

# THE VALLEY AND EAST COAST VOICE

Established 1968

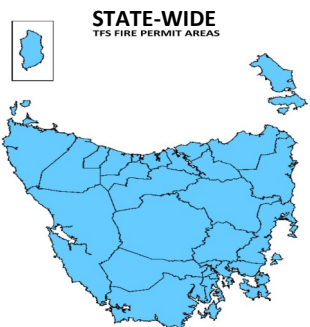
Edition 51.21 21th November 2019

Deadline for 51:22 is at 5.00pm on Monday 2nd December 2019

## BUSHFIRE BRIEFING SESSION AT FINGAL PUTS COMMUNITY ON ALERT CURRENT FIRES PROVE RISK IN VALLEY

With 15 bushfires being battled this morning—20 November—we need to be sure that we are ready in case our property comes under threat! The Tasmanian Fire Service is currently holding Community Pre-Fire Season Briefings at various location throughout the state, including ones which were held at St Helens and St Marys on 30th October, and one at Fingal on Wednesday, 6th November, which was attended by more than 30 people. District Officer James Newstead welcomed all who attended, then passed over to Chris Hughs, of the Break O’Day Council. She iterated the importance of being prepared, and spoke of how the Council plays its role in support, especially in providing evacuation points, and asking for people to think about volunteering at these vital places. After Group Captain Gerald Aulich paid tribute to the late Ryhan Street, a valuable member of the St Marys brigade who recently passed away, residents of Fingal, Mangana and Mathinna, along with volunteer fire-fighters from

### FIRE PERMITS ARE REQUIRED



Avoca, listened as District Officer Newstead outlined the soil and vegetation dryness conditions presently in place. He then introduced Community Development Officer David Cleaver, who gave a detailed talk on how to be bushfire prepared.

**Embers**, which can precede a bushfire by up to 3 kilometres, are a major cause for concern, and it is important that anything which is close to the buildings be cleared away for about 6 metres. As the bushfire season continues, it is vital that **all restrictions**, both bushfire and burn-off, **be obeyed**, and that **any fire**, no matter how small, **is reported to TFS**, giving an accurate location, so that it can be assessed and monitored.

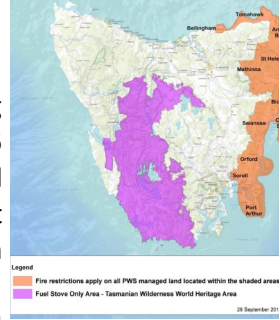
**Prepare or revise your bushfire safety plan, make sure you have a survival kit ready, and keep up to date with alerts via [fire.tas.gov.au](http://fire.tas.gov.au), or ABC radio.**

A point that was raised is that isolated elderly people are likely to be unaware of approaching bushfires, and so it is important that neighbours check on them periodically.

**Fire permits are now required state-wide**, and restrictions on campfires, pot fires and other solid fuel stoves have been in place at identified Parks and Wildlife Service (PWS) campgrounds around the State to help reduce the risk of bushfires for some weeks now. These restrictions are important to help protect visitors and the community. See the map above right for the areas affected.

### CAMPFIRE

#### RESTRICTION MAP



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 are permitted at the moment.

### The 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, and 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.

**Bushfire information is always available on the TFS website**, and information on the locations affected by restrictions are available on the PWS website at [www.parks.tas.gov.au](http://www.parks.tas.gov.au)

## INSIDE THIS EDITION

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

**Editor:** Elizabeth Death

**Email:** [valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)

**Phone:** 03 6374 2344 **Website:** [www.valleyvoice.com.au](http://www.valleyvoice.com.au)

[Facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)

PO Box 322 Fingal Tasmania 7214

**For all account enquiries, please contact:**

[valleyvoice@fvnh.org.au](mailto: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](mailto:valleyvoice@fvnh.org.au)

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 compiling the roster over the years, and on behalf of the recipients, say, "Thank you very much, Val."



## NEW DROUGHT PACKAGE IS WELCOME SUPPORT FOR EASTERN MUNICIPALITIES

### BREAK O'DAY TO RECEIVE ADDITIONAL FUNDING FROM FURTHER PROGRAMS

Break O'Day and Glamorgan Spring Bay municipalities will receive an additional \$1 million each to stimulate the local economies, as part of the Federal Government's major extension of drought support. Liberal Senator for Tasmania, Claire Chandler, confirmed that both municipalities were eligible for the extension of the Drought Communities Program, which was announced by Prime Minister Scott Morrison on 7th November 2019.

Break O'Day and Glamorgan Spring Bay Council will also be eligible for additional funding through the 'Building Better Regions Fund' and the 'Roads to Recovery' programs announced today. "Both municipalities are dealing with serious rainfall deficiencies over the past few years and it's critical that we keep the local economy moving, through investment and infrastructure projects," Senator Chandler said. The extended package will boost local jobs, and respond to individual community needs. As the Prime Minister noted today, the government is supporting farmers with direct financial assistance, but they are also taking the further steps to assist communities feeling the strain, as spending in local towns slows down due to drought.



The \$1 million each for Break O'Day and Glamorgan-Spring Bay is on top of funding of \$1 million that has already received to progress projects that stimulate rural economies and support local jobs. Recent work under the first round of funding has included the restoration and upgrading of

Gray Mares Tail track at the top of St Marys Pass, the erection of a multi-purpose bus shelter at the Mathinna Recreation Ground, and streetscaping work being completed along the main street of Fingal.

Senator Chandler thanked the Prime Minister, and the Minister for Drought, adding, "It is very important that Tasmanian communities facing drought are not forgotten."

Further information on available support it is available at : <http://www.agriculture.gov.au/drought/>



### 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

We dedicate this "Out of the Woodwork" to all the firefighters, volunteers, support workers and ambulance officers and wildlife carers, for their selfless assistance in these trying times. THANK YOU.

Our heart-felt best wishes to all who have been affected by the fires.





### Little Miss Mad

The media has a terrible habit of following trends in the news. Do you remember in 2018 the overwhelming amount of stories about the Sudanese gangs in Melbourne? It seemed as if every second story was about them. It wasn't because there were numerous gangs just from Sudan breaking the law. It was because it was popular then. As terrible as it sounds, people love a story about fear. East-African gangs were popular last year because it was newsworthy and played on people's fears which created greater fear.

Playing to the fears of the public isn't exactly bad, but doing it in the way the media does, is training our minds to imagine certain things for certain groups of people. It's teaching us who we should be afraid of, based upon their appearance and the actions of others similar to them.

In public, people are afraid of Muslims. They judge them on the actions of others, but no one is afraid of white men because the actions of a Nazi sympathizer are simply actions of the individual. When a Muslim performs an act of terror the media titles him with words such as 'ISIS' and 'radical', but when a white man commits a terror act they tell us three things about him: his mental health, his political views and whether or not he is a Nazi.

In America, after Trump banned Muslim countries from entering the US, there have been increased amounts of white supremacist terrorist acts, some even targeting Muslims due to the racist sentiment that Trump has been promoting. And because of this hate that is building against the Muslim faith, there are increased amounts of detrimental stories that paint them in a negative light.

This builds an intolerance to the specific race and creates a racist mindset.

To prove this, I asked my friends about what words came to mind when I said "Muslim". They came up with words such as oppression, terrorism and ISIS. All negative things, correct? And then I asked what came to mind when I said 'Christianity'? They came up with 'good people', angels, rules and heaven. What we end up thinking is that Muslim equals fear. The media is teaching us to be racist, and to associate the evil actions of the individual and blame it on the collective. Trends in the news are dangerous, and maybe they should just tell the news instead of painting stories in a specific light.

