



THE VALLEY AND EAST COAST VOICE

Established 1968

50.38 November 22nd 2018

Deadline for 50.39 is Dec 3rd 2018



The sun shone brightly and the sound of club hitting ball rang out, as the Malahide Golf Club held its annual “Hayshed Cup” on Saturday, 17th November, 2018.

The 10th annual 3-person Ambrose saw players come from both near and far, including Mowbray, Moorina, St Marys and the Huon Valley, along with local members of the club. Visitors from interstate boosted the number to 81 players, who chipped, putted and drove their way around the 18 holes.

This was the 10th Hayshed Cup, and is sponsored by John and Barbara from the Hayshed store, who take the opportunity to support local sport, with John being an enthusiastic player himself.

Victory was claimed by John Vincent Jnr, Thomas Vincent and Michael Vincent. while the team of Anthony Woods, Craig Woods and Jye Baldwin took out the Gross event.

Organiser Andrew Johns was pleased with the turn-out, adding that spectators had enjoyed seeing the action from the deck of the clubhouse. A “boisterous” celebration followed.



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Guy Barnett MP

State Liberal Member for Lyons



Listening Caring Building

For assistance, contact my office:

76 Emu Bay Road, DELORAINE • Ph: 6701 2170

guy.barnett@parliament.tas.gov.au • www.guybarnett.com.au

find me on Facebook



Authorised by Guy Barnett MP, 76 Emu Bay Road, Deloraine 7104

The Antenna Guy



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Expression of Interest

Maintaining Land with Environmental Values

186 Gardens Road, Binalong Bay

Council would like to dispose of land at 186 Gardens Road, Binalong Bay to a group or association that will maintain the environmental values and integrity of the property.

- The land will be offered at no charge.
- Cost of transfer of ownership will be the responsibility of the group or association.
- After transfer, any ongoing costs will be the responsibility of the successful group or association.

If you feel your group or association would be interested in undertaking this important role, Council would like to encourage you to submit an 'expression of interest' outlining a proposal on how you would achieve this.

Your proposal can be delivered to the Council office; mailed to 32-34 Georges Bay Esplanade, St Helens TAS 7216; or email to admin@bodc.tas.gov.au before 5:00 pm Monday 10 December 2018.

If anyone is aware of a group or association they think may be interested in taking on the above role, Council would appreciate the information being passed on to them.

Any queries can be directed to Bob Hoogland on 6376 7900.

from the mountains to the sea | www.bodc.tas.gov.au

Open House and Garden

396 Elephant Pass Road
St Marys

SATURDAY 1st DECEMBER
10.00am–2.00pm

\$5.00 Entry and \$5.00 Morning Teas
Plants for sale, raffle prizes

Come and experience off grid living,
see the bottle walls, flower garden
and organic vegetable garden

*All funds raised go to the Tasmanian
Lymphoedema and Laser Therapy
Centre at St Marys*

Enquiries to 0418 659 781



The Say, by Cagerattler.

Online shopping. How do you feel about it? How many of us now find it easier or more satisfying to buy from so many online providers these days?

I have bought regularly on EBAY, a few times on Gumtree and also occasionally on a company or business online service. Usually the prices are hard to match any other way and so is the choice of range. Just how it is.

Unfortunately though this is having a huge effect on retail outlets and even wholesale places as well. This in turn costs jobs. I recall an idea mooted a while back that maybe it's time for the GST to be applied on all online transactions, not just those in excess of \$1000 from overseas. In recent times iconic retailers like Myer just for one are finding it hard to compete, shopfront to online. Many other Australian retailing giants now have to provide their own services.

In a roundabout similar way this also applies to newspapers and magazines. We are heading inexorably toward papers disappearing in hard copy, as with so many glossy mags and such. Online subscriptions are coming ever closer. The benefits, of course, are the lessening of pulp, delivery costs to consumers, disposal of unwanted reading matter and so on, but the downside is the hands on employment and the convenience of being able to browse or read the literature without an electronic device required.

Then of course there is old fashioned money, seen less and less for purchases anyway. Nowadays debit and credit cards, direct debits, Bpay and so on are becoming the preferred method of most. A wallet or purse these days is more a thing used to cart round a plethora of cards rather than cash. Even banks, as we know only too well, are heading away from direct customer services.

Makes you wonder, in say 50 years from now if a cashless society will also find business precincts mostly devoid of shops, except for maybe large grocery outlets. Even there it's already happening, that some have self checkout situations. Remember the days in petrol stations when an attendant actually pumped fuel for the customer? Now self serve is the norm almost everywhere and it's fine.

There'll always be restaurants, fast food style outlets, maybe even hair dressers and similar that will always require a skilled person to carry out a service, maybe even pharmacies, and of course medical services will definitely require that, but the overall shopping methods that those of us grew up with are evolving in front of us, good or bad. Just how things are.

What do you think ?

Events

AA

Friday night St Marys Anglican Church
Hall 7:00pm

Wednesday night St Helens Anglican
Church Hall 7:00pm

Phone: TBC

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.

