

# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 52.17 17th September 2020

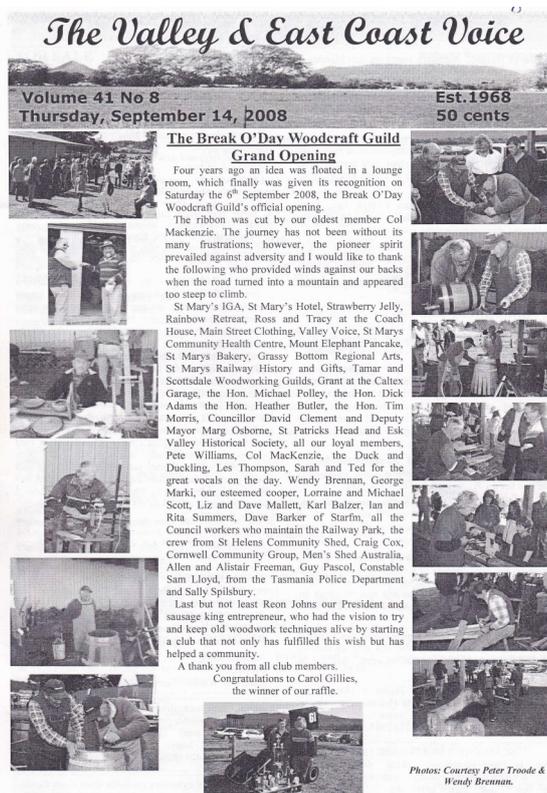
Deadline for 52.18 is at 5.00pm on Monday 28th September 2020

## WOODCRAFT GUILD FOUNDERS HAND OVER TO NEW COMMITTEE

At the Annual General Meeting of the Break O’Day Woodcraft Guild, founding members Reon Johns and Wendy Brennan celebrated 12 years of service to the organization before handing their roles over to new committee members. Taking on the roles of President and Secretary respectively, Reon and Wendy have lead the organization to its present-day place in the St Marys area. As the front page of the 14th September 2008 issue shows, the opening of the Guild’s building was a day of celebration, and the list of thanks is comprehensive. Past Secretary Wendy Brennan sent her final article to the Valley and East Coast Voice, this week and here’s how it reads.

“It is with some sadness that I write this article for the last time. It just seems like yesterday that Reon and I held a meeting in our lounge room in 2004 to discuss the opening of the Guild. Many sausage sales from the “Sausage King” himself provided the initial funds to start up the group, as well as the many dedicated volunteers and the community. Time passes by, and the baton is now passed on to new capable hands. We would like to congratulate Jeff Springer, the new President as well as Doug Priest the new Secretary/Treasurer, not to forget Chris Ogden, the new Public Officer. We both hope that the Guild has lived up to its reputation by providing a welcoming space for many new arrivals as a stepping stone into our community, and that some of the old skills of woodwork will still permeate into the community via our clever mentors. A large thankyou to the new committee who gave Reon and Wendy life time membership. This kind gesture was very much appreciated and made us feel valued. To the Break O’Day community and especially St Marys, we say a heartfelt thank you from the both of us. To Elizabeth and all the volunteers at the Valley Voice, it’s your little paper that printed our first article and has done so for the past several years. Thank you, Wendy.”

The Valley and East Coast Voice recognises the hard work that Reon and Wendy have put into their roles at the Break O’Day Woodcraft Guild, and along with the people of St Marys, say “Thank you”, and we wish them all the best for the future.



Tasmanian  
**Liberals**

# John Tucker

MP

Liberal Member for Lyons

Avery House, 48 Cecilia Street, St Helens  
9 Gordon Street, Sorell  
(03) 6165 7840 | john.tucker@dpac.tas.gov.au

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

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**Editor:** Elizabeth Death  
**Email:** valleyvoice@fvnh.org.au  
**Phone:** 03 6374 2344 **Website:** www.valleyvoice.com.au  
 Facebook.com/ValleyEastCoastVoice  
 PO Box 322 Fingal Tasmania 7214  
**For all account enquiries, please contact:**  
[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)

**ADVERTISING RATES - 2020**

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

**Fingal Valley Neighbourhood House  
 Valley and East Coast Voice  
 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.

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

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

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

[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)  
 (03) 6374 2344  
 PO Box 322 Fingal Tasmania 7214

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

**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, staff or volunteers.

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. Whilst we value and welcome community input, the Fingal Valley Neighbourhood House does not provide specific feedback regarding any decision made not to publish a submission.

The Fingal Valley Neighbourhood House reserves the right at all times, without notice, to update, change or amend our guidelines. All information is correct at time of printing.

This newspaper is about the Fingal Valley and the East Coast, and the people who live here. If you have a story you would like to share, or a suggestion for an article or regular column, please contact the Editor. You can show off your literary talents and submit it for consideration, or the Editor can write it for you.

Photographs are important, too, so try to include them, with some information as to where and when it was taken, what the occasion was, and who is in it.

We also like to tell people about our sporting history, and tales of sporting prowess and vanished sporting events are also welcome.

Email me at: [valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)  
 Editor, the Valley and East Coast Voice

## LABOR TABLES NEW POLITICAL DONATION LAWS IN STATE PARLIAMENT

With Tasmania heading to the polls in early 2022 we will soon start hearing about candidates and policies from all parties across the political spectrum. Posters, leaflets, doorknocking, radio and television campaigns, even the internet; a question that often gets asked is; who pays for all this?

To limit the influence of private money on elections, political parties in Australia are publicly funded. After each federal election the Australian Electoral Commission distributes a set amount of money to each political party, directly related to the number of votes it receives. This funding can be used by parties for a range of purposes including campaigning, but only for federal elections.

Unlike other states, there is no public funding for state elections in Tasmania. This means that in state elections, donations from businesses and individuals, as well as fundraising and candidates' own savings, are what funds the costs of running an election campaign.



Tasmania's Shadow Attorney-General Ella Haddad has raised the issue of electoral donations and the weaknesses in the current legislation as a matter of public importance.

"It's an issue that urgently needs attention to address the perception that money buys influence in Tasmania," she said. "In Tasmania, someone could donate an unlimited amount of money to an individual candidate for the House of Assembly, and nobody apart from the candidate and the donor would ever know about it. The candidate has no legal obligation to declare the donation. This leads to an uneven playing field, and can lead to outcomes where candidates are elected because they have the deepest pockets. Tasmanians are right to feel cynical when there is absolutely no system in place to ensure they know who is donating to political parties and candidates and how much they spend on campaigning."

The only reporting requirement on parties running for the lower house comes from the national level. Under Commonwealth law, parties – but still not individual candidates - must declare donations above \$13,800. And at a state level, there is no public declaration of donations at any level at all.

"This is a ridiculously high threshold which must be reduced dramatically," Ms Haddad said.

"Elections are the process of the public choosing who will run the electorate, state or country in which the election is held, and they should not be affected by campaign funding from companies and businesses. Tasmania has the weakest political donation disclosure laws in the country and they need to change. These broken laws need fixing to make sure the community knows who is funding elections. The Labor Party believes that transparently disclosing where political parties raise their funding is a good start. That's why the Labor Party has written our own draft bill and released it for public comment," Ms Haddad continued.

Under Labor's proposed legislation, donations of \$1000 or more will have to be declared to the Electoral Commission and put on the public record. The proposed legislation would include multiple donations from the same donor that add up to more than \$1000, even where each individual donation is below that threshold.

Donations would also have to be regularly reported with public declarations made every 30 days.

"Unlike our current laws, this disclosure requirement will apply to individual candidates and MPs, as well as to political parties. Labor's bill would also put a spending cap on political parties fielding candidates for the House of Assembly, and on individual candidates, just like those that currently apply to candidates running for seats in Tasmania's Legislative Council and local government," Ms Haddad concluded.

The bill is open for public comment and Labor welcomes your feedback.

To read and download Labor's draft bill, visit:

<http://taslabor.com/donations-bill-2020/>





# Fingal Valley Neighbourhood House INC

Old Tasmanian Hotel  
20 Talbot Street, Fingal

**17/09/2020 - Update**

**We are observing social distancing and limiting numbers into the house and each room during this time.**

We will ask you some questions on entry to ensure everyone's safety.

We have started re-introducing some of our programs with the following updates:

- Library and Op Shop are now open.
- Loaves and Fishes has now gone back to **Thursdays from 12pm and has returned to the Neighbourhood House for collections.**
- NILS Loans, transport, food relief etc are now back. Please contact the house for more details.
- Our history group is getting back underway and always looking for new volunteers - if interested please contact the office for more information.
- We have also started regular fortnightly bus trips to St Helens and once a month to Launceston, contact office for more details. Next trip to St Helens will be on 25<sup>th</sup> September.



## CRAFT

If you are interested in Mosaics or Craft of any kind please register your interest with the office and we can advise when these activities will be starting.

Alternatively, if you'd be interested in running a class, please contact us on the number below.

Should you have any further questions please do not hesitate to call us on

6374 2344, email [admin@fvnh.org.au](mailto:admin@fvnh.org.au).

*The Fingal Valley Neighbourhood House Inc is funded by the Crown  
through the Department of Communities Tasmania*

**PATCHWORK**  
*Basics*

**LEARN HOW TO:**  
Cut (scissors or rotary cutter)  
Piece (by hand or machine)  
Hand applique

**MAKE SAMPLER BLOCKS**  
Can be made into a quilt, wall hanging, bag, table runners etc.

This introduction is to give you a taste of a therapeutic craft, enjoyed by millions of people all over the world.  
Enjoy friendship and learn a skill to last you a life time!  
Further programs may take place - depending on interest.

