



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 51.01 14th February 2019

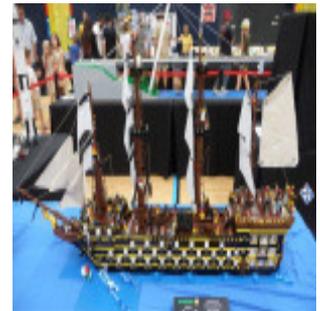
Deadline for 51.02 is at 5pm on Monday 25th February

Brixhibition

Saturday 12th - Sunday 13th January 2019



To walk into “Brixhibition” was like walking into one of the largest playhouses ever seen! The items on display were magnificent and for anybody who has sat for hours putting a Lego town together or even a vehicle, I could appreciate the patience and ability of the exhibitors. Not only were there plenty of children enjoying the wide range of Lego lands, robots and working factories but quite a few adults had a twinkle in their eye.



“Star Wars”, “Dr Who”, and “Jurassic Park” were featured, along with London, and the Taj Mahal. A collection of motor vehicles, from the smallest Mini to a large excavator, as well as rockets caught many people’s eye, and a wind farm was also popular. Younger children were catered for, with a scene from “Moama”, as well as a carousel, and the pirate’s ships showed how LEGO parts cater for the smallest detail. “It was very interesting,” said Melanie, from Rosevears. “The boys really enjoyed looking at everything, and seeing some working was great,” she added. Many people said that they would like to see more LEGO exhibitions. LEGO is used by many schools, engineering and architecture organisations, and hospitals and play centres, and has been a popular Christmas and birthday present since it’s creation in Denmark in 1932. The exhibition was to show the unlimited products which can be built but also to encourage others to share an interest in collecting and enjoying LEGO® and maybe become members.

The organisers were very pleased with the attendance.



“Brixhibition” was run by **Tasmanian Brick Enthusiasts Inc.**, which is an adult fan club of LEGO® (AFOL). The members include individuals and their families who all have a common interest in LEGO® as a hobby. There is a bigger Brixhibition in Launceston at the Albert Hall, Tamar Street, Launceston, Tasmania on Saturday 13th April and Sunday 14th April, 2019 from 9:30am - 4:00pm.

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ADVERTISING RATES - 2019

Business Card Size Ads \$15	1/2 Page Ads \$40
Intermediate Ads \$18	Full Page ads \$60
1/4 Page Ads \$25	Permanent Classified ads \$20p.a

Valley and East Coast Voice Inc.

Advertising rates for all community groups

Regular articles i.e. news of current activities/events and general information will, at the discretion of the Editor, be carried free of charge. Community group announcements up to 5 lines or business card size are free, anything larger will be charged at 50% of current rates. The decision regarding whether or not an article attracts advertising fees is the Editor's. Groups will be advised of any cost before going to print.

Private community announcements/private classifieds are free for one issue.

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

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

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

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

valleyvoice@fvnh.org.au

03 6374 2344

PO Box 322 Fingal Tasmania 7214

Visit our website valleyvoice.com.au and look back over ten years of archival content, galleries and stories, in addition to each new issue. Leave a comment / suggestion on what you would like to see included

24HR EMERGENCY CONTACTS

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 and committee, or volunteer staff.

Our pages remain open to fair and honest criticism so that, on all questions, both sides may be presented, but any submissions containing personal attacks/libel/slander will not be accepted.

Kindly do not attack the editor, the paper or the authors of previous articles.

All articles for submission must bear the author's 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.

All letters/emails must include your full name, address and contact phone number.

The Valley and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines. All information is correct at time of printing. Whilst we value and welcome community input, the Valley and East Coast Voice Inc. does not provide specific feedback regarding any decision made not to publish a submission.



St Marys Roster Ph: 0437 397 219

Feb	14	Lundy Vosper
	15	Ruth Aulich
	18	Pam Bretz
	19	Kerry Veldum
	20	Freya Wynta
	21	Judy Duckett
	22	Lynne Fitzgerald
	25	Val Spencer
Mar	26	Pam Bretz
	27	Louise Keady



The Fingal Valley Festival
is back on
Saturday 2nd March 2019.

This years Festival features:

World Titles Coal Shovelling Competition, Roof Bolting Competition, Underhand, Standing, Tree Felling and Chainsaw Race in the Wood Chopping, Sheep Dog Trials and a Car Show.

Kids rides including jumping castle and face painting.

Craft market, St Helens Archery and great food.



Come along and enjoy a great family day out.

See you there!



FINGAL VALLEY Festival

RAFFLE

DRAWN ON SATURDAY 2ND MARCH 2019 AT THE FINGAL VALLEY FESTIVAL

PRIZES

- 1ST PRIZE - ZIEGLER & BROWNE BBQ AND COOLER
- 2ND PRIZE - \$300 AMART VOUCHER
- 3RD PRIZE - FULL SHEEP AND GROCERIES
- 4TH PRIZE - ACCOMMODATION AT COUNTRY CLUB
- 5TH PRIZE - BEER AND WINE
- 6TH PRIZE - MEAL VOUCHER @ WHITE SANDS ESTATE

\$5 A TICKET

FINGAL VALLEY Festival

FESTIVAL CABARET

LIVE - Dave Hawkins

MARCH 2

Featuring
St Marys District School Band til 6.30pm & Dave Hawkins from 7pm til 12pm.

GATES OPEN FROM 4.30PM TIL 12PM | SPIT ROAST ON THE NIGHT | ADMISSION \$10 PER PERSON

FINGAL RECREATION GROUND FINGAL TASMANIA 7214

A WORD FROM THE NEW EDITOR.

A new year, and for me, a new adventure.

Editing a newspaper is not an easy task, and for me, it is particularly daunting. My experience with the latest technology has often led me to become frustrated and discouraged. However, with the encouragement and support of Keri, Gary, Louisa, Mike and, of course, my husband Shane, I had the pleasure of putting together a couple of issues of the "Valley and East Coast Voice" last year, and so I decided that I would do my best to continue the excellent work that Keri and Mike have achieved in continuing the production of a small local newspaper which has been in existence since 1968.

This year, it is my intention to continue to publish a worthwhile offering, with local news, notices of upcoming events, information about local institutions, and peoples' requests, along with the "Minority Report", submitted by students from St Marys District School.

Any feedback is gratefully received and considered, along with any submissions which you, the readers, would like to contribute.