The Combined Probus Club of Scamander

Join us in fellowship, friendship and fun. meetings held 4th Wednesday of each month
Guest Speakers Bus trips Visit Local Attractions
Time; 10am

Where: Scamander Beach Hotel
Contact; Marj Aulich 0473238077 Or
Val Spencer 0437397219

 Free Wi-Fi 6am-9pm	<p>St Marys Library</p> <p>31 Main Street, St Marys</p>  <p>NEW PHONE NUMBER! (03) 6387 5602</p>	<h2>Pampered Pet Grooming</h2> <p>for all your pet grooming needs...</p> <p>Call 0400 609 959</p> 
<p><u>Opening Hours:</u></p> <p>Mon: 12.30-4pm Tue: 10am-12.45pm Wed: 12.30-4pm Thurs: 10am-12.45pm Fri: 12.30-4pm</p>	<p>Are you available for relief work at the St Marys library? Go to our Relief Register and follow the steps https://www.jobs.tas.gov.au/</p> <p>eLibrary : www.linc.tas.gov.au eBooks, eMagazines and much more!</p>	

Libraries



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

31 Main Street **St Marys**
 6387 5602
 Mon, Wed & Fri 12.30 - 4pm
 Tue & Thurs 10am - 12.45pm

Fingal FVNH
 Talbot Street 6374 2344
 Mon, Wed & Fri 9am - 3pm
 Tue & Thurs 9am - 12pm



Let's celebrate

International Day of People with Disability

Your Disability Access Committee is hosting this event

COME JOIN THE CELEBRATION AT PORTLAND HALL ST HELENS

10AM-2.00PM

Lots of information tables with representatives from Service Providers, Allied Health Services a representative from the NDIA/NDIS and the independent living centre

Fun Games – Art Exhibition with a silent auction & a Sausage Sizzle

Break O'Day COUNCIL

Help celebrate ***International Day of People with Disability.***

Come along and join in on the celebrations, you will be entertained with some **fun games**, an **Art Exhibition with a Silent Auction**, **Service Provider displays** and of course, a **Sausage Sizzle** 😊

Celebrations are at the **Portland Memorial Hall**, commencing at **10:00am** on **Monday, 3rd December 2018**.



Volunteer Ambulance Officers Association of Tasmania Incorporated

A.B.N. - 49 452 275 349

www.tasmanianambulancevolunteers.aen.au

Our Vision: Improved representation and support of Volunteer Ambulance Officers in Tasmania, to maximize patient care outcomes

MEDIA RELEASE

VOLUNTEER AMBULANCE OFFICERS ASSOCIATION OF TASMANIA

19/11/2018

Our volunteer ambulance officers will be gathering in Scamander on the 1st & 2nd December. They will be travelling around the town enjoying the scenery and seeing the area.

One of the exercises that will be conducted is a demonstration run jointly with the St Marys & St Helens SES units and the St Helens Ambulance unit will be a demonstration of how our people involved in motor vehicle accidents are freed and how life saving treatment may be carried out throughout this process.

We invite the public to come and view as we free 4 people from a car by cutting it from around them. The demonstration will be narrated by SES and Ambulance representatives to ensure that everyone may gain an understanding of how our emergency services may work together.

When: Saturday 1st December

Where: Scamander Beach Hotel/Motel car park

Time: 4.30pm

The demonstration will last approximately 1 hour.

All welcome.

VAOAT CARES... communication, advocacy, representation, encouragement, support

Employing more regional paramedics

The Hodgman Liberal Government is employing 42 new paramedics in rural and regional areas of Tasmania, with recruitment for the first six positions beginning in the coming weeks.

We have allocated \$14.9 million for the progressive recruitment of the 42 paramedics, with three branch station officer team leaders – in the South, North and North-West, as well as three extra paramedics at the Wynyard Ambulance Station to be employed this financial year.

Next year, we will employ an extra three paramedics in Dodges Ferry, three in Bicheno, three in Deloraine and three in St Helens. Over the remaining four years, a further 24 paramedics will be recruited to regional areas across the state.

This is part of the Tasmanian Government's \$125 million plan to boost ambulance services over the next five-and-a-half years to keep rural and regional communities safe and make Tasmanians' lives better.

These additional paramedics will also reduce fatigue, increase ambulance responsiveness and reduce overtime costs.

Our strong investment in ambulance services is already paying off, with response times in Tasmania coming down over the past year, at the same time as a growing number of responses. This is a real improvement in our service meaning that ambulances are getting to people who need it in an emergency in less time than before.

The Department of Health Annual Report showed median emergency response times were 12.8 minutes statewide in 2017-18 – the lowest since 2014-15, with a reduction in all areas of Tasmania over the past year, despite increasing demand. Ambulance Tasmania has attended more than 10,000 addition-

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Christmas Shopping Trip
BOOK YOUR SEAT NOW
A trip to Hobart before Christmas arrives!
Saturday 8th December 2018

Bus departing FVNH at 8.30am
Cost: \$10 per person

Call the Office on 6374 2344 to book your seat!