**WHAT TO BRING:** Notebook and a pen, glasses (if you need to wear them for reading/close up) and a display book.

**TO REGISTER YOUR INTEREST, CONTACT  
THE FVNH OFFICE ON 6374 2344**

## ROAD WORKER SAFETY CAMPAIGN - DRIVERS TOLD TO "SLOW DOWN AND KEEP OUR ROAD WORKERS SAFE"

Michael Ferguson, Minister for Infrastructure and Transport, introduced the latest campaign to guard the safety of road workers at a press release on 4 September, with the motto "Your speed is our safety".

"All road users have a responsibility to slow down, pay attention and keep our road workers safe. In the past seven years, two road workers have been killed on Tasmanian roads, and contractors regularly report near misses. This is not good enough – every worker deserves a safe work space, and we want zero deaths and injuries for our road workers," Mr Ferguson said. Driver behaviour, such as inattention and failing to comply with speed limits in work sites, can lead to serious or fatal injuries to road workers. In built-up areas, pedestrian safety can also be compromised by drivers not obeying signage.

Reduced speed limits and other traffic management are important for protecting road workers, and also to reduce the risks to the traveling public, including the risk of damage to vehicles. The Tasmanian Liberal Government is delivering significant road infrastructure package to improve safety and traffic flow across the state, and road workers are a vital part of that. The campaign focuses on how failure to comply with speed limits and signage at roadwork sites can directly impact the lives of road workers, their families and Tasmanian communities. The long-term objective of the campaign is to have zero crashes at roadwork sites.

The Road Worker Safety Campaign – Your Speed is Our Safety - was first launched in 2016, and raises awareness of the safety risks for road workers and motorists at roadwork sites. "Today, we are launching the latest *Your Speed is Our Safety* advertising campaign, which is a reminder for drivers to keep the safety of road workers front of mind," Mr Ferguson commented. The launch is intended to time with the anticipated increase in roadworks in coming months as the road construction season begins. "Our COVID-19 recovery plan includes fast-tracking a number of road infrastructure projects to keep Tasmanians in jobs. That means road users will see more road workers on our highways and streets this spring and summer as we recover and rebuild," he continued.



*The Minister for Infrastructure and Transport Michael Ferguson, Camille O'Meara, Jake Vlasveld and Toni Pelham discuss the latest road safety campaign.*



*Your Speed is Our Safety* is a partnership between the Tasmanian Government, Civil Contractors Federation and the Road Safety Advisory Council, with the assistance of the Traffic Management Association of Australia.



**We're going to be at  
Mathinna Recreation Ground  
On Thursday 24th September  
From 10 - 2pm  
Weather Permitting**

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

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

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

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

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



## **The Say by the "Cage Rattler"**

China disappoints me at present... In recent weeks, the Chinese Government officialdom have chosen to hold Australian national journalist and TV anchor Cheng Lei in detention and without charge, over security claims. Ms Cheng's family must be wondering why this is being dragged out by the Chinese officials, and the rest of us should be asking serious questions on why our diplomats have yet to secure a satisfactory outcome on all this. Thankfully, expedient action happened in one regard, when two other Australian reporters were quickly repatriated out of China early last week.

A sceptical me is wondering why, over the past few months, stuff like this is happening. Ever since Australia added its support to a detailed look at circumstances that led to the worldwide pandemic we know as COVID-19, there have been ongoing issues between Australia and China. We're not alone, and I understand a few other countries — most likely also supporting an enquiry into the pandemic, or asking China to look after Hong Kong better as well, as that issue worsens— have seen tariffs or sanctions threatened or imposed.

China needs to be seen as a country open to scrutiny and not be afraid of shortfalls, as it becomes an economic super power. As soon as its critics raise concerns, it seems to clam up or threaten tariffs and trade restrictions, as if it's wanting to flex a bit of muscle. One Chinese high-ranking diplomat made suggestions that a few months ago, four Australian-based Chinese journalists were 'harassed' by Australian police. They might have been investigated by them; that might be true but they weren't detained or even kicked out as far as I'm aware, unlike Cheng Lei. Now China claims we interfered with the rule of law, by quickly bringing the two male journalists out of China after they were interviewed by Chinese police apparently on security matters. China has since claimed that the Australian Government interfered in their law to get the journalists out. I have now seen that it was Birtles' and Smith's decision to leave the country quickly, based on genuine fears they would be detained without charge, like Cheng Lei. Like any Australian citizen feeling threatened, our diplomats assisted them; that's all.

I find it incredulous when China finds a need to essentially bully those who have issues with them. Suddenly tariffs were imposed; an 80% tariff on barley, and threats to beef, wine and other Australian exports. Not certain at the moment at what stage these are, other than beef problems, although wine seems to have come under a fair degree of scrutiny again. I did a search to see if Australia had suggested imposing tariffs on Chinese imports and couldn't find anything yet.

Perhaps the Chinese Government needs to take a long, hard look at itself on how it handles diplomacy, and perhaps our own mob needs to demand quicker decisions, such as demanding release or charging of Australian citizens overseas, rather than holding them indefinitely in detention. Quite ironic that the suggestion of Australia being 'irrational' by another Chinese official could be answered by the saying, "That's the pot calling the kettle black," if ever I've heard it.

It doesn't need to be like this. If China truly accepted thorough scrutiny and took full responsibility for what it has done on any issue, it might actually find it would earn huge respect. It has so much to offer this world, it has the power to achieve so much, and if it replaced rhetoric and diplomatic bulldust with truly meaningful dialogue, it would surely achieve so much more. As it sits at the moment, it's acting like a petulant child caught cheating, and just wants to take its bat and ball and go home.

Let it also be known that there are a lot of people way, way smarter than me who have come to the conclusion that the current tensions between ourselves and China are on the back, basically, of Australia supporting an enquiry into the circumstance of the pandemic, so all can learn a lot for inevitable future pandemics, and have voiced directly those concerns and thoughts variously in the general media. I just happen to agree with a fair bit of their premises and conclusions.

I'd love to see China's government truly showing us how to be a great global citizen, and accepting both success and failure with good grace, which I really believe they are capable of in so many ways. China has a lot of history as a world innovator and a rich tapestry of general history as well. Let's see them demonstrate that forthrightly once again. There are already enough global bullies, and we don't need any more.

What do you think?

### CRIME IS CHANGING, AND SO ARE OUR POLICE

Mark Shelton, Minister for Police, Fire and Emergency Management, recently spoke of how crime investigation is changing to meet new demands, stating that as part of the Government’s commitment to keeping Tasmanians safe, a new State Crime and Intelligence Command has been formed to meet these changes.

“The Command will focus on cybercrime, online fraud, organised crime, firearm trafficking, serious drug distribution, online child exploitation and serious financial crime, and it follows a recent Capability Review undertaken by Tasmania Police to identify future capabilities and look at Next Generation Policing in order to protect Tasmanians,” he stated in a media release on 28th August 2020.

The release went on to say that crime is changing and we need to make sure we are in the best possible position to keep Tasmania safe, which is why three targeted crime divisions have been created; State Intelligence Service, E-Crime Investigation Services and Serious Crime Support. Six additional officers have now been allocated to the new Command, as part of the Tasmanian Liberal Government’s election commitment to increase police numbers by a further 125 by 2022, taking the new Command to a total of 62 police officers.

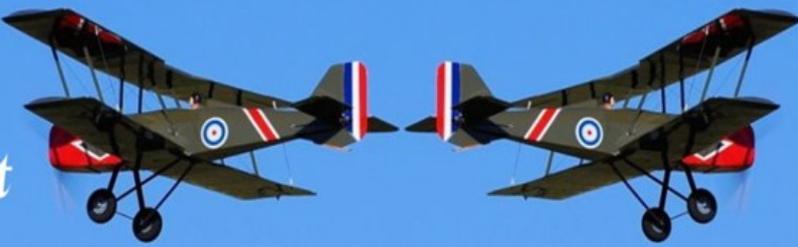
A key focus of the new Command is delivery of the Government’s ‘War on Ice’ commitment, with three police officers allocated to support combating the supply and distribution of drugs online. Commander Ian Whish-Wilson will head up the new Crime and Intelligence Command, bringing more than 30 years’ policing experience to the role, including work in Criminal Investigation Branches in Hobart, Launceston and Devonport.



Mark Shelton, Minister for Police Fire and Emergency Management, police dog Olsen, Commander Ian Whish-Wilson, and Assistant Commissioner Jonathan Higgins are pictured at the media release.

“I would like to congratulate Tasmania Police on the establishment of this new Command that will greatly enhance the coordination of specialist resources in Tasmania to investigate crime and keep Tasmanians safe,” Mr Shelton concluded.

FUN  
and  
Excitement




Flying radio controlled models is an exciting hobby and offers challenges and rewards to the young and the old. RC airplanes, helicopters and other types of radio control aircraft has become a *hugely* popular pastime in recent years, and it's never been easier - and more affordable - to get started.

RC flying isn't limited to the "standard" motorized aeroplane. A wide variety of models and styles are available: trainers, gliders, aerobatic models and helicopters. Club planes and mentoring are available for visitors to experience this exciting hobby. Guests and visitors are always very welcome on most Sunday mornings, weather permitting.

