



THE VALLEY AND EAST COAST VOICE

Established 1968

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BREAK O'DAY COMMUNITY TRIATHLON WEEKEND – MISSION ACCOMPLISHED! **OLYMPIC STAR SHARES HIS TIPS AND HINTS**

Congratulations to everyone who participated in the hugely successful community triathlon weekend including all the participants, sponsors and spectators through to the special guests and amazing volunteer support together with Break O’Day Council and the Launceston Triathlon Club.



The inaugural children’s Trystar event on Saturday was a clear winner despite the unusually cool and windy conditions. So many enthusiastic mini triathletes and encouraging parents not to mention the wonderful volunteers from the Scamander Surf Lifesaving Club making sure everyone was safe in the water and the SES making sure all was under control on the roads. A smaller than anticipated field in the 5km Fun Run did not dampen the spirits and meant more time with special guest Craig Mottram at the end, who was a huge hit with the kids and adults alike.

While the weather had no impact on attendance, the main event on Sunday saw triathletes battling choppy water in the swim, crosswinds on the bike and a slight reprieve on the run though still quite blowy. First timer local Janet from Beaumaris only decided to compete in the Adult Enticer event a couple of months ago. Self-described as being ‘close to 60’ Janet completed all legs experiencing a bit of drama on the bike when the chain came off however, after sorting that out, she can now add ‘bike mechanic’ to her resume alongside ‘triathlete’. Janet’s advice is if you’ve been thinking about participating, just give it a go and we couldn’t agree more!

It was a delight to host four-time Olympian Craig Mottram. His humble manner and positive encouragement, not to mention the sharing of his extensive knowledge and experience was greatly appreciated. Thanks also to Luke Faulkner of LRF Sport for bringing his mate Craig to St Helens as well as his generous merchandise contribution.



So, what about 2021 – only 52 weeks or so to go?!

Remember you are still welcome to swim on Saturday mornings at Beauty Bay St Helens, bright and early at 7am.

Visit the Break O’Day Community Triathlon FB page for race results and more photos from the weekend.

Lastly, never say never 😊

The BODCT Team – see you next year!

Olympian Craig Mottram



Runners line up ready to start .



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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, including letter to the Editor, must bear the author's full 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.
 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.

MEALS ON WHEELS

Do you know you don't just have to be elderly or sick to receive meals on wheels?
 You can also select from a 3 course down to a one course meal. You don't even have to get them every day... *you decide when and how often.*
Are you interested or have further questions? Call Alana at the St Marys Health Centre on 6387 5555 and see if you are eligible or to discuss your options.
 Home-style meals are made on site at the Health Centre daily. Pick-up and delivery available.
 St Marys Meals on Wheels cover from Scamander to Bicheno and as far as Fingal and surrounding area.

24 HOUR EMERGENCY CONTACT NUMBERS

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

ROADS TO RECOVERY FUNDING DRIVES INTO BREAK O'DAY

Upgrades to some of the region's most important roads have been given the green light with funding announced as part of the Australian Government's *Roads to Recovery Program*.

Liberal Senator for Tasmania, Claire Chandler, said the latest round of program funding was welcome news for residents in Break O'Day Council area who will benefit from upgraded roads throughout the region. "The *Roads to Recovery* funding for Break O'Day will allow the council to progress a number of high-priority projects, using local knowledge to deliver the best local roads," Senator Chandler said. "Break O'Day will benefit from almost \$650,000 in project funding to upgrade roads to improve traffic flow and make travelling safer for road users."

These projects will include the following:

- Reids Road – Bridge No. 2006 - \$90,000
- Talbot Street, Fingal - \$100,000
- Brown Street, Fingal - \$154,000
- Scamander Avenue, Scamander - \$120,000
- Main Road, Binalong Bay - \$103,804
- Ansons Bay Road - \$80,000



Deputy Prime Minister and Minister for Infrastructure, Transport and Regional Development

Michael McCormack said the Australian Government has committed an additional \$100 million per year to the Roads to Recovery Program from 2019–20.

"From 2013–24, the Government will deliver \$6.1 billion under the Roads to Recovery Program, with an ongoing commitment of \$500 million each year following," Mr McCormack said. Whether it's roundabouts, turning lanes or traffic lights, this is real money to fix local roads, which local councils can spend on local priorities."

Assistant Minister to the Deputy Prime Minister Andrew Gee said the Australian Government was committed to getting Australians home sooner and safer, no matter where they lived. "Our Roads to Recovery investments will deliver safer roads in local government areas throughout the country," Mr Gee said. "Good, safe roads are vital for our communities. They ensure our freight moves more efficiently, our traffic moves more smoothly and our drivers get to their destinations without accident or injury."

The Australian Government supports local governments to provide vital infrastructure and services through Financial Assistance Grants, and the Bridges Renewal, Black Spot, Heavy Vehicle Safety and Productivity and Roads to Recovery programs.

TOM BRADY 10/05/1942—14/2/2020

We would like to acknowledge the passing of Tom, a valued and much respected member of the Fingal Valley Neighbourhood House, and wider community

Our sincere condolences to Coral and your family from the Board, Staff and Volunteers of Fingal Valley Neighbourhood House.



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

Up the Eagles!

HAPPY 2nd BIRTHDAY!

To your Community Bank

St Helens – St Marys Community Bank branch customers completing their banking on Friday 7th of February received a surprise. Branch staff handed out cupcakes as a part of their 2nd birthday celebrations and as a thank you for their support. Over the last two years, the experienced St Helens – St Marys Community Bank branch staff have been hard at work providing assistance with the local banking & financial requirements. The Small Grants & Sponsorship program has provided assistance to local clubs and organisations with much needed funds to complete projects. To date donations totalling \$45,620 have been handed out.



January in St Helens was a busy month for the branch and board.



We were privileged to assist the St Helens Sailing Squadron with their hosting of the annual 91st Stonehaven Cup Sailing Regatta on Georges Bay. This event was held over five days and included 14 teams from Melbourne, King Island & St Helens. The St Helens crews on the Robert M^cIntyre, Spirit of St Helens and Bay of Fires competed strongly throughout the event and the overall winner being decided by the last race. While a Royal Melbourne Yacht Squadron crew won the Stonehaven Cup, Spirit of St Helens finished second, Robert M^cIntyre third and Bay of Fires 5th. The Robert M^cIntyre won the second invitation race and the Andrew Linacre Memorial Trophy while St Helens was the most successful team and received the Otto A Meik Perpetual Trophy. A highlight of the Friday night awards was the presentation of trophies and medals to this year's victors by winning crew members from the 1961 & 1964 regattas. Well done to all crews, support staff and families for a fantastic effort in just the third year of the sailing squadron.

