



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 51.23 19th December 2019

Deadline for 52:01 is at 5.00 pm on Monday 3rd February 2020

*Merry
Christmas*



*May
Lovely,
Happy Times
Decorate Your
Holiday Season,
May Warm, Special
Memories Brighten
Your New Year, May
The Wonder of Christmas
Be With You Forever.*



The Board, Staff and Volunteers of the Fingal Valley Neighbourhood House,
along with The Valley and East Coast Voice Committee, wish you a very
Merry Christmas, and a happy and successful 2020.

We thank you for your support in 2019, and hope that you have enjoyed reading our
fortnightly offerings. Our next issue will be available from Thursday, 6th February 2020.

Gary, Shirley, Elizabeth, Mike B, Keri, Louisa and Mariah.

Editor: Elizabeth Death

Email: valleyvoice@fvnh.org.au

Phone: 03 6374 2344 **Website:** 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

ADVERTISING RATES - 2019

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

Valley and East Coast Voice Inc.

Advertising rates for all community groups

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

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

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

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

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

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

valleyvoice@fvnh.org.au

03 6374 2344

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."



A WORD FROM THE EDITOR

In the first issue of 2019, I commented on the “adventure” that I was embarking on this year, taking on the role of Editor of The Valley and East Coast Voice, and my intentions in fulfilling that role.

As I re-read the first issue, I can see many mistakes, but the encouragement that I received from Keri, Mike and Gary helped me see the potential in my efforts. Spelling mistakes, parts of articles missing, poor placement of text and wasted space are evident, but I am confident that as the year has progressed, the mistakes have decreased, and The Valley and East Coast Voice has maintained the high standards I “inherited”.

Some of the improvements have been due to the completion of part of the TasTAFE course, “Certificate 1 in Information, Digital Media and Technology”, which Keri patiently walked me thorough earlier in the year. Other improvements have resulted from the assistance of Keri, Gary and Louisa on a day-to-day basis. The addition of a proof-reader for whom English is her second language, has seen many grammatical howlers being corrected and the finer points of display being observed. The return of the “Fingal Forum”, and of “The Minor Report”, written by grade 7–10 students of St Marys District School, have added to the content. For me, the return of the St Marys Sports Centre has been the finishing touch.

My plans for 2020 will, I hope, expand the appeal of The Valley and East Coast Voice to a wider readership, with input from more local sources, reflecting the geographical range of readers.

There are many people I would like to thank, and so I’ll start the list with those people who have sent me articles and announcements, including Glenn McDonald from the St Marys Sport Centre, Pam Bretz for her excellent book reviews, Jill Howe for St Helens Walking Group reports, Tanya Greenwood for Hub4Health and Building Blocks articles, Wendy from the Woodcraft Guild, Valmai, who co-ordinated the Meals On Wheels roster, Teresa Tanner for “With One Voice” choir reports, Hayley Gilbert for the regular pages from the St Marys Community Health Centre, “The Cagerattler” for his thoughts on a wide range of subjects, and Luci Ellis and “The Minor Report” team, along with Mike Brouder for the “Fingal Focus” pages. All the advertisers who regularly support the newspaper, and the businesses who sell our humble offering, are to be thanked for supporting us, too.

My sincere thanks go to Shirley, admin assistant at FVNH, and the other members of the Valley Voice crew; Regina Gallasch proof-reader extraordinaire, Louisa Rhodes, Mike Brouder, Keri Webb, and Gary Barnes, as well as my ever-patient husband, Shane. I really couldn’t have done the job without ALL of you.

Finally, my greatest thanks must go to YOU, our readers. If you didn’t continue to buy The Valley and East Coast Voice, publishing would come to and end, and an institution founded over 50 years ago would vanish into history.....a fate I will continue to do my very best to prevent..

I wish you all a safe, happy Christmas, and a new year full of the good things of life.

So my adventure continues.....

Elizabeth Death, Editor.

KELLY THE HAIRDRESSER

@ Fingal Valley neighbourhood House

Would like to advise that she will be available for appointments on MONDAYS from Monday 20th January 2020 .

Please phone 0407 549 678 for appointments.



Kelly wishes all of her clients a very Merry Christmas, and a wonderful 2020.





A FLOOD-RESILIENT COMMUNITY COVERING ALL THE BASES

We can't stop the threat of floods in St Marys, so being prepared to respond when they happen is important for individuals and the whole community.

The State Emergency Service (SES) is partnering with Break O'Day Council to deliver their Community Flood Planning Pilot Project in St Marys. The aim of the project is to provide people living and working in flood prone communities with accessible, understandable and accurate information about the risks posed by flooding to their community, so they can make informed decisions about what they will do before, during, and after a flood event. St Marys is one of three communities piloting Community Flood Planning this year.

SES will work with the community to develop a Community Flood Guide for St Marys to make it easy for the community to access good flood information and to assist community members to prepare their own Home Emergency Plans for storm and flood. SES will be holding workshops and drop-in sessions to get feedback on the Guide and to help participating households and businesses develop individual flood emergency plans.

The first **SES Community Flood Planning activity** for this is being planned for **Saturday 1st February**, starting with a stall at the **St Marys Market**. If you would like more information on the Community Flood Planning Pilot Project please contact Emma Gardner at the State Emergency Service at emma.gardner@ses.tas.gov.au or on 6166 5685.

This community flood planning work SES is undertaking will complement implementation of the *St Marys Flood Risk Management Plan* by Council.

Preparedness is one of several priorities included in the *St Marys Flood Risk Management Plan* which came from the St Marys Flood Management project. The Project followed the 2016 floods and involved the community in quantifying flooding in St Marys for the first time. Council and the community are fortunate to have Community Development Grants Programme funding of \$400,000 from the Australian Government to start flood mitigation works and a flash flood warning system.



Work to raise The Flat bridge at St Marys is well advanced with planned completion for Christmas. Digital modelling by the flood management project demonstrated raising the bridge would reduce flood water levels significantly over Main Street in a typical 1% Annual Exceedance Probability (AEP) flood, protecting houses and businesses at the east end of town and making this main road safer. "1% AEP" means that this type of flood has a 1% chance of occurring in any given year, not simply once in 100 years.

A low flood levee bank to protect homes on Groom and Story Streets is another effective flood mitigation action that the funding will be used for. A 1% AEP flood would currently impact homes between Groom and Story Streets, including public housing units. The levee is being designed to reduce flood depths and extent in such a flood. The more severe January 2016 flood caused significant damage to homes here. The flood mitigation funding is also being used to develop a local Flash Flood Warning System so the community, emergency services and Council have early warning of heavy rainfall and can send alerts to those who will be impacted. It is important that community members get involved in the Community Flood Planning work happening at the same time. Flash flood alerts can be triggers for acting on flood preparedness and response plans made for their homes, families, businesses and the community as a whole.

More information on the current flood mitigation works, St Marys Flood Risk Management Plan and the earlier flood studies and management project, can be viewed and downloaded from Council's website www.bodc.tas.gov.au/environment/water-management/ (St Marys tab). Or come to the St Marys Market in February, or in the meantime contact the Council office.

ST MARYS TIP SHOP

The St Marys Tip Shop is looking for volunteers. If you can spare an hour or two, on a Tuesday or a Thursday from 10.00 am to 4.00 pm, or Sunday from 2.00 pm to 5.00 pm, please call Margaret Osborne on 6376 1772.

All monies raised are used to support the St Marys Community Health Centre, so it is important that there are enough volunteers to run the Tip Shop.

Come and see, you never know what you might find!



FINGAL FOCUS

(Behold ! I bring you tidings of great joy)

I went to a restaurant that served “breakfast at any time”. So I ordered French toast during the Renaissance....

A young lady on holiday is sunbathing on the hotel roof. When she sees that she is alone she quickly peels off her bathing suit. In a moment the hotel manager rushes up to her and says, “Madam, please cover yourself!” “But there is no one else here,” she complains, “and I am lying face down!” “Yes, I know,” says the manager, “you are lying on the dining room skylight.”

A miser called in his doctor, lawyer and minister to his death bed. “When I die, I want to take all my money with me,” the miser said, “so I’m going to ask each one of you to take one of these envelopes, each containing \$15000 cash, and throw it into the grave at my funeral.” The men did as they were asked, but later the minister confessed that he had kept \$5,000 for the church and had thrown in the rest. The doctor said that he was building a new surgery and had kept \$10,000. “I am ashamed of you both!,” the lawyer scolded them, “I threw in a cheque for the full amount.”

A young woman stowaway was found on a ship and taken to the Captain. “How long have you been here?” the Captain asked. “Ten days,” the woman replied, “I’m trying to get to the Far East.” “How have you survived all that time?” “Well your second officer has been kind enough to allow me to sleep in his cabin.” “Has he asked for anything in return?” asked the Captain. “Well, he has been taking advantage of me,” she replied. “I’ll say he has, this is just a ferry across the river!”

A woman phoned her husband at work. “Sorry, darling,” he said, “but I’m really busy at this moment. I haven’t got time to chat.” “This won’t take long,” his wife said. “I’ve got some good news and some bad news.” “Look, I’m really busy so just give me the good news.” “Well,” she said, “the air bag works.”

Cage Rattler, here is my Christmas memory.....