If you wish to join our club, or you want to have a look and visit us at during our flying days, feel free to contact us. Public Officer: Chris Spencer 0447 958 885





<https://eastcoastrcflyers.org.au/>
East Coast RC Flyers

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<p><b>STAR FM</b></p> <p><b>Program Guide</b></p>  	<p><b>Brekkie</b></p> <p>Start your working week</p> <p>with <b>Sandy</b></p>	<p>Enjoy your Fruit Loops</p> <p>with <b>Sandy</b></p>	<p>I see Stars</p> <p>with <b>Sandy</b></p>	<p>Eggs Over Easy</p> <p>with <b>Skuter</b></p>	<p><b>Alphabet Soup</b></p> <p>with <b>Jewels</b></p>	<p>It's the Weekend</p> <p>with <b>Shaun</b></p>	<p>Magilla's Jazz until 9.30 ...followed by Magilla's Magic Mix until Noon</p>	
	<p><b>Morning</b></p> <p>Feeling good</p> <p>with <b>Jewels</b></p>	<p>The Good, the Bad...and the Ugly</p> <p>with <b>Skuter</b></p>	<p>The Fusion Show</p> <p>with <b>Jonno</b></p>	<p>Rhythm N' Reggae</p> <p>with <b>Big Daddy Davo</b></p>	<p>Simply 60's</p> <p>with <b>PUGS</b></p>	<p>Old and New with "You Know Who"</p> <p>with <b>Angelina</b></p>		<p>with <b>Magilla</b></p>
	<p><b>Arvo</b></p>	<p>Jackster's MUSIC BOX</p> <p>with <b>Jackster and Porsche</b></p>	<p>DownUnder and more</p> <p>with <b>Mary-Anne</b></p>	<p>"Around the World" with your hostess</p> <p>The Tone</p>	<p>The All Australian Show</p> <p>with <b>Pugs</b></p>	<p>Under the Radar</p> <p>with <b>FEEF</b></p>	<p>A dose of Dr Dave</p> <p>with <b>Dr Dave</b></p>	<p>Star FM's The 80's Zone</p>
	<p><b>Late Arvo</b></p>	<p>In the BACKSEAT</p> <p>with <b>Astro or JAX</b></p>	<p>2 For Tuesday Request Show with <b>Shaun</b></p>	<p>Something Fishy</p> <p>with <b>Fyshy</b></p>	<p>Plug in your FLASHDRIVE</p> <p>with <b>The Flash</b></p>	<p>"Rock On"</p> <p>with <b>Jonno</b></p>	<p>"No 80's Zone"</p> <p>The Tone</p>	<p>with <b>The Tone</b></p>
	<p><b>Evening</b></p>	<p>Monday Evening</p> <p>With <b>Star FM</b></p>	<p>Neville's Country Corner</p> <p>and more with <b>Neville</b></p>	<p>That 70's Show</p> <p>with <b>The Flash</b></p>	<p>Thursday Nights</p> <p>with <b>Star FM</b></p>	<p>Magilla's Escape</p> <p>with <b>Magilla</b></p>	<p>The Party Pit Playlist by "Benji"</p> <p>with <b>Star FM</b></p>	<p>Big Daddy Davo's Blues Mix</p> <p>hosted by <b>Dave</b></p>



**FOR SALE**

**CLEAN 1000 LITRE IBC**

Ideal for water storage for fire fighting & gardening.  
\$90 each.

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# St Marys Op Shop

Directly behind the Town Hall, plenty of parking available.

**Autumn & Winter 2020**  
until 4<sup>th</sup> October 2020

So long as COVID-19 allows, please help us stay open by observing our requests to keep your distance, use hand sanitiser and limit numbers in store.

**Monday - Friday**  
**10:00am - 4:00pm**

Phone: 6372 2889

Look for our flag and the signs in the carpark.




**St Marys Market**  
1<sup>st</sup> Saturday of the month, 9am-12pm\*  
St Marys Community Hall

- Beautiful hand-crafted artisan and eco-friendly items
- Fresh produce, plants, and fresh cut flowers
- Fresh baked breads, cakes, cookies and other treats
- Preserves, dried fruits, jams & sauces
- Tarot readings
- ...and more!

Contact: [bodregionalarts@gmail.com](mailto:bodregionalarts@gmail.com) Facebook: @BODregionalArts

\*Subject to COVID-19 restrictions changing. Social distancing, hand sanitisation & attendance recording conditions apply.

**ADVANCING ORGANIC AGRIBUSINESS GRANTS**



Are you involved in Organic production, processing or wanting to transition into organics? The Organics Small Grants have been developed to support and enhance the Tasmanian Organics Industry.

Applicants are free to apply for funding for activities that enhances the Tasmanian Organic Production Industry. Activities will be required to be completed within 12 months from funding agreement.

**YOU COULD BE ELIGIBLE TO RECEIVE A GRANT UP TO \$15,000\***

\*grants over \$15 000 will be considered on a case by case basis



For further information, please contact Nikki Abel on:

Phone 03 6332 1800

Email: [organics@tfga.com.au](mailto:organics@tfga.com.au) or

Visit TFGA website: [www.tfga.com.au](http://www.tfga.com.au)



**COVID-19 small business continuity grants open**

The \$2 million second round of the COVID-19 Small Business Continuity Grant program is now open.

Grants of \$750 are available to assist small businesses to engage the services of a specialist to advise on continuity planning to assist with business recovery from the pandemic.

Applications will be assessed on applicant and project expenditure eligibility, and evidence provided in support of the application.

Assessment of applications will commence as applications are submitted and they will be assessed in order of receipt

Applications close at 12 noon on Friday 2 October 2020 or when available funding has been allocated.

For more information visit the Business Tasmania website [www.business.tas.gov.au](http://www.business.tas.gov.au) or contact Business Tasmania at [ask@business.tas.gov.au](mailto:ask@business.tas.gov.au) or on 1800 440 026.

COVID-19 Small Business Continuity Grant is part of the Tasmanian Government's \$20 million COVID-19 Small Business Sustainability and Recovery Assistance Package.

Department of State Growth



Are you aged 10-25? **FREE FOOD!**

**DO YOU WANT TO SPEAK OUT FOR YOUTH?**

COME TO OUR FIRST ST MARYS YOUTH COLLECTIVE MEETING ON THE 21ST OF SEPTEMBER AT 3PM - LOCATION TO BE CONFIRMED

MORE INFORMATION? NEED HELP WITH TRANSPORT? LOOK UP YOUTH COLLECTIVE NORTH EAST COAST TASMANIA (YNECT) ON FACEBOOK, EMAIL [YNECT@GMAIL.COM](mailto:YNECT@GMAIL.COM) OR MESSAGE/CALL 0457362620 OR 0422 742 297

Youth Collective North East Coast Tasmania - YNECT - Is a new, local community-based, non-profit organisation that provides a range of services, support and programs designed to address the needs and wishes of young people living in Tasmania's North East Coast region. On September 7th, YNECT visited St Marys District School to talk to students in years 7-10 about what they would like to see for young people in their community. Lots of amazing feedback was provided by the students, including;

- A place to hang out after school,
- Skate park in Bicheno,
- Chess club in Fingal,
- Mountain bike trails in Bicheno and St Marys,
- Surfing bus trips,
- Socials,
- Rock climbing wall,
- and more sporting activities.

YNECT will be having the first Youth Collective meeting on 21st September at 3.00pm in St Marys. This will be an opportunity for young people to become involved in developing programs and services for them in the area. For more information, check out the Facebook page, or email them at [ynect@gmail.com](mailto:ynect@gmail.com)

**ANGLICAN CHURCH****SERVICE TIMES**

contact 6376 1144

**St Helens**

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens.

**St Marys**

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

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

28007 Tasman Highway, Pyengana.

# 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

**BREAK O'DAY ANGLICANS NEWS**

**Where are we with COVID-19 now:** We are grateful for our State continuing on the path of doing what we need to do to stay safe and protected from COVID-19. On 2<sup>nd</sup> August churches across Tasmanian paused to thank our political leaders for safely guiding us so far. The Roman philosopher Cicero said, "Gratitude is not the only greatest of virtues, but the parent of all others." Bishop Richard from the Anglican Diocese said, "Expressing gratitude by saying 'thank you' to others is powerful, because it gives honour to people for what they do and encourages them to continue." Others to be grateful for are our healthcare professionals, health advisers and our state controller. Perhaps you might consider writing to our Premier and expressing your personal thanks. Bishop Condie continued, "For our part we will continue to pray for our leaders – for wisdom, for courage, and for good priorities, to balance sound economic decisions with protecting the lives of all Tasmanians." And we here in Break O'Day are so thankful too.

**Parish Annual Meeting:** On Sunday August 23<sup>rd</sup> there was only one church service in our Parish, as we celebrated our past year, and held our Parish Annual Meeting. It is good to review the past year and consider the coming year together.

**Christmas Shoe Boxes:** The HeartsnHands Committee are considering ways we can still support this ministry and pack our boxes for October. Thank you to everyone who are continuing to collect items for these precious boxes. Ladies have been invited to share in the packing which will be held on 16th and 24th September at the Parish Hall. To manage this with COVID-19 restrictions and safe distancing, only 10 ladies will be allowed at a time.

**Anglicare support:** The team at the Anglicare office in Cecilia Street are working hard to support those in our Break O'Day municipality needing that little bit extra. Please contact the staff there if you are wanting help in any way.

**Restructured Thinking:** Dr. James Fisher, a psychiatrist who carried out research into the positive qualities that make for good mental health, said, "I dreamed of writing a handbook that would be simple, practical, and easy to follow; it would tell people how to live – what thoughts and attitudes and philosophies to cultivate, and what pitfalls to avoid in seeking good mental health. And quite by accident I discovered that such a work had been completed – the Beatitudes." If you would like to discover more about these 8 attitudes that make for good mental health, take a look at Matthew 5, verses 1 to 12 in a Holy Bible and discover them for yourself. You might recognise these "attitudes" by another name – the famous Sermon on the Mount by Jesus.



