



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 51.14 15th August 2019

Deadline for 51.15 is at 5.00 pm on Monday 26th August 2019

SERVICE TO COMMUNITY ACKNOWLEDGED AND RECOGNISED

Members of the Avoca, Fingal, Mathinna, Rossarden and St Marys Fire Brigades gathered at the Fingal fire station on Wednesday, 24th July 2019, to acknowledge and reward long-serving members, with the presentation of Service Badges and Certificates of Service to over 80 fire-fighters. While not all recipients were able to attend, officials were pleased with the number who did turn up.

James Newstead, District Officer, South Esk District, and Brett Fazackerley, Tasmanian Fire Service, spoke of the members' dedication to training and attending incidents, and thanked all members for their community spirit.

Frank O'Connor and Trevor Williams, both members of the Avoca fire brigade, were presented with Long Service Badge and Certificate for 50 years of service, while Bruce Miller and Jamie Loane, of Fingal fire brigade and Grant Faulkner and Jason McGiveron of the St Marys fire brigade, were all rewarded for 35 years of service to the fire service.

"It's our way of showing gratitude for the time and effort these brigade members have given for the safeguarding of their communities. They work together magnificently as a great bunch, respecting each others' capabilities and getting the job done very well," Gerald Aulich, Group Officer of the Golden Gate group told the Valley Voice.

"We also have to thank their families, who support them as they to go face a fierce enemy, often under great stress, not knowing how they are, and whether they are safe, then welcoming them home with thanks for their safe return."

Robert Parsons, Brigade Chief, Mathinna fire brigade, said, "The awards are very special to fire brigade members; the TFS are recognizing the volunteers, and the hard work they all put in. Some take the matter very seriously, keeping track of the years of service, then advising head office when an award is due. If they don't get their award, the brigades get upset." On behalf of his family, Lachlan and Charlie Shea accepted the award presented to their late grandfather, Douglas Scott, from Mathinna, for his many years of service.

If you are interested in becoming a member of a volunteer brigade, please contact your local fire station, Northern Regional Office on (03) 6777 3666, or email the Tasmanian Fire Service at - fire@fire.tas.gov.au.



l-r; Rick Bayldon, Frank O'Connor, Jamie Loane, Greg Bean, Peter McGill, Robert Parsons, Andrew Thomas, Joan Gee, Jeffery Springer and Trevor Williams.

Front: Lachlan and Charlie Shea, grandsons of the late Douglas Scott

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 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.
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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

August 15	Valmai Spencer
16	Ruth Aulich
19	Valmai Spencer
20	Pam Bretz
21	Lundy Vosper
22	Heather Griffiths
23	Karl Balzar
26	Bronwyn Zemanek
27	Freya Wynter
28	Louise Keady

FINGAL FOCUS

Lawyer: “Now Doctor, isn’t it true that when a person dies in his sleep he doesn’t know until next morning?”

Witness: “Did you actually pass the bar?”

Lawyer: “Doctor, before you performed the autopsy, did you check for a pulse”

Witness: “No.” **Lawyer:** “Did you check for breathing?” **Witness:** “No.”

Lawyer: “So it was possible that the patient was alive when you started the autopsy?”

Witness: “No.” **Lawyer:** “How can you be sure?”

Witness: “Because his brain was sitting in a jar on my desk.”

Lawyer: “I see, but could the patient have still been alive, nevertheless?”

Witness: “Yes, it is possible he could have been alive and practising law!”

The above jokes were allegedly from actual transcripts in U.S. courts

NASA’s Mars Lander has found ice and salt on Mars. Now it is searching for Tequila. That’s not all, it also found an old blender.

Staring at an empty cage at the zoo, a visitor asked, “Where are all the monkeys?” “It’s mating season,” said the keeper, “they’re all inside.” “Do you think they’d come out for peanuts?” The keeper looked at him and said, “Would you?”

Scene: Garden of Eden..... Eve to Adam: “Do you love me?”.....Adam to Eve: “Do I have a choice?”

A woman walked into her kitchen to find her husband stalking around with a fly-swat. “What are you doing?” she asked. “I’m hunting flies” “Oh! Really, kill any?” “Yep” he replied, “three males and two females.” She was intrigued by this and said, “How can you tell?” “That’s easy,” he answered, “the males were on the beer can and the females were on the phone.”

Beside himself with panic, an expectant father shouts down the phone, “My wife’s having a baby and her contractions are only two minutes apart!” “Is this her first child?” asked the doctor. “No, this is her husband!”

Mike Brouder (Well, I think they are funny.)



THE OPINION ISSUE

Things That Get Me Angry By Little Miss Mad

I was working in the Markets one Sunday and told my brother to stop slacking off, and this man made an off-hand comment that 'this is the reason why women should rule the world, there would be no problems'. In any other situation I would have challenged him but I stayed quiet.

Have you ever heard the comment: 'If women ran the world then there would be no problems'? Maybe you have said that yourself. Let me tell you something as a female, women taking over the world would be no different than men taking over.

The world was run by men for the majority of the human race's lifetime but feminism is shifting more and more into the spotlight. Nowadays, men who have been raised in a patriarchal society think that they can gain favour from females by saying that if 'women were in charge then there would be no issues' and that is not right.

These sorts of issues are what our society struggles with. No single gender will fix the world. If the world went the other way and women were in charge then there would still be war and poverty. Just because females were downtrodden for years does not mean that they should solely lead.

It may sound feminist if you say things like that, but in fact, this was how sexism came to be. The idea that one gender is better than the other.

Treating serious issues with unfounded judgement, make it appear like you're giving the women a handout because of all the inequality that they have endured because of the patriarchy. That is not okay and it will not fix a thing.

Women shouldn't be in charge and neither should men. In the government, we should try to make the opportunities equal. Men and Women need to work together because the decisions made in the government affect both genders.

What are your thoughts?

Horse Racing Needs to Be Stopped

Horse Racing is a dying industry. The amount of abuse and deaths that have happened in this sport is horrific. Thousands of horses every year are put through tremendous hours of hard-core training just to run around an oval track every three weeks against 7 or so other horses. The jockeys in the sport are malnourished and under-weight. Many jockeys also suffer from mental issues such as depression, anxiety and insomnia. Both jockeys and horses are under constant stress and pressure, all for money.