A Christmas to remember. During WW2 when things for Christmas were hard to get, my mother was determined to provide a cheerful Christmas for her family. She saved as many ration coupons as she could, to get some of the usual food for that time of year. I remember that one of my chores was to help her carry the shopping home. We had quite a large family of four daughters and two sons, so there was always mouths to feed. I remember one year in particular, going to the butcher and getting a huge turkey. I don’t know how many ration coupons or how much money it cost.

Meanwhile, we, the sons and daughters of the family were busy making decorations for Christmas. None were to be had in any of the shops—(money would be better spent elsewhere). So, on Christmas Eve, using coloured paper and flour paste and lots of laughter, we decorated the home as well as we could.

Dad worked for the London Passenger Transport as a welder, and was on call for repairs to tramlines and such. It was wartime, and damage was continuous. Our big worry was if the air-raid siren sounded, then we would have to wait anxiously until we heard him open the front door. On Christmas Eve, we would go to midnight Mass. That was fun too. The church was near and we could walk to and from the church. A noisy procession, maybe even singing Christmas carols, then off to bed.

Dad WAS called out that morning, so we had to wait for Dad. The smell of the turkey roasting and all the other exciting aromas of Christmas hung in the air.....the front door opened and Dad was back. Well! - we were happy. The family was complete. At last, Dad was ready to carve the turkey, and we ate amidst lots of talk. I guess we were a very talkative and noisy family. When dinner, which was always at night, was over, we could allow our dinner to settle and talk about the good times.

Wonderful memories.....

I WISH YOU A MERRY CHRISTMAS, AND MAY 2020 BE A WONDERFUL YEAR FOR YOU.

Mike Brouder.

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



Guy Barnett MP
 Liberal Member for Lyons

Merry Christmas
 and happy New Year



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

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

CHRISTMAS SERVICES—ANGLICAN CHURCH:

22nd December;

St Michael and all Angels Church

28007 Tasman Highway, Pyengana 7.30 pm

Christmas Eve

St Paul's Church,

58 Cecilia Street St Helens 11.15 pm

Christmas Day

Holy Trinity Church

13 Main Street St Marys 9.00 am

St Paul's Church

58 Cecilia Street St Helens 9.00 am



Phone 6376 1144 for any queries.



WELCOME TO THE
CATHOLIC CHURCH IN AUSTRALIA

ST MARYS OF THE ASSUMPTION PARISH

ST MARYS, ST HLEENS, FINGAL, MANGANA AND BICHENO

CHRISTMAS SERVICES 2019

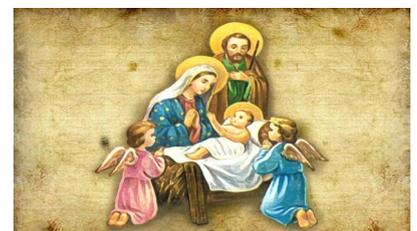
24th December, 2019

ST MARYS—Christmas Vigil Mass 6.00 pm

ST HELENS—Christmas Vigil mass 6.00 pm

25th December, 2019

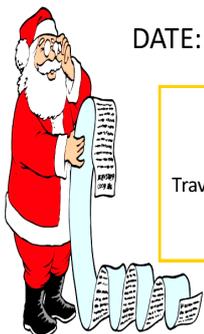
BICHENO—Christmas Day Mass 8.00 am





FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

CHRISTMAS PARADE



DATE: Sunday 22nd December, 2019

Parade leaving from Fire Brigade area
at 4 pm.
Travelling to the Fingal Valley Neighbourhood
House back yard

PRIZES: Best costume for girls and boys, in
different age group, best decorated bike or
scooter, with best float, also best Christmas light
display at a home will also be rewarded



COMMUNITY BBQ

- \$1 Sausage
- \$2 Hamburger
- FREE
- Ice-Cream and Lollies
- For Children

- Jumping Castle
- Face Painting
- Spray on Tattoos
- Chocolate Wheel



Come and meet
SANTA

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

SANTA

Will be visiting Bicheno Triangle
Saturday 21st December

3.00 - 4.00 p.m.

- * Lollies for the Children
- * Photo Opportunity



St Marys Christmas Eve Celebrations

FAULKNERS GREEN STMARYS

3:00 – 5:30pm

Free Jumping Castle - Free Face Painting - Free Giveaways

PRIZES FOR:

- Best Decorated Business Window Display
- Best Christmas Light Display
- Prize for the most festive dressed person on the day
- Prize for the best Dancer in the crowd
- Age & Gender Prizes
- And heaps more.....

Christmas Stocking Tickets also on sale at local businesses \$1.00 per ticket!
Get your ticket NOW to go in the draw for this fantastic prize.

PARADE SARTS 5PM
Great Prizes to be won!
Enter your float and you could win
1st prize - \$300, 2nd prize - \$200, 3rd prize - \$100
+ 3 Participation prizes





Find us on facebook



The Say by the “Cage Rattler”

We are truly blessed to live in this beautiful State. We really are. In recent times I've been thinking more and more about the life we have here, and how jealous many people who visit must feel at times. We have nowhere that has anything like an urban sprawl, we don't have anything approaching a bad crime rate, we have access to most things deemed essential and we have a climate (mostly) that isn't too unbearably hot in the summer or likewise unbearable in the winter, that requires massive lifestyle changes, like it does in many other places overseas. We could currently do with a drop of extra rain on some areas heading into drought though.

We do also have something that every single Tasmanian should be incredibly proud of, our amazing wilderness and natural beauty that others hold in absolute awe. Lately I've been checking out reactions to visitors coming here to that very fact. Just rattle off some amazing places, hikes and walks that open these places up, and not some that are automatically thought of— Mt Anne, Hartz Mountains, Walls of Jerusalem, Stacks Bluff, Hellfire Bluff, Junee Caves, Hastings Caves, The Needles, Devils Gullet....the list goes on and on, and that doesn't include the more famous places like the Overland Track, South West Wilderness, South Coast Track, Cradle Mountain/Lake St Clair, Three Capes (my bucket list one especially!) Freycinet Peninsula, Bay of Fires, the Tarkine and others I've forgotten including Maria Island, Bruny Island, Flinders and King Islands just to name some of these incredible places as well....oh, and Bathurst and Macquarie Harbours, Sarah Island; a myriad of incredible beaches and bays....Oh my God, we are so spoiled for choice!

Of our nearly 70,000 square hectares about 40% is National Parks, World Heritage Areas and Reserves, and this is a crucial thing. No longer is Tasmania totally reliant on a wasteful timber industry, but we must have an efficient and fully functioning one. It's part of us also. Well managed and targeted and sensibly functioning with ever growing eco tourism, and there is a win-win for all, but that's another subject.

I'm embarrassed to say that many of the places I've listed I've never actually visited myself, so I hope to change that in the next few years. Maybe we should all consider not looking all that far, to find some of the most special places on this blue planet of ours, because they are truly that, I think.

Thank you Elizabeth and the intrepid crew of FVNH and Valley Voice for letting me indulge in my fortnightly cyber scribblings, and all being well, I guess I'll continue next year.... To all you poor but patient readers of same, thank you also, and for some great feedback from time to time. Much appreciated .

I wish you all a very safe and very happy festive season indeed.... Get out there and do things

What do you think? Tell me in 2020.



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

In Memory of

Ken Anderson

The Guild will be closed from December 4th until the 13th January 2020.

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.

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.

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

Call 6376 2560 for more information.



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

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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.

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!



Many hands make light work.
The St Marys School Association Op Shop
NEEDS YOU!

Volunteers are needed to take on permanent weekly
shifts and/or join the casual
volunteer pool.

The shifts are either 3 and a half hours in the morning or
afternoon or a full 7-hour day. The casual pool provide
relief to the regular volunteers for sickness,
appointments etc.

Training is provided, tasks involve front counter work,
helping shoppers, daily sorting tasks in store and other
assorted tasks. It's quite a busy little Op Shop and
usually support is provided by the senior worker on duty
at the same time.

If you have some spare time and would like to become
part of a friendly team of volunteers please call Janet the
co-ordinator to discuss on 0404 562 320.