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**We're going to be at  
 Fingal Valley Neighbourhood  
 House  
 On Tuesday 22nd September  
 From 10 - 2pm  
 Weather Permitting**

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

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

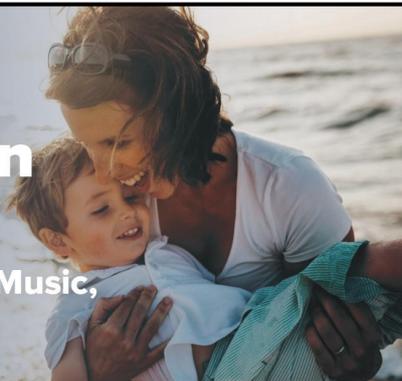
We have a network of local assistance for those in need or alternatively if you would like to know more about the trial please contact:

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

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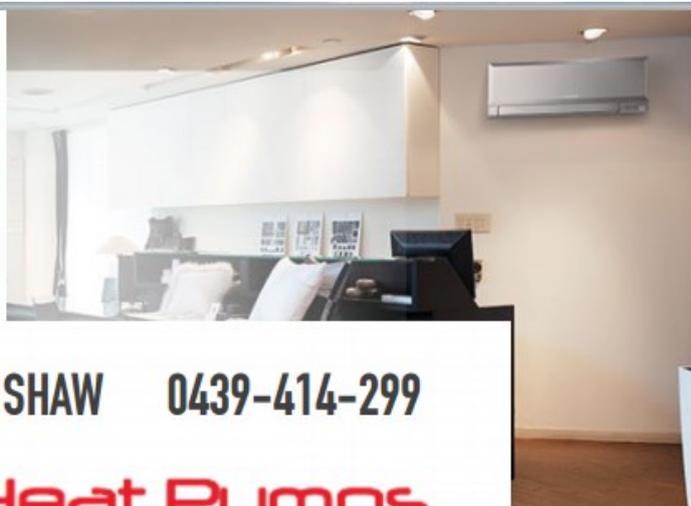
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ST HELENS	88FM
ST MARYS	88FM
FINGAL	88FM



**Clr. Janet Drummond**  
 Break O'Day Council

0404 562 320

[janet.drummond@bodc.tas.gov.au](mailto:janet.drummond@bodc.tas.gov.au)



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**WALKING GROUP MEMBERS CLEAR THE WAY**

The calendar for the first Wednesday walk in August for the St Helens Hub4Health Walking Group proposed cleaning up dumped rubbish sites along Argonaut Road. However the Parks and Wildlife Service seem to have been very active of late in the area we had targeted in the past. The "mega" dump we found last time has been covered and isolated by Parks and Wildlife Service. Ditches have barred access to a number of dump sites, including ones we have tackled in the past, and signs have also gone up.

As a consequence of this pleasing news, our "clean up" activities were moved to the old closed campground between Beer Barrel Beach and Burns Bay.

NOW, A FOUR PART EXPLANATION AS TO HOW A CANCELLED EVENT ACTUALLY ACHIEVES ITS OBJECTIVE!

Part 1.....Hub4Health Activity cancelled on the basis that Wednesday 5th August's terrible weather would be at its worst at about 10am. That is right at the beginning of our rubbish collection activity.

Part 2.....However it so transpired that the worst rainy weather at the Burns Bay boat launch ramp had passed by commencement time. Guest participants Clive and Robin {partially the instigators of this clean up} failed to receive cancellation advice. Thus they proceeded, over the whole morning, to bag some 180kg of campsite rubbish. Great effort, lads!!!!



*The site of the clean up— Burns Bay at the top left of the picture.*



*Alex and his wheelbarrow*

Part 3.....Alex and Revel, in the afternoon, on hearing of the morning's labour, took a ute and wheelbarrow to campground and picked up the mornings work in big orange bags. Whilst on location it was decided to spend a few more hours finishing the task. Another 150kg of rubbish, mainly stubbies, were collected.

Part 4 ..... With the tip closing at 4pm, it was necessary to empty the quite heavily loaded ute the next day. National Parks and Wildlife Service were shown the proceeds..... on the ute..... and were most impressed, as were the rest of the walking group - unbelievable outcome! Well done everyone!

**\*\*\*Camping ground cleaned \*\*\* \*\*Future clean up not necessary\*\*\***

**A JOB WELL DONE!**

*Information and photographs supplied by H4H St Helens Walking Group.*

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Here are some inexpensive ways to maximise your home's street appeal;

- For that lick of paint, go for neutral tones and the most popular choice of paint to ensure the widest appeal.
- Landscaping, this is what people see first! Remember that from the moment your property is on the market, people will be driving by and assessing the property, the property needs to look great from the outside as we want them to come in, not keep driving past.
- Get rid of dead trees, branches and weeds that are invasive.
- Wash dirt, mould and grime off outside walls, roof, garage doors and driveways.

For more Real Estate updates stay tuned for next months issue of the Valley Voice!



**Kate Walsh**  
Property Consultant  
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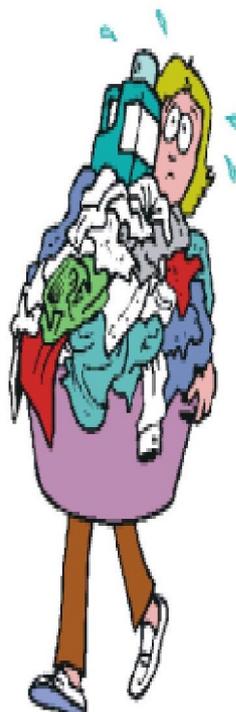
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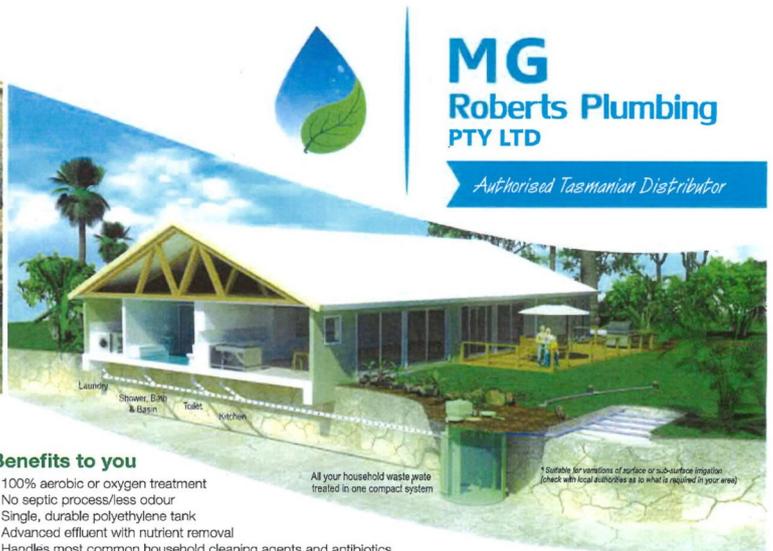
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North Ansons Bay Road, ANSONS BAY: OPEN 12 pm - 4 pm Wednesday, 10 am - 4 pm, Sunday and 12 pm - 4 pm on Monday of long weekends.

Tasman Highway, PYENGANA: OPEN 9 am - 12 pm Wednesday, and 2 pm - 5 pm Sunday.

Eagle Street, ST HELENS, includes recycling: OPEN 10 am - 4 pm every day.

Coach Road, SCAMANDER, includes recycling: OPEN 10 am - 4 pm Tuesday and Thursday and 2 pm - 5 pm, Sunday.

Gray Road, ST MARYS, includes recycling: OPEN 10 am - 4 pm Tuesday and Thursday and 2 pm - 5 pm Sunday.

Rossarden Road, FINGAL: OPEN 10 am - 4 pm Tuesday and Thursday and 2 pm - 5 pm Sunday.

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

### BLACK WATER DUMP POINTS

St Helens - 117 Tully Street, St Helens

St Marys — Harefield Road, St Marys

Fingal - 13 Talbot Street, Fingal

No charges apply to use black water dump points.



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Tuesday and Thursday

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**Saturday 9.00 am - 2.00 pm**

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### Weed of the month - Sweet Pittosporum

Sweet pittosporum (*Pittosporum undulatum*) is a shrub to tree found in gardens, along fence lines and invading bushland, often near the coast. Native to the eastern mainland, it has aromatic leaves with undulating margins, and is spread by birds eating its yellow berries with sticky red seeds. It may be valued for screening and shelter, but is a rampant environmental weed that grows up through shade to smother native vegetation it invades.



If you have sweet pittosporum on your land, control spreading plants, establish non-invasive alternatives for the garden and, in the meantime, remove fruit before the birds do. Seedlings can be hand pulled or dug quite easily. Large plants can be treated with cut-and-paint or drill/frill herbicide application. It is intolerant of fire.

## Helpful Information about COVID-19

We understand that you may be feeling worried about how quickly things change at the moment. Information about the COVID-19 situation is changing rapidly and it can be hard to know who and what information to trust.

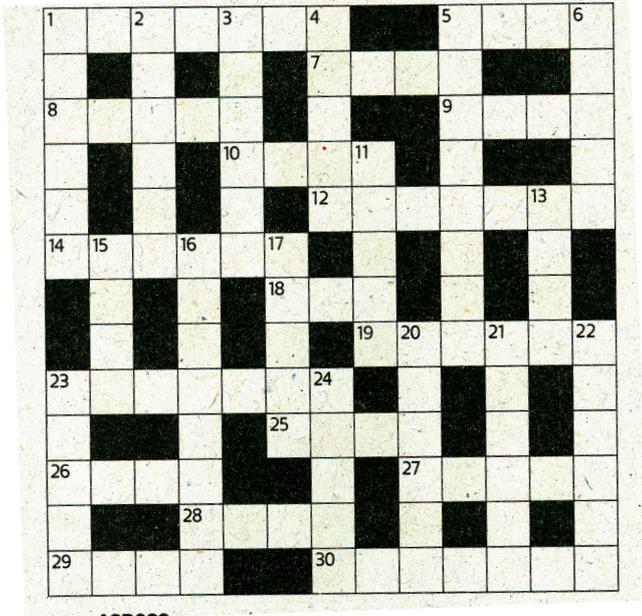
The State Government has launched a dedicated site which is the best place for you to find up-to-date information.