Break O'Day Community Financial Services Limited provided assistance to the St Helens Athletics Carnival, an event drawing approximately 230 competitors. The cyclists, athletes, axemen and axewomen, both young & old competed from around the state and cheered on by the many spectators.

Small communities like those in the Break O'Day, rely on volunteers in all aspects of their daily life; being a part of this is what the Community Bank is all about. Help us support your community by supporting the St Helens – St Marys Community Bank.



LETTER TO THE EDITOR

Congratulations on the layout of the last Valley and East Coast Voice for the year. I loved the cover page and then found that colour brightened up the whole issue. It was a lovely way to close off 2019, even though you might not be able to continue with that format. As a special issue it was a delightful surprise, so thank you.

Thank you also for your efforts to maintain and improve a publication which we have been fortunate enough to enjoy for so many years. Indeed, may your 'adventure' continue...

Kind regards,

Toni Brewster, Chain of Lagoons.

Thanks for your letter, Toni, it's great to hear what our readers think of each issue.

If you know of anything happening you would like to see reported on, or have any suggestions, please send them to me; the email address is inside the front cover.

Editor.

Festival Celebrating 40 Years

FESTIVAL PROMISES TO BE A GREAT DAY OUT

With the Fingal Festival celebrating it's 40th Anniversary in 2020, the day is shaping up to have so much in store, that it will be hard to know where to be to see it all. Gates opening at 10am on the day, there will be plenty to see and do!

Coal Shovelling and Roof Bolting Titles will be hotly contested by local and interstate competitors, wood chopping events and those smart sheep dogs will be coaxing and coercing the sheep around the circuit. 2020 sees the return of Sports Shear events to the Festival, including Shearing and Wool Handling. The day is once again whetting the country appetite.

Dog High Jump will be an event on the day being displayed by Rural Youth and our local SES will be demonstrating their skills for all to see. Children are also well catered for with show bags, mini jeeps, animal nursery and a jumping castle are among the offerings. A variety of stalls including arts and crafts, clothing, trash and treasure will be offering a wide variety of goodies and of course, plenty of food stalls!

At the end of the events, prize presentations will take place in the afternoon and then stay on to celebrate the days successes and enjoy the evening with Dave Hawkins playing at the Cabaret from 8pm.

There is also a great raffle on offer, with tickets also being sold throughout the day. Locations of where to purchase tickets beforehand will be listed on our Facebook page. To stay up to date, locate us on Facebook - just search for **Fingal Valley Festival**

See you at the Fingal Recreation Ground on Saturday 14th March 2020!

EVENTS & ENTERTAINMENT

- WORLD MINING TITLES
 - COAL SHOVELLING
 - ROOF BOLTING
- WOOD CHOPPING
- YARD DOG TRIALS
- SPORTS SHEAR
 - WOOL HANDLING
 - SHEARING
- CHILDREN'S ENTERTAINMENT
 - JUMPING CASTLE
 - SHOWBAGS
 - ANIMAL NURSERY
 - MINI JEEPS
- ARTS AND CRAFT STALLS
- RURAL YOUTH DOG HIGH JUMP
- SES DISPLAY
- FOOD STALLS

AND MORE!

WWW.FINGALVALLEYFESTIVAL.COM.AU

The Say by the “Cage Rattler”

My apologies that my memory prevented me from remembering the date of the first issue this year...caused by age and dopiness...anyway, let me start inflicting upon you now...

Very, very sad to see yet another icon of Australia go by the wayside. This one is a really big one. Don't get much bigger. Once upon a time it used to go like this; “football, meat pies, kangaroos and Holden cars”. It was a big part of the culture, huge even. As of yesterday, General Motors Holden is now announced as closing down in this country. If someone told you that even ten years ago, I suggest you would have found it nigh on impossible to believe. How can that possibly happen? For a myriad of reasons, some from decision making and most out of the hands of Holden, this year will see its demise.

There will always be debate on the Australian car industry by a lot of experts way more versed than me, but with General Motors globally going to the brink itself not too long ago, they have cut ties to Vauxhall, Opel and such in Europe, and rationalized small markets everywhere, not least in the United States itself. The mainstay of its production is going to be big pick-up trucks and SUV's, just like Ford Motor Company too.

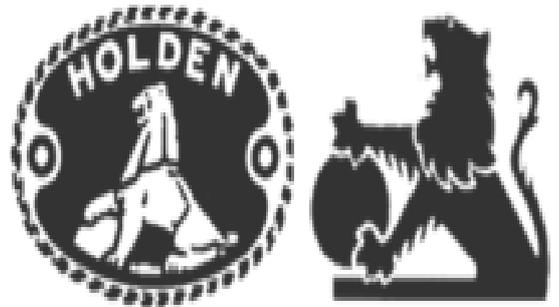
One big challenge too, is the electric car direction that most manufacturers are looking at, either fully electric or hybrid. Also, GM do not build for right-hand drive markets, and only a low number of cars via Australia's Holden Special Vehicles (HSV) have seen the roads. Thank goodness for them, and they really do build some exciting cars. Whether that can still continue with the Holden closure is yet to be seen, but let's hope so.

Whether you're a Holden family or a Ford family, there has always been a good natured rivalry, but huge respect, between two companies, that for decades designed and built cars specifically for this country, and also export markets here and there. They literally employed hundreds of thousands of our own people directly and indirectly, and were at the forefront of progress post Second World War especially. Holden and Ford also employed many migrants in their first job in their new country.

Holden will always be fondly remembered for all sorts of reasons, and no doubt the loyal fans, just as with Ford, will enjoy a passion that few other car companies (with greatest respect to them) enjoy. With Holden and Ford, it's tribal, but in a fun way.

Thank you Holden for providing this country with some remarkable cars, jobs, passion and joy for such a long time, and rest assured, many of us old enough to appreciate this company will never forget that.

What do you think?



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

The Woodcraft Guild members offer our heartfelt condolences to Coral and family on the sad passing of Tom.

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We would love to hear from you and for your support of our COMMUNITY BANK

St Helens/St Marys Community Bank,

41 Cecilia Street, ST HELENS

Phone 6376 2560

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 2.00-4.00pm. 15 Pendrigh Place, St Helens. Cost: \$1.00 per cuppa.

AA

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

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 am. Visitors welcome. Phone Paul on 6372 2529.

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FINGAL FOCUS *Contributed by Mike Brouder*

('Tis better to have loved and lost than never to have loved at all.)