I would like to congratulate and thank Keri and Mick for setting a high standard, and look forward to maintaining it.

And so my adventure begins....

Elizabeth Death,

Book Club Reviews

Over summer we had two books.

The first was the classic "Jane Eyre" by Charlotte Bronte. Most members had read it many years ago at school and so to reread it as mature adults was a very different experience. We all remembered the romantic love story of the young, plain, orphaned Jane, who falls in love with the dark and brooding Mr Rochester, but we were reminded on this reading what a brave and admirable character Jane was. The novel was written in 1847 under the nom-de-plume Currer Bell. Women simply did not write such stories! A strong feminist message runs through the story. Here was a heroine who would not compromise her sense of self, who believed in the equality of women and men, who valued her independence and was not prepared to sacrifice her sense of right and wrong to achieve fleeting happiness. She stood up to bullies yet showed great compassion and understanding of the human condition. Try reading it again; you might enjoy it with new appreciation.

The second book, non-fiction this time, was "The Pattern in the Carpet" by the well-known British writer, Margaret Drabble. She calls it an "eccentric book" and it is that! The book was originally to be a history of the jigsaw puzzle, but somewhere along the way Drabble changed direction, and it becomes something of a rambling exploration of parts of her childhood memories, the history of educational games and an homage to her Aunt Phyl. In almost stream of consciousness method, one memory or piece of research becomes the springboard into a new topic only tenuously related. The book has been likened to the form of a jigsaw where one piece fits into another, but first find that piece! Many lost patience with trying to follow her meanderings and labelled it self-indulgent.

Drabble's interests and intellect are revealed in the course of her explorations - classical, literary, historical and artistic - and for those who persisted to the end there were some interesting personal insights into end-of-life topics. This was not a popular book with the group but it does reveal another side of a Dame of Literature!

Pam Bretz



Listen Up! The Australian Hearing Bus is coming to the East Coast!

The Australian Hearing bus is stopping by **St Helens, Scamander and St Marys** to offer free hearing checks and raise hearing health awareness in the local community.

Now with a 12-strong fleet of Australian Hearing buses, the mobile hearing service has provided over 175,000 free hearing checks in communities across Australia since the first bus was launched in 2009. No destination is too isolated for the bus to visit!

Trent McHugh, Manager at Australian Hearing Launceston and Kings Meadows, said that because age-related hearing loss develops gradually over time, it is common for people to overlook warning signs that their hearing is diminishing.

“Hearing loss is a prevalent issue in the community. One in six Australians is affected by hearing loss. And with an ageing population this is expected to increase to one in four by 2050,” explains Trent.

“A hearing check is a quick and easy way to measure the sounds you can and can’t hear. Our team will also be on hand to guide you through what next steps you may have to take in regard to your hearing.”

As well as having a hearing check, visitors to the bus can also find information on a range of common hearing issues and view a display of easy-to-use hearing devices for around the home. This includes headsets for watching the TV and alert systems for doorbells.

“Not everyone who is experiencing problems hearing needs a hearing aid. Sometimes they might just need support listening to the TV at normal volumes, hearing at noisy social events, or hearing friends and family on the phone,” says Trent.

No appointment is necessary. Australian Hearing will provide hearing checks to any interested adults over 18 who visit the bus on the day.

COME AND SEE US!

BUS SITE	ADDRESS	WHEN
St Helens Hospital	27 Cecelia Street, St Helens	Tuesday 19th February, 11.00am to 3.30 pm
Outside Scamander Pharmacy	94 Scamander Avenue, Scamander	Wednesday, 20th February, 9.30 am to 11.15 am
Near St Marys Hall	Carpark near St Marys hall	Wednesday, 20th February 11.30 am to 2.00 pm

Tractors towing caravans??

Look out for our story next issue...





Community Invitation

Would you know what to do if you were named the executor of someone's will? Or, were told you had to pay for a service you knew nothing about? Or were told you, or someone near and dear to you, was about to be evicted from a rental property?

Most people would not know what to do or who to turn to.

The Launceston Community Legal Centre's (LCLC'S) Legal Literacy program hopes to turn that situation around for all Tasmanians. We aim to have everyone in the community know who the best first contact point is to help sort out problems before they become "Issues".

Legal Literacy Volunteers **do not** give legal advice.

Beylara from LCLC will be delivering training at Fingal Valley Neighbourhood House for people interested in finding out more about "Legal Literacy" and /or joining our team of Legal Literacy Volunteers at the Neighbourhood House.

The training has been scheduled for:-

- 26 February 2019 10am to 3.30pm - Basic Training day
- 12 March 2019 10am to 3.30pm "Centrelink Day" including "Welfare Rights"
- 19 March 2019 10am to 1pm "Restraint Orders, Police Family Violence Orders and Family Violence Orders" followed by "Letter Writing for Legal Literacy Volunteers" 2 X 1 hour sessions with a solicitor
- 26 March 2019 10am to 3.30pm "Ethics 101 and Self Care".

Anyone wanting to participate in the training needs to attend all of the sessions as they build upon each other and it is too hard for people to make up what they have missed if they miss one of the days. Doing the training does not commit you to becoming a Legal Literacy Volunteer.

If you would like to come along to the training or find out more about it or the work of Launceston Community Legal Centre, please ring Beylara or Emma at LCLC on 6334 1577

Events

AA

Friday night St Marys Anglican Church Hall 7:00pm

Wednesday night St Helens Anglican Church Hall 7:00pm

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



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

Contact Number: 63742344

BUS TRIP



EVANDALE VILLAGE FAIR

Saturday February 23rd 2019



Penny Farthing Races throughout the day.

ENTERTAINERS
(music, dancing, children's activities)

VARIETY OF STALLS
(craft, food, cycling memorabilia)

In the streets of Evandale

ADMISSION: \$12 per adult, children under 16 free

BUS COST: \$10 per person

Leave FVNH: 9am

If you are interested in this trip Call into Office book your seat With payment. Book and pay before Thursday Thursday 21st February.

The Fingal Valley Neighbourhood House Inc. is Supported by the Government of Tasmania through the Department of Communities Tasmania



You're Invited!

WITH ONE VOICE

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

A NEW Community Choir

With One Voice

Break O'Day

Singing is the language of the heart. For centuries, song has played a key role in community, culture and story-telling. Yet how many of us dare to sing these days, apart from in the shower?