**[WWW.CORONAVIRUS.TAS.GOV.AU](http://WWW.CORONAVIRUS.TAS.GOV.AU)**

We recommend that you check this site and information regularly to ensure you are aware of the latest changes.

There are a variety of support services available to you. If you are not coping, please speak to someone now.

# Crossword 52.17



**ACROSS**

- 1. Scent (7)
- 5. Assist (4)
- 7. The art of Marcel Marceau (4)
- 8. Marten fur (5)
- 9. Of Man or Capri? (4)
- 10. Energy provider (4)
- 12. Hermit (7)
- 14. Small (6)
- 18. Whiskey grain (3)
- 19. Song of grief (6)
- 23. Military unit (7)
- 25. Heavy defeat (4)
- 26. Eastern garment (4)
- 27. Fatuous (5)
- 28. Furniture item (4)
- 29. Upsurge (4)
- 30. Paul \_\_\_\_, TV magician (7)

**DOWN**

- 1. Hand-gun (6)
- 2. Strong, sturdy (6)
- 3. Handy to have (6)
- 4. Smouldering coal (5)
- 5. Leo or him! [anag] (8)
- 6. Fragment (5)
- 11. Equal (5)
- 13. Indication (4)
- 15. False god (4)
- 16. Slow-moving animal (8)
- 17. Slip (5)
- 20. Movement (6)
- 21. *The Great* \_\_\_\_, Steve McQueen film (6)
- 22. *Fawlty* \_\_\_\_, TV comedy (6)
- 23. Conundrum (5)
- 24. Roving tribesman (5)



**Break O'Day**  
COUNCIL  
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	<p><u>Opening Hours:</u> Mon: 12.30-4pm Tue: 10am-12.45pm Wed: 12.30-4pm Thurs: 10am-12.45pm Fri: 12.30-4pm</p> <p>We have more than books. Borrow a DVD, CD or magazine. Search our website and order a title from anywhere in the state. Check out our e-resources too. It's all free!</p> <p><b>eLibrary:</b> <a href="http://www.libraries.tas.gov.au">www.libraries.tas.gov.au</a></p>

	<p><b>Fingal Online Access Centre</b> 29 Talbot St. Fingal Tasmania 7214 Phone/Fax: 0363742222 Email: <a href="mailto:fingal.oac@education.tas.gov.au">fingal.oac@education.tas.gov.au</a></p>	
<p>The Fingal Online Access Centre is open from 9 am - 2 pm daily, adhering to strict conditions of social distancing.</p> <p>All our normal services are available.</p> <p>If you have printing or emailing you require, call in and we will assist you.</p>		

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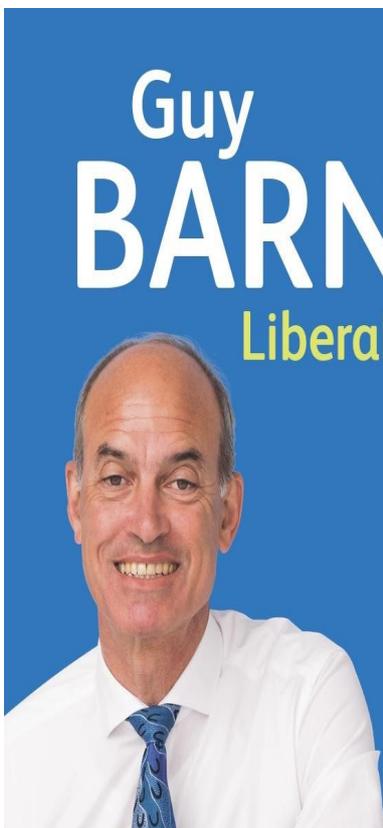
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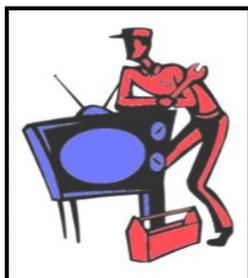
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## ST HELENS HUB4HEALTH WALKING GROUP



The walkers were very busy in August, enjoying regular walks to a variety of places.

### Wednesday 12<sup>th</sup> August 2020

Big thanks to Christa for the Wednesday walk from Schiers Track at Upper Scamander to her home for morning tea. A good work out over well formed tracks through the bush. The neckwear worn was a real hit with knitting patterns shared for members – not just a walking group!



### Wednesday 19<sup>th</sup> August 2020

Wednesdays walk headed to Skeleton Point and then on to Australia Rock and return. Not much car parking available at the beginning of the walk so a car pool was necessary from the restaurant. Morning tea was provided at Josi's house after the walk - a very convivial arrangement! The weather was clear but cold, great walking weather!



### Saturday 22<sup>nd</sup> August 2020

Originally the Saturday walk was to be held on Saturday 15<sup>th</sup> August 2020, however, heavy rain saw this deferred to the next Saturday, when nine walkers in total headed out from the old reservoir on Reids Road to make their way to the top of Mt Pearson. Weather changed from beautiful blue skies early on to showers, when coats and covers were put to use, however, the showers were short-lived, and those walking were well-equipped to deal with the occasional shower.

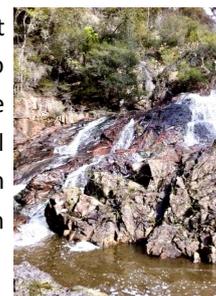
The walking was in open country underneath mature eucalyptus sieberi trees on very coarse granitic soils, gradually climbing to the boulder-strewn slopes that make up Mt Pearson. For those interested, Mt Pearson appears on the Flinders map of 1814, and the local mount is named after William Pearson, astronomer (1767-1847), one of the founders of the London Astronomical Society. A keen eye spotted a small group of Gnat Orchids that were enthusiastically photographed by members of the camera club.



Lunch was taken by some atop of the boulders next to the trig point whilst others sheltered in the lee of the breeze overlooking the distant farmland of the Marshes. The return journey was via the same route – gently heading back down to the old reservoir. Many thanks to Alex.

### Wednesday 26<sup>th</sup> August 2020

Wednesday walkers parked on Trafalgar Track and walked along this dirt road, about 17 members in all. It was through the bushland at the back of St Helens, and the recent rain had settled the dust on the road, so it made for very pleasant walking conditions. We could hear the roar of the waterfall as we neared the track down to the Falls. In spite of all the fallen debris (Revel, we needed you and your chainsaw!) we all negotiated the short, steep track successfully with minimal mishaps and no leeches. The recent heavy rain and snow meant there was plenty of water flowing over the rocks, so the waterfall was at its best. It's such a pretty spot there, so we spent some time admiring it and taking photos, before walking back to our cars.



Thank you Wendy for the update!

*Information and photographs supplied by St Helens H4H Walking Group.*

**St Helens Hub4Health 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 3<sup>rd</sup> 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 0428 287 753.**

# GAZZMAN'S

Blinds • Bedding • Manchester • Wood Heaters • Flooring

## BLINDS



## WOOD HEATERS



## FLOORING



## BEDDING



21 Quail St, St Helens  
Ph 6376 2555



# GAZZMAN'S

Blinds • Bedding • Manchester • Wood Heaters • Flooring

## This is Gazzman's 2020!

- ➔ On Trend
- ➔ Experienced
- ➔ Great Range
- ➔ Locally Owned

After 17 years in St Helens you know that Gazzman's are the leaders in new season trends in flooring, bedding and manchester.

And 2020 is no exception! With the addition of Tasmanian made blinds to their extensive range, the Gazzman's team are the ones to see when you need to transform the look of your home.

Complimenting the new range of blinds, Gazzman's continue to offer a comprehensive range of Australian made wood heaters, Tasmanian made mattresses and a quality range of flooring and Manchester.

As a locally owned business employing

local staff and flooring contractors, Gazzman's continue to evolve and move with the times.

And with the continued growth of the business, Gazzman's are pleased to introduce their newest team member, Mandy! Mandy joins Garry, Karlee and Craig in providing you with expert advice and friendly customer service.

**This is Gazzman's 2020**  
*We look forward to seeing you soon*



Garry, Craig, Mandy and Karlee welcome you to Gazzman's

**21 Quail St, St Helens**  
**Ph 6376 2555**



## AUTOMATIC ELECTRIC DEFIBRILLATORS

### Binalong Bay

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

### St Helens District High School

In the swimming pool enclosure, available during pool hours

### St Helens Supa IGA

Wall mounted inside the foyer, available during open hours

### St Helens Football Club

Located inside the club rooms

### Scamander Sports Complex

On the wall just inside the dining room doors

### St Marys District High School

In the swimming pool enclosure, available during pool hours

### Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance

### Fingal Valley Neighbourhood House - 24hr access

On the wall outside the front door.



## IN AN EMERGENCY CALL 000

### EMERGENCY RELIEF

#### NORTHERN TASMANIA

Emergency relief providers help people in times of financial crisis. Assistance includes: food, transport; chemist vouchers; part-payment of utility bills; clothing; and budgeting support.

Emergency relief providers also link people to other services, to help address the reasons for a financial crisis.

**Emergency Relief organisations provide services directly to regional communities. It is not necessary to travel into Hobart for support.**

Please contact an organisation for advice and assistance.

