



THE VALLEY AND EAST COAST VOICE

Established 1968

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Deadline for 52.15 is at 5.00pm on Monday 17th August 2020

BREAK O'DAY DROUGHT WEEDS PROJECT AIMS TO ASSIST FARMERS

Break O'Day Council is offering support to agricultural producers affected by weeds as a result of the 2019 drought.

Break O'Day Council's Drought Weeds Project received \$55,000 in funding from the Tasmanian Government's \$350,000 Drought and Weed Management Program as part of the Tasmanian Weeds Action Fund. The focus of the project is tackling weeds that get an advantage from drought conditions. The project aims to reduce the impacts these weeds have on primary production.

Break O'Day Council is working collaboratively with Biosecurity Tasmania and four other councils affected by drought to deliver the program. Break O'Day Council has also partnered with NRM North to provide a Drought Weeds Officer, Peter Heading, pictured right, who has already hit the ground running and is engaging with the local farmers. "I'd like to hear from any farmers in Break O'Day suffering from weed problems that have intensified by drought conditions," Mr Heading said. "Drought weeds are not just weeds that grow better in a drought. When the drought breaks, some weeds will get away earlier than pastures and other vegetation and outcompete them, for example thistles and Paterson's Curse."



Peter Heading, Break O'Day Drought Weeds Officer with a Patersons Curse seedling at Mangana .

Mr Heading explained that weeds can also get an advantage in a drought as a result of farmers needing to prioritise livestock and production ahead of weed control. They can be spread too, through movement of fodder and livestock carrying weed seeds.

Grant funding and activity for the Drought Weeds Project will focus on weeds advantaged by drought that impact agricultural productivity. Grants will be available for farmers and farming groups this spring. Examples of activity that could be funded include planning and prevention (biosecurity) measures, weed control (including materials, tools and contractors) and drought-weed training or awareness activities.

Farmers should contact Peter Heading so he can help identify drought weed problems and the best solutions possible as well as funding or other opportunities. Break O'Day Drought Weeds Officer, Peter Heading, can be contacted on 0400 737 253 or PHeading@nrmnorth.org.au (preferably on Thursdays).

More information including the Drought Weeds Project grant guidelines and application forms when finalised will be available in coming weeks. For further information contact Peter Heading, or Polly Buchhorn, Council's NRM Facilitator, at the Council's office on 6376 7900.

John
Tucker MP

Liberal Member for Lyons

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Tasmanian
Liberal

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ADVERTISING RATES - 2020

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.

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

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

Opinions in any letters published are not necessarily those of the Editor and committee, staff or volunteers.

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. 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.

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.

This newspaper is about the Fingal Valley and the East Coast, and the people who live here. If you have a story you would like to share, or a suggestion for an article or regular column, please contact the Editor. You can show off your literary talents and submit it for consideration, or the Editor can write it for you.

Photographs are important, too, so try to include them, with some information as to where and when it was taken, what the occasion was, and who is in it.

We also like to tell people about our sporting history, and tales of sporting prowess and vanished sporting events are also welcome.

Email me at: valleyvoice@fvnh.org.au

Editor, Valley and East Coast Voice

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

SKILLS TRAINING PACKAGE TO PROVIDE MORE TRAINING OPPORTUNITIES FOR TASMANIANS

In a recent press release, Liberal Senator for Tasmania Claire Chandler provided details of funding for school-leavers and job seekers to gain skills necessary for finding full-time employment while the nation recovers from the COVID-19 pandemic.

“Skills training, and helping employers to support trainees and apprentices, has been a common theme from people I’ve spoken to. That’s why it’s so pleasing that Prime Minister Scott Morrison recently announced a new \$2 billion skills package aimed at retraining and upskilling Australians to fill jobs in sectors in demand. This includes funding of \$500 million from the Federal Government, to be matched by the States and Territories, for the new JobTrainer Fund,” she wrote. In Tasmania, more than 7,000 training positions are expected to be created across a wide range of skill areas.

“Apprentices and trainees form an important part of our workforce, and are the future leaders in their areas of expertise, and that is why we have committed \$1.5 billion for the expansion of the ‘Supporting Apprentices and Trainee Wage Subsidy’. That means we’re helping employers pay their apprentices and trainees to keep them employed and working towards becoming fully qualified in their chosen industry,” Senator Chandler continued. These fundings are in addition to the Federal Government’s payments of ‘JobKeeper’ and ‘JobSeeker’ payments, as well as the COVID-19 supplements many people are eligible for.

Keeping people employed is important for many reasons, and being able to help people learn new skills will enable them to be employed as the economy recovers. While apprenticeships are not as common as they once were, they still form an important part of introducing young people to the workforce in mainly manually-skilled areas, such as carpenters and builders, mechanics, plumbers, electricians, chefs, hairdressers and barbers, bakers and agriculture. Apprentices need to be able to draw on the skills and experience that the qualified people they work with have, so it is important that those employees have the opportunity to pass on their skills. A lack of apprentices and trainees prevents this. In turn, the former apprentices and trainees can then pass on their skills and experience, ensuring a flow of manual working information.

Good mental health is also an important aspect of providing training for people. Unemployment often leads to feelings of low self-esteem and depression, along with the long-term effects these conditions have on people, families and communities. Being successful in gaining employment promotes happiness, which flows-on to the community in which the person lives. The satisfaction of paying your way, and being able to be independent of your parents and family also improves a young person’s mental health. Good mental health goes hand-in-hand with better physical health, which helps prevent long-term and chronic illness becoming established in a person’s life, leading to better wellness.

Older employees sometimes feel that their skills are not appropriate for the changing world. Funding for them to further their education and acquire new and different skills is important. It allows the skills of employees to match the demand in areas where the present availability of staff members is lacking. Changing a person’s area of expertise encourages thinking “outside the box”, and can lead to the advancement of lateral thinking on many subjects. All of these are beneficial to the business and the country.

“Please keep sending me your ideas about how we can all help get Tasmanian Back in Business,” Ms Chandler concluded.



APOLOGY AND CORRECTION

On the front page of issue 53.13, this photograph was captioned as;

“The surface of the half-pipe being finished by willing volunteers.”

In fact, the workers were not volunteers. As this is a very specialised form of concreting, the work has been performed by specialist concreters being paid by the Association from the grant funding received from the Tasmanian Community Fund.



The Valley and East Coast Voice apologises to the St Marys Community Space Association Inc. for this error.



Fingal Valley Neighbourhood House INC

Old Tasmanian Hotel Community Center

06/08/2020 - Update

Update from Fingal Valley Neighbourhood House

We are observing social distancing and limiting numbers into the house and each room during this time.

We are excited that the building restoration works are almost complete and hope to be able to open these new spaces soon.

The Library has re-opened and the OP Shop will be opening with reduced hours from Monday 10th August.

