

THE VALLEY AND EAST COAST VOICE

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“READINESS AND RESTORATION FUNDING FOR FINGAL VALLEY”

At a community meeting held in St Marys last week, Senator Steve Martin, of the National Party, announced that funding for two major projects on the east coast would be provided by the Federal Government. Special Envoy for Drought Assistance and Relief Barnaby Joyce announced that Break O’Day Fingal will receive \$500,00 to restore the Old Tasmanian Hotel to its former glory. Manager of the Fingal Valley Neighbourhood House, Gary Barnes, said that the news of the funding for restoring the old Tasmania Hotel was very welcome, and would enable the centre to expand the programmes that could be offered to the community in the future.



This is a condensed copy of the news that was on the “Valley Voice” front page on 28th March, 2019. The news was received with much excitement by the Fingal Valley Neighbourhood House, which was looking forward to making best use of the building, including having rooms upstairs to use for a variety of purposes. However, a press release from Mr Brian Mitchell, Labor member for Lyons, issued on 1st May confirms the funding for the St Marys Flood Mitigation project, the walking track in St Helens, and the drought relief program, which had also been mentioned in our article, BUT DOES NOT mention the funds for the restoration of the Old Tasmania Hotel, which currently houses the Fingal Valley Neighbourhood House. In response to that press release, Break O’Day Mayor Mick Tucker issued a press release, in which he thanked Brian Mitchell for the St Helens, St Marys and drought relief funding. “The only thing missing from this funding announcement is a commitment to fund the Fingal Valley’s Old Tasmania Hotel Community Centre (Neighbourhood House) which is disappointing.” He continued, saying, “The refurbishment of this community building, right in the main street, is something Fingal residents care deeply about and has significant merit.

We asked Mr Tucker if he was under the impression that the funding for the restoration of the Old Tasmania Hotel was guaranteed. He responded that “When Senator Steve Martin announced the funding, he explicitly said that the funding was not an election promise, that it had already been funded from the 2018-2019 budget and there was a 1% chance that if Labor got in, they may not honour the funding”.

Over the past few years, the Break O’Day council has undertaken a lot of work to upgrade and stabilize the building, and has other works planned, independent of the restoration project.

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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

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 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

May 9	Manfred Jogis
10	Lynne Fitzgerald
13	Val Spencer
14	Kerry Veldrum
15	Lundy Vosper
16	Heather Griffiths
17	Val Spencer
20	Val Spencer
21	Pam Bretz
22	Louise Keady

The Old Tasmania Hotel was built in the 1850's, by Daniel Pestell, who was transported for stealing a handkerchief. The hotel was successful, but fell into ruin after being abandoned in the 1970's. In 1985, Scott Marshall and 14 other people in the Valley saw that the building had potential, and started to restore it. A grant of \$60,000 was made, the Fingal Valley Neighbourhood House was established in 1987. It is part of the extensive network of Neighbourhood Houses throughout Tasmania, funded by the State Government, to provide programs and support to the local community of its area.

The Fingal Valley Neighbourhood House runs many programs, including the play centre, Eating With Friends, Creative Writing (U3A), the library, (which is not connected to the State Library), and Wednesday morning Morning Tea, along with a hairdresser and the History group and the On-line Access Centre. Counselling services, Legal Literacy, Mental Health, Dementia and First Aid also run regular training sessions, and food assistance programs make use of the rooms at the Neighbourhood House. Trips to various attractions, using the FVNH bus, and transport services, using cars that the FVNH own are also provided.

At present, the ground floor of the Old Tasmania Hotel is used to its maximum, but more storage area is needed for a variety of purposes. The recent amalgamation of the Fingal History Group with St Patricks Head and Esk Valley Historical Society will result in the need for a secure storage facility, suitable for sensitive material including photographs and paperwork. A sorting area for the Op Shop is very much needed. The plans for the restoration have already been made ready, and notices regarding objections to the work to be done have been posted. The redevelopment includes a room specifically for the History Group, restoration of the second floor, providing a good-sized meeting room with adjacent toilets, and an office for the East Coast and Valley Voice, which is published by the Neighbourhood House, and other uses, along with a lift to access the second floor.

So it is easy to see why the exclusion of funding for the restoration of the Old Tasmania Hotel is not looked upon with favour, and is a matter of great concern to the Manager, Board and volunteers of the Neighbourhood House.

Mayor Mick Tucker has also said that, ".....we were told that the money had already been approved in the 2018-2019 Budget", and "...we didn't think that Labor would even entertain the idea of not funding this project, particularly when they received the same project funding priorities at the same time as the other parties.....we had expressed that this project was a priority for the Fingal Valley."

He added, "We will do all we can to obtain the funding needed for the Old Tasmania Hotel project from the current program in the first instance, and pursue funding where possible".

Mayor Tucker concluded his email, "The building is the literal and metaphorical heart of the community and we will not sit by and watch all the hard work already done by the community and Council go to waste. We are ready for a fight!"