<b>Launceston City Mission</b> <b>(03) 6335 3000</b> <a href="http://www.citymission.org.au">www.citymission.org.au</a>	<b>Launceston Benevolent Society</b> <b>(03) 6344 4213</b> <a href="http://www.lbs.org.au">www.lbs.org.au</a>
<b>The Salvation Army Tasmania</b> <b>(03) 6323 7500</b> <a href="http://www.salvationarmy.org.au">www.salvationarmy.org.au</a>	<b>St Vincent De Paul Society</b> <b>(03) 6326 5551</b> <a href="http://www.vinnies.org.au">www.vinnies.org.au</a>
<b>The Helping Hand Association</b> <b>(03) 6391 2498</b> <a href="http://www.findhelptas.helping.hand">www.findhelptas.helping.hand</a>	<b>CatholicCare Victoria Tasmania</b> <b>1800 819 447 or (03) 6332 0600</b> <a href="http://www.catholiccaretas.org.au">www.catholiccaretas.org.au</a>

#### FINANCIAL COUNSELLING SUPPORT

If you or someone you know requires financial counselling support:

##### National Debt Helpline

**1800 007 007**

[www.ndh.org.au](http://www.ndh.org.au)

##### Gambling Helpline

**1800 858 858**

[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

[www.anglicare-tas.org.au/financial-counselling](http://www.anglicare-tas.org.au/financial-counselling)

##### Housing Connect

**1800 800 588**

[www.communities.tas.gov.au/housing/housing-connect](http://www.communities.tas.gov.au/housing/housing-connect)

A one-stop shop for all your housing and support needs.

### HELPLINES & INFORMATION

**In all emergencies call the Police 000 line**

**Tasmanian Government Family Violence Response and Referral Line**

**1800 633 937**

#### 1800RESPECT

**1800 737 732**

[www.1800respect.org.au](http://www.1800respect.org.au)

#### Mensline Australia

**1300 78 99 78**

[www.mensline.org.au](http://www.mensline.org.au)

#### A Tasmanian Lifeline

**1800 98 44 34**

[taslifeline@lifelinetasmania.org.au](mailto:taslifeline@lifelinetasmania.org.au)

#### Kids Helpline

**1800 551 800**

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

#### Lifeline

**131 114**

[www.lifeline.org.au](http://www.lifeline.org.au)

#### Beyond Blue

**1800 512 348**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

#### Carer Gateway

**1800 422 737**

<https://www.carergateway.gov.au/>

If you or someone you know is a carer

#### Disability Information Helpline

**1800 643 787**

[www.dss.gov.au/disabilityhelp](http://www.dss.gov.au/disabilityhelp)

If you or someone you know has a disability

#### Older Australians and Carers COVID-19 Support Line

**1800 171 866**

Older people and their carers are encouraged to call

#### Tasmania Public Health Hotline

**1800 671 738**

[www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

For the latest information about the coronavirus (COVID-19) in Tasmania

#### Find Help Tas

A central online directory of community services across Tasmania.

Supported by TasCOSS and member organisations

[www.findhelptas.org.au](http://www.findhelptas.org.au)

#### National Coronavirus Helpline

**1800 020 080**

[www.australia.gov.au](http://www.australia.gov.au)

Information on coronavirus (COVID-19) and help with the COVIDSafe app

24 hours a day, seven days a week

**DIGITAL REFERRALS - SAFE AND SECURE**

Have you ever visited the doctor for a referral to a specialist, and waited for an appointment, only to find that they didn't get the referral? Or gone for blood tests and x-rays, then been told that the results have been lost, and you need to have them done again? These events are frustrating, and can be expensive, so the news that a new electronic referral trial project is under way in Tasmania is very welcome, especially for those in the country and isolated areas.

Primary Health Tasmania – Tasmania's PHN – is leading the project, which aims to build an eReferral system for Tasmania, with the Tasmanian Department of Health and Tasmanian Health Service.

Electronic referrals, known as eReferrals, are a way to securely send referral communication between healthcare providers, contributing to more efficient and appropriate patient care.

Since kicking off in April, the Tasmanian eReferral project has seen general practices from across the state send more than 300 eReferrals to participating hospital departments. The project began with a small group of general practices but is now open to any Tasmanian general practice that would like to trial the tool with participating hospital departments, allied health services and specialists across the state. This means that once their practice gets on board, GPs will be able to use eReferrals to directly send referrals and communicate with the Royal Hobart Hospital's cardiology and gastroenterology departments, as well as the Launceston General Hospital renal clinic.

The long-term vision for the eReferral trial project is a state-wide expansion that will also include allied health, community specialists, and the full range of hospital departments. The project began before the COVID-19 pandemic, and has helped to ease the workload of doctors and nurses whose practices are part of the project, meaning less paper-work, and more patient care.



The Health Department are looking forward to the results and evaluation of the trial, which will guide their next steps in this exciting and innovative project.

**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 Monday, 14th September, 2020**

**Phone 1300 380 060**

Comfort Clean Ear

Micro-suction wax removal clinic.

**Home Visits are available on request!**

St Marys  
**PHARMACY**

Main Street StMarys

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.*



## ST HELENS BOWLS CLUB NEWS SEPTEMBER - OCTOBER 2020

### CALENDAR

Tuesdays	Jackpot Pairs	\$7	12.30 for 1.00 start
Wednesdays	Juniors & Training		3.00 – 4.30
Thursdays	Chicken Run	\$5	12.30 for 1.00 start
Saturdays	Jackpot Pairs	\$7	12.30 for 1.00 start

<b>SEPTEMBER</b>	14 <sup>th</sup>	RSL Bowls at St Helens	
	17 <sup>th</sup>	Committee meeting 10 a.m.	
	18 <sup>th</sup>	Suncoast Singers function	
	20 <sup>th</sup>	Lost Log v Scottsdale at St Helens	
	27 <sup>th</sup>	Open Day and Celebration – Presentations 2019-20	
<b>OCTOBER</b>	8 <sup>th</sup>	Break O Day Mental Health Forum	6.00 – 8.00 p.m.
	10 <sup>th</sup>	Pennant begins!	

### CARNIVALS

The **KAANDOO DESIGN CENTRE PAIRS CARNIVAL** was a wonderful success. There was so much interest from all around the state that, for the first time, we hosted a time on/time off carnival to ensure that nobody missed out. We are really grateful to Greg Hotchkin from **KAANDOO** in St Helens for his terrific support.

The top three results were: 3rd: Jean and Rob Claridge (Scottsdale); 2nd: John Dennis and Greg Webb (Scottsdale/St Helens); **WINNERS**: Tony Pickett and Bill Napier (St Helens). Lucky Losers: Shaz Hyland and Peter Whiteley (Cressy)

The **INAUGURAL BOWLS TASMANIA ARMED BOWLERS TRIPLES CARNIVAL** took place the following weekend and was another fantastic event with bowlers from twenty clubs around the state participating in a great atmosphere of camaraderie and good sportsmanship. The COP allowed each team to have one non-armed (Teflon) bowler if required. The final results came down to the last game round of the carnival with only 3 shots separating winners: Barry Le Fevre, Tony Pickett and Ian Williams (8 pts/22 s-up/30 ends), from runners-up: Joe Reissig, Ruby Walsh and Geoff Buchanan from Trevallyn (8 pts/19 s-up/ 29 ends). Lucky Losers draw was won by Ray Firth, Kerry Booth and Adrian Coomber. We are hoping this will become an annual fixture.



**BAY OF FIRES IGA & HARRIS FUNERALS NOVEMBER FOURS** is now fully subscribed. We are again looking forward to bringing players from all over Tassie into St Helens and Break O Day for this two-day event.

We have been innovative in our approach to catering under the COVID-19 restrictions and we thank all bowlers and visitors for adhering to the measures in place to keep everyone safe and healthy. From the club's point of view, it is fantastic to have so many members putting their hands up to help out throughout our busy schedule of events. What great fellowship we are enjoying. Thank you to all concerned.

### MORE NEW SPONSORS!

We are proud to announce more new sponsors for our club. This month, we have welcomed **Terry Campbell – EAST COAST CARPENTER**; the **ANCHOR WHEEL MOTEL**; **FIDUCIAN Financial Services**; and **BENDIGO BANK**. We are very grateful to have the support of so many businesses across our community and delighted that our sponsors are going strongly throughout the testing times of the pandemic.

### OPEN DAY

We are looking forward to holding a traditional Opening Day on September 27<sup>th</sup>. This will incorporate our celebrations and presentations from last season so we hope to have a full turn-up of members and sponsors on the day. Please RSVP and put the date on your fridge!

### MAKE FRIENDS – PLAY BOWLS AT ST HELENS BOWLS CLUB. Open all year round! ☺

Remember we are available for private sessions of coaching for beginners and that the club facilities may be hired for functions. Contact us in person at 10 Circassian Street, St Helens; by phone on 0363 761943 or 0458 420842, by email at [sthelensbowls@gmail.com](mailto:sthelensbowls@gmail.com) or through our Facebook page @StHelensBowlsClub. We look forward to hearing from you! See you on the bowls green! ☺

*Kaandoo*  
**SIMONS**  
Design Centre





**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.

Allied Health Services Available by Telehealth or appointment:

**Launceston Chiropractic**

Gareth is now visiting St Helens on Wednesdays for appointments at Hub4Health  
T: 6331 8898

**Rural Psychology**

**Sam Sturmer**

Rural psychological services with a mental health accredited social workers. Telehealth apt only- Please call Tess Crawley and Associates for appointments on 6331 057 Now visiting St Marys fortnightly

**Bay of Fires Physio**

Neidra visiting St Helens H4H  
For appointments at Hub4Health  
T: 0499 317 929 or

[www.bayoffiresphysio.com](http://www.bayoffiresphysio.com) for more details.