Every week Creativity Australia's With One Voice choirs inspire diverse people from more than 40 nationalities, aged 9 to 90 to sing side by side.

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

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

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

Everyone welcome. No experience necessary.

(03) 8679 6088

withonevoice@creativityaustralia.org.au
www.creativityaustralia.org.au

LAUNCH EVENT

When:
Thursday March 7th 2019
1:30 pm - 2:30 pm

Where:
St Helens Neighbourhood House (Bungalow)
25 Circassian St, St Helens TAS 7216

Conducted by:
Terese Tanner

RSVP by 27th February 2019
to Tanya Greenwood | 0400 002 116
tanya.greenwood@Hub4Health.org.au



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Senator Steve Martin



**Getting a
FAIR SHARE
for the
East
Coast!**

NATIONALS *for Regional Tasmania*



Media Release

TasWater reminds customers to conserve water on Total Fire Ban days

TasWater is reminding customers to avoid non-essential water use during a Total Fire Ban declared for most of the south and east of the state on Sunday.

"Tasmania has just recorded it's driest January on record so it's important we all make the effort to ensure there is water for firefighting, as well as ongoing daily use," TasWater's Mark McConnon said.

"We have seen some customers go without water for a period during the current bushfire incident which really shows how critical it is to conserve water for times of need.

"Bushfires are unpredictable and could start anywhere so even if you are not currently affected by fires, water may be needed in your area at a moment's notice."

During a Total Fire Ban, activities such as washing your car and watering gardens and lawns should be delayed to a day that isn't a Total Fire Ban.

In areas where fire is a threat, residents preparing their properties may notice lower water pressure due to extra demand. TasWater is monitoring its systems both remotely and on the ground when safe to do so but cannot improve pressure if water is being used faster than it can be pumped.

Tasmania Fire Services recommends an alternative water supply as part of personal bushfire plans.

"Please follow all advice from the Tasmania Fire Service about property and personal safety," Mr McConnon said.

Anyone evacuating their homes should turn off taps or hoses before leaving to ensure water is available to firefighters and neighbours protecting their homes.

On total fire ban days, Tasmanians are encouraged to reduce their water use by:

- Turning off all sprinkler systems, including automatic sprinkler systems.
- Where possible, restricting hose use to essential purposes such as firefighting or prevention.
- Rescheduling chores that require water, such as watering plants, washing windows or vehicles, to a day that isn't a Total Fire Ban.

IMPORTANT INFORMATION

MACHINERY OPERATIONS TABLE
If the local wind speed is above the threshold, suspend operations until conditions moderate.

TEMP (°C)	5	10	15	20	25	30	40	50	60	65	RH%
15	31	35	38	40	43	45	49	53	56	58	
20	29	33	36	38	40	43	46	50	53	55	
25	27	30	33	36	38	40	44	47	50	52	
30	25	28	31	33	35	37	41	44	47	49	
35	23	26	28	31	33	35	38	41	44	46	
40	21	24	26	28	30	32	35	39	41	43	
45	19	22	24	26	28	30	33	36	39	40	
TEMP (°C)	5	10	15	20	25	30	40	50	60	65	RH%

* These weather combinations relate to a Grassland Fire Danger Index (GFDI) of 35.

for further information on your bushfire safety needs
Free-call 1800 000 699 or visit fire.tas.gov.au

TAS ALERT alert.tas.gov.au

You can also follow us on Twitter and Facebook.

alert.tas.gov.au
[@TasALERT](https://twitter.com/TasALERT)
facebook.com/TasALERT

this guideline produced in association with

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Machinery Operations Guideline

A basis for safe work in dry vegetation

This Guideline provides fire safety measures for machinery operations in or near dry vegetation, and specifies criteria for when fire weather conditions warrant stopping machinery operations. This Guideline is endorsed by Tasmania Fire Service as suitable bushfire risk mitigation practices but does not apply to forestry or mining operations.

1800 000 699
fire.tas.gov.au

MACHINERY OPERATIONS BAN

The use of certain machinery and practices can be restricted during the **Fire Permit Period** and on days of **Total Fire Ban**.

When conditions warrant, Tasmania Fire Service will ban machinery operations with an explicitly worded Total Fire Ban declaration.

RECOMMENDED MACHINERY OPERATING PRACTICES

IMPORTANT: The following practices should be adopted when using engines, vehicles, equipment or machinery in areas that are within, or in close proximity to dry vegetation and similar combustible materials.



Plan

- Establish a fire prevention and emergency response strategy for staff, contractors and machinery operators.
- Be aware of potential ignition sources from the machinery being used.
- Adopt a regular maintenance program, both before and during operations, paying particular attention to wearing parts, bearings and engines.
- Aim to ensure machinery is free from faults and mechanical defects.
- Ensure combustible residues on machines are kept to a minimum, especially in areas of high fire risk, such as engines, exhausts and brakes.

Prepare

- Prior to commencing operations, check the fire weather forecast.
- Have ready access to telephones and UHF radio.
- Machinery operators should have appropriate firefighting clothing and a plan for the protection of themselves, their equipment and the community.
- Have ready access to operational firefighting equipment, such as:
 - Fire extinguisher,
 - Knapsack, and ideally
 - A 250 litre transportable firefighting unit.
- Drive on tracks and park in cleared areas to prevent fires starting from hot exhausts.
- Provide 3 metres clearance around and above stationary machinery or engines, or remain with the equipment while running.

Monitor

- Monitor fire information and advice through TasALERT (www.alert.tas.gov.au)
- Monitor weather information and warnings from the Bureau of Meteorology (m.bom.gov.au).
- Measure local weather and check the Machinery Operations Table.
- Suspend operations when weather reaches the thresholds shown in the Machinery Operations Table. (which relates to a Grassland Fire Danger Index of 35).

Respond

- Phone 000 as soon as a fire is detected.
- In the event of a fire, and if safe to do so without causing additional fires and endangering your own life, locate the machinery to a fuel reduced area, in an attempt to prevent fire spread.
- Attempt to put the fire out.

MACHINERY OPERATIONS TABLE

The table below uses the **average wind speed (km/h)** for a range of different **temperature (°C)** and **relative humidity (RH%)** combinations to decide when machinery operations should cease.