- If you have** no critics you'll likely have no success.....Malcolm X
- All you need** is ignorance and confidence.... and success is sure.....Mark Twain
- Try not to** become a man of success but rather become a man of value.....Albert Einstein

One-liners

- What is the** difference between ignorance and apathy ?.....I don't know and I don't care.
- Don't you hate** it when people answer their own questions?I do!
- The problem** with kleptomaniacs is that they take everything literally.....
- A statistician** drowned in a river that was only three feet deepon average.
- Need cheering up?** Try starting an argument with someone who has hiccups.....

The new footpath on the southern side of Talbot Street is not only finished but also looks great. These photographs show the before and after effect. Thank you to the council workers who did the work...well done.



Before

Photo A...preparations,

Photo B...Voila, finished !



After

After waiting three and a half hours to get her car registered a woman, still angry, stopped at a shop to buy a cricket bat for her son. "Cash or credit?" the assistant asked. "Cash," the woman snapped, and was immediately sorry. "I'm sorry, but I've just spent half the day in line at the motor registry." "Would you like me to wrap the bat?" she was asked, "or do you intend going back?"

Looking at some beautiful mahogany nursery furniture a pregnant lady said to her husband, "Darling, it's so expensive!" "Of course it is," he replied, "do you think it grows on trees?"



I went to the Furies' BBQ too, and I ate a lot. Mind you, if I were a boy dog, I would have helped put the fires out too.....well maybe until my leg got too tired!

Libraries

Fingal Library:

(Not part of State Library)

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.



Free
Wi-Fi

8.30am-5pm

St Marys Library

31 Main Street, St Marys
(03) 63875602



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



Opening Hours:

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Wed: 12.30-4pm

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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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SUNCOAST SPINNERS

The Suncoast Spinners met at the Fingal Valley Neighbourhood House on Tuesday 18th February, and enjoyed a day of industrious spinning, weaving and knitting.

As you can see in the photographs, some lovely items were made, including baskets woven from dried grasses and foliage from the weaver’s garden. “The grasses are collected and cleaned, trimmed and dried, then stored in a dry place until I am ready to use them. Then I need to slightly moisten them, so that they are flexible and easy to bend, without breaking.”



The hum of the large wheel as it spins, twisting fleece into yarn is almost hypnotic, but a smaller, spinning wheel, powered by a power-pack does the job just as well, and enables wool to be spun sitting at a table. “I can spin just about anywhere with this. I just have to remember to recharge the powerpack!” is how the difference was summed up.



Warm woollen socks flow off the needles of a knitter, growing steadily as she skilfully juggles four needles, starting at the top and forming circles in an ordered pattern, just as I remember my mother doing. The tapering towards the toe makes them fit like a glove, keeping feet warm in the chilly autumn and winter weather.



If you enjoy working with your hands, or would like to learn any of these skills, the next meeting of the Suncoast Spinners will be at Falmouth in March.

Phone Jacinta on 6384 2355 for details.





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<p style="text-align: center;">Moo Poo See Normie 6372 2380</p>	<p style="text-align: center;">Work Wanted! I am a 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 168 521</p>

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<p>RED</p>  <p>Dogs Prohibited</p>	<p>ORANGE</p>  <p>Restricted Area Check conditions of access - typically on-lead only 31 March to 1 October.</p>

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

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 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.

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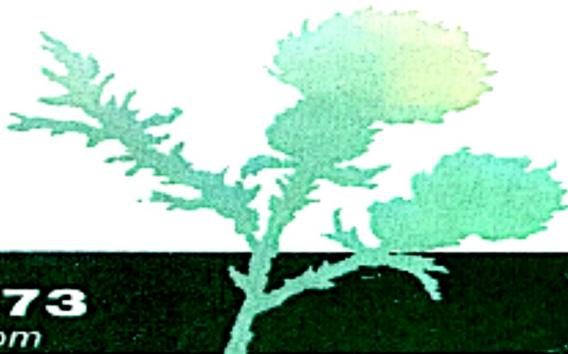
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SECOND ROUND OF GRANTS TO HELP IMPROVE FARMING LAND AND WATERWAYS

Tasmania's agricultural sector is the envy of the world, employing more than 7,500 Tasmanians and contributing more than \$1.5 billion annually to our economy. To help improve our agricultural land and protect Tasmania's reputation for clean green food, the Tasmanian majority Liberal Government partnered with the Tasmanian Farmers and Graziers Association (TFGA) and Landcare Tasmania to deliver the \$1.8 million *Landcare Action Grants Program*.

The Program was created for landholders, community groups and individuals to deliver practical on-ground works for sustainable agriculture and river care activities, enhancing land management practices and reducing erosion and sedimentation. Investing in Landcare protects our agricultural industry and waterways, sustains productive soils, and supports the Tasmanian brand as we build towards our target to grow the annual farm gate value to \$10 billion by 2050.

Opening on Saturday 1 February, round two will provide up to \$338,000 with applications open for funding requests for \$1,000 through to \$10,000. Together with landholder in kind contributions estimated at \$270,258, the first round of the Program saw a total of \$470,867 invested in on-ground works on project activities including:

- Riparian and wetland restoration;
- Weed management;
- Protecting and revegetating habitat;
- Erosion works to improve water quality; and
- Fencing to protect and enhance biodiversity.

The Program sits alongside the \$200,000 'Cows out of Creeks' project and the Government's doubling of funding to Landcare Tasmania to \$960,000 over 4 years and increased funding for Natural Resource Management to \$4.2 million over 4 years.

Additional grant rounds under the *Landcare Action Grants Program* will be available through to 2022. Information about the Program, including eligibility criteria and application and assessment processes are available through the TFGA at https://tfga.com.au/uploads/general/LAGs_Program_Guidelines-Rnd-Two-20.12.2019.pdf

(information supplied by Guy Barnett, Minister for Primary Industries and Water.)



Nikki Abel, Project Officer, Tasmanian Farmers and Graziers Association; Guy Barnett, Minister for Primary Industries and Water; Rod Knight, CEO, Landcare Tasmania at the announcement.

MP VISITS FINGAL AND PRAISES COMMUNITY

Rebecca White, MP, visited Fingal on Thursday, 13th February, to make a personal donation to the funds for recovery after the recent bushfires. After speaking with members of the public regarding the use of the former Forestry Tasmania complex, now Sustainable Timber Tasmania, she was taken on a tour of the Fingal Valley Neighbourhood House, and learned of the programs which are run in the House, as well as the plans for the restoration, which it is hoped will commence soon. She then went to the Fingal Online Access Centre, where she met the Coordinator, Keri Webb, and volunteers, then spoke with a victim of the recent bushfire, Phil Danson. Keri praised the response of some agencies, stating that the Break O'Day Council, Government and the Neighbourhood House response time was excellent.