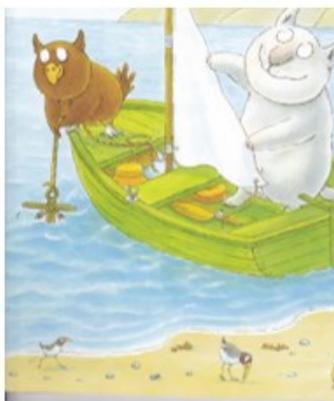
Funded by the Crown through the Department of Communities Tasmania



OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 637 22094

Lot 1 Esk Highway St Marys



The Owl and the Pussycat

IN MEMORY OF JAN



Scamander Beach Hotel Motel
1800 725 255 or (03) 6372 5255

Bottleshop, Bar and Bistro
open daily

Meals: Lunch 12-2pm, Dinner 6pm-8pm every day
(Small Serves are also available)

BOTTLE SHOP OPEN DAILY

SOME OF OUR OCTOBER SPECIALS are:

Great Northern Super Crisp	330ml/24 pk	\$46.00
Boags XXX	375ml/24 pk	\$53.00
Tooheys 5 Seed Cider	345ml/24pk	\$44.00
Jack Daniels	330ml/4pk	\$19.00
Beam Cans	375ml/10pk	\$39.00
Jacobs Creek range	750ml each	\$9.00
Royal Swan Barbados Rum	700ml each	\$46.00

EVERY FRIDAY NOON UNTIL 4PM-TRADIES P.O.E.T.S. DAY

This has nothing to do with poetry. Visit and find out more!

158-164 Scamander Ave., Scamander TAS 7215

www.scamanderbeach.com.au



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

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.

Reflecting on growing up in the hamlet of Falmouth in the 50s and 60s, I realise now that it was pretty idyllic but I certainly did not think that at the time!

With [only](#) a permanent population of 40 [plus, including](#) the two farms of Glencoe and Enstone Park, I could not wait to [leave](#) and travel elsewhere, as I felt I was missing out compared to my school mates who lived in larger towns.

At Christmas, Easter and long weekends, the population more than doubled with the many shacks being filled with mainly Launcestonians and northern midlands graziers, who favoured Falmouth as their place to holiday with family and friends. The Schier family played an integral part in the holidaymakers' visits, in supplying services as in stacking firewood, mowing lawns, providing milk and cream and, milking time, late afternoon was an opportunity for the city kids to learn that milk did not come in bottles! Our home had a menagerie of pets, so the visiting kids could see the calves, chooks, ducks, the pet swan, and rabbits, and they could try to get the cockatoo to say "hello cock" and hope to make the kookaburra laugh!

As kids we eagerly awaited the school holidays, when other kids came to play, as our front paddock was the local sports field with footy goal posts being erected in the winter, the cricket pitch prepared in the summer and [at times it](#) hosted a golf course complete with jam tins placed into the ground as holes, a running track and we had high jump sticks. The May school holidays were a highlight because [this was](#) when we celebrated 'cracker night'. A considerable amount of time was spent constructing the bonfire out of whatever we could scrounge from the large gorse bushes abundant at that time, dead native shrubs and anything that would burn found lying about. A few of dad's old truck tyres was the icing on the cake and everybody in town at the time attended this event. The next morning meant an early rise and competition with the siblings to return to the bonfire site, to try and find any still live crackers dropped in the dark the previous night.

Much time was spent playing at the beach, swimming in the inlet we still call the Falmouth barway. [We explored](#) the rocks, [sailed home-made](#) rafts on the broadwater, [fished](#) for kelpies (parrot fish) near the blowhole, for flounders in the lagoon and cocky salmon at the barway mouth. I enjoyed the beach in the winter when you had the place to yourself. Storms and wild seas often changed the barway mouth, sometimes closing it with tons of sand [allowing](#) access to run or ride the bike to Scamander.

The beach was my training track when, in mid teens, I experienced some success as a middle distance runner and [often](#) ran the beach [to or from](#) Scamander, with 14 minutes being my record time from barway to barway. I still enjoy this beach on the annual holiday in Falmouth but now at a far slower pace!

As well as stacking wood and mowing lawns for the holiday-makers for pocket-money, we also trapped rabbits. Skinned and dressed they sold locally in pre-decimal times for 1/6d ([15c](#)) a single and 3/- (shillings, or 30c) a pair.

A lot of time was spent on our bikes. On school days we had to ride over the very bad gravel road for 4 km, where we left our bikes behind trees to catch Tony Davis's school bus at the corner with the Tasman Highway, also known as The Pig n' Whistle. The bikes were our mode of transport around Falmouth or over to Mariposa or down to Four Mile Creek on weekends and school holidays.

As my mother Jean was the post mistress [and with](#) cows in milk, holidays were rare, but Boxing Day excursions to The Gardens for crayfishing and a picnic is a fond memory. As was dragging the net with Gilbert and some [of his](#) mates at either Falmouth, McIntyres (Mariposa) or Four Mile Creek beaches, followed by long hours in the shed scaling, gutting and cleaning the many black-back salmon and mullet. A surprise catch one night at Falmouth was a seal! I am not sure who received the bigger shock but luckily the seal turned and, jumping over the net, swam out to sea.

[The post office duties of phone and mail was](#) conducted from a brick building [that](#) Gilbert built on to the rear of our house.

