



THE VALLEY AND EAST COAST VOICE

Established 1968

50.28 July 5th 2018

Deadline for 50.29 is July 16th 2018



Meals on Wheels | More than just a meal
Tasmania

Meals on Wheels Could Be Right For You

Meals on Wheels has been operating in the Fingal / St Helens area since the early 1970's. Every weekday volunteer drivers pick-up the meals and deliver them to dozens of people throughout the district who are grateful for the helping hand that provides them with a nourishing meal and a friendly face to remind them that their community cares about them.

Recently Valley Voice spoke to Meals on Wheels and learned that client numbers in our area have been falling. It seems that part of the reason is that many people in our community are under the false impression that meals on wheels is only available to people who are referred by their doctor or the hospital. This is not the case.

Meals on Wheels is available to anyone who for whatever reason is unable to prepare their own meal. This could be due to mobility and dexterity issues common in the elderly, an inability to get to the shops, a disability or even a short term difficulty following surgery or illness.

The new General Manager for Meals on Wheels Steven John told us; "A lot of people are having hip and knee replacement surgeries that slow them down for a while, meals on wheels are able to make life a bit easier during the recovery period when it may be difficult to do the shopping or stand in the kitchen."

With more people choosing to live independently and stay in their homes, Meals on Wheels offers a service that makes this decision viable for many who would otherwise be forced to go into care.

"We know we have an ageing population and more people are living on their own, it is so important that we look after our seniors and ensure they are looked after with good food that can keep them healthy in later life", said Mr John.

Historically a lot of meals on wheels recipients were introduced to the service by doctors and hospitals and it seems that this led people to think this was the only way to get meals on wheels.

"Anybody who thinks they would benefit from our service are more than welcome to contact us and our friendly staff can work with you to work out what can be done to help"

The Meals on Wheels meals in our area are freshly cooked hot meals produced locally and delivered in the morning before lunch on the same day. Clients can choose to have a 3 course meal with soup and dessert plus their hot meal, or they can have any combination of soup, main or dessert or just one on its own. Children concerned about their parents' welfare have found great comfort and support from Meals on Wheels. The knowledge that mum or dad are being well fed, have daily contact with someone who cares and can make sure they are ok provides peace of mind especially if they don't live close by.

According to Mr John "Many of our referrals come from family members anxious to ensure their parents or relatives are supported when living alone"

So if you or someone you love is struggling to have the food you need and enjoy you should do the smart thing and contact Meals on Wheels on their free call number 1 800 696 325 or call Lesley on 0409 954 933.





EAST COAST MOTOCROSS

East Coast Motocross Club is host to the Tasmanian State Championships Round 5 Sunday 22nd July 2018 Goshen, Bar 20 Racing from 8:30-4pm

🚩 Get your backside track side and see some great racing 🚩



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Fingal Valley Neighbourhood House

OP SHOP

29 Talbot St Fingal



The Op Shop at Fingal will be closed for renovation from Wednesday 27th June 2018 for 2-3 weeks.

The renovations will revitalise the shop, making a pleasant atmosphere for volunteers and customers. Keep an eye on our Facebook Page for the date of our grand reopening.

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The Fingal Valley Neighbourhood House would like to thank all the people who attended the Biggest Morning Tea. It was a great success

raising money to help the Cancer Council with research, prevention and support.

There will be a donation box at the office until the end of July so call in and help support this cause.



FROM COAST TO COUNTRY

Sun's out at the corner

The magic of music hey? And wasn't 'Sun's out at the corner' just full of magic! This Festival of Voices (FOV) gig started off with a bang the second MC for the day, DJ Henry Wagons walked out onto the stage in his very groovy leopard print jacket. Not only was Wagons hilarious but he also sang the audience a few tunes.

First act of the day was the venue's very own Kylie Lorenz. For those that don't know, Lorenz manages the Devil's Corner cellar door as well as strumming out tunes on the guitar. Lorenz's music had everyone swaying along with their wine in hand. It was a hoppy beat matched with stunning vocals suited for a sunny day at the corner!

Next up was Kyle Lionhart and boy does he have to be heard to be believed! In my opinion, Lionhart's are the exact sort of tunes you desire to listen to when strolling along the beach at sunset with the waves lapping at your bare feet. Utterly delightful! All his songs were originals, up until the last where Lionhart surprised us all with the ever-beautiful, Hallelujah.

Last but not least was the grooviest band of the day, Lime Cordiale. Almost everyone was up (besides those still gobbling down a Tombolo pizza or munching away Fisher's fish and chips) dancing to their catchy tunes. The vocals and instruments were both equally as good with the dancing extending from the front of the stage to the top of hay bales.

Sitting next to my gorgeous mum (who by the way, had one ear on the music and the other ear in headphones listening to St Kilda beat Melbourne!) just made the day even nicer. Because what else is better than spending a sunny Sunday afternoon with the ones you love? And just how lovely it is to see events like these held in our local communities! It is these opportunities that make the East Coast such a... well... groovy place to live!

After months of reading and multiple choice questions, the St Marys students left for Hobart yesterday to compete in the state Brain Bee Challenge. The challenge was based around learning how the brain works, illnesses in the brain and how the brain is separated, which sounds a lot easier than it was! In an amazing effort from the students five competed individually and we had two teams competing in the team category. We were given a tour of the Menzies building and a sneak peak into some of the work being done around all sorts of issues in the brain. It was an invaluable experience for us all and we highly recommend it for any students who have an interest in the brain, or just want to give something a go! Although it may have seemed like a bunch of bookwork and study, we had our fair share of fun meeting weekly and have Claire Neyland to thank for our wonderful time, which was undoubtedly the reason for our success



Winter Feast

The Winter Feast is a commemorative dinner designed to celebrate the achievements of the school farm. The feast was held on Thursday 28th of June and was a fun, after-dark dinner which filled the bellies of everyone who participated. You were required to pay 25\$ for an adult or 15\$ for a child, which was well worth it when soups, curries and pork was served for the main meal and a delicious apple crumble and sticky date muffins for desert, thanks to Hayley. Entertainment was provided by the St Marys School Band which included Erinn Spilsbury, Lochie Aulich and Georgia Buckingham, whose mellow melodies added a relaxing and calm layer to the night. We would like to thank Craig, Mrs Mandy Simmons, Bruce Cornelius and Mr Bill Hunt for organising the feast and we cannot wait for the dinners in the years to come.