Rebecca commended the Neighbourhood House and Online Access Centre, and stated, "It was good to see how the community came together and supported each other during the crisis. This is something that is good about country life, and a real asset to the people of the Fingal Valley."



Shirley Lowe, Administration Assistant at Fingal Valley Neighbourhood House, accepts a cheque from Rebecca White

News From

Fingal Valley Neighbourhood House

VOLUNTEERS

If you would like to be a volunteer eg. Driver, Op Shop, Kitchen duties, Library and Community garden, a working with vulnerable people card will be required. Call into the Office for more information.

HAIRDRESSER

Available Mondays and offers a full range of hair dressing services.

Call Kelly on 0407 549 678 for an appointment.

ROOM HIRE

We have rooms for hire for meetings and functions. Call us when planning your event or meeting, to see what we can offer.

OP SHOP

Call in for a browse, stock is turned over on a regular basis. Volunteers are needed in the Op Shop - if you have a few hours to spare. Lots of bargains available.

The Op Shop is located to the Library next to the Online Access Centre.

BREAD

We have Banjo's Bakery lines delivered every second Tuesday night to be picked up

Wednesday during office hours.

LOAVES AND FISHES

Loaves and Fishes now available on Thursdays at 11am. If you have a Health Care Card, Pension or Concession Card, you are eligible to take part in Loaves and Fishes. We ask that you be patient while our volunteers package up the delivery for distribution.

COMMUNITY CAR AND BUS AVAILABLE

We have a 12 seater commuter bus and a Honda Accord Sedan available for hire. Both vehicles are automatic.

Volunteer drivers are needed. Call in and chat with us on the requirements.

NO INTEREST LOANS

Loans are available from NILS with no interest and no fees for fridges, washing machines, TV, computers etc.

Medical, dental, school trips, education expenses, even car repairs. Car registration loans are available if more than 2yrs since last time NILS financed it.

Call 1300 301 650 to check if you are eligible and then call us to make an appointment. We are a delivery partner for NILS with brochures on the loan scheme available at reception.



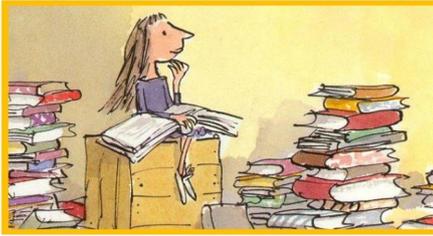
Office Hours: 9am to 3pm (Monday to Friday)

Phone: 6374 2344

Email: admin@fvnh.org.au

www.fvnh.org.au

**Fingal Valley Neighbourhood House Inc is supported by The Crown through
Department of Communities, Tasmania**



MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz.

We had two books over the summer break. Both were first novels for the writers and they couldn't have been more different, coming from two genres.

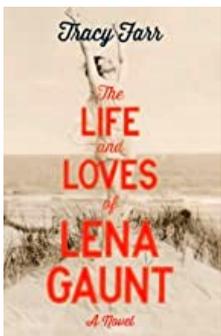
Most members read "The Dry" by Jane Harper first. It had been much talked about as a thriller and thus was considered the "easier read". It is set in contemporary Australia, in a small country town in outback Victoria in the middle of a drought, hence the title (how current!) It begins with the confronting first sentence, "It wasn't as though the farm hadn't seen death before, and the blowflies didn't discriminate. To them there was little difference between a carcass and a corpse." An apparent murder/suicide of a man, his wife and a child has occurred and Aaron Falk, a Federal Police officer who works in financial intelligence in Melbourne, is attending the funeral. He grew up in this town and was friends with the dead man. He is not convinced that Luke, his onetime friend, could have committed such an act, so together with the new policeman in town, Sergeant Raco, he sets out to solve the case.



The story switches from past to present as Falk remembers the events which caused him and his father to be driven out of town twenty years before. As can happen in small, desperate towns, events from the past are not easily forgotten, and Falk meets resentment and suspicion wherever he turns, but he and Raco make a good team and eventually they get to the bottom of the case.

Jane Harper draws her characters skilfully and even the minor ones are memorable. The tinderbox dry countryside with its dried up riverbed and parched paddocks are all too familiar to the reader. The pace is fast and suspenseful. Not all were convinced that the character eventually identified as the murderer was capable of such a premeditated and bloody crime, but the climax is very violent and dramatic and justice is done. Most found this a diverting and easy summer entertainment.

See what you think!



The second novel, by Tracy Farr, was "The Life and Loves of Lena Gaunt," a most unusual life story which was enjoyed by almost everyone. This is a life imagined. The author's device is that a film maker is interviewing an 81 year old woman who was a pioneer in the field of electronic music. She played an instrument called the theremin. Most of us had not heard of this instrument, but Mr Google informed us that it is still played today and provides the otherworldly theme music for Midsomer Murders! It was invented in the 1920's and she was introduced to it at the age of 18 while a cello student in Sydney.

This is a very interior story, told by the protagonist, and we learn how sounds have from the very beginning of her life in Malacca preoccupied and fascinated her. Her life has been full and rich, but she has suffered many losses and sadnesses. The only constant in her life has been her Uncle Valentine in his beautiful house in Cottesloe on the beach. Her life has moved from Malacca to Perth to Sydney, then Dunedin and back to Perth and eventually to Europe and England. She has lead a bohemian life, defying convention, but along the way has met kindly people who have taken her in and helped her to live a life where she can be true to herself. As an old woman, she is not wholly likeable, and her bitter and often cynical comments reveal her world weariness. She uses opium to dull the pain of her losses and is a very unwilling subject for the interviewer, surprised that anyone should be interested at this late stage in her life. The sea and water have played an important role in her life and the closing pages provide a satisfying unity of imagery as she walks into the ocean for the last time.

We had to keep reminding ourselves that this is a work of fiction, so authentic did her experiences seem. Readers enjoyed identifying places that they knew in Cottesloe and Sydney. Lena's life encompassed such a large part of the twentieth century. The writer vividly evokes scenes of Perth during the Second World War, with dances at the Pavilion, American soldiers on leave and people trying to forget the awful reality of wartime in music and fun. The bohemian life of musicians and artists in Sydney in the 1920's, the half remembered childhood in the tropics of Malaya, all are beautifully realised.

This was a highly enjoyable novel and we look forward to reading her next one.

C & D EXCAVATIONS

For all your earthmoving requirements

- Road gravel.
- Top soil, screened topsoil.
- Sand and rocks.
- On sight screener 20mm - 75mm.
- 20 tonne excavators with tilt bucket, ripper, rock and log grabber and quick hitch.
- D65 Komatsu dozer with ripper and tilt blade.
- 10 yard tipper.
- Compaction roller.
- Wheel loader.