Fingal Online Access Centre

Enquires & Appointments

29 Talbot St, Fingal Tas. 7214

Phone/Fax: 6374 2222

E mail: fingal.oac@education.tas.gov.au

Monday: 9 am to 4 pm

Tuesday: 9 am to 12 pm

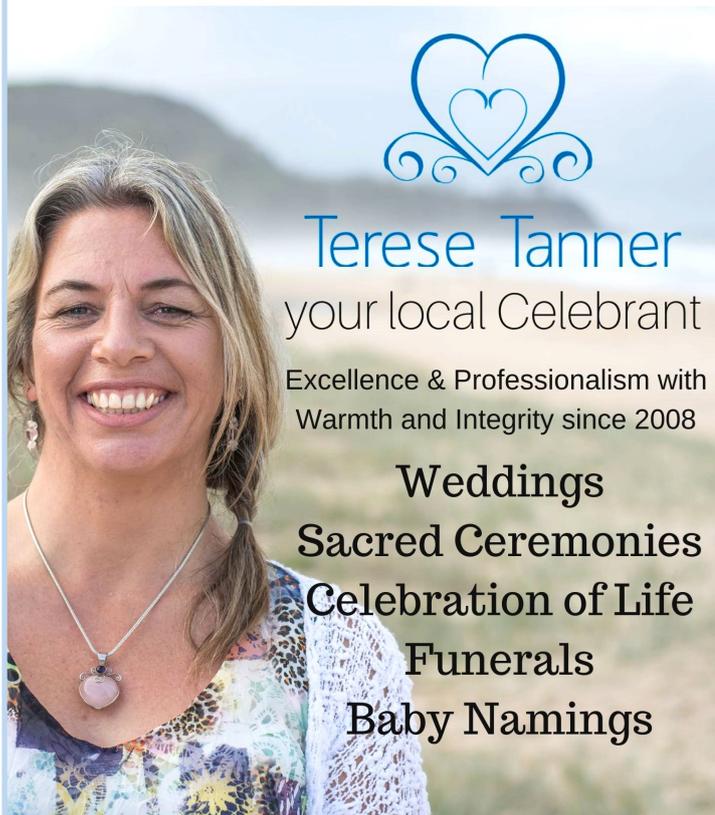
Wednesday: 9 am to 4 pm

Thursday: 9 am to 12 pm

Friday: 9 am to 4 pm



Have a Happy & Safe Holiday Season



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Warmth and Integrity since 2008

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The

Fingal Online Access Centre

Staff and Volunteers would like to wish our patrons a merry Christmas and safe and healthy New Year.

Our closing times over the holidays will be:

Closed 25th December 2019 to 1st January 2020

We will reopen January 2nd 2020 to normal hours.

Looking forward to seeing you next year.

MERRY CHRISTMAS

AND

HAPPY NEW YEAR

from

Sheree, Tom, Pam & Lee

St Helens/St Marys Community Bank

CHRISTMAS DAY 25th Dec - CLOSED

BOXING DAY 26th Dec - CLOSED

NEW YEARS DAY 1st Jan - CLOSED

All other days are normal trading hours;

Monday 10am to 4pm

Tuesday - Closed

Wednesday to Friday 10am to 4pm

Phone: 6376 2560



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

CHRISTMAS CLOSURE

The Fingal Valley Neighbourhood House
will be closed from

Friday 20th December, 2019

And

Re-Open Monday 20th January 2020

The Board, Staff and Volunteers would like to wish you all
a Merry Christmas and a Happy, Safe New Year



Merry Christmas!



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



ST MARY OF THE ASSUMPTION PARISH

ST MARYS ST HELENS, FINGAL, MANGANA AND BICHENO

HOLY MASS

<u>St Marys</u>	<u>Fingal</u>
2nd and 4th Sunday of the month—9.00 am	1st and 3rd Sunday of the month—11.30 am
5th Sunday of the month— 11.00 am	
<u>Bicheno</u>	<u>St Helens</u>
1st, 3rd and 5th Sunday of the month—9.00 am	Thursday—10.00 am
Liturgy	Saturday—6.00 pm
2nd and 4th Sunday of the month—9.00 am	
Phone 6372 2252 for all enquiries	

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

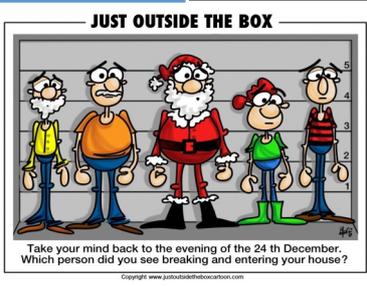
Holy Trinity: 9.30am cuppa, 10.00am every Sunday

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



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

Member of the
Australian Funeral Directors Association

**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



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
8.30am-5pm

St Marys Library

31 Main Street, St Marys
(03) 63875602



Opening Hours:

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

Season's Greetings

St Marys Library will be closed from
12.45 pm Tuesday
24th December
and reopen
10 am Thursday 2nd January

eLibrary: www.libraries.tas.gov.au



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E mail: fingal.oac@education.tas.gov.au

Monday: 9 am to 4 pm
Tuesday: 9 am to 12 pm
Wednesday: 9 am to 4 pm
Thursday: 9 am to 12 pm
Friday: 9 am to 4 pm

SOLUTION TO 51.23

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AUSTRALIA DAY AWARDS—**NOMINATE SOMEONE YOU KNOW WHO MAKES A DIFFERENCE**

The Break O'Day Council Australia Day Awards recognise the achievements of individuals that make a real and positive difference in the community, and help to inspire others.

There are countless community members doing remarkable work every day. The Australian of the Year Awards are an important recognition of those who are making extraordinary contributions in our area.

You can nominate anyone who inspires you, is working towards change or who you believe makes Break O'Day, Tasmania and Australia a better place to live.

The award categories include: **Australia Day Citizen of the Year**

Australia Day Young Citizen of the Year

To be eligible, the person you are nominating for Citizen of the Year, must be 27 years or older on or before 26th January 2020.

To be eligible, the person you are nominating for Young Citizen of the Year, must be under 27 years of age, on or before 26th January 2020.

The Awards will be presented at the Australia Day Award Ceremony, on 25th January, 2020.

Nominations for Awards close 5.00pm Friday 3rd January 2020.

Nomination forms available from the Break O'Day Council Office or website, or email

Chris.hughes@bodc.tas.gov.au or Erica.McKinnell@bodc.tas.gov.au.

Council will not accept any late nominations.

For more information, please contact either Chris Hughes or Erica McKinnell, Community Services Department on either 6376 7900 or admin@bodc.tas.gov.au.

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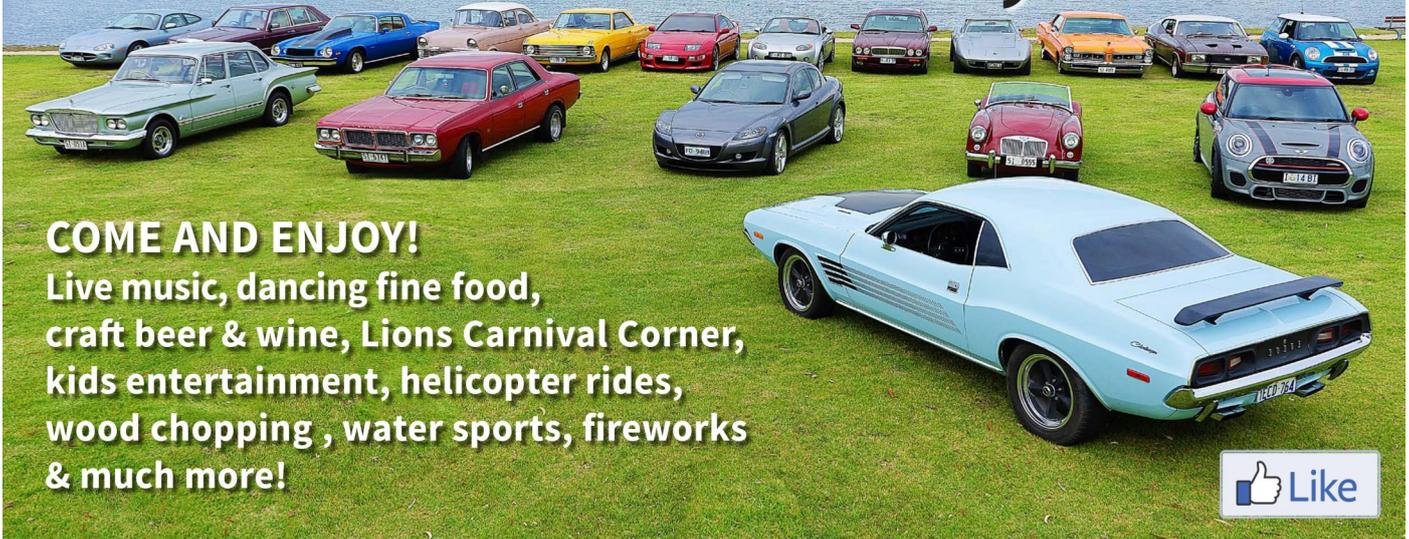
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& much more!



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Australia Day Long Weekend 25th January, 2020

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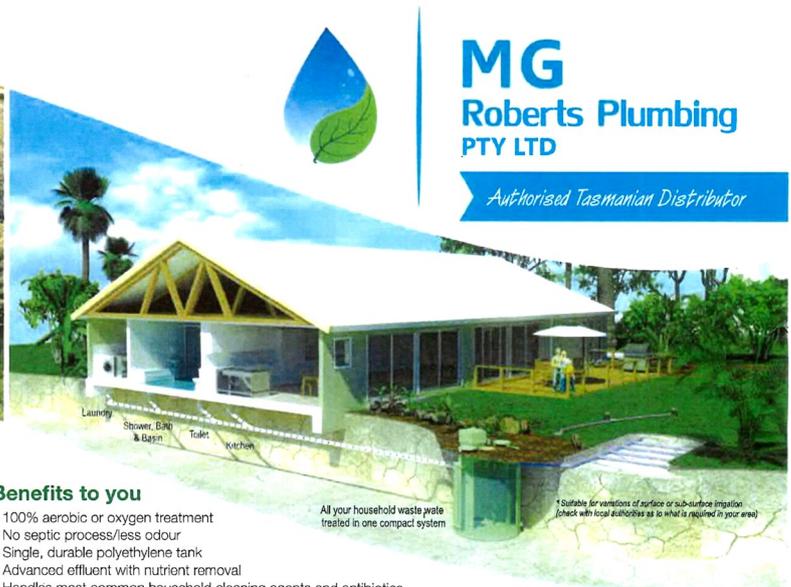
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WASTE TRANSFER STATIONS

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.