The jockeys in the industry are put under a lot of pressure. Jockeys are pushed to undergo intense training programs and strict diets to keep under a certain weight (49 – 53 kg). This can be very mentally and physically straining for individuals due to the cut back in food and the extensive training and exercise. It takes a lot of courage and persistence to be a jockey, especially after being involved in an accident such as falling off the horse during a race. This industry is almost life threatening for jockeys, take Michelle Payne as an example.



Michelle Payne is the first female jockey to ever win the Melbourne cup in 2015, but what you did not know is that 2004 Michelle fell off a horse and fractured her skull, suffering bruising to the brain and bleeding on the brain. She did not give up horse riding and 11 years later she became the first female jockey to win the Melbourne Cup.

Her horse on the other hand remained stuck in the industry and continued to live in the horrible continuous routine of the horse racing. Most of the horses in the industry are locked up in three by three metre boxes for half of their lives. The other half is spent out on the race track running lap after lap, just to get faster and possibly win a race. This is not an ideal life for a horse.

Horses have not evolved just to run in circles for the sake of money. Wild horses are running thousands of kilometres daily, unfazed by humans. These horses are free to do what they want. They would not choose to live a life of running laps and being locked up. So why has the human race brought it upon themselves to breed these horses? Because of money, humans are greedy.

Wouldn't you hate for your kids to be brought up in a world where their sole purpose is to do the same thing, every single day? Imagine them making money for other people that they have never met; to wake up every day to eat the same meal, walk the same road, every single day just to put money in a complete stranger's pocket.

Imagine the mental state these horses must be in; they are whipped, kicked and hit. Yet their voices are still left unheard; no one can know the pain these horses are going through. Why have we taken it upon ourselves to put this other species below us, to manipulate and change the natural environment of these animals? To change their natural daily routine and put them in uncomfortable situations.

When it comes towards the end of a racehorse's career, things either get better, or worse. Hundreds and millions of horses are taken out of the racing industry every year. Some horses are just taken out of the industry due to not being fast enough to run in the races. Others have gotten to the point in time where they are no longer fit enough and their legs start to deteriorate. They are just not physically capable to race against the other horses, so they are either sold to a new home. There they can either be put into a new sport such as jumping or dressage, or they just live out the rest of their lives in a paddock. The other option is they are sent to the slaughterhouse. They are put into a truck with around 50-100 other horses, driven off to the abattoir and killed. This is the worst end to a life for any animal. It is sickening that they don't even have a chance to experience what it feels like to be loved.

The horse racing industry should be shut down. It is an abusive and harmful sport that has to come to an end. Our world is already over populated with horses so we need to stop breeding them. Many horses around Australia are put down every year because we simply don't have the supplies nor the space to accommodate them. So instead of breeding more horses for this abusive industry, how about we shut down the industry and give all these poor mistreated horses the chance to live out their days in peace.

- Ayla Johnson

The Say by the Cage Rattler

Driving in winter is always a bit interesting any time, and this year is no different. Apart from reduced visibility from fog and mist, drivers not always paying attention to weather, rain issues, wind also and frosty roads, there is the added risk of the worst of the lot ...black ice.

Within a very few kilometres of our town is the infamous episodes of black ice on Elephant Pass and one or two other places, but quite literally the new 'black spot' is near "Cullenswood". Over recent weeks, the plantation trees shading the Esk Main Road on the eastern side of the "Cullenswood" church have caused a number of crashes in maybe 200 metres of road. I personally know of three such incidents. One was a roll over. Very thankfully no-one seriously injured.....yet.

It's great now to see some temporary warning signage out there on both sides, that hopefully notifies local and visiting travellers of this treacherous stretch of road, for the next few weeks in the last throes of winter. The plantation trees are obviously blocking the early morning winter sun from thawing the ice that occurs in this zone, and until these trees are harvested, it'll remain a risk, I'd suggest.

Can we ask that while the trees remain, more comprehensive signage from maybe Cornwall Avenue through to maybe the Davern family entrance be erected? I hope, given the spate of recent prangs, that this will be a priority for those who make these calls. Let's not wait until a fatality or serious injury happens before proper signage takes place. Maybe a reduced speed limit in that zone too, as the unknowing can hit this black ice at 100 kph, and this potentially could be tragic. It's one thing for us locals to know about this stretch of tarmac on freezing winter days, but it's quite another for the unsuspecting visitor. Let's hope that this is already being considered for the near future.

What do you think ?

LETTER TO THE EDITOR

Dear Editor,

After trying several times to navigate via phone calls through a Government department with all its bureaucracy, I became so frustrated I decided to email Brian Mitchell's office to ask for assistance.

His office rang the very next day and informed me that they had contacted the relevant department, and my issue was being considered, and would be processed that day.

Many thanks to Brian Mitchell and his staff for their prompt and professional manner.

Reon Johns

Editor's note:

Has anyone else had a problem that has been sorted by contacting a politician? Please let us know; perhaps action needs to be taken on this matter...

Events

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: \$1.00 per cuppa.

AA

Wednesday night, Anglican Church Hall, Cecilia Street, St Helens @ 7.00 p m,
Friday night, Anglican Church Hall, Main Road St Marys @ 7.00 p m

St Marys Monthly Market

9.00 am - 1.00 pm, first Saturday of every month at St Marys Town Hall. Local handmade crafts, fresh produce and preloved bargains.
Ph Megan, 0418 881 315.

St Helens Markets

Held every Saturday in the St Helens town centre from 8.00 am - 1.00 pm. 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: 10.00 am. Where: Scamander Beach Hotel
Contact: Marj Aulich 0473 238 077
or Val Spencer 0437 397 219

Eastcoast RC Flyers

Remote control flying every Sunday at 145 Reids Road Priory (St Helens), from 9.00 a m. Visitors welcome. Phone Paul on 6372 2529

THE COMBINED PROBUS CLUB OF SCAMANDER INC.

Extending a warm invitation for you to come along to one of our meetings, which are held on the 4th Wednesday of each month, 10am at Scamander Beach Hotel/Motel, where you will see what we are all about.

FUN, FELLOWSHIP and FRIENDSHIP

We experience many and varied guest speakers, also embark on 3 - 4 bus trips a year hosted by Franklins Coaches incorporating a 1 - 2 night stay. Our next trip is to be to the Central Highlands and more!! We also have BBQ's and luncheons at members homes.

Our members have made many great friendships within the Club and would love you to come along and join in

We have a one off joining fee of \$15

Annual Subs \$30

Each Meeting \$5 (to cover the cost of morning tea and hire of venue)

For more information contact Valmai, on 63 722 762

Contributed The Combined Probus Club of Scamander Inc.

