



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 51.15 29th August 2019

Deadline for 51.16 is at 5.00 pm on Monday 9th September 2019

VIETNAM VETERANS REMEMBERED AND HONOURED ON VIETNAM VETERANS DAY, SUNDAY, 18TH AUGUST 2019

Vietnam Veterans and member of the public commemorated those who fought in the Vietnam War on Vietnam Veterans' Day, on Sunday, 18th August, 2019, at a service held at St Helens. The march, which began at Hilly's IGA, commenced at 10.50am, and proceeded to the Memorial Park in St Helens. The day saw a great turnout of Veterans, representatives of various organisations, St Helens District High students and St Helens Scouts and Cubs, along with the general public.

The Service was held in St Helens Memorial Park, with 2 guest speakers. Mark Ford spoke of how the song "I Was Only 19." (which over the years seems to have become the unspoken anthem for Vietnam Veterans) came about. Ian Hollinsworth, a Vietnam Veteran, spoke on the 50th Anniversary of the Battle of Binh Ba, which was one of the longest battles fought during the Vietnam War.

Members of St Helens Scouts and Cubs carried our flags in the march, and laid the 16 white crosses for the 16 Tasmanians killed in the Vietnam War while the Honour Roll was read out, and two SRC students from St Helens District High ran our PA system for us on the day.

At the end of the Service around 50 people returned to our Veterans Information and Support Centre, where our Vietnam Veteran Memorial Wall was re-dedicated and blessed. The day ended with a light luncheon and a few coldies

A big "thank you" to all who attended and helped out.

Gary Graham,
President, Vietnam Veterans East Coast Sub-Branch.



St Helens scouts and cubs leading the parade

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ADVERTISING RATES - 2019

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

Valley and East Coast Voice Inc.
Advertising rates for all community groups
 Regular articles i.e. news of current activities/events and general information will, at the discretion of the Editor, be carried free of charge. Community group announcements up to 5 lines or business card size are free, anything larger will be charged at 50% of current rates. The decision regarding whether or not an article attracts advertising fees is the Editor's. Groups will be advised of any cost before going to print.
 Private community announcements/private classifieds are free for one issue.
 Annual posted subscriptions are \$69 and annual online subscriptions are \$20.
 Articles for publication may be left at the St Marys Pharmacy, posted or emailed.
 We do not accept responsibility for the accuracy of information provided by contributors.
 For online advertising or any other advertising queries, please contact the Editor.
valleyvoice@fvnh.org.au
 03 6374 2344
 PO Box 322 Fingal Tasmania 7214

24HR EMERGENCY CONTACTS

Abuse & Assault Services	1800 737 732
Ambulance, Fire & Police	000
Crime stoppers	1800 333 000
Digital Mobile Phone Emergency Service	112
Poisons Information	13 1126
SES Flood & Storm emergencies	13 2500
TasNetworks	13 2004
TasWater	13 6992

Opinions in any letters published are not necessarily those of the Editor and committee, or volunteer staff.
 Our pages remain open to fair and honest criticism so that, on all questions, both sides may be presented, but any submissions containing personal attacks/libel/slander will not be accepted.
 Kindly do not attack the Editor, the paper or the authors of previous articles.
 All articles for submission must bear the author's name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only. Letter writers will be given the chance to respond over a suitable period of time.
 Subjects may be closed at the Editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam.
 Articles most commonly published are those relating to current community issues.
 Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.
 The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary.
 All letters/emails must include your full name, address and contact phone number.
 The Valley and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines. All information is correct at time of printing. Whilst we value and welcome community input, the Valley and East Coast Voice Inc. does not provide specific feedback regarding any decision made not to publish a submission.



St Marys Roster Ph: 0437 397 219

August 29	Judy Ducket
30	Valmai Spencer
Sept 2	Valmai Spencer
3	Pam Bretz
4	Manfred Jogis
5	Lynne Fitzgerald
6	Valmai Spencer
9	Valmai Spencer
10	Pam Bretz
11	Freya Wynter

The Valley and East Coast Voice Inc.

As readers will be aware, the original Valley and East Coast Voice Inc. no longer exists as a legal entity.

The Valley and East Coast Voice Inc. archives will, after stabilisation and conservation, be available for research and viewing at the St Helens History Room. We thank the Archives Office of Tasmania, the librarian for the Periodicals Collection at the State Library, and the staff and volunteers of the St Helens History Room for their advice and support during our decision making process. Paper conservation is a complex and protracted process, and we are committed to the best outcome for the Valley Voice documents.



Glyn Johnson delivering archives and presenting a cheque to Kym Matthews, Curator of the St Helens History Room.

A donation was made some time ago to the Auxiliary of the St Marys Community Health Centre, which we are confident will make a positive contribution to patient comfort.

Further donations have been made to the St Helens History Room to assist with the conservation of 50 years of archives, the St Marys Christmas Parade, the St Marys Child Care Centre, the Fingal District Progress Committee, The Cornwall Community Development Group Inc., the Rossarden Fire Brigade Landcare Group and the Avoca Museum and Information Centre.

It is the wish of the committee that the loyal support of communities over the years be acknowledged, and projects dear to the heart of those communities receive a tangible thank you for that sustained support.

With that it only remains for us to thank the regional community for 50 years of support, and the volunteers for 50 years of hard work. We include editors, proof-readers, collators, delivery and distribution people and committee members amongst those hard working volunteers. We also wish to thank the advertisers who supported us, locally and regionally, for many years.

It has been an amazing journey and we feel privileged to have been a small part of it.

Wendy Dawson, Cornwall (former Editor and Public Officer)

FROM THE EDITOR

I first read "The East Coast and Valley Voice" in about 1986, not long after my family and I had moved to Scamander. I found it to be a good little newspaper, with interesting stories, pictures, and advertisements for many businesses which no longer exist, or have changed hands over the years.