Loaves and Fishes has now gone back to **Thursdays from 12pm and has returned to the Neighbourhood House**

OPERATIONAL PROCEDURES

- We continue to provide information, advice and support to the community via phone, email and social media;
- **Food Relief** will be provided (we are considering how the food is packaged and collected and what risk is presented);
- Suspending all non-essential transport
- All non-essential staff, contractors and volunteers to work off site.
- Provide essential transport for our most vulnerable to medical appointments.
- Staff and volunteers will complete a Self-Assessment Tool to ensure they are not at risk if they choose to come in;
- All group activities have been postponed;
- NILS Loans will continue to be offered via phone, email and, in rare cases, in the large room;
- Centrelink assistance on request and by appointment
- Cleaning will be more focussed on surfaces, entrances, keyboards, phones etc

We thank you for your ongoing support and we will continue in the best way possible to support our community. Should you have any further questions please do not hesitate to call us on 6374 2344, email admin@fvnh.org.au, SMS 0437 550 571 or send us a Facebook message.

*The Fingal Valley Neighbourhood House Inc is funded by the Crown
through the Department of Communities Tasmania*

FINGAL FOCUS

Contributed by Mike Brouder

(.....now is the winter of our discontent.....Shakespeare)

ST MARYS COMMUNITY SPACE

Whilst I had driven by the Community Space many times, I didn't realise what was being installed until lately. I was very pleased to see a skatepark ramp, and I have a particular reason for the smile of delight on my face. Once upon a time when I lived in Bicheno, I was part of a committee which tried to get a skatepark built for the young people of the town. We were quite unsuccessful, mainly because the Council was so stridently against it. We had many meetings with the Council, but could not convince them of the need for such a facility for the younger folk of Bicheno. In fact, we were told that one councillor was heard to say, "Why can't they just climb trees like we used to." If this is true, then this kind of entrenched disregard is like arguing with one's mouth gagged. We hired professionals to plead our case and went to the Planning Appeal Tribunal.

Eventually, we lost on a legal point, because the Council had not paid the rates and fees on the local park - which was Crown Land - and therefore did not have jurisdiction to decide about a skatepark. If we had lost because the merits of the skatepark did not stand up, it would have been easier to accept, but to have lost on a legal technicality was very, very annoying. To rub salt into the wound, each member of the committee had to fork out a considerable amount of money from our own pockets to pay for the experts' services. By comparison, what happens in Break O'Day?..... no fuss, just get on with it. The people of St Marys, young or older, will have the benefit of the park for years to come.

.....

A septuagenarian millionaire had just married a 20 year old woman. "You're a crafty old thing," said a friend, "how did you manage to get such a lovely young wife?" "Oh that's easy," replied the millionaire. "I told her I was 95."

The day he moved out was terrible. That evening she went through hell. His absence wasn't a problem, but the corkscrew had gone as well.

An old English gentleman checked in at a hotel in Mexico. The receptionist, looked at his registration card and said pleasantly in English, "Ah, you're a foreigner." "Certainly not!" said the gentleman, "I'm English."

"Why do you paint your getaway car green on one side and yellow on the other?" asked one crook to another. "Because I like to hear the witnesses contradict each other," he replied.

Policeman: "I am going to have to lock you up for the night." Suspect: "What charge?" Policeman: "No charge, it's all part of the service."

A naive young girl fresh from school was looking for a way to earn some money. She approached a farmer and told him she was very handy. He told her that she could paint the porch for \$50. "OK," she said. The farmer's wife said, "Does she know that the porch goes all the way around the house?" "Oh, she'll soon find out," he replied. About two hours later the girl knocked on the farmer's door and said, "I've finished painting, and because I had paint left over, I gave it a second coat. By the way your car is not a porch, it is a Ferrari."

Grace before meals: "For what we are about to receive, may we be truly able to afford it."

A psychologist once said that we know little about conscience, except that it is soluble in alcohol.

On the one hand, men will never experience childbirth, but on the other hand, they can open all their own jars...

My girlfriend phoned me the other day and said, "Come on over, there's nobody home." I went over and it was true; there was nobody home.

Man : "I had it all. Money, a luxury car, the love of a beautiful woman. Then, POW! It was all gone." "What happened?" his friend asked. Man: "My wife found out!"

Well, I thought they were funny.....Mike B.

The Say by the "Cage Rattler"

Recently, one of my workmates introduced me to a Facebook group or two, and thanks Muzz for the introduction. I expect it's okay to name the local and amazing groups who have made Facebook a lot of fun of late. The groups are intertwined a bit as well I think. They are all fantastic, but 'St Marys Connections' is a real highlight for me. The other two involve recalling education years and what it led to, recounting former friends growing up from way way back in most cases, and the other local Facebook group advertises and promotes activities, things for sale, and other interesting associated matters.

Over the years, I've developed somewhat of an aversion to Facebook on the back of some stories relating to bullying or discounting or ridiculing people, and have largely ignored the social media outlet. I have to say that now, through the auspices of St Marys Connections in particular, nothing could be further from the truth. It has provided me with some great opportunities to recall and contact people who I have met or know of, and in the friendliest way possible. Even for people I don't really know, some of the recollections of many have allowed memories to return. In these troubling times when direct contact for many of the contributors involve lockdown places away from Tasmania, perhaps this is when great social contact sites like these come into their own, and most likely what the ideal concept of Facebook should be.



Don't get me wrong, I think Facebook, Twitter and other social media services have done, or allowed, some pretty ordinary stuff to go through to the keeper, when atrocities and such have taken place, including using them to display some horrible acts because of way too slow reaction times. The New Zealand massacre is a case in point. Many others too, and even cyber bullying has caused some terrible outcomes all over the place....administration and accountability has been lagging badly at times, let's just say!

Social media impacts us all in one way or another every single day, and like it or lump it, it's here to stay. Therein lies my very positive mention of the groups above, mentioned because this is social media at it's best I'd say, and with an ever-growing number of friendly, informative and interesting Facebook groups like St Marys Connections and others, the Facebook experience can be truly fun.

When the opportunity presents to some of you unaware of the local groups, have a look, and you won't be disappointed I'm pretty sure. In the past couple of months I've had a ball in so many ways.

What do you think?



Helpful Information about COVID-19

We understand that you may be feeling worried about how quickly things change at the moment. Information about the COVID-19 situation is changing rapidly and it can be hard to know who and what information to trust.

The State Government has launched a dedicated site which is the best place for you to find up-to-date information.

WWW.CORONAVIRUS.TAS.GOV.AU

We recommend that you check this site and information regularly to ensure you are aware of the latest changes.

There are a variety of support services available to you. If you are not coping, please speak to someone now.

5 Minutes With the Mayor.



Did you see and chat to Council staff over the last couple of weeks? They were out and about in the Fingal Valley, and across the entire municipality doing Park, Chat and Snack Community Care Calls. In the Fingal Valley they visited St Marys, Cornwall, Fingal and Mathinna, as well as Ansons Bay, Binalong Bay, St Helens, Scamander, Beaumaris, Falmouth and Pyengana.