### A Short Story by Chloe Malley

#### There

He said when he was a boy the man ferns loomed thirty meters. We chuckled; a boy with a mind too big for his eyes.

Then standing under these moss covered giants, wonder was shining.

Laid on an old trunk, I watched the ripple of a canopy unseen for many lifetimes.



# FINGAL FOCUS

( A journey of a thousand Kilometres starts with one step..)

**A man escaped from** prison by digging a tunnel from his cell to the outside world. He emerged out of the tunnel into a school playground. Elated he shouted, "I'm free!" "So what," said a little girl who watched him, "I'm four."

**Before you criticise** someone, walk a mile in his shoes. That way you're a mile away and you have his shoes.

**A middle age woman** went to a fortune teller. "I see only good news for you," says the fortune teller. "You will meet a tall, dark, handsome stranger who will sweep you off your feet and make you just incredibly happy." "That's fantastic," the woman says. "However, I do have one small question." "What is that?" asked the fortune teller. "What do I do with my husband?"

**"Doctor, doctor,** I keep thinking I'm a set of curtains!" "Oh, pull yourself together."

**"Doctor, doctor,** I keep thinking I'm a bell." "Well go home and if it persists, give me a ring."

**"Doctor, doctor,** I keep thinking I'm invisible." "Who said that?"

**"Doctor, doctor,** people keep ignoring me." "Next!"

**A waiter brought** a steak which was ordered to the customer, with his thumb firmly on the steak. The customer was furious, "What do you mean by putting your thumb on my meat?" "Well," the waiter replied, "you wouldn't want it to fall on the floor again."

**If I eat my** Weetbix , am I a cereal killer?

**My friend** asked me, " What rhymes with orange?" I said, "No it doesn't."

**What is orange** and sounds like a carrot? A carrot.

**My wife told** me to stop acting like a flamingo....so I had to put my foot down.

**Two men were** on opposite sides of a river. One shouted to the other, "Help me get to the other side of the river, please." To which the other man shouted, "You are on the other side!"

Well, I thought they were funny.....Mike B.

## The Say by the “Cage Rattler”

Everybody knows my opinion on commercial free to air television, mostly on the back of mind numbing reality TV shows like the current forbidden marriage garbage, and shows of similar brain-deceased ilk. Then there is endless infotainment or awful morning television shows that insult intelligence. At least on Auntie there is some okay stuff, but that's about it. Other than the local news, I can count on one hand the times I've looked at commercial TV at all.

To some of us, but at cost of course, is Foxtel. Now we're talking to keen TV watchers. Here is a novelty for you. Television is both entertaining and very often educational. I've been a customer now for about 14 years, and view History Channel, National Geographic, National Geographic Wild, Discovery Science, BBC Earth, Weather Channel, several news channels, movie channel, sports channels and motoring channels. Music channels too, of numerous genre's, and some great dedicated old shows channels. Then there's the kids channels, of course .

All during November on Discovery Science, the shows have a cosmos/space/universe and astronomy theme, and most of these shows featuring some of the world's greatest astronomy experts are just superb. Just about every evening at the moment, I'm taking in some of these shows. Similarly the History Channel do themed shows on a myriad of historical stories. I could go on and on....better not though.

Back to the trash on commercial channels though. Why can't they do much better? There was a time when they did, and before the advent of the endless sensationalised cooking, building and dating shows, there were some good movies, occasional documentaries worth a look, and kids shows featuring some educational themes. They even used to run a gardening or travel show that wasn't too terrible.

Commercial television channels in general should be a lot more accountable for content, and direction has certainly shifted over time, and to the detriment of families, I'd suggest. The ABC thankfully is still flying the flag much better in that regard, and shows like Backroads, Australian Story, Four Corners, Foreign Correspondent, and some pretty good mini-series or history-based series definitely fill some gaps.

Maybe if commercial TV is all you have, picking up a book, throwing on a good DVD or browsing on the Net might be a more productive and enjoyable option . . .

What do you think ?



### **Judith Ann Spilsbury**

On behalf of Judy's daughter Felicity, son Tony, her grandchildren and extended family, we would like to sincerely thank all relatives, neighbours and friends for their support, floral tributes, phone calls, cards, personal visits and online tributes.

Thank you so much to all those who were able to attend the funeral and graveside services, and we would ask that all accept this as our personal expression of thanks at the sad loss of our beloved Mother & Nan. We would like to express our appreciation to Envoy Melanie Norton, the St Marys Community Health Centre, Launceston General Hospital and Finney's Funeral Services.



## 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 4<sup>th</sup> Wednesday of each month.

Guest Speakers.

Bus trips. Visit local attractions.

Time: 10.00 am. Where: Scamander Beach Hotel

Contact: Marj Aulich 0473 238 077

or Val Spencer 0437 397 219.

### Eastcoast RC Flyers

Remote control flying every Sunday at

145 Reids Road Priory (St Helens), from 9.00 am.

Visitors welcome. Phone Paul on 6372 2529.

## Have you been quoted on your insurance?

Bring in your current policy, let us give you a quote, and we'll say thanks with a free coffee.

<b>Date</b>	15 November to 31 December
<b>Time</b>	10am - 4pm
<b>Where</b>	41 Cecilia Street St Helens

Call 6376 2560 for more information.



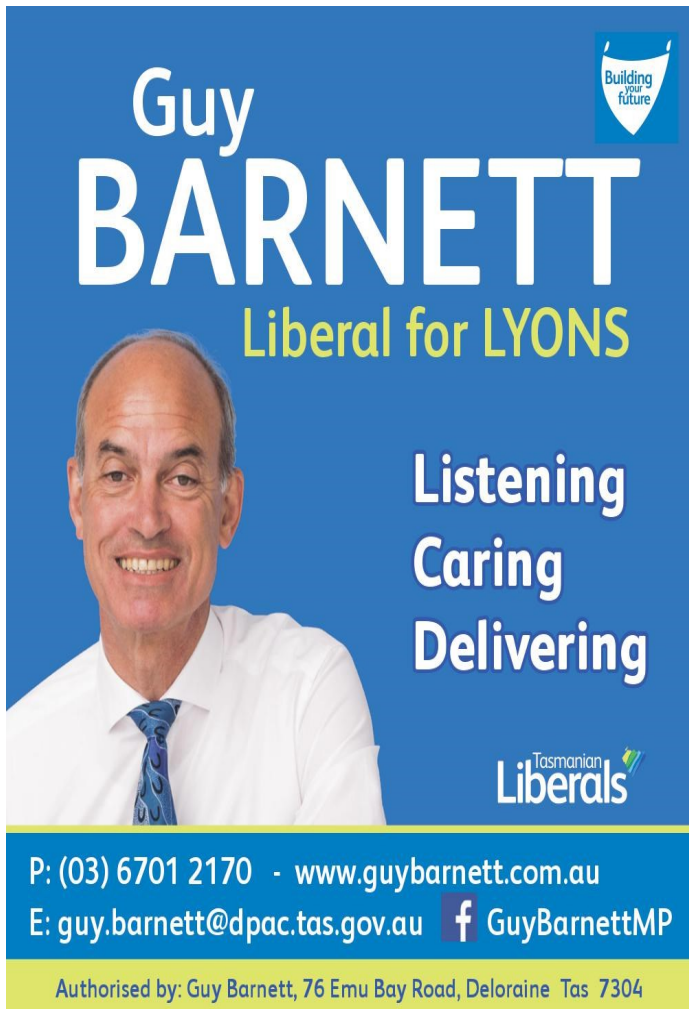
**Bendigo Bank**

Bigger than a bank.