Having been involved in a news-sheet as part of my high school English studies, I had an idea of how time-consuming it was to type and copy such publications, but although methods have changed, newspapers still need articles and advertisements, and the content to be arranged for pleasant reading. When I took on this task in January, I knew that it would be a challenge. The standards set by the original committee, then the FVNH committee of Keri Webb, Michael Brouder, Louisa Rhodes and Gary Barnes has, hopefully, been maintained, and the "Valley Voice" continues to be a part of the Fingal Valley communities.

I would like to thank Wendy and the committee for handing over to the Fingal Valley Neighbourhood House a newspaper which reflected the community so well, and for the preservation of a record of over 50 years of life in the Fingal Valley.

Here's to 50 more years!

The Vietnam War

The Vietnam War took place in south-east Asia, where there had been many years of conflict and war. North Vietnam, often referred to as the “Viet Cong”, was backed by the USSR and China, along with other Communist countries, while the Army of the Republic of Vietnam, (South Vietnam) was supported by the USA, South Korea, the Philippines, Australia, New Zealand, Thailand, and other non-Communist nations. America became involved in the fighting in 1954, and Australia and New Zealand started sending advisers and troops in 1965.

In 1964, the Australian Government had legislated that all males aged 20 would do 2 years of compulsory National Service in the defence forces, followed by 3 years on the Active Reserves List. This was called “conscriptio”, and conscriptees could be sent to serve overseas. From 1966, conscriptees would be sent to Vietnam, as part of the Australian support of South Vietnam.

Over 60,000 Australian armed services personnel served in Vietnam, most in the 1st Australian Taskforce, sited mainly in the lower south-east, however the battle of Hat Dich was fought in the lower south-west. During the Vietnam War, 512 members of the military died, and over 3,000 were wounded. New Zealand sent 522 members of the military to Vietnam, with 37 deaths and 187 being wounded.

The withdrawal of Australian and New Zealand troops began in 1970, with the last being repatriated after the fall of Saigon on 30th April, 1975.

2019 marks the 50th anniversary of these battles, with respects being paid at the Vietnam Veterans Association of Australia, East Coast (Tas) Sub-branch Remembrance Service, which was held on Sunday, 18th August, 2019.

Continued next page...



The Memorial Service taking place



A cross honours each Tasmanian lost in Vietnam

The Vietnam Veterans Memorial Wall being rededicated.



The Battle Of Hat Dich

The battle of Hat Dich extended from December 3, 1968 until 19 February, 1969, and consisted of many contacts between the combined forces of the Peoples Army of Vietnam and the Viet Cong, usually referred to as the Viet Cong, and an allied force of Australian and New Zealander companies. It was one of the longest operations of conflict in the Vietnam War, and caused heavy casualties for the Viet Cong, and the abandonment of permanent bases and extensive tunnel systems in the area. Hat Dich was situated near Highway 1, the main supply route from the south to the south-west, so the result influenced the rest of the war.

The main allied effort at that time was to protect and defend towns and villages, with the Army of the Republic of Vietnam being prepared for further major fighting, with the allies providing support.

Official sources state that at least 245 VC were killed, with possibly 39 more, 45 wounded and 17 captured, in over 245 contacts over 10 weeks. The Viet Cong abandoned a lot of armament and ammunition. 21 Australian soldiers and 1 New Zealand soldier died, and 91 Australians were injured.

Their action earned the Royal Australian Regiment, the 3rd Cavalry Regiment and the 1st Armoured Regiment "Battle Honours", which permits them to name the battle on their "colours", or regimental flags.

The Battle Of Binh Bah

Binh Bah is located in the south-east of Vietnam, and was not a typical Vietnamese village, being located near a rubber plantation. It was laid out in a grid pattern, and had quite a few Viet Cong sympathisers living in it. It was often "raided", and money, rice, fuel and equipment was taken, sometimes at force, from patriots.

The battle was started when a Centurion tank and a tank recovery vehicle were fired upon with an RPG (Rifle Propelled Grenade), as they were passing through the town, causing the vehicles to withdraw. Reinforcements were sent, and fierce fighting followed. As there were many civilians in the town, soldiers were instructed to return fire only when it could be identified where it was coming from. The battle that followed was unusual, in that it involved house-to-house fighting. Each house was either cleared as safe, or heavily damaged or destroyed as the Viet Cong were flushed out. The enemy was easy to identify at first, but as the battle wore on, they started to take their uniforms off and be dressed as civilians. The town was almost destroyed, and extensive rebuilding and reconstruction by the Australian Civil Affairs Unit followed over the next few weeks.

Official sources state that 107 of the enemy were killed, 6 wounded and 8 captured, but it is known that the Viet Cong retrieved many of their dead and injured soldiers. Allied forces suffered only 1 dead, with 10 wounded.

The battle of Binh Bah is considered to be one of the major battles of the Vietnam War involving Allied forces, and, as at Hat Dich, earned the Royal Australian Regiment, the 3rd Cavalry Regiment and the 1st Armoured Regiment "Battle Honours".

Five such honours were awarded to Australian regiments during the Vietnam War.

FINGAL CHRISTMAS PARADE

With Christmas only 17 weeks away, it's time to start thinking about the float, decorated bike or scooter you will be putting in the parade, or how you are going to decorate your house.

The Fingal Christmas parade will take place on Sunday 22 December 2019, and will be followed by celebrations at the Fingal Valley Neighbourhood House.

The stocking is filling nicely, and tickets for the raffle will be available shortly.

So start your planning now, and buy lights, decorations and costumes for your part of the best parade yet!

**ST MARYS PACING CLUB****ANNUAL
GENERAL
MEETING**

27th September 2019 @ 7:00pm
St. Marys Pacing Club Rooms

A plate of food would be greatly appreciated

ALL NEW MEMBERS
WELCOME

**LETTERS TO THE EDITOR**

I'm wondering if you could forward a query of mine to a correspondent of yours, Tony Story, about a letter he wrote to the Valley and East Coast Voice some years ago (<https://valleyvoice.com.au/tag/royal-george/>).