Alone Again

It shouldn't have turned out how it did.

"This is the best idea you've had all year." Jeremy announced stuffing more of the greasy chips, from the seemingly bottomless paper bag, into his face. How he could chew that ludicrous amount Henry would never know. The Brit really loved his fast food.

"It's probably the only idea he's had all year." Laughed Chelsea her Scottish accent ringing clear as she shoved Henry's hoodie clad shoulder playfully. The American boy laid a hand on his chest feigning shock.

"Everything changes in junior year", he was told that so excessively he hardly hoped it would be true, but it was. Remarkably true. His life had completely and utterly changed when he entered his first day as a junior. The fact was Chelsea and Jeremy had become like a lifeline that year, pulling him from the depths of his bland and useless life, the three were inseparable hardly ever seen apart. Finally Henry was happy.

The trio made their way through the humming streets of the Big Apple towards the high rise that had been their favourite hangout back in junior years. The very years they had banded together, in their odd little group. Other's they have groups of friends similar to themselves, the punks, the preened princesses, the sporty jocks, you name it. The members of their mismatched ensemble were if not the complete opposite of one another, a rather odd bunch.

Henry had been admittedly lonely until the odd two stumbled in to his previously bleak life, bringing with them a storm of memories he'd never likely forget. Henry was the Brainiac of Hilton High, not making many friends with his rather strenuous amount of knowledge, hopelessly wading through his middle school years as an outsider. "Oh lay off Chels'." The brunette said harshly, his wide grin ruining the irritated persona he'd adopted.

(continued on next page)



FROM COAST TO COUNTRY

Continued from Pg 5

"The sight that stood before them lowered that happiness dramatically until barely a wisp remained. The high rise, the same high rise that they had sat on top of when their first year of high school had come to an end, it had become a tradition of sorts as the year drew to a close. The final year and it was closed for maintenance, wire fences surrounding the base, vibrant warning signs warding off trespassers.

A grease slicked sliver of potato paused halfway to Jeremy's mouth, "Bollocks." He muttered throwing the fast food

at a particularly menacing warning post.

"This is just our luck," Chelsea fumed, beginning to pace alongside the fence. "Of course the damn place is closed today."

While Henry attempted to calm her, knowing these spouts of rage from the flamed girl always led to horrendously bad moods, lashing out at anything and anyone in a 20 foot radius. He was definitely not wanting to deal with it.

"Oi! You two come 'ave a look." Jeremy called in a shouted whisper, Chelsea's eyes brightened immediately when she saw the rather obvious gap in the fence.

Honestly, thought Henry shaking his head as Jeremy was squeezing his way through the clinging fingers of wire, *all the warning signs and they miss one freaking hole?* Henry stood with his arms folded across his chest eyeing the course of his friends apprehensively. Chelsea had shoved a struggling Jeremy who was now sprawled in an undignified heap on the grimy concrete. She snorted at the glare that was thrown her way.

Henry hadn't moved from where he stood still watching the two disbelievingly as they cheered at their success.

"You know the signs are there for a reason right?" He raised an unsure eyebrow, still reluctant to break rules that the others had trampled over without a second thought.

"Oh come on Hen." Jeremy pleaded reaching out a hand a dramatic mask adorning his sharp features. "Join us, cross over to the dark side."

Henry rolled his eyes and snorted at his friends geeky antics, making his way through the gap. The clinging fingers of spindly metal tore a hole in the grey material of his jumper, which he grumbled about as they started to search for a way into the actual building. What do you know a few tries of the doors around and one particularly rusty handle gave way, much to the delight of Jeremy.

"You better hope the place doesn't collapse when we get in there Jer'," Henry prodded smirking internally, which became external as the blonde raised an eyebrow. "Those chips you scoffed weren't going to make you any lighter." Chelsea snickered as Henry ducked from Jeremy's attempted swat.

"Come on you clowns let's just get inside, it's hot out-" Before she could finish the ground shuddered ominously beneath their feet.

Continued next edition

Surf Coast Realty

Suite 1, 158 Scamander Ave.

Scamander Tas 7215

Ph: (03) 6372 5321

enquiries@surfcoastrealty.com.au

We are actively seeking **NEW Listings** in the St Marys and Fingal area...

Surf Coast Realty has just SOLD a number of properties throughout the Valley region, with many more currently under contract and we still have a number of purchasers looking for properties in these areas. If you would like an obligation free appraisal or further information on the current market conditions then please call Surf Coast Realty on 63725321.



631 Elephant Pass Rd

GRAY



37 Dalmayne Rd

GRAY



7411 Esk Main Road,

ST MARYS



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ST MARYS



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FINGAL



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One Night Stand Business Information Sessions

Are you ready for the One Night Stand?

Have you thought about how your business can leverage off more than 10,000 visitors to the area over 48hrs?

Break O'Day Council will be holding three business information sessions and we invite all businesses to attend from across the Break O'Day area.