The mail bus arrived [from St Marys](#) shortly after 9.00 am five days a week which brought not only the mail for my mother to sort, but newspapers and [our](#) bread and meat.

After returning from school via bus and the bike, we were allowed a snack of left overs, or bread and on Tuesday' we had buns from Owens' St Marys bakery, a real treat. As we had a small farm we all had jobs to perform. The jobs varied depending on your age, as the younger had the smaller jobs like feeding the pets, next one up located and brought home the [township-roaming](#) cows and prepared the kindling for the next mornings fire. The elder milked the cows, separated the milk, fed the calves and pigs, washed up the separator and then it was tea time. Of course the same happened before school which made for long days, but we were fit and healthy, having the best of [home-grown](#) produce and the Schier kids consumed cream like milk on our weetbix, deserts and on bread and jam on weekends. Despite the early morning workload, I still managed to ride my bike to the 'corner' and occasionally run the 10kms [up the St Marys pass](#) to school, ideal training for the school cross country!

Falmouth now has a larger population, the school bus picks the school kids up, the road has been shortened and bituminised and made part of a highway, the Falmouth Community Centre is a valuable and much used asset, there is a cement cricket pitch, tennis and half basketball court and the cows no longer roam the streets. But there is still only one street light, mail box, phone booth and no kerbing, gutters or footpaths. [The same idyllic lifestyle can be experienced as the traffic is light and](#) the beach is there to be enjoyed, the air clean and the sunsets spectacular over the distant hills, and that lovely long pristine beach is still there for a training run to Scamander!

John Schier

Darwin NT.

East Coast Vet Clinic

67 Quail St 6376 1577
St Helens

Can you help us to help vulnerable families with pets in our community have a brighter Christmas?



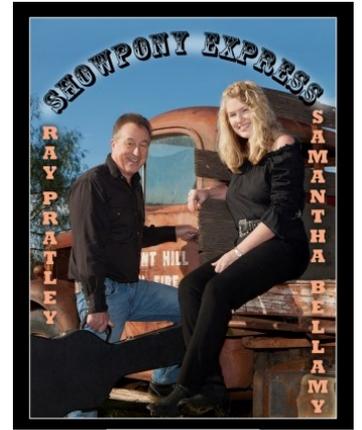
Our 6th year!

Savanna's
2018
Christmas Appeal
For Anglicare

The Bank Tearooms are kindly accepting any donations you would like to make.



“Country for Kids” tour for the Make a Wish Foundation



The “Country for Kids” tour by Showpony Express for the “Make a Wish Foundation” is coming to Tasmania.

Each day, six children and their families find out that their child has a life-threatening illness. A Make-A-Wish wish brings sick kids much needed hope for the future, strength to face the challenge of their illness and joy from their incredible wish experience.

Showpony Express comprises of husband and wife team Ray Pratley and Samantha Bellamy, who are raising awareness and funds for the Make a Wish Foundation, through raffles, donations and the sale of the single “Make a Wish Come True” at their shows.

The award winning Tamworth duo have many years in the Australian Music Industry, and have recorded multiple albums, and been nominated for many awards, including:

- 2018 Winner TSA Country Song of the Year and Contemporary Country Ballard of the Year -
- "Life's About The Little Things"
- Brumby Award winner instrumentalist of the year, 2016, 2017
- Brumby Award Winner, Female Vocalist of The Year 2017
- Finalist Gold Medallion Media Awards 2016, 2017
- Finalist National Collaboration of the Year 2016
- Top 10 placing for two songs in the ASA Song writing competition 2016.

Samantha and Ray have chosen Make-A-Wish because they believe in the organisation and what it stands for. They are appearing at St Helens on:

Friday 7th December: Hillcrest Caravan Park St Helens

Sunday 9th to Wednesday 12th December: Big 4 Caravan Park St Helens

Entry to all shows is free.

Reon and Wendy send their heartfelt condolences to John and family on the sad loss of our owl and cat loving friend Jan.

*" The owl and the pussycat went to sea
in a beautiful pea-green boat,
They took some honey, and plenty of money
Wrapped up in a five-pound note"
We know you will find peace in the land where the Bong Tree grows.
"Edward Lear"*

Call for Applications for St Helens-St Marys Community Bank® Grants

The St Helens-St Marys **Community Bank®** Branch of Bendigo Bank today announced the third round of its Community Small Grants Program.

Through the Community Small Grants Program funds are awarded to charitable or not-for-profit organisations in the Break O'Day area to meet specific one off needs. Successful organisations also provide publicity opportunities to help the **Community Bank®** branch to grow its business.

Andrew MacGregor, Chair of Board of the St Helens-St Marys **Community Bank®** Branch said 'To date more than \$10,000 has been allocated to 16 community organisations. Obviously as the banking business and profits grow more support will be provided to community groups.'

Applications must be made on the Community Small Grant Application form which can be obtained from the St Helens-St Marys **Community Bank®** Branch, 41 Cecilia Street, St Helens, The Secretary, Break O'Day Community Financial Services Limited, christriebe@yahoo.com, the Purple Possum St Marys and the Fingal Valley Neighbourhood House Fingal.

The closing date for applications is Friday November 30.

St Helens/St Marys **Community Bank®** Branch

Own your happy place.

