



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 52.23 10th December 2020

Deadline for 52.24 is at 5.00pm on FRIDAY 18th DECEMBER 2020

MOBILE DENTAL VAN LAUNCHES INTO ST MARYS

About 30 guests joined the staff and students of St Marys District School to witness the launch of the first Mobile Dental Vehicle in Tasmania by the Royal Flying Doctor Service, which will be located at the school to begin providing dental care for residents of the area, including students from the Fingal campus. The Governor of Tasmania, Her Excellency Professor the Honourable Kate Warner, AC, cut a ribbon made by primary students which featured teeth, after she had spoken about the importance of good dental health, and the lack of support for people in regional areas who need dental cleaning and therapy. The specially designed mobile vehicle will help the Royal Flying Doctor Service improve the dental health of Tasmanians in rural areas, needing just a level site and 3-phase power to be able to carry out examinations including X-rays, and dental work such as fillings and removal of teeth, before using the sterilisation facilities in the van to ensure good health practices. Fully trained dental nurses will be able to treat between 10 and 12 people per day, with the van expected to stay in each location for between four and six weeks, travelling to regional areas to provide much-needed dental care for school students, aged care residents and residents.



Governor of Tasmania, The Honourable Kate Warner cuts the ribbon made by students.

The dental van, which was constructed and fitted out in Penguin, was made possible due to government funding and a \$350,000 contribution from Woolnorth Renewables, along with fundraising which included a ball at Government House in June, 2019.



John Kerwin, state manager of RFDs Tasmania, addresses the audience.

The Royal Flying Doctor Service Tasmania provides a variety of medical support for the residents of Tasmania, including its Mobile Health Bus, which made its inaugural journey in early September, when it was located at the Fingal Valley Neighbourhood House. Members of the public were able to call in and talk to a variety of support people, and find out about resources that are available to them.

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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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

(03) 6374 2344

PO Box 322 Fingal Tasmania 7214

Annual posted subscriptions are \$69 and annual online subscriptions

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

Editor, the Valley and East Coast Voice

CAMPFIRE RESTRICTIONS IMPOSED TO PROTECT THE BUSH

Restrictions on campfires, pot fires and other solid fuel stoves will come in to place from Friday 4th December at identified Parks and Wildlife Service (PWS) campgrounds around the State to help reduce the risk of bushfires. These restrictions are important to help protect visitors and the community.

Despite the recent rain, there is still considerable fire risk in the north-west and on the eastern side of Tasmania, with no significant forecasted rain in the Bureau of Meteorology extended outlook. Spring pasture growth is significant in a number of areas, and as the grass cures, the areas assessed as currently having normal fire potential is likely to change.

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

The seasonal campfire restrictions apply to national parks and reserves in the following areas:

- King, Flinders and Maria Islands,
- between West Point and Interview River in the north-west,
- Dorset, Break O' Day, Glamorgan/Spring Bay, Sorell and Tasman municipalities,
- Narawntapu National Park, and
- Snaky Creek and Tooms Lake Conservation Areas,

as shown on the map. Further areas may be added if the fire risk in those areas escalates during summer.

Gas stoves and gas barbecues will be permitted.



Last year there were 110 reports of unattended or illegal campfires on PWS managed land, with 140 fire offences recorded - this was a 50% increase in reports from the previous year. Restrictions have also been imposed on the use of pot fires, as sparks, embers and disposal of ash from pot fires can also provide an ignition source.

To communicate the restrictions to the public, the PWS will place posts on social media and the PWS internet site. Signage will also be installed at each fire restriction location. When you arrive at a campground, look for the 'Fire Restriction: No Fires' signs, like the one below. These red signs are displayed when fire restrictions are in place.

The Parks and Wildlife Services wants to ensure everyone has a safe and enjoyable camping experience, and appreciate assistance from the community in complying with fire restrictions.



See the new Parks and Wildlife Service Campfire safety and restrictions web pages for further details:

<https://parks.tas.gov.au/explore-our-parks/know-before-you-go/campfires-and-fire-restrictions/fire-restrictions>





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ALBERT HALL LAUNCH — “REMADE 2020”

Recently, local designer and artist Rita Summers participated in her third annual Remade wearable art event, organised by Interweave Arts and held at the Albert Hall in Launceston. Her entry consisted of a collection of original designs named ‘Torn’, a celebration of frayed edges and zero waste design. They were entirely hand stitched over a period of almost 2 years, in between other projects.

Why ‘Torn’? The word has many connotations - torn fabric, torn from family, torn apart emotionally, torn apart character, torn between choices. This collection of clothing represents all of the above, especially in relation to the convict women who came to Tasmania, two of whom are Rita's children's and grandchildren's ancestors. Yet they were able to establish families, businesses and so much more, leaving a lasting legacy of stability so at odds with their traumatic experiences. Rita particularly wanted to acknowledge and honour Sophia Gunyon (nee Robinson) and Amelia Harris (nee Laing). With the help of daughter Heather and a 100+ year old mannequin found on the St Marys tip, Rita demonstrated the various items she had made in response to her theme.

Sustainability is a requirement of all entries in the Remade event, so all the fabrics for this collection were naturally dyed using locally foraged plants and made from recycled fabric or clothing (mostly vintage).

About the artist

Rita is a qualified teacher, with a Bachelor of Education, Art major (distinction) and a Diploma of Art Craft Design/Textiles. She opened her gallery/studio in St Marys in 2003, and is passionate about recycling and zero waste. This informs all her designs and inspiration.

‘Torn’ Collection

by Rita Summers



Rita Summers demonstrates an item from her “Torn” collection, at the ‘Remade’ event at the Albert Hall, Launceston.

Gone Rustic Studio + Gallery
37 Main Street, St Marys 7215

Open Mon – Sat, 11-3
0417027424 gonerustic@gmail.com

Photographs supplied by Karen Revie

The Say by the “Cage Rattler”

It doesn't matter what you say to some people, or it doesn't matter how much common sense and scientific evidence there is, (often overwhelming too), some people just won't budge on their opinion. Of course this applies to COVID-19, and not least in first-world countries with abysmal and frightening records and the prediction of way too many infections to come...no-one with anything like a brain, you'd think, would call the pandemic anything but one of our biggest threats in a long, long time, given how easy it is to infect and how deadly it is for health-compromised people, not least our elderly. But...so many selfish, ignorant, arrogant and careless people will disregard or flout common sense rules put there to minimise the risk to a lot of folk at risk. One country that beggars belief in this regard is the U.S.A. I'm wondering if it's not exacerbated by 'civil liberties' belief as much as anything, and an inherent distrust of authority. Very recently, despite grave warnings from some of America's greatest medical experts, millions disregarded the warnings to not travel as much for Thanksgiving, and it's almost certain that it'll be even more disregarded over the Christmas/New Year period. The terrible prediction by most of the experts is that by the time the vaccines come available enough to have a genuine impact, the U.S. fatalities are likely to be well over 400,000 or even half a million plus.

There are just way, way too many people there that deny and discredit the expert advice for masks, frequent hand washing and social distancing and lockdowns when necessary, despite absolute evidence from countries like Australia, New Zealand and many others, that action like these WILL make a big difference and help greatly. Did anybody notice that reports mid last week from our financial experts have suggested that we are already beginning to recover strongly from recession on the back of bringing COVID-19 under better control than most countries, and that's even before we have access to vaccines?