Your best interests at heart. Talk to us.



St Helens/St Marys
Community Bank® Branch



Your Local Community Bank® Giving Back!

On Wednesday 7th August we celebrated our latest round of small grants with a morning tea hosted by the St Helens Tennis Club.

The recipients included Orienteering Tasmania Inc. \$1000 to assist with hosting the Australian Orienteering Championships and the Australian Schools Orienteering Championships which will be held in the area in 2020. St Helens Carers & Friends Support Group also received \$500 to assist with provision of Emergency Care (Personal) packages for hospital patients, which they currently provide to the St Helens District Hospital. The St Helens Tennis Club Inc. received a small grant of \$1000 for repairs to the guttering and roof of the clubhouse.



L - R: Roger Harlow (Orienteering Tasmania Inc.) Sheree Archer (Bendigo Branch Manager), Jason Johnson (St Helens Tennis Club Inc.), Pam Bailey (Bendigo Bank Customer Service Officer), Andrew MacGregor (Chairman of the Board), Marie Anthony & Maria Perry (St Helens Carers & Friends Support Group), Matt Collins, Ron Lowe & Mary Roach (St Helens Tennis Club Inc.)



These worthy recipients all provide different opportunities for members of our local and broader community and it's our great pleasure as your local Community Bank® to be able to offer our support.

In eighteen months since the branch opened in St Helens in excess of \$37,000 in financial assistance has been given to various groups and organisations within our municipality.

Bringing your business our local Community Bank® will ensure we're able to continue to assist our communities....

The SunCoast Spinners

next meet on 20th August

at the Falmouth Community Centre,

Morrison St Falmouth

from 10am to 2pm

For more info phone Jacinta Allen 63842355

This is the work of Megan Leavy, a member of the Suncoast Spinners who can be seen in action at the St Marys Market on the first Saturday of the month.



You are cordially invited to attend the

FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

ANNUAL GENERAL MEETING

Date: Wednesday 28th August 2019

Time: 1.00pm

Venue: Fingal Valley Neighbourhood House
 Old Tasmanian Hotel
 Talbot Street, Fingal

RSVP by Friday 23rd August 2019

(03) 6374 2344

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



OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 04 29722091

Lot 1 Esk Highway St Marys

Facebook/ BreakO'Day Woodcraft Guild

Opening times: Monday – Thursday depending on volunteers 10am till 4pm

Firstly, a belated happy birthday to our member Col Mackenzie. The Guild at present is in grant writing mode, as we are trying to obtain funding for our new project. Fingers crossed! Due to the cold weather the Guild has been closing earlier. I think any rational person would understand that its trying on volunteers to keep our venue open in the cold conditions of late. If anything is urgent, please do not hesitate to ring Reon on the above mobile. The good news is spring is on its way! If our flag is up we are open for business. On the subject of the flag we will be approaching our visiting politicians to request a new one. The weather has taken its toll on our current one, however, it has served us well for the last several years.



school pic of Col Mackenzie not many moons ago

Libraries

Fingal Fingal Valley Neighbourhood House, Talbot Street Ph 6374 2344
 Mon, Wed & Fri 9am - 3pm Tue & Thurs 9am - 12pm Adult's and children's books, magazines, DVDs.



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You can now borrow games for PlayStation 4 and Xbox One.

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St Marys Library

31 Main Street, St Marys
 (03) 63875602



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 Wed: 12.30-4pm
 Thurs: 10am-12.45pm
 Fri: 12.30-4pm

August is
**National Family
 History Month**

eLibrary: www.libraries.tas.gov.au

STORY BOX LIBRARY



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You can get FREE access to Story Box Library through the Libraries Tasmania website, by following these steps:

- Click on the 'eLibrary'
- Select 'eBooks + stories'
- Click the red 'Story Box Library' square
- Log in with your Libraries Tasmania card number and password



There are hundreds of videos for you and your kids to enjoy, plus fun activities for kids and a blog full of great information for parents.

Try Story Box Library today!



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

Ambulance coverage boosted in regional Tasmania

The Hodgman Liberal Government is boosting ambulance services in regional and remote areas across Tasmania, with the first three paramedics now successfully recruited.

Wynyard Ambulance Station is now staffed full-time, with three additional paramedics providing emergency responses. This is part of the Hodgman Liberal Government’s \$125 million investment into Ambulance Tasmania over six years, which includes the progressive recruitment of 42 paramedics in rural areas.

This financial year, Ambulance Tasmania will recruit three FTE paramedics in Dodges Ferry, three in Bicheno, three in Deloraine and three in St Helens, as well as upgrading the stations in each of those towns as a result of the additional recruitment. Over the remaining four years, a further 24 paramedics will be recruited to regional areas across the state. These additional paramedics, including those already successfully recruited in Wynyard, will assist in reducing fatigue, increasing ambulance responsiveness and reducing overtime costs.

“We know there are demand pressures on our hospitals and on our paramedics, which is why we are committed to continuing this additional recruitment, as well as working with staff, stakeholders and the community to address these important issues,” Sarah Courtney, Minister for Health has stated.

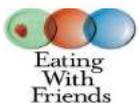


Health Minister Sarah Courtney, new intensive-care paramedic Ray Johnson of Wynyard, and acting manager, Ambulance Tasmania, North-west, Alistair Shephard.



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

Contact Number: 6374 2344



We invite you to come along and meet new people. Enjoy a delicious two course meal in a warm and friendly environment.

Date: Friday 23rd August

Main: Sausages, Onion, Gravy with Vegetables.

Dessert: Apple Pastry

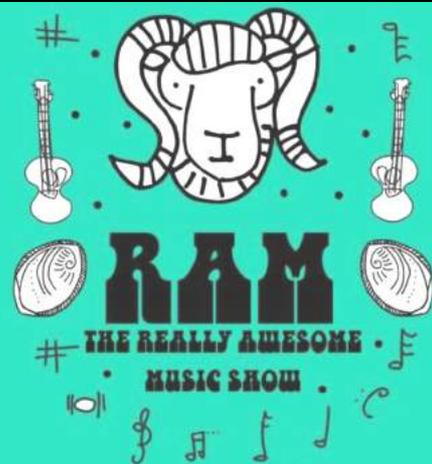
Time: 12 noon

Cost: \$5.00

Must R.S.V.P by Monday 19th August for catering purposes.