Connect Home Loan Package

Your sanctuary, your haven, your happy place.

Whatever you call it, we'll help you own it.

Drop into your nearest branch at 41 Cecilia Street, St Helens or phone 6376 2560 to find out more.



Essential Items for Dignity Bags
Shampoo; Conditioner; Toothbrush; Toothpaste; Soap; Deodorant and Feminine Hygiene Products.

In addition, other things you might like to add: scarves; make up; a t-shirt; a hat; an umbrella; a note book; a loofah; some phone vouchers. The possible list is endless. You can also add a personal note.
Drop off to St Marys Op Shop for distribution prior to Christmas



The bag can be any kind as long as it's in good condition; a tote bag; a hand bag; a cross body bag; a backpack the choice is yours



bendigobank.com.au/happyplace

Terms, conditions, fees and charges apply. Full details available on application. Lending criteria apply. Credit provided by Bendigo and Adelaide Bank Limited
ABN 11 068 049 178 Australian Credit Licence 237879 (1205953-1209799-3) (419979_v1) (1/11/2018)



Lend a hand

We are looking for volunteers

Do you enjoy helping others to learn?

We are looking for volunteers to join our team at St Helens library to help people in our community improve their skills with reading, writing and maths.

If you would like more information please enquire here or contact

Polly Fowler, Literacy Coordinator

Ph. 0428 161 057 or email polly.fowler@education.tas.gov.au



FVNH XMAS STOCKING RAFFLE

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Princess Barbie

2 x Kids Sleeping Bag

Monopoly Board Game

Cricket Set

Totem Tennis Set

Toddler Story Board

Basketball

Pomsie Luna Toy



2nd Prize: \$50 voucher (Bunnings)

3rd Prize: Bottle Wine/Box Chocolate

Ticket: \$2ea or 3 for \$5

Tickets available at Fingal Valley Neighbourhood House, IGA Fingal, Fingal Online Access Centre, Fingal Post Office and Mathinna Post Office.

Drawn: Christmas Parade

Date: Sunday 23rd December



NICK SHAW 0439-414-299

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Rod Shaw 0407-615-072

Nick Shaw 0439-414-299

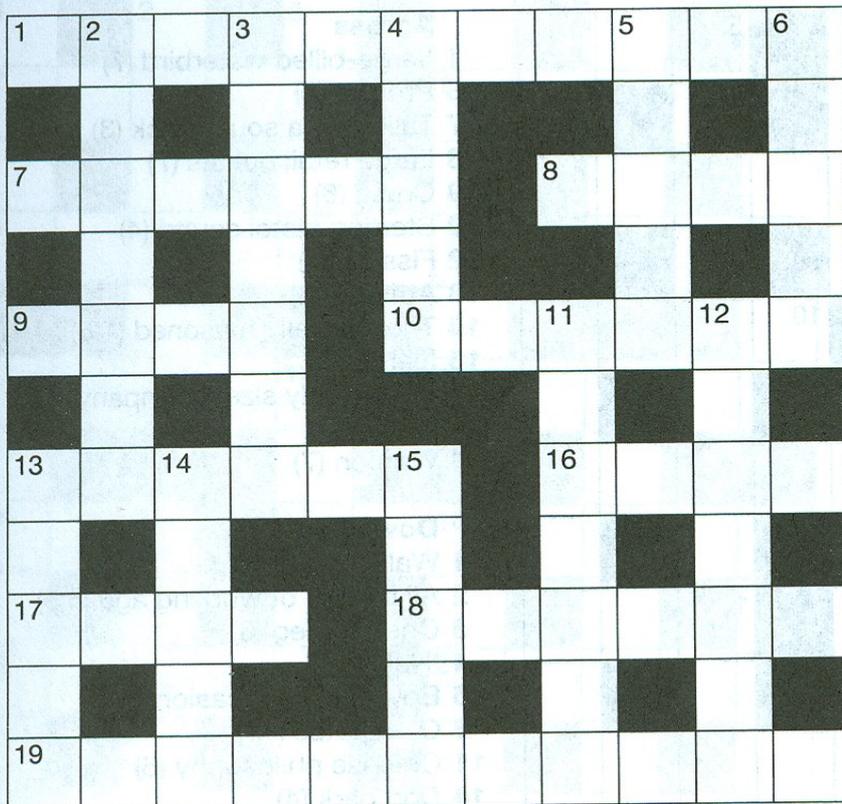
24798 Tasman Highway
St. Helens, Tas. 7216

Email:
sth.electrical@gmail.com



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

Crossword



Across

- 1 Makes up (11)
- 7 Savage (6)
- 8 Working (4)
- 9 Futile (4)
- 10 Resolve (6)
- 13 Not dead (6)
- 16 Engrave (4)
- 17 Movable barrier (4)
- 18 Buddy (6)
- 19 Lacking warmth and affection (4-7)

Down

- 2 Paper-folding art (7)
- 3 Stringed Indian instrument (7)
- 4 Units (5)
- 5 Faith (5)
- 6 Flair (5)
- 11 Even more minuscule (7)
- 12 Grant permission (7)
- 13 Reasoning (5)
- 14 Critical (5)
- 15 Blunder (5)