[bendigobank.com.au/insurance](https://bendigobank.com.au/insurance)

Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. Insurance issued by Insurance Australia Limited ABN 11 000 016 722 (IAL) trading as CGU Insurance (CGU). The Bank acts under its own AFSL and under an agreement with the insurer. You should consider the Product Disclosure Statement available at [bendigobank.com.au](https://bendigobank.com.au) before making a decision. A268051-3 (508760\_v2) (8/11/2019)






**Guy BARNETT**  
Liberal for LYONS

**Listening  
Caring  
Delivering**

Tasmanian Liberals

P: (03) 6701 2170 - [www.guybarnett.com.au](http://www.guybarnett.com.au)  
E: [guy.barnett@dpac.tas.gov.au](mailto:guy.barnett@dpac.tas.gov.au)  [GuyBarnettMP](https://www.facebook.com/GuyBarnettMP)

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

## BLOCKED EARS?

Specialist Clinicians—Gentle—No syringing—All ages

### MICRO-SUCTION

### WAX REMOVAL CLINIC

Comfort Clean Ear provides specialist ear cleaning using dry and gentle micro-suction. No water, no dangerous syringing. Your ears are in good hands at Comfort Clean Ear.

Feel the relief. Hear the relief.

**Visiting Ochre Medical Centre,**

**St Helens**

**on 7th January, 2020.**

**Phone 1300 380 060**

Comfort Clean Ear

Micro-suction wax removal clinic

**Home Visits are available on request!**

## St 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.

## 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:



## 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. Baily (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.

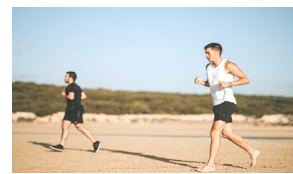
Obviously this was accepted gratefully and when Luke mentioned he could entice a celebrity guest to the Triathlon it was game on. Given Luke owns a Sports Company (LRF Sport Pty Ltd), I wondered who he had.

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.



## FINGAL CHRISTMAS FESTIVITIES

**The Fingal Christmas Parade will be floating it's way down the street on Sunday 22 December, at 4.00 pm.**

So with Christmas only 5 weeks away, it's time to start planning your costume, decorating your bike or scooter, and building your float!

Prizes will be given for best costume for both boys and girls, in different age groups, and best decorated bike or scooter, along with best float, and for you lighting designers, the best Christmas light display at a home will also be rewarded!

The parade will meet at the Fingal Fire Station, and start at 4.00 pm, going along Talbot Street to Brown Street, then turning into Grant Street, to finish at the Fingal Valley Neighbourhood House back gate, with judging of costumes, bikes and scooters taking place in the yard.

There will be a jumping castle, face painting and spray tattoos for the children, with icy poles and lollies being given out. A chocolate wheel and barbeque will also be part of the celebrations.

Tickets for the Christmas Stocking raffle, pictured right, will soon be available, priced at \$2.00 each, or 3 for \$5.00, and will be drawn on the night.



**So get busy planning, sewing, hanging lights, and decorating, you just might win a prize!**

## 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

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

eLibrary: [www.libraries.tas.gov.au](http://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 5<sup>th</sup> Sundays; combined service with Uniting Church & Christian Fellowship

#### St Marys

Holy Trinity: 9.30am cuppa, 10.00am every Sunday

13 Main Street, St Marys

#### Pyengana

St Michael & All Angels: 7.30pm 4<sup>th</sup> Sundays only

28007 Tasman Highway, Pyengana



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



**Vision  
Christian  
Radio**

Life Changing Music,  
Uplifting Talk



**VISION** CHRISTIAN  
RADIO

#### LISTEN NOW

BINALONG BAY	87.8FM
ST HELENS	88FM
ST MARYS	88FM
FINGAL	88FM

## Harris Funerals

**St Helens, Bicheno & Fingal Valley**

*We are here when you need us.*

*Burial or cremation, traditional or  
unique funeral services available.*

### **Office & Chapel:**

46 Tully Street St Helens

**6376 1153 ~ 0418 133 420**

[tamara@harrisfunerals.com.au](mailto:tamara@harrisfunerals.com.au)

Member of the

Australian Funeral Directors Association







**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**



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

## CHRISTMAS LUNCHEON



DATE: Wednesday 11<sup>th</sup> December, 2019

TIME: 12 noon for 12.30pm

COST: \$10 per person



MAIN: Turkey, Ham and Vegetables  
with Dessert

R.S.V.P essential by Wednesday 4th  
December as limited space is available

Contact FVNH on 63742344



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

# **GARAGES AWNINGS CARPORTS**

## **GARDEN SHEDS & AVIARIES**

**Available: KITS: SLABS: INSTALLATION**

**CONTACT: Dave at DCM SHEDS**

**PH: 0490 704 327**

**Email: [dcmsheds@gmail.com](mailto:dcmsheds@gmail.com)**

**We are local and we are the manufacturers**

## Fairy terns “turn on the charm” at Scamander

Fourteen courting fairy terns were spotted in the Scamander River mouth bird sanctuary, where dogs are currently prohibited until the end of March 2020. This small tern species is listed as vulnerable to extinction in Tasmania and nationally. Less than 100 breeding pairs are thought to be present in Tasmania.

Like the hooded plover and other shorebird species, they nest on the sand and choose wide-open sandy sites for their nesting colonies. If disturbed, the camouflaged eggs and chicks are vulnerable to predation or simply being stepped on.

It is important people observe the prohibited area for dogs in Break O’Day at this time of year. Signs at Scamander have maps showing the prohibited area and there is a link to an online map for all of Break O’Day on Council’s website.

Failing to comply with Council’s Dog Management Policy and PWS Regulations can lead to prosecution and a costly beach visit.



### Taking your dog to the beach

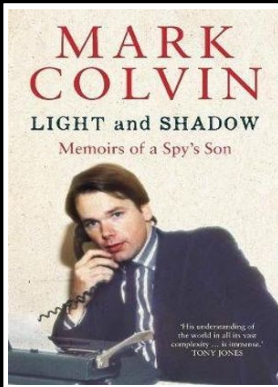
Break O’Day Council and the Parks and Wildlife Service have erected new signs up and down the coast to mark changed ‘dog zones’ for beach access.

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

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

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





## LIGHT AND SHADOW, Memoirs of a Spy's Son

Book review by Pam Bretz

Loyal listeners to ABC's Radio National news commentary program "PM" would be familiar with the name Mark Colvin. For 20 years he presented the program till his death in 2017, and his cultured voice was instantly recognisable. This book is an account of his life and is an attempt to find parallels between his career path and that of his father.

Born in London in 1952 into a well connected family, (his father was a British diplomat and his mother had family connections to a former Prime Minister of Australia), he graduated from Oxford University with a degree in English Literature but no real idea of what he wanted to do. He arrived in Australia in 1974, and by 1975, was working on the radio station then known as Double J (later to become Triple J). His talents were recognised and after three years he was in Canberra as an ABC TV news producer. At the age of 28 he was posted to London as foreign correspondent, and in that role covered many of the trouble spots of the time like the American hostage crisis in Tehran, with which he opens the book, and the rise of the Solidarity Movement in Poland.

Working back in Australia for the 7.30 Report, he travelled to Rwanda to cover the massacres, and while there he contracted a rare auto-immune disease, the treatment of which caused numerous serious side effects which would stay with him for life. From 1997 till his death in 2017 he was presenter of "PM" and earned the respect of all his colleagues.