St Helens - July 4

Where: Portland Hall

5.30pm - 7pm

St Marys - July 9

Where: St Marys Hall

4.00pm - 5.30pm

Scamander - July 11

Where: Scamander Sports Complex

3.30pm - 5.00pm



Delivering for
TASMANIA

TASMANIAN
BUDGET
2018-19
DELIVERING ON OUR PLAN
BUILDING YOUR FUTURE

Tasmania is now a much stronger, prouder and more confident place. Our Plan to Build Your Future is about taking our State to the next level by ensuring everyone benefits from a stronger economy, more jobs and improved services.

In Lyons that means investing more in schools and health services, building the infrastructure our growing state needs and supporting community and sporting organisations that are at the heart of local community.

Projects for the next four years include:

EAST COAST

- St Helens Hospital Redevelopment Project - \$7.8 M
- St Marys District School - \$2.6 M*
- Better boating and trailer parking St Helens, Eaglehawk Neck, Coles Bay and Swansea - \$2.2 M
- Maria Island improved Parks infrastructure – \$4 M
- East Coast camping infrastructure – \$1.5 M
- Replace derelict jetties at Georges Bay - \$685,000
- Improved mobile phone coverage for the Great Eastern Drive - \$3.5 M
- Roads package to support Tasmania's Visitor economy - \$19.3 M* including:
 - Great Eastern Drive; and
 - St Helens to Dianas Basin overtaking lanes.

Mark Shelton MP

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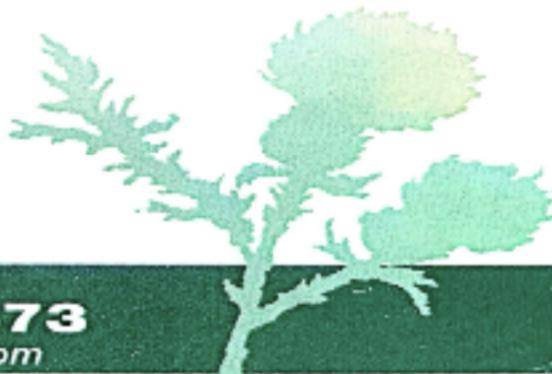
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Fennel

Briar Rose

Oxalis

Gorse

Broom

Cheers for safe drinking water at Cornwall

Residents of Cornwall and Gladstone are celebrating this week as long standing boil water alerts have been lifted following the installation and commissioning by TasWater of new water treatment plants.

TasWater CEO Mike Brewster is excited for the residents of Cornwall and Gladstone who are now able to safely drink water straight from the tap.

“More than 150 properties in these towns are now receiving water which meets Australian Drinking Water Guidelines and Tasmanian Drinking Water Quality Guidelines,” Mr Brewster said.

“These two regional towns are the first cabs off the rank this year to have permanent long standing public health alerts lifted as part of the 24glasses Regional Towns Water Supply Program and it’s a great outcome for our customers.”



OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 637 22094

Lot 1 Esk Highway St Marys

Many thanks to Reon, Wendy, Dave Baker and Chris Ogden for their help with our Wood Guild BBQ at the St Marys Car Show. Congratulations to the committee for a job well done.



WINTER HOURS

From July 8
Sunday to Thursday 10-4 - Everything on and happening!
Friday 10-4 - Gallery and Wine Centre with Susan,
kitchen and coffee closed
Closed Saturday

53 Burgess Street, Bicheno (03) 6375 1868



ITP THE INCOME TAX PROFESSIONALS

Nina will be visiting FINGAL for Income Tax services,
on the following dates:
Thursday 19th July, Thursday 2nd August, Thursday 16th August, and
(possibly) Thursday 30th August
at the
Fingal Neighborhood House
Talbot St
Phone 63 449 433
for an appointment



The Say, by Cagerattler

Late last week in the Examiner was a sad story for yet another local grass roots footy team. The very last surviving NEFU team, the Winnaleah Magpies were calling it quits after 115 years or so. It's been a while now since the St Marys Tigers disappeared, much more recently for the Fingal Blues but over 25 years since the once strong and well supported FDFA slipped into obscurity. In it's heyday the Fingal District Football Association had powerful sides like St Marys, Fingal, Rossarden, Mathinna, St Helens, Avoca, Campbelltown, Swansea and so on. It was a huge part of the fabric of the community, was local footy.

Good tough hard open games, plenty attending and amazing support given. As a kid I recall we had Mini League run by Mick Gatty and others, then U16's or Thirds as we knew it, Reserves and Seniors. There was even a netball comp for a time as well for the girls. I also recall the old kiosk before the new change rooms and kiosk was built and the intrepid ladies caterers would drown out the crowd when a St Marys mark was taken and/or a goal was kicked by banging saucepans and pots on the tin walls. Certain shall we say 'enthusiastic' comments, even comments about parentage vigorously emitted came forth around the ground when a errant free kick was awarded against the locals. Umpires would be asked by today's idioms similar to "Should have gone to Specsavers", by questioning how clear his eyesight was. Once the siren went though it was off to the pub for refreshments, a win celebrated, a loss drowned.

No matter what the ladder position, Tigers v Blues games packed out both ovals, finals required cars to be parked very early on otherwise a long walk was required. All long gone now. Our footy Association was replicated all over the State, numerous times over. It was pretty rare to find a town of any size without a team. Totally reversed now of course. It's getting hard to find small towns with a team. Winnaleah is now falling into that category.

It seems to me that all this fuss lately about the sad state of the TSL and the assistance required from the AFL is quite possibly being contributed by an abject failure to look after grass roots footy much better. Grass Roots Footy I'd suggest has to include football to every sinew of football not just major centres. There now seems lesser pathways for little kids aged 6-7 y.o. or so being introduced to the great game. Other than school footy and Auskick programs there are now kids that are much less likely to learn the game in small towns and certainly not through the local footy club. This in turn means no U16', no clear pathway without a lot of sacrifice then to reserves and senior football. This then means to me that the talent depth is overall diminished as are overall participants in the long term.

