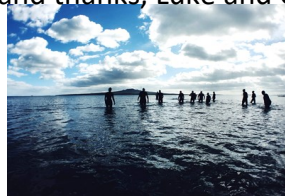
Obviously this was accepted gratefully and when Luke mentioned he could entice a celebrity guest to the Triathlon it was game on. Given Luke owns a Sports Company (LRF Sport Pty Ltd), I wondered who he had.

CRAIG MOTTRAM - "No way," I thought. "Yes", said Luke.

Readers, sensational Craig Mottram is coming to our Triathlon, on February 9th 2020. He is a four time Olympian and arguably Australia's greatest ever middle/long distance runner. Look him up on Google and marvel at his achievements.

Watch this space for more updates, and thanks, Luke and Craig.

Barry Le Fevre.



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.

St Marys Hospital Auxiliary A G M

will be held on the 11th November 2019 at 2pm.

Place; Community room at St Marys Hospital.

All present, past & prospective new members welcome.

A general meeting to follow.

Kevin Faulkner, Secretary.

CONTRACT BRIDGE

If anyone wants to play

bridge in St Marys,

or learn to play bridge, please phone

Jack Foreman on 0484 675 044.



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



Opening Hours:

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

We have books,
ebooks & audiobooks
in languages other
than English

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 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.

Phone 6374 2157



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ST HELENS	88FM
ST MARYS	88FM
FINGAL	88FM



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

HOBART TRIP



CHRISTMAS SHOPPING

Date: Saturday 23rd November, 2019

Time: Leave FVNH 8.30am

Cost: \$10 per person

by Wednesday 20th November

Call into Office to book your seat along with
payment by Wednesday 20th November



Stop at Campbell Town and Mood Food



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

GROUND WORK

Landscaping, Mini Digger & Gardening Services

PLANT SALES

Every Friday & Saturday

10am - 4pm

14 Rex Court, St Helens

In St Helens Industrial Estate

Ph 0409 971 201

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Available: KITS: SLABS: INSTALLATION

CONTACT: Dave at DCM SHEDS

PH: 0490 704 327

Email: dcmsheds@gmail.com

ST MARYS SPORTS CENTRE NEWS

By: Vollen Tier

Hey, it's great to be back again after a short interlude, talking about all things at the Centre and much more. Cheers goes to the VV team for letting us go to print again.

Firstly to what's coming up, there will be a crib night on Friday the 15th of November commencing at 6:30pm, cost \$10 per player which includes a light supper and some great cash prizes for the winners. These have been fantastic events in the past, well supported and some spirited cards being played, so if you are interested in a great evening, come along.

On Saturday the 23rd of November there will be an R-rated Trivia Night, commencing at 6:00pm, tables of 6-8 or just rock up and we will find a spot for you, most fun you can have sitting down. Cost again just \$10 per player and supper supplied and great prizes up for grabs. Hosted by the usual suspects Macca and Blackie, a fun night is guaranteed.

Golf: YES EVERYONE, THE COURSE IS STILL OPEN AND GOLF IS BEING PLAYED. Come and have a hit on Sundays at 11am, leisurely 9 hole only, so no stress. All welcome from experienced to those just wanting to have a hit and learn. Our intrepid few players would like to see some new faces and hear some new jokes. As I always say, there's only one thing worse than 9 holes of golf and that's 18 holes.

Bowls: Yes the season is underway again, first game against Scamander at home ended in a narrow loss by just 2 shots over all, great first up effort. A fortnight ago we travelled to Swansea and had a game of water polo instead, just managing to get 16 ends in which constituted a game, but unfortunately going down by 16 shots. Saturday the 9th November, at home to Bicheno and playing for the Madsen Shield, and the following week away to Scamander.

Anyone interested in learning and playing the game, are quite welcome to come along on Thursdays after 4pm for a roll, barefoot if you like, and plenty of gear at the club for you to use, as well as the bar facilities.

We have just conducted our Melbourne Cup Sweep draw, so good luck to those who entered, and may your horse run faster than your luck running out. Quick thanks to Jeff, Maxine and Tamatha for the wonderful afternoon spread.

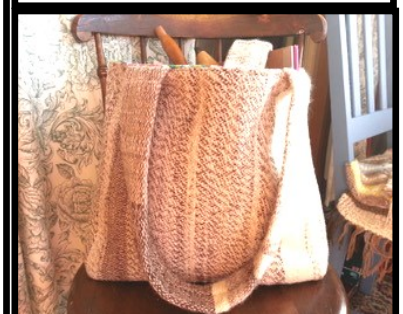
Also a great thank you to the volunteer crew who are looking after the course and bowls green, what a great job you are all doing.

