



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 52.03 5th March 2020

Deadline for 52:04 is at 5.00pm on Monday 16th March 2020

LOCAL EXECUTIVE IS STATE FINALIST FOR TELSTRA NATIONAL BUSINESS WOMEN’S AWARD

“A TRIBUTE TO AGED CARE” SHE SAYS.

The CEO of Medea Park Residential Care in St Helens, Margaret Williams, has been nominated for the Telstra Business Women’s Award, and has been selected as a state finalist, in the “Purpose & Social Enterprise” category.

This category celebrates leaders and employees of organisations making a positive difference to the world around them, from social missions to environmental change. In its 25th year, the Telstra National Business Women’s Award empowers successful women to achieve even more, redefines the conversation on female leadership at all levels of business and makes stronger connections between established innovators and the next generation.

When Margaret took over the role of Chief Executive Officer about 18 months ago, Medea Park was in a less-than ideal financial state, which was causing problems with the everyday running of the aged – care facility. Assisted by the Director of Care, Deborah Austen and Client Liaison officer Yvette Castles, she has put in place protocols and management systems which have enabled Medea Park to return to financial stability, without compromising the care offered to clients.

“I was nominated by a staff member, and feel honoured to be regarded as worthy of recognition. The staff feel included and well-informed about the changes that have been made, and ready to play their part in making life for our clients as fulfilling as possible. Filling out the forms was challenging and time consuming, but it has been worthwhile and fulfilling,” Margaret said. Some of the qualities necessary for selection include the ability to influence, listen to, mentor and negotiate with colleagues, and to take proactive steps to improve, which Margaret has demonstrated with the improvement in atmosphere, both in regards to the running of Medea Park, and the communication with staff, residents and visitors.



Client Liaison Officer Yvette Castles and Chief Executive Officer Margaret Williams

“I feel this is a good platform to talk about Aged Care, which has been in the spotlight lately, with the recent Royal Commission exposing poor work practises, but Medea Park believes that every person deserves to be treated with dignity and respect, no matter what their choices are. Remote and stand-alone aged care facilities can make a valuable contribution to a community, and provide excellent later-life care while keeping clients within their local community,” Margaret added.

After nominations close, the list is shortened to 25. The nominees’ responses are then further considered, and the women who have been short-listed are advised, and invited to attend an interview in Hobart. After that the state finalists are notified and invited to an Awards Night, where the state winners are announced. This year, the ceremony takes place in Hobart on Thursday, 19th March, and we wish Margaret all the best.

Margaret Williams - Medea Park Association Inc

“Receiving recognition is testament to the many fantastic aged care facilities whose teams have given their hearts and souls to the care and dignity of their residents.”

INSIDE THIS EDITION

Emergency Contacts	2
The Cage Rattler	6
Crossword	21
Hospital	24, 25
Crossword Solution	34

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

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

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

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

Are you interested or have further questions? Call Alana at the St Marys Health Centre on 6387 5555 and see if you are eligible or to discuss your options.

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

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

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

DO YOU KNOW A VOLUNTEER WHO DESERVES RECOGNITION?

2020 Tasmanian Volunteering Awards Seek Nominations.

Volunteering Tasmania is pleased to announce the launch of the fifth annual Tasmanian Volunteering Awards, recognising volunteers across the state who make a difference within their community.

Chief Executive Officer of Volunteering Tasmania, Lisa Schimanski, encourages people to nominate a volunteer in their community. “Volunteering has long been a driver of individual and community wellbeing, with it contributing more than \$4 billion to our state every year,” she said. “Not only does it contribute significant economic value, but volunteering also gives us so much more in social and cultural benefits. The Tasmanian Volunteering Awards celebrate those amazing people contributing across Tasmania and in every aspect of life— every contribution is significant.”

Categories include the Emergency Services Volunteer, Education Science and Technology, Environment, Animal Care and Conservation Volunteer, Community Care and Health Volunteer, Arts, Heritage, Tourism and Events Volunteer, Lifetime Achievement Volunteer, Best Practice in Volunteer Management, Corporate and Civic Volunteer, and Volunteer Program of the Year

“Volunteers are often hiding in plain sight, they are literally everywhere,” she said. “We are asking that people take a look around and really see the amazing work being done across so many areas of our community. Not every volunteer wants to be recognised, but it is important that we celebrate what volunteering means to our state and one way to do this is to tell the stories of our volunteers and thank them through these Awards.”

Share the Dignity Tasmanian team leader Tania Watson was last year’s winner of the Anglicare Community Care and Health Award, as well the Premier’s Volunteer of the Year, and said she volunteered to help women in need. “At Share the Dignity we believe that no woman should suffer the dignity of choosing between eating or buying sanitary products, so our charity has valuable benefits for women in crisis.” she said. “From volunteering I feel that I am able to make a difference. I am able to challenge myself, learn new skills, meet people, and gain confidence, creativity, passion and experience. The awards are important to be able to recognise people for their dedication and loyalty that they provide to our community. If it wasn’t for volunteers there would be a lot of people in our communities not being provided with the care that they may require.”

Nominations are open until 30 March, with category finalists announced on 1 May.

To nominate, visit <https://www.volunteeringtas.org.au/>



award categories

- VIRA** sport, recreation and service groups volunteer award
- AON** environment, animal care and conservation volunteer award
- Anglicare** community care and health volunteer award

- SPRIT OF TASMANIA** arts, heritage, tourism and events volunteer award
- aurora energy** lifetime achievement volunteer award
- Hydro Tasmania** best practice in volunteer management award
- ICAV** corporate and civic volunteer award

- volunteer program of the year award**
- Lifeline** emergency services volunteer award
- Tasplan** education, science and technology volunteer award

nominate now at www.volunteeringtas.org.au

Everyone knows someone making a difference
 nominations open until 30th March, 2020

sponsored by



Festival Celebrating 40 Years

FESTIVAL PROMISES TO BE A GREAT DAY OUT

With the Fingal Festival celebrating it's 40th Anniversary in 2020, the day is shaping up to have so much in store, that it will be hard to know where to be to see it all. Gates opening at 10am on the day, there will be plenty to see and do!

Coal Shovelling and Roof Bolting Titles will be hotly contested by local and interstate competitors, wood chopping events and those smart sheep dogs will be coaxing and coercing the sheep around the circuit. 2020 sees the return of Sports Shear events to the Festival, including Shearing and Wool Handling. The day is once again whetting the country appetite.

Dog High Jump will be an event on the day being displayed by Rural Youth and our local SES will be demonstrating their skills for all to see. Children are also well catered for with show bags, mini jeeps, animal nursery and a jumping castle are among the offerings. A variety of stalls including arts and crafts, clothing, trash and treasure will be offering a wide variety of goodies and of course, plenty of food stalls!

At the end of the events, prize presentations will take place in the afternoon and then stay on to celebrate the days successes and enjoy the evening with Dave Hawkins playing at the Cabaret from 8pm.

There is also a great raffle on offer, with tickets also being sold throughout the day. Locations of where to purchase tickets beforehand will be listed on our Facebook page. To stay up to date, locate us on Facebook - just search for **Fingal Valley Festival**

See you at the Fingal Recreation Ground on Saturday 14th March 2020!

The community you want
starts at your front door™

neighbourday.org

🐦 @NeighbourDay 📘 /neighbourday 📷 /neighbourday

HAVE YOU HEARD ABOUT NEIGHBOUR DAY?

Sunday, 29th March is “Neighbour Day”, an Australia-wide event, celebrating being a neighbour. It started after an elderly lady was forgotten about by the people she lived near, and was found deceased shortly after her death, so a Victorian man, Andrew Heslop, wrote to the “Melbourne Age”, suggesting a “National Check On Your Neighbour Day” be established. This has become the Neighbour Day, which reminds us how important strong relationships with our neighbours are, especially with the elderly and vulnerable.