When future footy reviews are being undertaken at the big end of town, even to the point of Tasmania ever getting a stand alone AFL team, maybe these same people should give the real grass roots of footy a better look. To me country football is an important component of that. In no way is this the only factor of course but it has to be something to think about. Our young boys and now girls deserve an easier path to play Aussie Rules and living in little communities in this day and age shouldn't be a handicap to that ...Should it?

What do you think?...

To Valley and East Coast Voice Readers

A heart felt thank you to everyone who has supported us over the past few difficult weeks, during palliative care at home for Tim, upon his death, for the funeral and as we continue on with the Tim Rubenach Legacy.

This legacy is about spreading compassion, common sense and comprehension throughout the land, especially to help the voiceless such as Tim. Thanks to the kindness and generosity of Janet for filming the funeral and burial of Tim, and of Dennis for producing the DVD's we have copies available (free) for anyone to watch and share. (Just phone us on 63722348 or contact us at PO Box 42 St Marys or call and see us at 36 Dalmayne Rd, Gray.)

We have received so many phone calls, e-mails and cards it will take us a long time to personally reply to the kindness and love everyone has offered, so for now, please accept our great appreciation.

Peter, Beverley Rubenach and Family.

You can read about Tim's Legacy on our Valley Voice Facebook page.

Mini Fingal Focus

New Tourist Attraction For Fingal

Fingal will have sites and buildings of heritage significance identified as attractions for both tourists and residents. The initiative of the Fingal District Progress Committee will ensure that some of our important sites will be recognised for their value to our local history. The history of the sites has been researched and informative plaques showing imagery of the site and a brief historical resume will be located at each area for visitors to read and enjoy.

Some readers will probably wonder why other sites have been left out. The answer is simple. Historical research takes time (a) where information about the site can be found and verified, (b) to write up the information into a readable form and (c) finding the funds to have the Plaques constructed. No doubt other sites will be included in the future but for the time being these are the most obvious sites,

A big thankyou is given to Peter Roser, manager of Cornwall Coal for providing funding for the project, also to Heather and Philip Vickery for their untiring research into the many sites. The following are the buildings currently being processed :

- (i) Fingal cells , (ii) Fingal Council Chambers , (iii) Fingal Post Office ,
- (iv) Fingal Primary School , (v) Fingal Railway Station ,
- (vi) Holder Bros (currently the Hayshed IGA store)
- (vii) Prince of Wales Hotel, (viii) St Andrews Church (Uniting) ,
- (ix) St Josephs Church (Catholic) , (x) St Peters Church (Anglican)
- (xi) Tasmanian Hotel.

The plaques are under construction and will be erected at a future date, to be announced. The event is surely worthy of some official ceremony.

Mike's Funnies

Some convicts escaped from jail last night in a cement mixer. Police are looking for a group of hardened criminals.

Two friends were in a bar hoping to find boy-friends. One of the noticed a `glum looking man in a corner. She went to him and said "You look very unhappy" "I am," he replied. "I've wasted 20 years of my life in prison" "What did you do?" the girl asked . The man said "I murdered my wife and cut her into little pieces" The girl looked over to her friend and mouthed " He's single"

One day a couple of friends found three hand grenades and decided to take them into a Police Station. "What if one of them explodes?" said one of them ,. " we'll tell them we only found two." the other replied.



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Fingal Valley Neighbourhood House Inc.

20 Talbot St Fingal

6374 2344 / admin@fvnh.org.au

Facebook Like our page to keep up to date with what's happening at the house

Play Centre Has now started for 2018 working with Building Blocks, operating on Monday's from 9.30am till 2.30pm. Child/ren welcome between the age of 3-5.

Morning Tea Wednesday mornings from 10am. Call in for a cuppa, snack and chat.

Nils Loans Contact the Office for more information or book for an appointment with our trained staff.

Craft Day Every second Wednesday. 10am to 2pm. Bring along your craft and ideas, enjoy the company of others.

Op Shop Call in and browse our amazing Op Shop.

Library Our community library is located at the FVNH and has a wide range of books available.

Community Car/Bus Car available to book for transport to medical and other appointments. Bus available for group outings. Call the office for more information.

Other things happening and coming up at the house are: U3A, History Group, Dance Fit, Hairdresser visiting weekly, 2nd Bite and Bread Deliveries

We are always on the lookout for volunteers, if you have some time and are interested, call into the office to find out more.

If you have 4 hours a week to spare we would love to hear from you we need help with our OP Shop.

Contact the FVNH on 6374 2344 or call into the Office for

more information.

Office hours are from 9am - 3pm Monday to Friday.

Events

AA

Friday night St Marys Anglican Church Hall 7:00pm

Wednesday night St Helens Anglican Church Hall 7:00pm

Phone 0438 157 878

The St Marys Salvation

Army

would like to welcome back our JAMmers for Term 2 and also invite new children to JAM (Jesus And Me) commencing on Tuesday 8th May at 3pm.

For all inquiries please phone Mel on 0409 838 816

St Helens Soccer Club 2018 Season

Saturdays

5 years and over 10.00 am start
Adults 11.30am

Venue - St Helens Sports Complex. Tully St ALL WELCOME
Enquiries 63761405

Old Codgers Meeting

Every Friday

St Helens Books and Coffee are offering men over 50 the chance to call in, enjoy a hot cuppa, play some cards/chess or just meet some new blokes. Held from 2-4pm. Cost: \$1 per cuppa.

St Helens Markets

Every Saturday

Held every Saturday in the St Helens town centre from 8am - 1pm. New stall holders welcome, phone 0475 844 481.

Big Shed Market

Big Shed Studios are hosting a monthly winter market every 3rd Sunday of the Month, 10am - 2pm Our focus is on make it, bake it, produce it, and our aim is to showcase local talent. 21837 Tasman Highway St Helens.