I have spoken with staff that were involved with the pop-up style events and they have reported speaking to around 200 people, and that they had learned some important things about each community and met some great people.

At the events, staff asked community members to take a quick survey that asked questions about how COVID-19 had affected them, which will be useful for council in terms of reporting how the pandemic affected our community, and work out what we might be able to do to help, as well as leverage funding. People were also asked some wellbeing questions which aim to help us understand what strong community wellbeing might look like and again, what we could do as an organisation to support this in our community. The survey is completely anonymous and has now been made available online - just check out our website or Facebook page to find a link. I would urge you all to take part; like I mentioned, it will only take you 5 minutes, but the information that we get back is more useful than you might imagine.

At each community event, Council staff also gave out information packs that contained a variety of council information including township plans for each specific town. These are also available on our website if you want to take a look at what activities have been identified for your town. These plans were developed in consultation with the respective communities and so are an important document for Council when we look at what activities we might undertake in the financial year.

Speaking of the end of the financial year, it is a very busy time for us at Council as the Annual Report is prepared. If you have ever wondered what Council staff have been up to or where your ratepayer spending has gone, the Annual Report may answer your questions.

At the beginning of each financial year, the Council votes on an Annual Plan that contains activities to be undertaken throughout the financial year, with budget requirements considered. What makes it in to this plan is based on the 10 year Strategic Plan which you may remember was developed with community consultation (you can find this on our website if you want to refresh your memory).

Council officers then report on the progress of activities and overall achieving of the plan. A compilation of the years' activities and progress is then presented at the end of the year in the Annual Report... so basically the report will tell you everything we have been up to! Of course we understand that not everyone finds reading the Annual Report fun, so we include a few snap shots and an easy to understand graph for easy visual reference.

And because we get asked a lot about Council activities and the progress of different projects, we have actually digitised the plan, which has been included on our website via a portal. Every quarter the plan is updated by staff so you can get a real idea of what Council activity is going on in your community, and how things are progressing. I'd urge you to check it out. Just before I go, I wanted to mention how proud we are at Council of the Old Tasmania Hotel renovation project, and we are excited to see the majority of works are almost complete. What a great asset the building will be to the Fingal Valley Community.

Well that's all from me this edition! Hope you and your families are all safe and well! Take care, Mick.

FOR SALE

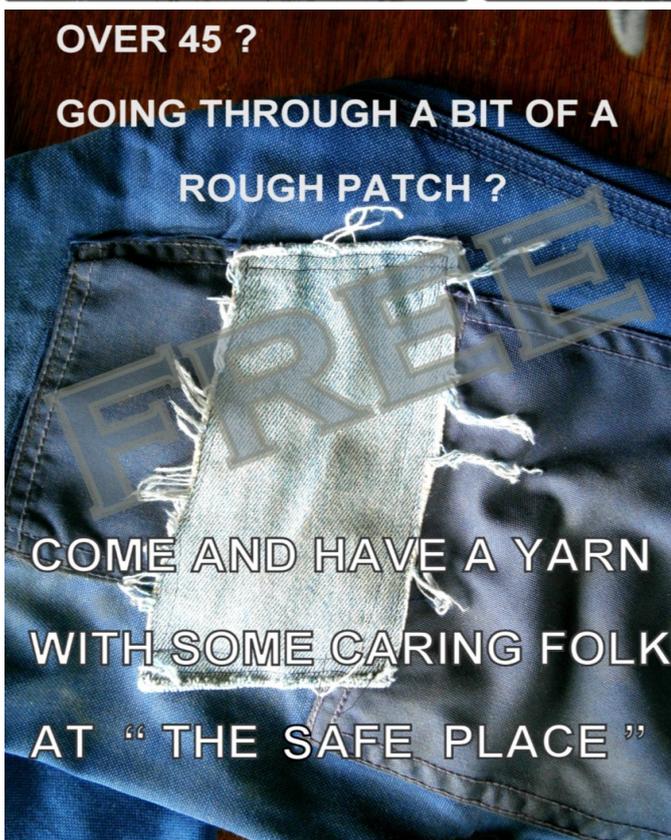
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		Mon	Tue	Wed	Thu	Fri	Sat	Sun
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	Morning	Feeling good with Jewels	The Good, the Bad...and the Ugly with Skuter	The All Australian Show with Pugs	Rhythm N' Reggae with Big Davo	Simply 60's with PUGS	Old and New with "You Know Who" with Angelina	with Magilla
	Arvo	Jackster's MUSIC BOX with Jackster	The DownUnder and more with Mary-Anne	"Around the World" with your hostess with The Tone	Jonno's Fusion Show with Jonno	Under the Radar with FEEF	A dose of Dr Dave with Dr Dave	Star FM's The 80's Zone with The Tone
	Late Arvo	In the BACKSEAT with Astro or JAX	2 For Tuesday Request Show with Shaun	Something Fishy with Fyshy	Plug in your FLASHDRIVE with The Flash	The "Rock" Show with Jonno	"No 80's Zone" with The Tone	with Big Daddy Davo's Blues Mix
	Evening	Monday Evening With Star FM	Neville's Country Corner and more with Neville	That 70's Show with The Flash	Thursday Nights with Star FM	Magilla's Escape with Magilla	The Party Pit Playlist by "Benji" with Star FM	hosted by Dave



We're going to be at
Mathinna Recreation Ground
 On Tuesday 25th August
 From 10 - 2pm
 Weather Permitting

This mobile information 'outreach' is part of a much larger Australian Government funded trial program to help local communities reduce suicide.

It's a safe place to talk.

We have a network of local assistance for those in need or alternatively if you would like to know more about the trial please contact:

Trial Site Coordinator on
 6376 1134 or 0474 139 935
 Or email: trialsite@sthelensnhh.org.au

Supported by Primary Health Tasmania
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LETTER TO THE EDITOR

Dear Editor,

I write in regard to a recent article posted in the Examiner July 30th regarding a proposed development at 21040 Tasman Highway, Little Beach. The article makes reference to 'glamping' tents and accommodation pods being proposed on private land immediately off the Tasman Highway. Not highlighted in the article is that the proposed accommodation is surrounded by low-rise non-commercial residential acreage properties. At least one of the property boundaries with a house is only metres from the proposed site and the property residence a little further away.