To use the table:

Obtain the relative humidity, temperature and wind speed values from the nearest suitable weather station, or from field observations. Follow the operating instructions for measuring instruments to get reliable results.

Use the temperature values and relative humidity, to work out which is the threshold wind speed in the table.

If the local wind speed is above the threshold, suspend operations until conditions moderate.

EXAMPLE: Refer to the highlighted areas on the table.

- 1 Temperature: 25°C.
- 2 Relative Humidity: 17% rounded down to 15%.
- 3 For this combination of Temperature and Relative Humidity operations should stop when the average wind speed goes above 33 km/h.

TEMP (°C)	5	10	15	20
15	31	35	38	40
20	29	33	36	38
25	27	30	33	36
30	25	28	31	33
35	23	26	28	31
40	21	24	26	28
45	19	22	24	26
TEMP (°C)	5	10	15	20

LETTER TO THE EDITOR

Dear Editor,

I wanted to share with you and your readers a lovely morning in Fingal.

A few weeks ago I had arranged to pick up some meat from Fingal Meatworks. It was a Saturday morning, crisp and sunny, so we decided to make the most of the drive and have a walk around Fingal. After picking up our purchases at the meatworks, we stopped in at Chelles and had an excellent coffee, and a bacon and egg sandwich. We promenaded down the street to the Khaya Gallery where we were thoroughly entertained by the owner Geoff and impressed by the diversity of artwork on display.

To finish off our morning we crossed the road and enjoyed a rummage through Aladdin's Cave - he always has something you need!

It was an absolutely delightful morning with all the houses in the main street looking beautiful with their gardens in full bloom. I would like to applaud the residents of Fingal for their neat and attractive town and definitely recommend a stroll along the main street this summer.

Bronwyn Zemanek.

(Retail shop at meatworks is not longer open.)

(This was received too late for our last issue, but I thought it was worth including in this one— Elizabeth, Editor)



Holidays



There are all sorts of holidays. There are holidays that you spend at home which somehow finish up being a bit exhausting. It's easier to do what your wife asks than find excuses for avoiding them. It's always great to get back to work.

There are holidays away with the family at the seaside. If your children are small enough you can get very tired playing beach games with them or get equally tired watching out for them in case they get into difficulties in the sea. Arriving home is certainly no picnic.

There are holidays overseas. Seeing new sights and experiencing some old historical sites. If you can speak the language of the place you visit it can be a real holiday, being able to ask for things you need in a shop for instance. You can return refreshed and ready to attack any problems you left behind. If, on the other hand, you cannot converse in the language of the country you are visiting you can either flounder around in a daze of unanswered questions or continually refer to your phrase book and so miss much of what you came to see.

Holidaya strange word. I think it comes from the time when much of the land was Christian and particular days were considered very special and were declared Holy days on which you were expected or obliged to attend church. A holy day of obligation. So the transition from "holy day" to "holiday" becomes fairly simple.

St Marys Newsagency
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 PH 6372 2143
 Mon – Fri 6.00am – 5.00pm
 Sat & Sun 7.00am – 4.00pm



COME IN AND CHECK OUT OUR NEW STOCK.

TOYS AND GIFTS FOR SOMEONE SPECIAL.

WE HAVE AN EXTENSIVE RANGE OF ROD AND REEL COMBOS FOR THAT FISHERMAN IN THE FAMILY.

OUR HARDWARE RANGE IS CONTINUALLY EXPANDING.

NOW SERVING VALHALLA SCOOP ICECREAM.

JOIN OUR LOYALTY CLUB, PURCHASE 5 OF ANY SIZE AND GET THE 6TH FREE.

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Comfort Clean Ear provides specialist ear cleaning using dry and gentle micro-suction. No water, no dangerous syringing. Your ears are in good hands at Comfort Clean Ear. Feel the relief / Hear the relief.

**Visiting Ochre Medical Centre,
 St Helens Tuesday 8th January.**

Phone 1300 380 060

Comfort Clean Ear

Micro-suction wax removal clinic

Home Visits are available on request!

WE NEED YOUR HELP!

Did you know that the Heritage Listed Slaughter House in St Marys is being rebuilt?

With guidance from Heritage Tasmania, fantastic craftsmanship by Ian Hays from Mountain Huts Restoration Group and financial support by the owners Jeff and Ros Wallace, the building is rapidly coming back to life.

We are thrilled at the progress made so far.

Once completed, we expect this to be in the next few months, it will have an Interpretive Display/ Information Board and be open to public.

However, we desperately need PHOTOS and STORIES of the structure for this display.

We would be grateful for any donations and all those used in the Interpretive Display will include the donor's name.

Contact: Jeff Wallace 0419 591 699 58 Gray Rd St Marys (the Camel Farm).



Club contact 0427 854 555
Andrew Johns (Captain)

Coming Events

Fridays - Chicken Run, Tee off 1pm
 Feb 16th - Hillwood football Club visit
 Feb 22nd - COMMITTEE MEETING
 Feb 23rd - Stroke

Results

Monthly Medal (Stroke) - Sat 2 nd Feb		
1 st	A Lohrey	86 / 68
2 nd	K Kobylinski	90 / 68
3 rd	DB Lowe	83 / 69
Nearest the pin	4 th Hole DB Lowe	8 th Hole DB Lowe
Chicken Run - Friday 8 th Feb		
1 st	D Duthie	27.5
2 nd	T Morris / J Rankin	32
3 rd	DB Lowe	32.5
Nearest the pin	4 th Hole T Morris	8 th Hole K Kobylinski

Quamby Malahide Shield 9/2/19

11 Malahide golfers travelled to Quamby Golf Course for a 2 ball Ambrose Event. The course was spectacular and we played our best golf on the pristine layout.

Robbie Mathews teamed up with Quamby President for a 2nd place finish, Dave Duthie and Jim Rankin fared well and although Andrew Johns and Anthony Woods managed to beat their opposition they did not manage a prize. The infamous Vincent/Stone combination was a little disappointing after talking themselves up prior to the match. We lost the shield, this time, but had a great day. Thanks to Rigby Shearing for the bus. (contributed by J Vincent)

Happy Hour Fridays 5-6pm



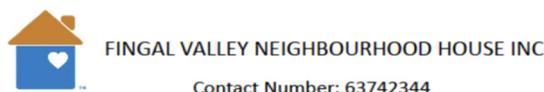
Contact Number:
 6 3 7 4 2 3 4 4



Hawthorn vs
 Richmond



Saturday 9th
 March, 2019
 Time: 7:10 pm
 at U T A S Stadium



BUS TRIP
Cataract Gorge



DATE: Saturday—23rd March
 BUS COST: \$10 per person
 TIME: Leave FVNH 9am

Visit the Gorge Café or take your own lunch, visit Cliffground and Reserve.