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LJ Hooker



Kate Walsh

Your local area specialist in St Marys and Scamander. For an obligation free market appraisal please contact Kate Walsh from

LJ Hooker St Helens.

Ph: (03) 6376 2300

Mobile: 0419 683 904

Email: kwalsh.sthelens@lh.com.au

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

GP Surgery Hours

Monday - Friday

8:50 - 10am

(10 -10:30am reception closed)

10:30am - 12.30pm

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

1:30 - 3:00pm

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

3:00 - 4:30pm

Pathology Service– Bloods

There is no pathology service prior to 8.30am. If you require pathology prior to 8.30am, i.e. urgent blood test and/ or a fasting test an appointment must be made at the Nurses' Station the day / evening before on: 6387 5555

Hours of Pathology are: Monday-Friday

8:30am-11:00am & 2:00pm-4:00pm

Scripts and Doctors Appointments

Please ensure doctors appointments are booked **PRIOR** to your medications running out, or **IN ADVANCE** if you attend this practice regularly. ***Please be patient***

Waiting periods to see your doctor may be experienced. 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.

INR tests require a 5 minute doctors consultation.

Please inform reception when booking

Doctors Roster

Dr C. Latt

29/6/18-6/7/18

Dr Oxlee

9/7/18-13/7/18

Dr K. Rawnsley

29/6, 3/7, 4/7, 6/7, 10/7 & 13/7/2018

IN A EMERGENCY

PHONE

000

The flu vaccine and washing your hands regularly are your best defence against the Winter bugs!

FLU VACCINATIONS

To book a flu vaccination Phone 6387 5555

St Marys General Practice reminder

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

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

The above are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your appointment. If you have any concerns, please contact us and we will try and address them

GP Assist	1300 780 011
Ambulance or Emergency	1800 008 008 000
Lifeline - Saving lives, crisis support and suicide prevention	131 114
St Marys Community Health Centre - please ring before presenting after hours	6387 5555
Mental Health Helpline	1800 332 388

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

What's on at the Centre

June 29 **Social Worker** Shan Williams for appointments please phone 6387 5555
Physiotherapist– Patrea Zacher for appointments please see your GP or Health Professional for a referral.

July 2 **Occupational Therapist**– Danyelle Briggs by referral from your Health Professional.

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

Hospital Auxiliary Meeting 2pm in the Family Room.

July 3 **Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381.

Adult Community Mental Health Worker 4:00pm-5:00pm

July 4 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

Occupational Therapist– Danyelle Briggs by referral from your Health Professional.

Psychologist- Terece Moore. Please see your GP for a referral.

July 5 **2nd Bite Delivery**
Social Worker- Shan Williams For appointments phone 6387 5555
Physiotherapist– Patrea Zacher for appointments please see your GP or Health professional for a referral.

July 6 **Social Worker** Shan Williams Call 6387 5555 for appointments.

Occupational Therapist– Danyelle Briggs by referral from your Health Professional.

July 9 **Physiotherapist**– Patrea Zacher for appointments please see your GP or Health professional for a referral.

Psychologist- Terece Moore. Please see your GP for a referral.

Occupational Therapist– Danyelle Briggs by referral from your Health Professional.

July 10 **Psychologist**- Terece Moore. Please see your GP for a referral.

Anglicare- Katrina 11:00am-1:00pm

July 11 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

Social Worker- Shan Williams For appointments phone 6387 5555.

TAZREACH Antenatal Clinic with Katie. Contact GP for appointments.

Psychologist- Terece Moore. Please

July 12 **2nd Bite Delivery**

Psychologist- Terece Moore. Please see your GP for a referral.

Social Worker Shan Williams Call 6387 5555 for appointments.

July 13 **Physiotherapist**– Patrea Zacher for appointments please see your GP or Health Professional for a referral.

Social Worker- Shan Williams For appointments phone 6387 5555

MAGAZINES

Do you have any 2018 magazines you no longer want?

The St Marys Community Health Centre is looking for donations of 2018 magazines for our reception area and for use in the St Marys Day Centre.

Magazine donations can be left with our reception staff.

Thank you for your support of the St Marys Community Health Centre



SENATOR JONATHON DUNIAM
Liberal Senator for **Tasmania**

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senator.duniam@aph.gov.au SenatorDuniam

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

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MOONSHINE WHISKERS & THE RAGGED PONY

+
PETE CORNELIUS



14th July - 6pm till late

\$10 Adults - \$25 Family

St. Marys Community Hall

No dancing experience required

All dances taught - All ages welcome

Supper & Drinks available for purchase

Facebook: <https://www.facebook.com/events/455985141505516/>

(for more info & bus hire)

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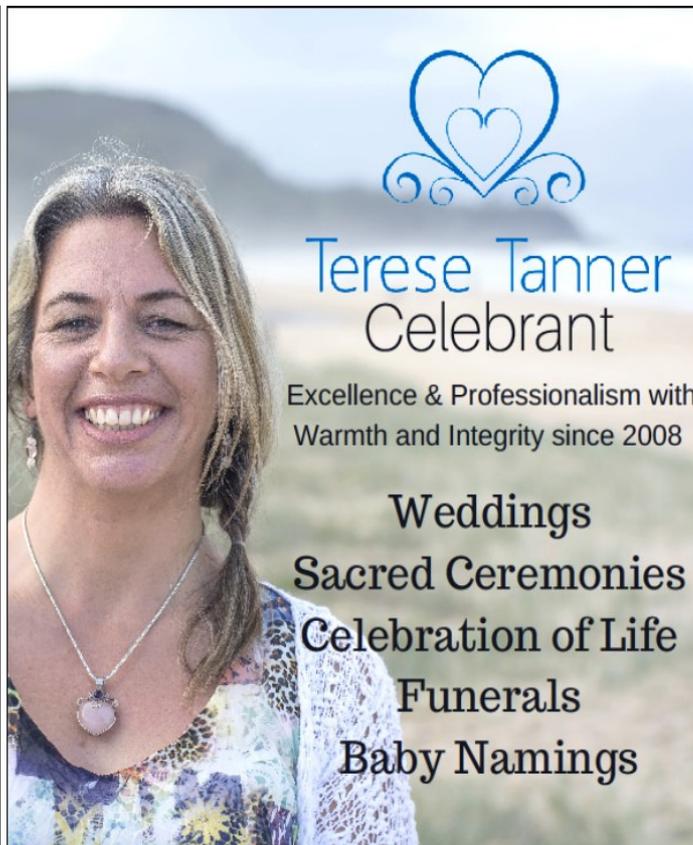
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Moo Poo See Normie