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Blackberry

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Holly

Ivy

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Gorse

Broom

Patterson's Curse
Flat Weeds
Salsify

Stinging Nettle
Erica
Boxthorn

Onion Weed
Spanish Heath

Pampas Grass
Wild Raddish
Serrated Tussock

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

GP Surgery Hours

Monday - Friday

8:50 - 10am

(10 -10:30am reception closed)

10:30am - 12.30pm

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

1:30 - 3:00pm

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

3:00 - 4:30pm

Doctors Roster

Dr C. Latt

22/11/18-29/11/18

& 5/12/18-7/12/18

Dr K. Rawnsley

22/11, 23/11, 27/11, 29/11, 30/11 & 7/12/18

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

IN A EMERGENCY

PHONE 000

AMBULANCE, FIRE & POLICE

WAITING AREA AT THE HEALTH CENTRE

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

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

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
- ◆ Insurance medicals renewals
- ◆ 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.

A.H. contact numbers

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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

What's on at the Centre

November 22	<p>Physiotherapist– Patrea Zacher for appointments please see your GP or Health Professional for a referral.</p> <p>Social Worker Shan Williams for appointments please phone 6387 5555</p>	December 6	<p>2nd Bite Delivery</p> <p>Physiotherapist– Patrea Zacher for appointments please see your GP or Health Professional for a referral.</p> <p>Social Worker Shan Williams Call 6387 5555 for appointments.</p> <p>Eyelines- For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.</p>
November 23	<p>Social Worker Shan Williams Call 6387 5555 for appointments.</p>	December 7	<p>Social Worker- Shan Williams For appointments phone 6387 5555</p>
November 26	<p>Physiotherapist– Patrea Zacher for appointments please see your GP or Health professional for a referral.</p>		
November 27	<p>Anglicare– Mark 11:00am-12:00pm</p>		
November 28	<p>Social Worker- Shan Williams For appointments phone 6387 5555</p> <p>Day Centre- call Hayley Gilbert on 6387 5555 for information on the group.</p> <p>TAZREACH Antenatal Clinic with Katie. Contact GP for appointments.</p>		
November 29	<p>2nd Bite Delivery</p> <p>Social Worker Shan Williams Call 6387 5555 for appointments.</p> <p>Physiotherapist– Patrea Zacher for appointments please see your GP or Health Professional for a referral.</p>		
November 30	<p>Social Worker- Shan Williams For appointments phone 6387 5555.</p>		
December 3	<p>Physiotherapist– Patrea Zacher for appointments please see your GP or Health Professional for a referral.</p> <p>Hospital Auxiliary Meeting 2pm in the Family Room.</p>		
December 4	<p>Child Health Session– Mary Mumford by appointment only. Phone 0428 136 381</p> <p>Max Employment– 9:00am-3:30pm downstairs.</p>		
December 5	<p>Day Centre - call Hayley Gilbert on 6387 5555 for information on the group.</p>		

FOR SALE

Solid wooded desk \$20.00

Buyer must collect



To view or purchase please phone 6387 5555

And ask for Ian

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



**Please help Janet and Kylie raise funds
for Men's Health**

visit

<https://au.movember.com/mospace/13786812>



CPR COURSES

To be held at Fingal for those who need a pool key and for any other Community Members who need a CPR Certificate



Roxy Cowie from St John Ambulance will be conducting CPR courses:

On: 11th December 2018

At: Fingal Neighbourhood House

Times: 12.45pm — 2.30pm & 5.45pm — 7.30pm

Cost: \$50.00 per person

BOOK NOW:

Phone: 1300 ST JOHN or 63434226/On Line: www.stjohntas.org.au



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COMMUNITY CENTRE

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 the East Coast and
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 brian.mitchell.mp@aph.gov.au



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 Fax: 6374 2393

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Trading Hours:

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 Sunday.....8 am to 10.00am

Sunday papers & normal trading

Public Holidays.....8 am to 10 am
 Good Friday.....Closed
 Christmas Day.....Closed

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Fax : 6374 2393

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 All regular grocery lines available
 at special IGA prices



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for Tasmania*

Please contact my office for any assistance.

🏠 85 Macquarie Street, Hobart TAS 7000 ☎️ 6231 2444
✉️ senator.duniam@aph.gov.au 📘 SenatorDuniam

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

St Marys Bakery

Ph: 6372 2490

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



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52 Main Street St Marys

Bingo



Cornwall Hall

Mondays

Eyes Down at 7 pm

**Great social event and help
raise money for the
community.**

St Marys PHARMACY

Main Street St Marys

Ph 6372 2844

Kodak prints from 45¢

Ear piercing \$27

includes earrings
and solution with
qualified staff Bec,
Sally and maddy.



Pharmacist in store

Monday to Friday



First Aid Courses

Roxy Cowie from St John Ambulance will be holding the following courses during November.