Nobody suggests we are out of the woods from the pandemic, but nobody that analytically looks at where we sit could argue against what we've done as a nation.

This just doesn't apply to the pandemic. What about Climate Change; in a very similar way and in most regards actually an even greater threat to the planet, and for much, much longer is this. Once again, despite overwhelming evidence from almost all the world climate scientists, there are governments and people of all persuasions that continue to bury their heads in the sand. Sadly, Australia is currently one of these countries. I don't mind admitting that up to a decade or two ago I was a person who, at best, was sceptical and at worst, was someone who denied it was happening and thought it was a 'greenie' thing. Not any more, and over the past ten years or so I can no longer deny the evidence presented. I am certainly not alone. I recently read an article about the melting of more than half a billion tonnes of Arctic sea ice in a single year. The year before it was about the same. It's unprecedented in modern times. Over relatively recent times there is ever increasing number of extreme weather events right across the planet, either in longer lasting dry periods, similar extreme floodings, cyclones, typhoons, hurricanes a lot more frequently, impact on fauna and flora, not least in places like the iconic Great Barrier Reef, and such. Oceans rising and warming is nothing short of catastrophic, but we still have doubters at all levels. We are not listening, and if we don't start taking it extremely seriously, very very soon, future pandemics and the like will be essentially inconsequential, because without a healthier planet for future generations, we're at great risk to survive anyway... The human race proves time and time again that we might be the most advanced creatures on the Earth, but not necessarily the smartest in the truest sense of the word! We really are a very flawed bunch and make no mistake on that.

What do you think ?



St Marys Market

1st 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 Facebook: @BODregionalArts

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





Art in the heart of Bicheno

3-31 Jan 2021
wandaround.net.au

This coming January four artists will be at work in the centre of Bicheno to share their art with locals and visitors alike.

At Wanda Round experience a sound-based installation, mural painting, drawing and illustration. Attend a workshop or simply come down for a chat.

- Bicheno Mural : Jennifer Tyers —
- Complimentary Caravan : Rose Turtle Ertler —
- Department of Applied Thinking : Louisa Jenkinson —
- Photographic needle works : Anita Bačić —

For information about the artists, workshops and more, visit: wandaround.net.au or follow our social media...

4 artists
2 caravans

[@wandaroundtas](#)

Anita Bačić / Jennifer Tyers / Louisa Jenkinson / Rose Turtle Ertler

Presented in co-operation with [Bicheno Community Development Association](#), with [Makers Creators](#) and the [Bicheno Men's Shed](#).
Supported by:



NEXT ROUND OF MOBILE BLACK SPOT PROGRAM NOW OPEN

Round 5A of the Australian Government's \$380 million Mobile Black Spot Program is now open for applications, and communities in the Break O'Day municipality are encouraged to apply.

Liberal Senator for Tasmania, Claire Chandler said the new round would build on the Morrison Coalition Government's continuing commitment to expand mobile coverage in regional areas across Tasmania.



"Round 5A of the program will have a specific focus on improving mobile coverage along major transport corridors and in disaster-prone regions," Senator Chandler said. "Improving coverage in natural disaster-prone areas is critical for keeping people connected during times of emergency, so I encourage communities in these areas to apply. Round 5A will support new ways of delivering mobile services to locations that have traditionally been less economic for mobile network operators, so now is the time to identify priority areas to improve coverage."

The first five rounds of the program have funded over 1,200 new base stations in regional Australia, with more than 880 of these already switched on.

Applications for Round 5A opened on 18 November 2020 and will close on 10 February 2021. For more information about the Mobile Black Spot Program and the Round 5A process, visit: www.communications.gov.au/MBSP



(Information supplied by Senator Claire Chandler)

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

THE SAFE PLACE



We're going to be at
St Marys Hotel
From 10am - 1pm
On Tuesday 22nd December
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:

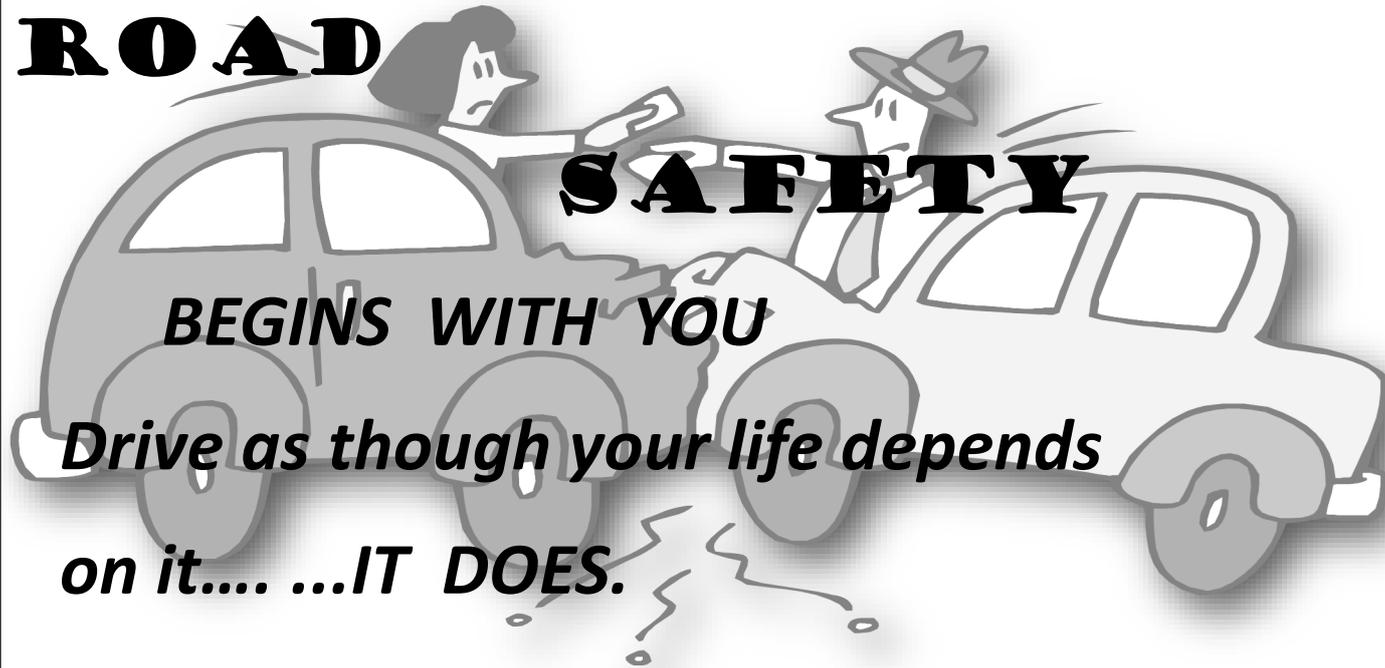
Trial Site Coordinator on
 6376 1134 or 0474 139 935

Or email: trialsite@sthelensnhh.org.au

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

FINGAL FOCUS

Contributed by Mike Brouder



Weather forecast for tonight;.....dark

If you haven't anything nice to say about anybody.....come and sit next to me!

What's another word for Thesaurus?

It takes considerable knowledge to realise the extent of your own ignorance.

You can't really be strong until you see the funny side of things.