Fingal Valley Neighbourhood House Inc. is supported by the Government of Tasmania and the Tasmanian Community Foundation.



THE REALLY AWESOME MUSIC SHOW

SATURDAY AUGUST 31ST

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The Embers SUNDAZE

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Rocky Mountain Oyster Cult

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Fingal Valley Neighbourhood House

20 Talbot St

Monday

26 August 2019

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appointment
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1800 066 019



St Marys Newsagency



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HELP US PREVENT DEMENTIA

STUDY ABOUT TO START

Dementia is a major health and social issue that is rapidly increasing in its impact, due to the ageing of the population across Tasmania.

The “Island Project” is a state-wide initiative focused on tackling risk factors not just of dementia, but also of other common chronic conditions and illnesses, in our lifestyles and behaviors. It is aimed at those aged 50 or older.

So far, over 8,000 Tasmanians have registered their interest in being part of this study, which is the largest long-term study of whether addressing lifestyle factors will be any help in preventing the development of dementia. The organisers aim to have 10,000 participants.

The study will consist of completing surveys, setting health goals and achieving them and having the chance to attend educational opportunities and community-based events.

To register your interest in this ground-breaking study, go to islandproject.utas.edu.au.

THE ISLAND PROJECT

Island Study Linking Ageing and Neurodegenerative Disease

THE ISLAND PROJECT WILL BE THE LARGEST DEMENTIA PREVENTION STUDY IN THE WORLD
 This project is designed for Tasmanians aged 50 and over

REGISTER YOUR INTEREST NOW
islandproject.utas.edu.au

UNIVERSITY OF TASMANIA
WICKING
 Dementia Research and Education Centre

DEFIBRILLATOR INFORMATION NIGHT



Fingal Valley Neighbourhood House was lucky enough to secure in the first round of the application process through Ambulance Tasmania, a Defibrillator Unit to be housed at FVNH for the local community.

The Defibrillator Unit (AED) has now been installed at the Fingal Valley Neighbourhood House.

On Thursday 1st August 2019, Roxy Cowie from St John's, provided information about the AED unit to those who attended. After a quick overview of our unit, Roxy walked through the steps using the test defibrillator unit, going through the instructions and how to use the unit if a situation ever arose.

Participants on the night were also able to ask questions of Roxy as well.

The Ambulance Tasmania website provides a list of Public AED units - this can be found online at their website. The unit is currently in the process of being registered through Ambulance Tasmania's public AED system. Once Ambulance Tasmania have visited and the registration is completed, when you call for an Ambulance in an emergency situation, they will advise how you can access the AED. Local Police and Ambulance services have also been advised on how to access it.

Fingal Valley Neighbourhood House will look into running another session in the near future and if you'd like to register your interest, you can do so by contacting the office on 6374 2344 or via e-mail: admin@fvnh.org.au

Article and photograph contributed by Lousia Rhodes.

Irapuna COMMUNITY WEEKEND CLEANS UP COAST

Over 120 volunteers spent three days recently walking the beaches north and south of Eddystone Point, removing 10s of kilos of marine debris and 11,000 'sea spurge' plants, an invasive beach weed that has overrun many beaches in southern Australia. Volunteers came from far and wide, some camping in the area, while others travelled to the beach each day, from home and local accommodation. About half of them had not been to a Irapuna Community Weekend before, which is an encouragement for attendance to grow in the future.

The 'Irapuna Community Weekend' was a joint effort held on 2, 3 & 4 August, involving the Parks and Wildlife Service, Wildcare Friends of Irapuna coast group, Tasmanian Walking Company (who operate the 'Bay of Fires Walk') and numerous other community partners, with support from the Break O'Day Council.

Marine debris removed included cans, both aluminium and tin, ceramic, glass, polystyrene foam, plastic and plastic bags, and a coconut, with the most common debris found and removed being cloth. Some of the debris has been given to local artists, who make pieces inspired by the materials and where it was found, while the rest was taken to approved disposal sites.

Most of the 'sea spurge' removed were juvenile plants, which were pulled out and placed above the high-tide mark, to dry out and die. Although the amount removed was impressive, another session of 'sea spurge' removal may be organised before the start of the shorebird nesting season begins.

If you or someone you know are interested in continuing this important environmental work, contact the Friends of Irapuna Coast at Wildcare.irapunacoast@gmail.com.

Information and photo supplied by Polly Buchhorn.



Wildcare volunteers pulling sea spurge from Picnic Corner near Eddystone Point.

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Phone: 03) 6376 2600 – Nicole **Email:** info@goingnutshealth.com.au



Address: 3/7 Pendrigh Pl, St Helens

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.



Local Government Legislation Review - Reform Directions Paper Released

The Review of Tasmania's Local Government Legislation Framework has entered its second Phase, with the release of a Paper outlining proposed reforms for consultation.

Submissions are invited on the reforms proposed in the Paper. Submissions can be made by completing a multiple-choice survey, or in writing via email or post.

The Reform Directions Paper and associated survey can be accessed from the Review webpage at www.dpac.tas.gov.au/lgreview.

Submissions are open till **5.00pm, Monday 30 September 2019**.

Submissions to the Reform Directions Paper can be made by email or post as follows:

Email: lgreview@dpac.tas.gov.au
Post: Local Government Legislation Review

Local Government Division

GPO Box 123

Hobart, TAS 7001

For further information please contact the Local Government Legislation Review Project Team on (03) 6232 7643.