Feeling like you belong is a basic human need and loneliness is not only unpleasant to experience, but also affects us physically, mentally and emotionally. Many people of all ages feel lonely for many reasons, and for long periods of time. The theme of Neighbour Day 202 is “Social connection”. A socially connected neighbourhood means that people in the area feel that they belong and matter to others, and so there is reduced loneliness. Connecting with a neighbour can be as simple as greeting them each day, or going to visit them, either for a chat and a cuppa or to see if they need a hand with simple things like shopping, or introducing yourself to someone new to the area. Connecting with other parents through your children’s school is a good way to start, too, and having the children play together gives you the opportunity to socialise with the parents.

Neighbour Day happens just once a year, but you can be neighbourly every day, and not only does it help others, it helps you too, building relationships with the people around you and promoting the feeling of belonging.

For more information about Neighbour Day, go to <http://neighbourday.org/>



DOMESTIC VIOLENCE IN THE SPOTLIGHT AT LATEST

LAUNCESTON COMMUNITY LEGAL CENTRE TRAINING

Fingal Valley Neighbourhood House hosted a community information day on Tuesday 3rd March, looking at what domestic and family violence is, and what we all can do to reduce the harm it causes.

Lifeline introduced the day with some startling facts and evidence. This was followed by speakers from the Family Violence Counselling Support Service, Women’s Legal Service of Tasmania, and Launceston Community Legal Centre.

The day provided information to participants on what domestic and family violence looks like, how it starts and what everyone in the community can do to help people involved in the cycle. The speakers recognised that when this violence occurs it is always due to an imbalance of power in a relationship, not due to someone “pushing the other person too far”.



LCLC is planning to bring further informative community information day to Fingal over the coming months. Details will be available at Fingal Valley Neighbourhood House, and in the Valley and East Coast Voice.

If you are looking for information about something in particular, contact Beylara, at Launceston Community Legal Centre, on 6334 1577 .



Help is available for anyone, adult, teenager or child, involved in a family or domestic violence situation.

If you or someone you know may need help please ring:

Lifeline on 13 11 14,

Family Violence Counselling Support Service on 1800 608 122,

Women’s Community Legal Service on 1800 682 468 or

Launceston Community Legal Centre on 6334 1577.

All these services are free of charge.

The Say by the “Cage Rattler”

Lately I've been enjoying the exploits of a master fly fishermen called Gavin Hurley, and another chap called Roger Butler and others, as they extol the virtues and wonderful trout fishing in this amazing State of ours, all through the Central Highlands, West Coast, North and North West, South, South West, South East and other places. With over 3000 lakes, many rivers, lagoons and creeks which allow for enthusiasts to come from all over the country and many parts of the world, to visit our 68,000 square kilometres that hold all these bodies of water, Tasmania also holds the unique distinction of giving countless hundreds of thousands of Southern Hemisphere wild brown, rainbow and brook trout anglers the opportunity to go fishing for these wily fish. The original plan was to focus on salmon, but a small number of trout eggs were shipped from England too. The salmon didn't make it but the trout did. The aptly named Plenty River and the Salmon Ponds there provided the initial chance for trout in this half of the planet from 1864 onwards. Eventually our fishery provided fish to other parts of Australia, New Zealand and places like Argentina and Chile, as I understand it .

So, why do I mention this you may ask? Sadly, not all parts of our State, the cradle of Southern Hemisphere trout, currently enjoy easy access to the fish, and this even more sadly includes our own local rivulet. On researching an article the other day, which was released in 2014, we are not the only former great fishery in the same boat, so to speak, but as the St Marys Rivulet is close to many of us old enough to remember, let me focus on it .

As a young'un, my cobbles and I used to spend a lot of time with worms, grasshoppers, wattle grubs, celtas, spinners and such, and able to catch regularly brown trout up to two kilos and occasionally even bigger than that. The deadliners too often caught many trout, redfin, tench and eels that way, as illegal as it was. I recall fishing in the "Big Hole" one Friday afternoon after school one time, and landing two nearly three pound trout in about ten minutes. Also trips to Harefield, Cullenswood, and Sunnybanks, literally only a short distance away, yielded some great trout. So many my age or even younger would have similar memories.

I can't really pinpoint when this stopped happening, but many I've spoken to over the times say it didn't help the Rivulet in this regard with some of the flood mitigations that allowed predatory birds like cormorants to get easier access to the fish, but I understand and accept that of course much of this was a necessity at the time. I also understand that longer and longer low water levels, irrigation requirements and such may have contributed to the effective loss of the Rivulet fishery to the levels of the past.

I also believe some re-stocking has been attempted by Inland Fisheries in the recent past with perhaps some small success. A few days ago I wandered down the rivulet on a day off to have a bit of a look for trout and was happily surprised to see one fish near the Gray Road bridge on the top side. Maybe half a pound or so I guess. I spooked it as I got close. Hopefully, there are more sustaining themselves as we speak .

There was also a time when we had a tourist attraction of some very big tame trout vying for wads of bread sold by the local bakery right at the Town Bridge area...some were really big too...some were also illegally caught as well!

I wonder, is it time for us to ask the Inland Fisheries to re-look at a more long term approach to the St Marys Rivulet, and if there was a way to encourage strategies to return it to it's former status as a top place to take on the trout. Definitely would have to be a catch and release only river to help protect surviving stock but it'd be amazing to think that could happen again one day...wouldn't it ?

What do you think, especially you avid trout anglers?...

DO YOU REMEMBER THIS MAN?

Does anyone remember or know Montague Clarence Thompson and his daughters, Kitty and Mary Thompson, of St Helens?

Please contact Gage Kidd, gagekidd@outlook.com



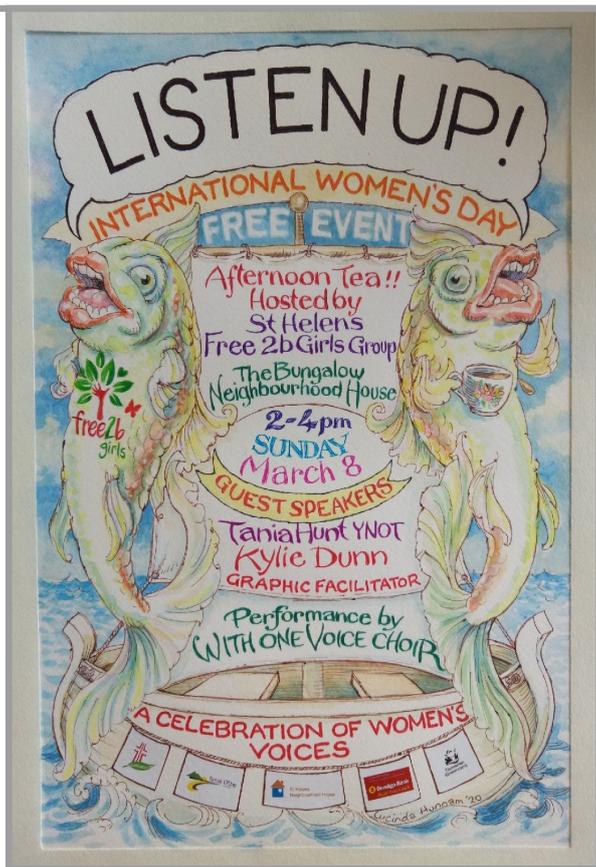
LISTEN UP!

The Listen Up! event is an afternoon tea being held on March 8th to celebrate International Women's Day, and acknowledge the importance of women's voices in our community. The women and teenage girls from the St Helens Free2b Girls group will be hosting the event along with the St Helens Neighbourhood House.