CPR - St Helens

Where: St Helens District High School,
9 Circassian Street St Helens

When: Thursday 1st November 3.15pm-5pm
Thursday 1st November 5.15pm-7.45pm
Friday 2nd November 9.00am-10.30am

Cost: \$50 per person

Full Courses (with CPR) St Helens

Where: St Helens Neighbourhood House
25 Circassian Street, St Helens

When:
(CPR Assessment & Provide First Aid Assessment)
12th November 8.45am-1pm
(Provide First Aid) 13th November 8.45am -5pm
(CPR & Emergency First Aid) 14th November 8.45am-4pm

Avoca – CPR

Where: Avoca Primary School, 26-30 St Pauls Street Avoca
When: 15th November 6pm-7.30pm

Full Course (with CPR) - Bicheno

When: CPR & PFA 21st November 8.45am-5pm

Where: Beachfront - 232 Tasman Highway, Bicheno

BOOK NOW...

ONLINE: www.stjohntas.org.au

PHONE: 6343 4226 (1300 785 646)

EMAIL: launceston@stjohntas.org.au

Harris Funerals

St Helens, Bicheno & Fingal Valley

*We are here when you need us.
Burial or cremation, traditional or
unique funeral services available.*

Office & Chapel:

46 Tully Street St Helens
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41 Main Street. Ph: 6372 2335
caltexstmarys@bigpond.com



Notice of
Malahide Golf Club Inc.
Annual General Meeting

To be held
Saturday
1st December 2018
11:00 am
at the clubhouse
Mangana Rd, Fingal



**A DAY ON
THE GREEN**

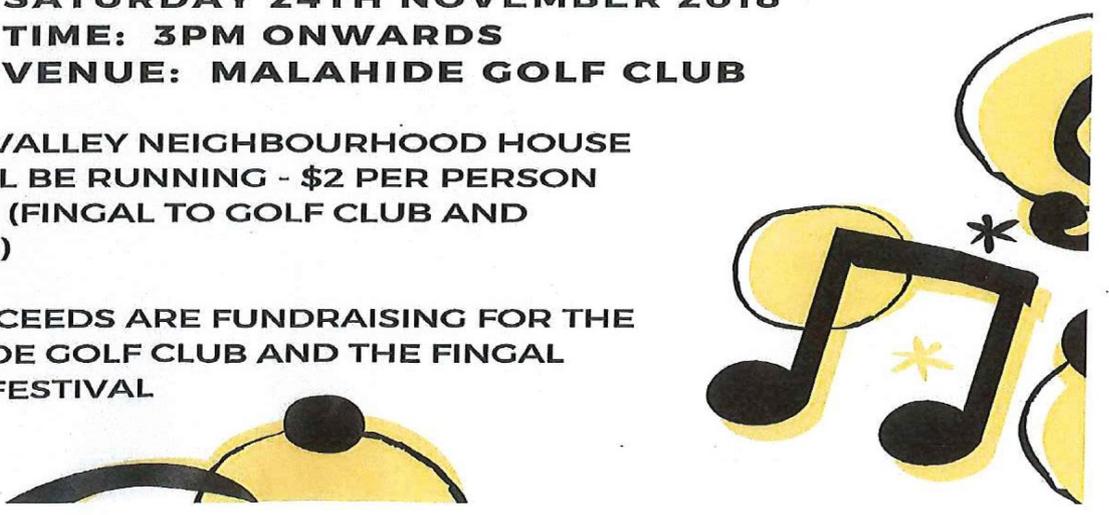
**BRING A CHAIR OR PICNIC RUG AND COME
ALONG AND ENJOY AN AWESOME AFTERNOON
FEATURING THE TALENTED DAVE HAWKINS!**

**\$5 FOR ADULTS
SCHOOL AGE CHILDREN ARE FREE**

**SATURDAY 24TH NOVEMBER 2018
TIME: 3PM ONWARDS
VENUE: MALAHIDE GOLF CLUB**

**FINGAL VALLEY NEIGHBOURHOOD HOUSE
BUS WILL BE RUNNING - \$2 PER PERSON
RETURN (FINGAL TO GOLF CLUB AND
RETURN)**

**ALL PROCEEDS ARE FUNDRAISING FOR THE
MALAHIDE GOLF CLUB AND THE FINGAL
VALLEY FESTIVAL**



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Pizzas made wholly in house,
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Large range of salads
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Ph. (03) 6372 5321

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Scamander Tas 7215
enquiries@surfcoastrealty.com.au
www.surfcoastrealty.com.au

NEW Listing! 2 Franks Street, St Marys



- ◊ Lovely 1900's cottage with lots of character.
- ◊ Sitting on a large 3212m2 block, with beautiful gardens, enclosed vegie patch, fruit trees, several outbuildings, including a lined and carpeted studio, a seasonal creek and a peaceful bush setting as the back drop.
- ◊ Located only a short walk from the main street of St Marys.

Price: \$219,000

Client Testimonials

"It was a pleasure to meet and deal with Shannon, Nigel and Dane at the Scamander office and we found;

1. Advice on price proved to be accurate.
2. The agency stuck to its advice and worked hard to achieve the sale.
3. No fuss service.
4. We would engage again, no hesitation."

- Nick Gee, 2018

"Dane was very professional & efficient when he marketed our property. He suggested a selling price that met the market due to his expertise in the area. We were happy with his recommendation & he sold our property, at full price, to a mainland buyer due to advertising on the internet within days. We highly recommend him to other sellers on the East Coast as he is concentrating on giving excellent service within his area." - N & M Poltock 2018

We have recently SOLD a number of properties in St Marys & Fingal and are currently looking for

NEW listings...