A woman was sobbing that she had locked her keys in her car. A passing soldier stopped and assured her that he could help her. She looks at him in amazement as he started to remove his trousers and roll them into a ball. He then started to rub the rolled up trousers against the car door. It opens without a sign of trouble. "That's incredible!" the woman says, "How did you do it?" " Oh, that's simple, these trousers are khakis."

Why does a man twist the wedding ring on his finger? He's trying to find the combination.

Old aunts used to come up to me at weddings and poke me in the ribs and say, "You're next!" They stopped after I started doing the same thing to them at funerals....

A man went to see his doctor and asked for something for persistent wind. The doctor gave him a kite.

An Irishman received an urgent call from his family in Dublin. He had to go home to attend an important family meeting. They had to decide 'What to do with Mammy'. He noted that she was looking through the window all day. "Actually, I wanted to let her in, but the rest of the family wouldn't let me!"

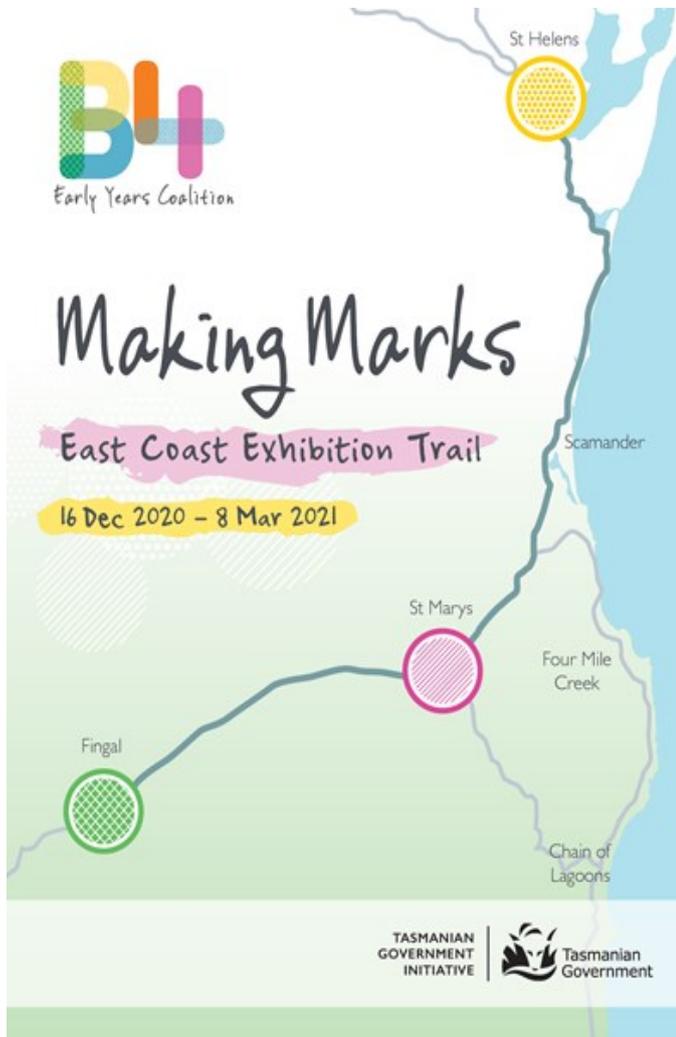
My brother was helping the nurse to fill in the name of his daughter after her birth. "It's Kelsey Noelle." he told her. "Kelsey Noelle?" the nurse repeated, "But how can you spell Kelsey with no L?"

Police arrested two kids the other day. One for drinking battery acid and the other for eating fireworks. They charged one and let the other one off.

Client: "Can you tell me what your fees are?" Lawyer: "Certainly, I charge \$250 to answer three questions."

Client: "That's a bit steep isn't it?" Lawyer: "Yes, what's your third question?"

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



Explore the wonder and creativity of Tasmania's youngest artists. Making Marks: A Celebration of Children's Art features the ideas of very young Tasmanian children aged birth to 4 years, showcasing their mark-making explorations.

With over 30 pieces in the exhibition, enjoy the unique experience of travelling the art trail in a day or over a few days.

To find out more about Making Marks, visit www.b4.education.tas.gov.au

Making Marks Exhibition Trail Locations:

Libraries Tasmania St Helens
61 Cecilia Street
St Helens TAS 7216
Opening hours: Monday to Friday, 10am – 5pm & Saturday, 10am – 12pm

Hub4Health Outreach Office
23A Main Road
St Marys TAS 7215
Opening hours: Monday to Friday, 9am – 4pm

Breat O'Day Child and Family Centre
1 Groom Street
St Helens TAS 7216
Opening hours: Monday to Friday, 8.30am – 4pm

Fingal Valley Neighbourhood House
20 Talbot Street
Fingal TAS 7214
Opening hours: Monday to Friday, 9am – 3pm

Purple Possum Wholefoods & Café
5 Story Street
St Marys TAS 7215
Opening hours: Monday to Saturday, 10am – 4pm

Please check opening hours with all venues during the Christmas/New Year holiday period

Proudly presented by the B4 Early Years Coalition in partnership with Hub4Health (Building Blocks Project)



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Monday to Friday 7.30am - 4.30 pm

Saturday 9.00am - 2.00 pm

52 Main Street ST MARYS



WINNING VOLUNTEERS ANNOUNCED AT TASMANIAN VOLUNTEERING VIRTUAL AWARDS

The 2020 Tasmanian Volunteering Awards looked a little different this year, with the ceremony taking place virtually last Monday 7th December, due to COVID-19 event restrictions. In celebration of International Volunteer Day, Saturday 5 December, the fifth annual awards recognise the invaluable contribution volunteers make to the Tasmanian community, while raising awareness of the important contribution made by volunteers across the world this year in response to the impact of COVID-19.

Patron of Volunteering Tasmania, Her Excellency, Professor the Honourable Kate Warner, AC, Governor of Tasmania joined the 29 finalists, their nominators, industry sponsors and VIPs at the virtual ceremony hosted by Volunteering Tasmania CEO Dr. Lisa Schimanski. Mr John Tucker MP, Representative of The Premier of Tasmania, Peter Gutwein presented the 2020 Premier's Volunteer of the Year Award to Ms Diane Reynoldson, who has been actively volunteering for the Annie Kenney (AK) Young Women's Emergency Accommodation in Southern Tasmania. AK provides crisis accommodation, 24 hours a day, seven days a week to young women aged 13- 20 years who are experiencing homelessness or who may be at risk of becoming homeless.

Ms Reynoldson has volunteered for the Annie Kenney (AK) Young Women's Emergency Accommodation for over nine years. She attends the shelter weekly to undertake art sessions with residents, arranging welcome packs for young women who are new to the shelter and rallying her friends and colleagues to assist with the establishment of a fruit and vegetable garden at the shelter, amongst other things. Through her professional and nurturing approach, she helps young women develop a belief in themselves and their abilities. Ms Reynoldson also provides art sessions at Hobart's Risdon Prison and travels to other countries to provide voluntary work internationally.

Volunteering Tasmania's CEO Dr. Lisa Schimanski said the judging panel always finds it extremely difficult to narrow down the finalists, when so many people are doing incredible things. "There is no doubt that Diane is making a huge impact on the lives of the young women she works with and is an incredibly worthy winner of the Premier's Volunteer of the Year award."