63722380

Garage Sale Saturday 7th July.

**Miscellaneous household, baby and garage
items. 11 Gray Road, St Marys. 9 am
onwards. No early birds please!**

10 Smart, Simple Self-Care Tips for Solid Mental Health

Do you ever get so busy that you neglect to take care of yourself? Here are several ways to make yourself a priority in your life.

1. Wake up early and with intention — how you start each day matters. Every day brings a choice: to practice stress or to practice peace. If the idea of becoming a “morning person” is mind-boggling, a small tweak — avoiding the snooze button, can go a long way. Research has shown that early risers are more optimistic, conscientious, and anticipatory when it comes to problem-solving.

2. Check in with your thoughts — they become your actions. Conventional wisdom says that our feelings control our thoughts, but it’s actually the other way around: our thoughts precede our feelings. Complicating matters is the fact that our thoughts are often automatic, quick, and unconscious. The beauty of being mindful is learning how to manage your thoughts so they don’t manage you.

3. Make time for physical activity (even walking or stretching). Moving your body kick-starts your metabolism and releases the “feel good” hormone, serotonin, which helps relieve stress and increase self-confidence. Additional benefits of exercising include feeling more alert, productive, and creative throughout the day.

4. Choose what to say No to, and say No. Boundaries are the key to self-care and happiness, too. People-pleasers have an especially difficult time with setting limits on their time and resources. A helpful reframe to remember is when you say ‘No’ to one thing, you’re saying ‘Yes’ to another. And hopefully that includes incorporating something else on this list!

5. Connect with someone you love. Humans are wired to connect. Studies abound about the devastating effects that loneliness has on our mental and physical health. The good news is research also shows that relationships can improve health by helping us manage stress, improve immune system functioning and giving meaning to our lives.

6. Practice slow, deep breaths. In addition to helping you remain calm and avoid knee-jerk reactions, breathing is your best defence against panic attacks. According to a study published by the Journal of Emergency Medicine, 30% of patients who seek treatment at emergency rooms with complaints of chest pain (and no evidence of coronary artery disease) suffer from panic disorder.

7. Speak + act truthfully. The primary goal of therapy is to get clients to acknowledge the truth. As painful and messy as that can be, nothing beats saying what you mean and doing what you say to get on the right side of authenticity and a meaningful existence.

8. Watch the projections. Passive-aggressive behaviour is among the most toxic of all personality traits.

9. Be kind. Because it costs \$0.00 to be a decent person.

10. Laugh. A sense of humour is a must-have for the emotional wellness tool kit.

SOURCE: <http://wiredforhappy.com/best-selfcare-mental-health/>

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the Fingal Valley



for all your veterinary needs.

For appointments, please call the

St Helens clinic on 6376 1577

Local creatives support the community

Shortly after opening Gone Rustic in October 2003, I started a monthly group (now called *Operation Coverup*) to make quilts and clothing for those in need. It was the result of an idea raised by St Marys resident Barbara McAllister, and our group has now produced hundreds of quilts and knitwear over the years for distribution! All materials are either donated by community members or purchased with money raised at our group sessions.



Bins of handmade items

With winter well established, the need for items to keep people warm is a very real concern. Services such as Anglicare and the Salvation Army sometimes struggle to keep up with demand. Now more than ever ordinary people and families find it hard to make ends meet. I read recently that the cost of living in Tasmania has risen by over 3 per cent over the last several years, but income has only increased by 1.5 percent. Affordable housing is scarce, and the homeless issue in our state is a very real concern. We are only a small group of about 4 people, but in a year we can make a lot of beanies, scarves, rugs and quilts. Last week we invited Thom Ryan of East Coast Counselling Services/Anglicare to accept 2 bins of knitwear, 1 bin of rugs and quilts, and 2 very large quilts that wouldn't fit in bins, plus a cash donation of \$100 to be used as required.

Thom has been working in our community since 1994, operating out of St Helens Neighbourhood House when I was co-ordinator/manager there, and later through Anglicare. He has been such an asset to Break O'Day, and we are very pleased to be able to help him in his work. His commitment and input to our area has been huge and often very demanding, and we are very blessed to have him in my view!

After 14+ years of organising the group and the making and distribution of items, I feel it is time to pass on the baton so to speak. I am thrilled to announce that Fingal Valley Neighbourhood House will be taking it over in the near future, including any money and materials still left over. There will be an official handover soon, and I'm sure the project will go from strength to strength in their capable hands.

I would also like to express my heartfelt gratitude to all have attended, contributed and/or supported our venture over the years. It could not have continued without you, and your input has been invaluable. Thank you!

Rita Summers, Gone Rustic, St Marys



Rita and Thom

Services such as Anglicare and the Salvation Army sometimes struggle to keep up with demand. Now more than ever ordinary people and families find it hard to make ends meet. I read recently that the cost of living in Tasmania has risen by over 3 per cent over the last several years, but income has only increased by 1.5 percent. Affordable housing is scarce, and the homeless issue in our state is a very real concern.