The Fingal community, and the East Coast and Valley Voice will follow this matter with great interest....



ANZAC Day at St Helens 2019

The St Helens-St Marys RSL Sub Branch conducted two Services at St Helens on ANZAC Day 2019.

We were fortunate enough to have the Tasmanian Naval Ceremonial Band for our 6.00 am Dawn Service. The Naval drummers escorted our marchers to the Memorial Park where, during the services, the band played and sang "In Flanders Fields" and "Abide With Me".

The students from St Helens District High School participated in the calling of our local World War 1 and 2 Honour Roll. Our local Navy Cadets provided our Catafalque Party.

This service was well supported by the community and holiday makers, with numbers up on previous years.

After the Dawn service most of the public enjoyed a Gunfire Breakfast at the St Helens Ex-Servicemen's and Citizens Club, with over 240 breakfasts consumed.



Our 11.00 am service was again well supported by our veterans and community groups, who marched to the Memorial Park.

At this service both our Navy Cadets and St Helens Sea Scouts combined in being our Catafalque Party and flag bearers. The Student Representative Council member from St Helens District High School conducted our ANZAC Day service, which included a speech from two of their members.

Our main guest speaker was Commodore Simon Ottaviano, Head of Navy Logistics from Canberra, who gave a great speech on the evolution of the ANZAC tradition and how it is still relevant today in our Defence Force.

Our community again was a great supporter of our ANZAC Day 11.00am service, with over 30 Wreaths being laid.

Once again, our thanks must go to our local School students, Navy cadets and Sea Scouts, and to our community at large who support the ANZAC tradition.

ST MARYS

The Dawn service at St Marys had a good attendance, with John McCormack making the address. Erin Spilsbury, from St Marys District School spoke, while Colin McKenzie performed the ode. "In Flanders Fields" was recited, and "The Lord is My Shepherd" was also performed.

At the 11.00 am service, Judy Duckett made the address, while Kevin Faulkner and Monique Dufty spoke.

As is traditional, a recording of the late Selby Targett was played for the Last Post and Reveille. The Australian nation anthem concluded both services.

The programme explained the origin of the word "ANZAC", in 1915.





ANZAC DAY SERVICES

ANZAC Day services at Fingal. Mathinna and St Marys this year were well-attended, with crisp dawn weather, and a cool breeze later in the morning, causing many to be well wrapped in coats and scarves.



At **FINGAL**, the stirring skirl of bagpipes, played by Selina Lyons, greeted people as they assembled for the dawn service. About 90 people, aged from primary school to veterans attended. The service was led by Chris Munday, President of the Fingal/Mathinna RSL Sub-branch, who stated that, "We gather here today not to glorify war, but to remember those who have served our country in times of conflict and crisis, and to reflect on their selfless sacrifice". Prayers were led by Padre John Denman, and Catherine Bean was the guest speaker. She spoke of how she had traveled to Hiroshima, as part of a school group, which viewed the Genbaku Dome. As she reflected on the horror and devastation of war, she noticed many people of her age taking photographs. When she spoke to them about it, she realized that for many, it is just "an item to tick off their bucket list", and they did not realise the significance of the area. For Catherine however, the Dome is a reminder of the deep gratitude we owe to those who went overseas ready to die for their country, and the sorrow of the families of those who DID die. She reminded us about "the importance of remembering and to think about supporting your community and organisations, by joining the RSL or attending (the) services that take a lot of effort to organise, like everyone had done this morning." She closed by quoting Charles Bean, official Australian War Correspondent in 1919; "Let us not ever forget that, to many of those to whom we owe the most, our thanks can never be given". Ava Howorka laid the wreath for the Fingal Campus of St Marys District School, while Montana Reece and Will Burt laid the wreath for St Marys District School St Marys campus. About 50 people went to Chelle's Place after the service, and enjoyed hearty egg and bacon rolls, coffee and rum.

At **MATHINNA**, the Royal Australian Navy Band Tasmanian Ceremonial Ensemble led the march to the Mathinna Memorial Park, where they added music and vocals to the heart-felt service attended by about 130 people. Bandmaster CPO Martyn Hancock delivered the address, speaking of Australia's involvement in many conflicts and peace-keeping theatres. RSL sub-branch President Chris Munday gave a moving rendition of "The Anzac", accompanied by the RAN band. An a capella rendition of "In Flanders Fields" by three members of the RAN band followed, after which, wreaths were laid. Lachlan Woods and Kayden Rigby performed this on behalf of the Fingal Campus of St Marys District School, with Luke Viney, Luke Dolan and Sage Lye doing the same for St Marys District School. Bugler Dorian Broomhall sounded out the Last Post and Reveille. The service closed with the nation anthems of New Zealand and Australia.

Chris Munday thanked Rob Parsons, who was able to quickly organise the use of a generator after the loss of electricity shortly before the service, and Julie Ann Claridge, who organised the annual raffle, which is the only fundraiser for the RSL. Results of the draw are on page 10.