My first query relates first to his mention of the Grooms of Harefield, and their connection to the Fingal Valley. I'm hoping he can elaborate for me on the Grooms of Harefield who ended up in Tasmania. I ask because I am descended from the Grooms of Harefield on my father's side (and in fact remember a book of that name on a family bookshelf when I was a child) but have never been able to work out the connection between my branch of the Groom family and the Grooms of Tasmania.

My second query relates to Henbury in Avoca. Two of the many ancestors of mine who emigrated from the UK to Tasmania were David Dick and Helen McGregor, who emigrated from Balquhider in Scotland to Avoca, in 1862, where they had a large family. I understand that for a time they stayed at Henbury, and am curious to know if Tony can shed any light on this.

Kind regards,

Roy Groom

Can anyone help Roy with this query? If you can, please write or email the Valley Voice, and I'll pass it on.— Editor.

Dear Ayla,

Re: your article in "The Minor Report", last issue.

What a deeply thoughtful and well written article you submitted to The Valley Voice. Your compassion and empathy is a credit to you and your family.

Thank you so very much for being a true beacon of hope for a kinder future for all.

Well done!

Kind regards,

S L Mclay

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



Caring for a friend or relative can be complicated.

Get one-on-one support from a professional counsellor over the phone.

The **New** Carer Gateway phone counselling service is a free service for carers. Each weekday from 8am to 6pm, professional counsellors are waiting to talk through the concerns you have and how you feel about your carer role.

To use the service call **1800 422 737** (select option 1) or visit www.carergateway.gov.au (select phone counselling)



1800 422 737
8am to 6pm weekdays

My Horizons

Program Information

MyHorizons

MyHorizons is a connection point, we can work with you in groups and one on one to help you reach your goals and get you connected with other services as needed.

MyHorizons is a state-wide program, meeting individuals in their local community and running groups to support you in building life skills and understanding your wellbeing.

Who is this program for?

You can use MyHorizons if you have a mental illness, are not engaged with State Mental Health Services and are not eligible for NDIS.

How do I start?

You can contact MyHorizons program on the details below or by talking your GP or other clinical provider.

Call us on **1800 290 666**
Email: myhorizons@baptcare.org.au



Because everyone deserves
the best of care

Baptcare



Visiting Lawyer

Free Legal Advice

Fingal Valley Neighbourhood House

20 Talbot St

Monday

7 October 2019

General Law / Welfare Rights / Disability Discrimination
Family Law / Employment Law



To book your appointment please ring
6334 1577 or
1800 066 019



Creative Sculpture w/John McColl

LEARN NEW SKILLS & TECHNIQUES

DESIGN YOUR OWN PROJECT

4 FRIDAY SESSIONS

6 - 27 SEPT 2019

11 AM - 2 PM

BYO LUNCH



\$10/PER SESSION

\$7/MEMBERS

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Text JOHN 0476120066
BODREGIONALARTS@GMAIL.COM
7391 Main Road St Marys TAS 7215

Your Health Link Photographic Competition

COMPETITION NOW OPEN
GREAT PRIZES TO BE WON
Competition closes 13 October 2019



Competition Theme
HEALTHY LIFE HEALTHY YOU

Grab your mobile phone or camera and start snapping

yourhealthlinkphotocomp.com.au

Categories and Awards

- Primary and High School
- Eating the Rainbow
- Mobile
- Open
- People's Choice
- Program Cover Award

Prizes

- A family holiday to New Zealand
- Canon EOS R RF 24-105mm Lens
- Computer packages, iPhone 11 and a lot more...



Competition Partners



THE REALLY AWESOME MUSIC SHOW

SATURDAY AUGUST 31ST

BICHENO MEMORIAL HALL, DOORS OPEN 6.30 PM

The Embers SUNDAZE
Thomas Mitchell PHAT MONK
Rocky Mountain Oyster Cult

TICKETS AVAILABLE ON EVENTBRITE
LICENCED BAR & FOOD AVAILABLE
MALTING LAGOON BREWERY
BICHENO BEER CO.

TICKETS \$38

DRESS CODE UNDER THE SEA

Drought Community Fund to benefit the Fingal Valley

Thanks to a \$1 million Drought Communities grant, Break O'Day Council (BODC) will start working on a variety of projects in the Fingal Valley aimed at activating employment and economic opportunities.

The Fingal Valley, due to its focus on agriculture, has been impacted by the drought with not just farmers but the entire community feeling the economic pinch.

The aim of the Federal Government's Drought Community Funding is to support local community infrastructure projects that focus on stimulating local community spending, use local resources and provide lasting benefit to communities and the agricultural industries on which they depend.

With these guidelines in mind, BODC first started looking at projects that had been raised by the Fingal Community for inspiration. They also advertised an Expression of Interest for employees that could undertake labour style work. Through this process the Council identified several walking tracks in the area that had been flagged as needing work as well as a number of infrastructure projects proposed by the community.

Council is working in partnership with Parks and Wildlife on some of the trail projects which include; Mathinna Falls, Gray Mares Tail Falls and the St Patricks

Head track. Once these projects are completed, these striking trails will be more easily accessible for visitors to the Fingal Valley.

In terms of infrastructure projects, recently developed Local Township Plans were reviewed and projects identified for inclusion were a Bus Shelter at Mathinna, a shelter at Fingal Park, St Marys Cemetery revitalisation and streetscape works in Fingal. Some of these projects had been on the Council's wish list for some time just waiting for funding, the Drought Community Funding has allowed the Council to effectively move up the timeline for many of these projects.

Through the implementation of these projects six full time positions have been created for a period of 20 weeks. Council has also ensured that local contractors and business will receive first priority as contractors or service providers during the term of the project.

"Not only are we creating short term employment and the opportunity for skill development, we are able to provide much needed infrastructure to the community that they have been asking for." Mayor Mick Tucker said.

