



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 53.01 18th February 2021

Deadline for 53.02 is at 5.00pm on Monday 1st March 2021

The Valley Voice was started over 50 years ago, and now in its 53rd year and as The Valley and East Coast Voice, it’s intention is still the same: to keep the readers informed about what is happening in the area, and share information about our community and the services accessible to us.

While we have learned about COVID-19 safe behaviour in 2020, there is still a lot to learn, about a range of other topics. The Valley and East Coast Voice will continue to have regular columns about a number of subjects, and this year, we have been joined by Peggy from Scamander, who will share her days and observations with us, along with our regular contributors. The Cage Rattler will be gracing our pages, too, along with the Fingal Focus. People are finding out that a garden isn’t just for the kids to play in, it can produce tasty nutritious fruit and vegetables, too. Books aren’t just for the bookworms, anyone can read them and learn from the comfort of a comfortable chair. Libraries aren’t just for borrowing books from, all sorts of material can be obtained from records and archives, helping people to trace their ancestry, for example. And some of us have learned that our legs aren’t just to hold us up from the ground; they can take us to places where there is so much to see that we have to use our telephones and cameras to record the sights. We hope that our columns have helped our readers to make these discoveries. Sport is part of what holds a community together, and I am excited that the East Coast Swans have agreed to send us regular match reports and news about the football season, and the St Helens Netball Association will be doing the same. I am thankful that The St Marys Sports Centre will continue to send us the news about what is happening there, and our fishing reports will also continue.

While we have a variety of columns, I would like you to tell me what YOU would like to have regular articles about. Cooking, education, travel, advice, a children’s page; I am open to suggestions - please let me know.

Most of you are aware that the Fingal Valley Neighbourhood House, which publishes The Valley and East Coast Voice, is nearing the end of the extensive renovation works, which have been funded by a number of sources. The Fingal Valley History Group have been providing interesting columns about the history of the Valley, and will now focus on the history of Fingal, and the Tasmania Hotel, which is where the Fingal Valley Neighbourhood House is located, ready for the opening of the renovated building. These renovations have enabled the manager, Gary Barnes, along with the staff, to offer expanded services to our area, helping the community to come together, as was demonstrated in January last year.

So the Valley and East Coast Voice crew look forward to offering you an interesting and entertaining newspaper in 2021, with news and views that are relevant, informative and thought-provoking.

Here’s to 2021!

Elizabeth, Editor.

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Regular articles i.e. news of current activities/events and general information will, at the discretion of the Editor, be carried free of charge. Community group announcements up to 5 lines or business card size are free, anything larger will be charged at 50% of current rates. The decision regarding whether or not an article attracts advertising fees is the Editor's. Groups will be advised of any cost before going to print.

Private community announcements/private classifieds are free for one issue.

Articles for publication may be left at the Fingal Valley Neighbourhood House, 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.

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Opinions in any letters published are not necessarily those of the Editor, 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 Fingal Valley Neighbourhood House does not provide specific feedback regarding any decision made not to publish a submission.

The Fingal Valley Neighbourhood House 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, the Valley and East Coast Voice

WANDA ROUND 2021 WRAPS UP WITH GRAND FINALE OF WANDA-FUL ART

The Bicheno artist-in-residence Wanda Round 2021 wrapped up its final day with a festive farewell, exhibition and performance on Sunday 31st January. Wanda Round had plenty to celebrate, having had over 1200 visitors over four weeks to the site in the centre of town which had affectionately been named ‘the art site’ by locals.

Artists Anita Bacic, Jennifer Tyers, Louisa Jenkinson and Rose Turtle Ertler welcomed an audience, who ranged from a few months old to a sprightly 98 years of age. Local residents and visitors alike all embraced Wanda Round, regularly dropping in more than once to get their daily dose of the arts. Wanda Round’s weekly workshops were a hit, with those attending learning the skills of olla pot making, the power of words zine-making and plein air watercolour painting.

At the finale Rose, equipped with a loud hailer, pictured right, broadcast complements across Bicheno from the top of Whaler’s Lookout. Jennifer presented her large-scale 5 section mural of Bicheno, Louisa continued to engage with visitors as her “Snares” (wind powered drawing machines) were recording the site, and Anita presented her final embroideries.



Rose Turtle Ertler broadcasts compliments from Whaler’s Lookout.

“We’ve welcomed many curious pedestrians as they pass-by, encouraging them to visit the site and participate in the work themselves. It was a great way of visitors seeing the process of the artists at work which I hope encouraged demystifying their creative process. It felt like a great mutual interactive exchange.” explains Wanda Round founder and artist Anita Bacic.

In a year where flying off to far-flung destinations was off the cards for Australians, Wanda Round 2021 made sure nobody was missing out on art in North Eastern Tasmania. Each artist worked onsite in and around the Wanda Round “art site”. The exhibition naturally allowed for social distancing in an outdoor setting, while still providing opportunity and encouraging positive social interactions - which were mostly in such short supply in 2020.

“I’m really happy with how Wanda Round 2021 has been welcomed by both the Bicheno community and visitors to this beautiful part of the East Coast and we look forward to bringing Wanda Round back in 2022,” Anita concluded.



Artists-in-Residence Anita Bacic, Louise Jenkinson, Jennifer Tyers and Rose Turtle Ertler celebrate the success of Wanda Round 2021.

For more information or to keep in touch for next year, follow Wanda Round on Social Media channels by searching for: @wandaroundtas



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A GREAT AFTERNOON'S ENTERTAINMENT

GEORGES BAY MUSIC

With a resounding Lunch and Munch success held in January with Scotty, Kazz and Lindy performing and with the Suncoast Singers giving it their all at interval time. We are all set for our next concert to be held on Friday 26th February at the new venue, St Helens Footy Club Rooms in Tully Street, starting at 12 Midday. This will be preceded by the AGM, starting at 11.30am. Our guest artists this month will be the Don Ives band, with Don on piano, Steve Hill on drums, Bob Grant on bass, Damon Warner on sax and Christine Bailey on vocals - a wonderful line up of very talented musicians and a show not to be missed.

Don't forget that it is now the popular BYO lunch once again, but for those who forget or want a treat, there will be sandwiches and bread rolls at \$4 a packet and for afters, an assortment of cakes for \$2.50 each. Tea and coffee is provided free.

So, for musical lunch entertainment, come along to the Footy Club Rooms at the end of Tully Street, at just \$10 for members and \$15 for non-members, you're in for a treat.

That's Friday 26th February at 11.30am for the AGM and Concert starting at 12pm til 2pm.

For more information, contact Helen on: 6376 2750

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BREAK O'DAY COUNCIL AUSTRALIA DAY AWARDS

The Break O'Day Council hosted the area's Australia Day Celebration on Tuesday 26 January at the Portland Hall, St Helens, and included the official Australia Day Awards presented by Mayor Mick Tucker and Australia Day Ambassador, Robyn Moore.

"One of the things I enjoy most about being Mayor is being able to acknowledge the hard work and dedication of our community members," Mayor Tucker said. "Often the efforts of our dedicated community members fly under the radar, as they are focussed on helping, not being acknowledged, so it's a pleasure to shine a light on these integral community members. I really can't emphasize enough how important these community members are in a small community."