There will be 2 guests speakers attending. Tania Hunt from YNOT (Youth Network of Tasmania) will be chatting with the girls from Free2b, and sharing with the community what it's like speaking up for young people throughout Tasmania and advocating they be heard and respected in decision/policy making bodies.

Kylie Dunn is a graphic facilitator (<https://dinkylune.com/visual>), who will be capturing the ideas, visions and inspirations that arise during the event, and co-designing with us a poster that incorporates women's and young people's' visions for the Break O'Day community. Watching her work is something not to be missed!

The event is open to women of all ages... and men are definitely welcome too, to help us celebrate. With One Voice Choir will also be sharing their beautiful voices. There'll be plenty of food. heaps of conversation, a craft table for those who tend to speak best through their art (and for little kids to use if they need it!).



Date - Sunday 8th March Time - 2pm—4pm Venue - Bungalow, Neighbourhood House

Contact - Tani 0422 742 492

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.

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 7 DAYS A WEEK

HILLYS FOR GREAT SERVICE AND LOWEST PRICES ON ALL YOUR SHOPPING NEEDS.



St Marys Bakery

Ph: 6372 2490

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



**OPEN 7 DAYS A WEEK
52 Main Street St Marys**

CLEAN CRACK LAUNDROMAT

**Coin Operated
Washers and
Dryers**

Open 7 Days

32 Main St

St Marys

OPENING HOURS,

APPROXIMATELY

SAME AS COACH

HOUSE RESTAURANT



FUNDING PROVIDED FOR CHILDREN TO JOIN SPORTS CLUBS

The State government is encouraging us all to be more active, and to help with the cost of children playing sport, they are making available a voucher which can be used to join a sports club or team.

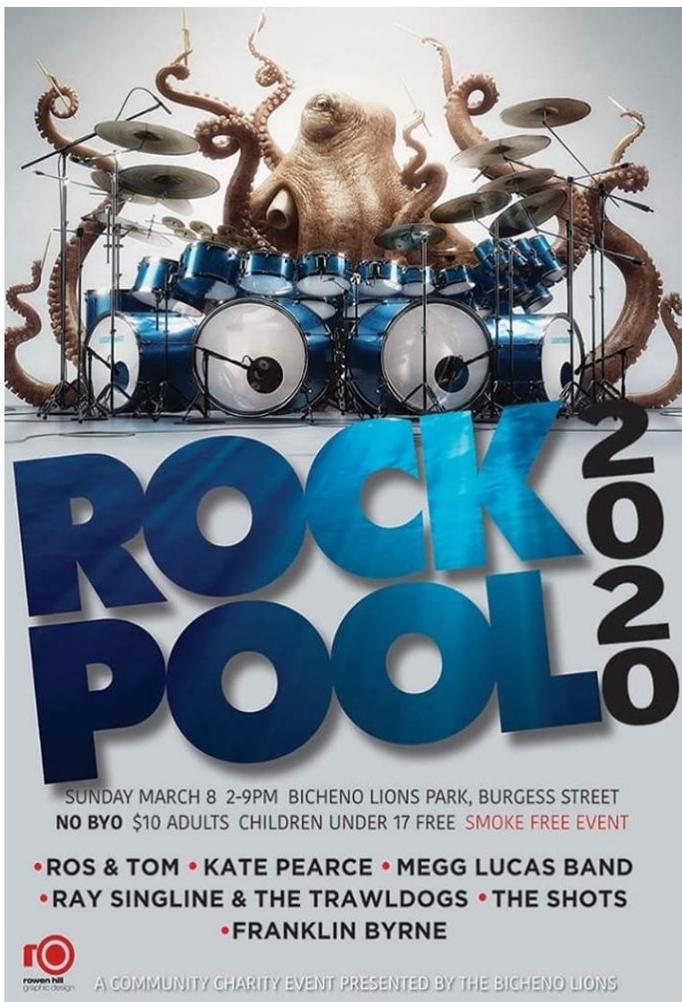
The "Ticket to Play" sports voucher program provides vouchers up to \$100 in value towards club membership for children aged 5-17 years and listed on a Centrelink Health Care or Pensioner Concession Card or in Out of Home Care. The key objective of "Ticket to Play" is to increase the number of young Tasmanians playing sport and supporting the Tasmanian Government's objective of Tasmania being the healthiest population by 2025.

The voucher can be used at approved activity providers who meet certain eligibility criteria, and in the Break O'Day area includes basketball, Aussie Rules, Little Athletics, netball, surf lifesaving, orienteering, Scouts and tennis, as well as Riding for the Disabled as approved sports. The voucher is available for use toward the cost of membership fees. Other items such as uniforms, equipment, footwear etc. are not eligible.

For information and to apply for a voucher go to <https://www.communities.tas.gov.au/ticket-to-play>.



Department of Communities Tasmania



The 2020 Annual
 Alcoholics Anonymous (AA)
 East Coast District Rally
 is being held
 Friday 20th to Sunday 22nd March
 at
 St Paul's Anglican Church Hall
 58 Cecilia St, St Helens

 Public Meeting,
 Saturday 21st March
 4.00 - 5.30 pm
 ALL WELCOME

Libraries

Fingal Library:

(Not part of State Library)

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



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

Opening Hours:

Mon: 12.30-4pm

Tue: 10am-12.45pm

Wed: 12.30-4pm

Thurs: 10am-12.45pm

Fri: 12.30-4pm

Challenge yourself!
We now have a range of jigsaw puzzles to use and enjoy while you are in the library.
Feel free to complete as little or as much as you like.

eLibrary: www.libraries.tas.gov.au

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

What does the Salvation Army offer in St Marys, the Valley and on the Coast?

Tuesday JAM for children between 5 and 12 yrs (3pm - 5pm excluding School Holidays)

Wednesday morning - Chaplaincy at the St Marys Hospital Day Care

Friday - Chaplaincy at EPlus and Medea Park in St Helens, plus home visits

Sunday - Our weekly gathering for Sunday JOY - ALL welcome - informal and relaxed

Also we can cater for Weddings, Funerals and Dedications Please phone Mel on 0409 838 816 for any enquiries.

AUTOMATIC ELECTRIC DEFIBRILLATORSSt Helens Supa IGA -

Wall mounted inside the foyer, available during open hours

St Helens District High School -

In the swimming pool enclosure, available during pool hours

St Helens Football Club -

Located inside the club rooms

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance

St Marys District School -

In the swimming pool enclosure, available during pool hours

Scamander Sports Complex -

On the wall just inside the dining room doors

Binalong Bay - 24 hour access

Outside wall of the toilet block at the main beach carpark, Main Road, Binalong Bay

Fingal Valley Neighbourhood House—24 hour access

On the wall outside the front door.

IN AN EMERGENCY CALL 000


Terese Tanner
 your local Celebrant
 Excellence & Professionalism with
 Warmth and Integrity since 2008

Weddings
Sacred Ceremonies
Celebration of Life
Funerals
Baby Namings

www.teresetanner.com
 0422 657 782

In our first issue (52.01) we reported on the St Marys Christmas Parade, and stated that JAM - (Jesus And Me) won first prize for the "Best Float". Corporal Mel Norton asked me to let you all know that, "All of us at the St Marys Salvation Army would first like to thank the Editor for including us in your story. Our float was a joint effort between the St Marys District School Chaplain, Hannah Rubenach-Quinn, and JAM, so we split the winnings 2 ways - \$150 to each.

Hannah's parents, Peter and Beverley Rubenach, were also lovingly involved in the preparation of the float.

Hannah will use the money for the children at St Marys District School, and the Salvos will use our share to go toward the cost of hiring a bus for a Colin Buchanan concert in Launceston at the end of March."



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



Clr. Janet Drummond

Break O'Day Council

0404 562 320

janet.drummond@bodc.tas.gov.au

FINGAL COUNTRY MARKET BARBER.