A delicious lunch at the Mathinna Club, catered for by the people of Mathinna, followed the service, and was enjoyed by about 60 people.



The Say by the Cage Rattler

It was pure privilege to attend both the Dawn Service and the 11.00 a m Anzac Day Service this year as always. Something that never ceases to amaze me is how Anzac Day just keeps being held in fond remembrance more and more. Even now that there would be no Great War participants left; the closest would be people born between 1914 and 1918 that might vaguely remember something of their returning fathers or maybe mothers who may have served as nurses or similar. Those folk, of course, would now be centenarians. Even with our World War Two veterans that came home, most would now be well in their nineties, and the numbers dwindling as each year passes. Even with the Vietnam Veterans, ages well in the seventies would be the norm.

Despite that, every year we commemorate the soldiers that gave the ultimate sacrifice, we give grateful thanks to the remaining returned folk, and we say thanks to those who have defended freedoms we now enjoy across these conflicts, and more current ones of course, and we do this in great numbers, in virtually every city and town in Australia, New Zealand and especially grateful places around the globe, who were aided by their mates and coppers from the Australasian region for more than 100 years now.

No-one celebrates war, but we commemorate sacrifice and hardship, so that millions of their ancestors live in free countries like ours, and from the youngest child to the oldest senior citizen, we turn out in great numbers to not forget these incredible folk. Every single one a hero. So our proud local Fingal Valley communities keep up this incredible showing of thanks, every single year.

LEST WE FORGET...NOT EVER....

What do you think ?

TARGA CARS ROLL THROUGH FINGAL

On Wednesday, 1st May, competitors in Targa Tasmania made their way along the Esk Main Road, as they drove between racing stages. After lunch at St Marys, they continued to Rossarden, where they put their pedal to the metal, and completed the final rally stage for the day. Pictured below are some of the cars competing.



Events

AA

Friday night St Marys Anglican Church Hall 7:00pm
Wednesday night St Helens Anglican Church Hall
7:00pm

Old Codgers Meeting

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

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

St Marys Monthly Market

9am - 1pm first Saturday of every month at St Marys Town Hall. Local handmade crafts, fresh produce and preloved bargains. Ph Megan, 0418 881 315.

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 0473 238 077 or Val Spencer 0437 397 219

FVNH U3A

Creative Writing Group

The next meeting of the Creative Writing group will be held on

Friday May 10th
at 10.30

in the FVNH Library

The topic for this month's writing is "Holiday".

Come along and share your writing, good company and morning tea.

All welcome.

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Join us to discuss the importance of health services in St Helens

Friday 10 May 2019

5:30 - 6:30pm

Portland Hall, St Helens

Rebecca's Office RSVP - 6212 2225 or penny.goodland@parliament.tas.gov.au

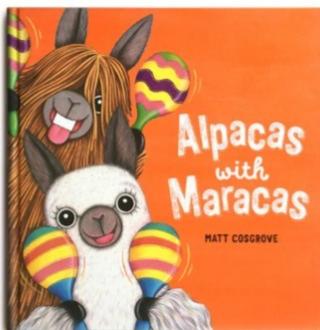
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Authorised by Rebecca White, 33 Cole St, Sorell.

Putting people first

Libraries



Join us at **St Marys Library** for
National Simultaneous Storytime

11am on Tuesday 21st May

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Tash from Building Blocks will be reading

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Book giveaways, alpaca-themed crafts and activities.

Come and join in the fun!

St Marys: 31 Main Street

Ph 6387 5602

Mon, Wed & Fri 12.30 - 4pm

Tue & Thurs 10am - 12.45pm

St Helens: 61 Cecilia Street

Ph 6387 5600

Monday to Friday 10am - 5pm

Sat 10am - 12pm

Fingal

FVNH, Talbot Street

Ph 6374 2344

Mon, Wed & Fri 9am - 3pm

Tue & Thurs 9am -

12pm



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6am-9pm

St Marys Library

31 Main Street, St Marys
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Wed: 12.30-4pm

Thurs: 10am-12.45pm

Fri: 12.30-4pm

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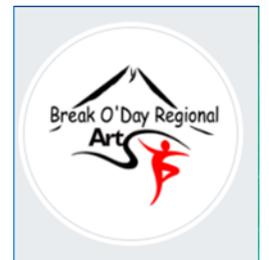
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We are very pleased to announce that John McColl will be doing a series of 8 Monday sessions, from 29th April - 17 June 2019, at his studio at 7391 Esk Highway, St Marys.

11 am - 2 pm

BYO Lunch

Bring your own materials or pay John

\$10 per session

\$7.00 for members

Come one or come all!

This is a great opportunity to work with a renowned sculpture artist on the project of your choice.