Dams, roads, firebreaks, land clearing, house sites, drainage, bridge construction and much, much more ...



LOCAL OWNER/OPERATOR WITH OVER 25 YEARS EXPERIENCE

Call Dana or Craig: 6372 2033/0439 722 032

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

Have you had any of these...

... for more than 4 weeks?

- Problems peeing
- Runny poo
- Unexplained weight loss
- An unusual pain, lump or swelling anywhere in your body
- Becoming more short of breath
- A persistent cough
- A new or changed spot on your skin

... once or more?

- Blood in your poo
- Coughing up blood
- Blood in your pee



If you have and you are over 40...

Tell your doctor

The earlier cancer is found, the greater the chance of successful treatment.

Supported by Tasmania PHN (Primary Health Tasmania) through the Australian Government's PHN Program.



For more information visit findcancerearly.com.au or call 13 11 20

YOUR LOCAL REAL ESTATE SPECIALIST

**Thinking of buying or selling?
Contact Kate Walsh today to
discuss all
your Real Estate requirements,
big or small!**



Kate Walsh

Property Consultant

0419 683 904

kwalsh.sthelens@ljh.com.au

36 Cecilia Street, St Helens TAS 7216

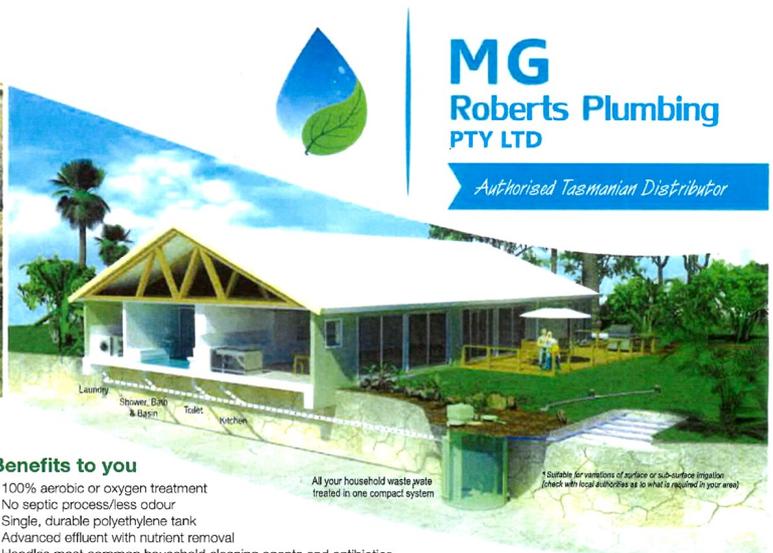
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LJ Hooker St Helens are actively looking for properties to sell in your local areas.

Thinking of selling? Give our friendly staff at

LJ Hooker St Helens a call today!



MG
Roberts Plumbing
PTY LTD

Authorised Tasmanian Distributor

The trusted name in waste water

Ozzi Klean has been a trusted name in sewage treatment since the 1990s. As an Australian owned and operated manufacturer, Suncoast Waste Water Management developed and released the range of household Ozzi Klean products into the market after decades of extensive experience within the sewage treatment industry. By installing an Ozzi Klean Sewage Treatment System you can join the many thousands of households already enjoying the benefits of an endless supply of recycled water to reuse on your property for watering gardens, lawns and trees. The Ozzi Klean Sewage Treatment System treats up to 2,000 litres of waste water every day. This is equivalent to 10 persons using 200 litres of water each day. Operating on a cyclic, fully aerobic basis, waste water treatment is highly efficient, processing it into irrigation water within hours.

Benefits to you

- 100% aerobic or oxygen treatment
- No septic process/less odour
- Single, durable polyethylene tank
- Advanced effluent with nutrient removal
- Handles most common household cleaning agents and antibiotics under normal use
- Cost effective and reliable
- Safe and environmentally friendly
- Lower running costs due to Ozzi Klean cyclic aeration process
- Approved Australia wide to strict Australian Standards

Ozzi Klean advantages

Ozzi Klean Sewage Treatment Systems are built to last. The heavy-duty polyethylene tank is up to 20mm thick and is, weight for weight, 100 times stronger than concrete. As the Ozzi Klean tank is roto-moulded and completely seamless, there is no risk of seepage, leaking or root intrusion.

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mgrobertsplumbing.com.au



Call Michael Roberts today for a QUOTE on 1800 623 821 or email: michael@mgroberts.com.au

WASTE TRANSFER STATIONS

BREAK O'DAY MUNICIPALITY

Eagle Street, **ST HELENS**, includes recycling; OPEN 10am – 4pm every day.

Coach Road, **SCAMANDER**, includes recycling; OPEN 10am – 4pm Tuesday and Thursday and 2pm – 5pm Sunday.

Gray Road, **ST MARYS**, includes recycling; OPEN 10am – 4pm Tuesday and Thursday and 2pm – 5pm Sunday.

North Ansons Bay, Road, **ANSONS BAY**; OPEN 12pm – 4pm Wednesday, 10am – 4pm Sunday and 12pm – 4pm on Monday long weekends.

Rossarden Road, **FINGAL**; OPEN 10am – 4pm Tuesday and Thursday and 2pm – 5pm Sunday.

Tasman Highway, **PYENGANA**; - OPEN 9am – 12pm Wednesday and 2pm-5pm Sunday.

Charges apply at all waste transfer stations; see sign at entrance.

BLACK WATER DUMP POINTS

BREAK O'DAY MUNICIPALITY

St Helens—117 Tully Street, St Helens

Fingal—13 Talbot Street, Fingal

St Marys—Harefield Road, St Marys.