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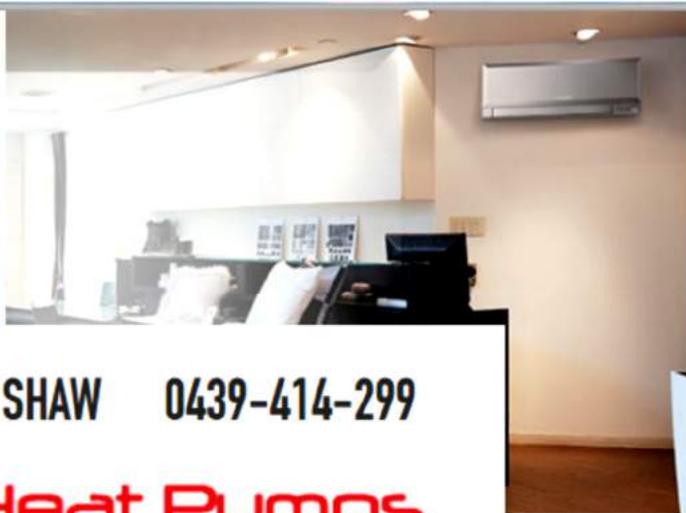
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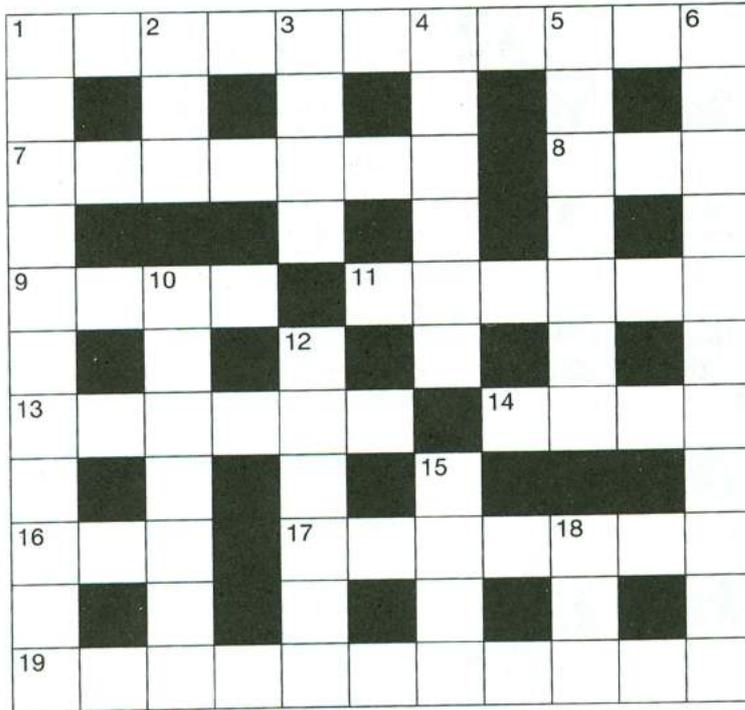
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St. Helens, Tas. 7216

Email:
sth.electrical@gmail.com



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and through the Fingal Valley
Lic: 933671

Crossword



Across

- 1 Blood poisoning (11)
- 7 Time when the sun sets (7)
- 8 Rugby-team name closer (inits) (3)
- 9 Music boosters (4)
- 11 Pizza pieces (6)
- 13 Imagined (6)
- 14 Pre-Roman inhabitant of Europe (4)
- 16 Gardening tool (3)
- 17 Dark, medium-sweet sherry (7)
- 19 English electronic pop duo (3,4,4)

Down

- 1 Management (11)
- 2 Entry-rank soldier (abbr) (3)
- 3 'As before', in a book (abbr) (4)
- 4 Divine messengers (6)
- 5 Act of God (7)
- 6 Allegations (11)
- 10 Gift (7)
- 12 Not rough (6)
- 15 Lather (4)
- 18 Lennon's Yoko (3)

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Erica
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Onion Weed
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Pampas Grass
Wild Raddish
Serrated Tussock

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 St Marys, Thursdays.
 Ph Bree on 0450 068 328

Moo Poo

See Normie
 6372 2380

Work Wanted!

I am qualified and experienced Landscape Gardener.
 I have a Certificate III in Horticulture and am available to work in the area.
 For more information call Mark on 0457 754 228



TREE FELLING—WOOD CARTING—LAWNS MOWED— BLOCKS SLASHED

Phone Danny and Jenny Franklin on
 0417 385 935



THE HEALTHY TASMANIA FUND GRANTS NOW OPEN!

We are pleased to announce that applications for the Healthy Tasmania Fund are now open.
 The Healthy Tasmania Fund will provide grant funding to community organisations to improve the health and wellbeing of their communities.

Grants will focus on the following areas:

- reducing smoking,
 - reducing obesity and the levels of overweight Tasmanians.
- improving healthy eating and/or physical activity.

Grants up to \$200 000 will be available for projects or initiatives up to two years in duration.

Applications close on 30 August 2019.

For more information, including the guidelines and how to apply, visit www.health.tas.gov.au/healthytasmaniafund

From the Healthy Tasmania Team

Prevention is better than cure



C & D EXCAVATIONS

For all your earthmoving requirements

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- Top soil, screened topsoil.
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The workshop will cover:

- The effects of incarceration and the justice system on families and children
- resources that are available to support the family and children
- resources that are available to support professionals working with families and children
- suggestions of how your organisation can support families and children affected by familial incarceration

Children Affected by Parental Offending

This workshop is for anyone who works with families and children and would like to learn more about how they are affected by having a family member in prison.

This is a very real problem in Tasmania, and one that is multifaceted and difficult to address. Over the past 18 months, a group of government and non-government agencies have been working collaboratively in order to improve the quality of life for children and families affected by the offending behaviour of a loved one. The commitment to work together to support this vulnerable group of children has resulted in some great outcomes. The identification and sharing of resources and the creation of professional training and familiarisation programs has been outstanding.

While this information has been disseminated well within the Hobart region, the working group, Children Affected by Parental Offending (CAPO), is conscious that these resources would also be of significant benefit to many agencies throughout Tasmania. To this end CAPO plan to conduct a Roadshow on the East Coast. The presentations will be tailored to suit the needs of the various organisations who work with children affected by parental offending.

During a three-hour presentation the team will showcase the training and support resources available and aim to marshal the existing resources of our agencies to productively focus on this very vulnerable segment of society.

The CAPO team is made up of professionals from Onesimus Foundation, The Salvation Army Communities for Children, Save the Children, JusTas, Catholic Care, Lady Gowrie, Tasmania Police, Communities Tasmania, Tasmanian Government Department of Education, Department of Human Services and the Department of Justice Community Corrections and Tasmania Prison Service.