**MindBodySoul**

Lyn visiting St Helens H4H

- Stillness Touch - Biodynamic Cranial Sacral
- Lomi - Hawaiian Massage
- Remedial Massage - TCM
- Laughter Yoga.

Bookings via  
lynbodymindandsoul@hotmail.com

**Rooms for Hire**

Hub4Health have rooms available for permanent or casual use for local allied health and community services organisations at  
**5 Portland Crt St Helens**

Reasonable rates and great position. Flexible hours and room sizes

To make a time to view, please contact us at  
admin@hub4health.org.au



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

**WITH ONE VOICE**  
**Break O'Day**

Weekly  
Tuesdays, 5.30pm – 6:30pm

**Where:**  
Scamander Beach Resort  
158 Scamander Ave  
Scamander

**Conducted by:**  
Terese Tanner  
(0422 657 782)

- No supper provided, but participants welcome to book and stay for a meal afterward.
- No alcohol during choir rehearsals.
- No transport provided but contact Terese for carpooling options.
- Children under 16 must be supervised by an adult.
- COVID-19 Safe Session.

**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.

[www.creativityaustralia.org.au](http://www.creativityaustralia.org.au)  
(03) 8679 6088 | withonevoice@creativityaustralia.org.au



Building Blocks Presents:

**READ SING CREATE!**

St Marys Library  
Alternate Tuesdays  
(from 21st July)  
11-11.30am  
(School Term only)  
For Parents/Carers with children 0-5yr

**Fun Free Session**  
songs, stories and rhymes to support early learning

# St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

## 'STOP' DO YOU NEED TO ENTER THE HOSPITAL?

**If unsure phone ahead on 6387 5555**

### CHANGES AT THE ST MARYS COMMUNITY HEALTH CENTRE

- \* Due to the COVID-19 outbreak the St Marys Health Centre is required to do a health check of **ALL** persons entering the site. On arrival at the Centre you will need to press the intercom bell at the entry door where a staff member will come and do a health assessment on you before entering the building.
- \* Pathology- bloods or those who have scheduled GP appointments are still able to come to the Centre to have these services.
- \* If you only require renewal of a prescription/s please contact reception. On 6387 5555. An appointment is still needed. Scripts can then be faxed to the Pharmacy and collected from there.
- \* If you need some medical advice please ring reception for an appointment. Appointments will be either by telephone or by face to face depending on the situation. Please discuss this with the reception staff when making an appointment.
- \* Currently inpatient visiting hours are 2:00pm- 6:00pm with a maximum of 2 visitors per visit.
  - \* If you have an emergency dial '000' for assistance.
- \* If unsure about what you need please ring 6387 5555 and a triage assessment will be carried out.
- \* Hand sanitiser is located in all areas of the Health Centre- Please use it on entering and leaving the building.
- \* There are changes to the seating in the reception area to ensure the public maintain adequate social distancing (1.5 metres).
- \* What's on at the Centre- please check with your health professional as some suspended services have recommenced. Some phone consultations may still be necessary.

### DOCTORS ROSTER

A Doctor's appointment is 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.

<u>Dr C. Latt</u>	<u>Dr K. Rawnsley</u>	<u>Dr Bob Newton</u>
21/9/2020	18/9, 22/9, 25/& 28/9/2020	17/9/20-20/9/2020

INR tests require a 5 minute doctors consultation- please inform reception when booking.

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 Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

## Are your details up to date?

Do you have a new address / phone number?

Do you have a new Centrelink / Medicare card?

Have you updated these details with us?

Sometimes we need to contact you, or pass your details on to other health professionals.

**You may also be charged for some medical services if your Centrelink / Medicare cards are not current.**

If **any** of your details have changed, please contact us on 6387 5555 or call in and see our friendly reception staff for assistance.

## CTST-Community Transport Services Tasmania

Phone: 1800 781 033 for bookings

## **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.

The below 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

## 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.**

## 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)

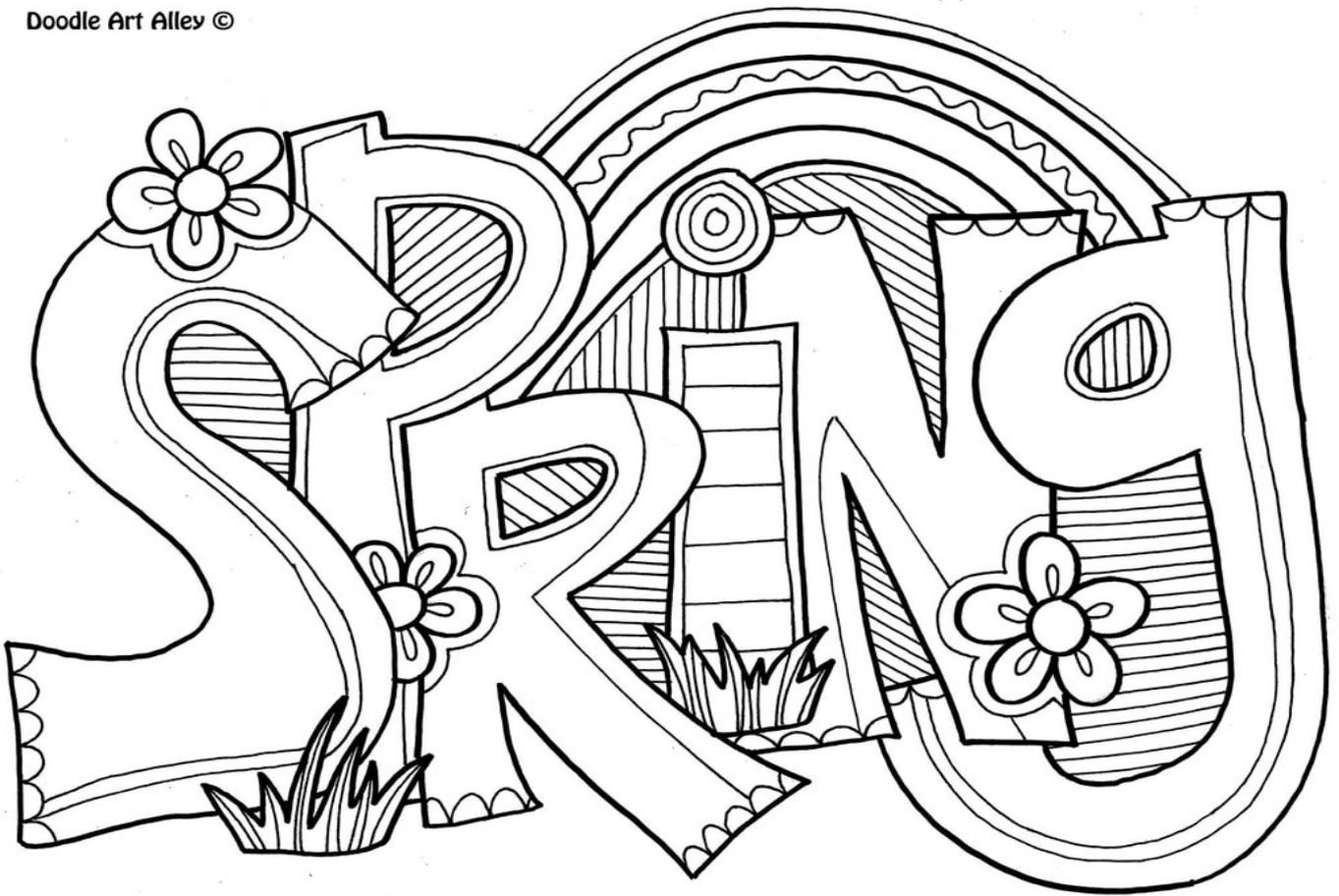
**10:30am - 12.30pm**

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

**1:30pm - 3:00pm**

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

**3:00pm - 4:30pm**



COLOUR THIS IN, THEN WRITE A POEM ABOUT SPRING!

A decorative border of small flowers surrounds the writing area. The word 'SPRING' is written vertically in large, bold letters, with a horizontal line next to each letter for writing a poem.

**S** \_\_\_\_\_

**P** \_\_\_\_\_

**R** \_\_\_\_\_

**I** \_\_\_\_\_

**N** \_\_\_\_\_

**G** \_\_\_\_\_

# SPRING ESL CROSSWORD PUZZLE

Look at the numbers on the pictures and write the spring vocabulary in the crossword puzzle

Copyright © 03/12/2017 englishworksheets.com. All rights reserved.