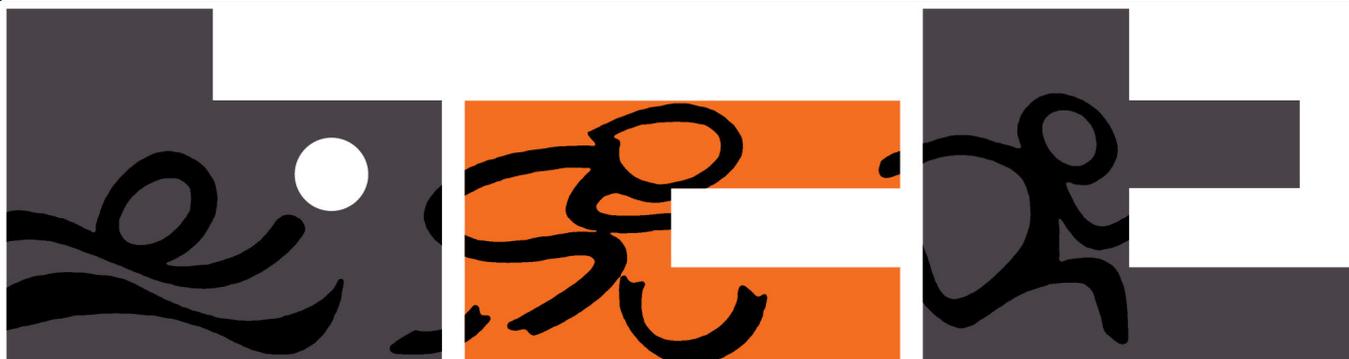
A recreation hub to swim, walk, dine, enjoy nature and simply relax. Provides access to the cafe, shop, kiosk, first basin lawns, swimming pools, toilets and shower facilities.

Gorge Scenic Chairlift Rates

Fares	Across Ride one way only (across or back)	Across & Back Ride to Cliff Ground Reserve (visit Cataract Gorge & Ride Back)
Adults	\$13.00	\$16.00
Concession (Seniors & Pensioners)	\$10.00	\$12.00
Children (17 years & Under)	\$8.00	\$10.00

This trip will depend on driver availability.

Call into Office to book your seat with payment before Thursday 28th March.



BREAK O'DAY COMMUNITY TRIATHLON

Great news everyone, our triathlon is on again and will be bigger and better than ever. Lock in the date, the morning of Sunday March 3rd 2019.

Our first Triathlon, held in March this year, was such a huge success that we have been invited to be part of the Armstrong's Insurance Broker Statewide Triathlon Series. This will bring additional elite athletes to our triathlon for the Sprint race and we should smash our 162 entries in 2018.

The event, based on the foreshore in front of the Council Chambers, will feature three races; a Junior Enticer, Adult Enticer and Main Sprint. Distances for the Enticers are; swim-350 metres, ride-10km. and run-2.5km. The Main Sprint distance is double the Enticers. Competitors are welcome to enter individually or in a team.

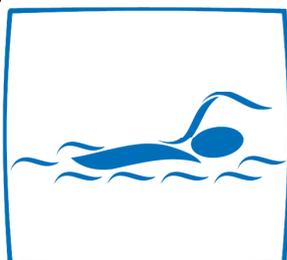
Features of our triathlon include; great food, free massages for participants, safety for competitors in the form of closed roads, 60 plus volunteers, a health and wellbeing focus, \$6,000.00 in prize money and terrific spot prizes.

One of our major aims in presenting the Triathlon is to get locals participating. Hopefully many more will 'have a crack' in 2019 as it is great fun and not too taxing if entering as a team. Just imagine, after Christmas, training with mates in our beautiful environment and improving your fitness and wellbeing.

A message for those wanting to train for the swim Nat. invites you to join the Happy Fish group who swim at Beauty Bay on Saturday mornings at 7.00 a.m. Contact Nat, 0400 750 364.

GET INVOLVED-start training and join in with the community for an exciting event. Keep an eye on our Facebook site for ongoing information at "Break O'Day Community Triathlon".

Kind Regards
Barry Le Fevre



**St Marys Op Shop -
A School Association Venture**

Come visit the [St Marys Op Shop](#) today, situated directly behind the community hall with car parking outside the store.

Open : 9am till 4pm every week day and 9am till 1pm every Saturday.

We have new stock daily in the shop and also selected stock marked down to half price every day. Anything with a red strike through is half the ticketed price. Plus we have the \$1 rack or fill a bag for \$2.50 on the front porch.

We need donations of small furniture, bric-a-brac, books, outdoor equipment, sporting equipment and clean working electrical goods. All funds go back into the community via the School Association.

Thanks for your continued and ongoing support.



Many hands make light work.
The St Marys School Association Op Shop
NEEDS YOU!

Volunteers are needed to take on permanent weekly shifts and/or join the casual volunteer pool.

The shifts are either 3 and a half hours in the morning or afternoon or a full 7-hour day. The casual pool provide relief to the regular volunteers for sickness, appointments etc.

Training is provided, tasks involve front counter work, helping shoppers, daily sorting tasks in store and other assorted tasks. It's quite a busy little Op Shop and usually support is provided by the senior worker on duty at the same time.

If you have some spare time and would like to become part of a friendly team of volunteers please call Janet the co-ordinator to discuss on 0404 562 320.



TasWater website now mobile friendly

We're mobile! TasWater's website has become mobile-friendly.

The mobile-friendly website has all the same information as our existing website but is easier to use on a smartphone with a fresh new look.

"About half of our website visitors are using a mobile device so it made sense to make this change for our customers and website visitors," TasWater Corporate and Community Relations General Manager Juliet Mercer said.

If someone is accessing the site from a mobile device, it will automatically load the mobile version, adapted to the device's screen size.

"Website visitors using a smartphone will notice it is much easier to navigate to the information they are looking for and this is important to us as we strive to maintain our excellent customer service record," Ms Mercer said.