RSVP to John; 0476 120 066

Suicide Prevention Trial

St Helens Neighbourhood House hosts the Suicide Prevention Trial Site Coordinator for Break O’Day and Bicheno Area. The Trial Site is governed by a local Working Group and funded through Primary Health Tasmania. The working group meets bi-monthly and have established an activity plan that outlines some strategies and activities to test different approaches to reducing self-harm and suicide.

If you would like to know what mental health services are available in our community please go to the St Helens Neighbourhood House website at www.sthelensnhh.org.au and download our ‘Directory for Local Mental Health Services’. The directory is updated every three months and includes useful information such as how to access services and if there are any associated costs.



If you would like more information about the Suicide Prevention Trial Site for Break O’Day and Bicheno or would like to get involved please contact Trish at 6376 1134 or email trialsite@sthelensnhh.org.au for more details. Our working group membership is full at the moment however we welcome input, feedback and ideas. So please get in touch with us—we would love to hear from you.

Australia's Biggest Morning Tea

Every dollar raised helps support those impacted by cancer.

When: Wednesday 22nd May
 Where: Fingal Valley Neighbourhood House
 Time: 10am
 Details: Contact FVNH on 6374 2844

biggestmorningtea.com.au

RSL FINGAL/MATHINNA SUB-BRANCH

RAFFLE RESULTS

1st	Hamper	Helayna McGiveron
2nd	Hamper	Peter & Chris Woods
3rd	Caramel Mud Cake	Shae Arnold
4th	Ice Cream Maker	Viv Ward
5th	Sander Power Tool	Samantha Bates
6th	First Aid Kit	Mac Saunders
7th	Soup Bowls	Greg Oldham
8th	Pop Corn Machine	Frank Oldham
9th	Salad Slicer	Adrian Parsons
10th	A Dozen Eggs	Vic Jones
11th	Wine & Cup and Saucer Set	Janet Drummond
12th	Slicer	Jo Tate
13th	Egg Cooker	Brian Harper
14th	Egg Cooker	Vivian Ogilvie
15th	Train Construction Set and Eggs	Carol Singline
16th	Train Construction Set and eggs	Carol Le Fevre

Thank you to all who supported the RSL, and to Julie Ann Claridge for organising this raffle.

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The Salvation Army Red Shield Appeal: Volunteer to give Hope



The Salvos are encouraging people to get involved in Australia's biggest annual doorknock, the Red Shield Appeal. Held over the weekend of 25-26 May, the Appeal has set a target of raising \$8 million. The money raised from the Red Shield Appeal will go towards The Salvation Army's vast network of services that help Australians in need.

With the many natural disasters that have struck our shores this year and the growing number of Australians overwhelmed by the continual rise in the cost of living, more Australians are turning to The Salvation Army for vital support.

Over the past 12 months, the Salvos have supported more than 38,000 people experiencing homelessness, 14,000 people overcoming addiction, provided over 50,000 financial counselling sessions, given care to 5,000 people experiencing family violence, and assisted more than 150,000 people with emergency relief*.

More than ever, the Salvos need 50,000 volunteers to help raise crucial funds for the Red Shield Appeal, says The Salvation Army's Envoy Melanie Norton.

"The Red Shield Appeal is a fun and simple way that Australians can really make a difference in alleviating the hardship being faced by so many people, right across our nation," says Mrs Norton. "Hardship does not discriminate. More Australians from all walks of life are turning to The Salvation Army for help and we need the public's support now to ensure we can continue to help those doing it tough."

The Salvation Army has a long history of coming alongside Australians in need. For more than 135 years, the Salvos in Australia have been committed to helping those doing it tough.

Mrs Norton says, "The Salvos can only continue to meet the local community's needs with the support of volunteers. Through the support given to us, we are able to provide our services along the East Coast."

"We cannot do this alone," she says. "We all have the opportunity to be beacons of hope for others and by partnering with the Salvos for just a few hours over the Red Shield Appeal weekend, you can give hope where it's needed most."

To volunteer for this year's Red Shield Appeal, please call The Salvation Army office in St Marys on 6372 2099, or register online at salvationarmy.org.au

You can donate to the Red Shield Appeal by calling **13 SALVOS (13 72 58)**, online at salvationarmy.org.au, in



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MY HOBBY

Mike McDonald

Paul Davenport

Remote-Control Plane Flying



A Bixler model aircraft

Flying radio-controlled (RC) models is an exciting hobby and offers challenges and rewards to the young and the old, male and female. RC Flying is a very diverse hobby; it starts without the radio, and models trimmed and built to fly all by themselves and then to land after a timer tells the aircraft to descend to Mother Earth.

RC flying isn't limited to the "standard" motorized airplane. A wide variety of models and styles are available: trainers, gliders, aerobatic pattern models, 3D, pylon racers, jets, and helicopters, to mention a few. The rise of the Asian economy has dramatically lowered the prices of model aircraft, electronics, and mechanical parts. Not too long ago, we had to spend a small fortune on our hobby, which deterred many potential newcomers. Today, around \$300 can buy you a good trainer and all the necessary equipment.