This article and the proposed development should be of significant concern to every private owner of a block of Tasmanian land situated even slightly outside of a town or city. The proposal is for a private glamping site. Glamping

refers to a tent which is generally larger and higher and includes a few extra comforts, which costs more to rent than the average camp tent/site, and can be slightly elevated off the ground. These average tents can accommodate two to four adults, possibly more, and some children. As the proposed development of eight tents, this could include some thirty-two adults at one time as a conservative estimate. However, glamping includes the usual behaviour present at any camping site, and that is to enjoy sitting outside one's tent until possibly the earliest hours of the morning, and to have lights lighting paths to tents until daybreak to ensure no one gets hurt, no one can be sued and hopefully to ensure the



*An example of "glamping"
NOT part of application.*

personal security of other campers. It also includes visitors becoming louder as they become more comfortable in their environment, and if intoxicated, this could include very loud and obnoxious behaviour which can lead to anti-social behaviour, becoming a very significant threat to neighbours. In addition, there can be concerns regarding sanitation, as people rarely walk far from their tent in the middle of the night to use the toilet, regardless of the quality of the toilets and bathroom. This becomes a health risk to neighbours, with water run-off, risk to domestic and native animals and potential smell. Seriously concerning, apart from the increased risk to the personal security of neighbours from such large numbers of unknown visitors, the obvious noise, the concerns regarding seriously increased traffic, all-night lights and potential sanitation issues, is the threat of fire. Even if you don't like the bush, don't care about animals and don't mind a single night without sleep, most neighbours would like the guarantee that they are not being exposed to an increased risk of losing their properties to fire. Glamping sites attract visitors who, like many of us, enjoy an open fire, and they attract visitors who smoke. Every Australian is too familiar with an ember flying out of the well-secured grate, of the smoker casually throwing their cigarette butt away, and of the open fire which did not completely go out. A large number of the last horror summer season of fires throughout Australia were started by at least one of these examples. As a neighbour to a private camping ground where no owner or manager of that private camping ground can guarantee your complete safety from their fire risk, their visitors and the behaviour of their visitors, you are completely at the mercy of good luck and a local council which will hopefully consider the interests of all their rate payers and residents. You can also be certain that no commercial property owner or council will want to accept ultimate financial or personal responsibility for damage or threat caused to you or your property by the private enterprise. Glamping and camping are valuable options as accommodation, but not on private properties in close proximity to other residents and properties where the rules surrounding public camping grounds are hard to enforce due to its being on private land. Private accommodation aims to earn an income and/or make a profit, not to necessarily provide a well-resourced service to the public. Contacting a distant police station manned by a minimal number of officers is not reassuring as your only option in dealing with a problem which is likely to occur when groups of people convene in one place.

As residents and owners of properties in a very picturesque and naturally beautiful area, it is in everyone's interest to be aware of such proposals currently before council, and if concerned, to voice those concerns, as private camping/glamping very close to your own properties could be considered a legitimate commercial accommodation option.

Sincerely,

Ms Louise Costanzo,

Chain of Lagoons.

ANGLICAN CHURCH

SERVICE TIMES

contact 6376 1144



St Helens

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens.

St Marys

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

Pyengana

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

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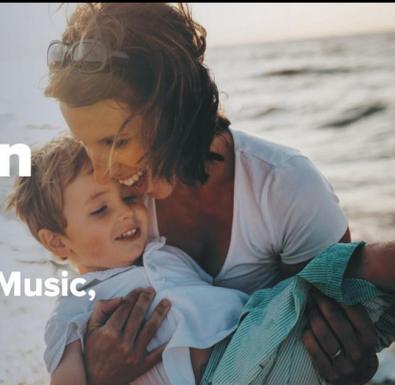
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FROM THE ANGLICAN CHURCH....

Good News We are back! On 5th July we returned to worship at all services across our Parish. It was so wonderful to see each other and converse albeit at a distance and with heaps of sanitiser. Join us if you'd like to: St Helens 9.30am, St Marys 10am and Pyengana on the 4th Sunday at 7.30pm. On-line services will continue too, as we know some folk are reluctant to join us. Also connect on our Parish face book page, at <https://www.facebook.com/anglicanbod> for some thought provoking articles and encouragement in these uncertain times.

A True Story A missionary to the Philippines tells how, during the Second World War, he and his wife were captured by the Japanese and sent to a prison camp. Before leaving their home they were told that they could only take what they could carry. The missionary's wife weighed just 100lbs. yet managed to carry a 200lbs. load, consisting mostly of tinned food, a distance of five miles – neither of them could lift it after they arrived! One scientist says that normally we use only about an eighth of our physical reserves, and that the additional reserves are often brought into play by our attitudes. If our attitudes can help tap hidden physical reserves, then think what effect the beautiful attitudes outlined in the Bible will have on us, as taught by Jesus. To read more about these attitudes find Matthew 5: 2-10 in your Bible.

Help is available The Anglican church and the Anglicare office are ready to support and help you in any way – please give them a call on 6376 1144 or 1800 111 878 (Anglicare). As we continue through these difficult times many of us are struggling in all sorts of ways, and sometimes just sharing that situation with someone else can make all the difference.

Announcement The Anglican Church is also happy to announce that Rev. Michael Wakefield has accepted Bishop Richard Condie's offer to be Honorary Priest in Charge of the Break O'Day Parish.

TJ Accounting

BOOK NOW

&

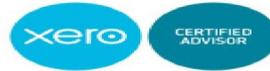
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Be kind to your mind

Take time to unwind

Q Break O'Day Mental Health Directory

Break o' Day/Bicheno Suicide Prevention Trial

Providing an Inclusive Practice and Community for Lesbian, Gay, Bisexual, Transgender, Intersex and Queer/Questioning (LGBTIQ+) People

When: Friday 7th August 2020 – RSVP by Wednesday 5th August

Where: St Helens Neighbourhood House, 25 Circassian Street, St Helens

OR

When: Friday 21st August 2020 – RSVP by Wednesday 19th August

Where: Fingal Valley Neighbourhood House, 20 Talbot Street, Fingal

Time: 9.30am to 4pm - registration from 9.15am

Cost: Free due to support from Primary Health Tasmania under the Australian Government's Primary Health Network

RSVP: 6376 1134 or admin@sthelensnhh.org.au

Lunch will be provided. Please advise of any dietary requirements with your RSVP.

Facilitator:

Sharon Corvinus-Jones is the Executive Officer for Kentish Regional Clinic Inc. Sharon has over 13 years' experience in LGBTIQ+ training and education. Over this time, she has won 3 awards for her work with LGBTIQ+ suicide prevention and social inclusion strategies. Throughout the training Sharon shares some of her own experiences struggling with sexuality and gender identity issues, while growing up in outback Queensland, and living as a young adult in rural Tasmania. Sharon outlines how her experiences could have been supported through LGBTIQ+ inclusive practice and a supportive community.

This training is for community members, service providers and professionals.

Topics covered within this training include:

- Knowledge to assist individuals and organisations to offer an inclusive and welcoming service for LGBTIQ+ people.
- To provide a deeper understanding and confidence in working with LGBTIQ+ people.
- Information from the 'Who I Am' study by Dr. Julia Taylor, from Bi+ Australia, on bisexuality and pansexuality.
- A screening of **INTERSEXION** to help participants understand the specific needs of Intersex people and those living outside of binary genders.