Quilts

TASCOSS for the Community



The Tasmanian Council of Social Service (TasCOSS) undertook a Break O'Day community consultation over the past few months, asking local people how to improve employment outcomes for their region. The themes and ideas that were collected are now ready and TasCOSS would like to share what you told us with the broader community. Come and have your say and find out what's happening next!

Amy Bailey, project manager, will be in the Break O'Day region on the 18th of July, 11am at St Helen's Neighbourhood House and 4:30pm at St Mary's Hub4Health, to share the findings and get your feedback!

**East Coast
SWANS
VS
Tamar Cats**
Saturday 7th July
FINGAL Football Ground
Auskick 
10.15am
Reserves
11.50am
Seniors
2pm
GO SWANS

Keep Footy Alive in the Valley.

Support the East Coast Swans Fingal home game.

Fingal Recreation Ground

Auskick 10:15

Reserves 11:50

Seniors 2:00



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Or one of your old favourites.

June Long Weekend Pop in and see us over June long weekend, before or after visiting the annual St Marys Car Show, or Studio 7 featured in the Bay of Fires Winter Arts Festival, local artists Karl and Robina Balzer.

Call us on **63722263** or check us out on Facebook for more details

Mind Bogglers

You're In A Dark Room With A Candle, A Wood Stove, And A Gas Lamp. You Only Have One Match, So What Do You Light First?

David's Father Has Three Sons: Snap, Crackle, And _____?

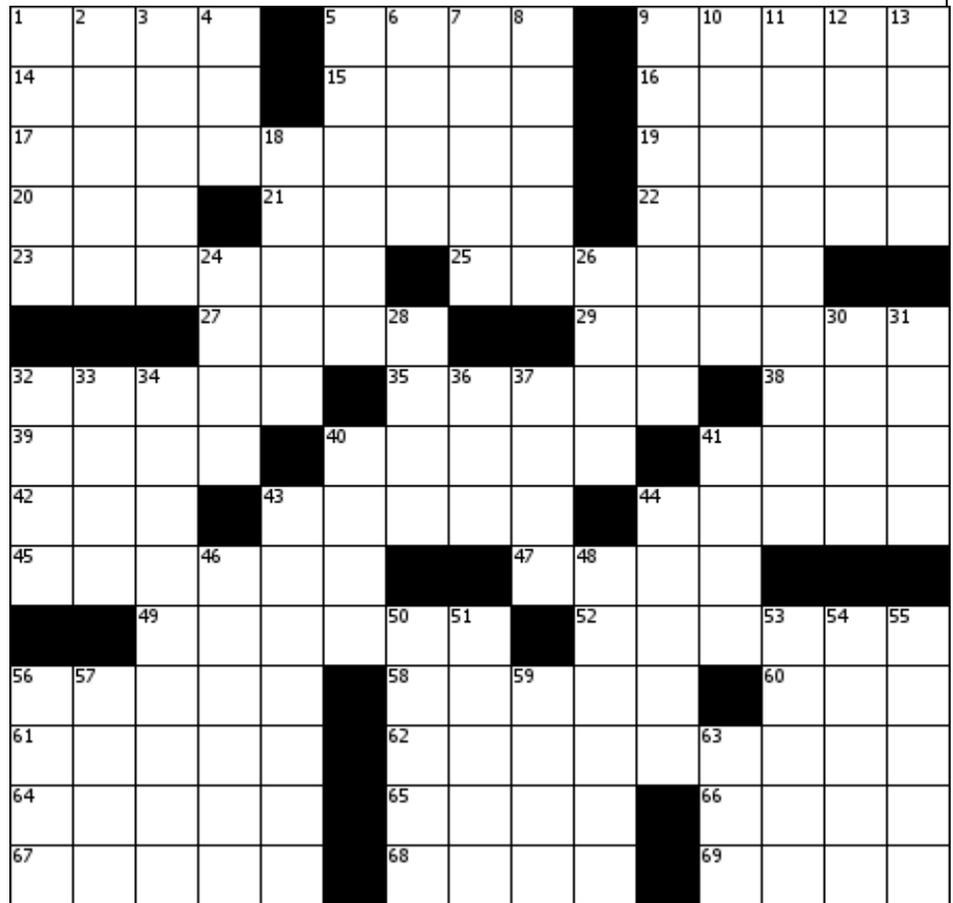
Turn Me On My Side And I Am Everything. Cut Me In Half And I Am Nothing. What Am I?

Which seven letter word contains dozens of letters?

Match, David, 8, Mailbox

Across

1. Sound of cracking up?
5. Shortens, in a sense
9. Cryptographer's study
14. Yale students
15. Jazz's state
16. It may be light or grand
17. Head of the wolf pack
19. NFL Hall of Famer Bob
20. Moniker for an old man
21. "The Prince of Tides" co-star
22. Hall & ___ ("Maneater" duo)
23. Fireside tool
25. City attacked by Cleon
27. "___ of Eden"
29. Elbow room
32. Star watcher
35. Word with growth or transit
38. ___-de-France
39. Legal charge on property
40. Finishing stroke, in printing
41. Symbol of purity
42. Film, literature, dance, etc., collectively
43. Opinions
44. Like a crank call
45. Overwhelm with noise
47. Scored on the serve
49. Shop talk
52. Imp
56. Schedule openings
58. Greets the day
60. Santa ___, Calif.
61. For that reason
62. Computer trials
64. Big man in Los Angeles
65. Finishes a cake
66. Low carb, e.g.
67. Toothsome
68. Parisian pate?
69. Have a restless night