"Best of all, we have selected projects that will provide visitors with more reasons to stop and enjoy the beautiful Fingal Valley."

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.



Console games

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

Find out more at your local library.



Free Wi-Fi

6am-9pm

St Marys Library

31 Main Street, St Marys
(03) 63875602



Opening Hours:

Mon: 12.30-4pm
 Tue: 10am-12.45pm
 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



Story Box Library is a fun, engaging resource that inspires a love of reading in kids of all ages. See and hear your favourite stories come to life, read by well-known Australian and New Zealand storytellers like Nick Cave, Justine Clarke, Eddie Perfect, Kate Ritchie, Kamil Ellis, Missy Higgins, Jay Laga'aia and many more!

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

NEW ADVERTISEMENT IN ROAD SAFETY CAMPAIGN

"Your Speed is Our Safety - slow down for road workers."

Everyone has a right to a safe working environment and that extends to our road workers.

In the past seven years, there have been two road workers killed on Tasmania's roads, and seven road workers have been injured as a result of crashes at road work sites since 2005. This is simply not good enough, and the Government is backing our road workers with the launch of the latest *Your Speed is Our Safety* campaign.

This advertising campaign aims to help achieve zero crashes at road work sites and is a reminder for drivers to keep the safety of road workers top-of-mind. The campaign highlights the impacts of unsafe driving around road works and the serious risks road workers face at their workplaces each day.

Driver behaviour, such as inattention and failing to comply with speed limits in work sites, can have severe and long term consequences for road workers, their families and the community.

The first in the series of *Your Speed is Our Safety* ads appeared on Tasmanian screens from 2016, with the second and third TV ads in the series to run alongside radio and online ads over coming months. *Your Speed is Our Safety* is a partnership between the Tasmanian Government, Civil Contractors Federation and the Road Safety Advisory Council, with the assistance of the Traffic Management Association of Australia. This partnership is focused on improving the safety of the road workers who maintain and improve the thousands of kilometres of roads across Tasmania.

(Excerpts from press release, from Mr. Michael Ferguson, Minister for Transportation and Infrastructure.)



Royal Flying Doctor Service

The furthest corner. The finest care.

The Royal Flying Doctor Service Tasmania (RFDS) is seeking a Physical Health Worker, to join our team for a fixed term (30th June 2021) 0.8fte part-time position in Break O'Day.

The RFDS Primary Health Program provides services to individuals in the Break O'Day community to improve health outcomes and support people living with chronic obstructive pulmonary disease, mental illness, dementia and cardiovascular disease.

This role requires an understanding of the challenges that people in remote and rural communities may experience coupled with proficiency in supervising individual and group exercise sessions

All applications must address the selection criteria listed in the Position Description. For more details, including a copy of the position description please call Zoe Page: 0447 388 755

Applications close 4th September 2019 and should be emailed to Zoe.Page@rfdstas.org.au

The Royal Flying Doctor Service is committed to Equal Employment Opportunities, Ethical Practises and the principles of Cultural Diversity. The RFDS encourage people from Aboriginal and Torres Strait Islander backgrounds to apply.

St Marys Op Shop

Directly behind the Town Hall, plenty of parking available

Autumn & Winter 2019

Until 6th October 2019

Monday - Friday

10:00am - 4:00pm

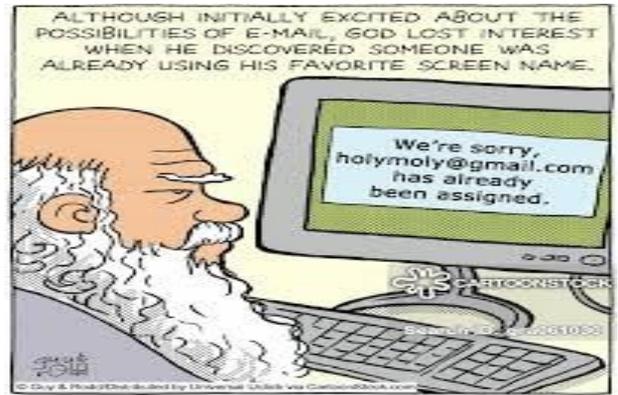
**First Saturday of each
Month**

St Marys Market Day

10:00am - 1:00pm

Phone: 6372 2889

If Esmerelda is in the carpark then the shop is OPEN ☺



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 @sharingdignity /sharethedignity /sharethedignityaustralia

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!

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.

Phone 6374 2157

ANGLICAN CHURCH

SERVICE TIMES

contact 6376 1144

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

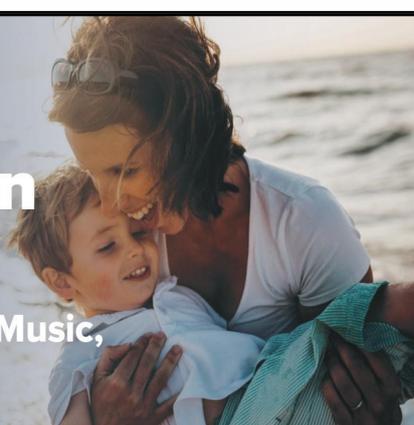
St Michael & All Angels: 7.30pm 4th Sundays only

28007 Tasman Highway, Pyengana



Vision Christian Radio

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Uplifting Talk



VISION CHRISTIAN RADIO

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 Saturday 7.00am – 4.00pm
 Sunday 7.00am – 3.00pm

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25l Potting Mix \$9.95 Potted Colour \$4.95 each

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Tent pegs, rope, tarpaulins, kettles....

NOW SERVING.....EARLY MORNING COFFEE AND HOT CHOCOLATE.



\$3.50 EACH.

THE FIRE IS ALWAYS WARM!