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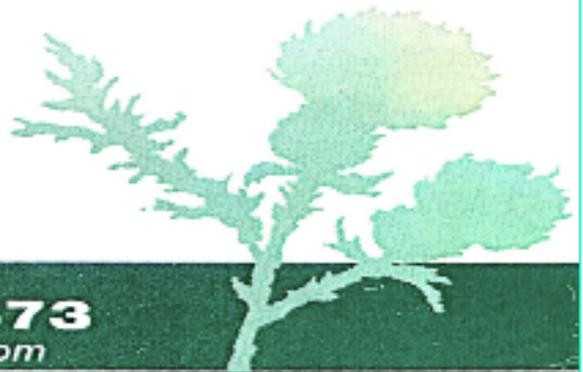
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SUNCOAST SPINNERS AND WEAVERS



The Suncoast Spinners have not been idle despite the continuing restrictions. Wendy has made this very intricate cardigan - just what's needed these chilly mornings - and some high fashion masks for her relatives on the mainland, while Helen is in the process of making a Banneton for sour-dough making; yes, some people are still keen!



Hopefully it won't be long before restrictions ease up and large gatherings can recommence. Till then, keep those hands busy and take care.



OVER 45 ?
GOING THROUGH A BIT OF A
ROUGH PATCH ?



COME AND HAVE A YARN
WITH SOME CARING FOLK
AT "THE SAFE PLACE"

We're going to be at
Outside St Marys Hotel
On Tuesday 18th August
From 10 - 2pm
Weather Permitting

This mobile information 'outreach' is part of a much larger Australian Government funded trial program to help local communities reduce suicide.

It's a safe place to talk.

We have a network of local assistance for those in need or alternatively if you would like to know more about the trial please contact:

Trial Site Coordinator on
6376 1134 or 0474 139 935
Or email: trialsite@sthelensnhh.org.au

*Supported by Primary Health Tasmania
under the Australian Government's
Primary Health Network*

VIETNAM VETERANS DAY 18TH AUGUST 2020

Due to the current and ongoing circumstances surrounding the COVID-19 virus, and the need to maintain good social distancing, there will NOT be a public service held in the St Helens Memorial Park this year on Vietnam Veterans Day.

If you wish to pay your respects in your own time, please feel free to lay a Wreath at the Cenotaph, or you could take a moment to reflect on our Fallen Veterans.

Thank you for your understanding, stay safe everyone.

Gary Graham, President East Coast S/B Vietnam Veterans Association.



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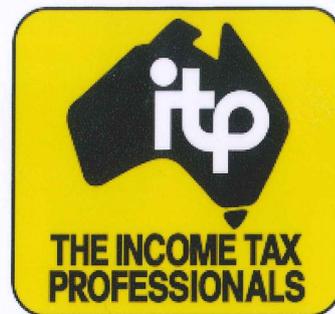
St Marys

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ITP THE INCOME TAX PROFESSIONALS

Michelle will be visiting FINGAL for Income Tax services,
on the following dates:

Thursday 23rd July, Thursday 6th August and Thursday 20th August

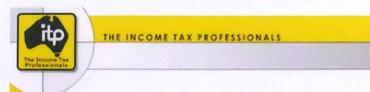
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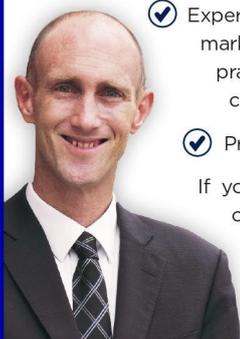
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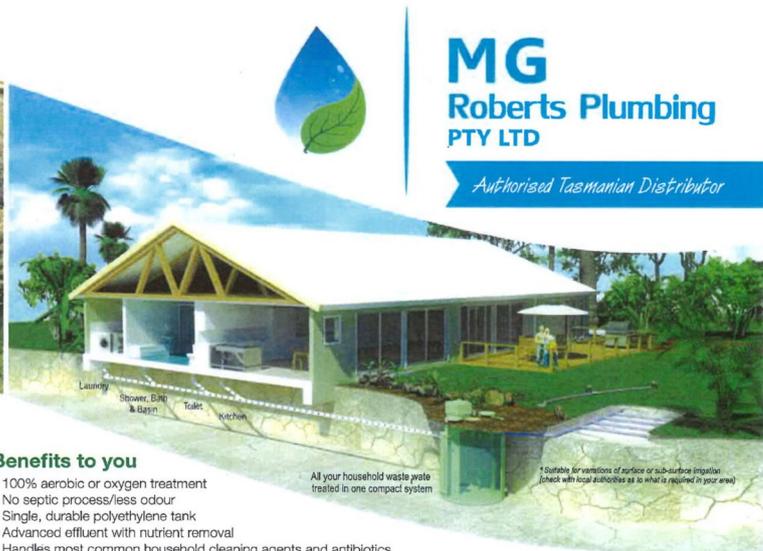
When: Friday 14th August 12:30 -3:00PM

Where: St Helens Neighbourhood House 25 Circassian Street St Helens

RSVP: Tel 6376 1134 toduffy@sthelensnhh.org.au

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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 of 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

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.



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St Helens Tip Shop

Sunday to Friday

11am – 2pm,

Saturday 11am – 4pm

St Marys Tip

Tuesday and Thursday

11am – 3pm,

Sunday 2pm – 4pm





RAINBOWS AND RADISHES

By Bloomin' Iris



Hi fellow gardeners, well the birds are singing and the bees are a'humming!

It is nearly spring and we have the early bees and beautiful bulbs powering on, heralding spring's arrival.

Spring is the time to rev up the herb garden to compliment the summer salads, spaghetti sauces and just a lovely general zing to all your cooking.

One of my favourites is oregano. I love it in Bolognese sauces, quiches and on home-made pizzas. Most fresh herbs can be used in so many dishes along with other herbs from your garden.

Oregano is a fragrant herb; when it flowers, the perfume is fantastic and used fresh, you can be very liberal, but like any other herb, when you dry it, the taste is somewhat stronger and only used in small amounts.

If you have a friend that will give you a small plant, it is well worth growing. Herbs like a well drained fairly rich soil, and I add some blended cow manure, along with some compost. That seems to be all it needs, it does not need a lot of attention once established and will reward you with lovely fragrant stems. Water regularly, and give a feed of seaweed solution and fish emulsion when you feed your vegetables. When the summer is over and the oregano has finished flowering, you can cut it back and hang the stems up to dry, so you have your dried herb for winter.

Mint is another favourite. I prefer to put my mint in a pot, as it is rather invasive if not kept in check. Grow your mint in dappled shade rather than full sun, as this protects it from leaf damage.