See Colleen at the Organic Garden, 51 Talbot Street, Fingal, for standard gents' haircuts.

OPEN: Monday 9.00 am - 12.00; 3.00 - 6.00 pm

Tuesday 9.00 am - 12.00; 3.00 - 6.00 pm

Saturday 9.00 am - 12.00; 3.00 - 6.00 pm



For appointments call Colleen

on 0402 199 038

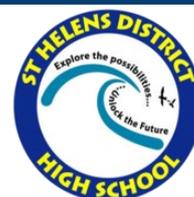
ST HELENS DISTRICT HIGH SCHOOL ASSOCIATION

The Annual General Meeting of the St Helens District High School Association will be held on **Tuesday March 17th 2020 at 630pm at SHDHS in the Hub Room.**

Parent and community members wishing to nominate for the committee are encouraged to do so and can collect a nomination form from the school office.

Nominations must be returned to the returning officer, Anita Lewis, SHDHS by Tuesday March 10, 2020.

Anita Lewis, Returning Officer.



All Weed Solutions

ABN 605 6549 5606

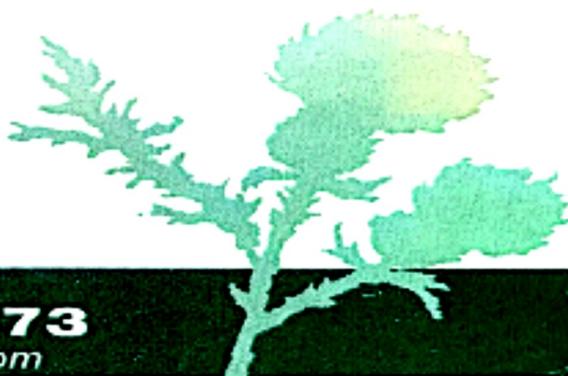
Chemical Spraying Specialists

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

- ANY WEED, ANY WHERE!!!**
- St John's Wort
 - Ragwort
 - Blackberry
 - Holly
 - Ivy
 - Capeweed
 - Dandelion
 - Broadleaf
 - Docweed
 - Boneseed
 - Hawthorn
 - Thistles
 - Cumbungi
 - Fennel
 - Briar Rose
 - Oxalis
 - Gorse
 - Broom
 - Bracken Fern
 - Willow Trees
 - Patterson's Curse
 - Flat Weeds
 - Salsify
 - Stinging Nettle
 - Erica
 - Boxthorn
 - Onion Weed
 - Spanish Heath
 - Pampas Grass
 - Wild Raddish
 - Serrated Tussock



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

St Marys District School Association

St Marys District School School Association

NOTICE OF ANNUAL GENERAL MEETING

The St Marys District School Association
will be holding an AGM at the
St Marys District School Performing Arts Centre on

Wednesday 1st April 2020 at 5:30 pm

This AGM will announce the new
Committee Members
All parents, nominated community members and
staff are welcome to attend.

GARY BARNES - Chair



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

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



Dane Cumming

Property Representative - East Coast

A message to all my valued customers and clients...

I am delighted to announce that I have commenced with Roberts Real Estate as the property specialist for the East Coast area.

With over 10 years real estate experience servicing the East Coast and having had a short break to refresh after operating a family real estate business, I am excited to once again be providing honest, reliable and professional service to property sellers and property buyers.

With a proven track record for achieving outstanding results, I would like to extend an invitation to anyone looking to sell or buy in the area to contact me so we discuss your real estate requirements.

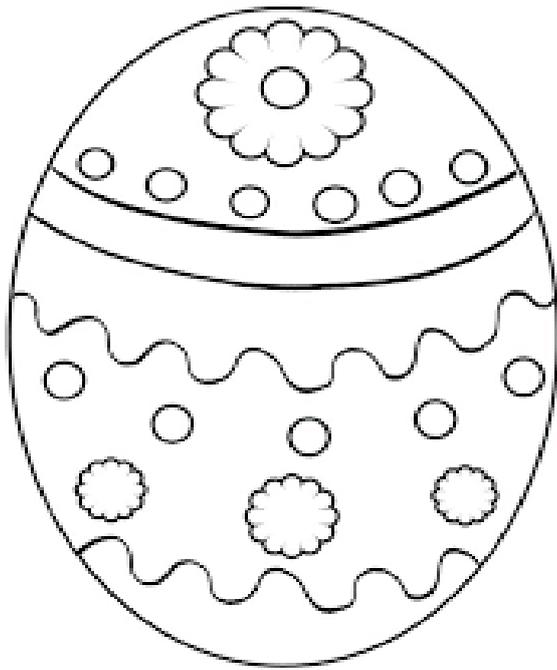
Buying or selling, I am ready to talk to you **today on 0419 630 019**

THE BEST JOURNEY
always takes us HOME



robertsrealestate.com.au
 danecumming@robertsre.com.au
 41A Foster Street, **Bicheno** | 03 6375 1495

Roberts
 real estate



Decorate the Easter Eggs to win prizes. You can colour them in, or decorate with glitter, feathers, sparkles or anything that catches your eye. Fill in the entry form and place the whole page in the box provided at the office of the Fingal Valley Neighbourhood House. Entry forms are available there as well as at the office of St Marys District School, St Marys campus, and can also be submitted there.

ENTRIES MUST BE IN THE BOXES BY 3.00 PM, TUESDAY 24TH MARCH, 2020

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

ADDRESS

..... PHONE.....

CONDITIONS

- 1 Entry is free, and closes at 3.00 pm on Tuesday, 24th March 2020. An "entry" is 2 eggs, each decorated as desired.
- 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. **NO LATE ENTRIES ACCEPTED.**
- 5 Entries will be judged by independent judges, and decision is final. No correspondence will be entered into.
- 6 Prizes - Both divisions; First prize Basket of Easter eggs and gifts
 - Second Basket of Easter eggs
 - Third Large Easter Egg.

News From

Fingal Valley Neighbourhood House

WE NEED VOLUNTEERS!

If you would like to be a volunteer (eg. Driver, Op Shop, Kitchen duties, Library and Community garden, a working with vulnerable people card will be required). Call into Office for more information.

HAIRDRESSER

Available Mondays and offers a full range of hair dressing services.

Call Kelly on 0407 549 678 for an appointment.

ROOM HIRE

We have rooms for hire for meetings and functions. Call us when planning your event or meeting to see what we can offer.

OP SHOP

Call in for a browse, stock is turned over on a regular basis. **Volunteers are needed in the Op Shop** - if you have a few hours to spare. Lots of bargains available.

The Op Shop is located next to the Online Access Centre, across the road from the House.

BREAD

We have Banjo's Bakery lines delivered every second Tuesday night to be picked up Wednesday during office hours, for a gold coin donation to cover transport cost.

LOAVES AND FISHES

Loaves and Fishes now available on Thursdays at

11 am. If you have a Health Care Card, Pension or Concession Card, you are eligible to take part in Loaves and Fishes. We ask that you be patient while our volunteers package up the delivery for distribution. Call in and see Shirley.

COMMUNITY CAR AND BUS AVAILABLE

We have a 12 seater commuter bus and a Honda Accord Sedan available for hire. Both vehicles are automatic.

Volunteer drivers are needed. Call in and chat with us on the requirements.

NO INTEREST LOANS

Loans are available from NILS with no interest and no fees for fridges, washing machines, TV, computers, medical, dental, school trips, education expenses, even car repairs. Car registration loans are available if more than 2yrs since last time NILS financed it.

Call 1300 301 650 to check if you are eligible and then call us to make an appointment. We are a delivery partner for NILS with brochures on the loan scheme available at reception.

LAUNCESTON COMMUNITY LEGAL CENTRE

Need help with filling in a form? Volunteers are available here to assist you. Free, confidential and private. Call into Office for more information.