You need a plane, which has a receiver, and a transmitter, sometimes known as a control box, which sends a control signal to the receiver using radio waves, which then drives a motor, causing a specific action to occur. A model airplane often has a small gas-powered engine to turn the propeller; the RC motor controls the flaps or ailerons. On the outer rear edge of each wing, the two ailerons move in opposite directions, up and down, decreasing lift on one wing while increasing it on the other. This causes the airplane to roll to the left or right. To turn the airplane, the pilot uses the ailerons to tilt the wings in the desired direction.



Remote-controlled planes typically have 3-4 foot wingspans, and use 200-400 watt motors, reaching speeds well in excess of 100 mph! Some gas kits can achieve speeds of 200 mph. By comparison, typical sport planes fly at 40-60 mph and sailplanes from 20-60 mph.

In September 2013, a bunch of model flyer enthusiasts met on a make-shift flying field in Scamander. Shortly afterwards, the East Coast RC Flyers club was born.

Initially, the club was jokingly known as the Bixler Club. "Bixler" is a popular brand of model aircraft. When the membership, and the model sizes grew, an alternative site had to be found. It was an excellent find. For almost four years, the club's home has been at 136 Reid's Rd, St Helens, and is registered with CASA—Civil Aviation Safety Authority.

Flying happens on Sundays and some Tuesdays, at 9.00 am. You don't need a plane; all you need to do is turn up, and a member will soon have you flying a model plane like a pro!



If you are interested in talking to someone about having a try, call in to the Coach House Restaurant, Main Road, St Marys, or call Paul Davern on 6372 329, or Alan Butler on 6372 5300, or call out to the airfield at the times mentioned above.

Perhaps the next area of flying is the "Sportsman", where your model may be a Semi Scale WW II fighter, like a Spitfire or a Fokker Wulf 190, or it could be a Classic Cub.....

Senator Steve Martin

Getting a
FAIR SHARE
for the
East
Coast!



INTERNATIONALS *for Regional Tasmania*
Authorised by Senator Steve Martin, 1 Rooke St, Devonport

2019

TERM DATES

Term 1

Wednesday 6th February to
Friday 12th April 2019

Easter Break - 19th April to 23rd April
2019

Term 2

Monday 29th April to
Friday 5th July 2019

Term 3

Monday 22nd July to
Friday 27th September 2019

Term 4

Monday 14th October to
Thursday 19th December 2019

Break O'Day Community Financial Services Ltd.

New Director Applications Sought

Expressions of interest are sought for volunteer directors of Break O'Day Community Financial Services Ltd. (BODCFSLtd)

BODCFSLtd owns a franchise in the St Helens/St Marys **Community Bank**[®] branch at St Helens, operated by Bendigo & Adelaide Bank.

BODCFSLtd is seeking energetic, community-minded and committed individuals to serve as voluntary directors, and to make an important and positive contribution to the local community.

Working as part of a dedicated, professional and diverse team, the role calls for people willing to apply themselves to the full range of responsibilities and accountabilities of a director. In return we offer a rich opportunity for professional and personal development in a stimulating and personally rewarding environment.

Successful candidates will possess some of the following capabilities:

- Business acumen
- Financial literacy
- Strategic thinking
- Community connections with a genuine willingness to engage with the local community
- Willingness to learn, participate, grow and develop
- Previous experience in any of the areas of Business Development; Marketing; Finance; Human Resources Management; Relationship Management; Board Governance
- Experience in and willingness to step up into board leadership roles

Applicants should send a 1-2 page letter and CV outlining their experience; what they would bring to the Board; and address the above selection criteria.

Please send your application to BODCFSLtd's Chairman, Andrew MacGregor at andrewmacgregor2@gmail.com

For further queries, contact Andrew MacGregor on 0419894072 for a confidential discussion.

Bicheno Food and Wine Festival 2019

Saturday 16th November 2019

Calling food and drink producers of the
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If you aren't already on our data base and would like to express your interest in having a stall at the East Coast's premier Festival, contact us now!

This is a competitive process so don't delay. We are looking for quality, innovation, fantastic presentation and produce which really shows what the East Coast has to offer.

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Phone : Jenny Logie 0409 401322



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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 Sundays only
28007 Tasman Highway, Pyengana

Pampered Pet Grooming

Call Sharon on

0400 609 959

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



Vision Christian Radio

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



UNITING CHURCH

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FINGAL

1st and 3rd Sunday of month—9.30 am

2nd and 4th Sunday of month—11.15 am

Service times are also on notice board at front of church.