The Australia Day Citizen of the Year was awarded to two residents, Wayne Cubitt and Dale Richards, and was presented by Robyn. "Wayne has been connected with our community for approximately 24 years, and he is an active and hardworking member of all organisations that he is part of. If an organisation comes to him for help – he will not say NO – because we don't think he knows how," Mayor Tucker noted. Wayne worked closely with the St Helens District High School students in supporting them to be part of the ANZAC Day and Remembrance Day services. He also finds time to visit residents at Medea Park Residential Care in his spare time. Wayne was also instrumental in bringing the Stonehaven Cup, a national sailing competition, to St Helens in 2020. Dale has been the face of helping stranded motorists for a very long time, but like all our volunteers, he sits under the radar. "Dale has been involved with the Masonic Lodge for a number of years and, the work that Dale undertakes with the Lodge has impacted on the lives of many people in our community," Mayor Tucker declared. Dale has also been a respected member of the St Helens Volunteer Fire Brigade for approximately 40 years.

Australia Day Young Citizen of the Year Award was presented to Zoe Bucknell. Zoe has been an integral part of bringing women's and girls football to the East Coast, and she was very keen from the outset. In our inaugural year, Zoe took a senior role in training sessions, tried out for State Girls football team without having even played a game of football, and developed into a mentor for the younger team mates. Zoe was named Captain of the team and was an astounding leader for all her team, with her friendly smile and ongoing encouragement throughout each and every game and both weekly training session on Saturdays, as well as assisting with the Junior Auskick program. Mayor Tucker praised Zoe's commitment, saying, "During her time at school, Zoe also undertook with a few of her friends to start girl's football sessions during lunch times at school. She was also very quick to assist and participate in the East Coast Giants football training sessions when needed. She is a well-spoken thoughtful person who would take time to thank the teams sponsors by visiting them in the places of business and at the end of year dinner provided a heartfelt thank you speech to all the training staff."

The Mayor's Special Award was awarded to Cullen Dwyer, a member of our community who volunteers as a member of the St Helens Volunteer Fire Brigade. But on a certain day in January, 2021 - maybe he was in the right place at the right time - he risked his life to save that of a young girl visiting our community. "Cullen, we did hear that at one time you did question what you were doing, but you continued to swim to her assistance and stayed with her until Peter Jamieson could get there with a boat," commented Mayor Tucker.

The committee made the decision to award the 2021 Break O'Day Municipality Excellence Award, to two people, Heidi Howe and Fiona Lowe.

Heidi not only runs a very busy business in our community but still finds time to volunteer within our community. She is currently a board member of Possum M'agic and was an inaugural member of the Bay of Fires event. In 2020 Heidi was the instigator of the Bay of Fires Art Market in a new format due to COVID 19. "Heidi bought together a group of volunteers to organise an event – in a short space of time – at a time when things were being cancelled. Congratulations Heidi – we appreciate all that you do for our community," Mayor Tucker commented.



Fiona Lowe, Zoe Bucknell, Robyn Moore - Australia Day Ambassador, Heidi Howe, Wayne Cubitt, Dale Richards and Cullen Dwyer, at the Australia Day Awards ceremony.

Fiona has been instrumental in having netball played throughout our community. Fiona instigated the Net Set Go program – with approximately 60 participants at St Marys – many have now joined the association to ensure that we have continued growth within the Netball Association. Fiona is not only committed to netball but has also been involved in junior football in St Marys with her son. "Fiona is an excellent junior coach, encouraging girls and boys to play the game. With Fiona, playing the game is more important than winning, Mayor Tucker stated. "Congratulations Fiona - there are many young people who appreciate the start that you gave them to sport." Congratulations to all the recipients.

“THANK YOU,” SAYS ST MARYS COMMUNITY SPACE SECRETARY

After five years of community consultations, planning and hard work, the St Marys Community Space was formally declared open on 31st January 2021. Over 300 people enjoyed seeing local and visiting skateboarders and scooter riders show off their skills, after the opening ceremony lead by Association Secretary Janet Drummond, who acknowledged the Traditional Owners, and asked Aunty JeannyMarie to come forward and provide a welcome to country. Ms Drummond then welcomed special guests, who included Mr John Tucker MP representing Premier Mr Peter Gutwein, Deputy Mayor Mr John McGiveron representing Mayor Mick Tucker, Councillors Margaret Osbourne OAM, Lesa Whittaker and Kylie Wright and Andrew McGregor, board member from the Tasmanian Community Fund, and noted apologies from a number of invited guests who were unable to attend the postponed opening.



“There’s an old African saying that it takes a village to raise a child, and I think I can expand on that and say that it has taken a town and the wider community to build this community space,” Janet stated. “Just last week I was chatting to someone who said that we all know a bit about how this space came into being, but not the whole story. So today, I want to give thanks to all of those who contributed to making this community space the wonderful place on which we are having this gathering today, and to tell the whole story.



Janet Drummond , Andrew McGregor and Warren Wright, aka Wazza and Bluey, enjoy watching the competition.

Janet then went on to list the many organizations which provided funding, and thanked the enormous number of members of the local community who had given support, along with donors from other parts of the municipality, including the Break O’Day Council, who, through a unanimous decision back in 2015, gave the land to be developed by the St Marys Space Association into this incredible park.



“I want to give special thanks to our President Paul Aulich,” Ms Drummond stated. “Without Paul, the Association would not have had someone on-site for the many hundreds of hours that Paul gave to this project. Thanks also to the entire Aulich family who supported Paul throughout this process. Without ALL of you this Community Space would not be here, she continued. “This was and IS a community driven project; the community and particularly the YOUTH have taken ownership of this park, looking after it and looking after each other, sharing skills, sharing time and sharing the space with all of the visitors who come here to use this facility.”

“The positive feedback that I receive about the interactions of the youth and community with visitors is something we can ALL be very proud of. So, it’s a BIG thank you to everyone who played a part in this process, this is YOUR community space,” Ms Drummond concluded.



Carlo Cassan presents a winner with his prize.

Andrew McGregor from the Tasmanian Community Fund board then spoke briefly and declared the Space open.

Jimmy’s Skate and Street ran a competition which enabled both local and visiting skateboard and scooter riders to show off their talent.

At the completion of the prizes being awarded, Phat Monk took over the stage, and provided great music which was enjoyed until about 6.30, bringing the day to a close.

The full list of people, businesses and organizations Janet spoke about is on page 10 and 11.



Sofie and India Cassan enjoy the basket swing.





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What has life been like for you? How has social isolation affected the people you know? How is your community changing and adapting now and for the long-term? Your contributions will help capture this moment to help future generations understand the Tasmanian experience of the pandemic.

Send your submission to:

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More information is available at the Libraries Tasmania website or drop into your local library.



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- 12-12.45pm *Women at Work* with Break O'Day Employment Connect
- 1-2.30pm *Community Wellbeing Conversation* with Jodie

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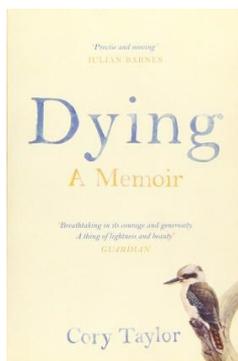


MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz.

Welcome back to a New Year filled with good reading! Our group has already had two meetings, at which we discussed two very different books.

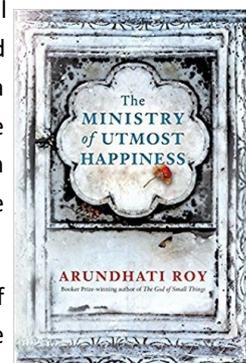


The first was *Dying-A Memoir*, by Cory Taylor who appeared on the ABC television programme *You Can't Ask That* and talked with Richard Fidler on his ABC radio programme *Conversations* about living with and dying from a terminal illness. Her book was published a couple of months before her death at 61, ten years after being diagnosed with Melanoma. She was an award winning novelist and screenwriter and came late to the craft.