Office Hours: 9am to 3pm (Monday to Friday)

Phone: 6374 2344

Email: admin@fvnh.org.au

www.fvnh.org.au

Fingal Valley Neighbourhood House Inc is supported by The Crown through

The Farm Shed East Coast Wine Centre at Bicheno

24 wines now available for tasting

We are excited!

We have just installed three funky units enabling us to have twenty-four wines available for tastings and by the glass every day.

That is, one wine from every producer in the East Coast Wine Region! (plus a couple of interesting ring-ins!)

NOT A DRINKER?

You are welcome to come and browse our Tasmanian made art & design.

OR JUST NOT WINE?

Don't worry, we have plenty of beer, cider and softies or if you prefer, try one of our tastings of Tasmanian gins or Whiskys.

So please, call in next time you're passing through Bicheno.

We like to think we have something for everyone. Open 10 - 5, Closed Tuesdays.

Post Office 10 - 4, Monday to Friday.

PASSING THROUGH EARLY?

catch Luke for a "gather" coffee at our window 6.30 - 10 am. Closed Wednesday and Thursday.



WHAT'S ON AT THE SURFSIDE @ BEAUMARIS



Saturday 14th March

St Patrick's Day celebration - midday to midnight

Come fill your belly with Irish Stew, along with a slice of Soda Bread, or a delicious Pratie.

Enjoy a pint of Guinness, a nip of Baileys Irish Cream or a dram of Irish Whisky.

Treasure Hunt 2.00 pm Karaoke-style singalong

LIVE IRISH MUSIC 8.00 pm \$10.00 cover charge



Our next amazing **PAELLA NIGHT** is on

Wednesday, 25th March.

Prepared and cooked in front of our guests!

Phone 0407 342 918 to book!



St Marys Market
@ St Marys Town Hall
Saturday 7th March
9am - 1pm

Local handmade gifts, crafts and preloved bargains
 Fresh local grown produce, artisan bread, homemade food

New stallholders welcome contact Megan 041881315 or bodregionalarts@gmail.com

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

Suicide Prevention Trial

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

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

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

So please get in touch with us—we would love to hear from you.

Be kind to your mind



Take time to unwind

Q Break O'Day Mental Health Directory

Break o'Day/Bicheno Suicide Prevention Trial

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

36 Cecilia Street, St Helens TAS 7216

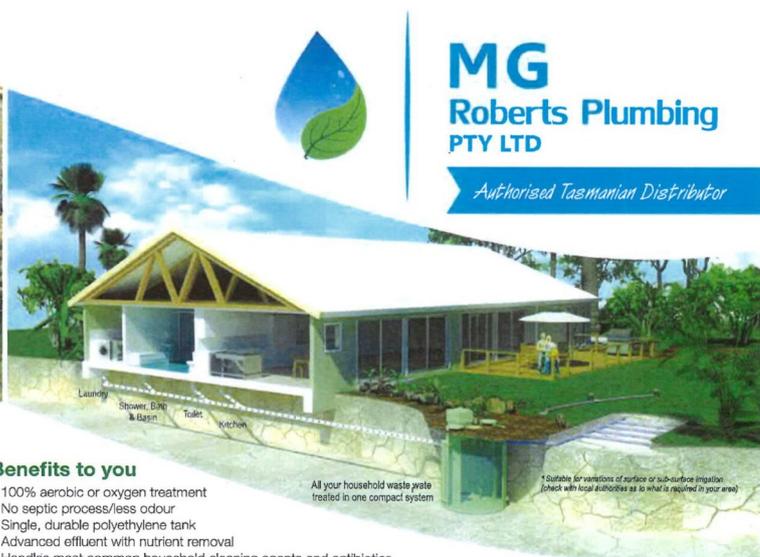
sthelens.ljhooker.com.au



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!



MG
Roberts Plumbing
PTY LTD

Authorised Tasmanian Distributor

The trusted name in waste water

Ozzi Klean 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 Klean products into the market after decades of extensive experience within the sewage treatment industry. By installing an Ozzi Klean 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 Klean 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 Klean cyclic aeration process
- Approved Australia wide to strict Australian Standards

Ozzi Klean advantages

Ozzi Klean 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 Klean tank is roto-moulded and completely seamless, there is no risk of seepage, leaking or root intrusion.

www.
mgrobertsplumbing.com.au



Call Michael Roberts today for a QUOTE on 1800 623 821 or email: 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

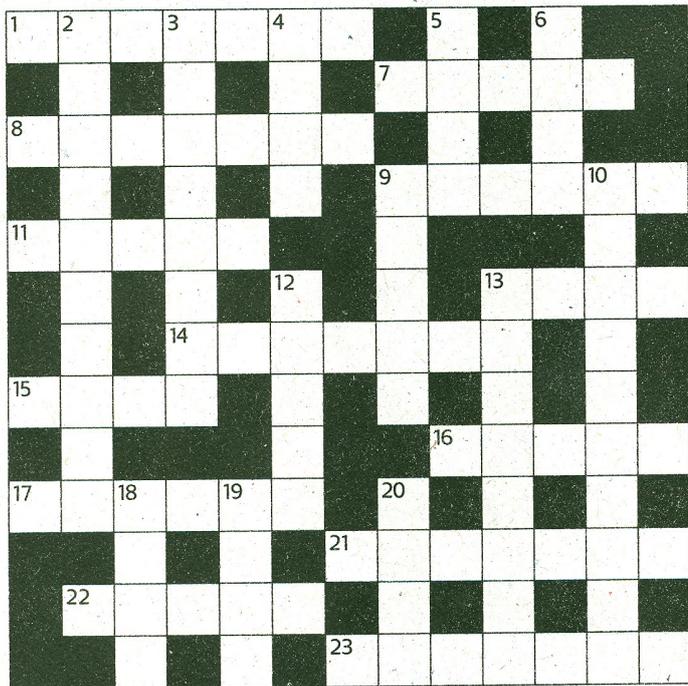
Fingal—13 Talbot Street, Fingal

St Marys—Harefield Road, St Marys.

No charges apply to use black water dump points.



Crossword 52.03



ACROSS

- 1. Game, match (7)
- 7. Celestial body (5)
- 8. Hit song for Tammy Wynette (7)
- 9. Bad-tempered (6)
- 11. West Indian dance (5)
- 13. Saracen (4)
- 14. Zero (7)
- 15. Cable (4)
- 16. Yellow gemstone (5)
- 17. Cold-shoulder (6)
- 21. Breed of pigeon (7)
- 22. Composer of *The Planets* suite (5)
- 23. Horrified (7)

DOWN

- 2. Enterprise, resourcefulness (10)
- 3. Brass instrument (8)
- 4. Staple food (4)
- 5. Male pig (4)
- 6. Paper measure (4)
- 9. Wood pattern (5)
- 10. Steal another's ideas (10)
- 12. Rigid (5)
- 13. Doubter in God (8)
- 18. Make a reservation (4)
- 19. Commotion (4)
- 20. Cleanse (4)

ROAD SAFETY IS IMPORTANT!

AND YOU CAN IMPROVE ROAD SAFETY IN YOUR LOCAL AREA.



Keeping our roads safe needs everyone's commitment and funding is now available for local organisations to improve road safety in their local area.

Liberal Member for Lyons John Tucker today encouraged local councils, community organisations and schools to apply for grants under the Tasmanian Government's Community Road Safety Grant Program.

"Road safety is a big priority for the Tasmanian Government," Mr Tucker said. "Last year 32 people were killed on Tasmanian roads with another 251 seriously injured. This tragic loss of life and injury extends well beyond those directly affected and is felt throughout the community. Over the next five years, we will invest more than \$75 million in road safety improvements, to be delivered through the Towards Zero Action Plan 2020-2024 as part of reaching our long-term vision of zero deaths or serious injuries on Tasmanian roads."