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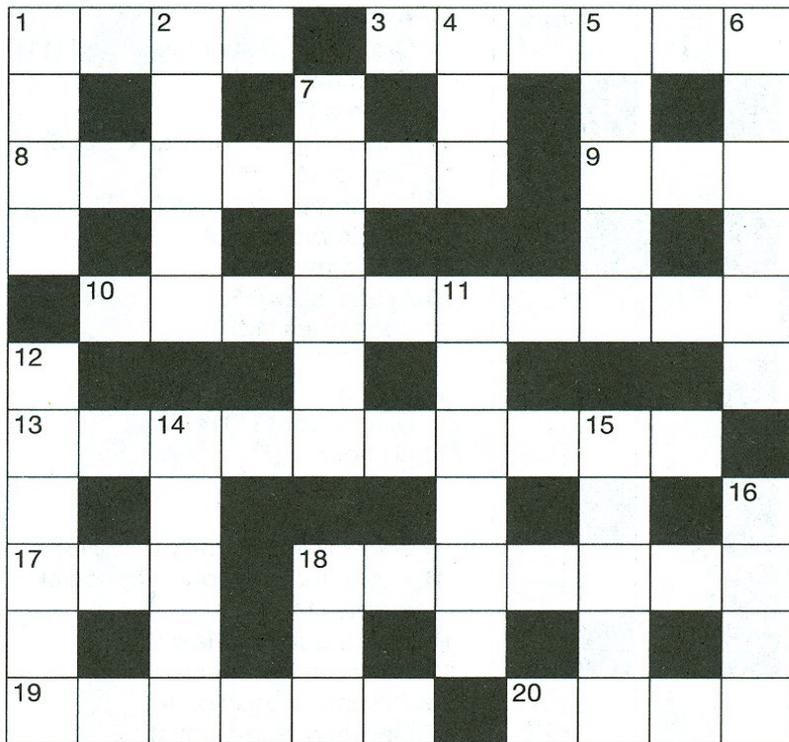
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Email:
sth.electrical@gmail.com



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and through the Fingal Valley
Lic: 933671

Crossword



Across

- 1 Young dogs (4)
- 3 Large, wooden hammer (6)
- 8 Notifying (7)
- 9 Each (3)
- 10 Book producers (10)
- 13 Reword (10)
- 17 Zero (3)
- 18 Strapped shoes (7)
- 19 For all of a given time interval (6)
- 20 Slavic monarch (4)

Down

- 1 Strokes (4)
- 2 Seasoned rice dish (5)
- 4 The eighth month (abbr) (3)
- 5 Slip-up (5)
- 6 Flog (6)
- 7 Put in petrol (4-2)
- 11 Holy place (6)
- 12 Unwrapped (6)
- 14 Chief (5)
- 15 Celestial orbs (5)
- 16 Former Cold War adversary (inits) (4)
- 18 Transgress (3)

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Moo Poo

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6372 2380

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114-116 Goldie Street
126 Invermay Rd
2 Runway Place
1567 Channel Highway

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St Helens
Wynyard
Launceston
Cambridge
Margate Train

BEDS R US

Hub4 Health^{Inc}

Connections start here

Active4Life Gym Memberships at our St Marys facility . Membership are 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 .

For more information please contact us
admin@hub4health.org.au

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.



With One Voice Break O'Day

A **NEW** Community Choir

Wednesdays 6:00 - 7:30 pm
(New winter hours)

Where:
St Marys District School, Performing Arts Space
13 Gray Rd, St Marys TAS 7215

Supper and Good Vibes included!

New Winter start time as of the 1st May from 6-7.30pm. Registration is free and new members are always welcome. Delicious supper included.

Hub4Health are proud to support this new community project and congratulate WOV Break O'Day as winners of the 2019 Good Neighbour Award from Healthy Tasmania. The funds will be used to support choir transport for members and supper

**Everyone Welcome,
No Experience Necessary**
www.creativityaustralia.org.au



Come along and share the fun



Hub4Health have a 12 seater mini bus, based at St Helens for hire by community groups and individuals.

Hire fees start at \$80 per day and can be booked at
admin@hub4health.org.au

Contact us for more information

St Marys Community Health Centre
 Gardiners Creek Rd St Marys Tasmania 7215
 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

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-Thursday 8:30am-2:30pm
Friday's 8:30am-4:00pm

Scripts and Doctors Appointments

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

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

PLEASE BE PATIENT; Waiting periods to see your doctor may be experienced.

Non Attendance of Doctor's Appointments

Please be aware there is a **non attendance policy** at this Practice.

If you miss 3 appointments you will be sent an account. If you miss a 4th appointment you may be referred to another Medical Practice.

Due to demand non-urgent doctor's appointments need to be booked at least **2 weeks in advance.**
 Waiting periods can apply.

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

Doctors Roster

Dr C. Latt
 25/4/19-10/5/19

Dr K. Rawnsley
 16/5, 21/5 & 24/5/2019

Doctor's appointment are needs to see our GP's.

It is not a drop in clinic

PLEASE BE PATIENT

Waiting periods to see your doctor may be experienced.

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.