## FIND THE BENT WORDS!

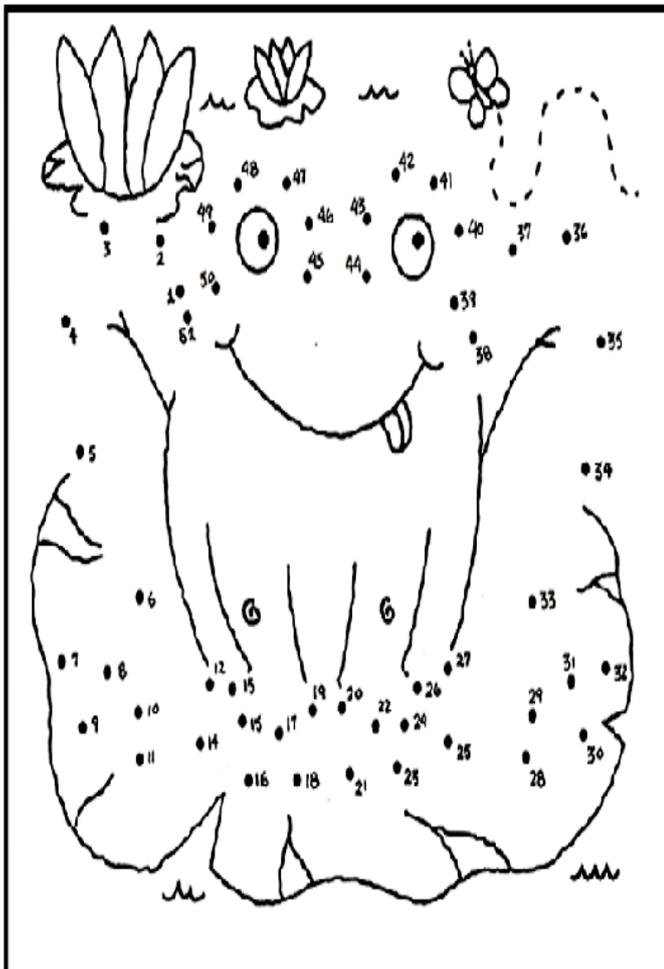
### Spring

A	P	R	I	S	U	N	L	G	R
S	U	E	L	T	H	G	I	S	E
E	L	S	S	U	O	H	D	O	E
E	B	K	E	F	B	I	R	W	N
D	S	Y	N	R	E	S	S	I	G
L	T	S	E	E	N	G	G	N	R
I	N	G	S	S	H	A	S	S	A
B	C	H	N	E	D	R	M	A	Y
L	R	A	M	H	T	W	O	R	G
O	S	S	O	M	Y	O	U	N	G

Find all the words from the word list (ignore spaces and dashes):

APRIL	MARCH
BIRDHOUSE	MAY
BLOSSOM	NESTLINGS
BLUE SKY	SEEDS
<b>FRESHNESS</b>	SOWING
GARDEN	SUNLIGHT
GREEN GRASS	YOUNG GROWTH

### Who's on the Lilly Pad?



### Spring Word Find



a	n	i	m	a	s	f	z	r
x	c	h	i	c	k	c	l	b
w	b	u	n	n	y	q	o	r
f	a	z	x	a	w	n	w	a
r	s	p	r	i	n	g	e	i
o	k	v	s	u	n	n	r	n
g	e	g	v	m	e	s	e	f
s	t	o	h	e	g	r	a	s

- |        |         |        |         |       |
|--------|---------|--------|---------|-------|
| egg    | bunny   | chick  | basket  | grass |
| spring | animals | rabbit | flowers | frogs |
| sun    | rain    |        |         |       |



## FISHING REPORT

### By The Happy Hooker



Hi all, well what a month of weather changes we've had, from rain in early August to the warmer spring days in the first week of September. The rain that produced a nice flood in the South Esk river system will now ensure that fishermen and women will have higher than normal water levels that will allow the trout to cruise up into the shallow backwaters fossicking for worms and grubs flushed out of the water soaked ground; these fish will quickly grow and become fit and strong.

#### Fresh water:

Lake Leake has quickly become the lake to go to in the hope of a trophy trout; some quality fish have been taken by trolling and fly fishers, and some great photos of these big trout can be found on the 'Sports Fish Tasmania' Facebook page. Lake Leake is spilling for the first time since 2016, and with the higher water levels, some exciting fly fishing will be expected from mid October when the mayfly insects will start to hatch, and these terrific sized trout will be waiting. These insects must taste like lollies to the trout, as they will feed hard on top of the water as soon as they hatch. Mayflies live in the water as nymphs; when the water temperature is right they will swim to the surface to hatch into the mayfly dun, then they will sit on the water to dry their wings for sometimes seconds or minutes, and from there they evolve into a spinner, either a red or black species, then they will mate, lay their eggs and die....quite a simple life. Trout will feed on the various stages of the mayfly life cycle, so an experienced fly fisherman will know what stage the trout are feeding on, and select an artificial fly to represent the stage of the cycle the trout are feeding on, in the hope of tricking the cunning foe.

#### Friday September 4th

A trip to the Scamander River was decided to tackle the arch enemy, the Tasmanian black bream. The boat was launched from the Upper Scamander River boat ramp, and the plan was to target the tree snags and rock walls in the upper stretch of the river. The tide was moving in nicely and fish were seen to be smashing small bait fish along the shore line, so a quick lure change to a paddle-tailed silver baitfish soft plastic cast to these fish resulted in nice sized cocky salmon caught; obviously these fish were laying in wait to ambush the bait fish when they swam into the school's path. Now back to the arch enemy the bream; finally a day that we could say we won, with 26 quality fish caught and released for another day! All fish were caught using soft plastic lures such as Zman grubs, sand worms and a Berkley lime tiger fry lure, which is actually a green and orange stick which doesn't represent anything fishy, but they do work.



Nice sized bream, caught using a Zman grub.

#### Saturday September 5th

Due to the successful fishing trip the previous day, and that we now had the arch enemies' measure, another crack was decided on. The trip was organised to be at the same time of day and virtually the same tide, same windy weather, the bream must be on again surely? The same lures were rigged up and excitingly cast to the same places using the same techniques. A nice bream was quickly caught and much anticipation on the rest of the afternoon was expected, however after what seemed like a thousand more casts, only another four nice bream were boated before we lowered our heads, packed up our bat and ball, and declared the bream the winner. You wouldn't think two days would fish so different but that's what brings you back I suppose....



Until next time, tight lines and safe boating!



## ST MARYS SPORTS CENTRE

By Volun Tier



More good news for the club this fortnight, as work on the new toilet, change room, store room and bar have begun. Council staff are busy stripping down the interior ready for the refurbishments to commence. I am sure the new works will come up a treat, making our venue even more enjoyable for those who use it.

The Z50 night was held last Saturday night, and thanks to the efforts of Kirk Cooper and Mark Carrick, the crowd enjoyed a wonderful meal at a minimal cost; thanks again to the efforts of our volunteers and those who donated salads as well. After the meal, the bike was unveiled and the work of Jeff Springer on the restoration was revealed; a classic little bike that looks like it just rolled off the assembly line. Thanks also to Ian Summers for some lovely guitar and banjo music in the background. We didn't get to do our 'happy birthday' skit for one of our guests, as he turned up a little late, and Ian had to return home. Well done to all. Sunday golf is really picking up momentum as well, with eight players having a go this week and enjoying the food and drinks afterwards at the 19th hole.

**Card night:** The next euchre night will be on Friday 25th September commencing at 6.00 pm with a light supper. Jeff Matters is the reigning champ and reckons he can roll the competitors again, so come along and take up the challenge.

**Footy Tipping:** Both weeks won by Macca who collected the spoils and moves to the top of the leader board. Come along and put in your tipping; if he wins again this week, the consequences may be unbearable!

**Members' Draw:** Last week, Peter LeFevre, this week Marci Bennett, neither there to collect their spoils.

**Golf:** Last week we had a stableford event that was won easily by Mark Carrick, ahead of Rick Stillman and Gary Maher; Mark also nailed nearest the pin. This week, a 2-person ambrose event was keenly contested, and won by Jack Viney and Mark Turner on 25, from Jacob Viney and Macca on 26, Speed Maher and Gordon on 30, and Peter Sorenson and Rick

Stillman on 31. Well done to all, Jack also won nearest the pin. We all enjoyed a feed afterwards, so keep the numbers improving. It's a great Sunday for a \$5.00 note that includes a feed, starting at 11.00 am. Our Day-Night golf game has a full field of 15 teams for October 3rd, should be a great night, the balls have been tested and work a treat. More next issue.

**Bowls:** Our first training run was held last Friday, with 12 hardy souls braving windy, chilly conditions for the first roll up; of course the weather changed as soon as bowls commenced! Training is Friday at this stage at 3.00 pm, all regular bowlers and new members are welcome to come along and try their hand at the game.

**OPENING HOURS:** Thursday 5.30 pm - footy and bar snacks. Friday - bowls training at 3.00 pm, happy hour 6.30 - 7.30 pm and members' draw at 8.00 pm, footy and bar snacks.

Sunday - golf at 11.00 am, followed by footy and bar snacks at 2.00 pm.

Until next time, good hitting and rolling.



"IF IT DOESN'T LET UP A LITTLE BY THE TIME WE GET ON THE BACK NINE, LET'S CALL IT A DAY."



**ST MARYS PACING CLUB**

**ANNUAL  
GENERAL  
MEETING**

**9<sup>th</sup> October at 7:00pm**  
**St. Marys Pacing Club Rooms**

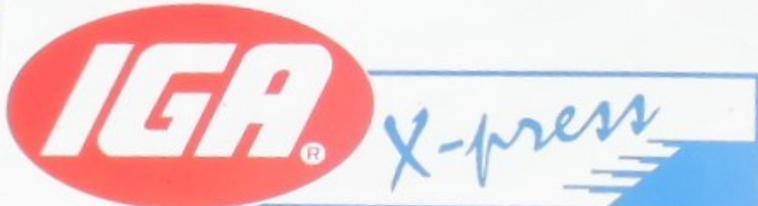


**A plate of food would be greatly appreciated**

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WELCOME**




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**Crossword Solution**

ISSUE 52.16

**Across:** 1. Geldof, 4. Giving, 7. Thor, 8. Risk, 10. Rinse, 11. Deserve, 14. Roe, 15. Misty, 17. Gavel, 18. Punch, 19. Wad, 21. Tetanus, 24. Scale, 26. Dear, 28. Turn, 29. Lustre, 30. Warmth.

**Down:** 1. Gather, 2. Dirge, 3. Force, 4. Gas, 5. Icon, 6. Greedy, 9. Kremlin, 11. Dean, 12. Sighted, 13. Rivet, 16. Sews, 18. Pastel, 20. Drench, 22. Arrow, 23. Utter, 25. Alas, 27. Eye.