Until next time, great hitting and rolling to you all.



The Sun Coast Spinners next meet at Avoca on 19 November, 2019. All welcome. Please phone Jacinta on (03) 6384 2355 for directions.

Some of the handiwork completed by Evelyn Hoogland, who was a complete novice when she first joined the group, and is now turning her home spun wool into lovely hand - woven heirlooms.



Who is this “LCLC” and what do they do?

You have probably noticed notices each issue from “LCLC”, telling you about an information day which is happening soon. So who are LCLC, and what do they do?

Launceston Community Legal Centre (LCLC) is our local free visiting legal service. They are not Legal Aid. The LCLC solicitors can give legal advice on a wide range of legal issues **not** including Criminal Law.

The idea behind the Commonwealth-funded Community Legal Centres, is to provide one-on-one free legal advice to vulnerable members of the community. They also work with communities to increase the level of knowledge about when the law may impact on someone’s life, and what to do about it, so that it doesn’t end up in unnecessary cost and stress. There are several ways they go about doing this.

In Fingal we have LCLC trained local Legal Literacy Volunteers (LLVs). The Volunteers are not lawyers and do not give legal advice. Volunteers have the time and expertise to fill out forms, read documents, give information and, if necessary, refer people to one of the LCLC solicitors.

All LCLC services are free of charge. All LCLC staff and Volunteers are required to maintain absolute confidentiality for every client they see. This means if they see you outside a “Legal Literacy” appointment, they will not acknowledge they have ever seen you as a client. It also means that this is probably why you have never heard of them!

From time to time, LCLC will organise “Community Legal Education” or other talks, in response to issues which seem to be topical in the community. These talks are designed to give everyone an introduction to important areas of law we all need to know a bit about. Working with LCLC, Fingal Valley Neighbourhood House has organised several talks to happen on the same day, Monday 18th of November at the House under the umbrella of “Life is Short ...Be prepared!”

The program is:-

10am The LCLC solicitor will give a talk on “Wills, Powers of Attorney and Enduring Guardianship”. This is a surprisingly interesting area and it is worth coming along to watch myths being blown away and facts being presented.

11.30am The Financial Information Service Officer from Department of Human Services will give a talk on retirement income considerations.

How does the pension income and asset test work?

What, if any, changes has the Government made to the rules lately?

How do I go about making a claim? And lots, lots more.

1.30pm Palliative Care Tasmania will give a talk on “Advanced Care Planning and What Exactly is Palliative Care”. This talk is designed to give everyone the tools to stay in control of their lives to the end.

The day is full of information you are not likely to get in one place on one day again. Everyone in the Valley is invited to join LCLC and put names and faces to these valuable local and visiting services on the 18th. Morning tea will be provided. You don’t have to attend all sessions, just come to the ones that you want to know more about.

Please let Shirley at Fingal Valley Neighbourhood House on 6374 2344 know if you can come, so that she can make sure there are enough chairs!



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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.

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WHO IS COTA?

COTA Tasmania has represented older Tasmanians for over 60 years. While individual issues may have changed over time, the determination and commitment of COTA to make sure that the voices of older Tasmanians are heard has not.

COTA Tasmania is governed by an elected board of directors who are supported by dedicated staff and volunteers. Together, we strive to make sure that the contributions of older people are proudly recognised and acknowledged in Tasmania.

Their values include:

To respect and value the contribution and lived experience of Australians as they age, and support each person's right to make choices and to participate in their community.

To value the great diversity that characterises Australians of all age, and are committed to genuine exchange and engagement with all older people in Australia.

To communicate and work collaboratively with older people, with each other, with our partners, and with the Australian community, to achieve the vision and mission of COTA.

To operate accountably, ethically, honestly and openly, and strive for excellence in all our interactions.

They provide a range of aged care information and support services for individuals, families, groups and service providers. They can talk to you about the different options, and help you to access the services you need. COTA is happy to speak one-on-one, in small groups, at meetings, and hold information sessions such as the one held recently at the Fingal Valley Neighbourhood House in Fingal.

COTA Tasmania is funded by the Tasmanian Government to provide a range of elder abuse prevention programs, including Information Sessions for staff and volunteers who work with older people, and Peer Education for the community.

They are also rolling-out across the state the "Strength for Life" program, which aims to improve health outcomes, fitness and quality of life for older people through strength and balance training. This service will be available to everyone aged 50 or older, and 40 or older for Aboriginal and Torres Strait Islanders.