Far from being a depressing read this short book is written with such honesty and pragmatism that the reader cannot help but be inspired by her attitude. She loved life and this is made obvious in her descriptions of places and memories of past experiences. She was sad and unwilling to leave her loved ones but faced the prospect of her own death stoically and with resignation. The book is divided into three sections, the first part dealing with her diagnosis and treatments, the second exploring the lives of her parents in an attempt to understand them as individuals and the third part concerns memories of her childhood. This final section ends with musings on mortality and how close death is to all of us at any given moment.

The group's response was overwhelmingly positive and we felt that everyone in our death denying society would do well to read this book which in the end left us uplifted and moved.

The second book was a novel, *The Ministry of Utmost Happiness* by the Indian writer and political activist, Arundhati Roy, author of *The God of Small Things*. This was a much more difficult read and many of the group struggled to finish it. It is difficult because it is such a huge and sprawling story with a vast cast of characters and many threads to be drawn together by the end. To greatly oversimplify the story, its basic idea is the story of a woman, Tilo, and the three men who loved her, but it is so much more than that and raises so many themes such as gender identity, the Hindu caste system, mother love and modern India and its dispute over Kashmir.



The story begins with Anjum, a hijra or transgender woman, who finds shelter with a community of other hijra and an abandoned child who is raised with love by Anjum and the household of outcasts. The second part of the story tells of Tilo the architect, also something of an outsider, the journalist Naja from a privileged background, Musa the Kashmiri militant and the Indian Intelligence officer, Gupta, all of whom were at University together, went their separate ways but who remain connected in complicated ways. The third part returns to Anjum, now living in a graveyard where she offers sanctuary to other outcasts and those in danger. It is here that all the stories come together with Tilo and HER foundling baby girl, Miss Jebeen the Second. You'll have to read the book to work that one out!!

Roy enjoys playing with language, uses a form of magic realism and heavy irony and does not shy away from the terrible violence perpetrated in the name of Hindu Nationalism, one of her main targets in the novel. Sometimes her activism overshadows her art and the novel suffers for this but it is, in the end, a huge slice of exotic Indian life which you might find rewarding.





Break O'Day Tri Challenge present the



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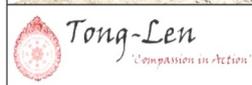


Tong-Len is small charity in Northern India supporting people living in extreme poverty. It was founded by Jamyang, a Tibetan Buddhist monk who wanted to give back to the country that had given him refuge. As his then English teacher, I was approached by Jamyang to help. Together we registered the charity and found sponsors for the first 20 children. When I returned home my parents, my late friend Michael and I founded Tong-Len UK to fund-raise for the work in India. I returned to India and spent more than a year as a volunteer helping to establish the charity and its programs, including setting up a health clinic in the slum.

Today the Tong-Len runs its own school providing education to 300 children with hostel accommodation offered to those in greatest need, operates a mobile health program, provides adult education and training and coordinates social welfare projects such as slum upgrading and Covid19 lockdown food distribution.

Every cent donated goes towards the programs. My parents coordinate the child-sponsorship program and run Tong-Len UK as volunteers.

Please help me raise funds for this charity that is close to my heart - Rachel.



For more information see www.tong-len.org

LETTER TO THE EDITOR

Thank You For The Christmas Edition

What a lovely way to end a rotten year, with such a bright and cheerful edition. It was a pleasure to read the various articles and messages, and feel that Christmas really was here despite all the doom and gloom around, especially in the media. Thank you Elizabeth and your team for a great effort.

Another Word of Thanks

As we get older we might read that we can become 'invisible' to some members of the public. But in all sincerity I have to say that both my husband, David, and myself have always been shown the greatest kindness, generosity, helpfulness, patience and consideration in the past few years now that we are slowing down and not always moving too well. Doors have been held open, shopping taken to the car even by complete strangers on several occasions, not to mention the willing hands at the IGA where we usually shop in St. Marys. I've also had assistance when loading or unloading my walker, helped after a bad fall, car trouble, or other situations where a helping hand has been willingly given by those much younger and fitter than me, and gratefully accepted.

After a very troubled and troublesome year, and a new year now with us, this first edition of the V.V seemed an appropriate time to say how much I always appreciate the kind people from Bicheno to St. Helens and all points in between, and how I cannot thank everyone enough for their assistance to make my days so much easier, and for David too. God bless you, everyone.

Toni Brewster, Chain of Lagoons.

“THANK YOU”, SAYS ST MARYS COMMUNITY SPACE SECRETARY continued...

Janet expressed thanks to the following;

The Grant Bodies

The Tasmanian Community Fund who provided us with \$286,000. The second largest grant in the state in the round in which we were successful.

Drought Communities Programme – supporting communities in the most drought-affected regions of Australia. This is Australian Government Funding which we accessed through the Break O’Day Council and we received 2 grants, one in round one and one in round two – excavation and site set up costs and then the boundary fence and the car park.

The Stronger Communities Program (Australian Government Dept. of Infrastructure, Innovation and Science) Brian Mitchell Federal MP facilitated the Associations grant application which provided us with half the cost of the BBQ and shelter where I stand today.

Huon Aquaculture \$3,000 towards the basket swing .

St Helens/St Marys Community Bank who provided a small grant which was used towards the siting of the first picnic table.

Commonwealth Bank staff of St Marys who nominated the Association for a small community grant.

Fingal Valley Neighbourhood House and the TCF for the grant that funded the outdoor gym equipment. The equipment was originally to be sited at the recreation ground, but FVNH and TCF worked with us to allow for it to be relocated to this site as part of the growing vision for this space.

The Break O’Day Council who through a unanimous decision back in 2015 gave this land to be developed by the St Marys Space Association into this incredible park.

The Community

The youth and the community who contributed to the original ideas, those who attended monthly meetings early in the planning process. Those who brought ideas and concerns to those meetings and to those who stepped up and joined the Association when it formed.

Chris Cummings of Double C Designs for taking the vision of the space and creating a logo which has now become synonymous with this Space. That branding I think was so important.

Simon Williams of Concrete Dreams design and drafting for his willingness to be very flexible with the plan designs and to make changes as the community consultation progressed. I believe this construction is version 5 of the plans, which started as a simple skate ramp in February 2017 as a concept drawing.

Everyone who commented on the plans when we took them out to community events for discussion and feedback.

The Association members for sticking with the project and seeing it through to the end.

Our construction team Andrew Gill Contracting.

Carlo Cassan from Ramp Wizard for project management and his skills in ramp building.

Craig Cox Excavations.

Gradco for the donation of truckloads of dirt (as I call it), I’m sure there is a more technical term but to me it’s dirt.

St Helens Concrete and East Coast Concreting.

John and Annette White of the White Sands Resort.

Chris Pedersen from Survey Resources.

Bruce Miller.

Everyone who donated to a collection tin be it in a shop or at an event, when our street collectors went out. The collectors who shook collection tins at the St Marys car show(s) and the New Years Day Races, plus the Christmas Parade.

All the private donors who made and kept pledges and those who have chosen to give anonymously to the project.

The businesses in St Marys who hosted collection tins and gave auction and raffle prizes.

C&D IGA who have supported us with food donations for events.

Cement Australia, Cornwall Colliery for their support .

The students who undertook the ‘Youth Boss’ challenges at the St Marys District School who gave their “earnings” to this project.

Building Blocks and Hub4Health, through Tanya Greenwood, who have been strong supporters through this whole process.

All of the people who took part in the video which was used in the final presentation to the Tasmanian Community Fund, from some of the older and highly regarded members of the community to some of our newest residents. I believe it was this video, when I went to Hobart, alone, to make the pitch for the funding for this Space, that won the Board over. I felt like I had the community with me on that day, as we watched the familiar faces (to me) projected onto a screen. It truly showed the breadth of support throughout the entire community, it crossed all barriers, age, gender, socio economic status.

Simon Homes at Big Shed Studios for the putting together the video .