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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

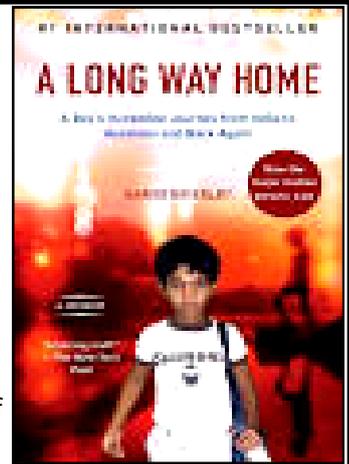
UNIVERSITY OF TASMANIA
 WICKING Dementia Research and Education Centre

BOOK REVIEW

Our book for July was Saroo Brierley's "A Long Way Home", published in 2013.

This is the true story which was brought to the screen in the film "Lion". Many of you would have seen it, or more recently, Anh Do's ABC TV programme, "Brush with Fame", when Anh interviewed and painted Saroo Brierley, and his amazing story was revealed.

Saroo was born in a remote area of North-West India, the third child in a poor family of four children. His father had deserted them, and his mother struggled to raise them.



At age 5, Saroo persuaded his older brother to take him on one of his searches for some work, food or coins to help feed the family, and ended up waking alone in a railway carriage travelling across India. He had no idea where it was going or how long he had been travelling or where his brother was, but he left the train around 1500 kilometres later, at Howrah Railway Station in Calcutta on the other side of the country. There he survived for some weeks, begging and miraculously escaping danger, until he finished up in an orphanage. Unable to trace his family, the authorities eventually approved his adoption by a Tasmanian couple - the Brierleys - and in 1987 he came to live with them in Howrah, a suburb of Hobart!

Saroo was 30 when he wrote this book, and we know that he enjoyed a happy and loving family life with the Brierleys. As a teenager, he became obsessed with finding his birth mother and family, and he writes a moving, honest and compassionate account of his decade long search. Thanks to a photographic recall of physical landmarks around his home town and helpful social media contacts in India, he is eventually reunited with his birth family.

Although not an experienced writer, Saroo is able to convey the details of his own life journey, and those of his adopted and birth families with great empathy and maturity. The book was well received by members of the Book Group, and would hold a lot of interest for readers who enjoy autobiographies where truth is often stranger than fiction.

Fingal District Progress Committee Inc. PO Box 51, FINGAL, TASMANIA, 7214

The committee met with Chris Hughes, the Community Development Officer for the Break O'Day Council, to discuss items of interest to the Fingal and surrounding areas residents, after looking at the public input to the development of recreation in Fingal.

Items discussed included the tennis court, a netball/basketball court, walking track, a bike track, rock climbing and other items which arose. The council is fully supportive of the projects, but a few barriers were identified.

The tennis court can't be situated at Fingal park due to the layout of sewerage lines and a protected tree in the proposed area, so the tennis court will need to be at the Recreation Ground. A quote for the tennis court will be obtained, and the Committee will apply for a sports grant to build it. There is a netball court at the Fingal Campus, so maybe the committee could help by supplying nets and other equipment to make that an option for use.

The bike track was discussed, and the placement of this is a problem, as there is no crown land in the area that could be well placed and manageable.

The Fingal Valley Neighbourhood House has been in talks with the appropriate people to utilise the Recreation Ground building for indoor sports.

The East Coast and Valley Voice Inc. committee made a donation of \$1000.00 to the Fingal District Progress Committee Inc to assist with the project, and we would like to sincerely thank them for their kind support.

Our next meeting will be held on Tuesday, 3rd September at 10.30 am, at the Fingal Valley Neighbourhood House. Please feel free to come along, and offer ideas or support for this project.



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



TRIVIA NIGHT



**"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



**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 carpet, and "Free 2B Girls" wants to expand its 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 IGA* 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

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 An advertisement for East Coast Furniture Removals. It features a graphic of a truck with a large box on the back. The box contains the following text:

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Labor supports Tasmania's 85,000 unpaid carers

Tasmania is the only Australian state or territory not to have Carers Recognition Legislation and the Government needs to step in to ensure carers in the St Marys community are supported.

In the community of St Marys and the 7215 post code, there are approximately 500 carers. This includes those who care on a voluntary basis and who aren't paid by an employer or Centrelink for their contributions.

The data uses a mix of SDAC (Survey of Disability, Ageing and Caring) and census data, provided by Carers Tasmania, which has then been broken down into electorate. This data shows that there are over 245,000 carers in Tasmania, of which 85,000 are unpaid family carers of someone with a mental illness, disability, chronic or life-limiting illness, frail or aged or with a substance issue. Over 30,000 are aged 25 or younger.

That's 1:6 people in the community, compared to a national ratio of 1:8 in Australia.

Labor Members for Lyons, Rebecca White MP and Jen Butler MP said Carer Recognition Legislation can enact the rights of carers particularly in a workplace, and help them to participate in the broader community.

"Our carers perform an essential role in our community by providing support and friendship for people who are unable to independently undertake routine daily activities," Ms White said.

"Improving the quality of life for carers would not only provide them with support and recognise their selfless work, it would improve the quality of the care relationship," Ms Butler said.

"Most don't choose to become a carer, it's a role that's thrust upon them, and it's important we work to improve their quality of life – given the sometimes thankless role they take on," Ms White said.

"People who provide care and support to loved ones face unique challenges and we need to do all we can to support these valued members of our community," Ms Butler said.

To access information and help about support for carers, visit CarersTAS, as www.carerstas.org.

(Information supplied by Rebeca White MHA, Jen Butler MP and CarersTAS)

3 great reasons to register for the Carer Gateway Community Forum

Support

We are developing a wonderful community for carers that thrives on social connection and mutual support.

Talking helps! Online Peer Support gives carers the chance to work through their shared experiences in a supportive community.

Anonymity

We know it can be hard to discuss issues online, especially when you may be struggling. The Carer Gateway Community Forum provides complete anonymity. When you register, nothing that identifies you will be available on your public profile.

Education

Our team at the Carer Gateway Community Forum is committed to bringing you information and valuable educational resources. This includes how to manage your self-care and reduce stress.

Go to carergateway.gov.au for more information.