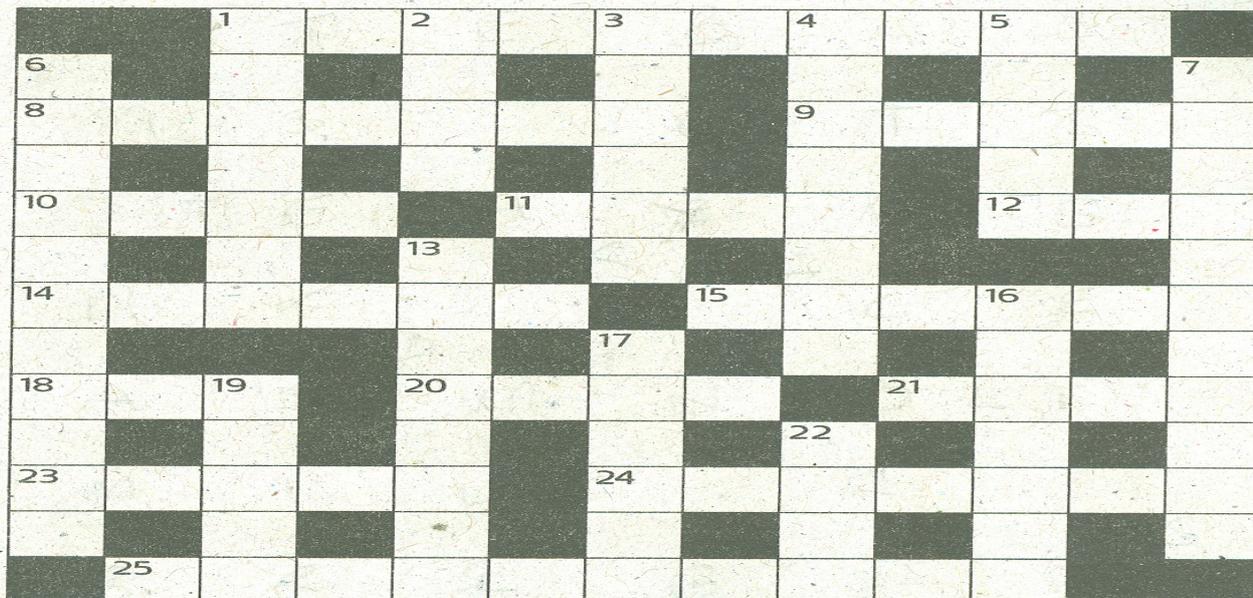
No charges apply to use black water dump points.



FREE GREEN WASTE
Every Sunday from:
3 November - 23 February
You can dispose of your green waste for free at the following Waste Transfer Stations:
St Helens, Scamander and St Marys.



Crossword 52.01



ACROSS

- 1. Famous Rio de Janeiro beach (10)
- 8. Bragged (7)
- 9. Unit of gas (5)
- 10. Simple (4)
- 11. MGM's animal! (4)
- 12. Notice (3)
- 14. Involving sight (6)
- 15. Egyptian god, husband of Isis (6)
- 18. Nervous twitch (3)
- 20. Scottish valley (4)
- 21. Incinerate (4)
- 23. Brute [anag] (5)
- 24. Prophecy (7)
- 25. Beyond belief (10)

DOWN

- 1. Car frame (7)
- 2. Compassion (4)
- 3. Golfer's assistant (6)
- 4. Plantlife specialist (8)
- 5. Requirements (5)
- 6. Astronomical building (11)
- 7. Mimic (11)
- 13. Mobster (8)
- 16. Normal procedure (7)
- 17. Aided (6)
- 19. Ship's room (5)
- 22. Pavement's edge (4)



Pregnancy Counselling & Support

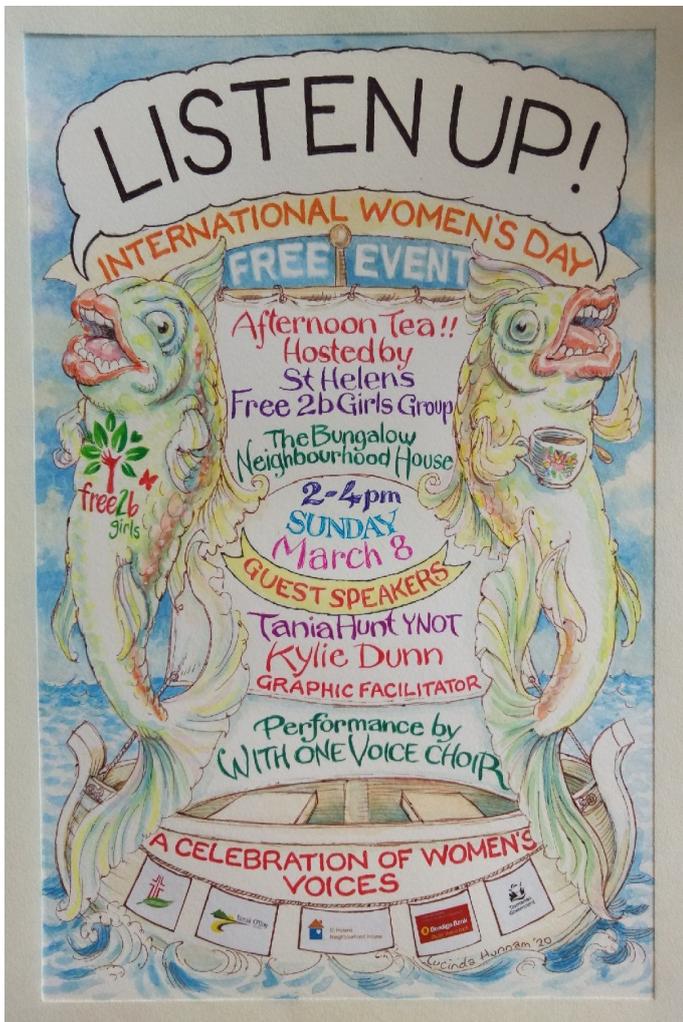
Someone to Listen – Caring Support – Information – Practical Help

A free, confidential service for women, men and families experiencing distress or difficulties as a result of pregnancy or pregnancy loss.

- Information on pregnancy and support services
- Baby clothes (up to size 00)
- Pregnancy testing
- Help and support in the home
- Telephone and face-to-face counselling
- Post-natal support for grief and trauma
- Decision making; exploring the full range of pregnancy options
- After hours telephone support

Supported by the Crown through the Department of Health.

PHONE: 6224 2290 | WEB: WWW.PCSTAS.ORG.AU | OFFICE HOURS: 10AM TO 2PM WEEKDAYS



WHAT'S ON AT THE SURFSIDE

Saturday, 29th February

Live Music with Paul Weedon—pub rock, reggae, punk and ballads.

Starting at 8.00 pm \$5.00 cover charge

Come and see the amazing Blue Man Human Statue

Saturday 14th March—St Patrick's Day celebration

Midday to midnight

Come fill your belly with Irish Stew, with a slice of Soda Bread, or a delicious Pratie.

Enjoy a pint of Guinness, a nip of Baileys Irish Cream or a dram of Irish Whisky.

Treasure Hunt 2.00 pm Karaoke-style singalong

LIVE IRISH MUSIC 8.00 pm \$10.00 cover charge



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.



OPEN MONDAY TO FRIDAY;

9.00 am to 5.00 pm

Pharmacist in store all day.

BLOCKED EARS?

Specialist Clinicians—Gentle—No syringing—All ages

MICRO-SUCTION

WAX REMOVAL CLINIC

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

Feel the relief. Hear the relief.

**Visiting Ochre Medical Centre,
St Helens**

on 7th April, 2020.