His book does not dwell on his illnesses, and we learn virtually nothing of his personal life. Rather, it is an attempt to find connections with his father's chosen career and his own, as "information gatherers" as he puts it. As an adult he learns very indirectly that his father was actually working for MI5 under cover as a diplomat, but to protect the family this was never openly discussed. Mark goes to visit him when his father is on a posting to Ulan Bator in Mongolia, and it is here that he observes at first hand the life of a spy, checking the security of rooms for listening devices and rubbing shoulders with famous people in very exotic locations. For many of us, this was one of the most entertaining parts of the book.

While it is indisputable that Mark Colvin led an amazing, interesting and influential life, the account of it is somewhat pedestrian. There is so much material to cover and so many well known names and places to mention that the memoir becomes a very long and dense read. To begin his story during the hostage crisis throws us immediately into what it means to be a reporter in a dangerous situation. We are then returned to his childhood with public boarding school bullying and an absent but much admired father, before he launches into the world of journalism. Along the way he meditates on the similarities between his career and that of his father, which the title would suggest is one of his major concerns in writing the book.

For those who remember his presence on ABC TV and Radio this would be a "stroll down memory lane", and a reminder of how much effort was put into keeping us informed of current happenings in our world. This is a record for family, friends, colleagues and admirers of a life lived in service to the delivery of information to the public.

## **Smart Farms Small Grants to help with farming innovation**

Up to \$5 million will be provided under Round 3 of Smart Farms Small Grants for farmers to promote innovation and develop more sustainable farming practices. Liberal Senator for Tasmania, Claire Chandler, encouraged eligible Tasmanian farmers to apply for grants.

"Farmers with innovative and sustainable ideas on how to improve management of resources on their farms or benefit the environment can apply for grants of up to \$50,000 under Round Three of the Smart Farms Small Grants program," Senator Chandler said. "Grants of between \$5,000 and \$50,000 are available, and I encourage any eligible Tasmanian farmer with new techniques and ideas to apply for a grant. The Smart Farms Small Grants is another way the Morrison Coalition Government is encouraging the development of new skills and building better and more sustainable agricultural practices. Tasmania's agriculture industry is a pillar of the State's economy, and further growth will create more jobs and bring more money into the state."

Projects funded under the first two rounds of the program included new soil acidity management techniques, virtual fencing to protect riparian habitat, improved orchard pollination and bee health using drone technology, as well as mentoring activities connecting farmers and students. The Smart Farms program is the key agriculture initiative under phase two of the National Landcare Program. **Round 3 Smart Farms Small Grants applications are open until 19 December 2019. For more information and to apply, visit the Community Grants Hub website [www.communitygrants.gov.au](http://www.communitygrants.gov.au)**

*Taken from Press Statement by Liberal Senator Claire Chandler*





**MG**  
Roberts Plumbing  
PTY LTD

*Authorised Tasmanian Distributor*

## The trusted name in waste water

Ozzi Kleen has been a trusted name in sewage treatment since the 1990s. As an Australian owned and operated manufacturer, Suncoast Waste Water Management developed and released the range of household Ozzi Kleen products into the market after decades of extensive experience within the sewage treatment industry. By installing an Ozzi Kleen Sewage Treatment System you can join the many thousands of households already enjoying the benefits of an endless supply of recycled water to reuse on your property for watering gardens, lawns and trees. The Ozzi Kleen Sewage Treatment System treats up to 2,000 litres of waste water every day. This is equivalent to 10 persons using 200 litres of water each day. Operating on a cyclic, fully aerobic basis, waste water treatment is highly efficient, processing it into irrigation water within hours.

### Benefits to you

- 100% aerobic or oxygen treatment
- No septic process/less odour
- Single, durable polyethylene tank
- Advanced effluent with nutrient removal
- Handles most common household cleaning agents and antibiotics under normal use
- Cost effective and reliable
- Safe and environmentally friendly
- Lower running costs due to Ozzi Kleen cyclic aeration process
- Approved Australia wide to strict Australian Standards

### Ozzi Kleen advantages

Ozzi Kleen Sewage Treatment Systems are built to last. The heavy-duty polyethylene tank is up to 20mm thick and is, weight for weight, 100 times stronger than concrete. As the Ozzi Kleen tank is roto-moulded and completely seamless, there is no risk of seepage, leaking or root intrusion.

www.  
[mgrobertsplumbing.com.au](http://mgrobertsplumbing.com.au)

**OZZI KLEEN**  
Water & Waste Water

**Call Michael Roberts today for a QUOTE on 1800 623 821 or email: [michael@mgroberts.com.au](mailto:michael@mgroberts.com.au)**

## 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, **PYENGANA**; - OPEN 9am – 12pm Wednesday and 2pm-5pm Sunday.

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

### BLACK WATER DUMP POINTS

#### BREAK O'DAY MUNICIPALITY

St Helens—117 Tully Street, St Helens

Fingal—13 Talbot Street, Fingal

St Marys—Harefield Road, St Marys.

No charges apply to use black water dump points.



### FREE GREEN WASTE

Every Sunday from:

**3 November - 23 February**

**You can dispose of your green waste for free at the following Waste Transfer Stations:  
St Helens, Scamander and St Marys.**





**St Mary's Christmas Eve Celebrations****3.00P.M****CHILDREN'S PARTY****Free JUMPING CASTLE****Free FACE PAINTING****Giveaways for all age groups****Visit from Santa****5.00P.M****Christmas Float Parade****Enter your float and you could win****1st prize \$300****2nd prize \$200****3rd prize \$100****Also 3 participation prizes****For more information contact us through our Facebook page  
(St Marys Christmas Eve Celebrations)****No need to register****BICHENO BOWLS CLUB Inc. PRESENTS:****COME ALONG TO A TRIVIA NIGHT TO BE  
HELD AT THE CLUB ON****Saturday the 7th<sup>rd</sup> of December****COMMENCING AT 6pm****The night Is Rated R (Some Course Language)****TABLES OF 6 PEOPLE \$10 PER PERSON****Includes a Light Supper****BOOKINGS ARE ESSENTIAL****Call MARK: 0437464432****Or SHAUN: 0438455587****Or BOOK AT THE CLUB****COME ALONG FOR A FUN NIGHT OUT****OVER 45 ?****GOING THROUGH A BIT OF A  
ROUGH PATCH ?**

**COME AND HAVE A YARN  
WITH SOME CARING FOLK  
AT "THE SAFE PLACE"**

**We're going to be at  
Mathinna Recreation Ground  
On Monday 27th November  
From 10am to 2pm**

This mobile coffee and talk 'outreach' is part of a much larger Australian Government funded trial program to help local communities reduce suicide.

**It's a safe place to talk.**

We have a network of local assistance for those in need or alternatively if you would like to know more about the trial please contact:

Trial Site Coordinator on  
6376 1134 or 0474 139 935

Or email: [trialsite@sthelensnhh.org.au](mailto:trialsite@sthelensnhh.org.au)

*Supported by Primary Health Tasmania  
under the Australian Government's  
Primary Health Network*





### **St Marys Newsagency**

3 Story Street, St Marys.

Phone 6372 2143

Monday– Friday	6.00am – 5.00pm
Saturday	7.00am – 4.00pm
Sunday	7.00am – 3.00pm

Newspapers, magazines, stationery, toys, gifts, cards and much, much more!

Check out all our new gift lines.....