Down

- | | | |
|----------------------------------|---|-------------------------------|
| 1. Oodles | 18. Lend ___ (pay close attention) | 43. In few words |
| 2. Earmark | 24. Highly perceptive | 44. Nonhuman |
| 3. "Fantasia" dancer | 26. First letter of the Arabic alphabet | 46. Wealth wielder |
| 4. Pompeii coating | 28. Hard trip | 48. Goalie's area in lacrosse |
| 5. Indulges | 30. Cub nearest an infography | 50. Certain annual event |
| 6. And others, in a bibliography | 31. Some coniferous trees | 51. Sister's daughter |
| 7. Treats for Archie and Jughead | 32. Pleased as punch | 53. Electronics giant |
| 8. Docile followers | 33. Concession closer? | 54. Chips in? |
| 9. Part of NAACP | 34. "Chicago" co-star | 55. Goes the distance |
| 10. Soporific | 36. 100 square meters on an aircraft | 56. Word with hot or pot |
| 11. Triangular stabilizer | 37. Famous tower city | 57. Horne or Olin |
| 12. ___ Stanley Gardner | 40. Tried out for "American Idol" | 59. Undo a deletion |
| 13. Conveys verbally | 41. Lays the groundwork | 63. Summer setting in |

Libraries (Closed public holidays)



61 Cecilia Street **St Helens**
6387 5600
Monday to Friday 10am - 5pm
Sat 10am - 12pm

31 Main Street **St Marys**
6372 2114
Mon, Wed & Fri 12.30 - 4pm
Tue & Thurs
10am - 12.45pm

Fingal FVNH
Talbot Street 6374 2344
Mon, Wed & Fri 9am - 4pm



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.

Blue Tier Chiropractic

Gareth from Blue Tier Chiropractic is visiting Hub4Health regularly at our St Helens office. Chiropractic therapy works to maintain the function of the spine and reduce the possible impact these stresses can impose upon it.

Chiropractors frequently help people with:

Back Pain Whiplash Sciatica Sporting Performance/injuries Neck Pain Postural Problems
Migraines Muscular Spasms Scoliosis Headaches And much more...

M: 0477077021 for appointments

Break O'Day Health Network Meeting June 2018

The Break O'Day Health Network is a group of allied health & community service providers who meet regularly to discuss and share the issues, challenges and successes of their service.

In June we were fortunate to have Annette Fuller from the B4 Coalition for Early Childhood, Christine Woolley from the Australian Early Years Development Census and Fiona Watts from the St Helens Child and Family Centre as guest speakers. With 21 in attendance, a wide ranging discussion was held on supporting families in our area. If you would like to attend the next meeting on the 25th September in St Marys please contact us at



admin@hub4health.org.au for more details

Visiting Services to St Marys Outreach Office:

• **Rural Psychology Tasmania**

offering evidence-based psychological services to rural communities in Tasmania.

T: 6331 0577

• **Bree Piscitelli | Natural Therapist**

Practicing Kinesiology, Reset, Reiki and Access Bars.

M: 0450068328

• **Raelene Callaway | Naturopath**

M: 0410 481 229

E: gratitudehealth2@gmail.com



Active4Life Gym Memberships.

Membership is easy to apply for and the low fees will be used to support the ongoing operation of the community gym and ensure it is sustainable over the long term.

The induction sessions for new members are on Tuesdays 1.30-2pm with Jason contact admin@hub4health.org.au

C & D's IGA X-press



38 Main St, St Marys, PH 63722240

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Fri 7.30 am - 6.30 pm

Sat 7.30 am - 6.00 pm

Sun 9.00 am - 6.00 pm

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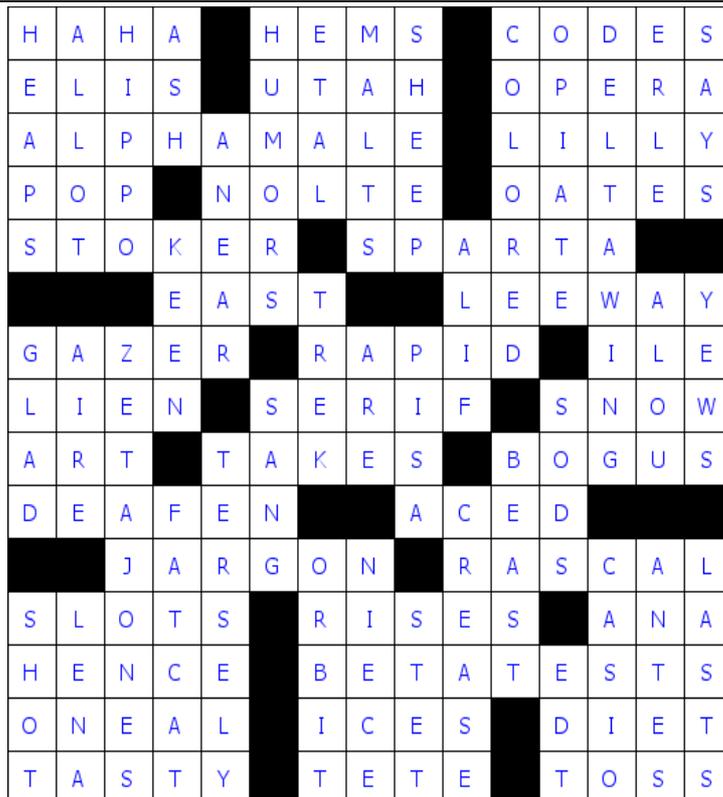
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Nescafe'Menu Coffee sachets 10pk	\$4.99
Colegate Plus Toothbrush	\$1.99
Eta 5 Star spread, 500g	\$1.29

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St Marys	Scamander S/market
The Farm Shed, Bicheno	St Marys IGA
Hilly's IGA St Helens	St Marys Newsagency
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