"In the spirit of this year's International Volunteers Day theme 'Together We Can through Volunteering', I want to honour the contribution of every volunteer in Tasmania, every contribution to volunteering is significant." "Volunteering is not measured through the number of hours people give, but by the connection and impact of what they're doing. It doesn't matter if you are giving one hour a week, a few hours each month, one day a year or more, collectively volunteers are contributing an estimated \$4 billion dollars to Tasmania each year and most importantly making an enormous difference in our communities, and for this we thank them all." Dr. Schimanski said.

The Awards are Tasmania's only state-wide program that formally recognises excellence in volunteering and are supported by the Tasmanian Government and valued sponsors.

To find out about other winners in this year's awards, or if you are interested in becoming a volunteer, check out the Volunteering Tasmania website; team@volunteeringtas.org.au.



(Information supplied by Volunteering Tasmania)



ST MARYS CATHOLIC PARISH

WEEKEND MASS times.

ST HELENS: Saturday 6.00 pm.
ST MARYS: 2nd & 4th Sunday 9.00 am 3rd & 5th Sunday 11.00 am
BICHENO: 1st, 3rd & 5th Sunday 9.00 am
FINGAL: 1st Sunday 11.30 am

Parish Administrator:

Fr. Norbert Z Ochoa 0437 324 227
 fr.bitz51@gmail.com

WEEKDAY MASS:

ST MARYS: Tuesday, Wednesday, Friday 10.00 a.m.
ST HELENS: Thursday 10.00 am

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 4th Sundays only
 28007 Tasman Highway, Pyengana.



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tamara@harrisfunerals.com.au

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TASSIE SEEKERS

Meet fortnightly for readings, discussions, talks etc.
 Non-denominational, loosely based on the format of spiritualist meetings.

First and third Sunday each month.

St Marys Hall, 23 Main Street, at 2.00 pm.

Free entry. Donations welcome.

Ray 0413 099 944 (Often out of range)

5 Minutes With the Mayor

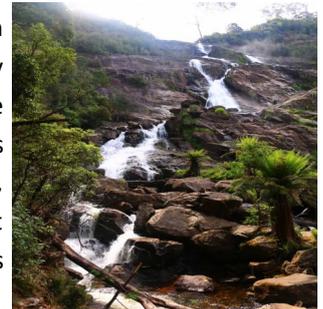


In Break O'Day we are extremely welcoming of the opportunity to have visitors return and appreciate and recognise they are a major contributor to jobs and the economy in Break O'Day. But we also want to make sure locals are spending locally and can appreciate all our beautiful region has to offer.

With the Christmas holidays quickly approaching it's also a great time for all of us at Break O'Day to remind you all just what you can do when you visit us.

Of course, we now have the St Helens MTB Network complete – we opened the last descent and trail in the network on Saturday 28 November, Mack 10, which completes the network rounding our total trail network to more than 68km at Flagstaff, plus the 42km Bay of Fires- that's over 110km of trail for you to enjoy!

If mountain biking isn't your thing there are also plenty of walks that you can do in our area from the many waterfall tracks including St Columba Falls, Halls Falls and Ralph Falls to the newly opened multi-user track which follows Georges Bay all the way from the wharf to Lions Park. We are pretty proud of the new multi-user track and it certainly cuts a fine profile around the bay as you now enter St Helens. We have plenty of beaches for you to enjoy whether you like to surf, dive fish or kayak but as well as this we also have some new business attractions including the St Helens Serpentarium, featuring Anaconda Mickey, and Whacky's Animal Farm, as well as experiences like the Bay of Fires Eco Tours, who will show you the Bay of Fires from the water – you may even get to see dolphins, seals or whales. We also have a range of restaurants and cafes, retail outlets and more. When you visit make sure you leave time to experience some of our local businesses – now more than ever it is important that we support local!



St Columba Falls, near Pyengana

As this will be my last opinion piece before Christmas I would also like to take this opportunity to thank all the community of Break O Day for doing their part in making our municipality one of the best places to live, work and play – you are what makes our area so special!

I would also like to thank all the Tasmanians who have visited and supported us over the last few months, without you, some of our businesses may not have survived and if you haven't yet been to Break O'Day... remember Lara Bingle "Where the bloody hell are ya?" – we look forward to welcoming you all to our community.



The giant trees at Evercreech Forest Reserve



Pyengana Dairy - a great place to taste and buy award-winning cheese.

TALK TO A mate!
 - 24 HOURS 7 DAYS -
 COMMUNITY WELLBEING. SUICIDE PREVENTION
HELPING RURAL tasmania THROUGH THE TOUGH TIMES
1300 HELP MATE
 (1300 4357 6283)





Fingal Valley Neighbourhood House INC

Old Tasmanian Hotel
20 Talbot Street, Fingal

10/12/2020 – Update



FVNH will be closed from 3pm on the 23rd December 2020 reopening on 18 January 2021. Wishing everyone a safe and happy Christmas and look forward to seeing you in 2021.

We continue to observe 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.



Creative Writing Group – if you would like to be part of a creative writing group, contact the office and register and interest or to find out more.

Most programs have re-started with the following updates:

- Loaves and Fishes is available on **Thursdays for collection from 12pm – last collection for 2020 on Thursday 17th December**
- If you would like to apply for a NILS Loan, use our transport, food relief etc, call in or contact the office for more details.
- Our history group and Op Shop are always looking for new volunteers - if interested please contact the office for more information.



CRAFT

If you are interested in Mosaics, basket weaving or craft of any kind please register your interest with the office for 2021 and we can advise when these activities will be starting.

Alternatively, if you'd be interested in running a class or would like us to try something different, 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.

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

WACKY'S

ANIMAL FARM

Come and see us at Wacky's Animal Farm, we have lots of miniture animals including Goats, Donkeys, Cows, Sheep & Pigs. We also have a huge range of birds including Emus, Ostrich, Peacocks, Ducks and many many more.

Check out our massive range of fibre glass animals ranging from Monkeys, Lions, Giraffe, Seals.

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A MONTAGE OF MOSAICS IS CREATED

Pat's Practical Mosaics has been heading to Fingal to teach 12 adult students how to create mosaics, at the Fingal Valley Neighbourhood House. The course has 5 sessions in total, and after 3 sessions, some outstanding colourful trivets are being produced.

Mosaics uses small pieces of hard materials, which are stuck onto a hard surface to make a pattern or picture. Grout is applied in the small gaps between the pieces, which can be part of the design. A good clean, sometimes followed by sealing or glazing, finishes the creation. The materials used can include old tiles, broken china, glass and small stones, and it has cost about \$15.00 for each of the creations made during this course. The benefits of creating mosaics can include learning about styles, designs and colours, improving motor skills such as using cutters and saws, and interacting with fellow workers. And of course, it's a good opportunity to chat and laugh with others!



Some of the items made at the course.

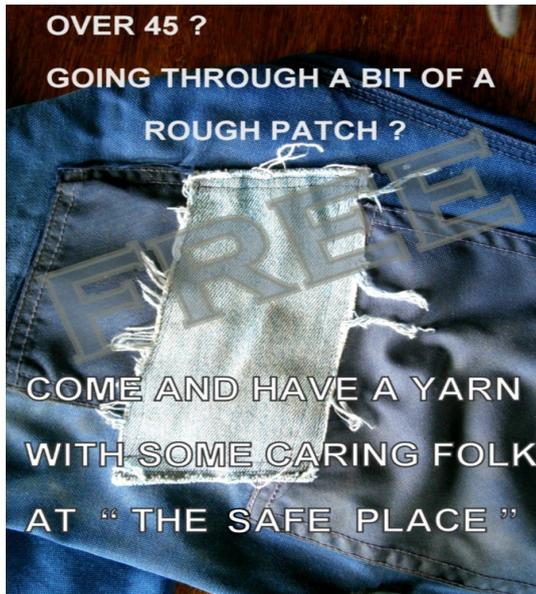


Heather Shilling concentrates on cutting a piece of tile.