"This is also an exciting first step in our planning for a more functional and contemporary website."

Visit www.taswater.com.au

The Pain Revolution Rural Outreach Tour is coming to...

Wednesday, March 20

St Helens

St Helens Neighbourhood Flower Association Bangalow House

Do you, or someone you love, live with persisting pain?
Are you ready to learn how understanding pain can help you, and your whole community? Join us for a FREE, easy to understand talk about why your body hurts, why it keeps hurting and what you can do to help it.

Are you a health professional working with people living with persisting pain?
Join us for an interactive multidisciplinary lecture and discussion about the challenge of treating persisting pain, and the opportunities for recovery that have emerged from the research lab.

HEALTH PROFESSIONAL FORUM
5.30 - 7.30pm Health Professional Seminar and Networking Light dinner provided.
Health professional events supported by **phn** and **University of South Australia**

PUBLIC SEMINAR
3.00 - 4.00pm Help Desk
4.00 - 5.30pm Pain Education Seminar

Check out Pain Revolution's Brain Bus in the IGA Carpark, next to Portland Hall, 12-2pm
Experience the power of your brain in our pain science laboratory on wheels. If you are interested in how our understanding of pain has changed and why new scientific discoveries bring hope for people in pain, then this is for you.

BRAIN BUS
12.00 - 2.00pm IGA Carpark, next to Portland Hall
See more at www.painrevolution.org/brainbus

Book your **FREE** ticket at website www.painrevolution.org/events



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- Shan Rayner, 2018



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Dane Cumming

0419 630 019

**Director &
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We have recently **SOLD** a number of properties in St Marys & Fingal and are currently looking for **NEW listings...**



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2 RUSSELL ST, FINGAL

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Mobile service or come and see me in my new workshop in St Helens.



February News from Break O'Day Anglicans 2019

The **World Day of Prayer** will be celebrated across the world in March and the country we are praying for this year is Slovenia. Services with the combined churches of Break O'Day will be held in the Anglican churches at St Marys and St Helens on 1st March. St Helens at 10am, and St Marys at 5.30pm. Morning tea and supper will be shared after each service. The theme this year is

"Come-everything is ready".

Slovenia have been holding World Day of Prayer services since 1991 when their country was established and religious gatherings were again permitted after years of restriction. The population of Slovenia is around 2 million. The land area is small, less than 1/3 the size of Tasmania, with a coastline of 43 kms.

Bike for Bibles arrived in St Helens on the evening of 12th February. As the name suggests, these cyclists from Tasmania and the mainland, are riding to raise funds to buy Bibles for folks who are unable to purchase their own copy of God's Word. 17 riders and roadies will be hosted by the Combined Churches of St Helens for 3 days.

Women in the Fingal Valley will have an opportunity to attend **WOW (Women of Worth)** again in 2019. The first gathering for this year is on Saturday 16th February at Holy Trinity church in St Marys at 10am. The theme is Teddy Bears Picnic. Please ring Christine on 0410 441 558 if you have any questions or you'd like to attend.

ANGLICAN CHURCH SERVICE TIMES

contact 6376 1144

St Helens

St Paul's in St Helens 9.30am every Sunday

58 Cecilia Street, St Helens

On 5th Sundays; combined service with Uniting Church & Christian Fellowship

St Marys

Holy Trinity in St Marys 9.30am cuppa, 10.00am every Sunday

13 Main Street, St Marys

Pyengana

St Michael & All Angels, Pyengana

7.30pm 4th Saturdays only

28007 Tasman Highway, Pyengana

St. Mary's Parish Catholic Church Christmas Raffle results;

- | | |
|------------|-------------------|
| 1st. Prize | LeeAnne McDonald |
| 2nd. " | Rowena Smith |
| 3rd. " | Lorraine Collins |
| 4th. " | Phillip Coleman |
| 5th. " | Barbara Haley |
| 6th. " | Glenda Cross |
| 7th. " | Val Waldron |
| 8th. " | Helen Stoltenberg |
| 9th. " | Val Waldron |
| 10th. " | Debbie McGregor |
| 11th. " | Don Smith |
| 12th. " | Annette |
| 13th. " | Murray Gofton |
| 14th. " | Kathy Cook |
| 15th. " | Neil Welsford |

Vision Christian Radio

Just a reminder for our many visitors and holiday makers to the Coast, you can enjoy non-stop uplifting music and messages from our four Christian radio stations located at;

Binalong Bay on 87.8FM, St Helens 88FM, St Marys 88FM and Fingal 88FM.

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Hilly's IGA St Marys and St Helens

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Raelene Callaway

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Hair Tissue Mineral Analysis

Holistic Health Workshops

Mineral therapy

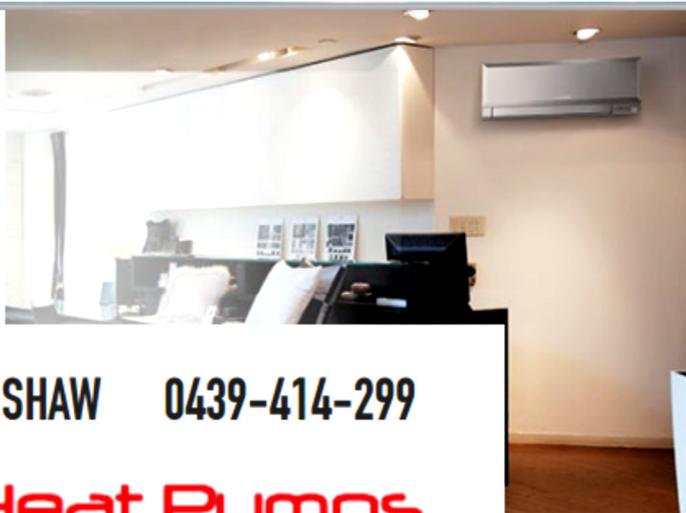
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Nick Shaw 0439-414-299