The St Marys School Association.

The organisers (Julie and Bruce Cornelius and the Executive of the Association) and all the people who attended the Bush Dances.

The musicians that have supported he project:

Ray Singline and The Trawldogs, it is almost 4 years to the day (Australia Day weekend) that we had the first big fund-raising event on this block, and they performed under the big willow tree.

Pete Cornelius.

Phat Monk who are here with us today and will be providing us with some music a little later this afternoon.

The volunteers who came with wheelbarrows, shovels and rakes to the working bees and moved countless, and it seemed never ending, mounds of dirt.

The team of volunteers who came to dismantle the old boundary fence and erect a new one.

All those who prepared food and fed the volunteers at the working bees.

Paul Henderson of Groundworks Landscaping who provided a whole day of labour with four workmen and machinery.

Bob Oates for his incredible drone footage.

SKA Power and Control for electrical installation of the BBQ.

Jenn Binns Design for the new BBQ shelter design when we could not get the original design manufactured.

Jimmy of Jimmy's Skate & Street who is running the skate competition today.

All of those who are here today giving of their time, Bronwyn and Adam from the St Marys Market Café (2019) who organised the BBQ today and all the SES volunteers who are assisting. Suppliers who have given produce for the BBQ today including Mt Elephant Fudge; The Bag Man; C&D IGA; Cripps Bread, Tas Gift Wrap, Juicy Isle, and PFD. Gloria Ward, Carol Faulkner, and Christine and Scott Woods. Ian Bradbury for his first aid skills.

If I have forgotten anyone, I am so sorry, but as you can see, so much happened before we made the application to the Tasmanian Community Fund and the grant then became a catalyst for so much more giving. We would not have been successful had we not shown the community support and buy-in to this project.

The Valley and East Cost Voice would like to congratulate Janet and the community on the completion of this wonderful community project!



		Mon	Tue	Wed	Thu	Fri	Sat	Sun
STAR FM Program Guide  	Brekkie	Start your working week with Sandy	Enjoy your Fruit Loops with Sandy	I see Stars with Sandy	Flashback Retro Breakfast with The Flash	Alphabet Soup with Jewels	It's the Weekend with Magilla	Magilla's Speakeasy Jazz until 9.30 ...followed by Magilla's Magic Mix until Noon
	Morning	The Manic Monday Show with Manny	Flash in the Flesh with The Flash	The Fusion Show with Jonno	Rhythm N' Reggae with Big Daddy Davo	Simply 60's with PUGS	Old and New with "You Know Who" with Angelina	
	Arvo	Jackster's MUSIC BOX with Jackster and Porsche	DownUnder and "Mood For Foods" with Mary-Anne	"Around the World" with your hostess The Tone	The All Australian Show with MAGILLA	"Fresh and Fruity" with Angelina	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	Let's Drive with Jonno	"Rock On" with Jonno	"The No 80's Zone" with The Tone	Big Daddy Davo's Blues Mix hosted by Dave
	Evening	Monday Evening With Star FM	Neville's Country Corner and more with Neville	That 70's Show with Star FM	Thursday Nights with Star FM	It's Friday Night with Star FM	The Party Pit Playlist with Star FM	

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5 Minutes With the Mayor



Happy New Year everyone! What an amazing start to the year we have had here in Break O'Day and it is all largely due to the love that our fellow Tasmanians have shown us over the summer holidays.

For us locals, summer can be a mixed blessing. While our business community depends on this visitation to keep their businesses running, for the majority of us residents, we get used to having this little slice of paradise to ourselves. When the holidays come around the population swells. Of course, summer is a really popular time but even the winter holiday last year saw large numbers of visitors flocking to explore our region. Despite the 'invasion' of visitors I am really proud of our community who welcomed them to our townships with open arms and were more than willing to share their secret spots.

One thing that has been really noticeable to me in my Newsagency, has been how respectful and positive both locals and visitors have been. Could this increase in respect of one another be a positive side effect of COVID-19? We have seen customers politely observing social distancing, holding the door for each other and even letting elderly customers cut in line. Call me old-fashioned, but witnessing this I was reminded of the good old days of chivalry and respect for your elders that was drummed into me as a kid. A kind gesture like this can make all the difference to someone's day, whether local or not, and I hope that the 'pandemic' of kindness continues long after COVID has gone.

Before I go, I need to take a moment to congratulate our Australia Day Award winners. Every year a panel appoints an Australian Citizen and Young Australian Citizen of the Year awards, which this year went to joint Australia Day Citizen of the year award winners, Dale Richards and Wayne Cubitt, and Junior Citizen of the year winner was Zoe Bucknell.

The Australia Day Awards are definitely one of my favourite events as Mayor, as we as a community get to formally acknowledge some of our quiet achievers and unsung heroes. In a small community such as ours, one individual can make all the difference, and I relish the opportunity to celebrate these people who too often fly under the radar.

As the mayor, I get to hand out the Mayor's Australia Day Awards and this year we had an amazing and inspiring candidate. Mr Cullen Dwyer risked his own life to swim through dangerous surf and rips to reach an 11-year-old girl who had been washed out to sea. His selfless act was truly heroic and there are not many people around I am sure that would, without thinking, save the life of a perfect stranger.

Thanks for reading, look after yourselves and each other.

NORTHERN MIDLANDS COUNCIL ANNUAL AUSTRALIA DAY AWARDS

Boucher Park at Avoca was the place to be on Tuesday 26 January, as the Northern Midlands Council Annual Australia Day Awards took place under sunny skies.

"Congratulations to the recipients of our annual Australia Day Awards. We are proud to have such extraordinary citizens call the Northern Midlands home," said Mayor Mary Knowles.

David Gatenby was selected as Citizen of the Year, with the Verandah Music Festival being awarded Event of the Year .

Volunteer Recognition certificates were awarded to Arthur Thorpe, Paula Gordon - Smith, Mary Dufour, Maria & Barry Lawson, Jane Harrison and the Perth Mural Group, comprising Rosalie & David Wrigley, Aileen Gough, Phillip Gough, Rosemary Jack, Carlene Bullock and Tim Archer, pictured right.



Volunteer Recognition recipients, with Councillor Janet Lambert second from left .

Avoca Museum and Information Centre volunteers helped with catering, and were also thanked by Mayor Knowles.

International Prayer Flag Project

EXHIBITION

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The prayer flags will be displayed on rotation as there are many more than can fit all at once in our gallery space! Call in soon and see them for yourself ...

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ST HELENS HUB4HEALTH WALKING GROUP



Twelve people enjoyed the first walk of this year on **Wednesday 20th January**. It was an easy walk behind the dunes at Scamander to the Winifred Curtis Reserve and return along the beach in stunning weather and alongside a roaring incoming tide.

There were two interesting driftwood structures on the beach, one complete with a seat. Someone had had some fun.

Most of the walkers ended the walk with a good coffee in the sun at 'Swims' shipping container cafe. Thank you walks leader Christa.



Enjoying the beach on the first walk for 2021.

On **Wednesday 27th January**, Sloop Point area was the focus of this walk led by Brian - he took us out to the end of Sloop Point on the old tram track. This included a stop at the old wharf site where timber was unloaded from the tram track (the Wurrawa track) and onto the boats. The walking was gently undulating with a few short ups and downs, mostly on a good track.



Lunch on top of Ben Nevis.