"Last year, the grants program supported education programs in the community, including Scouts Tasmania's Scout Cycling Project, a one-day training in safe cycling and bunch riding; and Kidsafe's Correct Child restraint usage and education program, providing free child restraint checks across Tasmania. This support makes a big difference to community groups to be able to improve the safety of their community."

"I encourage any local organisation who has great idea to improve road safety to apply for funds."

The Community Road Safety Grants Program has a total of \$200,000 available for innovative grass roots solutions, in grants of between \$500 and \$35,000.

Community Road Safety Grants are funded through the Road Safety Levy. **Applications close on 27 March 2020.**

For more information or to apply go to www.transport.tas.gov.au/roadsafety

(Information provided by John Tucker, Member for Lyons)



Donate HERE

There are over 85,000 women that need our help this year.

Due to homelessness, poverty or escaping domestic violence, women in crisis are forced to use newspapers, toilet paper or tissues as makeshift pads.

Your generous donations of sanitary items will make a real difference to people in need.

Thank you for helping us to **SHARE THE Dignity.**

FOR MORE INFORMATION AND TO FOLLOW THE MOVEMENT...
www.sharethedignity.com.au @sharingdignity /sharethedignity /sharethedignityaustralia



2020 SESSIONS START 17TH FEBRUARY

Fingal Valley Play Centre

Education, Care and Learning for children 3-5 years.
 Free with a Health Care Card or \$10 per child
 proudly supported by Building Blocks and FVNH

OPEN MONDAYS 9.30-2.30PM
 LIMITED SPACES STILL AVAILABLE

Fingal Valley Neighbourhood House, Main Rd Fingal
 contact Tanya 0400 002116 or FVNH : 6374 2344 for more information

St Marys PHARMACY

Main Street St Marys
 Ph 6372 2844
Kodak prints from 45¢

Ear piercing \$27
 includes earrings and solution with qualified staff
 Bec, Sally and Maddy.



OPEN MONDAY TO FRIDAY;
 9.00 am to 5.00 pm
Pharmacist in store all day.

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 April, 2020.
 Phone 1300 380 060**

Comfort Clean Ear
 Micro-suction wax removal clinic
Home Visits are available on request!

ST MARYS HARDWARE AND GIFTS

(FORMERLY ST MARYS NEWSAGENCY)

3 STORY STREET ST MARYS 7215

PHONE 6372 2143

OPEN WEDNESDAY TO SUNDAY 8.00 AM-4.00 PM

(CLOSED MONDAY AND TUESDAY)

**THE BIGGEST RANGE OF HARDWARE, CAMPING AND GIFTS
IN THE FINGAL VALLEY**



- Camping gear
- Ropes and pegs
- Torches
- Batteries
- Fishing equipment
- Ice
- Bait



BUT THAT'S NOT ALL.....

- Extended range of gifts
- Toys for children aged 3 and above
- Greeting cards
- Great coffee all day
- Valhalla Ice Cream - 9 flavours!
- Kiddies's cup \$3.00
- Large cup \$6.00
- Single cone \$4.00
- Waffle cone \$4.50



- Tools, nails, screws, nuts and bolts
- Fencing gear
- Farm gates
- Rope
- Padlocks
- Cement
- Painting equipment
- Stock feed
- Chicken feed

**DON'T FORGET TO SEE DANA AND HER FRIENDLY STAFF AT C & D'S IGA
FOR ALL YOUR NEWSPAPERS AND MAGAZINES**

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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

WHAT'S ON AT THE ST MARYS HEALTH CENTRE

Continued.... 18 March	Social Worker- Shan Williams. For appointments phone 6387 5555
19th March	Social Worker Shan Williams . Call 6387 5555 for appointments Physiotherapist – for appointments please see your GP or Health Professional for a referral.
20th March	Social Worker Shan Williams. Call 6387 5555 for appointments.

PATHOLOGY- FASTING BLOODS

No food or anything to drink other than water
For a minimum of 12 hours prior to having bloods taken. *You can still take morning medications.*

If you require bloods to be taken prior to 8:30am, please ring 6387 5555 at least 24 hours before to make an appointment with Nursing Staff

NON-URGENT BLOODS

If you require non-urgent bloods to be taken, please present at the nurse's station between **8:30am until 12 midday Monday-Friday.**

If unable to attend during these times, please contact St Marys Community Health Centre on 6387 5555 at least 24 hours before to make an appointment with the nursing staff.

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.**

March 2020– National Epilepsy Awareness Month
www.epilepsytasmania.org.au

St Marys General Practice reminder

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

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

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

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.

GP Surgery Hours: Monday - Friday

8:50am - 10:00am

(10 :00am-10:30am reception closed)

10:30am - 12.30pm

(1:00 pm- 1:30pm reception closed)

1:30pm - 3:00pm

(3:00 pm- 3:30pm Reception closed)

3:00pm - 4:30pm

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

DOCTORS ROSTER

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

It is not a drop in clinic. Waiting periods to see your doctor may be experienced, please be patient

Dr C. Latt

5/3/2020– 20/3/2020

Dr K. Rawnsley

6/3, 10/3, 13/3, 17/3 & 20/3/2020

INR tests require a 5 minute doctors consultation.

Please inform reception when booking.

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

PUBLIC HOLIDAY

MONDAY 9/3/20– Long weekend

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

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

Emergency 000

GP Assist 1800 780 011

Ambulance 1800 008 008 non emergency

Lifeline 131 114

St Marys Community Health Centre

6387 5555

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

WHAT'S ON AT THE ST MARYS HEALTH CENTRE

5th March

Social Worker Shan Williams . Call 6387 5555 for appointments.

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

6th March

Social Worker Shan Williams. Call 6387 5555 for appointments.

9th March

PUBLIC HOLIDAY– normal doctor's surgery hours will resume on Tuesday 10/3/20

10th March

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

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

Max Employment– 9:00am-3:30pm down-stairs.

11th March

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

12th March

Social Worker Shan Williams. Call 6387 5555 for appointments.

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

13th March

Social Worker Shan Williams. Call 6387 5555 for appointments.

16th March

Podiatry North– for appointment please phone 6777 3006

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

17th March

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

18th March

WACS Antenatal Clinic with Katie. Contact GP for appointments.

Continued previous page.....

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

NOTICE OF MEETING



Tasmanian Lymphoedema
and Laser Therapy
Centre Inc.

The Annual General Meeting of the Tasmanian Lymphoedema and Laser Therapy Centre Inc will take place in the Day Room, St Marys Community Health Centre at 5.00pm on Monday March 16, 2020.

Business to be conducted is to confirm the minutes of the last AGM, to appoint office bearers and ordinary members of the committee, and to receive the association's financial report.

Potential new committee members are welcome to attend. For enquiries contact the under-signed on 0437 462 406.

Lynne Fitzgerald

News from the Break O'Day Anglicans

Welcome to anyone who has moved to our beautiful communities over the summer. We know you will enjoy the climate, the scenery and the eclectic group of folk who make up our communities in Break O'Day. We all look forward to meeting you soon.

Christian Heritage Sunday was celebrated in early February, and we remembered again the first Sunday a church service was celebrated in our nation. We thank God we are still at liberty to meet freely and openly in our country.

On the first Saturday of February we welcomed riders from the **Bike for Bibles** who ride for the Bible Society. Nearly every year they visit our area, and this year it was a ride for women in Pakistan who are illiterate, and funds raised will be used to run programmes to teach these dear ones to read. What a privilege it was for the Christians of Break O'Day to host these riders and roadies. With 3 riders making on the Team this year, over \$2000 was raised in sponsorship.