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
- ♦ 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

Information on this page supplied by St Marys Community Health Centre, Gardiners Creek Rd St Marys Tasmania 7215

St Marys Community Health Centre
Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

9th May	Social Worker Shan Williams for appointments please phone 6387 5555
10th May	Social Worker Shan Williams Call 6387 5555 for appointments.
15th May	Day Centre- call Hayley Gilbert on 6387 5555 for information on the group. Social Worker- Shan Williams For appointments phone 6387 5555 TAZREACH Antenatal Clinic with Katie. Contact GP for appointments.
16th May	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments.
17th May	Social Worker Shan Williams Call 6387 5555 for appointments.
20th May	TLC Meeting (Tasmanian Lymphoedema Centre) 5:00pm in the Day Room. Diabetes Tasmania Dietician- Sally Gates please see your GP for a referral. 10:00am- 2:30pm
21st May	Child Health Session with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381 Max Employment- 9:00am-3:30pm downstairs.
22nd May	Day Centre- call Hayley Gilbert on 6387 5555 for information on the group. Australia's Biggest Morning Tea Hosted by the St Marys Day Centre 1:00pm-2:30pm Day Room of the Hospital- \$5.00 Devonshire Tea
23rd May	2nd Bite Delivery Social Worker Shan Williams Call 6387 5555 for appointments. Eyelines- For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.
24th May	Social Worker Shan Williams Call 6387 5555 for appointments

COMPLIMENTS & COMPLAINTS

If you have a concern, or an opinion, or a suggestion to improve our practices please let us know. Your opinion is valued and helps us improve our current services and provide quality service to our community.

Have your say

It may be:

A compliment

A complaint

A suggestion for improvement

Consumer Compliment and/or complaint forms are available from the reception area of the St Marys Community Health Centre.

Completed forms can left in the suggestion box in the reception area.

If you require feedback please leave your details on the form so we can get in contact with you.

This is part of our Quality Improvement Program

FLU SEASON IS HERE!

HAVE YOU HAVE YOUR FLU VACCINE YET?

VACCINES NOW AVAILABLE

Please call 6387 5555 to make an appointment

Australia's Biggest Morning Tea



The St Marys Day Centre will be holding an Australia's Biggest 'Afternoon Tea'

Wednesday 22nd May 2019

1:00pm-2:30pm

Devonshire Tea \$5.00 each

Lucky door prize and raffle

Come along and join us for an afternoon supporting a very important cause

All funds raised will be donated to Cancer Council
Australia's Biggest Morning Tea

Information on this page supplied by: St Marys Community Health Centre, Gardiners Creek Rd, St Marys Tasmania 7215

NTFA FOOTBALL PYENGANA HOSTS EAST COAST SWANS VERSUS EVANDALE

PYENGANA RECREATION
GROUNDS
SATURDAY 1ST JUNE 2019
KICK OFF AT 10.30am
AUS KICK, SECONDS
AND SENIORS

THE SWANS WILL BE HONOURING THE
MATHINNA FOOTBALL CLUB BY
WEARING THE MATHINNA GUERNSEY.
WE INVITE ALL PAST PLAYERS AND
SUPPORTERS AND THE MATHINNA
COMMUNITY TO COME ALONG AND
SEE THE MAROON & GOLD COLOURS
ON THE FIELD AGAIN AT PYENGANA



EVENING EVENTS – MUSIC BY BAND
“WELL STRUNG”,
GUERNSEY AUCTION, AWARDS

Concession of interest to 2019 NTFA Pyengana vs East Coast Swans

NTFA Pyengana Recreation Grounds
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Tel: 08 9234 1111
www.pyenganafootball.com.au



Public Notices



Bus Services are Changing

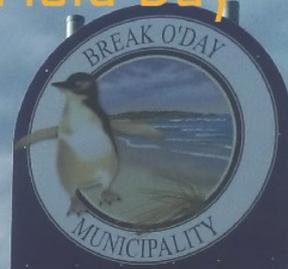
Bus services from St Helens, Coles Bay and Bicheno through to Launceston will be changing later this year.

View the proposed changes and have your say by filling out the feedback form at www.transport.tas.gov.au/haveyoursay

www.tas.gov.au

Field Day Sat. 18th May 2019

Landcare - 25 years event



SEYMOUR
Coastal serenity

Wetlands are **important places**



Guest Speakers:
 Todd Dudley - North East Bioregional Network, Ecological Restorations
 Peter Stronach - Landcare Tasmania celebrating their 25th anniversary
 Sue Lovegrove & Adrienne Eberhard - The Voice of Water - Sensory perceptions of wetlands

10:30 Meet at the Seymour - Long Point car park*

11:00 Working Bee in Wetland Restoration Project
be prepared for cutting & pasting some gorse and other weeds

12:30 BBQ Lunch
followed by talks from the guest speakers

14:30 Continuation of Working Bee
followed by afternoon tea

RSVP: 0448 884 357 or scag7215@gmail.com



* Location of Seymour - Long Point car park



St Helens Walking Group - Wonderful Walks throughout February.