The Saturday walk on the **30th January** was led by Alex, and twelve people drove out to Ben Nevis to tackle one of the NE Highlands peaks. There were some questions asked of those attending who had actually climbed the original Ben Nevis in Scotland, however, there were only 1 or perhaps 2 at best. This information was not digested as there were numerous leeches on the trail who were only intent on digesting the blood of the walkers. One walker in particular was feasted upon somewhat more cruelly than the others; she must have had the sweetest blood... a bit like mosquitoes feasting judiciously on some rather than others. One



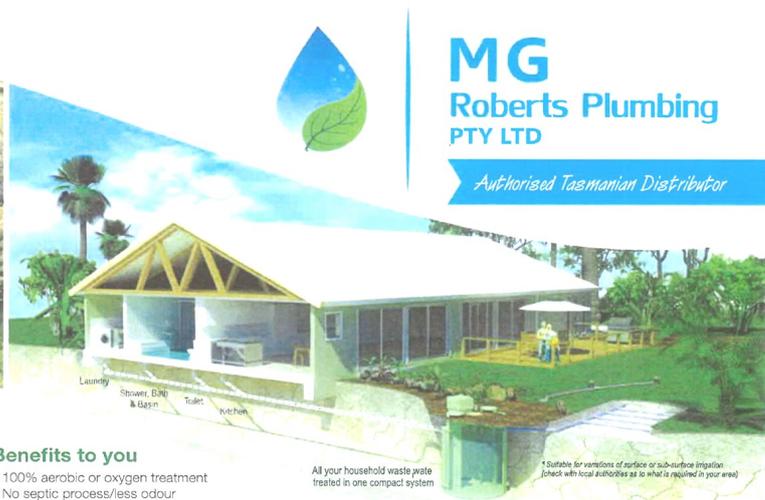
Felling the rogue pine tree on descent.

rogue pine tree (*Pinus contorta*) was felled on the return journey from the trig point to ensure the alpine area remained free from feral interlopers. Great views were enjoyed despite the low cloud initially. A walk not for the faint hearted but an enjoyable day nonetheless.

St Helens Hub4Health 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 0428 287 753.





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BREAK O'DAY MUNICIPALITY

North Ansons Bay Road, ANSONS BAY: OPEN 12 pm - 4 pm
Wednesday, 10 am - 4 pm, Sunday and 12 pm - 4 pm on
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Tasman Highway, PYENGANA: OPEN 9 am - 12 pm
Wednesday, and 2 pm - 5 pm Sunday.

Eagle Street, ST HELENS, includes recycling: OPEN 10 am - 4
pm every day.

Coach Road, SCAMANDER, includes recycling: OPEN 10 am -
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St Marys — Harefield Road, St Marys

Fingal - Talbot Street, Fingal

No charges apply to use black water dump points.

BREAK O'DAY ANGLICANS NEWS

SU Holiday Club

A wonderful time was experienced by the young ones who attended the Scripture Union Holiday Club in the Portland Hall at St Helens, during the first week of January. The theme was taken from the story of Noah in the Old Testament. Our thanks to the team who visited St Helens to share stories, craft, games, and God's love with our young ones.



The New Year - 2021

You do not have to dread what lies ahead this year. This year you can experience God's love, mercy, faithfulness, goodness, and favour in your life. So, this year when you face a mountain or go through a valley, remember that God is with you. If you walk with God and honour him in all you do, this can be one of the most blessed years of your life.

Did you make a New Year's Resolution? What about this one – add it to your list; "Read the Bible in 2021 and give God a go". Why not take a look at the world's most popular book – the Holy Bible. Did you know year in and year out, the Bible is the world's most purchased book? It outsells all other works.

There are at least 4 benefits from reading the Bible.... you may think of others....

Time spent reading and studying the Bible helps the development of our faith. Our faith grows when we read and hear God's Word. The more we do it, the stronger our faith becomes.

Reading the Bible helps us to worship God aright. We need to follow his guidance given in his book written to us. We do not want to slide into idolatry. We need to learn what pleases God. We do not want to be worshipping an unknown god.

The nurturing of hope comes from exploring the Scriptures. And don't we need hope now? Christian hope is a confident expectation regarding the future. That is why Christians are not despairing pessimists nor naïve optimists. We know God has everything in his hands and will one day come again to this earth to right all wrongs and take full control over human affairs.

When we meditate on God's word, we can obey God. How can we obey him unless we know his will and his instruction for life? Can we suggest you start with the life story of Jesus in the book of Mark?

So, look at the Holy Bible, read and enjoy its life-giving words in your down time this summer – you will be surprised by what you find.

May our Father in heaven continue to bless you and your family in 2021.

Enquiries to 6376143, or find us on Facebook: <https://www.facebook.com/anglicanbod>



Alex lives locally in Bicheno and is available to assist clients with all legal matters. Appointments are by arrangement in Swansea, Bicheno, St Marys and St Helens. With nearly 15 years' experience working as a Barrister & Solicitor in Tasmania and Western Australia, Alex is your local lawyer on the East Coast of Tasmania.

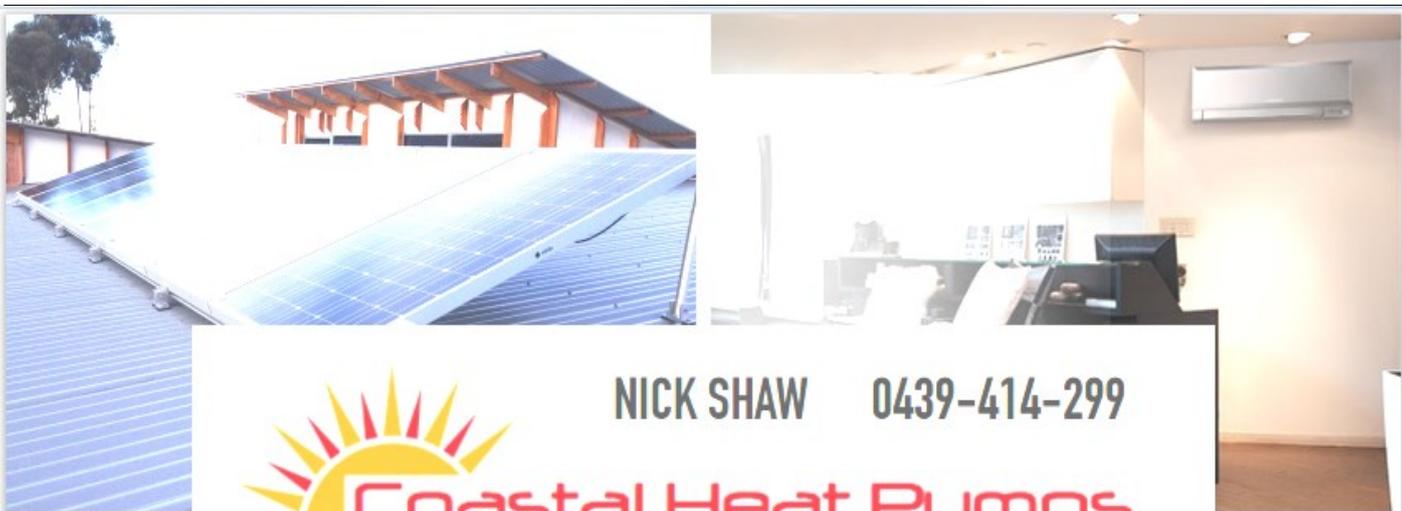


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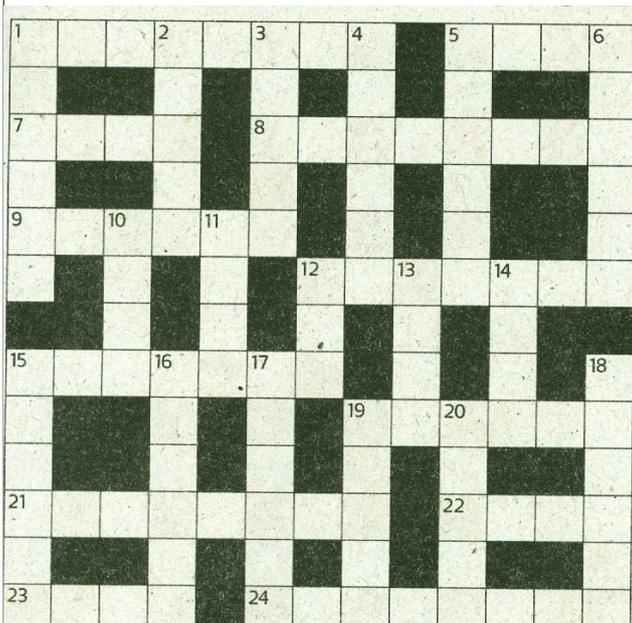
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Crossword 53.01