COTA Tasmania is located at 'Westella', 181 Elizabeth Street, Hobart, and can be contacted by phone, on (03) 6231 3265, or by email at: admin@cotatas.org.au. They also have a website: www.cotatas.org.au.

COTA TASMANIA ANNUAL GENERAL MEETING WITH SPECIAL GUEST SPEAKER SHANE GOULD

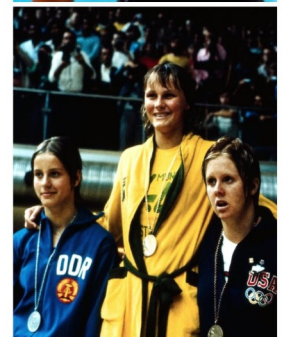
**When: 2pm, Wednesday 20
November**

**Where: Tasmanian Hockey Centre,
19 Bell St, New Town**

**RSVP to COTA on 6231 3265 or email
admin@cotatas.org.au**

RSVPs close Friday 8 Nov

Shane Gould MBE, takes her place in Australia's sporting heritage as one of the world's greatest female swimmers. She swam at the Munich 1972 Olympics, and is still the only woman ever to win 5 individual medals. Residing on the East Coast of Tasmania, Shane maintains an active lifestyle and in 2018 took out the title of Australian Survivor.



Johns Family Charity Golf Day Supporting Suicide Prevention Au

This great day of golf is to raise money for Suicide Prevention Australia.
It is a 3-person Ambrose

Cost \$20 per person

Come along for a day of great golf, and help raise funds.

Saturday November 30th 2019

10am for 10.30 start

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 Financial Information Service Officer**

Fingal Valley Neighbourhood House
 Talbot St

**Monday
 18 November 2019 11.30am
 ALL WELCOME**

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“BATTERY OF THE NATION” SHOWCASES TASMANIA’S NATURAL ELECTRICITY ASSETS

TASMANIA TO CONTINUE BEING LOWEST CARBON-EMISSION STATE.

Renewable energy is perhaps Tasmania’s greatest economic opportunity for the next decade, with our “Battery of the Nation” pumped hydro plans, new wind farm projects and now a bigger second interconnector set to create thousands of jobs and billions in investment for Tasmania over the coming years.

Tasmania has what the rest of the country needs, and “Battery of the Nation” represents one of the most reliable and cost-competitive solutions for meeting Australia’s demand for affordable, reliable and clean energy. We will provide the nation not just renewable energy, but the most cost-competitive storage options in Australia, through our pumped hydro projects, meaning we can supply renewable energy even when the wind isn’t blowing and the sun’s not shining. The now larger 1,500 megawatt interconnector will unlock Tasmania’s full renewable energy potential, which according to the latest independent economic modelling for Project Marinus, estimates up to \$6.5 billion will be injected into the Tasmanian economy and create 2,400 jobs over the future years to come.

While the new interconnector will deliver huge financial and employment benefits to Tasmania, it will also help Australia’s transition to a low emissions future, by providing clean, readily dispatchable renewable energy.

The Tasmanian government is committed to ensuring that Tasmanians only pay their fair share for what is strategic national infrastructure benefiting the nation. This is nation building, and both State and Federal governments are working together to grab this enormous opportunity for Tasmania with both hands. Importantly, Tasmanians come first, with our “Tasmania First” energy policy. We are focused on delivering Tasmanian residents and businesses the lowest regulated electricity prices in the nation, and being 100 per cent self-sufficient in renewables by 2022, and we are on track. “Battery of the Nation” will make Tasmania, the engine room of Australia. It’s about utilising our significant natural advantages – producing an abundance of renewable energy for our state and beyond, whilst placing downward pressure on Tasmanian prices, as we sell surplus power to the mainland, delivering a revenue stream to invest in our state and essential services – for all Tasmanians.

Practically on the ground, delivering “Battery of the Nation” will mean building more wind farms, more infrastructure and more pumped hydro capacity. This means jobs, thousands of new Tasmania jobs. These projects will create jobs in design, engineering, project management, civil construction, electrical and mechanical trade skills, and transport, and so on throughout the Tasmanian supply chain. It means kids will be trained and given real job opportunities in their local area, rather than leaving to seek opportunities elsewhere. Our regional towns will experience an influx of people into the area, buying houses, spending money in the local shops, pubs and business, supporting the local sporting teams and community organisations.