Below are walkers’ reflections of a few of the great walks St Helens Walking Group has had throughout February. As part of Hub4Health and the Heart Foundation’s efforts to encourage walking as a daily exercise to improve and maintain a healthy lifestyle, SHWG continues to be a popular community activity. It’s great fun and always refreshing, with as much or as little as you desire in learning and social opportunities. A variety of leaders within the group are very capable of leading each walk on an adventure within the allotted time frame, along with providing interesting information and/or walking conditions for the track being taken. Residents and travellers in St Helens and surrounding districts are welcome to join in the walks. Have \$2.00 ready for the driver if you want to car-pool and be at Hub4Health in Portland Ct, St Helens, by 8.50 am on a Wednesday, or on the 3rd Saturday of the month for a longer walk. (\$5.00 for carpooling on Saturday walks).

For more information contact Pam Bretz on 0439 547 529 or Alex Buchanan on 042 287 753

Saturday Walk to Rodgers Lookout

Information contributed by Nathan and John. Edited & submitted by Jill Howe.

Six intrepid walkers carpooled then set off from Scamander on the Saturday February walk for Rodgers Lookout on the Skyline Tier. All had been informed to bring sun protection, snake bandages, sufficient water for 6kms, lunch/snacks and walking poles if needed. The weather was good for walking – not too hot with enough drizzle to prevent us overheating, but not enough to dampen spirits. The walk, a grade 3 to 4 of approximately 3,250 metres led us uphill all the way, with some flat, level going across ridges. Although mostly rocky and steep the way is a formed forestry road all the way, with only the last 250 metres becoming a bit more challenging with rocks.



As we climbed to the top we were passed by two groups of motorcyclists, as well as being enclosed in cloud which blocked the view and which persisted as we stopped on the summit for a break and refreshments. Then the cloud cleared and we were rewarded with those great views from the summit, of the immediate coastline of Scamander to the south and Paddy’s Island to the NE, as well as nice views inland to Mounts Victoria and Albert, while another pair of mountain bike riders went flashing by! The first 500 metres of our descent had steep, loose rocky sections, but after that, it was good hiking at a leisurely pace, collecting rubbish along the way to our finish point and back to our cars.

FOR SALE
 20 ft Container. Very good condition. \$3,000.
 OK to pack insitu if needed.
 Four Mile creek. 0400 697498.

GIANT GARAGE SALE Saturday 18th & Sunday 19th
 May 9.00 am—4.00 pm
 Household items, motor bike, camping gear, bikes, tools and more...
4 Legge Street FINGAL

Your Local HANDYMAN
 NO JOB TOO SMALL
Fingal St Mary’s Avoca
RING MICHAEL
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 112’ 6” “Savage” boat, with 15 HP “Mariner” motor
 Boat and trailer registered
 2 oars, 2 anchors, 2 swivel seats
 “Eagle” fish finder
 \$3,900.00

 A small, green and white motorboat is shown on the water. A fishing rod is attached to the side, and a green fish finder is mounted on the deck.

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

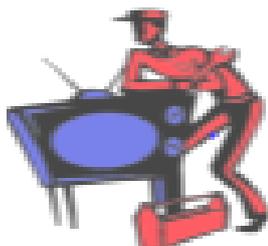


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- Get clear reception anywhere!



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Fri 7.30 am - 7.00 pm

Sat 7.30 am - 6.30 pm



WISHING ALL MUMS A VERY HAPPY MOTHERS DAY

SPECIALS Week 1 8 May—14 May

Heinz Spaghetti & Baked Beans 535g-555g	2 for \$3.00 – half price!
CC'S Corn Chips 175 g	\$1.74
Tim Tam varieties 160-200 g	\$1.82
Morning Fresh Dish Washing Liquid 900ml	\$3.47
Beef Mince	\$14.99 kg
Gourmet Chicken Pieces	\$7.99 kg

Week 2 15 May—21 May

McCain Pizzas varieties 500g	\$4.99
Red Bull drinks 4pk	\$6.99
Milo 750g	\$7.99
Pedigree Dog Food varieties 3 kg	\$9.55
Fantastic Delights 100g	\$1.85
Herbal essence Shampoo & Conditioner 300ml	\$2.75 each

Managers Specials

Patties 12 pk Party Pies & Sausage Rolls	just \$4.95
Uni soft Toilet Tissue 6pk	just \$2.49

Managers Specials

Schweppes Juices 750 ml	just \$1.99
Focus Fruit Fix Waters 500ml	just \$1.99

Don't forget MUM

Cadbury Favourites 320g \$5.9	Ferrero Collection 172g just \$6.49
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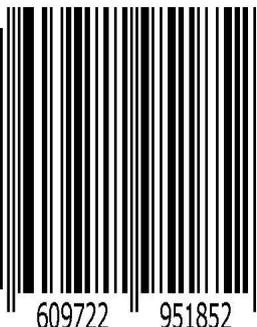
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Crossword Solution

THE SOLUTION

FOR THIS ISSUE'S CROSSWORD

WILL BE IN THE NEXT ISSUE.