One of the favourite activities for some women is making craft items. To combine this with an opportunity to talk to others, it is nearly bliss! That's what happens at the weekly craft meeting called **HeartsnHands**, who on any Thursdays during school terms, can be found in the Parish Hall at the Anglican Church in St Helens. We commence at 10am, enjoying morning tea together and complete our time together at about 12 noon. The cost is \$2. You are welcome to join us; this term we are creating soft "comfort" toys for traumatised children through the Royal Flying Doctor service, crocheted bird nests, felted and knitted Easter chooks, and a novelty magnet using pegs. We are sure there will be something for you to consider. Enquiries to 6376 1638.

Know Your Bible groups for women have recommenced across Break O'Day as well. Mondays at St Marys, Tuesday morning in St Helens and Binalong Bay, Tuesday afternoons. On 18th March we will be welcoming two visitors from the mainland as they journey around Tasmania on a "safari". A **Safari** for KYB is visiting women, usually in remote areas of our nation, and sharing the Bible with them and encouraging those ones who are feeling isolated. Our safari meeting will be on Wednesday 18th March at 11.30am in the Anglican Church in St Marys. It will include a Bring and Share Lunch, and drinks will be provided. Our speaker will be Isabel O'Neill and her companion is Sue Witten. The theme is "Hope that Uplifts". We hope to welcome you and your friends, please ring Carole for any questions on 63761638.



Next **Friday 6th March** across our nation we celebrate the **World Day of Prayer**. This year the host country is Zimbabwe, and the theme is "Rise! Take your mat and walk". The Zimbabwe WDP Committee was formed in 1962, when two leaders saw the need for church folks to get to know each other, meet, pray and strengthen one another in doing God's work. **St Helens** will hold their service at 10am at the Uniting Church. Come along and join us as we celebrate Zimbabwe, and learn more about this country in Africa. Morning tea will be shared at the conclusion of the service.

The **World Day of Prayer** celebration in **St Marys** will take place on Friday, 13th March, starting at 7.00 pm, in the Salvation Army building, behind the St Marys Town Hall, Main Street, St Marys. A voluntary offering will be accepted, and both men and women are welcome. A delicious supper will follow. We hope to see you at one of these meetings.



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



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



How do you contact us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

Facebook: Hub4Health

Our Aim:

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

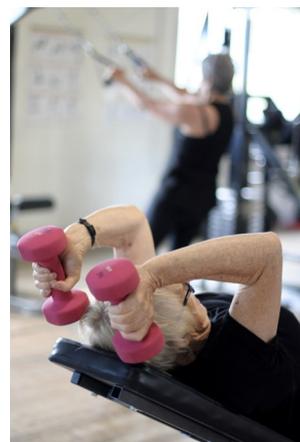
Active4Life Gym Memberships are available at our St Marys facility. Memberships are easy to apply for and the low fees are used to support the ongoing operation of the community gym and ensure it is sustainable over the long term. Range of programs to attend or flexible access with a fob.

The induction sessions for new members are on **Tuesdays 1.30-2pm** with Jason .

For more information please contact us:



admin@hub4health.org.au



Zumba is coming to the Active4Life Gym St Marys

Zumba - A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome!

Dance experience required? No!

Just wanna have fun? YES!

Cost: \$12 per person over 16 welcome

Classes Wednesday 6pm-7pm and Saturday 10am-11am

Starts 4th March

With One Voice Break O’Day is now on Wednesdays 6-7.30pm @ St Marys Sports Centre, Gray Rd St Marys. All welcome for a fun night of singing and a delicious supper. No experience needed

New Gym Timetable Out Now—Yoga now back on Tuesdays at St Marys District School.

Pilates is every Friday 9.30-10.30am \$10 pp with Tani at the Active4Life Gym St Marys



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




With One Voice Break O'Day Vocal Workshop

On Sunday 23rd February over 50 enthusiastic singers, new and experienced, joined together for a vocal workshop with Jane Christie-Johnston at St Marys Town Hall. Jane is the director of the Sing for Your Life Choir. The Sing For Your Life! Choir is a community choir based in Hobart, Tasmania, Australia. Since starting up in 2005 with about a dozen members, they now have more than 100 singers regularly rehearsing and performing together. It was a great privilege to have Jane come and work with members of the local With One Voice Break O'Day choir, interested community members and singers from across Tasmania.

The workshop was a chance for participants to learn songs in three and four part harmony and included a foot stomping African piece, a poignant song - "its dry" - very fitting, following the Fingal Valley's recent fiery summer, and a traditional Gaelic blessing.

Thank you to Bendigo Bank for their sponsorship, which allowed this event to happen, to the members of With One Voice Break O'Day who helped on the day and to everyone who came.

We look forward to hosting more workshops and to sharing the joy of singing each week . New Members always welcome!

<http://www.singforyourlife.com.au/>



Feel good, do good, sing for good and join ...

WITH ONE VOICE

A *NEW* Community Choir

With One Voice Break O'Day

Wednesdays, 6.00pm – 7:30pm

Where:

NEW VENUE

St Marys Sports Centre, Gray Rd, St Marys. TAS 7215

Conducted by:

Terese Tanner

Supper and Good Vibes included!

Would you like to be inspired, unleash your creative potential and improve your well-being? Then a *With One Voice* choir is for you!

There are **no auditions** and **no singing experience is necessary**. age, race, religion, disability and disadvantage fade away. Families, professionals, students, seniors, migrants, refugees...**everyone is welcome**.

With One Voice choirs are led by friendly and experienced conductors and meet weekly followed by supper.

Choir is a great place to find your voice, find friends, de-stress, build well-being and confidence, learn new skills and connect to your community. Participation is by tax-deductible donation.

Simply come along and you will be warmly welcomed.

Bus available from St Helens. \$5pp. Leaves 5.15pm St Helens Neighbourhood House.

Call **Geraldine**: 0417292414 to book your seat.

www.creativityaustralia.org.au

(03) 8679 6088 | withonevoice@creativityaustralia.org.au



These advertisements are paid for by the members. They do not reflect the political views of the FVNH, its staff or volunteers.



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

SENATOR JONATHON DUNIYAM
LIBERAL SENATOR FOR **TASMANIA**

📍 Ground Floor, 85 Macquarie Street, Hobart TAS 7000

☎ 03 6231 2444 ✉ senator.duniyam@aph.gov.au 🌐 SenatorDuniyam

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

Senator Claire
CHANDLER

Senator for Tasmania



Your new
Liberal Senator
in **LYONS**



☎ 03 6223 1135

@ Senator.Chandler@aph.gov.au

f SenatorChandler

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

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

Labor



REBUILD OUR REGIONS

Authorised by Brian Mitchell MP 53B Main Road Perth

Tasmanian
Liberals

John
Tucker MP
Liberal Member for Lyons



Avery House, 48 Cecilia Street, St Helens

9 Gordon Street, Sorell

john.tucker@dpac.tas.gov.au

Ph: (03) 6165 7840



John-Tucker-Lib-MP-for-Lyons

Authorised by John Tucker MP, 9 Gordon Street, Sorell

ST HELENS SWANS FLY INTO 2020 SEASON

The East Coast Swans Football Club are preparing for a season opening Gala Day hosting a monster auction, footy festival and launch evening at the clubrooms on Saturday 7th March, 2020.

As the club looks to put itself back on the NTFA premiership map after falling short last year, it will host a mega community day to raise both funds and profile in the region.

The action-packed day will kick-off the Swans football season and set the pace for the March long weekend on the North-East Coast.

The Swans joined the NTFA in 2017, making the Grand Final in its first year. A year later it took out the top prize defeating Evandale in the 2018 Division 2 Grand Final (now Division 1). The club is experiencing one of their most successful periods, not only on, but off the field as well. The club is looking to expand its community presence and volunteer base, and recently began working towards girls and women's teams, as well as growing its Auskick and junior development pathways.