Tasmania’s credentials as a leader in the production of affordable, reliable and clean renewable energy will also catch the attention of business across the country and internationally, particularly in manufacturing and mineral processing, leading to more local business investment, more jobs and more community benefits. To ensure Tasmanians benefit from these new jobs, we are working with the Australian Government, who have committed \$17 million to provide fee-free training in priority skills for Tasmanians, to ensure we have the highly skilled workforce to build and maintain pumped hydro to realise our renewable energy opportunities. We are focused on ensuring Tasmanians have the skills to be job-ready when the employment opportunities arrive.

“Battery of the Nation” will also help establish Tasmania as a global leader in tackling climate change. Tasmania was the first state in this country to reach zero net emissions in 2016. Tasmania has the lowest per capita emissions of all states and territories and one of the lowest emitters of carbon dioxide on the planet. Tasmania’s up-sized interconnector and energy investments will deliver up to 45 million tonnes of CO2 equivalent reduction in emissions by 2050.

This hasn’t happened by accident. We have a climate action policy and strategies to deliver practical measures to support business and households to improve efficiencies and reduce emissions, an action plan that was delivered by this Government.

The Hodgman majority Liberal Government’s number one priority is to create jobs, grow the economy and protect the Tasmanian way of life. We have a plan to achieve this and it’s clear that plan is working.

Guy Barnett, Minister for Energy.



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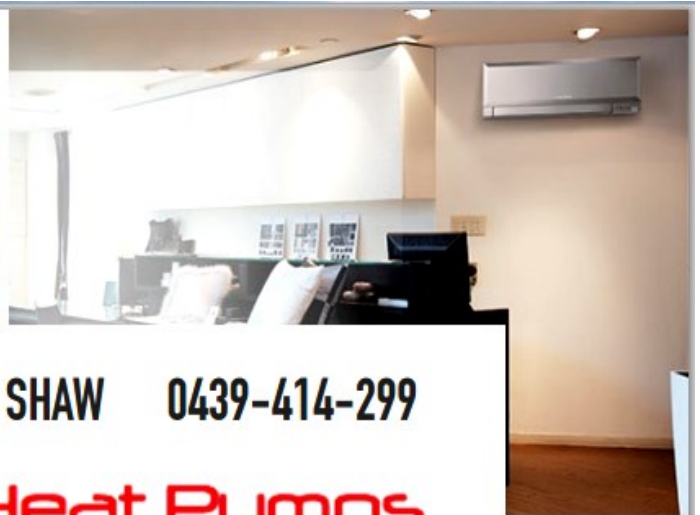
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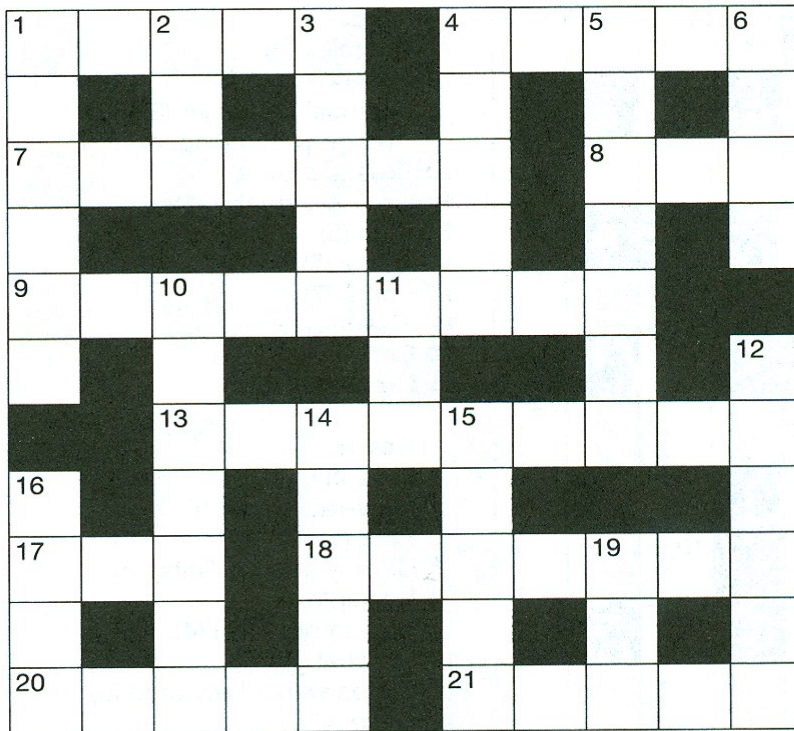
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Crossword 51.20



Across

- 1 Due (5)
- 4 Ruin (5)
- 7 Certificate (7)
- 8 Founded (abbr) (3)
- 9 Rued (9)
- 13 Medical care (9)
- 17 Vivian, to her friends (3)
- 18 Biblical letter (7)
- 20 Least good (5)
- 21 Celtic priest (5)