Phone 1300 380 060

Comfort Clean Ear

Micro-suction wax removal clinic

Home Visits are available on request!

ST MARYS HARDWARE AND GIFTS

(FORMERLY ST MARYS NEWSAGENCY)

3 STORY STREET ST MARYS 7215

PHONE 6372 2143

OPEN WEDNESDAY TO SUNDAY 8.00 AM-4.00 PM

(CLOSED MONDAY AND TUESDAY)

**THE BIGGEST RANGE OF HARDWARE, CAMPING AND GIFTS
IN THE FINGAL VALLEY**



- Camping gear
- Ropes and pegs
- Torches
- Batteries
- Fishing equipment
- Ice
- Bait
- BUT THAT'S NOT ALL.....



- Extended range of gifts
- Toys for children aged 3 and above
- Greeting cards
- Great coffee all day
- Valhalla Ice Cream - 9 flavours!
- Kiddies's cup \$3.00
- Large cup \$6.00
- Single cone \$4.00
- Waffle cone \$4.50



- Tools, nails, screws, nuts and bolts
- Fencing gear
- Farm gates
- Rope
- Padlocks
- Cement
- Painting equipment
- Stock feed
- Chicken feed
- AND LOTS MORE!

**DON'T FORGET TO SEE DANA AND HER FRIENDLY STAFF AT C & D'S IGA
FOR ALL YOUR NEWSPAPERS AND MAGAZINES**

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

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 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.**

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

Doctors Roster

Dr C. Latt

20/2/20– 13/2/20

Dr K. Rawnsley

21/2, 25/2, 28/2, 3/3, 6/3 & 10/3/2020

Public Holidays

Wednesday 26 Feb & Monday 9 March

Please see over page for further details

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 wishes to remind the community of the following exceptions to bulk billing at the St Marys

- ◆ Driving licence
- ◆ Insurance medicals
- ◆ Requested medical reports
- ◆ Harness medicals
- ◆ Pre-employment

Community Health Centre

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 ad-

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

24th Feb **Physiotherapist** – For appointments, please see your GP or Health Professional for a referral.

25th Feb **Max Employment** – 8:30am-5:00pm downstairs.

Physiotherapist – For appointments, please see your GP or Health Professional for a referral.

26th Feb **Public Holiday** – Launceston Cup

27th Feb **Social Worker** Shan Williams
Call 6387 5555 for appointments

Physiotherapist – For appointments, please see your GP or Health Professional for a referral.

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

2nd March **Physiotherapist** – For appointments, please see your GP or Health Professional for a referral.

Hospital Auxiliary Meeting 2pm in the Day Room.

3rd March **Physiotherapist** – For appointments, please see your GP or Health Professional for a referral.

4th March **Day Centre** - call Hayley Gilbert on 6387 5555 for information on the group.

Social Worker - Shan Williams
Call 6387 5555 for appointments.

Podiatry North - For appointments please phone 6777 3006

5th March **Social Worker** Shan Williams
Call 6387 5555 for appointments

Physiotherapist – For appointments, please see your GP or Health Professional for a referral.

6th March **Social Worker** Shan Williams
Call 6387 5555 for appointments

9th March **Public Holiday** – March long weekend

10th March **Physiotherapist** – for appointments, please see your GP or Health Professional for a referral.

Child Health Session with Mary Mumford, Tuesday fortnights, by appointment only. Phone 0428 136 381

Max Employment, – 9:00am-3:30pm downstairs.

11th March **Day Centre** - call Hayley Gilbert on 6387 5555 for information on the group.

12th March **Social Worker** Shan Williams
Call 6387 5555 for appointments.

Physiotherapist – for appointments, please see your GP or Health Professional for a referral.

13th March **Social Worker** Shan Williams
Call 6387 5555 for appointments

BONE DENSITY BUS

Is coming to the St Marys Community Health Centre
Mon 24/2/20– Fri 28/2/20
Know how healthy your bones are with a Bulk Billed bone density scan

Available for those aged 70+ or certain medical conditions. Speak to your GP today.
Phone: 1800 101 163

PUBLIC HOLIDAY

WEDNESDAY 26/2/20– Launceston Cup
MONDAY 9/3/20– Long weekend

Normal Doctor Surgery hours will resume the day after the public holiday

Please refer to the After Hours contact number during this time.

Emergency 000

GP Assist 1800 780 011
Ambulance 1800 008 008 non emergency
Lifeline 131 114
St Marys Community Health Centre
6387 5555

COMMUNITY ANNOUNCEMENTS



Hub 4 Health
Inc
Connections start here

How do you contact us?
Email: admin@hub4health.org.au
Web: www.hub4health.org.au
Facebook: Hub4Health
Our Aim:
To support and facilitate health and wellbeing programs to rural and remote communities within the Break O'Day Municipality and beyond.

Active4Life Gym Memberships at our St Marys facility. 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. Range of programs to attend or flexible access with a fob. The induction sessions for new members are on **Tuesdays 1.30-2pm** with Jason. For more information please contact us admin@hub4health.org.au






With One Voice Break O'Day Presents
VOCAL WORKSHOP
WITH **JANE CHRISTIE-JOHNSTON**
DIRECTOR OF THE SING FOR YOUR LIFE! CHOIR

This event is open to people of all Ages & Skill levels.

23RD FEBRUARY 2020 11AM -4PM
ST MARYS TOWN HALL,
MAIN RD ST MARYS

\$10 WOV BOD Members
\$25 Non WOV BOD Members
Performances available \$10 cash!
tickets sales at WOV BOD sessions or by email
Tanya: 0400 002 116
E: admin@hub4health.org.au for more information

 Bendigo Bank

Zumba is coming to the Active4Life Gym St Marys
Zumba - A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome!
Dance experience required? No! Just wanna have fun? YES!

Cost: \$12 per person over 16 welcome
Classes Wednesday 6pm-7pm and Saturday 10am-11am **Starts 4th March**

With One Voice Break O'Day is now on Wednesdays 6-7.30pm @ St Marys Sports Centre, Gray Rd St Marys. All welcome for a fun night of singing and a delicious supper. No experience needed

Summer Yoga with Katrin Mondays 5.15—6.30pm @ Active4Life Gym St Marys \$10 pp

Pilates is every Friday 9.30-10.30am \$10 pp with Tani at the Active4Life Gym St Marys

2020 SESSIONS START 17TH FEBRUARY

Fingal Valley Play Centre

Education, Care and Learning for children 3-5 years.
Free with a Health Care Card or \$10 per child
proudly supported by Building Blocks and FVNH

OPEN MONDAYS 9.30-2.30PM
LIMITED SPACES STILL AVAILABLE

Fingal Valley Neighbourhood House, Main Rd Fingal
contact Tanya 0400 002116 or FVNH : 6374 2344 for more information

Tennis anyone?