"I've really enjoyed showing the girls how to design and create something which is unique, and which can use something that is usually thrown away. By recycling old and broken ceramics and glass, we are reducing waste, and by learning new skills, we are improving mental health and physical abilities. The girls already have ideas for another creation, and have asked if there will be a course next year.," mosaic maestro Pat said. "With laughter and great conversations, the Fingal Valley Neighbourhood House has offered a wonderful environment in which to teach mosaics," Pat continued.

Pat hopes to run another course mid 2021. If you are interested in joining in, please phone Shirley at the Fingal Valley Neighbourhood House on 3674 2344 to register.

THE SAFE PLACE



We're going to be at
Fingal Valley Neighbourhood House
From 10am - 1pm
On Tuesday 12th January
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

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



FREE 45MIN WORKSHOP FOR COMMUNITY GROUPS ON

IMPROVING YOUR WELLBEING

- Understanding mental health & positive psychology
- Explore a simple framework for wellbeing
- Learn how other people impact your mental health
- Share your thoughts on how to improve wellbeing

If you have a group of 5 or more, and are interested in learning about wellbeing and how to improve it, please contact Jodie at jodie.cooper@bodc.tas.gov.au

Positivity, kindness and joy are contagious.

Christmas Services 2020

Dec 6
 Family Carols on the grass at Holy Trinity Anglican Church
 St Marys 7pm

Dec 13
 Carols and Nine Lessons at St Pauls Anglican Church
 St Helens 9:30am

Family Carols on the grass at St Pauls Anglican Church
 St Helens 7pm

Dec 20
 Christmas Communion at St Michael & All Angels Anglican Church
 Pyengana 7:30pm

Dec 24
 Christmas Eve Service at St Pauls Anglican Church
 St Helens 11:15pm

Dec 25
 Christmas Service
 St Pauls Anglican Church St Helens 9:30am
 Holy Trinity Anglican Church St Marys 9:30am

THE SAFE PLACE



We're going to be at
Mathinna Recreation Ground
From 10am - 1pm
On Tuesday 5th January
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

*Supported by Primary Health Tasmania
 under the Australian Government's
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LOCAL CLUBS – HELP US CONNECT YOU

Next year, 2021, The Valley and East Coast Voice would like to create a listing of all of the various clubs within the area, from St Helens down to Bicheno, Avoca to St Marys and everywhere in between, including Mangana, Fingal, Cornwall, Four Mile Creek, Falmouth, Scamander and anywhere that has been missed! These can be service clubs, sports clubs or any sort of club; these will be listed (subject to approval). This will assist members of the community in finding somewhere to join in and make friends, while providing support for their mental and physical health.

The compiled list will include the name of the club, a tag line for your club, contact person and phone number, email address or Facebook page if available. Please send through your details to: valleyvoice@fvnh.org.au

We already have 3 clubs listing with us and would love for other clubs to come on board!

We welcome all clubs and organisations, including support groups, that are within the area to send through their details to be included.

Please let me know about the clubs who are part of our communities. They help make us connected and stronger.



FAMILIES/CARERS OF CHILDREN TURNING 3+ YEARS IN 2021 ARE INVITED TO JOIN US

FINGAL VALLEY NEIGHBOURHOOD HOUSE PLAY CENTRE

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 Mondays 9.30-2.30pm \$10 per child or free to health care card holders. School Term only

MEET AND GREET 2021 ENROLMENTS 9.30AM-11AM NOVEMBER 30TH

MORE INFO TANYA: 0400002116 OR GARY 63742344




ST MARYS LIBRARY

Will be closed from
12.45pm Thursday 24th December 2020

and re-open
12.30pm Monday 4 January 2021.



We wish you a safe and happy holiday and a happy new year!

 LIBRARIES TASMANIA

 Tasmania Government

www.libraries.tas.gov.au

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Christmas Day CLOSED

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Fax: 6374 2393

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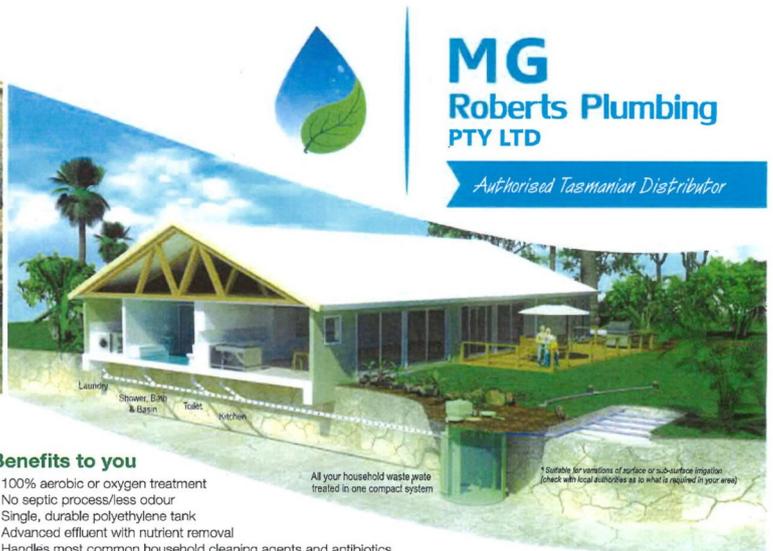
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Fax: 6374 2393



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- Handles most common household cleaning agents and antibiotics under normal use
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WASTE TRANSFER STATIONS

BREAK O'DAY MUNICIPALITY

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 - Talbot Street, Fingal

No charges apply to use black water dump points.



TIP SHOPS NOW OPEN

St Helens Tip Shop

Sunday to Friday

11am – 2pm,

Saturday 11am – 4pm

St Marys Tip Shop

Tuesday and Thursday

11am – 3pm,

Sunday 2pm – 4pm



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Looking for your next read? The Good Reading Hub for Book Lovers is an Australian site all about books and reading. There are 3 great magazines for all ages:



Good Reading - includes independent book reviews, exclusive articles, interviews and podcasts.

SpineOut - for young adults, it has writing, artwork, poetry, book reviews, films, music and more.

PK Mag - for primary kids, it focuses on sparking their imagination and creativity with book reviews, creative writing, music, crafts and interactive activities.



 Free 6am-9pm	St Marys Library 31 Main Street, St Marys 
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Opening Hours: Mon: 12.30-4pm Tue: 10am-12.45pm Wed: 12.30-4pm Thurs: 10am-12.45pm	ST MARYS LIBRARY WILL BE CLOSED FROM 12.45PM THURSDAY 24TH DECEMBER 2020 AND RE-OPEN 12.30PM MONDAY 4TH JANUARY 2021. eLibrary: www.libraries.tas.gov.au
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 Explore the possibilities	Fingal Online Access Centre 29 Talbot St. Fingal Tasmania 7214 Phone/Fax: (03) 6374 2222 Email: fingal.oac@education.tas.gov.au
The Fingal Online Access Centre is open from 9 am - 2 pm daily, adhering to strict conditions of social distancing. All our normal services are available. If you have printing or emailing you require, call in and we will assist you.	