Welcome to the Carer Gateway Community Forum

There are over 2.7 million unpaid carers in Australia

Do you care for a friend or relative?

Come and engage with carers just like you

- Discuss daily challenges
- Build connections with other carers
- Benefit from mutual support
- Completely anonymous
- Access information and advice



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Nick Shaw 0439-414-299

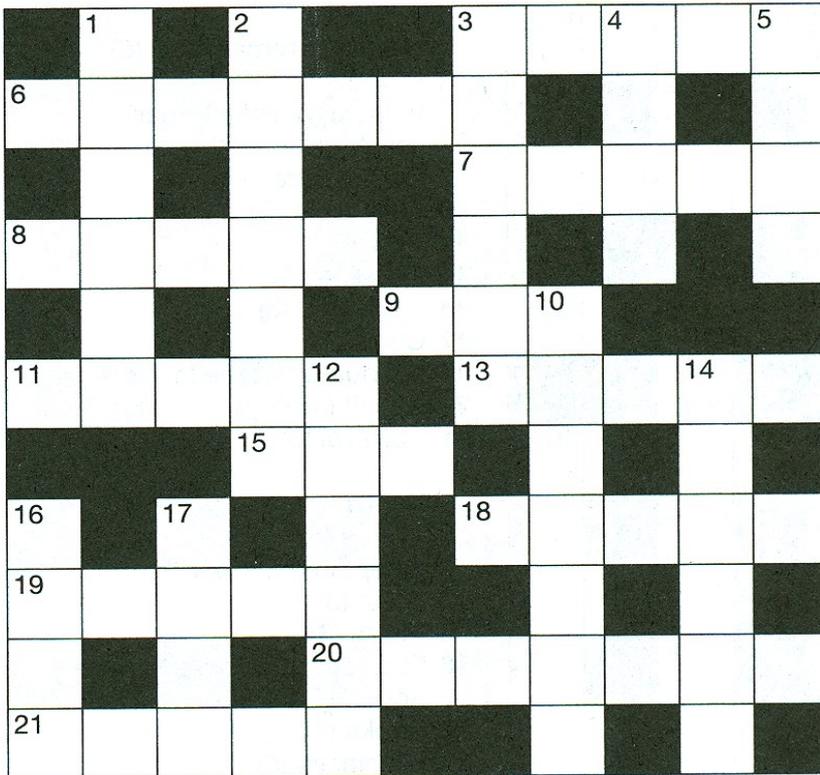
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St. Helens, Tas. 7216

Email:
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Crossword 51:15



Across

- 3 Creepy looks (5)
- 6 Flowering bedding plant (7)
- 7 Severe abdominal pain (5)
- 8 Narrow openings (5)
- 9 Excavate (3)
- 11 Stranger (5)
- 13 Managed (5)
- 15 Sleep phase (inits) (3)
- 18 Draw out (5)
- 19 Semiaquatic beaver-like rodent (5)
- 20 Attorneys (7)
- 21 Group of nine people (5)

Down

- 1 Wheeled (6)
- 2 Cured animal skin (7)
- 3 Milk-related (6)
- 4 Morays, eg (4)
- 5 Like this (4)
- 10 Farewell (7)
- 12 Outcome (6)
- 14 'Again!' (6)
- 16 Sweep the eyes over (4)
- 17 C in CMYK (4)

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Erica
Boxthorn

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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
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Work Wanted!

I am qualified and experienced Landscape Gardener.
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 am available to work in the area.
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 0457 754 228



TREE FELLING—WOOD CARTING—LAWNS MOWED— BLOCKS SLASHED

Phone Danny and Jenny Franklin on

0417 385 935



What's it really like trying to get a job when you're over 45?



Focus Group with Jobseekers Aged Over 45

COTA Tasmania has received funding from the Tasmanian Government to identify and reduce barriers to mature-age work in our State.

We are seeking the views of older jobseekers as we design a website that will be a one-stop information hub for older workers and businesses.

If you are a jobseeker aged over 45, please consider sharing your real-world experiences with us in a focus group.

Time: 9.30am – 12.30pm

Date: Tuesday 27 August

Location: St John's Ambulance training rooms, 177 Main Road, Moonah.
 (The venue is on the bus route and has parking at the rear.)

RSVP: Friday 23 August to lynm@cotatas.org.au or by ringing 6231 3265

Voucher: All participants in the focus group for jobseekers aged over 45 will receive a \$100 voucher to compensate for any expenses incurred.

Who is COTA Tasmania

COTA Tasmania is an independent NGO dedicated to advancing the rights and interests of Tasmanians as they age.



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**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 TAN4A: 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



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Hub4Health Annual General Meeting

The Hub4Health board is looking for new volunteer board members. Board members are elected at the Annual General Meeting and all invited community members are welcome to attend on the

**17th September, 6pm at the
St Marys Community Health Centre.**

There are meetings every 2 months and members have experience and interest across a diverse range of areas with a focus on promoting positive place-based programs.

Hub4Health is a not-for-profit association that relies on a mix of self funding and grants. The organisation is at the centre of a strong network community of participants, volunteers and supporters. It conducts a busy program of events across the Break O'Day area and beyond.

The Hub4Health offers;

- Building Blocks—mobile early years education, care and parenting support (from Coles Bay through to Scottsdale)
- Physical Health and Wellbeing sessions—Active4Life Gym in St Marys and St Helens, Walking Groups and classes such as Pilates and Yoga.
- Maintaining an outreach office for Allied Health and Community Services in St Marys and St Helens.
- Support for With One Voice Break O'Day Community choir.
- Facilitation of the Break O'Day Health and Community Services Network meetings
- Advocating for community services and programs in partnership with other local organisations

For more information please contact:
Rod Hunt (Public Officer) 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.

Active4Life Gym Memberships

Memberships are easy to apply for and the low fees are 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, Harefield Rd St Marys

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

WITH ONE VOICE

With One Voice BREAK O'DAY

Community Choir

NOW ON IN 2 GREAT SESSIONS!