Mint loves a good drink regularly, especially in the summer. Once again some good seaweed solution and fish emulsion every fortnight or so is a good idea, as it is probably used more than a lot of other herbs in the summer; great in potato salads, mint sauce for that lovely roast lamb, and it makes a refreshing tea. I use it a lot as a garnish too, it is really nice on a platter of sandwiches along with some radish roses that you have made from your harvest in the garden. It dies back for winter - I just top up the pot in spring with the cow manure and repot again the next year.

Till next time, I hope you see lots of rainbows and harvest lots of radishes.

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Facebook: BreakO'Day Woodcraft Guild

Opening times: (depending on volunteers)

Monday – Thursday 10am till 4pm

SECRETARY: WENDY BRENNAN 0429 722 091

The Break O'Day Woodcraft Guild will hold its

ANNUAL GENERAL MEETING

on **Saturday 5th September at 10.00 am**

at the workshop, St Marys.

ALL POSITIONS WILL BE DECLARED VACANT.



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Email: fingal.oac@education.tas.gov.au



The Fingal Online Access Centre is open from 9 am - 2 pm daily, adhering to strict conditions of social distancing. All our normal services are available.

If you have printing or emailing you require, call in, and we will assist you.




Break O'Day
COUNCIL
Kylie Wright
Councillor
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kylie.wright@bodc.tas.gov.au

Stop the spread of germs

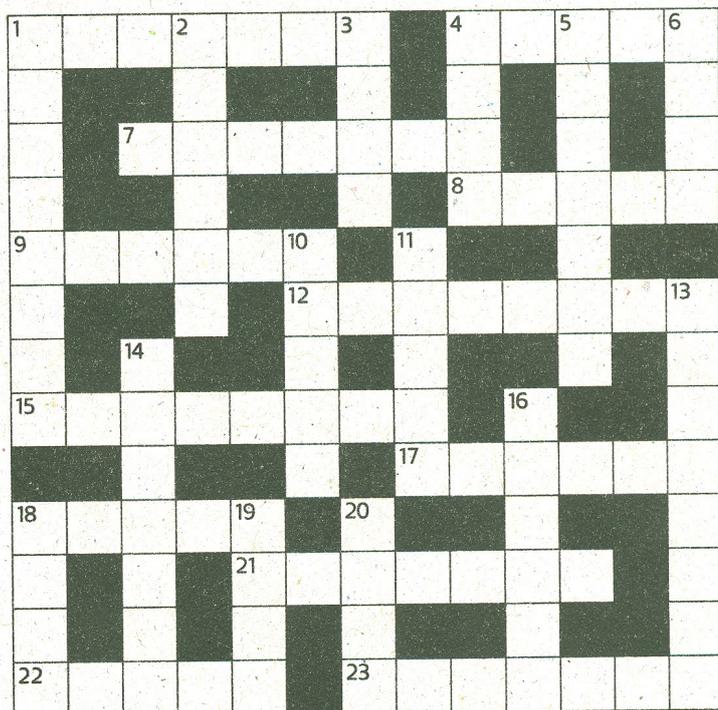


Wash your hands with soap and water

Department of Health



Crossword 52.13



ACROSS

- 1. Chivalrous (7)
- 4. Clog (5)
- 7. European country (7)
- 8. Singer, ___ Carpenter (5)
- 9. Follows (6)
- 12. *Change ___*, Irving Berlin song (8)
- 15. Dependence (8)
- 17. Bird of prey (6)
- 18. Leader of the Argonauts (5)
- 21. Sinister (7)
- 22. *The ___ Faces of Eve*, film (5)
- 23. Boxer (7)

DOWN

- 1. Jean-Paul ____, French fashion designer (8)
- 2. Hugh ____, comedy actor (6)
- 3. Mountain lake (4)
- 4. Bird's bill (4)
- 5. Supervise (7)
- 6. Enthusiastic (4)
- 10. Backbone (5)
- 11. Short (5)
- 13. Old maid (8)
- 14. Wall coating (7)
- 16. Detective (6)
- 18. Jerk (4)
- 19. Not any (4)
- 20. Edith ____, French songstress (4)

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You need to be confident that your agent will secure the best possible price for your home and isn't just in it for a cheap, quick sale!

- Make a short list of potential agents in your area.
- Visit Agents websites and social media outlets to see how they conduct themselves.
- Interview at least two to three agents until you find the one that is right for you.
- Ask a lot of questions; do they have a good understanding of the area and market conditions?
- Look at the individual not necessarily at their Brand.
- Ensure you feel comfortable with an agent and that there's a good rapport. Selling your greatest asset successfully will require a partnership between the two of you and you need to feel you can work together as a team.
- Commission fees – this is always a great source of pain for Sellers. It's simple, you get what you pay for!

For more Real Estate updates, stay tuned for next months issue of the Valley Voice!



Kate Walsh
Property Consultant
M 0419 683 904
E kwalsh.sthelens@ljh.com.au



Tourism in Tasmania

Can everyone enjoy wonderful Tasmanian tourism experiences?

Do you want to be part of Tasmania's tourism recovery?

Disability Voices Tasmania invites people with disability who are interested in inclusive tourism to join our exciting

Tasmania Inclusive Tourism Project

The Project will work with you to develop skills and confidence to contribute to local and statewide inclusive tourism through free workshops which will

- ◆ explore the value of inclusive tourism to tourists and tourism operators;
- ◆ use our personal stories and experiences to assist tourism businesses to become inclusive;
- ◆ connect you with other people with disability who are also interested in inclusive tourism;
- ◆ connect you with mentors and peer support to strengthen your skills and confidence in assisting tourism operators to be inclusive and enrich their businesses.

All participation costs are covered

Places are limited so if you are interested please contact us at projects@disabilityvoicestas.org.au or 03 6215 6800.

This project is funded by the National Disability Insurance Agency

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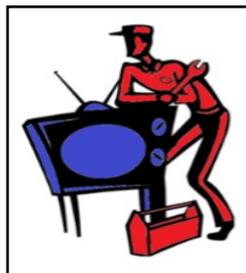
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The COVID-19 Small Business Sustainability and Recovery Grant Program is a \$15 million competitive grants program.

It will provide up to 3,000 eligible Tasmanian small businesses with a \$5,000 grant to assist them to sustain themselves, recover, re-open and grow whilst continuing to be impacted by the COVID-19 pandemic. Meeting the eligibility criteria does not automatically mean a grant will be awarded. Applications will be assessed on a competitive basis against the assessment criteria listed in the guidelines with decisions made by an independent panel.

Applications are now open and will close at 12 noon on Monday 24 August 2020.

For more information visit the Business Tasmania website www.business.tas.gov.au or contact Business Tasmania at ask@business.tas.gov.au or on 1800 440 026.

This program is part of the Tasmanian Government's \$20 million COVID-19 Small Business Sustainability and Recovery Assistance Package.

GET CURIOUS! UNCOVER YOUR PAST AT LIBRARIES TASMANIA.