ACROSS

- 1. N.C.O. (8)
- 5. Swelling (4)
- 7. Feeble, unsatisfactory (4)
- 8. Soft drink (8)
- 9. Little fish (6)
- 12. Little plant (7)
- 15. No longer living (7)
- 19. Tranquil (6)
- 21. Fast-approaching (8)
- 22. Tidings (4)
- 23. One of the Cheers regulars! (4)
- 24. Disposition (8)

DOWN

- 1. Dignified (6)
- 2. 3-point snooker ball (5)
- 3. Authorise (5)
- 4. Fall (6)
- 5. Lady's hat (6)
- 6. Like better (6)
- 10. Spruce (4)
- 11. Prophetic sign (4)
- 12. Spicy (3)
- 13. Farmland unit (4)
- 14. Long-eared animal (4)
- 15. Naval flag (6)
- 16. Weak in body (6)
- 17. Clandestine (6)
- 18. Liverpool's river (6)
- 19. Mephistopheles (5)
- 20. Roam (5)

 Free 6am-9pm	 <p>St Marys Library 31 Main Street, St Marys</p>
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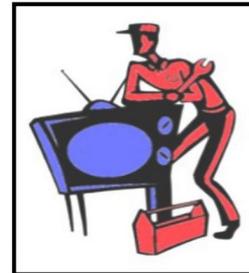
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IN OUR SCAMANDER GARDEN...

What a lovely time we got to have with our granddaughter Layla, who lives at Scottsdale. I was warned that she is often on her iPad. Well I have never used one before, so I got Layla to teach me how to play some games. She turned it off as soon as I asked her to and was a willing little helper. On our day after Layla's arrival, it was off to see her great grandparents in St Helens. What a beautiful hug she got from 'Nanny Rose', and 'Poppy Dood' could not believe how tall she had grown. Aunty Lu invited us to Christmas lunch and the tables were decorated with candles, tinsel and foliage, but the best part was seeing so many relatives. Layla did not realise she had so many cousins.



I had promised to make a Birthday cake for Layla with her help, not that it was her birthday. We enjoyed picking cherries and adding some to the top of the chocolate cake and also Layla wanted to make some jam. She had come first in the Junior competition with her crab apple jelly some years before when we entered the St Marys judging and I came first with overall champion, so we were both smiling that day. Layla said she was not good at cracking eggs and so I said. "you need more practise," and off to the hen shed we went and then made some biscuits. I thought a reward was in order, so off to Falmouth for a swim but no - too cold without a diving suit, so after watching the kayaks being paddled, we set off to Scamander for a swing at the play area. The water was sparkling and the tension left as I sunk into memories of my childhood swings. We went home and pulled some carrots and silver beet and made Poppy Steve a stew.

Sadly time had flown by and it was time to take Layla home. She was disappointed we couldn't visit the Terry Bunch in St Helens but they were visiting their grandparents down South....never mind, next time.

On another note, when I told husband Steve that the BBQ table he had built needed deeper pot plant holders as they were drying out too fast, he rectified that by making a large wooden container, and after adding a lining of mesh so pots could drain but not lose their soil, he added the old pot plant holders with their bottoms removed. New potting mix was poured in and I planted lettuce and herbs in their spacious new home. Steve oiled the table and now it is ready for our next BBQ.



Until next time, Peggy

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POSITIVE START TO OUR WELLBEING PROJECT

Last week our Wellbeing Project team met for the first time. We had 26 community members involved and it was wonderful to see so many people come together who genuinely want to make our community a better place. With balloons, string, loud music and flowers, it was perhaps not a typical first project meeting.... but there was a beautiful sense of connection, energy and hope in the room.

The purpose of our first gathering was to get to know each other and learn a little about wellbeing and the Wellbeing project. The energy in the room was buzzing, but for those of you that didn't make it; watch this space. Good things are coming to the Break O'Day Community.



The team had the opportunity to talk about their hopes for their personal wellbeing, and for our wider community. It was clear that collectively; We want to have a strong focus on inclusion and connection for the project. It is essential that all areas are represented and that wellbeing initiatives touch our smaller townships and make a difference to all community members, regardless of age, interests or geographic location. Connection was also a common theme; we want to create ways that people can connect meaningfully and build lasting relationships, because we know positive relationships underpin our wellbeing.



This was a beautiful hope statement from one community member: ***“To give the community all the opportunities they want to connect with each other and find common interests, share experiences and enrich each other’s lives.”***

This week we will be sharing information about:

- ◆ Wellbeing and our project to share with friends and family
- ◆ Community wellbeing conversations so you can find a time and place that suits you
- ◆ The PERMAH Wellbeing Survey so you can check on your personal wellbeing
- ◆ The Wellbeing Certificate and how to apply

Developed as a pilot project Break O’Day Mayor, Mick Tucker said he hopes that the project will be replicated by other Councils and groups around the State in years to come.

“We are really excited to be able to offer this project to our community and in my view the real strength of this initiative is that it will be driven by the community, for the community.” Mayor Mick Tucker said.

“We also thank the Tasmanian Community Fund for not just the funding but for understanding our wellbeing vision.”

If you’re interested in getting involved, please join our Break O’Day Community Wellbeing Project Facebook page or get in touch with Jodie at jodie.cooper@bodc.tas.gov.au



Feel good, do good, sing for good and join ...

WITH ONE VOICE Break O’Day

Weekly
Tuesdays, 5.15pm—6.30pm
Where:
Scamander Sports Complex
1 Old Coach Road, Scamander, TAS, 7215

New members always welcome
Cost: \$10 / \$5 conc.
suggested donation per person

- No supper provided, but participants welcome to book and stay for a meal afterward.
- No alcohol during choir rehearsals.

For More Info contact
Liz: 0439 001 533

- Children under 16 must be supervised by an adult.
- COVID-19 Safe Session.

Would you like to be inspired, unleash your creative potential and improve your well-being? Then a *With One Voice* choir is for you!

There are no auditions and no singing experience is necessary. age, race, religion, disability and disadvantage fade away. Families, professionals, students, seniors, migrants, refugees...everyone is welcome.

With One Voice choirs are led by friendly and experienced conductors and meet weekly followed by supper.

Choir is a great place to find your voice, find friends, de-stress, build well-being and confidence, learn new skills and connect to your community. Participation is by tax-deductible donation.

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www.creativityaustralia.org.au
(03) 8679 6088 | withonevoice@creativityaustralia.org.au



ST MARYS CATHOLIC PARISH

WEEKEND MASS times.

ST HELENS: Saturday 6.00 pm.

ST MARYS: 2nd & 4th Sunday 9.00 am 3rd & 5th Sunday 11.00 am

BICHENO: 1st, 3rd & 5th Sunday 9.00 am

FINGAL: 1st Sunday 11.30 am

Parish Administrator:

Fr. Norbert Z Ochoa 0437 324 227

fr.bitz51@gmail.com

.....