Down

- 1 Commands (6)
- 2 Rascal (3)
- 3 Sphere (5)
- 4 Sting (5)
- 5 Late (7)
- 6 Very many (4)
- 10 Recover from (3,4)
- 11 US airport security bureau (inits) (3)
- 12 Be at (6)
- 14 Incident (5)
- 15 Bronze medal position (5)
- 16 Assert (4)
- 19 Maundy day (abbr) (3)

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

Regardless of your political persuasion it was very much appreciated that the Hon. Mark Sheldon donated to the Guild a Tasmanian State Flag. From all members we say thank you.



Picture of the Hon. Mark Sheldon with our member Dave Baker

**ROAD CLOSURE AT START OF
ROGAINING CHAMPIONSHIP**

On Saturday November 9th 2019, there will be a 10-minute road closure from 11:00 am, for the start of the Australasian Rogaining Championships, when a large number of walkers/runners will be on the road.

The closure will be on Binalong Bay Road, at the Moulting Bay campground intersection.

If you have any questions or concerns, please contact me on 0414 297 487.

Paul Tuft,
Event Organiser,
Rogaining Tasmania.

Traffic Management Plan



Australasian Rogaining Championships

9-10 November 2019

**CAMPERS URGED TO TAKE CARE WITH FIRES AT CAMPSITES
AS RESTRICTIONS REMAIN IN PLACE**

Restrictions on campfires, pot fires and other solid fuel stoves are now in place at identified Parks and Wildlife Service (PWS) campgrounds around the State to help reduce the risk of bushfires. These restrictions are important to help protect visitors and the community. Refer to the attached map for the areas affected.

In the current dry conditions, campfires can easily escape, spread rapidly, are difficult to control and threaten people in campgrounds and nearby communities.

Restrictions have also been imposed on the use of pot fires as sparks, embers and disposal of ash from pot fires can also provide an ignition source. Gas stoves and gas barbecues will be permitted.

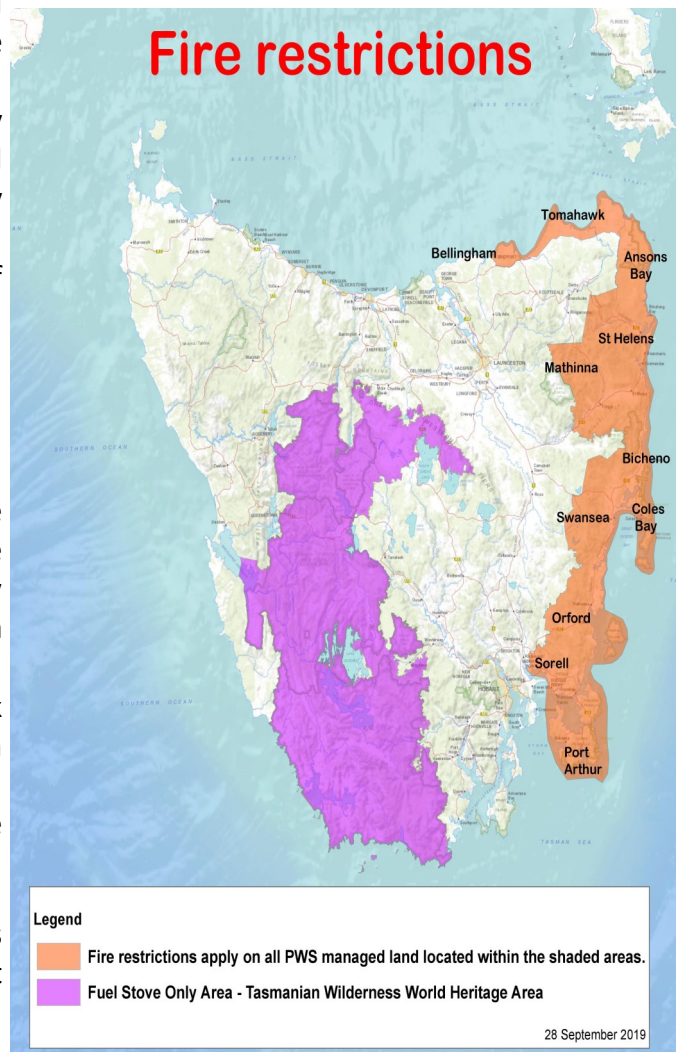
The seasonal campfire restrictions apply to: All coastal reserves from Bellingham to Bridport, the north east coastal strip from Waterhouse Conservation Area to Mt William National Park, Snaky Creek and Tooms Lake Conservation Areas, and Maria Island National Park .