"SPRING HAS SPRUNG" COME ON IN A CHECK OUT OUR RANGE OF GARDENING SUPPLIES AND SEEDLINGS. 25L Potting Mix.....\$9.95

OUR HARDWARE RANGE IS CONTINUALLY EXPANDING.

Tools, tape, nails and screws, plumbing supplies...

CAMPING GEAR

Tent pegs, rope, tarpaulins, kettles....

15% off all Rod and Reel Combos 10% off all other fishing gear and tackle

**FOR THE MONTH OF NOVEMBER**



***(THIS BUSINESS IS FOR SALE. ENQUIRIES TO 0419 038 271)***



# HILLY'S ST MARYS

A FULL SERVICE SUPERMARKET  
WITH EXTENDED RANGES IN GROCERY, DAIRY, FREEZER, AND GENERAL MERCHANDISE  
LARGE DELICATESSEN, SEAFOOD, MEAT, AND FRUIT & VEGETABLE DEPARTMENTS

HILLYS FAMOUS BBQ CHICKENS      MADE-INSTORE PIZZAS  
COOKIES FRIED CHICKEN BURGERS, POPPETTES AND WRAPS  
HUGE VEGAN AND GLUTEN-FREE RANGE, ALL CLEARLY TICKETED  
WINTER APPAREL, TOYS AND HARDWARE    100'S OF EXTRA SPECIALS EACH WEEK  
FREE PIECE OF FRUIT FOR THE KIDS

BEST PRICES ON BULK DOG FOOD AND BIRDSEEDS  
SENIOR DISCOUNT WEDNESDAY      CARRY-TO-CAR SERVICE  
HILLYS REWARDS CARD-SAVE POINTS DURING THE YEAR TO PAY FOR XMAS GROCERIES



## Open House and Garden

396 Elephant Pass Road  
St Marys

**SATURDAY 30<sup>th</sup> NOVEMBER**  
**10.00am–2.00pm**

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

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

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



GEORGES BAY MUSIC PRESENTS

## LUNCH AND MUNCH

AT TIDAL WATERS RESORT

FRIDAY NOVEMBER 29<sup>TH</sup> 12PM - 2PM



SPECIAL GUEST ARTISTS

SIMONE LEE JAZZ SINGER

DON IVES AND BAND

JO KING

MEMBERS \$8 - NON MEMBERS \$12

**A GREAT AFTERNOON'S ENTERTAINMENT**

# YOUR LOCAL REAL ESTATE SPECIALIST

**Thinking of buying or selling?  
Contact Kate Walsh today to  
discuss all  
your Real Estate requirements,  
big or small!**



## **Kate Walsh**

Property Consultant

0419 683 904

[kwalsh.sthelens@ljh.com.au](mailto:kwalsh.sthelens@ljh.com.au)

36 Cecilia Street, St Helens TAS 7216

[sthelens.ljhooker.com.au](http://sthelens.ljhooker.com.au)



**LJ Hooker St Helens are actively looking for properties to sell in your local areas.**

**Thinking of selling? Give our friendly staff at**

**LJ Hooker St Helens a call today!**

## NEW LEGISLATION TO PROTECT TASMANIA'S PENGUINS

Following the recent mauling of penguins in a number of rookeries, the State government recently tabled a new bill, designed to increase fines for owners of dogs which enter prohibited areas, or kill or maim protected wildlife.

The Dog Control Amendment Bill will be debated shortly, and was compiled after consultation with appropriate wildlife groups and the public. It includes a new offence for cases where a dog injures or kills sensitive animals and birds in specified areas, and a conviction can result in large fines, costs and the dog being destroyed.

The penalty for taking a dog into a prohibited area of sensitive habitat for natural wildlife will increase, and is designed to support local councils wanting to ban the entry of dogs into ecologically sensitive areas. This will enable better protection of penguin rookeries, among other areas.



The government is committed to having this new legislation in place before the peak breeding season over summer. Action already taken to improve the protection of penguins include working with community and NRM groups to improve habitat for penguins by removing weeds, replanting appropriate vegetation and setting up artificial nesting boxes in reserves and on private land, and providing education to the public, and protection of birds over the summer months at popular rookeries, by Discovery Rangers.



*Information supplied by Guy Barnett, Minister for Primary Industries and Water.*



# Public Notices



## DEPARTMENT of STATE GROWTH

### Expressions of Interest - Tasmanian Employment Partnership Break O'Day Projects

Expressions of interest are now open for eligible businesses to deliver one or more services as part of the Tasmanian Employment Partnership - Jobs Action Package, in the Break O'Day Local Government Area.

The successful applicants will be required to deliver the services over a two-year period (first quarter 2020 - first quarter 2022).

The Tasmanian Employment Partnership - Jobs Action Package is a Tasmanian Government funded initiative to connect local people with local jobs in regional Tasmania. Tasmanian Government, partnering with the Tasmanian Council of Social Services (TasCOSS) and the Tasmanian Chamber of Commerce and Industry (TCCI) have led community and business consultations, and worked closely with communities to develop projects to better service the demands of local employers and jobseekers.

Three Projects have been developed and endorsed by the community.

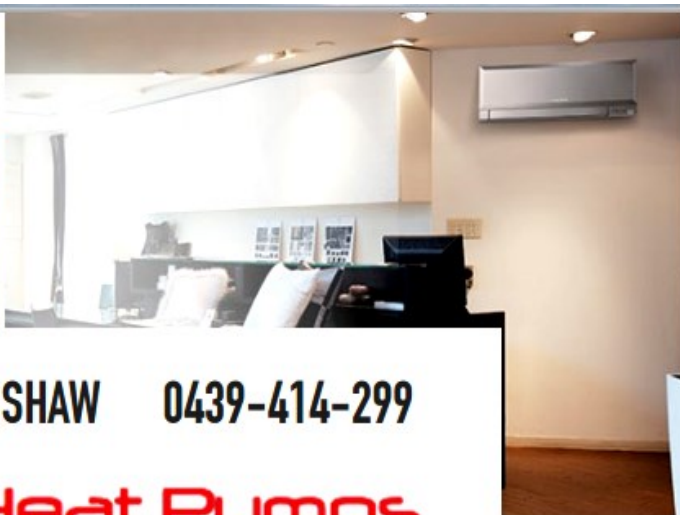
1. Break O'Day Employer Services Broker - A locally-based Employer Connector Service
2. Coaching and Community Participation - A locally-based Job Seeker Connector
3. Online Information Hub - A locally-developed Online Information Hub

EOI applications open 9am, Monday, 18 November and will close 5pm, Wednesday, 18 December 2019. Proponents are encouraged to work with the community and be innovative in approach. Subject to the outcome of the EOI process, the Assessment Panel will negotiate the final details with the successful proponent(s). The total budget for the three project elements is \$600,000 (excl GST).