We're celebrating National Family History Month at Libraries Tasmania, and we're inviting you to uncover your family story with us. Family history is one of the most popular hobbies in the world, and Libraries Tasmania is the main gateway to exploring Tasmanian family history records and stories – whether you're a seasoned professional or a passionate amateur researcher.

Libraries Tasmania is the proud custodian of a significant collection of family history records that contain valuable information about people who have lived in Tasmania. Many of these records are readily discoverable via the Tasmanian Names Index which comprises of references and linkages to more one million items across our Tasmanian Archives and State Library heritage collections. Through Libraries Tasmania you can:

- * discover Tasmanian lives, and understand your own story better
- * explore the archives
- * research your family history
- * view digitised records
- * access our expert help for your project.



To mark National Family History Month 2020, libraries Tasmania is hosting a series of free public lectures by local experts, exploring genealogy, family history, heraldry and related subjects. Unless stated otherwise these lectures will be held in the Allport Library and Museum of Fine Arts, and a selection will be recorded and available digitally on our You Tube channel and Facebook. Browse (and book) [the lecture series on Eventbrite](#). Alternatively, please contact Libraries Tasmania on (03) 6165 5539. Follow the [Libraries Tasmania on our Facebook page](#) for updates. Also visit your local library to see what events they have on during the month.

Whatever your family history project, whether you're just starting out or an experienced researcher, uncovering your past is big news – and with travel out of the question, what better time to explore your family history – Libraries Tasmania offers something for everyone, and our experts are here to guide you.

Visit www.libraries.tas.gov.au for more information.

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St Marys District High School -

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Binalong Bay -

Outside wall of the toilet block at the main beach carpark, Main Road, Binalong Bay

Fingal Valley Neighbourhood House - 24 hour access

On the wall outside the front door.



IN AN EMERGENCY CALL 000

EMERGENCY RELIEF NORTHERN TASMANIA

Emergency relief providers help people in times of financial crisis. Assistance includes: food, transport; chemist vouchers; part-payment of utility bills; clothing; and budgeting support.

Emergency relief providers also link people to other services, to help address the reasons for a financial crisis.

Emergency Relief organisations provide services directly to regional communities. It is not necessary to travel into Hobart for support.

Please contact an organisation for advice and assistance.

<p>Launceston City Mission (03) 6335 3000 www.citymission.org.au</p>	<p>Launceston Benevolent Society (03) 6344 4213 www.lbs.org.au</p>
<p>The Salvation Army Tasmania (03) 6323 7500 www.salvationarmy.org.au</p>	<p>St Vincent De Paul Society (03) 6326 5551 www.vinnies.org.au</p>
<p>The Helping Hand Association (03) 6391 2498 www.findehelptas.helping.hand</p>	<p>CatholicCare Victoria Tasmania 1800 819 447 or (03) 6332 0600 www.catholiccaretas.org.au</p>

FINANCIAL COUNSELLING SUPPORT

If you or someone you know requires financial counselling support:

National Debt Helpline
1800 007 007
www.ndh.org.au

Gambling Helpline
1800 858 858
www.gamblinghelponline.org.au

www.anglicare-tas.org.au/financial-counselling

Housing Connect
1800 800 588

www.communities.tas.gov.au/housing/housing-connect
A one-stop shop for all your housing and support needs.



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News up-dates every hour [6am-6pm]

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information**

And happy music during these unprecedented times

HELPLINES & INFORMATION

In all emergencies call the Police 000 line

Tasmanian Government Family Violence Response and Referral Line
1800 633 937

1800RESPECT
1800 737 732

www.1800respect.org.au

Mensline Australia
1300 78 99 78

www.mensline.org.au

A Tasmanian Lifeline
1800 98 44 34

taslifeline@lifelinetasmania.org.au

Kids Helpline
1800 551 800

www.kidshelpline.com.au

Lifeline
131 114

www.lifeline.org.au

Beyond Blue
1800 512 348

www.beyondblue.org.au

Carer Gateway
1800 422 737

https://www.carergateway.gov.au/
If you or someone you know is a carer

Disability Information Helpline
1800 643 787

www.dss.gov.au/disabilityhelp
If you or someone you know has a disability

Older Australians and Carers COVID-19 Support Line
1800 171 866

Older people and their carers are encouraged to call

Tasmania Public Health Hotline
1800 671 738

www.coronavirus.tas.gov.au

For the latest information about the coronavirus (COVID-19) in Tasmania

Find Help Tas

A central online directory of community services across Tasmania.
Supported by TasCOSS and member organisations
www.findehelptas.org.au

National Coronavirus Helpline
1800 020 080

www.australia.gov.au

Information on coronavirus (COVID-19) and help with the COVIDSafe app
24 hours a day, seven days a week

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St Helens**

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Saturday: 9.00am—2.00 pm

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PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

Public Hospital Visitors

Do NOT visit a hospital, outpatient department or clinic if you have:

- a fever, cough, sore throat, runny nose, gastrointestinal symptoms; or
- been advised to quarantine



Apart from parents / carers visiting Neonatal Intensive Care

Visitors must complete the 'Visitor Screening Tool' on arrival.

Maximum number of visitors allowed at one time

1 support person or visitor

2 parents / carers or visitors

- † Community Centres
- † Emergency Department
- † Maternity Unit (during labour and birth)
- † Outpatient Clinics
- † Short Stay Surgical Unit
- † Hospital wards (unless stated otherwise)

- †† Department of Critical Care Medicine
- †† Neonatal Intensive Care (parents / carers)
- †† Palliative Care
- †† Paediatric Unit (parents / carers)
- †† Operating Theatre and Recovery Room (parents / carers of children only)

Exemptions

To request an exemption on compassionate grounds, contact the facility you wish to visit and talk with the Nurse Unit Manager (NUM) or Associate NUM.

Exemptions may apply to:

- palliative care visits during the terminal phase of care; or
- sibling visits to Neonatal Intensive Care.

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TASMANIA, AUSTRALIA

4 - 6 SEPTEMBER 2020

The Great Eastern Wine Weekend is a celebration of the region's finest wine and fare. Stretching along a coastline envied for its cool climate drops, the weekend features special events, unique cellar door experiences and a taste of how East Coast Shines, all year round!