RESPECTED MINISTER RETIRES AFTER 20 YEARS OF SERVING THE COMMUNITY

Over the past 20 years, Reverend Alexander Withers and his wife Carole have faithfully served the Anglican Church and the local community in the Parish of Break O'Day. They have recently announced that they are retiring from the local ministry team at the end of this year.

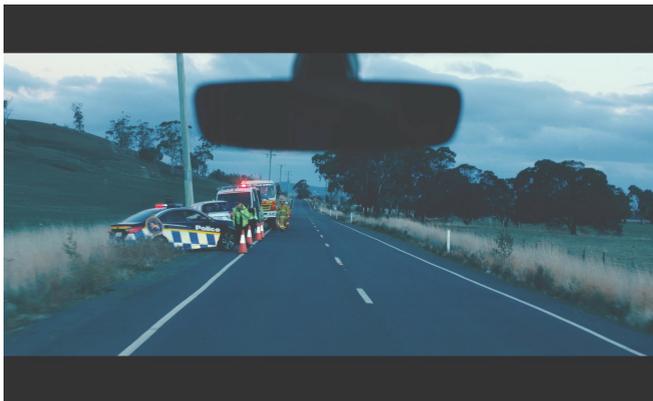
Reverend Withers shared that he and his wife Carole will continue to serve the church and their local community, but in a different capacity. "We are not leaving the district, just retiring from the leadership roles we've held in the Parish. This means we will no longer have pastoral oversight of the Anglican Church folk locally," he said. "We will continue to be active members of our local church and community and look forward to new opportunities for serving others."



The Withers family.

In 2000, the Break O'Day Parish had no full-time Minister. Church members were invited to form a local team of people to share leadership responsibility of the church. The team was supported by external clergy who provided theological and personal guidance. "Carole and I were part of the original team that was commissioned in February 2001. The purpose of commissioning a local team was to ensure that the Church could continue ministry and serve the community in our local district," said Reverend Withers. "Within the Anglican Church only an ordained Priest can administer Baptism and Holy Communion. With God's prompting, and after much prayer, I put my hand up for Ordination and was Priested on that same evening in February 2001. We have had a fascinating journey over the last 20 years serving the Lord Jesus Christ in the Parish of Break O'Day," said Reverend Withers. It has been a privilege to share both the happiness and heartache in other people's lives. We have experienced much joy and given thanks to God when babies have been born. We have celebrated love and commitment through marriage ceremonies and shared in the deep grief when a family member or friend has died. We trust that by sharing the love of Jesus and being His hands and His feet across our district that we have been a blessing," said Reverend Withers. "Only Jesus is perfect, so please forgive us for our mistakes and shortcomings."

"We pray that the church will continue to flourish and that the lives of people in the Break O'Day municipality will be transformed as a result."



KNOW WHAT TO DO WHEN YOU SEE RED AND BLUE

The Hodgman majority Liberal Government is taking action to protect our emergency service workers attending roadside incidents.

As of today, Tasmanian Motorists will be required to safely slow down to 40km/h when they see emergency services on the roadside with flashing lights, under new road rules.

This important change is part of this Government's commitment to keep our first responders safe while attending emergency situations, included in our Plan which voters endorsed at the last election.

The new road rules recognise the time-critical nature our first responders deal with during emergency situations and will help reduce the risk of being hit by fast moving vehicles.

This is just one more way we are working to save lives and reduce injuries on our roads, moving towards our target of reducing the number of annual serious injuries and deaths on Tasmanian roads to less than 200 by 2026.

Information supplied by Michael Ferguson, Minister for Infrastructure and Transport



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

ITS BEGINNING TO LOOK A LOT LIKE CHRISTMAS.....



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(A big thank you To Nigel George, who sets up his amazing train display every Christmas in our window.)



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St Helens Walking Group – Falmouth to Scamander & Maurouard Miles

Contributed by Alex and Toni. Pictures by Toni.

Edited and submitted by Jill Howe.

A Wednesday walk saw ten keen walkers from St Helens Walking Group stretch their legs and lungs from Falmouth to Scamander along Steels Beach. Usually it is not possible to get onto Steels Beach from Falmouth,

because the stream flowing out of Henderson Lagoon is too deep to cross on foot. The dry weather and sea conditions allowed a large sandbar to form, blocking the outlet and inviting us to walk the beach. We did not want to miss the opportunity so at low tide we crossed the lagoon! Except for one light shower, the rain stayed away with the sun peeping out occasionally, which made for an enjoyable day's walk, including rainbows over Paddy's Head and foamy waves rushing up the beach. It was clear that the big winter seas had run well up the beach, cutting into the dunes and removing the sand. Perhaps this is where the sand for the new bar came from. Gradually the houses at Scamander came

into view and then also the river mouth, the dunes began to diminish in size and very soon we were on the sandy flats in front of Scamander. Bryan's faithful car-shuffle worked very well, and in no time we were back in Falmouth having completed another stretch of coast-walking.

A big thank-you to Toni for leading the walk and for sharing her birthday cake afterwards!





WISHING YOU A MERRY
CHRISTMAS!

From the Team at LJ Hooker St Helens

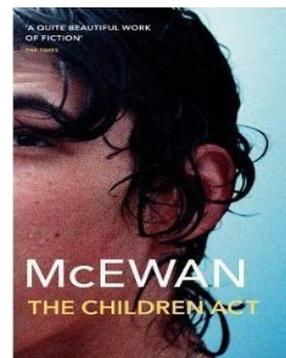
Nereda, Gary, Kate, Leanne, Kerryn, Kristi & Caitlin



THE CHILDREN ACT By Ian McEwan.

Review written by Pam Bretz.

"The Children Act" by the brilliant English novelist, Ian McEwan, was our Book Group novel for November. Set in London in 2012, it tells the story of Fiona Maye, a 59 year old High Court judge who presides over the Family Court. In this role she has to make judgements on child custody matters, and also life and death situations such as the separation of conjoined twins. The case which dominates this novel is that of a 17-year-old boy suffering from leukemia. He and his parents are refusing a life-saving blood transfusion because they are staunch members of the Jehovah's Witness faith, which teaches that it would be defying God's law (from Genesis) and that blood transfusion pollutes the soul. If they agreed to this procedure they would be "disassociated" from the faith and for them, this would be the end of everything. The hospital has taken the case to the court, as Adam is now close to death. In order to hear the decision from the boy's own mouth, the judge takes the highly unusual step of visiting him in hospital, and this meeting is the catalyst for all that follows.



Adam is a highly intelligent and beautiful young man who is only 3 months off turning 18, when the court would have to accept his decision as an adult. In the meantime he is still a minor, and the court has the power to decide. An only and much loved child, he has been raised under the strict dogma of the faith. He is sensitive and has romanticised and other-wordly ideals, and at this vulnerable moment the visit from Fiona ("My Lady" of the court and perhaps of chivalric symbolism) has far reaching consequences.

Fiona is also in a particularly vulnerable state, with her long, childless marriage under threat from her frustrated husband, Jack. Her life in the service of the law has consumed her to the point where she has neglected her marriage and she is stunned by Jack's revelation that he wants to have a sexual affair with another woman before it's "too late".

This is a short and powerful novel that deals with some strong themes, such as the collision of religious faith and the secular legal system, the complexity of love relationships, and the modern dilemma of how to balance work and the personal life. From Fiona's now shaken and jaded viewpoint, we see the parade of greed, spite and resentment that passes before a court dealing with divorce, and we see her act in uncharacteristic ways that reflect her vulnerable state of mind.

At times wryly funny, at others heartbreakingly sad, this is a story that reveals the arcane inner workings of the British legal system and the complexities of modern relationships.

It is a compelling tale told by a consummate storyteller.

WINNERS OF OUR COLOURING IN COMPETITION

Congratulations to our winners and thank you to all entrants.