220 Irish Town Road
ST MARYS



47-51 Horne Street
FINGAL



6 Hugh Street
ST MARYS



7407 Esk Main Road
ST MARYS



631 Elephant Pass Road
GRAY



6 Newman Street
ST MARYS



Elephant Pass Road
ST MARYS



Lot 3 Esk Main Road
ST MARYS

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**ALSO FIREWOOD
DANNY FRANKLIN
0417385935.**

**Floor Mats—made from recycled plastic
Practical—Indoor/outdoor—Mould free -
Hose wash—Contemporary—Casual -
Looks like straw mat—Bright colours -
Indigenous and other designs - Durable &
Portable**

**Hard wearing indoor or roll / fold up for
camping or picnics.**

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Kinesiology, Reset, Reiki and
Access Barsâ**

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St Marys; Thursdays
Ph Bree on 0450068328**

**Moo Poo See Normie
63722380**

FINGAL VALLEY FINANCE BAS RETURNS, PAYROLL, XERO, MYOB and QUICKBOOKS SET UP

**Contact Kevin Reilly on 0438 794 844,
kevin.reilly@accamail.com**

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area.**

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Or 0427266948



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Dr Jeff Parsons regularly visits
the Fingal Valley



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*For appointments, please call the
St Helens clinic on 6376 1577*



Happy Birthday LJ Hooker!

A property appraisal with LJ Hooker St Helens is a great way to find out what the market is doing and making a decision to sell or stay based on current property prices is always a smart move

Get the value of our experience with a free market update before November 30th and you'll go into the draw to **win 1 of 9 luxury holidays** for two to iconic Australian destinations (valued at \$10,000*)

☎ 03 6376 2300 **Kate:** 0419 683 904

✉ kwalsh.sthelens@ljh.com.au

FOR SALE

<p>39 Main Street St Marys 3 1 2 \$228,000</p>	<p>4 The Flat St Marys 3 1 4 \$210,000</p>	<p>Lot 1 Gardiners Creek Road St Marys Land 37.45 ha \$95,000</p>	<p>96 Scamander Avenue Scamander Land 1035 sqm \$95,000</p>
<p>1 Pelican Court Scamander 3 2 2 \$429,000 - \$449,000</p>	<p>23239 Tasman Highway Scamander 3 2 1 \$348,500</p>	<p>Lot 2 - 24798 Tasman Highway St Helens Land 50 acres \$250,000</p>	<p>50 New Street Falmouth 3 1 Land 1960 sqm O/O \$650,000</p>

Hub 4 Health Inc

Connections start here

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.



YOGA

Tuesdays
5:15pm -6:30pm
\$10 pp

St Marys District School Gym

Few mats available & all props provided
No Class Christmas Day
(Final Thursday class 8th November)

Contact Katrin: 0402 315 564





Start date:
15th
October

Pilates

Pilates is a system of exercise that strengthens and stretches muscles whilst promoting constant awareness of correct postural alignment.

5.30-6.30 pm
9.30 - 10.30 am

**No classes
24th Nov—9th Dec**



Contact www.hub4health.org.au
for more information

Thank you to everyone who visited the Open Garden at Upper Scamander for Seniors Week. Over \$240 was donated for our treadmill fundraiser—we are now half way there!



St Marys Active4Life Gym Membership. 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

Daylight Saving Trading Hours

Mon-Thurs 7.30 am - 6.30 pm

Fri 7.30 am - 7.00 pm

Sat 7.30 am - 6.30 pm

Sun 8.00 am - 6.00 pm



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Bega Tasty Cheese 1kg \$8.99 save 4.96 save \$4.96
 Morning Fresh Dishwashing Liquid 900ml \$3.99 save \$3.50
 I-Care double Length Toilet Rolls 4pk \$1.99 save \$2.10
 Uncle Tobys Muesli Bars 94-185g \$2.99 save \$1.01
 Red Kelly Dressing 250 ml \$2.69 save \$1.06
 Chum Canned Dog Food 1.2kg \$2.49 save \$0.89

Specials Available 28 November— 4 December

Steggles Chicken Breast Nuggets 400g \$2.99 save \$2.01
 Rexona Impulse 57g \$2.39 save \$2.40
 Sunsilk Shampoo or Conditioner 200ml \$2.39 save \$2.40
 Cheezels Chesebox 125g \$1.99 save \$0.51
 Omo Laundry Capsules 20 pkt \$6.24 save \$6.25
 Nestle Condensed Milk 400g \$2.99 save \$0.51

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Orders being taken now for Southern Heritage Leg Hams Half or Full & Pandani Nugget Hams.

Also fresh Turkeys, Ducks, Chickens and Prawns. Just ask one of our friendly staff members.

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Coach House Restaurant	Mathinna Post Office
St Marys	Scamander S/market
The Farm Shed, Bicheno	St Marys IGA
Hilly's IGA St Helens	St Marys Newsagency
Fingal Post Office	St Helens Newsagency

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