St Marys Online Access Centre

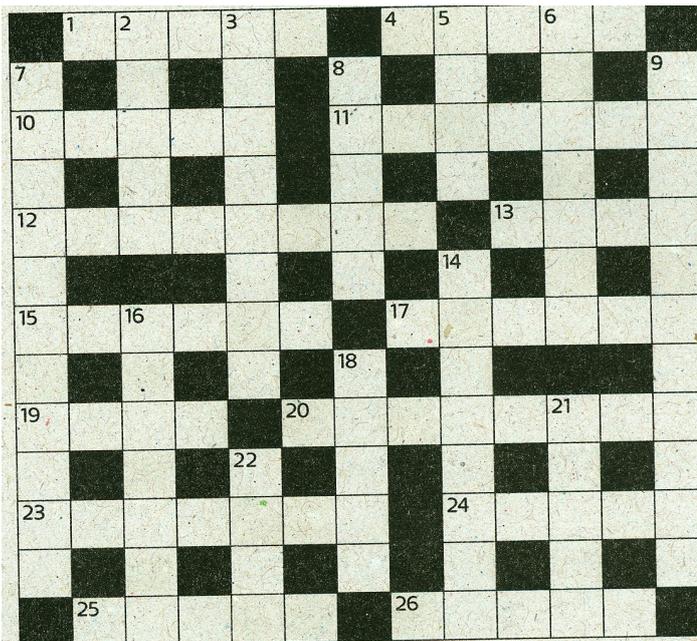
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 Wednesday
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Limit of people due to social distancing

Crossword 52.22



ACROSS

- 1. Scratch (5)
- 4. Stage comedy (5)
- 10. Eighth Greek letter (5)
- 11. Old saying (7)
- 12. Guitarist's pick (8)
- 13. Mounted game (4)
- 15. Hire (6)
- 17. Edmondson & Mayall TV comedy series (6)
- 19. Drying oven (4)
- 20. Elegant (8)
- 23. Rudolf ____, ballet dancer (7)
- 24. Take pictures (5)
- 25. Shade of brown (5)
- 26. Type of drum (5)

DOWN

- 2. Wrinkled fabric (5)
- 3. *Chain* ____, Diana Ross hit (8)
- 5. Nautical cry! (4)
- 6. Thin cigar (7)
- 7. Author of *Carrie* (7,4)
- 8. Gush (5)
- 9. Irregularity (11)
- 14. Indian shoe (8)
- 16. Religious traveller (7)
- 18. Desire (5)
- 21. Finely-ground grain (5)
- 22. Variety (4)

Alex lives locally in Bicheno and is available to assist clients with all legal matters. Appointments are by arrangement in Swansea, Bicheno, St Marys and St Helens. With nearly 15 years' experience working as a Barrister & Solicitor in Tasmania and Western Australia, Alex is your local lawyer on the East Coast of Tasmania.



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Phone: 0407 242 265

Email: alexgrahamlegal@outlook.com



Break O'Day
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Kylie Wright
Councillor
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kylie.wright@bodc.tas.gov.au



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RAINBOWS AND RADISHES

By Bloomin' Iris



It is that time of the year again; Christmas has snuck up on us again, we are all busy running around doing our final shopping, cleaning & baking of treats for the family.

I would say most of us have our tree organised and I guess they are all looking beautifully decked out. However, if you don't have a tree yet and do not want to go all out with a large tree, consider a small conifer or potted pine.

There are many small pines or conifers that look really beautiful you can wheel the tree in each year and decorate with your favourite little Christmas treasures. In an environmentally conscious society, this is a lovely way to enjoy your tree, especially if you are going away and don't want to come back to putting away all the decorations off a large tree. Or perhaps you live in a small home and do not have the space for a large tree, a live tree can solve that problem.

A 'Sester Dwarf', Blue spruce, is a small conifer that looks great in a clay pot. It can be enjoyed outdoors all year round and enjoyed at Christmas-time inside. Thuja orientalis Aurea Nana (Golden Biota), or book leaf pine is another great looking small pine that can be kept in a nice pot.



Blue Spruce,
'Sester dwarf'



There are many varieties that can be enjoyed, but it is best to get in touch with your local nursery and get a few tips from the experts as to what will suit your own area, and the care needed. As with all plants, regular watering, feeding and repotting every year or two is necessary for a healthy tree.

Finally as the year draws to a close I want to wish you all a safe and joy-filled Christmas. Be kind to your plants and each other.

Merry Christmas to you all!

Bloomin' Iris

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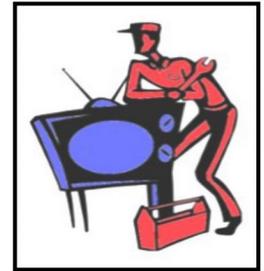
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St Helens District High School

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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.

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance.

St Marys District High School

In the swimming pool enclosure, available during pool hours.

Fingal Valley Neighbourhood House - 24hr access

On the wall outside the front door.

IN AN EMERGENCY CALL 000



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Emergency relief providers help people in times of financial crisis.

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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.

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

FINANCIAL COUNSELLING SUPPORT

If you or someone you know requires financial counselling support:

National Debt Helpline

1800 007 007

www.ndh.org.au

Gambling Helpline

1800 858 858

www.gamblinghelponline.org.au

www.anglicare-tas.org.au/financial-counselling

Housing Connect

1800 800 588

www.communities.tas.gov.au/housing/housing-connect

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HELPLINES & INFORMATION

In all emergencies call the Police 000 line

Tasmanian Government Family Violence Response and Referral Line

1800 633 937

1800RESPECT

1800737732

www.1800respect.org.au

Mensline Australia

1300 78 99 78

www.mensline.org.au

A Tasmanian Lifeline

1800 98 44 34

taslifeline@lifelinetasmania.org.au

Kids Helpline

1800 551 800

www.kidshelpline.com.au

Lifeline

131 114

www.lifeline.org.au

Beyond Blue

1800 512 348

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

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

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

National Coronavirus Helpline

1800 020 080

www.australia.gov.au

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

24 hours a day, seven days a week

A TIME OF OPPORTUNITY (Part 1)

2020 has certainly been a different and difficult year, and we are all weary of the word "COVID": but for a negative there is always a positive. One amazing positive is a word some are probably also weary of hearing - opportunity, but let us truly grab OPPORTUNITY this Christmas.

Opportunity to examine the true value of our life and lifestyle;

Opportunity to restore and reset our values and priorities;

Opportunity to acknowledge and deeply appreciate what we most truly value - LIFE and FAMILY

BEVERLEY; Let me tell you of my new opportunity of LIFE....

I have deeply grieved the loss of our youngest son, Tim. Memories of his many years of massive holistic suffering are frequently in my mind, especially when I hear, and frequently see, injustice still being perpetrated against the vulnerable and 'voiceless', and know things have not changed. My sorrow and despair of separation from my beloved, amazing son has been so great, my longing and desire has been to depart this life and join Tim. My 'coping with grief' mechanism has involved improving and expanding Tim's burial site — 'Peaceful Place'.