Division 1—1st; Levi Woods

Division 2—1st; Alexandra Syka

2nd; Olliver Jones

2nd; Sophie Syka

3rd; Jacob Worrall

3rd; Cortney Smith

4th; Georgi Phegan

4th; Mia Hibberd

5th; Taz Bryant

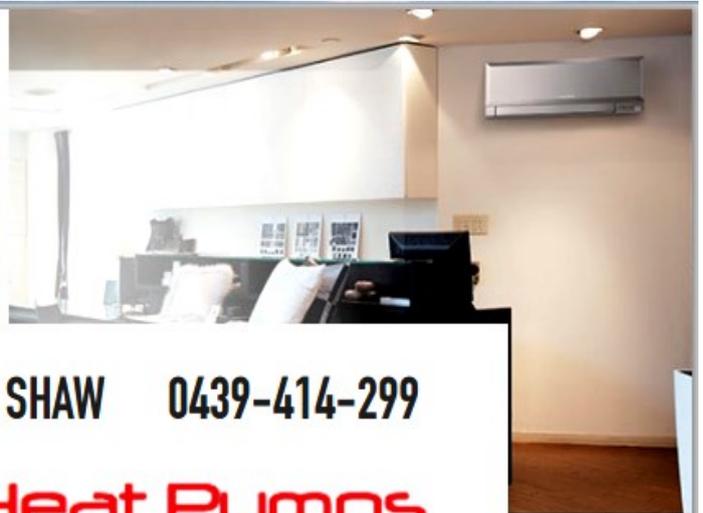
5th; Zaylie De la pair

Levi Woods 1st
Division 1



Alexandra Syka 1st
Division 2





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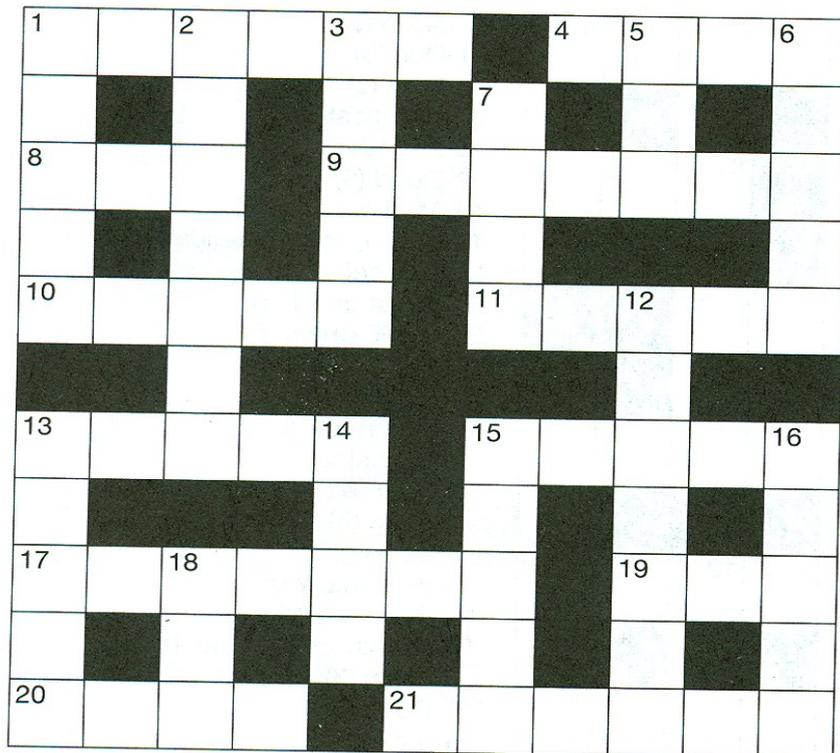
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Crossword 51.23



- Across**
- 1 Gimmick (6)
 - 4 Pain (4)
 - 8 Disposal container (3)
 - 9 Charge with misconduct (7)
 - 10 Brusque (5)
 - 11 Rock or country (5)
 - 13 Clan (5)
 - 15 Horse (5)
 - 17 Porch (7)
 - 19 Eisenhower (3)
 - 20 Drinks slowly (4)
 - 21 Crams full (6)
- Down**
- 1 Fix software (5)
 - 2 Flow-rate tube (7)
 - 3 Bluff (5)
 - 5 US spy agency (inits) (3)
 - 6 Principle (5)
 - 7 Unwanted email (4)
 - 12 Marshal (7)
 - 13 Writes with a keyboard (5)
 - 14 Issue (4)
 - 15 Film (5)
 - 16 Those who get things done (5)
 - 18 Knock quickly (3)

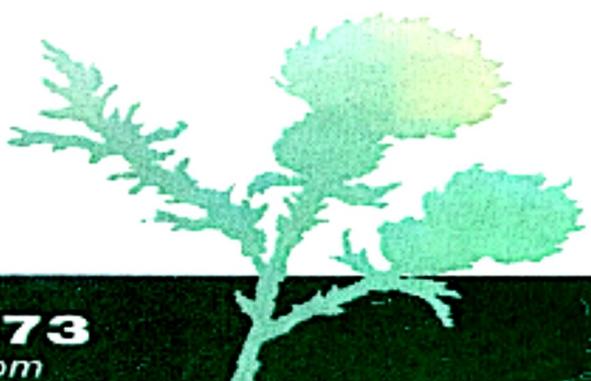
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ST HELENS WALKING GROUP—Maurouard Miles

Contributed by Alex and Toni. Pictures by Toni.

A November walk involved five of us leaving Hub4Health at 9am by car to then meet up with another eight walkers at Steiglitz boat ramp. We did a car reshuffle and travelled to Maurouard Beach (the Beer Barrel end), with the intention of walking for three quarters of an hour before turning back. The notice on the track to the beach alerted us to the necessity of walking on the wet sand to prevent disturbing nesting birds. Several avid bird watchers (with binoculars to share) in our group noted and pointed out many examples including: Silver gulls, Pied oystercatchers, Pacific gulls, hooded plovers, red-capped plovers, white fronted chats, welcome swallows and red-necked stints.



A lovely easy walk along a few miles of beach with friendly people and it wasn't until we were almost back to the scrub track before the advertised strong winds affected us.

St Helens Walking Group is part of Hub4Health and the Heart Foundation's efforts to encourage walking as a daily exercise to improve and maintain a healthy lifestyle. It's great fun and always refreshing, with as much or as little as you desire in learning and social opportunities. A variety of leaders within the group are very capable of leading each walk on an adventure within the allotted time frame along with providing interesting information and/or walking conditions for the track being taken. Residents and travellers in St Helens and surrounding districts are welcome to join in the walks. Have \$2.00 ready for the driver if you want to car-pool and be at *Hub4Health in Portland Ct, St Helens* by 8.50am on a *Wednesday* or on the 3rd Saturday of the month for a longer walk. (\$5.00 for carpooling on Saturday walks).

For more information contact **Pam Bretz on 0439 547 529** or **Alex Buchanan on 0428287753**

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 8.30 am. 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 or evening before on: 6387 5555

Hours of Pathology are:

Monday-Thursday 8:30am-2:30pm

Friday 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

19/12/19– 31/1/19

Dr K. Rawnsley

20/12, 24/12, 27/12, 3/1, 7/1, 10/1, 14/1,
17/1, 21/1, 24/1, 28/1, 31/1 /2020

Doctors appointment are needed to see our GPs. It is not a drop-in clinic

IN A EMERGENCY

PHONE 000

AMBULANCE, FIRE & POLICE

WAITING AREA AT THE HEALTH CENTRE

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

St Marys General Practice reminder

Dr Latt wishes to remind the community of the following exceptions to bulk billing at the St Marys Community Health Centre:

- ◆ Driving licence 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

Wishing you all a safe and happy holiday season.
Thank you for your support in 2019 and we look forward to seeing you all in 2020.



19th Dec	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments. Physiotherapist —For appointments please see your GP or Health Professional for a referral.
20th Dec	Social Worker Shan Williams Call 6387 5555 for appointments
23rd Dec	Physiotherapist — for appointments please see your GP or Health Professional for a referral.
24th Dec	Christmas Eve
25th Dec	Christmas Day — Public Holiday
26th Dec	Boxing Day — Public Holiday
27th Dec	Dr Snip Vasectomy Clinic 9:00am-5:00pm
30th Dec	Physiotherapist —For appointments please see your GP or Health Professional for a referral.
31st Dec	Child Health Session with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381 Max Employment — 8:30am-5:00pm downstairs.
1st Jan	New Years Day — Public Holiday
2nd Jan	Physiotherapist — For appointments please see your GP or Health Professional for a referral.

2nd Jan	Social Worker Shan Williams Call 6387 5555 for appointments
3rd Jan	Eyelines — For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.
6th Jan	Physiotherapist —For appointments please see your GP or Health Professional for a referral. Hospital Auxiliary Meeting 2pm in the Day Room.
8th Jan	Social Worker Shan Williams Call 6387 5555 for appointments Physiotherapist — For appointments please see your GP or Health Professional for a referral.

PUBLIC HOLIDAY

WEDNESDAY 25/12/19

THURSDAY 26/12/19

WEDNESDAY 1/1/20

MONDAY 27/1/20

Normal Doctors Surgery hours will resume the day after the public holiday

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

Emergency 000

GP Assist 1800 780 011

Ambulance 1800 008 008 non emergency

Lifeline 131 114

St Marys Community Health Centre
6387 5555

If possible please ring before presenting after hours **6387 5555**



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

Wishing you a Wonderful Christmas Season and A Happy New Year

John Tucker MP
Liberal Member for Lyons




Tasmanian Liberals

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john.tucker@dpac.tas.gov.au

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Senator Claire
CHANDLER
Senator for Tasmania

Wishing everyone a Merry Christmas and a Happy New Year




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



Authorised by Senator Claire Chandler, Liberal Party of Australia, 152 Macquarie Street, Hobart TAS 7000

St Mary's Gym
Thursday, 9th January, 10.30am

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Email: admin@hub4health.org.au

Web: www.hub4health.org.au

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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 welcome
 Toyota Hiace
 Manufacture Year: 2011
 Body type: BUS
 Colour: White with grey trims
 Automatic
 12 seater, 94,000 km,
 No further hires
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Hub4Health Holiday Update

Yoga with Katrin—no classes 24th or 31st December
 Summer sessions venue bc

Pilates with Tani— final class 20th December 2019
 First class 2020—3rd January

No Active4Life Gym classes or inductions on 24th or 31st December. Classes resume 7th Jan . All renewals to be submitted by 19th December. No new memberships will be processed until the 14th January.