<p style="text-align: center; font-weight: bold; font-size: small;">Mondays</p> <p style="text-align: center; font-size: x-small;">11:00am - 12:30pm</p> <p style="text-align: center; font-size: x-small;">Where: East Coast Swans Football Club, Tully Street, St. Helens.</p> <p style="text-align: center; font-size: x-small;">Lunch Provided</p>	<p style="text-align: center; font-weight: bold; font-size: small;">Wednesdays</p> <p style="text-align: center; font-size: x-small;">6:00pm - 7:45pm</p> <p style="text-align: center; font-size: x-small;">Where: St Marys District School Performing Art Space</p> <p style="text-align: center; font-size: x-small;">Supper Provided</p>
--	--

Conducted by:
Terese Tanner

Wednesday transport available from St Helens \$5 pp leaving Hub4Health at 5pm
Bookings/enquiries: Geraldine 0417 292 414 or Tess 0422 657 782.
All sessions, children under 16 years accompanied by responsible adult.

wovbod@gmail.com | 0422 657 782
www.creativityaustralia.org.au

When you decide to join, participation is by tax-deductable donation.
 Join us in Song!

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

30/8/19– 13/9/19

Dr K. Rawnsley

29/8, 30/8, 3/9, 6/9, 10/9, 13/9/2019

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

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 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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

29th August	2nd Bite Delivery Social Worker Shan Williams for appointments please phone 6387 5555
30th August	Social Worker Shan Williams Call 6387 5555 for appointments.
2nd Sept	HUB4HEALTH Raising Great Kids – 1:00pm-3:00pm downstairs. Physiotherapist – for appointments please see your GP or Health Professional for a referral. Hospital Auxiliary Meeting 2pm in the Family Room.
3rd Sept	Physiotherapist –For appointments please see your GP or Health Professional for a referral.
4th Sept	Day Centre - call Hayley Gilbert on 6387 5555 for information on the group. Social Worker Shan Williams Call 6387 5555 for appointments. TAZREACH Antenatal Clinic with Katie. Contact GP for appointments.
5th Sept	2nd Bite Delivery Social Worker Shan Williams for appointments please phone 6387 5555
6th Sept	Social Worker Shan Williams Call 6387 5555 for appointments.
9th Sept	HUB4HEALTH Raising Great Kids – 1:00pm-3:00pm
10th Sept	Child Health Session with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381 Max Employment – 9:00am-3:30pm downstairs.
11th Sept	Podiatry North – for appointment please phone 6777 1428 Day Centre - call Hayley Gilbert on 6387 5555 for information on the group.

12th Sept	2nd Bite Delivery Social Worker Shan Williams for appointments please phone 6387 5555 Eyelines - For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.
13th Sept	Social Worker Shan Williams Call 6387 5555 for appointments.

PROTECTED MEAL TIMES

The St Marys Community Health Centre has a protocol around meal times. This is known as **Protected Meal Times**.

Research has found that a percentage of patients on leaving Hospital appear to be more malnourished than on admission.

What are protected meal times? Protected Meal Times enables quiet time for patients to eat meals without interruptions.

Why do we need them?

- Patients recover faster when they eat enough of the right foods
- Some patients have difficulty concentrating on eating
- Some patients need supervision by staff during meal times

How can you help?

- Avoid visiting at meal times unless assisting with patients to eat their meals
- Understand why staff may ask you to leave during meal times
- Meal times are: 11:45am-12:45pm and 4:45pm-5:45pm

Thank you for your cooperation.

EYELINES

For appointments please phone 1300 139 363.
All consults are Bulk Billed to Medicare

Next Session: Thursday 12th September 2019



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

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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Liberal Member for Lyons

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ADVERTISEMENT

THE OLD TASMANIAN HOTEL
COMMUNITY CENTRE

Proudly serving the East Coast and Valley community!



Brian Mitchell MP
Your Federal Member for Lyons



Contact Brian:
6398 1115 (Perth office)
brian.mitchell.mp@aph.gov.au

Labor REBUILD OUR REGIONS

Authorised by Brian Mitchell MP 53B Main Road Perth

Senator Claire
CHANDLER
Senator for Tasmania

Your new Liberal Senator in **LYONS**




03 6223 1135
Senator.Chandler@aph.gov.au
SenatorChandler

Authorised by Senator Claire Chandler, Liberal Party of Australia, Level 13, 188 Collins Street, Hobart TAS 7000

laugh love Happiness, Confidence

EFT/tapping

31st August
St Helens Neighbourhood house - bungalow

Class

1st September
Fingal Neighbourhood house

Free
(limit 10 per workshop)
10am-3pm
transport available

Good Time

Do you want to be happier?
Are you lacking confidence?
Do you want to bounce back from knocks easier?

learn simple things to improve the quality of your everyday life
for bookings contact
Trish admin@sthelensnhh.org.au
or Gary Admin@fvnh.org.au

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

DM
Transformational Coach

Enjoy

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

Chronic Pain Self Management TASMANIAN HEALTH SERVICE

A practical program for people living with ongoing pain!



A six-week group program - 2 ½ hours each week
Come along and discover the tools, skills and techniques you need to help you manage your health and overcome pain!

- You can learn how to:
- manage pain & fatigue
 - get better sleep & eat well to improve your health
 - communicate effectively with your health team
 - pace yourself
 - set reachable goals

St Marys Community Health Centre

Time: **10.00am - 12:30pm**

Start: **October 4th** Each Friday for 6 weeks

Finish: **November 8th 2019**

Register by calling: **Shan on 63875574**

No cost to attend, but we do ask for a gold coin contribution towards tea/ coffee.

The Chronic Pain Self Management Program is suitable for anyone with long term pain. Supporters and carers are welcome to attend with you!

Want to know more? Please phone the number above.

Dates don't suit? Again, phone the number above. Share your contact details and we'll let you know when we offer another program.