For further information and to submit an EOI, you will need to use the SmartyGrants online application form at [skills.smartygrants.com.au/BreakO'DayProjects2019](https://skills.smartygrants.com.au/BreakO'DayProjects2019)

For all enquiries please contact the Employment Partnership Project Manager, Bill Duhig, on (03) 6165 6042, or by email on [bill.duhig@skills.tas.gov.au](mailto:bill.duhig@skills.tas.gov.au)





**NICK SHAW 0439-414-299**

**Coastal Heat Pumps  
& Solar**

Lic no. L076081  
Lic no. A4155228

**Specialising in both Domestic and Commercial projects**  
Tax deductible for business  
Tier 1 supplier, for the best quality solar systems  
1 kW - 100 kW systems available  
Call us today for a **FREE SOLAR QUOTE**  
Already have a quote?  
**WE'LL BEAT IT BY 5 %**

Install one of our leading brands of  
Heat Pumps today and stay **WARM** this **WINTER**  
while still staying **COOL** in **SUMMER**.  
-Floor mounted-  
-Wall mounted-  
-Fully Ducted systems  
-up to 18kW



**St. Helens Electrical**

**Domestic, Commercial, Industrial**  
New houses, wiring and repairs  
Underground mains supply

**Lighting Specialist**  
Interior and Exterior  
Advice, sales, and installation

**Heat Pump/Heater Installations**  
Supply and install all brands  
Floor, Wall, Ducted  
Advice on all home heating

**Solar Installation**  
Domestic and business  
1kW to 100kW

Call for a free quote

**Rod Shaw 0407-615-072**

**Nick Shaw 0439-414-299**

24798 Tasman Highway  
St. Helens, Tas. 7216

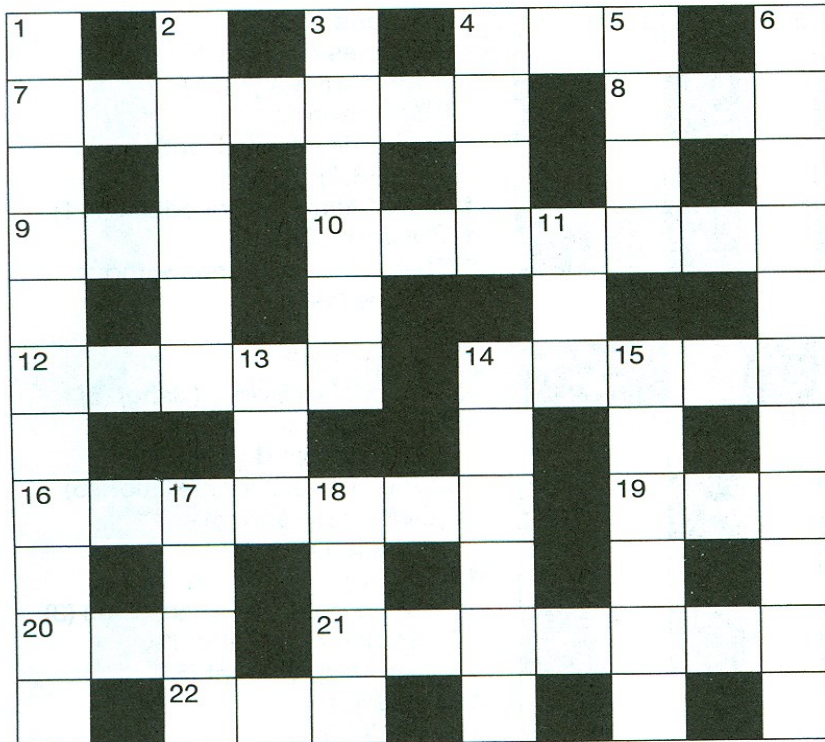
Email:  
[sth.electrical@gmail.com](mailto:sth.electrical@gmail.com)



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



## Crossword 51.21



### Across

- 4 Silent (3)  
 7 Ignorant (7)  
 8 Piece of corn (3)  
 9 Rower (3)  
 10 Connected (7)  
 12 Acts like a baby? (5)  
 14 Chocolate substitute (5)  
 16 Shout out (7)  
 19 NCO rank (abbr) (3)  
 20 'Not yet public' (inits) (3)  
 21 A temporary fortification (7)  
 22 Nutritional statistic (inits) (3)

### Down

- 1 Panting (3,2,6)  
 2 Bone filling (6)  
 3 Large, tusked marine mammal (6)  
 4 Whimper (4)  
 5 Animal flesh eaten as food (4)  
 6 Reputation (11)  
 11 Actress, Gardner (3)  
 13 Text-speak laugh (inits) (3)  
 14 Farce (6)  
 15 Get back (6)  
 17 Burn (4)  
 18 Ambience; mood (4)

## All Weed Solutions

ABN 605 6549 5606

Chemical Spraying Specialists

Boom Spray Spot Spray Cut & Paste

Certified, Licensed & Experienced

Fully Insured

**ANY WEED, ANYWHERE!!!**

for a free quote, phone:

**Maurice 0438 081 473**

Email: [allweedsolutions@bigpond.com](mailto:allweedsolutions@bigpond.com)



St John's Wort  
 Ragwort

Dandelion

Broadleaf

Dockweed

Bonaseed

Hawthorn

Thistles

Cumbungi

Bracken Fern  
 Willow Trees

Blackberry

Capeweed

Fennel

Briar Rose

Holly

Oxalis

Ivy

Gorse

Broom

Patterson's Curse  
 Flat Weeds  
 Salsify

Stinging Nettle  
 Erica  
 Boxthorn

Onion Weed  
 Spanish Heath

Pampas Grass  
 Wild Raddish  
 Serrated Tussock

## **CLASSIFIEDS**

### **Floor Mats—made from recycled plastic**

Practical—Indoor/outdoor—Mould free

Hose wash—Contemporary—Casual

Looks like straw mat—Bright colours

Indigenous and other designs

Durable & Portable

Hard wearing indoor or roll/fold up for  
camping or picnics.

Priced from \$40

Phone 0474 767 861 - Scamander

### **Moo Poo**

See Normie

6372 2380

### **PAIN? LACK OF ENERGY? ALLERGIES?**

I can help with this and more, using  
Kinesiology, Reset, Reiki and Access Barsâ.

Bicheno, Mondays; Fingal, Tuesdays;

St Marys, Thursdays.

Ph Bree on 0450 068 328

### **Work Wanted!**

I am a qualified and experienced Landscape Gardener.

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

For more information call Mark on

0457 168 521



**223 Invermay Road, INVERMAY**

**Ph 03 6326 5722**

**[www.pellows.com.au](http://www.pellows.com.au)**



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



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

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

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



We employ qualified mechanical staff and on-

site servicing and repairs for all brands of domestic and commercial mowing and small engine gar-  
dening equipment. We also offer a pick-up and delivery service for in-store purchases and work-  
shop repairs to the East coast.





# C & D EXCAVATIONS

*For all your earthmoving requirements*

- Road gravel.
- Top soil, screened topsoil.
- Sand and rocks.
- On sight screener 20mm - 75mm.
- 20 tonne excavators with tilt bucket, ripper, rock and log grabber and quick hitch.
- D65 Komatsu dozer with ripper and tilt blade.
- 10 yard tipper.
- Compaction roller.
- Wheel loader.

Dams, roads, firebreaks, land clearing, house sites, drainage, bridge construction and much, much more ...



LOCAL OWNER/OPERATOR WITH  
OVER 25 YEARS EXPERIENCE

Call Dana or Craig: 6372 2033/0439 722 032

## CLEAN CRACK LAUNDROMAT

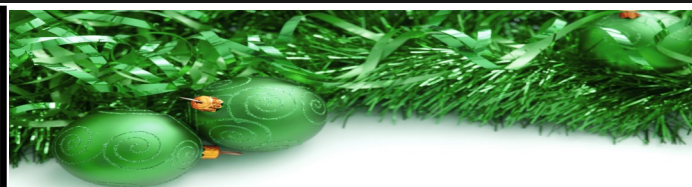
**Coin Operated  
Washers and  
Dryers**

**Open 7 Days**

**32 Main St**

**St Marys**

**OPENING HOURS,  
APPROXIMATELY  
SAME AS COACH  
HOUSE RESTAURANT**



St Helens/St Marys Community Bank will be collecting CHRISTMAS donations for Anglicare this year.