Office closed from the 20th December—13th January. Contact individual services for information on summer operating hours.

With One Voice Break O'Day—all St Marys sessions now at the Sports Club - final on 11th December (St Marys) or the 16th December (St Helens).

Thank you to everyone who has Supported Hub4Health programs In 2019. Best wishes for a safe and happy holidays

From Hub4Health staff and Board of Management




With One Voice Break O'Day Presents

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Hub4 Health
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\$10 pp Mondays 5.15-6.30pm
 (summer sessions start 6th Jan 2020)

Few mats available, all props provided
 Contact Katrin: 0402 315 564





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WOVBOD CHOIR NEWS by Terese Tanner**December 2019**

Who are we? I feel I would like to share a few insights into WOVBOD. We are not just a choir. We are not a choir of vocalists. We don't all claim to be able to sing and there is not an expectation to perform. Only those members who want to perform do so. We don't always get things right. I make mistakes, it's all new for me as well but we are all learning and finding our way together. We are an all-inclusive family who enjoy coming together to share the love of singing plus the valued and real support that a community group offers. For some it is the one weekly event they look forward to. As well as being a supportive social outlet, it is lots of fun and the opportunity for everyone to join in and share the health and social benefits of singing With One Voice.

OUR VISION Creativity Australia is building a happier, healthier, more inclusive nation through the life-changing With One Voice program.

OUR MISSION We bridge the gap between people experiencing disadvantage and those more fortunate through the neuro-scientific benefits of community singing. We build supportive networks that help people connect to brighter futures.

WHY? Loneliness is the global epidemic of our times. More than 2 in 5 people feel socially isolated and unheard. This leads to mental and physical health issues and economic disadvantage.

Together, we can change the world... one voice at a time.

Creativity Australia is a charity founded in 2008 by award-winning social entrepreneur and soprano Tania de Jong AM. "I believe there is nothing more important than doing what you love because success and true happiness will always follow. It's about reconnecting with the inspired, joyous child within each of us to find meaning and purpose. We can make an enormous difference." **Tania de Jong AM, Founder and Chair, Creativity Australia**

How are we going? We made it through the long Winter months with a smaller but no less enthusiastic bunch of songsters at both St Marys and St Helens. We came with smiles, sang with full hearts and filled our bellies to the most amazing offerings of hot soups, spicy curries and delicious desserts. You have to sing for it first of course! We are so lucky to have such awesome committee members and volunteers who clearly love being part of our WOVBOD family. I am so grateful xx.

In September I was flown to Melbourne to meet the Creativity Australia team and spend time with other WOV Conductors and choirs. It was a great experience and I am told there is more conductor development training coming up in 2020.

OKTOBERFEST happened at Surferside Beaumaris on October 5. Lucky for us, turns out the top 10 most popular Oktoberfest songs aren't all in German! Who knew? Steins were passed around, punters joined in the singing and Stefan's amazing German fare, including pretzels was delicious! A really good time was had by all.

October 19 was World Singing Day (WSD), and the choir sang outside the Portland Hall during the Saturday market. Included in our set was 'Till The Whole World Sings', a song written especially for the event and shared by hundreds of choirs all around the world. We sounded incredible, had loads of fun and entertained the crowd with our favourite songs. Google 'World Singing Day' for info. We sprang up on stage and sang our Christmas Song set at the St Marys Twilight Market on November 29 and were rewarded with cheers, scones and a warming pot of tea for our efforts.

A big thanks to all the WOVBOD legends for an amazing 2019. We have grown so much together.

Forward into 2020.

WOVBOD St Marys sessions will recommence on Wednesday 29 January from 6-8pm at the St Marys Sports Centre. We may need to change the day and time for St Helens but will make sure everyone knows what's happening.

Don't forget the vocal Workshop on 23rd Feb at St Marys Town Hall with Jane Christie-Johnson **Join Us**

If you would like to join us or have any questions you can check out the With One Voice Break O'Day Facebook page, email us for more info on wovbod@gmail.com or contact me, Tess on 0422 657 782.

Enjoy time with friends and family and have a love filled and safe Holiday Season from all of us at With One Voice Break O'Day. Hope to sing with you soon!



Joy Walter was our 100th WOVBOD member registration!



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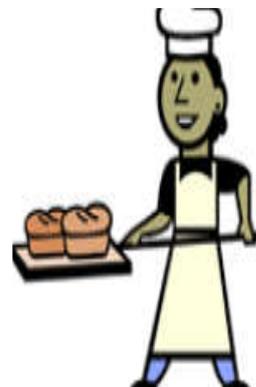


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Community Bank Christmas Celebration!

As the year draws to a close your Community bank has celebrated the Festive Season a little early, with our latest round of Small Grants and Sponsorships.

This round of funding was very popular with many groups and organisations applying, and hence we had the great pleasure of donating a total of \$ 10887 to thirteen different recipients. On Tuesday 3rd December we held a presentation morning tea at the St Helens Neighbourhood House, where representatives spoke of how the funding would be of benefit. These recipients included:

- Scamander Bowls Club - Maurice Hill Memorial Day \$500
- St Helens Little Athletics - repairs to Discus net \$800
- St Marys Cranks & Tinkerers - wall murals \$380
- St Helens Sailing Squadron - assistance with costs involved in hosting the National Stonehaven Cup Regatta in Helens, January 2020 - \$2000
- Lions Club of St Helens - purchase of operational equipment \$500
- Free 2B Girls - resource funding \$ 1000
- St Helens Athletics Club - Sponsorship of annual carnival \$200
- St Marys Community Car & Bike Show - resource funding for annual event in June 2020 \$ 1500
- St Helens Online Inc - paper shredder \$187
- THRIVE Mentor Program - resource funding \$1000
- Pyengana Cricket Club - completion of practice pitch \$500
- With One Voice Break O'Day - vocal workshop \$500
- Marlene Lohrey Scholarship to the St Helens District High School - further education \$2000.

Once again these worthy recipients provide different opportunities for members of both our local and broader communities and it's our great pleasure as your local Community Bank to be able to offer our support.

It's fast approaching two years since the branch opened in St Helens and in that time in excess of \$ 47,000 in financial assistance has been given to various groups and organisations within our municipality.

Your support and promotion of our local Community Bank will ensure we're able to continue to assist all our communities into the future.

The staff & board members of your local Community Bank wish every one a very Merry Christmas and a safe and Happy New Year.



OPEN HOUSE AND GARDEN PARTY RAISES FUNDS FOR LYMPHODOEMA CENTRE.

An estimated 200 people attended a garden party and open house event in St Marys on Saturday 30th November.

Neville Shaw and Bryon Beggs opened their home and garden to the public between 10am and 2pm. Attendees enjoyed an array of spectacular flowering gardens and the unique, off-grid home built entirely by Neville and Bryon, to the backdrop of bagpipe music provided by Kim Henry. Many attendees bought pot plants and seedlings from the wide range on sale at a plant stand hosted by Merrill Gough of Relbia, who grew many of the plants specifically for the event. Most also indulged in the delicious, fresh morning teas provided by the St Marys District High School hospitality students, and served on the day by programme co-ordinator Rachel Hodge, who generously volunteered her time.

When choosing to move to St Marys, Bryon and Neville wanted to be off the grid and as self-sufficient as possible, to minimise their cost of living and carbon footprint. *"We bought the land in March of 2012, and started work on the house and garden in December of that year."* Neville said. *"We built the house as owner/builders and received final sign off on the house in August 2014. We were then able to focus more on gardening and since retiring in July last year, we have had even more time to devote to the garden."* They chose their location in Gray due to the high rainfall, but in recent years the area has been in drought and keeping the garden alive through the long dry periods has been challenging.

Neville and Bryon have plans to expand the garden even further over the next year or two. Both find that gardening is an ideal creative outlet. They love flowers and the display is constantly changing as the year progresses so it never fails to amaze them what pops up out of the ground. Neville says they get a lot of pleasure out of watching things grow and spending time together in the garden. When they travel, they mainly visit gardens and art galleries which aids in their own garden design. *"Other gardens and gardeners are a major inspiration"*, Bryon said. *"And a particular highlight for me was having Jane Edmanson of Gardening Australia visit our garden in 2018."*

The idea of open house and garden events came about when visiting friends and family enjoyed the garden so much that they thought it should be shared with others. Bryon and Neville have both enjoyed meeting new people with similar ideas through these events, and sharing their garden and lifestyle. *"It's been a great experience for us, because so many people come and share their ideas and inspirations. They often bring plants to add to the garden!"*

All of the proceeds from the day including the plant sales, gate entry, and morning teas, were generously donated to the Tasmanian Lymphoedema and Laser Therapy Centre (TLC), a not-for-profit health service based at the St Marys Community Health Centre. Neville and Bryon have had a long association with the TLC. They originally became involved when new volunteer committee members were needed. They particularly wanted to contribute to the TLC remaining viable, as it is a valuable community service that employs local people, and is a big part of the local economy with visiting patients staying at local B&Bs. Soon after becoming involved with the TLC, Neville and Bryon volunteered to support a clinic at the Royal Hobart Hospital with Prof Neil Piller and his team from Flinders Medical Centre. *"We met many people in the clinical setting, mostly women, who had been touched by cancer,"* Neville said. *"That has inspired us to continue our association with the TLC, even after retiring from the committee, because of the wonderful work the Centre does for so many people."*

The event was supported by a team of volunteers including TLC staff and committee, and many friends and family, all helping out with traffic management and parking, gate admissions, and serving morning teas. The TLC also ran a raffle that was drawn on the day, with well over 600 tickets sold. The first prize was an original painting of geraniums by Mr Beggs and a hand-made patchwork quilt donated by the Bicheno Busy Fingers sewing group, while the second prize was a hand-made patchwork quilt donated by Ms Ann Luttrell of Akaroa.