President Stephen Walley, pictured right with auction organisers, Nick Fysh and Michael Richards, said the March Gala Day was a key part of the club's plans to become an even greater force within the football and the wider east coast community.

"We aim to be an outstanding club and to sustain that level of excellence over time," Steve said. "Our Gala Day will showcase everything we love about our club and hopefully raise funds to ensure we continue to improve our facilities and opportunities."

Auction organiser Michael Le Fevre, said they were on the hunt for quality second-hand items to sell, as well as donations of new items from businesses.

"We're selling things like cars, boats and trailers, big ticket items that people no longer need," Michael said. "People can set a reserve and keep that amount, the club will benefit from any extra money made above that reserve."

Le Fevre said the community had been incredibly generous but they were still looking for more items to sell.

"The more things we can gather the bigger the auction will be," he said.

The Monster Auction will be just the start of the big day at the East Coast Swans home ground in St Helens.

The club is planning footy skills sessions for juniors, exhibition games, a BBQ and in the evening will host its 2020 season launch in the clubrooms.

For more information contact:

ECS President Stephen Walley 0408 502 290

Auction organisers Michael Le Fevre 6373 6128 Michael Richards 0419 376 112 or Nick Fysh 0474 8320 222.



ST HELENS BOWLS CLUB

Last Sunday saw the final of the club Minor Singles. Victory went to Di Harris who battled it out with Rex Williams. Di is making a habit of cleaning up club titles, previously being a member of the winning triples team. The club has a 2 day Pairs carnival, sponsored by Linx Employment, scheduled for the long weekend. 14 teams are entered, some from as far away as Blackmans Bay. In pennant news the club hosts Invermay in the last game of the season the weekend after the carnival. St. Helens needs to win on all 3 rinks to avoid relegation to Division 2, so with a bit of luck, the home rink advantage and some good bowls, we might pull it off.



A reminder that we have social bowls every Tuesday and Thursday. No experience necessary. We have spare bowls, people willing to help new bowlers and an enjoyable atmosphere if you would like to join us. You will be eligible to win the \$300 jackpot no matter how you bowl!

Just turn up at 12.30 at the St Helens clubhouse, Circassion Street, St Helens.

MARK OLIVER IS BACK

YES OUR FAVOURITE CHEF RETURNS

FRIDAY THE 13th of MARCH

5:00pm at the Sports Centre

CHICKEN SCNITZEL

SALAD & CHIP NIGHT

COST: \$20 per Person

DESSERT: \$5

**COME ALONG FOR A GREAT FEED AND
SOME DRINKS WITH YOUR FRIENDS**

(PLEASE BOOK BY MONDAY 9th MARCH)

PHONE: MACCA 0457498641

TAMATHA: 0427332085

Or Book at the Club

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

Back after a little delay with computer problems but what a busy time at the Centre it has been. Plenty of action in the bowls as the finals draw near and East Coast singles games completed. Some great news for our club with Whispering Joe Wright just going down to John Brokas from Scamander in the men's final and Tamatha Grose getting over the line against Bridget from Swansea, to be our first ladies singles winner for a few years. Well done to both players. Super chef Mark Oliver has been confirmed for Friday the 13th of March, for a schnitzel night, see poster this issue. Longford bowls club will be here for a friendly game on Saturday the 7th of March with around 20 players taking to the rink, special mention to Bicheno club for sending up 6 players to even up the numbers. We have just had a 50th birthday party at the club that was well attended and catered for, many compliments from those that were there and showcases how versatile our venue and staff are for these events.

Bowls News: A real mixed bag in the last three games with a loss to Scamander, a narrow win against Bicheno and a loss to Swansea. Our last home game on the 14th March against Bicheno starting at 12:00 noon, our last hit out before travelling to Scamander the next week to take on the home team in the first of the finals. We have had a number of school children over for the last few Fridays for Bowls classes and mostly they have had a great time, most wanting to learn the game and enjoy a roll up. Who knows, maybe a few future bowlers amongst them.

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.

Getting towards the end of the bowls year with only a few carnivals at other clubs to wind up the season. Now to renovating and preparing the rink for next season.

Golf News: The intrepid crew had a hit out last Sunday with Mark Carrick taking the honours, it would be great to see a few more on the course as the greens are starting to look great and very playable. It is so nice to see our fairways making a slight recovery after the much anticipated rain, just in time for the river as well, which was just about dry. Veterans golf will return in May, after several years absence which has added a bit of interest around the club, more news soon.

Our next Crib Night is Friday the 20th March commencing at 6:30pm. Always a great night and very competitive. Mark Carrick winning the spoils again, a real all rounders effort. Cookie has been knocked out so many times in the first round, we might have to sit him out of the next one under the concussion rule.

DON'T FORGET THAT EVERY FRIDAY NIGHT THERE IS A HAPPY HOUR AND MEMBERSHIP DRAW FROM 6:30pm IF YOU ARE A MEMBER AND ON THE PREMISES WHEN YOUR NUMBER COMES UP, YOU WIN A CARTON.

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 for obvious reasons, as we have been caught out in the past.

For further details contact:

President—Tamatha 0427332085 Secretary—Macca 0457498641 or Treasurer/Licensee—Dawn 0408177285

WE ARE ALSO OFFERING TO THE PUBLIC, DEFIBRULATOR TRAINING 5pm THURSDAY 12th of MARCH

ALL WELCOME TO ATTEND



Incorporating
St Marys Newsagency
38 Main Street St Marys
Phone: 6372 2240
 Email: shop@cndiga.com.au
Open; Mon-Thurs 7.30 am-6.30pm
Sat 7.30am- 6.30pm

WEEKLY SPECIALS

CARPET CLEANER HIRE & SHAMPOO

SODA STREAM PRODUCTS AND EXCHANGE

EFTPOS

PHONE AND X-BOX CREDIT

WEEKLY MANAGER'S SPECIALS

WAVERLEY FARM FREE RANGE EGGS

WAVERLEY FARM WHEAT AND FEED PRODUCTS

ICE AND BAIT

GARDEN CARE NEEDS AND CEMENT

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

TASMANIAN MEATS : FRESH PRODUCE: SENIOR DISCOUNT WEDNESDAYS

Pet care for dogs, cats, chooks, alpacas, lambs, rabbits, guineas pigs, birds and fish.

Reliable and friendly local service—Free home delivery to St Marys area.

Please note: we DO NOT sell tickets for Calows Bus services.

THE VALLEY AND EAST COAST VOICE

is available at the following outlets:

- ◆ Avoca Post Office
- ◆ Avoca General Store
- ◆ The Farm Shed - Bicheno
- ◆ Fingal Post Office
- ◆ Chelle's Place - Fingal
- ◆ Hayshed - Fingal
- ◆ Mathinna Post Office
- ◆ Coach House Restaurant - St Marys
- ◆ C & D's IGA - St Marys
- ◆ Hilly's IGA - St Marys
- ◆ Hilly's IGA - St Helens
- ◆ St Helens Newsagency
- ◆ Scamander Supermarket
- ◆ Mouth Café - Scamander

Printed and published by:

Fingal Valley Neighbourhood House Inc.

PO Box 322

FINGAL 7214



Crossword Solution

ISSUE 52.02

Across: 1. Copacabana, 8. Boasted, 9. Therm, 10. Easy, 11. Lion, 12. See, 14. Visual, 15. Osiris, 18. Tic, 20. Glen, 21. Burn, 23. Rebut, 24. Predict, 25. Incredible.

Down: 1. Chassis, 2. Pity, 3. Caddie, 4. Botanist, 5. Needs, 6. Observatory, 7. Impersonate, 13. Gangster, 16. Routine, 17. Helped, 19. Cabin, 22. Kerb.