All other national parks and reserves in the Break O’Day, Glamorgan – Spring Bay, Sorell and Tasman Municipalities.

Further areas may be added if the fire risk in those areas escalates over spring and early summer.

Information on the locations affected by restrictions are available on the PWS website at www.parks.tas.gov.au

Fire restrictions



Get In2 Gear Learner Driver Mentor Program is looking for Mentors .

Do you remember when you were learning to drive? All the jerky starts, the constant reminders to slow down or speed up, the near misses as you took the corner too fast, and the relief on your parents' faces when you got home safely?

The State government has started a new campaign aimed at improving the safety of newly licensed drivers. It's called "Quality Time", and is built on the premise that learner drivers, and new licence holders, need MORE PRACTICE, MORE CONDITIONS, MORE OFTEN, to help them be better motorist.

"More Practice" means that learner drivers need as much supervised driving practice as possible. This builds experience, and allows them to get the skills they need to make safer decisions on the road, and be safer drivers. The evidence is that 80 to 120 hours of practice driving reduces a learner driver's risk of a crash when they start driving solo.

"More Conditions" refers to the different road states and weather conditions we experience as we drive. Gravel roads, road works, driving at night, rural traffic and city traffic all carry different requirements for safe driving, and the more experience learner drivers have while they are supervised, the better they will be at handling them after they gain their drivers' licence. Trucks make up a large number of vehicles on the road, and the skills needed to drive safely behind and in front of them are vital for avoiding accidents involving heavy vehicles.

"More Often" means that the learner sees how the time of day, and the day of the week affect the driving conditions in different area in different ways. The time of year also is an important factor, with more interstate and foreign drivers being common in the tourist season. Farm equipment are a risk factor in rural areas, with seasonal road use a part of country life.

There are 15 short videos that capture the challenge - and the humour - learner drivers and their instructors experience when learning to drive and being a supervisor.

Check them out at: <http://www.rsac.tas.gov.au>.

If you are interested in becoming a valued Learner Driver Mentor, contact Erica Lowry, at Erica.Lowry@bodc.tas.gov.au



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

7/11/19

Dr K. Rawnsley

7/11, 8/11, 12/11, 15/11, 19/11 & 22/11/2019

**Doctor's appointment are needed 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 wishes to remind the community of the following exceptions to bulk billing at the St Marys Community Health Centre:

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

The above are NOT covered by Medicare, and may incur 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

Doctor's Appointments

Due to high demands on our doctors, 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

- 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
- 11th Nov **Physiotherapist**—For appointments please see your GP or Health Professional for a referral.
Hospital Auxiliary Meeting 2pm in the Day Room.
- 12th Nov **HUB4HEALTH Board Meeting** 6:00pm-7:30pm in the Day Room.
Podiatry North- For appointments please phone 6777 3006
- 13th Nov **Day Centre-** call Hayley Gilbert on 6387 5555 for information on the group.
Social Worker Shan Williams
Call 6387 5555 for appointments
- 14th Nov **2nd Bite Delivery**
Diabetes Tasmania— Melanie & Sally please see your GP for a referral 9:30am-3:00pm
Social Worker Shan Williams
Call 6387 5555 for appointments
- 15th Nov **Social Worker** Shan Williams
Call 6387 5555 for appointments

- 18th Nov **Physiotherapist**—For appointments please see your GP or Health Professional for a referral.
TLC Meeting (Tasmanian Lymphoedema Centre) 5:00pm in the Day Room.
- 19th Nov **Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381
Max Employment—9:00am-3:30pm downstairs.
- 20th Nov **Day Centre-** call Hayley Gilbert on 6387 5555 for information on the group.
- 21st Nov **2nd Bite Delivery**
Social Worker Shan Williams
Call 6387 5555 for appointments.
Meals on Wheel— Christmas Lunch 12:00–2:00pm in the Day Room
- 22nd Nov **2nd Bite Delivery**
Social Worker Shan Williams
Call 6387 5555 for appointments.

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.