We look forward to seeing you all with your generous donations of non-perishable foods as well as Christmas gifts Please label- Male, Female or Child and age.

Enquiries please phone the branch  
63762560







## Australasian Rogaining Championships conclude.

The Australasian 24hr Rogaining Championships took place over the weekend of 9 and 10 November near St Helens.

The event was won by Julie Quinn and David Baldwin from the ACT covering a total distance of 90 kilometres. Event Director Peter Tuft said Paul Williams and David Symons from WA came second overall, and Andre Morkel (WA) and Tim Sikma (NZ) third.

"We had 282 competitors in 125 teams across 15 categories, who traversed often rough terrain in fine but cool weather," Mr Tuft said. Over the 24 hours of the championships event, competitors used only a map and compass to visit checkpoints from the beach to thick bush, by daylight and moonlight," he said.

For many competitors the highlight of the event was the portion of the course along the Bay of Fires coastline. Others thoroughly appreciated the warmth and almost party atmosphere at the All Night Café staffed by the St Helens Lions Club. Many competitors were from interstate and overseas, competing in the event and then staying on in the area for a holiday.

Many organisations and individuals were instrumental in ensuring the event ran smoothly, and the organisers are grateful for the assistance of the Parks and Wildlife Service; Sustainable Timbers Tasmania; numerous landowners including particularly Gary and Kristi Chapple; and Break O'Day Council.

The 2019 Australasian Rogaining Championships is supported by the Tasmanian Government through the Department of Communities and Events Tasmania.

**Contact:** Peter Tuft [info@arc2019.rt.asn.au](mailto:info@arc2019.rt.asn.au),...phone: 0414 297 487

**More information:** About the Australasian Championships, and full results: <http://arc2019.rt.asn.au/>  
About rogaining: <https://rogaine.asn.au/about/what-is-rogaining>  
Rogaining Tasmania: <https://www.rt.asn.au/>



**We're going to be at  
St Marys Hall  
On Monday 28th November  
From 10am to 2pm**

This mobile coffee and talk 'outreach' is part of a much larger Australian Government funded trial program to help local communities reduce suicide.

**It's a safe place to talk.**

We have a network of local assistance for those in need or alternatively if you would like to know more about the trial please contact:

Trial Site Coordinator on  
6376 1134 or 0474 139 935  
Or email: [trialsite@sthelensnhh.org.au](mailto:trialsite@sthelensnhh.org.au)

*Supported by Primary Health Tasmania  
under the Australian Government's  
Primary Health Network*



**How do you contact us?****Email:** [admin@hub4health.org.au](mailto:admin@hub4health.org.au)**Web:** [www.hub4health.org.au](http://www.hub4health.org.au)**Facebook:** Hub4Health**Our Aim:**

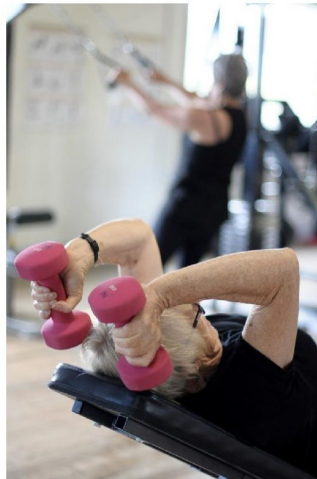
To support and facilitate health and wellbeing programs to rural and remote communities within the Break O'Day Municipality and beyond.

**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](mailto: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](mailto: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





# 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**

21/11/19– 2/12/19 & 2/12/19-6/12/19

**Dr Newton**

24/11/19– 29/11/19

**Dr K. Rawnsley**

22/11, 26/11, 29/11, 3/12 & 6/12/2019

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

**It is not a drop in clinic**

## IN A EMERGENCY

**PHONE 000**

**AMBULANCE, FIRE & POLICE**

## WAITING AREA AT THE HEALTH CENTRE

The waiting area for **all** services at the St Mary Community Health Centre is in the reception. Please report to reception upon arrival and the consultant you are here to see will be told, and they will come and collect you from this area.

## St Marys General Practice reminder

Dr Latt 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

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

**Social Worker** Shan Williams  
Call 6387 5555 for appointments

25th Nov

**Physiotherapist**—For appointments please see your GP or Health Professional for a referral.

27th Nov

**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.

28th Nov

#### **2nd Bite Delivery**

**Social Worker** Shan Williams  
Call 6387 5555 for appointments

29th Nov

**Social Worker** Shan Williams  
Call 6387 5555 for appointments

2nd Dec

**Physiotherapist**— for appointments please see your GP or Health Professional for a referral.

**Hospital Auxiliary Meeting** 2pm in the Day Room.

3rd Dec

**Max Employment**— 9:00am-3:30pm downstairs.

3rd Dec continued...

**Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381

4th Dec

**Podiatry North**— for appointment please phone 6777 3006

**Day Centre**— call Hayley Gilbert on 6387 5555 for information on the group.

5th Dec

#### **2nd Bite Delivery**

**Social Worker** Shan Williams  
Call 6387 5555 for appointments.

6th Dec

**Social Worker** Shan Williams  
Call 6387 5555 for appointments.

#### Cervical Cancer Awareness Week 2019

The National Cervical Screening Program (NCSP) aims to reduce cervical cancer cases, illness and death in Australia. See you GP today for a Cervical Screening Test.

**“Isn't the CST just a Pap smear?”**

Almost half of all Australian women don't know the Cervical Screening Test has replaced the Pap smear.

**#cerFIX2035**  
WWW.CERVICALCANCER.ORG.AU

**ACCF**  
AUSTRALIAN CERVICAL CANCER FOUNDATION






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

**SENATOR JONATHON DUNIAM**  
LIBERAL SENATOR FOR TASMANIA

Ground Floor, 85 Macquarie Street, Hobart TAS 7000  
03 6231 2444 | senator.duniam@aph.gov.au | SenatorDuniam

Authorised by Senator Jonathon Duniam, Liberal Party of Australia, Ground Floor, 85 Macquarie Street, Hobart TAS 7000

John **Tucker MP**  
Liberal Member for Lyons



Available on **6165 7840**  
**john.tucker@dpac.tas.gov.au**  
**9 Gordon Street, Sorell 7172**

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

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

THE OLD TASMANIAN HOTEL  
**COMMUNITY CENTRE**

**Proudly serving  
the East Coast and  
Valley community!**



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



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



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

**THANK YOU!**

to the Fingal Valley Neighbourhood House, Falmouth Community Centre, St Helens/St Marys Bendigo Community Bank Branch, and Highways and Byways, for supporting Free2b Girls. We're always in need of more volunteers so if you feel you can help, please get in touch with me at; f2bgirls@gmail.com, phone me on 0422 742 297, or check out our website at; [www.free2bgirls.com.au](http://www.free2bgirls.com.au)...

Tani, Program Coordinator,  
Free2bgirls.

**FOR SALE**

2001 Holden Rodeo LX Twin Cab Ute V6  
Manual, Air Conditioning, Tow Bar,  
Tonneau Cover, Very Good Condition  
Registered until May 2020

MUST SELL  
\$3,500.00 ONO  
Ph: 63741044

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

# FREE2B GIRLS GROUP

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

Venue at Falmouth/Fingal

Permission forms from  
St Marys School or FVNH

More info- 0422742297



Unique handmade gifts, Christmas treats and trinkets.