All in attendance agreed it was a beautiful day out and a fabulous event – and many in the local and wider community hope that similar events might occur in future!



Hosts Bryon Beggs (L) and Neville Shaw (R), in front of first prize, an original oil painting by Byron.

Break O'Day Community Triathlon, 5km Fun Run, Children's' Trystar Triathlon: 8 Weeks to go!

With 8 weeks to go and the festive season well under way, you may be wondering how you're going to stay on track for the triathlon or the 5km fun run. Apart from your family and friend support group to help with motivation during this time, we'd like to share some other great tips below:

If you're planning a social catch up with friends instead of brunch, why not plan a catch-up around exercise such as a walk, bike ride, jog or yoga class.

Suggest exercise related gifts for Christmas such as a bike, running shoes, swim goggles, perhaps a group exercise course.

Exercise first thing on Christmas morning, ticking it off the list and kickstarting the metabolism for the day ahead.

Avoid going hungry to parties, eat something light before heading out to reduce the chance of snacking on high-calorie party food.



After lunch, grab the family and head down to the beach for some volleyball or frisbee throwing or just walk out the back door for some backyard cricket, or get the neighbours involved too and make use of the local oval.

Don't feel guilty. If you have overindulged, don't beat yourself up. Just make sure your next meal is healthy and be sure to incorporate exercise into your routine.

Rather than leaving your exercise schedule up to chance, be proactive and set aside some dedicated time. When something is pre-planned, it's much harder to just forget about it. Chances are, if you don't have an activity planned, you'll opt for lounging on the couch instead!

Everyone wants less stress in their lives and especially at this time of year, and exercise may act as a temporary diversion to daily stress. When you're exercising or having fun doing activities, you're generally not thinking about the things in your life that are difficult. Taking time out to focus on yourself can reduce the feeling of stress, and your post workout glow will make you look and feel great too.

Set realistic exercise objectives. Aim for at least half an hour per day and you will be very happy when you will achieve that. If you plan one hour or more and not achieve it, you will only end up disappointed. Finally, listen to your body. If you are tired, rest, relax and eat healthily to recharge and rejuvenate.

See below the schedule of weekend events:

Saturday 8 February, 9am – Scamander

Children's Trystar Triathlon for 7-9 and 10-12 years.

Saturday 8 February, 10am – Scamander

5km Fun Run followed by Craig Mottram speaking about elite running training for 20 minutes.

Sunday 9 February, 9am – St Helens

Break O'Day Community Triathlon.

As we announced previously, both beginners and experienced swimmers are extended an open invitation to meet up on Saturday mornings at Beauty Bay St Helens, bright and early at 7am.

There is also a casual running group on Wednesdays, meeting at 5pm at the BBQ area on the foreshore in St Helens (across from the Break O'Day council offices).

These group training sessions are friendly, casual, supportive and tailored to your abilities.

For all enquiries about group training please contact Nat Walter on 0400 750 364.

For all enquiries about event volunteer opportunities please contact Barry LeFevre on 0477 095 778 or Marika McGuiness on 0467 221 117. We're on Facebook too so please visit us: Break O'Day Community Triathlon

Lastly, remember that all progress takes place outside the comfort zone 😊

Till next time,

The BODCT Team - wishing you all a happy and safe festive season!



Tradition: versus Tradition

There comes a time when cherished age-old traditions face challenge. Years ago, I was a challenger of the Rubenach family's Christmas Day traditions. My husband, Peter, his 9 siblings, their partners, children, cousins and the like always went to Royal George to reunite and celebrate with patriarch Jack and matriarch Flo. However, when our first child was born, Peter and I decided we would start our own tradition of Christmas Day at Gray.

Peter's mother was understandably upset but quickly realised she had done exactly the same, giving up Holmberg reunions at the birth of her first born. My mother, Linda, had done likewise at my arrival. She gave up her traditional Newman clan reunion to host the Sydney Mitchell clan Christmas Day reunion at Daisy Dale Farm, Lower German Town. Thus, on December 1976, it became tradition versus tradition. Instead of Christmas Day, we instigated a Boxing Day mecca to Royal George. Even with the passing of Jack and Flo, Peter's brother John continues this tradition. Thus, on 26th December, 70 plus descendants descend on 'Merryvale' laden with Christmas Day leftovers and mountains of goodwill.

These reunion celebrations gladden my soul and spirit for they are full of wonderful simplicity, unity, fun and reminiscing.

Come now, share in one such reunion –

Andrew downs the last spoonful of yesterday's left-over wine trifle. He stacks the empty bowl on the "women's work" washing-up pile. Grabbing a drink from the eski, he's a man on a mission. Leaving the lingering smoky aroma of the barbeque and the sweltering Avoca Plains heat he retreats to the lounge room. A mob of males follow, only one man hesitates, he's a lone Pom amidst an army of true-blue Aussie in-laws. They are confidently settling in to see Australia thrash England at cricket. Martin joins in the good-natured rivalry. The women reluctantly tackle the cleaning up, cousins catch up on gossip or play backyard cricket. Two farm dogs take advantage of the unattended new paddle pool set temptingly on the parched lawn. Big flocks of sheep puff and pant as they saunter off to seek scant shade in the sunburnt paddocks. The flock of rams are wiser; they trudge to disperse in the dense woodland at the far reaches of the property, far from the agonising summer sun and the annoyance of human family fun.

Finally, everyone is relaxing, enjoying Boxing Day contentment. Well, not everyone...with no mobile phone coverage the young are bored. On-mass they burst into the grownup circles and vent their boredom. Ever creative and resourceful John has an idea. "I'll give you all something to do." Groans erupt. John reaches into a drawer and produces a well-worn leather pouch, he shakes it, the rattle tells everyone it contains a sizable amount of coins. John now has the attention of his nieces and nephews! "Go catch a ram and bring it to me. Then you claim and divide these spoils."

"Yahoo!" Dozens of inspired feet race outdoors. "Mission impossible," John declares, tucking the pouch back in the drawer.

Peter, ever the antique collector, curiously asks, "What with that pouch John?" "All I know, its long been a Holmberg piggy bank heirloom. It belonged to Mum's grandfather." "Oh, that would have been great grandfather Karl," Michael responds. "I thought his name was Markus," Monica declares. "I think he was Ingamer," Phyllis states. After much debate, all realise their great grandfather was Karl Markus Ingamer Holmberg. "So what do you know of him?" I ask.

Soon the sweltering Australian summer heat of that 21st century Boxing Day is temporarily left behind. Family imagination, interspersed with facts, transports us to Jamtland in the west of the centre of Sweden. It is a bleak freezing 19th Century Christmas Day. In the prosperous family home patriarch, Markus, matriarch, Inga, Karl and his siblings Levi, Emma & Nickanor are celebrating age old cherished traditions. The home is decked with mistletoe and holly, a Yule log burns in the hearth and St Lucia Day candles are aglow enhancing the natural, rich beauty of the Baltic pine ceiling. There is joyful laughter and friendly rivalry as they celebrate the climax of the Christmas feast – eating the rice pudding called 'julgrot'. Inside the pudding is the coveted single almond. Tradition decrees that the person who gets this prize will have good luck throughout the new year. A loud cheer erupts from Karl as he holds high his almond trophy! "Well I guess this is my cue to proclaim my good news," he smiles at his anxious family. They are anxious because Karl has always been the strong willed, impulsive one– the adventurer answering the call of his Viking ancestors. With bated breath they wait. Karl proudly announces, "I'm an officially registered sailor, I sail tomorrow on a ship laden with Baltic pine." "Tomorrow?" they gasp, "St Stephen's Day?" "Ya," Karl nods, "Perfect day—suits me fine, with Stephen being the first Christian martyr being stoned to death for his nonconformity and condemning the hypocritical religious hierarchy. Stephen condemned them for not obeying Jesus' teaching of respecting and caring for the poor and needy." The family sit in solemn silence. Karl tries to lighten the mood. "Hope you don't intend to stone me to death."