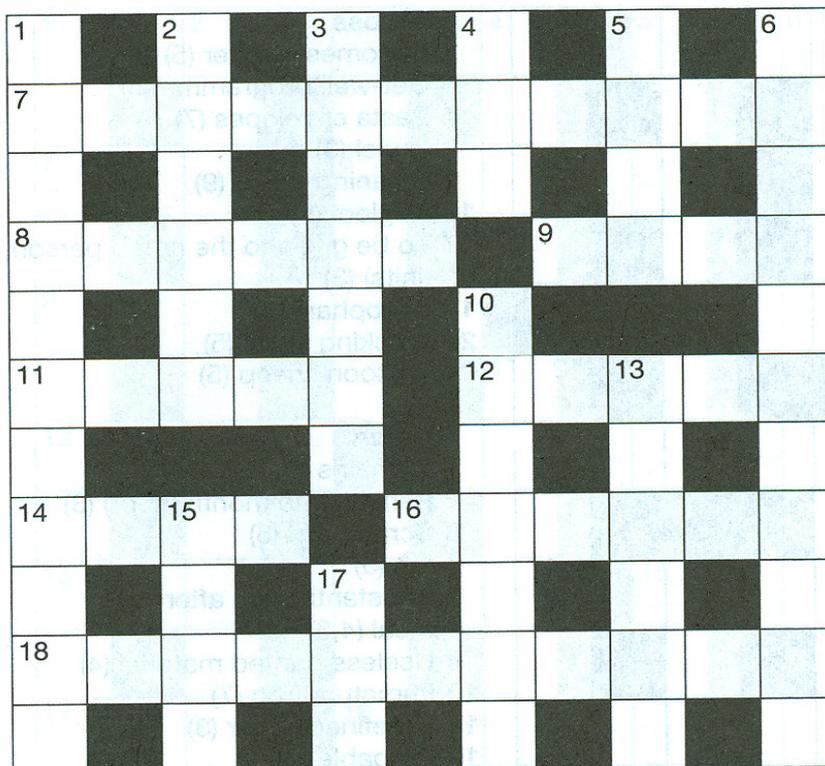
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and through the Fingal Valley
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13



- Across**
- 7 Connecting (11)
 - 8 Metrical foot (6)
 - 9 Vocal range (4)
 - 11 Developed (5)
 - 12 Two cubed (5)
 - 14 Witty remark (4)
 - 16 Sloping font (6)
 - 18 Shortens (11)
- Down**
- 1 Execution party (6,5)
 - 2 Musical speed reversion (1,5)
 - 3 Debating (7)
 - 4 Space (3)
 - 5 Omani monetary unit (4)
 - 6 A non-committal attitude (11)
 - 10 Sure (7)
 - 13 Italian-style ice cream (6)
 - 15 Book ID (inits) (4)
 - 17 Lrk (3)

(2) bog
(3) Tere

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Erica
Boxthorn

Onion Weed
Spanish Heath

Pampas Grass
Wild Raddish
Serrated Tussock

The Liberal Government Continuing to support tourism growth along the East Coast



- ✓ \$1.3 million for the Swansea boat ramp redevelopment
- ✓ Funding for the St Helens MTB Trail Network
- ✓ Funding for the Freycinet Marine Farm expansion

SENATOR JONATHON DUNIAM

LIBERAL SENATOR FOR **TASMANIA**

- 🏠 Ground Floor, 85 Macquarie Street, Hobart TAS 7000
- ☎ 03 6231 2444
- ✉ senator.duniam@aph.gov.au
- 📌 SenatorDuniam



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

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52 Main Street St Marys



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

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4. Pegboard - 870 x 630mm - \$8.00 ea.
5. Metal panels - 870 x 630mm - \$4.00 ea. (cheaper for qty.).

Phone Don Pike 0400 697 498

Expressions of Interest to EXHIBIT or PERFORM at St Marys Monthly Market

St Marys Monthly Market is looking to promote local/new/emerging performers, artists, and musicians.

Are you starting out or entering a new phase in your artistic career? Have you been creating art and waiting for a chance to share it with the world? Here is your opportunity!

St Marys Monthly Markets are held at St Marys Town Hall on the first Saturday of each month. We are run by Break O' Day Regional Arts (BODRA). Our mission is to promote arts in the Break O' Day community and we want to help local artists gain exposure and experience in publicizing and performing their art.

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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.

It has been a busy few months for Hub4Health. We have been successful in obtaining some small grants from both Cement Australia and Bell Bay Aluminium to assist with the purchase of a new treadmill and other gym equipment.



Megan and Mary from the Hub4Health Board accept the cheque from Andrew at Cement Australia.



Tanya, Hub4Health Coordinator accepting the cheque from Bell Bay Aluminium

In 2018 we saw membership grow to over 80 households and local services—and many benefits to health and wellbeing. Our oldest active member is 83 years—proving it really is a space for all. We were very proud that Jason our Hub4Health Gym Coordinator, was nominated as part of the

Australia Day awards for his working in promoting health and wellbeing. Thanks to the many gym participants who came down to the presentation to support him.



We would also like to thank Huon Aquaculture for their sponsorship in 2019 of the Break O’Day Health and Community Network Meetings. These are held 3 times a year—the first will be on the 5th March at Fingal Valley Neighbourhood House. Contact our office for more details.

Finally see our advert this edition for the new community choir “With One Voice Break O’Day”. Hub4Health has supported this project from the outset. It is the first Creativity Australia Choir in Tasmania and we look forward to a wonderful new community project and invite you all to participate.



St Marys 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

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 from 5:15pm -6:30pm

\$10 pp, bring your own gear

St Marys District School Hall

Contact Katrin: 0402 315 564



Fingal Valley Neighbourhood House
& Building Blocks

Invite you to Play Centre 2019

with Mariah and Tanya

For children aged 3-5 years

Starts 18th February

Regular sessions Mondays 9.30-2.30pm

\$10 per child or free to health care card holders

New enrolments welcome



Tanya at Hub4Health 0400 002116 or Gary 6374 2344

Email: tanya.greenwood@hub4health.org.au

Gary: admin@fvnh.org.au

Pilates

St Marys Active4Life Gym

Harefield Rd (Recreation Ground) St Marys

\$10 pp Fridays 9.30-10.30am

Contact Tani: 0422 742 297



All Building Blocks sessions are free of charge for all children from 0-5 years old, along with their parents, carers & grandparents. FVNH Play Centre by booking only for 3-5 year old children