WEEKDAY MASS:

ST MARYS: Tuesday, Wednesday, Friday 10.00 a m.

ST HELENS: Thursday 10.00 am

BREAK O'DAY

ANGLICAN CHURCH



SERVICE TIMES

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

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144; or Facebook: anglicanbod

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ST HELENS	88FM
ST MARYS	88FM
FINGAL	88FM

TASSIE SEEKERS

Meet fortnightly for readings, discussions, talks etc.

Non-denominational, loosely based on the format of spiritualist meetings.

First and third Sunday each month.

St Marys Hall, 23 Main Street, at 2.00 pm.

Free entry. Donations welcome.

Ray 0413 099 944 (Often out of range)

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Email: dcmsheds@gmail.com

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St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

'STOP' DO YOU NEED TO ENTER THE HOSPITAL?

COVID RULES STILL APPLY– If unsure phone ahead on 6387 5555

- Due to COVID-19 the St Marys Health Centre is required to do a health check of **ALL** persons entering the site. On arrival at the Centre you will need to press the intercom bell at the entry door where a staff member will come and do a health assessment on you before entering the building.
- If you need some medical advice please ring reception for an appointment. Appointments will be either by telephone or face-to-face depending on the situation. Please discuss this with the reception staff when making an appointment.
- Hand sanitiser is located in all areas of the Health Centre - *Please use it on entering and leaving the building.*
- Pathology– bloods or those who have scheduled GP appointments are still able to come to have these services.
- Currently inpatient visiting hours are 2:00pm–6:00pm with a maximum of 1 visitor per visit.
- If you have an emergency dial '000' for assistance.
- What's on at the Centre – please check with your health professional as some suspended services have recommenced. Some phone consultations may still be necessary.

- There continues to be changes to the seating in the reception area to ensure the public maintain adequate social distancing (1.5 metres).

PRESCRIPTIONS FOR MEDICATION

Friendly reminder....if you have regular scripts please make sure you are booked in to see your GP before your script has run out.

If you require the renewal of a prescription/s please contact reception on 6387 5555. Appointments can be made in advance. Please discuss with our reception staff.

A GP appointment is still needed for a telephone script/s

Please check your repeats when you get your script from the pharmacy and if it is your last repeat make an appointment with your GP then, not when your medication runs out. Scripts can then be faxed to the Pharmacy and collected from there.

Rudeness to our staff will not be tolerated and you may be asked to leave.

DOCTORS ROSTER

A Doctor's appointment is needed to see our GP's. It is not a drop in clinic. Waiting periods to see your doctor may be experienced, please be patient.

Dr C. Latt

18/2/2021– 5/3/2021

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

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

Please report to reception upon arrival or we don't know you are here. The consultant you are here to see will be told and they will come and collect you from the reception area.

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

Are your details up to date?

Do you have a new address/phone number?

Do you have a new Centrelink/Medicare card?

Have you updated these details with us?

Sometimes we need to contact you, or pass your details on to other health professionals.

You may also be charged for some medical services if your Centrelink/Medicare cards are not current.

If **any** of your details have changed, please contact us on 6387 5555 or call in and see our friendly reception staff for assistance

CTST-Community Transport Services Tasmania

Phone: 1800 781 033 for bookings

St Marys General Practice reminder

Dr Latt wishes to remind the community of the following exceptions to bulk billing at the St Marys Community Health Centre.

The below are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your appointment. If you have any concerns, please contact us and we will try and address them.

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

PATHOLOGY- FASTING BLOODS

No food or anything to drink other than water **for a minimum of 12 hours prior to having bloods taken. You can still take morning medications**

If you require bloods to be taken prior to 8:30am, please ring 6387 5555 at least 24 hours before to make an appointment with Nursing Staff

NON-URGENT BLOODS

If you require non-urgent bloods to be taken, please present at the nurse's station between **8:30am and 12 midday Monday-Friday.**

If unable to attend during these times, please contact St Marys Community Health Centre on 6387 5555 at least 24 hours before to make an appointment with the nursing staff.

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 medication in advance. Scripts by phone still require a GP appointment.

Non Attendance of Doctors Appointments

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

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

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

GP Surgery Hours: Monday - Friday

8:50am - 10:00am

(10 :00am-10:30am reception closed)

10:30am - 12.30pm

(1:00 pm- 1:30pm reception closed)

1:30pm - 3:00pm

(3:00 pm- 3:30pm Reception closed)

3:00pm - 4:30pm

AUTOMATED ELECTRIC DEFIBRILLATORS

Binalong Bay

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

St Helens District High School

In the swimming pool enclosure, available during pool hours.

St Helens Supa IGA

Wall mounted inside the foyer, available during open hours.

St Helens Football Club

Located inside the club rooms.

Scamander Sports Complex

On the wall just inside the dining room doors.

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance.

St Marys District High School

In the swimming pool enclosure, available during pool hours.

Fingal Valley Neighbourhood House - 24hr access

On the wall outside the front door.

IN AN EMERGENCY CALL 000



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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.findhelptas.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.

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

tasilifeline@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.findhelptas.org.au

National Coronavirus Helpline

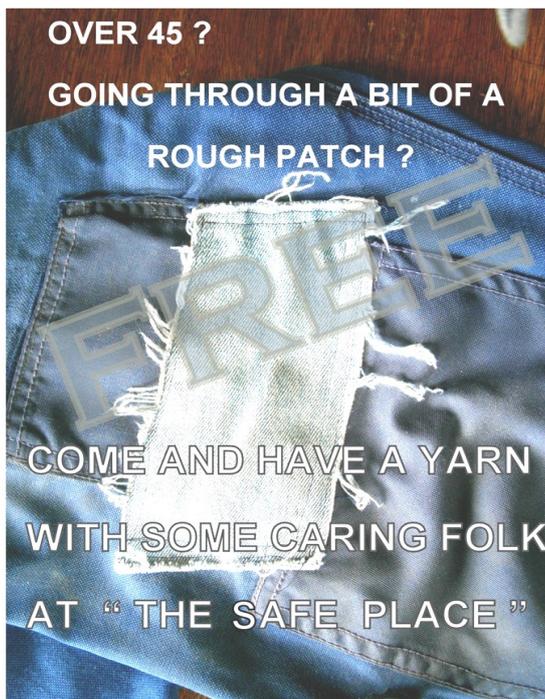
1800 020 080

www.australia.gov.au

Information on coronavirus (COVID-19) and help with the COVIDSafe app

24 hours a day, seven days a week

THE SAFE PLACE



This mobile information 'outreach' service is run by local people who volunteer their time. The aim is to help local communities reduce suicide. The volunteers share information about local services that are available for those in need.

It's a safe place to talk.

We're going to be at

- 18.2.21 Scamander opposite Coffee Mug
- 19.2.21 Pyengana Pub in the Paddock
- 23.2.21 Stieglitz Lions Park
- 25.2.21 Portland Hall St Helens
- 2.3.21 Binalong Bay Main Road
- 4.3.21 Outside St Marys Hotel
- 9.3.21 Mathinna Recreation Ground
- 11.3.21 Bicheno at the Triangle

From 10am - 1pm

Weather Permitting

This outreach is part of the Break O'Day and Bicheno Suicide Prevention Trial Site. If you would like more information about the Trial Site please contact:

Casey on 6376 1134

Or email: trialsite@sthelensnhh.org.au

Supported by Primary Health Tasmania

under the Australian Government's Primary Health Network

Please give your support to



Did you know that nearly 87,000 Tasmanians are either living with diabetes, living with undiagnosed diabetes or are at high risk of developing diabetes?

Diabetes is serious and more people need to be aware of this!