"Where is your ship bound?" Inga asks in trembling 'mother fears' filled voice. "Tasmania, Australia" is the shock announcement. Reluctantly the family accept the inevitable. Thus on Christmas afternoon 1880 Karl leaves behind 18 years of cherished Christmas traditions. Before he disappeared from his family forever, Karl Markus Ingamer Holmberg waves and calls "God Jul (Merry Christmas) and to all Gott Nytt Ar" (Happy New Year).

Here in the Merryvale family home there is silence for this man. "Does anyone know what happened to him?" Sarah asks. "It is obvious he came to Tasmania, for the proof is this Boxing Day gathering of his descendants. I've done a little research," Hannah advises. "He married Margaret Ryan, the daughter of an early pioneering family in the Westbury and Nile area, they had 5 children Marcus, Angus, Florence, Emma and Bert." "I remember Uncle Bert," Peter says. "I remember one day sometime in the early 50's, we went in a taxi to see Uncle Bert supervising the pouring of concrete for Trevallyn Dam. He was an engineer there." Several siblings recall that exciting event. Peter continues "Grandfather Marc was a survivor of Gallipoli. He often came to stay with me at Gray, for he loved the peace. He cooked the meals while I worked to establish the farm. One thing I'll never forget – I'd gone to Merryvale and was returning in the afternoon to Gray, Grandfather desperately wanted to come. He was willing to stand on the back of the tractor (my only means of transport). I offered to make a seat for him to put on the back of the tractor, but his daughters, Mum and Auntie Mary, sternly said 'No!' Wisely so; it was an arduous 2-hour trip, bumping along bush tracks over Mt Foster and through the Marshes to Gray. Grandfather reluctantly agreed to stay behind, he waved me a permanent goodbye for he died in his sleep that night."



Mary breaks the reverie. "My guess is Great-Grandfather Karl jumped ship when he got to Tasmania." "Most possibly," Hannah agrees. "From my research, the 1881 to 1890 Census of Sweden declared he was a sailor listed as missing. Tasmanian records show that when he arrived here, he went by the name Ingamer Holmberg."

More speculation is about to commence when the kitchen door bursts open "Got him, Uncle John!" a chorus of excited children announce. They lead a rope-tethered weary old ram into the room. "Oh no!" John exclaims, "that's old Rammy - a pet lamb of 10 years ago. He still comes to people for a pat and recognition." Rammy gives a bewildered baa and goes to John for explanation and protection. "Hand it over please," nieces and nephews demand. John retrieves the old leather pouch, eager hands tip the contents on the kitchen table and counting begins. "Wow thanks Uncle John there's \$210.00 here!" John groans, then laughing he throws the empty pouch to Peter, "Seeing I'm skun you may as well keep this." I look at this happy intergenerational gathering and thank God for Unity, Peace, Joy and Love. I know even Old Rammy will be cared for. He'll be taken to the shady, cool orchard and given refreshing water and lucerne hay. That's the kind and generous nature of this entire family.

Epilogue

That evening back home at Gray, I thank God for Peter's courageous ancestor – a man willing to leave behind all that was familiar and cherished, to brave the unknown and begin a new life in a new land.

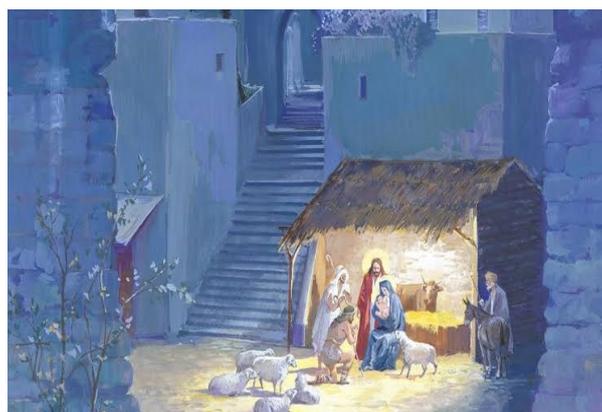
Everyone at Merryvale today was blessed because of this one man. The flickering Christmas candles in our lounge room are aglow, enhancing the rich natural beauty of the Baltic pine ceiling.

I wonder – could that be Baltic pine from the cargo brought by Karl Markus Ingamer Holmberg? We obtained it when Peter removed it from Neil's old Bicycle Shop in Cameron Street, St Marys. It could well be so. Anyway, I thank Jesus for coming to Earth and giving us a chance of a blessed new beginning. I thank God for families and the privilege of celebration cherished traditions.

May you be blessed with a Merry Christmas and a Happy New Year
– God Jul and Gott Nytt Ar.

Beverley Rubenach, Gray

December 2019





SANTA'S REINDEER'S NAMES



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T V E O A S H C C S L Y P B Y	CUPID	
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M L W N G D U A R A D F C S A	BLITZEN	
O A T K R O R R I Y U B Y N T	RUDOLPH	
C S Z A K Y E P S H R V B K N	SANTA	
S T O C K I N G T B A C S T A	SNOW	
P O B N B B N N M Z V A E U S	FLY	
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Christmas Crossword

Across

1. Another word for present.
4. Santa's door?
6. Animals that pull Santa's sleigh.
9. What people put on their Christmas tree.
11. Something on Santa's face.
15. The day after Christmas.
17. Santa's helpers.
18. The day before Christmas.
20. A piece of snow.
25. What Santa gives to bad girls and boys.
26. A sock that hangs by the chimney.
28. People put these bright things on their house.
30. A reindeer with a red nose.
31. A jolly man in a red suit with a beard.

Merry Christmas!

Down

2. Something people decorate.
3. What people give each other.
5. Where Santa's workshop is located.
7. A striped Christmas treat.
8. Drink and food left for Santa.
10. Something people send to each other to say 'Merry Christmas'.
12. The presents are usually _____ the tree.
13. The month of Christmas.
14. Look at a present before you should.
16. The color of Santa's suit.
19. A common decoration for the top of the tree.
21. A famous snowman.
22. The place where Santa makes toys.
23. Santa's car?
24. A common decoration for the top of the tree.
27. A Christmas song.
29. What Santa gives to good girls and boys.

Across

1. Another word for present.
4. Santa's door?
6. Animals that pull Santa's sleigh.
9. What people put on their Christmas tree.
11. Something on Santa's face.
15. The day after Christmas.
17. Santa's helpers.
18. The day before Christmas.
20. A piece of snow.
25. What Santa gives to bad girls and boys.
26. A sock that hangs by the chimney.
28. People put these bright things on their house.
30. A reindeer with a red nose.
31. A jolly man in a red suit with a beard.

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

Hello to all, another big fortnight at the club, starting with representative games in our East Coast bowls competition at Scamander. Despite a valiant attempt, no teams from St Marys went on to the finals of the triples competition, but the fours this weekend saw Trevor Viney, Graeme Percy, Ian Johnson and Macca go through to the grand final, only to go down by one single shot on the last end of the day to the Swansea team, led by Barry Hill. What a fantastic game it was. Single and pairs coming up after the Christmas break.

The clubhouse is looking great, with much work being done on reinstating our history around the walls, looks like a sports clubhouse again, some of the boards going back to the early 50's and 60's. The surrounds and course are looking fantastic, despite our continued dry spell, much thanks again to the intrepid volunteers at the Centre. As we are coming up to the Christmas break, we have not organised a meal night for December but keep an eye out in the New Year for some more great evenings out.

Bowls News: Pennant news is on the improve as the club had a comfortable win against Bicheno down there a fortnight ago, Johnny Mac and John Clingo's teams having the biggest success and much needed points for the team. Last Saturday saw the horrid summer weather continue as we played Scamander at home, in winter conditions, again taking the points all up by 27 shots, signalling that we are starting to get some momentum up half way through the season; well done teams. Last roster game against the tough Swansea outfit at their home turf this Saturday. 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.

Our Annual Clive Berwick Triples Carnival is on Saturday the 28th of December; as I write this article, the team list is full and entries closed for the competition, great news and thanks for the support again.

Golf News: Not much on the golf front recently, as bowls has taken precedence with East Coast events, but we did get a visit from 8 players from St Helens Golf Club last Wednesday, who reported having a great day and complimented the club on the condition of the course and greens.

Our next Crib Night is Friday the 17th January commencing at 6:30pm. Always a great event and very competitive. Tamatha took out the title this week and if you are wondering what has happened to our reigning World Champ Cookie, he has been playing, just going through a lean trot at present.

I would like to mention that our club is open for hire for most events, including children's and adults birthday parties, community events, weddings and wakes. They are all costed for you and ready to go. Sorry, no 16th, 18th or 21st birthdays.

Bar opening times: Thursday 5:00pm. Friday 5:30pm, Saturday home bowls days 11:30am & Sunday 2:30pm

For further details contact:

President—Tamatha 0427332085

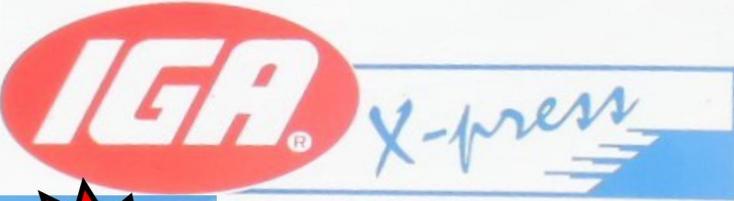
Secretary—Macca 0457498641 or

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Crossword Solution

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