Peaceful Place is a 1/5 hectare legally designated family burial site at our property on Dalmaine Road, Gray. We are working to establish a diverse flourishing Australian native plant garden, aromatherapy garden, Zen garden, labyrinth, short bush trails, and picnic areas etc. It will be open for anyone who upholds the principles to which the site is dedicated: Peaceful Place in honour and love of the vulnerable and 'voiceless', and those who support and love them.

On the beautiful Spring morning of 30th September 2020, I was swinging the mattock, attacking ferns with all the vigour and determination I could muster as a 72-year-old. My mission was to create a picnic and retreat site beside a towering, intriguing natural rock formation in the bush setting near the southern boundary of Peaceful Place. An additional rock feature was a 3/4 tonne rock, placed on a 2-metre high embankment by an excavator operator 14 months previously. Prior to starting work for the day, I scrutinised that rock and deemed it totally safe. It was on solid ground, secured by the apex of the rock formation and a sturdy tree. Furthermore, it was too big to ever move! I envisaged planting clematis and mountain blueberries to creep and cascade over this rock, adding a special dimension of beauty and tranquillity to the site. Suddenly I heard a muffled, rustling sound nearby. "That must be Firey (our dog), or Peter coming to remind me its 10 o'clock cuppa break", I thought, but no! Firey was sound asleep at his usual spot beside Tim's grave; Peter was nowhere in sight. An intense sound of twigs and branches snapping increased. Then out of the corner of my eye I saw it - that immovable rock was moving! Gaining momentum with its falling, it was hurtling directly at me. Time stood still! I could not process what was happening. After the initial brain freeze came an inner warning — 'That rolling rock is going to destroy you'. Thus, thrust into action, I dropped the mattock, and I stepped back, trying to escape this menacing object, capable of causing my death by crushing. Terror overcame me. I realized I was trapped between the rock wall formation and the rock of my demise. "Tim, looks like I am coming to join you in Heaven real soon," I whispered with astonishing calmness and peace. Miraculously, I watched the rock slightly change direction, causing it to go crashing through the scrub away from me. "I'm safe," I breathed incredulously as I turned to 'hightail it' for home. In my haste, my right heel must have caught on a protruding rock. I remember nothing more.

Gaining consciousness, I was surprised to find myself lying flat on my back, protected from sharp stones by a bed of mulch I had placed there early in the day. Why and how I was lying there I did not know. Amazingly, all those long months of grief I had spent preferring death to life now vanished. Massive relief in living washed over me. I sat up. My relief turned to astonishment and dismay. That confronting, monstrous, massive rock was looming directly in front of me, it was less than an arm's length away...There was renewed relief when I realized the rock was stationary! I had been given a second chance of living. Another miracle had occurred; a small portion of the rock had slammed into a tree, preventing it from continuing forward just before it reached me. Wow! That was a bit close for comfort. I determinedly decided to go home immediately. I tried to stand up. I couldn't! My right foot was firmly trapped beneath the edge of the rock. Grasping my ankle firmly with both hands and heaving with all my might, I twisted and turned my foot. It would not budge. It was completely wedged in my crumpled, crushed, misshapen sneaker.



Panic enveloped me. I was alone. Peter would not be home for another two hours. Fear gripped me, knowing the longer my foot remained trapped, the greater and permanency of injury. Trapped - my worst nightmare was reality!

My total vulnerability exposed me to additional dangers - leeches, snakes and funnel-web spiders, for I was immersed in their domain. I did what I should have done in the first place - PRAY! I prayed my most frequent and powerful prayer, "LORD, HELP!" I pulled my ankle, my foot slipped out of that squashed sneaker as if it were jelly. I looked at my released foot in amazement. In spite of its ordeal, it was still the shape of a foot and not a pancake. Not wanting to walk home slipshod over stones, debris and prickles, I tried retrieving my sneaker—impossible! Thus, accompanied by a worried and sympathetic dog, I made the 120 –metre painful but thankful trek home to phone Peter.

PETER:

I will now give some explanation of Beverley's 'new opportunity of life'. After returning from taking Beverley for medical examination and X-rays, I went to the scene to take photos. I was amazed to see it was the large excavator-placed rock that had fallen. Somehow I thought Beverley had meant she had been trapped by some other rock, for like her, I thought that rock unmovable. On investigation, I found that for 14 months, that rock had not been entirely sitting on solid ground, but partly on leaf litter. Over time, the weight of the rock caused this litter to compress, thus releasing the rock at that particular



moment in time. I tried retrieving Beverley's sneaker—impossible! The massive weight of the rock caused it to be firmly embedded in the earth. Digging it out would be the only way to release the sneaker. Her recollection of the rock veering away from her was correct, but on its descent, it clipped a large rock. The force caused that rock to have



a large piece splinter off. This impact caused the rolling rock to flip on its end, then instead of tracking downhill, it turned and toppled forward in the direction where Beverley lay unconscious. I think the rolling rock hit Beverley as she tripped on the protruding rock. The force of the immense crashing rock and the shock of impact on her caused her to fall and rendered unconscious. Had that tree not been growing in that particular spot, and broken the momentum of the rock, Beverley would surely have had her leg or legs amputated, or been crushed to death.

FROM US BOTH:

We see this whole experience as a wonderful, remarkable opportunity. It has renewed and strengthened our lifelong faith, hope and trust in God. Psalm 91 has always resonated with our souls and spirits, but now even more so. Especially precious are these verses; "God, you are my refuge. I trust in you and I'm safe. He ordered His angels to guard you wherever you go. If you stumble, they'll catch you; their job is to keep you from falling. That's right, He rescues you from hidden traps, shields you from deadly hazards." (Message Bible)

In spite of several broken bones, severe bruising and swelling, a wound from a sharp piece of the rock, and a serious infection requiring 13 days in hospital, we joyfully take this opportunity to celebrate LIFE and FAMILY.

We take this opportunity to wish you all a blessed Christmas.

Allow yourself to have an amazing opportunity-filled New Year.

Beverley and Peter Rubenach,

December 2020.



St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

'STOP' DO YOU NEED TO ENTER THE HOSPITAL?

COVID RULES STILL APPLY- If unsure phone ahead on 6387 5555

- Due to COVID-19 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.
- If you need some medical advice please ring reception for an appointment. Appointments will be either by telephone or face-to-face, depending on the situation. Please discuss this with the reception staff when making an appointment.
- Hand sanitiser is located in all areas of the Health Centre- *Please use it on entering and leaving the building.*
- Pathology- bloods or those who have scheduled GP appointments you are still able to come to have these services.
- Currently inpatient visiting hours are 2:00pm-6:00pm with a maximum of 2 visitor per visit.
- If you have an emergency dial '000' for assistance
- 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.
- There continues to be changes to the seating in the reception area to ensure the public maintain adequate social distancing (1.5 metres).
- 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.

IMPORTANT COMMUNITY INFORMATION

Starting early January 2021 Dr Kaylee Nash-Rawnsley will be commencing 6 months leave from the GP Surgery at the St Marys Community 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** or we don't know you are here. The consultant you are here to see will be told and they will come and collect you from this area.

Please be patient. Waiting periods can apply.
Rudeness to our staff will not be tolerated and you may be asked to leave.

Friendly reminder... that if you have regular scripts please make sure you are in booked in to see your GP before your script has run out. Appointments can be made in advance.