More info

admin@hub4health.org.au



“B Class “ 1969 Reunion

50 years ago, 43 young boys & girls said goodbye and with great trepidation started on their adult journey. The year was 1969 and all had spent some years learning, playing and for some, misbehaving together. It was at a time when there were few schools in the area and getting to school was the bigger adventure. Busses ran every day, morning and afternoon, from little townships such as Mangana, Fingal, Mathinna, St. Helens, Scamander, Upper Scamander & Falmouth with many stops along the way. For those who made the daily pilgrimage up and down the St. Marys pass, it was often a harrowing experience. In winter, especially when the pass was blanketed in fog, the ice posed an even greater threat and the road sometimes closed due to avalanches. It was a time when Tasmanian devils were in abundance and many a morning, a dead carcass was found on the road – scavenger becoming road kill. But we survived and our school years at St. Marys soon became a thing of the past. Some went to matriculation in Launceston, others in Hobart. There were those who went to Technical Colleges whilst the rest went straight to work. We all had one thing in common – we had ambition and we strove for success. Over the years many travelled extensively, settling as far away as Denmark & Switzerland and certainly throughout Australia with all states covered. Most of us lost contact with each other, thus finding past students became quite a task. Out of 43 graduates, 7 were found to have passed, some were too far to travel and others not well enough. 17 managed to attend the reunion and we welcomed their partners.

The reunion was a weekend affair held at White Sands, who were excellent in working with us and making our 50th School reunion a success. Early arrivals were welcomed on the Friday afternoon, then on Saturday morning we were privileged to be given a guided tour of the newly renovated St. Marys High School. A huge ‘thank you’ to Lisa Bean who graciously gave up her day to give us a very informative walk-through of the new class rooms, offices, theatre, music room etc, however, some things hadn’t changed and walking into the home economics room was like stepping back into the past and standing at my kitchen bench and I was 16 again. We were thrilled to see the amazing improvements, but in particular that one of our past students, Lance Bergman, was chief electrician on the job.



B CLASS

FRONT : Kaye Spilsbury, Beth Semmens, Patsy Targett, Noelene Smart, Rhonda Barber, Sue Herring, Dorothy Stuart, Rosemary Cooper, Cornelia Grater, Josey Denney, Kerry Kirby.
MIDDLE : Bronwen Williams, Karen Freeman, Jenny Andrews, Julie Garth, Cheryl Turner, Vicki Bullock, Rosalie Jestrimski, Jewelle Johns, Jill Freeman, Roseanne Sutton, Charmaine Cox, Mary Newman, Sally Bellinger, Jennifer Burns.
BACK : Michael Sweeney, Michael Davis, John Hughes, Lance Bergman, Shane Kellaway, Geoffrey Newman, John Schier, Rodney Gillies, Greg Board, Leon Hall, Ross Barnes, Don Bonner, Bryan Morris, Peter Sharples, Barry Cash, John Clifford, Desmond Wingfield.



John Schier recalled spending a lot of time in the principal's office....

Saturday night was the time for all who could make it to get-together and reacquaint over a lovely dinner and drinks, share stories of past and present and swap emails and phone numbers.

Sunday morning we met for coffee and celebrated a successful reunion, the renewal of friendships and a promise to meet again – in 5 years time.

In 1969 St. Marys school taught 300 pupils through from primary school to B Class (year 4 high school, now grade 10) and we came from far and wide to do so. With thanks to our wonderful teachers for the education they gave us (we were not always the best students) but they instilled in us the drive to do well and most of us succeeded. I know I did.

Thank you to all of you who attended. It was a fabulous weekend and we will meet again soon.

Cornelia Gratzer



NOW

Back row, (left to right) Lance Bergman, Greg Board, Barry Cash, John Schier.

Middle: Cornelia Gratzer (standing), Jewelle Mackey nee Johns (standing), Beth Johnston nee Semmens (sitting), Jenny Dawe nee Andrews (sitting), Charmaine Smylie nee Cox (standing,) Rhonda Corfield nee Barber (standing), Sue Khan nee Herring (standing,) Julie Anderson nee Garth (standing).

Front; Rosemary Maunder nee Cooper (sitting), Bronwyn McGee nee Williams (sitting,) Rosalie Wrigley nee Jestrimsky (sitting), Dot Hardcastle nee Stuart (sitting), Pat Curry nee Targett (standing).

C & D's IGA X-press

38 Main St, St Marys, PH 63722240

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Fri 7.30 am - 7.00 pm

Sat 7.30 am - 6.30 pm

Sun 8.00 am - 6.00 pm



Week 1 13-19/2/19

Mission Chips 230g \$2.49

Quench Cordial Syrup 2 lt \$1.99

Pringles Chips 53 g \$0.99c

Rump Steak \$19.99 per kg

Corn-cobs \$0.85c each

I-Care Toilet Tissue 4 pk \$1.99

Pedigree Dog Food varieties 8 kg \$17.99

Managers Specials

Pepsi max/solo 1.25 l \$1.99

Nescafe coffee 250 g \$14.99

Week 2 20-26/2/19

Milo 1.1kg tin \$11.99

Western Star Butter 500g \$3.99

Nescafe 10 pk Sachets \$3.29

Sunsilk Shampoo/Conditioner 200ml \$\$2.39

Cottees Cordial Syrup 1lt \$3.99

Bulla Ice Cream varieties 10pk \$3.99

Managers Specials

Fray Bento Steak & Kidney Pies just \$8.50

International Roast Coffee 200g \$5.99

Seniors Card discount day every Wednesday.

Don't forget every day price DUCK RIVER SOFT BUTTER JUST \$5.00!

Range of meat, smallgoods, fresh produce, gardening needs, pet foods & pet accessories.

Hardware range, cement and much more.

Free home delivery to St. Marys area.

THE VALLEY AND EAST COAST VOICE

is available at the following outlets:

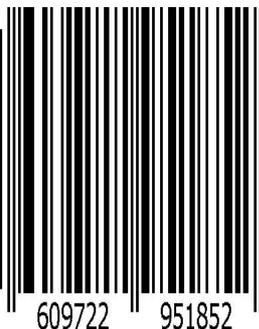
- ◆ Avoca Post Office
- ◆ Avoca General Store
- ◆ The Farm Shed - Bicheno
- ◆ Fingal Post Office
- ◆ Hayshed - Fingal
- ◆ Mathinna Post Office
- ◆ Coach House Restaurant - St Marys
- ◆ C & D's IGA - St Marys
- ◆ Hilly's IGA - St Marys
- ◆ Hilly's IGA - St Helens
- ◆ St Marys Newsagency
- ◆ St Helens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

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Crossword Solution

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