Contacts

Katie Murray
Child Safety and Wellbeing Liaison Officer
Strong Families, Safe Kids Advice and Referral Line
St Johns Park, New Town TAS
Phone: 0447 525808
katie.murray@communities.tas.gov.au
(Works Monday to Thursday)

Teresa Pockett
Student Support Leader
Learning Services
Department of Education
30 Raminosa Rd, Lindisfame, TAS
Phone: 03 61656469
teresa.pockett@education.tas.gov.au

Julie Bunyard
Family Consultant
Integrated Offender Management
Tasmania Prison Service
Phone: 03 6165 7179
Julie_bunyard@justice.tas.gov.au
PO Box 24, Lindisfame TAS 7015

Jo Jumper
Coordinator, Children and Families
Save the Children Australia
145 Bathurst St, Hobart 7000
Phone: 03 6231 9488
joleigh.jumper@savethechildren.org.au

Norm Reed
Executive Officer
Onesimus Foundation
Phone: 0401860954
norm_reed@onesimus.org.au
550 East Derwent Hwy, Risdon Vale TAS 7016



Register online to attend www.onesimus.org.au/events



ROADSHOW CHILDREN AFFECTED BY PARENTAL OFFENDING

Considerable research has shown that children with a parent who offends, or who is in prison, are at greater risk of mental illness, social isolation, behavioural issues, and reduced educational prospects. The emotional trauma that these children experience, and the practical difficulties of a disrupted family life are often compounded by the negative social stigma that these children face. The CAPO team will hit the road with the goal of presenting to agencies across the state, showcasing training and support resources available to address the needs of this very vulnerable group within society.

This Roadshow will also provide an opportunity for Tasmanian agencies to work collaboratively sharing their knowledge and experiences to focus a common goal of supporting children affected by parental offending at all stages of the criminal justice system.



Tuesday

27th August 2019
12.30-3.30pm

THIS PRESENTATION IS FOR

Department of Education
Communities Tasmania
Community Corrections
Tasmania Police
Local Government
Non-Government Agencies
Charities

This workshop is for anyone who works with families and children and would like to learn more about how they are affected by having a family member in prison.

Register online
www.onesimus.org.au/events

BREAK O'DAY COUNCIL CHAMBERS

32-34 Georges Bay
Esplanade
St Helens



SCOUTS CAUSE A "BATTLE" BETWEEN TWO LOCAL TOWNS...



But it's not what you think... or is it???

The battle between the two towns is actually going to be a Trivia Night. And what would be better than one trivia night? Two... of course... But not two separate ones... oh no! That would be just too easy. Let's do it AT THE SAME TIME, ON THE SAME NIGHT and with THE SAME QUIZ!

St Helens Scout Group needs to raise funds to build it's carport, and "Free 2B Girls" wants to expand it's successful youth program for young girls. A trivia night is always great fun, and because both these groups have representation in St Marys too, it was impossible to decide which town should be the host of the trivia night, so Carol said why not do both towns and create a competition between the two towns?

RESULT: Saturday 26th October 2019 - "Battle Of The Towns" Trivia Night

Here's how it will work: Decide which venue you want to play at. If you play at St Marys Hall you'll be representing St Marys, and if you play at Portland Hall you'll be playing for St Helens. You can only have a maximum of 8 players in a team. You can have less if you wish, but definitely only a maximum of 8 players per table. Table scores from St Marys teams will be added up at the end of the night and an average taken, the same will happen in St Helens. The town with the highest average will be the winning town, and own the bragging rights for one year. There's even a trophy!

Both venues will have their own MC/Quizmaster and will deliver the exact same quiz. Only the two quizmasters will know the answers. The best team in St Marys and the best team in St Helens will also receive prizes as you would normally expect. Raffles will also be conducted on the night at each venue.

YOU MUST BOOK! Contact Carol Liefing: carol.liefing@gmail.com or 0418 135 051 to book your table. You will also need to pay for your tickets before the event. Contact Carol and she will arrange that with you. Also, every Friday until the end of Sept you can head down to the Bay of Fires JG&A and arrange your booking with Carol at the Scout sausage sizzle. Please understand that, unless the table is booked and paid for, your booking is not secure. We will be unable to accept walk-ins on the night. Already we have sold 30% of the tables at the St Helens venue through the Facebook announcement on 9th August. We anticipate a sell out, so if you want to join in on this very unique event, then please make your booking now. See the poster for further details, and watch this space for more information next month.

Tickets: \$20 per person includes a light supper. Fully licenced - NO BYO please
Venues: St Marys Hall & Portland Hall - 6pm for 7pm
Contact: Carol Liefing: carol.liefing@gmail.com or 0418 135 051

This is a joint event on behalf of Tani Garde from Free 2B Girls & the Group Committee from St Helens Scout Group

© "Battle of The Towns" Trivia concept is the intellectual property of CJ Liefing

Proudly supported by:



ST HELENS SCOUT GROUP & FREE 2B GIRLS CHALLENGE YOU TO...

TRIVIA NIGHT

SATURDAY OCT 26TH

"BATTLE OF THE TOWNS" SAME QUIZ, TWO VENUES, ONE CHAMPION ST MARYS vs ST HELENS

ST MARYS HALL AND PORTLAND HALL

BOTH HALLS OPEN AT 6PM TRIVIA STARTS AT 7PM \$20 PER PERSON
Light Supper included Fully Licenced **No BYO**

BOOKINGS ESSENTIAL Maximum of 8 players per team
Contact Carol Liefing - Phone 0418 135 051 / carol.liefing@gmail.com





**THRIVE COMMUNITY GARDEN
ANNIE ST, ST HELENS**

NATURE EXPLORER

a fun free session with Tash Lowe for children 0-8 years who love being outdoors and their families/carers

Tuesdays 1.30-2.30pm

come along for garden investigations, creative arts and sharing ideas on sustainability.
Starts 6th August

MORE INFO CONTACT TANYA: 0400 002 116



Bringing Up Great Kids



Bringing Up Great Kids is a FREE program for anyone caring for kids 0-12 years old

This 4 week course helps you build strong positive relationships with your kids

- Explore how we think and feel influences how we parent our kids
- Understand kid's communicate through their feelings and behaviour
- Look at what are the important messages we want to pass on to our kids and how we can do this
- Find out ways parents can take care of themselves and get support if they need it

Date: Mondays August 19th & 26th and Sept 2nd & 9th
Time: 1.00pm—2.45 pm
Where: St Marys Community Health Centre Day Centre
Presented by: Mary Mumford (CHaPS nurse)
Tanya Greenwood (Building Blocks)

Cost: FREE!!