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

SENATOR JONATHON DUNIAM
LIBERAL SENATOR FOR **TASMANIA**

● Ground Floor, 85 Meoquarie 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 Meoquarie 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

**THE OLD TASMANIAN HOTEL
COMMUNITY CENTRE**

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the East Coast and
Valley community!*



Brian Mitchell MP
Your Federal Member for Lyons



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

Labor  **REBUILD OUR REGIONS**

Authorised by Brian Mitchell MP 53B Main Road Perth

Senator Claire
CHANDLER
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Your new
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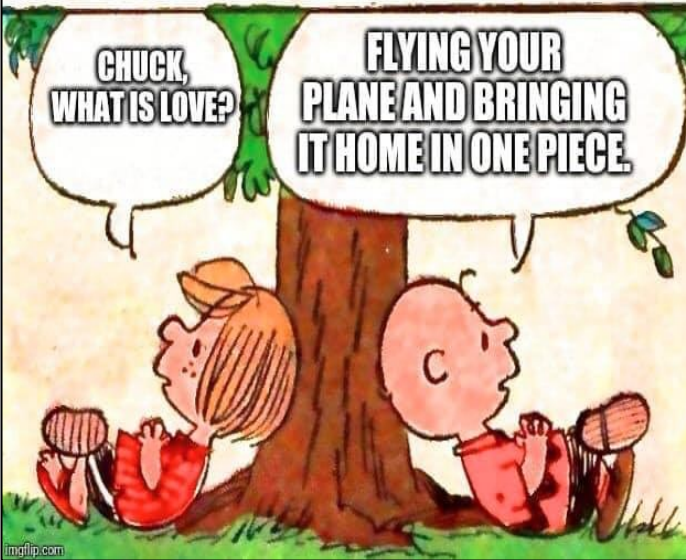

03 6223 1135
@ Senator.Chandler@aph.gov.au
f SenatorChandler

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

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2001 Holden Rodeo LX Twin Cab Ute 6 Cylinder Manual,
Air Conditioning, Tow Bar,
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FRIDAY THE 15th NOVEMBER

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6.30pm START

ENTRY: \$10 Per Player

Includes a light supper

Great Cash Prizes

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3:30-5PM
ALL GIRLS
10-15 YRS OLD**



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GIRLS
GROUP**

Food, friends, beach, talk,
craft, music, fun.

Venue at Falmouth/Fingal

Permission forms from
St Marys School or FVNH

More info- 0422742297



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



Hi Festival Friends

We all know what the early bird gets ...A festival ticket, so well done all of you who have them - as we are all sold out. Haven't got one? – here's an idea...

We are really keen to get more volunteers – so for 2 hours volunteering – you get a free ticket, so go to our website and register to volunteer and we will be in touch. Win / Win

However, to those who were in the rush to secure a festival ticket from the Newsagent - did you perhaps forget to buy a VIP TASTING PASS for one of the **cooking classes being held in the SMEG Masterclass Kitchen** in the Hall?

Well you are in luck there are a few left, but be quick, click on bichenofestivals.com.au and book a spot now. Yes you can attend any class for free - however to sit up front and get your lips around all the tasty bits you will need a ticket. Numbers are limited to just 20 per session.

Now - Calling all Teenage Foodies (and teenagers at heart) - For the first time, this year we have a fun, hands-on class (ok that means flour and chocolate etc but don't worry we have aprons) with Chef Mellanie. This class is all about **making your kind of party food** !

Think awesome sausage rolls, really sticky chicken wings and rich saucy chocolate cake. Are we on track here? Don't wait... check out the details on the masterclass page at bichenofestivals.com.au and book your spot, or a spot for a group of you and friends.

Our Festival is pioneering a composting program for our waste this year – so our stallholders are on board with their containers and now we need all festival goers to dispose of their stuff correctly as well. If it works, this could be rolled out around Tasmanian festivals and events, so we are really excited by this project. A 1st for the East Coast and Tasmania. For Festival goers, you will see the novel waste management system in action.

So - please think about becoming a volunteer - genuine Bicheno hospitality and friendliness is what the Festival is all about - and you get a ticket too. And why not book a master class if you haven't already. And go to our website to see all the great things that are planned in and around Bicheno for the whole weekend and

Let's hope everyone has a safe and wonderful weekend... only a few weeks to go!

Cheers

David Reed, Chairman



How do you contact us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

Facebook: Hub4Health

Our Aim:

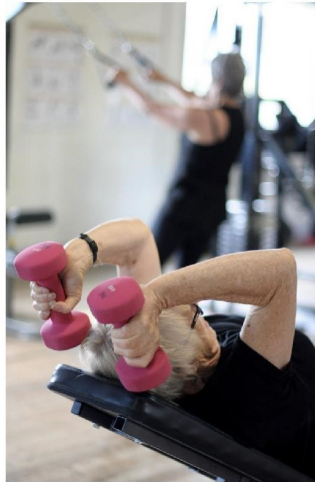
To support and facilitate health and wellbeing programs to rural and remote communities within the Break O'Day Municipality and beyond.