Every Thursday at 6pm (until 19 March) is "Get Your Racquet on", welcome back to tennis night.

\$10 with Nibbles and an hour of Modified tennis games with equipment supplied.

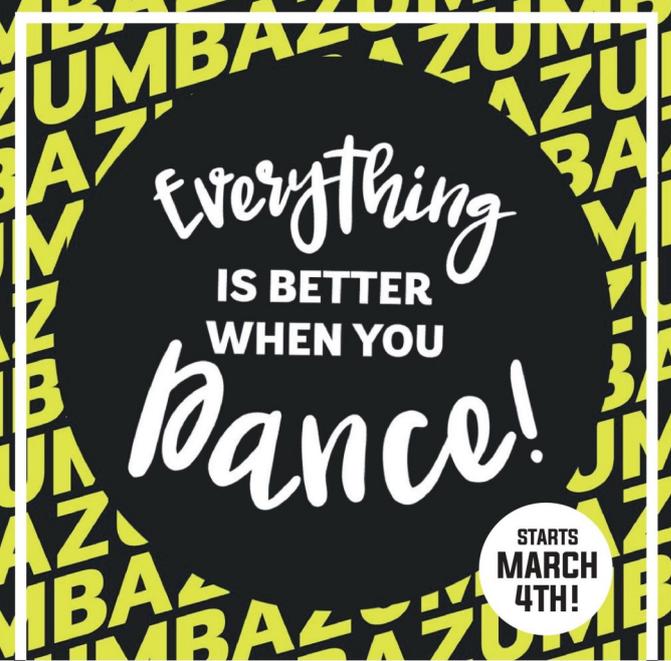
To book Contact Ron 0457683533.



Proudly sponsored by St Helens – St Marys Community Bank®



Bendigo Bank
Bigger than a bank.



Everything IS BETTER WHEN YOU Dance!

STARTS MARCH 4TH!

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STATE GOVERNMENT ANNOUNCES NEW HUNTING RESERVES

The Hodgman majority Liberal Government is delivering on its commitment to support traditional recreational pursuits and the Tasmanian way of life. This year, the Government has made four additional areas of reserved land available for the 2020 recreational deer hunting season.

The new reserves are:

- Tooms Lake Conservation Area
- Buxton River Conservation Area
- St Pauls Regional Reserve
- Castle Carey Regional Reserve

There are now 10 reserves available to recreational hunters as part of our commitment to provide appropriate recreational opportunities for hunters. These additional areas were added after considerable community and stakeholder consultation and have been rigorously assessed through the Reserve Activity Assessment process.

Recreational hunters play an important role in managing wild fallow deer populations and restricting the negative impact they have on both private and public land.

Similar to other reserves available for recreational hunting, access to the new reserves will be managed through a ballot system. The ballot for all reserves available for hunting opened on Monday January 6, 2020, and closed on Monday January 27, 2020. The ballot was drawn on January 28 and 29 with successful applicants being notified by email soon after the ballot.

Hunters need to also be aware of restrictions and requirements in place as part of ensuring values of the reserves are protected, including a no-hunting buffer zone of 500 metres around the new reserves to ensure public safety. Additionally, some limitations on access have been placed on all four new reserves to minimise habit disturbance during breeding season for some species including wedge tailed eagles, as well as providing for other recreational activities in the reserves.

The four new reserves join the six existing reserves: Top Marshes Conservation area, Great Western Tiers Conservation Area, Five Mile Pinnacle Conservation Area, Central Plateau Conservation Area – Breton River & Mother Lord Plains, Great Western Tiers Conservation Area – Parson and Clerk Mountain, Great Lake Conservation Area – Tumbledown Creek and Gunns Marsh.

For full details visit dpiwwe.tas.gov.au/DeerBallot



Minister for Primary Industries and Water Guy Barnett and President of the Australian Deer Association (Tas) Scott Freeman,



St Helens Hub4Health Walking Group

The first Wednesday walk for the group in January 2020 saw an enthusiastic crowd explore Flagstaff Creek, a dry stony bed at this time of year, eucalypts along the banks, emerging from the creek-bed onto a large grassy terrace with a park-like scatter of silver wattles. Then we walked up the ridge of a little hill beside the creek and from the top we could see out to Medea Cove. We returned back to the cars by a different route, following a farm track. Thank you to Henk and Greta for leading the walk and then providing morning tea.

Great start to the year's walks!

Our first Saturday walk of the year on 25th January 2020, saw Alex lead a crew of 14 for a relatively short (7km) loop on Paradise Plains, which is on the plateau country south of Ringarooma. Most of the walk was off-track but the going was not difficult with some gentle ups and downs mostly in open country. We saw two very old *Nothofagus* (Myrtle) trees at the edge of the rainforest and enjoyed lunch under one of them. Their large, spreading lower limbs are evidence that the area has been open and grassy for many centuries, probably kept open by aboriginal fires. These plains, at a cool 800m above sea level, are unusual in the north-east and resemble the plains of the Cradle Mountain area with plants such as *Trachymene humilis*, or Alpine Laceflower, carefully photographed by one of the party, and *Richea gunnii*. The area was certainly a wombat paradise with plenty of burrows that nearly caught out the unwary walker. Views were enjoyed out to Ringarooma and the major peaks of Mt Albert, Mt Victoria, Saddleback and Mt Maurice encircled us. On the return walk through the rainforest, another member located a Green Hood orchid that no one could identify. Weather was cloudy but no rain- ideal walking weather.



The second Wednesday walk, on 29th January 2020, over the hill from Moulting Bay and down to Binalong Bay, attracted 14 members of the St Helens walking group. The day was sunny but not too hot or windy. We set out along the beach at Moulting Bay, admiring the raft of swans off shore, and then came across a large catamaran on the beach. Its owner, enjoying the solitude of this quiet corner, chatted to us as we filed past.



The track led us up the hill towards Dora Point but we soon turned off and followed a lesser track up onto the ridge. The dry, open forest, with fallen trees across the path and the occasional bright hyacinth orchid, beckoned us on until suddenly we emerged on the Dora Point road. From there it was all downhill towards Binalong Bay.

A mountain-bike track provided easy going, even banked corners around the bends, but we avoided the jumps over rocks and logs. In no time we found ourselves in the back streets of Binalong Bay and were soon enjoying coffee and fresh scones with a view out over the water.

All walks meet at the Hub4Health in St Helens at 9 am.

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

For more information contact **Pam Bretz on 0439 547 529 or Alex Buchanan on 0428287753**



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Crossword Solution

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