Be kind to our staff...we are doing our best at this time.

DOCTORS ROSTER

A Doctor's appointment is needed to see our GPs. 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 B. Newton</u>
10/12/20- 17/12/20 22/12/20= 25/12/20	11/12, 15/12, 16/12, 17/12, 18/12, 21/12, 22/12 & 23/12/2020	18/12/20- 21/12/20

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

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Authorised by Senator Claire Chandler, Liberal Party of Australia, 42 Bridge St, Richmond TAS 7025




Explore the wonder and creativity of Tasmania's youngest artists. Making Marks: A Celebration of Children's Art features the ideas of very young Tasmanian children aged birth to 4 years, showcasing their mark-making explorations.

With over 30 pieces in the exhibition, enjoy the unique experience of travelling the art trail in a day or over a few days.

To find out more about Making Marks, visit www.b4.education.tas.gov.au

Making Marks Exhibition Trail Locations:

<p>Libraries Tasmania St Helens 61 Cecilia Street St Helens TAS 7216 Opening hours: Monday to Friday, 10am – 5pm & Saturday, 10am – 12pm</p>	<p>Hub4Health Outreach Office 23A Main Road St Marys TAS 7215 Opening hours: Monday to Friday, 9am – 4pm</p>
<p>Break O'Day Child and Family Centre 1 Groom Street St Helens TAS 7216 Opening hours: Monday to Friday, 8.30am – 4pm</p>	<p>Fingal Valley Neighbourhood House 20 Talbot Street Fingal TAS 7214 Opening hours: Monday to Friday, 9am – 3pm</p>
<p>Purple Possum Wholefoods & Café 5 Story Street St Marys TAS 7215 Opening hours: Monday to Saturday, 10am – 4pm</p>	<p>Please check opening hours with all venues during the Christmas/New Year holiday period</p>

Proudly presented by the B4 Early Years Coalition in partnership with Hub4Health (Building Blocks Project)



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“BIGGEST FIELD EVER HAD” SUPPORT LIFELINE TASMANIA

The recent Johns Family Charity Golf Day was indeed a success, with 78 players driving, chipping and putting their way around the Malahide Golf course near Fingal. Club Captain Andrew Johns stated that it was the biggest field the day has ever had. “The golfers were from all over the state, and Lifeline Tasmania sent a representative out for the day to chat about Lifeline Tasmania.”

Each year, Lifeline Tasmania supports nearly 40,000 crisis calls from Tasmanians and last year, 300 Tasmanians successfully completed Domestic Violence Response Training with them. Funds raised from the day are donated to Lifeline, to help them continue vital support of Tasmanians in need of support.

The results of the three-person Ambrose competition were as follows.

A Wright/C Saunders/S Young.	56.5
S Bleathman/S Sharopow/G Sheeby.	57.6
S Lowe/K Lowe/W Lowe.	57.7
A Johns/P Johns/L Johns.	57.9
R Chandler/M Kok/M Mackelway.	58.5
P Ellis/T Bush/J Coulson.	58.7



Players prepare to head for the greens and raise funds for Lifeline Tasmania.

Nearest the Pin on the 4th hole was S Sharopow, and on the 8th hole, local Corey Bosworth was the victor.

The longest drive was achieved by A Lowe.

The Toro self-propelled lawn mower which was the prize in the raffle was won by Cory Bosworth.

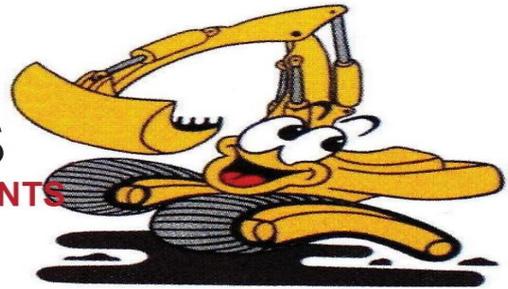
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PROUDLY SUPPORTING THE LOCAL COMMUNITY



ST MARYS SPORTS CENTRE

By Volun Tier



Great to see all the activity going on around the club at present. At this moment, the builders are on-site, putting up our new amenities shed; walls about to be put together and stood ready for the roof to go on. Let's hope the never-ending wind will stay away for a day or two, to enable the job to be completed. Inside the clubhouse, the fitting-out of the men's toilet and change rooms has started, with hopes that it will be completed by the Christmas break. Speaking of Christmas, this week we are catering for a group from Probus for their break-up, and once again the intrepid catering crew have swung into action to make it all happen; thanks to the helpers on the day.

It has been a very busy time as well on the bowls scene, with Pennant competitions and host club duties for East Coast fixtures taking up most of our volunteers' time around the rink and clubhouse, see reports below. It was refreshing to see so many people at the club last Friday, the 20 or so people who attended had a great evening, and a good sign that things are on the improve at the Centre, and with the weather as well.

Membership Draw: Last week Tamatha Grose who put money over the bar for a shout; this week Danni Turner, who unfortunately wasn't present, so on to next week.

Golf: Small fields at present due to bowls commitments, but still great to see a few players having a hit, even in last Sunday's gale-force winds, what a great effort from our intrepid group. Also, I must mention how fantastic the course is looking at present, as last week a group of 7 hardy souls took to the nearly 1 kilometre of drains on the course with whipper snippers and cleaned them all up in around 4 hours. What a great effort, and thanks to Mark, Speed, Dean, Jeff, Macca, Rick and Peter; very much appreciated.

Bowls: Not much in the way of winning performances to report in Pennant Bowls, Scamander beating us last week and Bicheno giving us a lesson this week. Still, we are there having a go and I am sure that when a few regular players return for a game, we will see an improvement in our efforts. We attended the Maurice Hill Memorial Day at Scamander last Saturday, but were unfortunately washed out after the first round; this will be completed this Friday and the best of luck to Macca, Ian and Trevor in the first four, and Jeff, Garry and Dean in the second four. The first round of the East Coast Fours was held this Sunday in atrocious conditions and thanks to the players who competed, 40 in all, making the day a great success. Good news also that two of our teams have reached the semi-final; Ian Johnson, Mark Turner, Peter LeFevre and Judy Keane, along with Jeff Matters, Garry Laycock, Bobby Harwood and Dean Squires. Best of luck to you all. Once again, thanks to our catering staff for their amazing efforts in feeding us all the on the day.

OPENING HOURS: Thursday 5.30pm with bar snacks; Friday 5.30pm, Happy Hour 6.30pm - 7.30pm, members draw 8pm and bar snacks; Sunday, golf at 11am, 2pm with bar snacks.

Until next time, good hitting and rolling.

THE SAFE PLACE



We're going to be at
St Marys Hotel
From 10am - 1pm
On Tuesday 22nd December
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

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Printed and published by:

Fingal Valley Neighbourhood House Inc.

PO Box 322

FINGAL 7214



ISSUE 52.22

Across: 1. Modest, 3. Addict, 6. Larger, 7. Slogan, 8. Colin, 10. Thimble, 14. Provisional, 17. Charred, 19. Sweep, 20. Europe, 21. Buckle, 22. Throne, 23. Flower.

Down: 1. Malice, 2. Sheen, 4. Delhi, 5. Tandem, 9. Lorna, 11. Hail, 12. Brace, 13. File, 15. Accent, 16. Appear, 18. Ripen, 19. Skull.