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



Mini Bus For Sale

After a long period of consideration the Hub4Health Board of Management has decided to sell our mini bus. Offers over \$30 000

Toyota Hiace

Manufacture Year: 2011

Body type: BUS

Colour: White with grey trims

Automatic

12 seater, 94,000 km,

No hires further hires

For further information please contact admin@hub4health.org.au



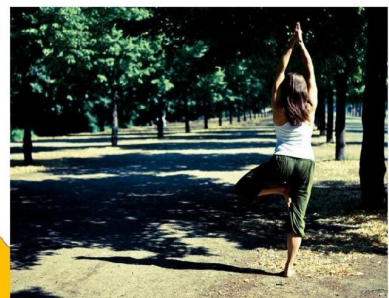
Yoga.

St Marys District School Gym

\$10 pp All Classes 5.15-6.30pm

Few mats available, all props provided

Contact Katrin: 0402 315 564



HAYSHED

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TRADING AS HOLDERS BROS

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Sunday.....8 am to 10.00am

Sunday papers & normal trading

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Christmas Day.....Closed

Phone : 6374 2171

Fax : 6374 2393

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caltexstmarys@bigpond.com

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Monday to Friday



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Email: shop@cndiga.com.au
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 Fri 7.30am - 7.00pm
 Sat 7.30am - 6.30pm
 Sun 8.00am - 6.00pm

<p>Week 1 6-Novemeber—12 November</p> <p>1/2 price</p> <table border="0"> <tr><td>Greenseas tuna 95g</td><td style="text-align: right;">\$1.00</td></tr> <tr><td>Mars Medium Bars</td><td style="text-align: right;">\$1.00</td></tr> <tr><td>Nescafe coffee sachets 10pk</td><td style="text-align: right;">\$3.30</td></tr> <tr><td>Oreo cookies 137g</td><td style="text-align: right;">\$1.00</td></tr> <tr><td>Four n Twenty pies 4 pk</td><td style="text-align: right;">\$3.99</td></tr> </table> <p><u>Managers Special</u></p> <table border="0"> <tr><td>Bickfords iced coffee's 500ml</td><td style="text-align: right;">\$3.99</td></tr> <tr><td>B & G lime juice</td><td style="text-align: right;">\$0.99</td></tr> <tr><td>Cherry tomatoes punnet</td><td style="text-align: right;">\$3.39</td></tr> <tr><td>Limes per kg</td><td style="text-align: right;">\$12.99</td></tr> </table>	Greenseas tuna 95g	\$1.00	Mars Medium Bars	\$1.00	Nescafe coffee sachets 10pk	\$3.30	Oreo cookies 137g	\$1.00	Four n Twenty pies 4 pk	\$3.99	Bickfords iced coffee's 500ml	\$3.99	B & G lime juice	\$0.99	Cherry tomatoes punnet	\$3.39	Limes per kg	\$12.99	<p>Week 2 13-november— 19.November</p> <table border="0"> <tr><td>Peters drumsticks 4pk</td><td style="text-align: right;">\$3.99</td></tr> <tr><td>Red bull 4pk</td><td style="text-align: right;">\$6.99</td></tr> <tr><td>Leggo pasta sauces 490-500g</td><td style="text-align: right;">\$2.49</td></tr> <tr><td>Chum dry dog food 8kg</td><td style="text-align: right;">\$15.99</td></tr> <tr><td>Coca-cola soft drink 24pk</td><td style="text-align: right;">\$16.99</td></tr> </table> <p><u>Managers Specials</u></p> <table border="0"> <tr><td>Brawny garbage bags 15's</td><td style="text-align: right;">\$1.99</td></tr> <tr><td>B & G gingernut biscuits</td><td style="text-align: right;">\$1.29</td></tr> <tr><td>Party glow sticks 15pk</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>Corallite cotton balls 100's</td><td style="text-align: right;">\$1.00</td></tr> </table>	Peters drumsticks 4pk	\$3.99	Red bull 4pk	\$6.99	Leggo pasta sauces 490-500g	\$2.49	Chum dry dog food 8kg	\$15.99	Coca-cola soft drink 24pk	\$16.99	Brawny garbage bags 15's	\$1.99	B & G gingernut biscuits	\$1.29	Party glow sticks 15pk	\$2.50	Corallite cotton balls 100's	\$1.00
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|---|---|

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0 609722 951852

Crossword Solution

ISSUE 51.19

P	E	R	S	O	N	A	L	I	T	Y
X		P	U		I		A			
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W	A	K	E	T	H	E	D	E	A	D