SIGNATURE EVENTS AT FREYCINET LODGE

- › Wine and Dine with Milton Vineyard
- › Wine and Dine with Freycinet Vineyard

FESTIVAL EVENTS

- › Sip and Shuck in the Vines with Melshell Oysters, Gala Estate Vineyard
- › Plumm Glassware Masterclass, Craigie Knowe Vineyard
- › Gala Estate Vineyard Dinner, Meresta Eatery
- › Sparklings at the Farm Shed, The Farm Shed East Coast Wine Centre
- › Wild Abundance & Fire, Darlington Vineyard at Twamley Farm
- › Pizza, Cheese and Wine, Overtime Vineyard
- › Wine in the Wild with Devil's Corner wines, Coles Bay
- › A Bay of Fires Food & Wine Affair, Priory Ridge and Sterling Heights Vineyards
- › Enchant your Senses, Boomer Creek Vineyard
- › Long Lunch, Bark Mill Tavern
- › Unwind in the Vines, Craigie Knowe Vineyard
- › Get a Riddling, Spring Vale Vineyard and Winery
- › Discover Freycinet with Claudio Radenti, Freycinet Vineyard
- › High Tea, Bark Mill Tavern
- › Winemaker's Dinner by the Bay, Furneaux Restaurant
- › Gems of the East Coast, Craigie Knowe Vineyard



Scan me



east coast tasmania

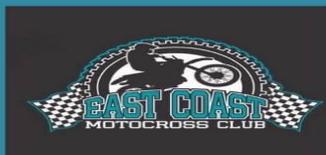
greateasternwineweekend.com.au

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SUNDAY
AUGUST 30**



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- UNDER 16'S FREE -**

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AGE GROUPS:

- 5 - 11,
- 12 - 18,
- 18 - over.



- One entry per person, paper or canvas.
- Maximum size: A3.
- Prize for one winner of each age group: **\$50 Visa Gift Card.**
- To enter: Take your artwork to St Helens Neighbourhood House Reception and fill out your entry form. Digital works can be printed out at Reception in full colour.
- Closing date for entries: **Friday 7th August 2020.**
- Judging performed by Committee Members of Neighbourhood House, with public viewing during Anime Club at Neighbourhood House, Monday 10th August 2020, between 3:30 and 5pm.
- Winners will be notified immediately and winning entries will be published in the Neighbourhood House newsletter and The Coastal Column.



ANIME ART EXHIBITION IN ST HELENS

The Anime Art Group meet at the St Helens Neighbourhood House every Monday from 3.30 pm to 5pm. It's for all ages, and is community led. The group have a wonderful session and spend their time sharing knowledge and giving each other tips. So what is 'anime'? According to Google, anime is an art form, specifically animation, that includes all genres found in cinema, but it can be mistakenly classified as a genre. In Japanese, the term "anime" is used as a blanket term to refer to all forms of animation from around the world. Anime is an expression of art, which by tradition is drawn by hand, but now in the era of technology is made in various design programs, and is considered one of the most important forms of artistic expression in modern Japanese culture. In its present form, it has been around since the 1940's, and one of its most famous characters is Astro Boy, created by Osamu Tezuka in 1965. Usually not very realistic, it stretches limbs, enlarges eyes, diminishes noses and mouths, tweaks human proportions, and does a lot of things for comedic or dramatic effect that aren't very realistic, but are distinctive.



The winners of a competition, which closes on Friday, 7th August, will be on display at the St Helens Neighbourhood House from 3.30—5.00 pm on Monday, 10th August, and we hope to feature them in a later issue of the Valley and East Coast Voice.



ST MARYS SPORTS CENTRE

By Volun Tier



Lots to cover this fortnight, as it has been a busy time at the Centre. We have not only been able to secure around \$11,000 in grants to help us through these tough times, but we also have secured Council funding for our new amenities shed and long-awaited improvements to the bar, men’s toilet, store room and change room areas. We thank the Council very much for their on-going support. Along with this, we must also thank Hydro Tasmania for their funding, part of which will go towards a new heater and glass washer. All go at present, and great news for the hard-working volunteers at our club.

As we are the host club for bowls this year, we had a meeting with delegates from other clubs last weekend, to map out our Pennant season, and our East Coasty fixtures, which will all be played at our club. This will bring much-needed revenue this season, which will see our excess funds spent on the course, machinery and the facility itself; well done all. We are certainly steaming ahead in the right direction, very positive news, and hope you can all get to call in and see the improvements after they are all completed.

MEMBERS’ DRAW: Last week Peter Davern, this week Rosemary Grose. Unfortunately neither were present at the draw, so better luck next fortnight.

FRIDAY NIGHT FOOTY TIPPING: Last week Tamatha Grose won, and this week Adam Gillies cleaned up the cash.

CRIB NIGHT: Well, it finally happened. Yes, Cookie won a crib night! Although Mark Carrick did not lose a lead up game to the final, Cookie steamrollered him, although there were some contentious moments when some dodgy peg movements happened. After the usual request to have his photo put in the newspaper, he finally settled down and accepted his win graciously (not). All great fun and taken in good spirit; well done to all that supported the night.

GOLF: Two great Sundays on the course, Mark Carrick cleaning up last week and Rick Stillman winning nearest the pin. This week saw the reverse, with Rick winning the comp and Mark nearest the pin. Rick is new to the game and although doubting his game, came through for a well-deserved win. Golf every Sunday at 11.00 am followed by a meal and Rick’s lovely home-made bread, all for \$5.00. Numbers picking up and nice to see Peter Sorensoen back for a hit.

BOWLS: Steady as we go at present, with the green expected to be open the first Friday in September, not far away now. Voluntary crew working their way to a lovely surface to play on.

Until next fortnight, good hitting and rolling.

Bar Hours; Thursday 5.30 pm; footy and bar snacks. Friday 5.30 pm, happy hour 6.30—7.30, members’ draw 8.00 pm footy and bar snacks. Sunday 2.00 pm, food after golf.

NOTICE OF ANNUAL GENERAL MEETING

The **Annual General Meeting** of the St Marys Sports Centre Inc. will be held at the clubrooms, Gray Road, St Marys, on **Saturday 22 August 2020**, at **12.30 pm**.

Election of Office Bearers, election of Patron and election of Committee will take place.

For further details, contact the club on 6372 2177.





38 Main Street St Marys

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Fri 6.30am - 6.30pm

Sat 7.00am - 6.00pm

Sun 8.00am - 5.30pm

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- ◆ Coach House Restaurant - St Marys
- ◆ C & D's IGA - St Marys
- ◆ Hilly's IGA - St Marys
- ◆ Hilly's IGA - St Helens
- ◆ St Helens Newsagency
- ◆ Scamander Supermarket
- ◆ Mouth Café - Scamander
- ◆ The Farm Shed - Bicheno

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PO Box 322

FINGAL 7214



Crossword Solution

ISSUE 52.13

Across: 1. Tee off, 4. Armed, 7. Den, 8. Stumble, 9. Nominee, 10. Elegy, 13. Nude, 14. Blamed, 16. One, 17. Burrow, 20. Evil, 23. Stone, 25. Centavo, 26. Freight, 27. Goa, 28. Spree, 29. Nearer.

Down: 1. Tasman, 2. Eluded, 3. Fable, 4. Animal, 5. Magnum, 6. Defend, 7. Deny, 11. Leer, 12. Glow, 14. Beat, 15. Aden, 17. Biceps, 18. Ranger, 19. Orange, 21. Verger, 22. Latter, 23. Sofa, 24. Obese.