Afternoon tea and free adjunct child care provided

To book your spot call Tanya: 0400 002116 or Mary: 0428 136 381




BUILDING BLOCKS

FREE SESSIONS
FAMILIES/CARERS WITH
CHILDREN 0-8 YEARS WELCOME



PARK PLAY & LEARN

Term 3 Sessions:

Pyengana Recreation Ground
7th August and 4th September

Lions Park (St Helens Pt Rd)
21st August and 18th September

All sessions: 10.30-12pm
morning tea provided
come along for great activities,
New Families always welcome

HIGHWAY 2 HEALTH FREE EVENT

INFORMATION AND DEMONSTRATIONS ON:

- Getting healthy and staying healthy
- Magic of Non prescription **Chronic Pain** relief
- Healing Powers of Hydration
- Digestion Issues and Stress Relief
- Nutrition, Toxins and Low Energy
- HEALTHY MORNING TEA!**

Saturday 24th August 10-11:30

St.Marys Hospital Day Centre

Entry via the side ramp RSVP Bree by 22nd August for catering



**KINESIOLOGY
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breezebalancing@gmail.com
0450068328 & fb

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

Doctors Roster

Dr C. Latt

15/8/2019

Dr K. Rawnsley

15/8, 16/8, 20/8 & 30/8/2019

**Doctor's appointment are needed to see our GP's.
It is not a drop in clinic**

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

IN A EMERGENCY

PHONE 000

AMBULANCE, FIRE & POLICE

WAITING AREA AT THE HEALTH CENTRE

The waiting area for **all** services at the St Mary Community Health Centre is in the reception.

Please report to reception upon arrival and the consultant you are here to see will be told, and they will come and collect you from this area.

Scripts and Doctors Appointments

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

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.

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 renewals
- ◆ Insurance medicals
- ◆ 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

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

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

15th August **2nd Bite Delivery**
Social Worker Shan Williams
Call 6387 5555 for appointment.

16th August **Social Worker** Shan Williams
Call 6387 5555 for appointments.

19th August **HUB4HEALTH Raising Great Kids**–
1:00pm-3:00pm
TLC Meeting (Tasmanian
Lymphoedema Centre) 5:00pm in the
Day Room.

20th August **HUB4HEALTH Board Meeting** 6:00pm-
7:30pm in the Day Room.
Podiatry North–for appointment
please phone 6777 1428

21st August **Day Centre**- call Hayley Gilbert on 6387
5555 for information on the group.
Social Worker Shan Williams
Call 6387 5555 for appointment.
Diabetes Tasmania– Melanie Hortle
please see your GP for a referral
9:00am-3:30pm

22nd August **2nd Bite Delivery**
Social Worker Shan Williams
Call 6387 5555 for appointment.

23rd August **Social Worker** Shan Williams
Call 6387 5555 for appointment.

26th August **HUB4HEALTH Raising Great Kids**–
1:00pm-3:00pm

27th August **Child Health Session** with Mary
Mumford Tuesday fortnights, by
appointment only. Phone 0428 136 381
Max Employment– 9:00am-3:30pm
downstairs.

28th August **Day Centre** - call Hayley Gilbert on
6387 5555 for information on the
group.

29th August **2nd Bite Delivery**
Social Worker Shan Williams
Call 6387 5555 for appointment.

30th August **Social Worker** Shan Williams
Call 6387 5555 for appointment.

SMCHC Teaching Site

We are a UTAS teaching site

We regularly host students from various health
faculties, who attend our site to participate
in training placement.

If you are attending this practice and would prefer the
students do not sit in on your consultation, please
inform reception prior to your appointment.

These placements are very important for the students,
so your cooperation is greatly appreciated.

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

DIGNITY DRIVE

The Dignity Drive starts on 1st August and finishes on 31st August. Please donate sanitary pads, tampons and other sanitary products to our BIG PINK box in the St Marys Op Shop, behind the Community Hall in St Marys on the Main Street. These are distributed through the east coast to women in need through Anglicare and RAW .

Let's help restore the dignity of women in need..

THANK YOU!



Donate HERE

There are over 85,000 women that need our help this year.

Due to homelessness, poverty or escaping domestic violence, women in crisis are forced to use newspapers, toilet paper or tissues as makeshift pads.

Your generous donations of sanitary items will make a real difference to people in need.

Thank you for helping us to SHARE THE *Dignity*.

FOR MORE INFORMATION AND TO FOLLOW THE MOVEMENT...
www.sharethedignity.com.au @sharindignity /sharethedignity /sharethedignityaustralia

UNITING CHURCH

SERVICE TIMES

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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St Helens
 St Paul's: 9.30am every Sunday
 58 Cecilia Street, St Helens
 On 5th Sundays; combined service with Uniting Church & Christian Fellowship

St Marys
 Holy Trinity: 9.30am cuppa, 10.00am every Sunday
 13 Main Street, St Marys

Pyengana
 St Michael & All Angels: 7.30pm 4th Sundays only
 28007 Tasman Highway, Pyengana

TAKING YOUR DOG TO THE BEACH

Break O'Day Council and the Parks and Wildlife Service have been rolling-out new signs up and down the coast to mark changed 'dog zones' for beach access.

The changes were determined during a lengthy review and community consultation process on two draft Dog Management Policies during 2018, and involved the PWS. Council works closely with PWS to balance priorities for dog access, people and wildlife on our amazing beaches and to promote responsible dog ownership.

Many of the changed dog zones are seasonally restricted areas, such as a 'bird sanctuary' at Scamander River mouth and Binalong Bay Beach. Families, residents and visitors flock to these beaches over the summer months.

The signage uses a simple and consistent set of colours and symbols to make it as easy as possible for people to understand where and how they can take dogs for a walk.



Dog off lead area/beach



Dog on lead, always



Dogs Prohibited



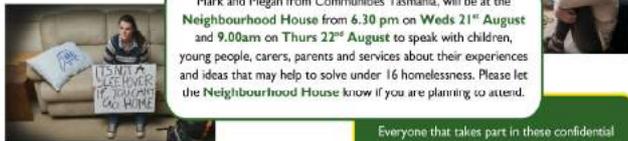
Restricted Area
Check conditions of access - typically on-lead only 31 March to 1 October.

Find a copy of the Dog Management Policy and a map of our Dog Zones here, www.bodc.tas.gov.au/property/dogs

IMPORTANT NOTICE Under 16 Homelessness Taskforce

The State Government has created a Taskforce to help address homelessness for children and young people under 16 in Tasmania.

The Department of Communities Tasmania are helping the Taskforce by talking with children, young people, parents, carers and services to hear about their experiences and listen to their ideas on what the Taskforce should recommend to Government to help improve under 16 homelessness in Tasmania.