**JOIN US ON**  
**FRIDAY 29TH**  
**OF NOVEMBER!**  
**1PM TO 5PM**

# ST MARYS MARKET

**Special Holiday Market**

Support local artisans this holiday season. Stop by our booths, enjoy the refreshments and listen to live holiday tunes.

**Enquiries - Megan 0418881315 or [bodregionalart@gmail.com](mailto:bodregionalart@gmail.com)**  
**Location - St Marys Town Hall, St Marys Tasmania**



## The Antenna Guy

- Antennas
- VAST (free to air by satellite)
- TV tuning
- Home entertainment setup
- All areas serviced
- Get clear reception anywhere!



**Call Josh 0408 388 322 / 6377 1150**

## St Marys Bakery

**Ph: 6372 2490**

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



**OPEN 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  
and nurtured, even Holdens!  
• FUEL AVAILABLE 24 HOURS •

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

## St Marys PHARMACY

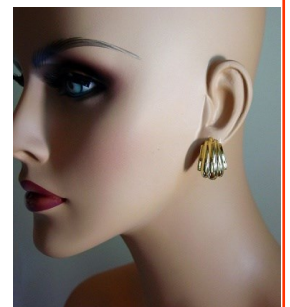
Main Street St Marys

Ph 6372 2844

**Kodak prints from 45¢**

Ear piercing \$27

includes earrings and  
solution with quali-  
fied staff Bec, Sally  
and Maddy.



**Pharmacist in store**

**Monday to Friday**

## **HAYSHED IGA SUPERMARKET**

TRADING AS HOLDERS BROS

### Trading Hours:

Monday to Friday.....8 am to 5.30 pm

Saturday..... 8 am to 10.30am

Sunday.....8 am to 10.00am

**Sunday papers & normal trading**

Public Holidays.....8 am to 10 am

Good Friday.....Closed

Christmas Day.....Closed

**Phone : 6374 2171**

**Fax : 6374 2393**

Meat fresh and frozen,  
Vegetables fresh and frozen,  
All regular grocery lines available  
at special IGA prices

## **HAYSHED CAFÉ**

### COFFEE SHOP HOURS

**Monday to Friday....8 am to 3pm**

**Closed weekends**

**Toby's Estate Coffee**

**Fresh Rolls and Sandwiches**

**made to order**

**Lasagne, Pasta Bakes,**

**Cakes Slices, Quiches**

**31 Talbot Street , Fingal**

**Phone: 6374 2171**

**Fax: 6374 2393**



Member of the Australian Cement Group

**Energy for Tasmania since 1886  
from the coal rich Fingal Valley**

***Reliability***

***Quality***

***Consistency***

**The Cornwall Coal Company NL**

**Esk Highway**

**Fingal TAS 7214**

**Phone: 6374 0444**

**Fax: 6374 2342**



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

## **HOBART TRIP**



**CHRISTMAS SHOPPING**

Date: Sunday 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



**St Marys Sports Centre News.****By: Volen Tier**

Hello to all, another big fortnight at the club, with some good news on the bowls front and another good week on the course. What everyone would like to see is just a lot of rain to fall; with the pump at the river running red hot over recent months, it would be great to get some relief for our course and greens. We have our R Rated Trivia Night on Saturday the 23rd of November, with the usual culprits Macca and Blackie in the chair, so make sure you are booked in for a great evening of self entertainment.

**Bowls News:** Unfortunately two weeks ago we suffered another loss to Bicheno on our own dunghill, not that that was the worst result in the world, as it demonstrated just how much Bicheno Bowls Club has improved over recent years. We went down by 11 shots overall, but a lot of games to go yet.

Last week we travelled to Scamander and although playing one bowler short on the day, managed a great win by 27 shots, our first for the season. The highlight of the day goes to veteran Johnny Mac, who forgot his hat, but whilst his fellow rink players thought he was rolling a cigarette, he turned around wearing the old fashioned hanky with knots tied in the corners! Hadn't seen that for years and I don't think we will see it again for a while... It was nice to see the team enjoy their well-deserved win, and hopefully many more in store. This week we are at home to the strong Swansea combination, but we are on the improve, so anything can happen. The week after, we travel to Bicheno, all games start at midday if anyone is interested in popping over for a look.

Thursday night is our traditional practice night, which is open to anyone to come along and have a roll, either experienced or beginner, all starting around 4pm.

**Golf News:** Just a couple having a hit the last few weeks due to bowls commitments, but all are welcome to have a hit over 9 holes on Sundays commencing at 11am. Plenty of fun to be had, even golf balls going back over the players heads, lots of trees being hit, the odd good shot and the amazing ball-stealing crow to name a few. The golf greens are certainly on the mend, thanks to our dedicated crew and of course, the fairways in much need of a good soaking.

Our next Crib Night is Friday the 13th December commencing at 6:30pm. Big Ray from St Helens has cleaned the local boys up the last couple of times and gone home with the cash, but Cookie promises he can smell revenge in the air even though he has been a little below his best recently, and getting up and down the board like a crippled crab.

Anyway till next issue, get out of the house and have some fun, come for a roll or a hit or enjoy our Trivia Night, a great night comes as a guarantee.

**Johns Family Charity Golf Day Supporting  
Suicide Prevention Australia**

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**

**Malahide Golf Club**



**Malahide Golf Club**

**\*Annual General Meeting\***

**will be held**

**4pm - Friday 29<sup>th</sup> November**

**At**

**Malahide Golf Clubhouse**

**14 Mangana Rd FINGAL**

**\*All members and potential members WELCOME\***

**COLOUR IN THE CHRISTMAS TREE TO WIN!**

ENTRIES MUST BE IN THE BOXES BY 3.00 PM, THURSDAY 12TH DECEMBER, 2019.

NAME ..... DATE OF BIRTH.....

ADDRESS ..... DIVISION.....

..... PHONE.....

**CONDITIONS**

- 1 Entry is free, and closes at 3.00 pm on Tuesday, 16 April 2019, and must be on this sheet.
- 2 The age for division 1 is 7 or under, ages for division 2 is 8-12.
- 3 Entries are to be taken to Fingal Valley Neighbourhood House office, or St Marys District School, St Marys Campus, and put in the box provided.
- 4 No responsibility is taken for entries not lodged as above.
- 5 Entries will be judged by independent judges, and decision is final. No correspondence will be entered into.





**PROUDLY SUPPORTING  
OUR LOCAL COMMUNITY**





**Open 7  
days a week**

**38 Main Street  
St Marys**  
**Phone: 6372 2240**  
**Email: [shop@cndiga.com.au](mailto: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

**WEEKLY SPECIALS**

CARPET CLEANER HIRE & SHAMPOO

SODA STREAM PRODUCTS & EXCHANGE

EFTPOS

PHONE & X BOX CREDIT

**WEEKLY MANAGER'S SPECIALS**

WAVERLEY FARM FREE RANGE EGGS

WAVERLEY FARM WHEAT & FEED PRODUCTS

ICE & BAIT

GARDEN CARE NEEDS & CEMENT

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

**TASMANIAN MEATS : FRESH PRODUCE : SENIOR DISCOUNT WEDNESDAYS**

**TAKING ORDERS FOR CHRISTMAS: HAM, TURKEY, CHICKEN, SEAFOODS & ROASTS**

**LOTS OF CHRISTMAS GOODIES , CARDS & STOCKING FILLERS IN STORE**

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

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

## THE VALLEY AND EAST COAST VOICE

is available at the following outlets:

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

**Printed and published by:**

Fingal Valley Neighbourhood House Inc.

PO Box 322

FINGAL 7214



0 609722 951852

## Crossword Solution

ISSUE 51.19