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
Early Years Coalition

LITTLE MUSIC MAKERS

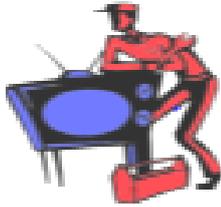
WITH LILA MELEISEA

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

The Antenna Guy

- Antennas
- VAST (free to air by satellite)
- TV tuning
- Home entertainment setup
- All areas serviced
- Get clear reception anywhere!



Call Josh 0408 388 322 / 6377 1150

St Marys Bakery

Ph: 6372 2490

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



OPEN 6 DAYS A WEEK

CLOSED SATURDAYS

52 Main Street St Marys



Family owned since 1972

CALTEX ST MARYS

Mechanical repairs and all routine servicing.
Batteries, tyres (including white walls).
Old school V8s and 6s loved and nurtured, even Holdens!

- FUEL AVAILABLE 24 HOURS •

41 Main Street. Ph: 6372 2335
caltexstmarys@bigpond.com

St Marys PHARMACY

Main Street St Marys

Ph 6372 2844

Kodak prints from 45¢

Ear piercing \$27

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



Pharmacist in store

Monday to Friday

HAYSHED IGA SUPERMARKET

TRADING AS HOLDERS BROS

Trading Hours:

Monday to Friday.....8 am to 5.30 pm

Saturday..... 8 am to 10.30am

Sunday.....8 am to 10.00am

Sunday papers & normal trading

Public Holidays.....8 am to 10 am

Good Friday.....Closed

Christmas Day.....Closed

Phone : 6374 2171

Fax : 6374 2393

**Meat fresh and frozen,
Vegetables fresh and frozen,
All regular grocery lines available
at special IGA prices**

HAYSHED CAFÉ

COFFEE SHOP HOURS

Monday to Friday....8 am to 3pm

Closed weekends

Toby's Estate Coffee

Fresh Rolls and Sandwiches

made to order

Lasagne, Pasta Bakes,

Cakes Slices, Quiches

31 Talbot Street , Fingal

Phone: 6374 2171

Fax: 6374 2393

45KG GAS BOTTLES



\$125

Pick up price from St Helens

DELIVERY

available through
Fingal Valley - charges apply.

Ph Marcus Howe
That's Howe Automotive
Ph 6376 2900

Easy to swap from your current gas company
Only \$30 annual bottle rental



Cornwall

Member of the Australian Cement Group

Energy for Tasmania since 1886

from the coal rich Fingal Valley

Reliability

Quality

Consistency

The Cornwall Coal Company NL

Esk Highway

Fingal TAS 7214

Phone: 6374 0444

Fax: 6374 2342



PROUDLY SUPPORTING OUR LOCAL COMMUNITY



Open 7 days a week

**38 Main Street
St Marys**
Phone: 6372 2240
Email: shop@cndiga.com.au
WINTER TRADING HOURS
 Mon -Thur 7.30am - 6.00pm
 Fri 7.30am - 6.30pm
 Sat 8.00am - 6.00pm
 Sun 8.30am - 5.30pm

Week 1 28 August — 3 September

Handee Ultra Paper Towel (3pk) \$2.39
 Morning Fresh Dishwashing Liquid (900ml) \$3.75
 Cripps Fruit Buns (6pk) \$2.99
 Arnott's Cream Biscuits (200/250g) \$1.99
 Pedigree Dry Dog Food (2.5/3kg) \$9.99
 Fantastic Noodles Cup (70g/Bowls 85g) \$1.25

Managers Specials
 Piranha Vege Crackers (100g) \$2.49
 Apples (2kg) \$2.99 bag
 Canteloupes \$3.69 each

Week 2 4 September — 10 September

Rexona Anti Perspirant (250ml) \$3.49
 Kleenex Toilet Tissue (45pkt) \$19.99
 Cottee's Cordial Syrup Dble/Concentrate (1ltr) \$3.99
 Nestle Block Chocolate (118-200g) \$2.99
 Raguletto Pasta Sauce (500g) \$1.49
 Arnott's Shapes (160-190g) \$1.59

Managers Specials
 Cobs Popped Chips 110g \$3.29
 Stevia Sweet Sachets (50pk) \$4.99
 Quilton Tissues (55's) \$0.69c

DUCK RIVER SOFT BUTTER 500g EVERY DAY PRICE \$3.99

- Tasmanian meat
- Fresh produce
- Senior discount (Weds)

- Pet Care*
- Garden care & Cement
- Eftpos

- Carpet Cleaner hire
- Soda stream exchange
- Ice & bait

*Pet care for dogs, cats, chooks, alpacas, lambs, rabbits, guinea pigs, birds and fish

STOCKING WAVERLEY FARM FREE RANGE EGGS & TAKING ORDERS FOR WAVERLEY FARM FEED AND WHEAT

20KG Wheat	\$18.00	15kg Black Oats	\$12.00
20kg Rolled Wheat	\$19.00	20kg Whole Barley	\$16.00

NOW STOCKING EAST COAST VILLAGE PROVIDORE MEATS

Reliable and friendly local service - Free home delivery to St Marys area

THE VALLEY AND EAST COAST VOICE

is available at the following outlets:

- ◆ Avoca Post Office
- ◆ Avoca General Store
- ◆ The Farm Shed - Bicheno
- ◆ Fingal Post Office
- ◆ Chelle's Place - Fingal
- ◆ Hayshed - Fingal
- ◆ Mathinna Post Office
- ◆ Coach House Restaurant - St Marys

- ◆ C & D's IGA - St Marys
- ◆ Hilly's IGA - St Marys
- ◆ Hilly's IGA - St Helens
- ◆ St Marys Newsagency
- ◆ St Helens Newsagency
- ◆ Scamander Supermarket
- ◆ Mouth Café - Scamander

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Crossword Solution

ISSUE 51.14

S	E	P	T	I	C	A	E	M	I	A
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