Mark and Megan from Communities Tasmania, will be at the Neighbourhood House from 6.30 pm on Weds 21st August and 9.00am on Thurs 22nd August to speak with children, young people, carers, parents and services about their experiences and ideas that may help to solve under 16 homelessness. Please let the Neighbourhood House know if you are planning to attend.

Everyone that takes part in these confidential discussions will have the first opportunity to see the proposed solutions that the Taskforce develops.

Mark and Megan can speak with you individually, in small or large groups. You can bring in a person to support you if you want to. Discussions will take around 20 minutes.

If you don't want to speak with Mark or Megan you can participate in a confidential online survey. The survey can be accessed at <https://www.surveymonkey.com/r/32FSKGS>. The survey will be open from 22 July - 20 Sept 2019.

Taskforce Timeline



If you would like more information please call Mark and Megan on 6166 3945 or email youthatriskstrategy@communities.tas.gov.au.



VIETNAM VETERANS ASSOCIATION of AUSTRALIA EAST COAST (TAS) SUB-BRANCH

PRESIDENT: Mr Gary Graham
Phone: 03 63725727
Email: garza045@gmail.com

SECRETARY: Debbie Shields
64 Scamander Ave
Scamander 7215 TASMANIA
Phone: 03 63725727
Email: vvaeastcoasttas@gmail.com
ABN: 43 816 048 358

SUB BRANCH PATRON: Mr Guy Barnett MHA

VIETNAM VETERANS DAY REMEMBRANCE SERVICE SUNDAY 18th AUGUST 2019

This year marks the 50th Anniversary of the Battles of "Hat Dich" and "Binh Ba"

The President and members of the Vietnam Veterans Association of Australia, East Coast (TAS) Sub Branch, invite you to join us on Sunday the 18th of August to pay our respects to those who made the supreme sacrifice during the Vietnam War. And to honour those who served and returned, some of whom are no longer with us.

The Service will commence at 11.00am at the Vietnam Veterans Memorial site, at the Cenotaph in St Helens. If you wish to join our Veterans in the March, form up will be at Hilly's IGA Supermarket at 10.45am and proceed to the Cenotaph at 10.55am.

Interested parties are also invited to lay a wreath to the fallen during the Service.

If the weather is inclement the Service will be held in the Portland hall adjacent to the Cenotaph.

At the conclusion of the Service we will return to the East Coast Veterans Information and Support Centre, next door to the RSL, to re-dedicate and bless our Wall of Remembrance.

For further details contact Secretary Debbie Shields on 63725727 or 0409 178 060.



"I extend a warm welcome to our newest Tasmanian Liberal Senator - Claire Chandler"

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LIBERAL SENATOR FOR **TASMANIA**

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● 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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● Senator.Chandler@aph.gov.au
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EFT/tapping

31st August

St Helens Neighbourhood house - bungalow

Class

1st September

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10am-3pm

transport available

Good Tim

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or Gary Admin@fvnh.org.au

for further info
phone Denise 0409 863 339
email dmtappingcoach@gmail.com.au

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Enjoy
the moment

TRAPPING

Supported by Primary Health Tasmania under the Australian Government's Primary Health Network and the St Helens Neighbourhood House - funded by the Crown through the Department of Communities Tasmania

Hub4 Health
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.

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.

There are currently over 75 households in Break O'Day with gym membership—over 120 participants in programs. The Active4Life program will be featured as part of the Healthy Tasmania forum in Hobart on the 13th August, which will showcase the best and most innovative health and wellbeing programs from across the state. Members of our gym recently helped to film a short clip about the St Marys program. We look forward to sharing this with you soon!

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




Hub4Health Walking Group
The walking group meet on Wednesdays every week and monthly on Saturdays to bush walk in our local area. Participants over 55 years are invited to join this free program

Mini Bus for Hire
We have a 9-11 seater mini bus (plus driver) that is available for community members, organizations and groups to hire.

Not for Profit Community Group & individuals:

\$80 for 24 hrs hire plus must be returned with a full tank of fuel. Van based at St Helens

To Join the Walking Group or find out more information on the upcoming walks then please email admin@hub4health.org.au

Bringing Up Great Kids

Bringing Up Great Kids is a FREE program for anyone caring for kids 0-12 years old

This 4 week course helps you build strong positive relationships with your kids

- Explore how we think and feel influences how we parent our kids
- Understand kid's communicate through their feelings and behaviour
- Look at what are the important messages we want to pass on to our kids and how we can do this
- Find out ways parents can take care of themselves and get support if they need it

Date: Mondays August 19th & 26th and Sept 2nd & 9th
Time: 1.00pm—2.45 pm
Where: St Marys Community Health Centre Day Centre
Presented by: Mary Mumford (CHaPS nurse)
Tanya Greenwood (Building Blocks)

Cost: FREE!!

Afternoon tea and free adjunct child care provided
To book your spot call Tanya: 0400 002116 or Mary: 0428 136 381





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WITH LILA MELEISEA

ST MARYS CHILD CARE, GARDINERS CREEK RD ST MARYS

Free Session for families and children 0-5 years fortnightly (opposite week to library sessions) starts: **Tuesday 23rd July 10.30-11.30am**




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Sunday papers & normal trading

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Fax : 6374 2393

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 Fri 7.30am - 6.30pm
 Sat 8.00am - 6.00pm
 Sun 8.30am - 5.30pm

Week 1 14 August—20 August
Half-price Specials:
 Baked Beans and Spaghetti 300g \$1.00
 Tim Tams 200g \$1.82
 Moccona Coffee 400g \$14.99
 Masterfoods Recipe Bases 175g \$1.09

Managers Specials—both weeks!
 Bega Light cheese 500g \$6.99
 Fairy cooking margarine 250g \$1.00
 Bush's Baked Beans \$1.49
 Watties Spaghetti \$1.49

Week 2 21 August—27 August
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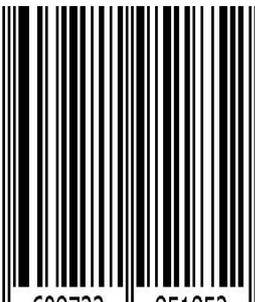
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- ◆ Coach House Restaurant - St Marys

- ◆ 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

ISSUE 51.12

S	P	S	S	F	R
P	R	O	S	P	E
O	U	R	H	A	P
T	O	R	P	E	D
T	A	L	C	E	
E	A	R	E	D	A
D	O	S	R	A	T
D	A	M	H	A	S
I	A	E	H	O	T
C	O	N	V	E	N
K	S	T	P	S	D