Friday, 26 February – Sunday, 28 February 2021

| St Helens | Scamander | St Marys | Bicheno | Swansea | Triabunna | Richmond |

PolliiePedal is Diabetes Tasmania's 3 day charity bike ride and is the major fundraising and awareness campaign for the year. Riders will be cycling approximately 250km over 3 days.

All in aid of raising funds for Diabetes Tasmania so they can continue to support all Tasmanians living with diabetes through their educational programs, advocacy, online and printed resources, camps and family days for children living with type one diabetes, media awareness campaigns and more.

Look out for us on the road and be sure to give us some support.

You can **donate** enroute or online via www.justgiving.com/fundraising/Guy-Barnett

"Thank you for your support and we look forward to seeing you on the journey!" Guy Barnett MP.

POLITICIANS PEDAL FOR DIABETES AWARENESS

Member of Parliament Guy Barnett is once again hitting the road on two wheels, as he participates in the 16th annual Diabetes Tasmania Tasmanian Polliie Pedal 2021, which will cover over 250 kms of spectacular country and coastal views.

"The unique annual fundraising event raises awareness and funds to support the important work of Diabetes Tasmania. Since 2006, Diabetes Tasmania with my support as Senator for Tasmania and now as a Member of Parliament, has raised over \$740,000 and cycled thousands of kilometres to support Tasmanians with diabetes, their families and those at risk, Mr Barnett said in a press release. "As you know, I have type 1 diabetes and as Diabetes Australia Ambassador, I am thrilled to continue the charge to help other Tasmanians with diabetes."

Officially commencing in St Helens on Friday 26 February, riders will also travel through the leg-burning St Marys Pass on their way to Scamander, Bicheno, Swansea, Triabunna and Orford, concluding in historic Richmond.

"If you would like to support me raise funds for Diabetes Tasmania, my fundraising page can be found at <https://www.justgiving.com/fundraising/Guy-Barnett>

My thanks to all of those have supported, and continue to support this very worthy cause."

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10.00 AM - 8.00 PM

FRIDAY 9.00AM - 4.00 PM

SELECTED SATURDAYS 9.00 - 3.00 PM

CLOSED WEDNESDAY AND SUNDAY



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BOOKINGS

AVAILABLE BY

APPOINTMENT

ONLY



NETBALL 4 ALL

Come & Join the St Helens Netball Association.

Players, Coaches, Umpires and Volunteers welcome

Winter Roster

When: Fridays first game 4.15pm last 7.45pm (April to September)

Where: Bendigo Bank Stadium

Age Groups:

NetSetGo Boys & Girls – 5 to 10 Years old

Division 3 Boys & Girls – 10 to 12 years old (Grades 4 to 6)

Division 2 – 13 to 15 Years old (Grades 7 to 9)

Reserves & Division 1 – Over 15 years old

Mixed Summer Roster

When: Thursdays from 5.30pm (October to December)

Where: Bendigo Bank Stadium

Ages: **Over 15 Years**

Contact us via our Facebook page or email: sthelensnetball@gmail.com

Fun,
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Friendship



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Free Legal Advice

Fingal Neighbourhood House

Monday

February 22, 2021

General Law; Welfare Rights;

Disability Discrimination;

Family Law; Employment Law

To book an appointment

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No Bookings - No Lawyer Visit

C&D

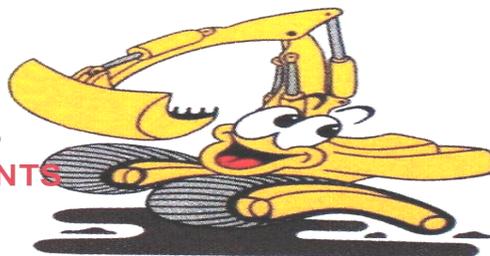
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PROUDLY SUPPORTING THE LOCAL COMMUNITY



Stream Fencing Management Workshops

Designing fences that minimise the risk of damage due to flooding

DATE & VENUE

25 March 2021 - Colynn, 100 Mitchelsons Road, Quamby Bend

26 March 2021 - Chiswick, 10319 Midland Hwy, Ross

27 March 2021 - 78-88 Station Rd West, Norwood (Small Farm Living focus)

TIME

9.30 am - 12:30 pm

RSVP

Monday 22 March 2021

CONTACT

admin@nrmnorth.org.au

(03) 6333 7777

Lunch provided

Please BYO chair if required

COVID safe event

PRESENTERS

Julian Martin - Principal Engineer, Water Technology

Herbert Staubmann - Owner & Operator, Habitat Plants

Matt Cook - Owner & Operator, MJ Cook Agricultural Supplies

Jimmy Collinson - Owner & operator, Wildlands (Ross only)

Workshops aim to assist all landholders in flood prone areas to better understand riverine processes and design fences that minimise the risk of damage due to a flood and that are easy to repair and maintain when flood water recedes, increasing the longevity of the fence.

Landholders will also hear about grant funding that is available to improve river health, by restricting stock access to waterways and improving effluent management on dairy farms.



This workshop is supported through funding as part of the Tamar Estuary River Health Action Plan, an initiative of the Launceston City Deal. 'Working together for a healthy estuary'

ONE TOWN, ONE FOOTBALL CLUB:

EAST COAST GIANTS UNITE WITH ST HELENS SWANS



St Helens Football Club has amalgamated with the local junior football club, the East Coast Giants, and are looking forward to a year of great games and more co-operation between the tiers of player under a new name. "We are aware that it is essential to have long-term viability of senior teams, and having junior players come up through the ranks is the best way to ensure this," St Helens Swans club secretary Steve Walley said. Last year, with no teams playing, the club took the opportunity to work with other clubs in the NTFA who have followed this model previously, and develop their own plan of whole-club governance, which was formally adopted at the Annual General Meeting in November last year. "The general committee will have representatives from sub-committees which govern both junior and women's football, and we are all ready seeing the benefits of inclusion of juniors in the club," he added.

At present, the juniors have three teams; under-12 division two, under-16 division two and under-17 girls, which has drawn more local participants, and increased the number of player from outside St Helens, such as St Marys, Scamander and Fingal.

In other news from the St Helens Swans, the club has just gained a \$200,000 grant for the installation of AFL standard lighting at the ground, which makes night football and other community activities possible. This should be ready by next year, - they're really excited about this - and have installed new lighting in the clubrooms, upgraded the toilets and refurbished the kitchen.

The ground is looking better than ever before thanks to the new in-ground sprinkler system which was installed last summer, and the club's giant auction is being held on Saturday 6th March which will include produce, tradesman services, a collectors 253 V8 HZ Holden ute, horse box, wood, furniture and heaps more. Register at 10.00 am for an 11.00 am start. Food and drinks will be available.

The season launch is on the evening of 27th March at the clubrooms, with the first roster match on Saturday 10th March (away), and the first home game a week later on 17th March. Training for the Swans junior teams will be at the St Helens ground on Wednesday evenings at 4pm for the next 4 weeks, and we have recruited really well, with at least 8 new players to make their Swans debut in round one.

Our biggest game of the year the Pyengana "extravaganza" will be held on 1st May, possibly against current premier Lilydale; more details on this later.

East Coast SWANS

Sat 6th March








Holden V8 Ute - Dean Whittaker
 Approx. 6 ute/trailer loads of
 firewood
 Chainsaw or brushcutter - East Coast
 Motorcycles
 Nights accommodation at Humbug
 Bunkhouse - Rowan Stewart
 \$500 labour or product from St Helens
 Glass & Aluminium
 Truck and Bobcat hire - 4hrs
 Barber bobcat
 New battery - Blunts Garage
 Double horse float
 30 square hay bales -
 Gary & Kristi Chapple
 2 sides of Pyengana Lamb -
 Geraki & Tara Nicholson
 Rug - Gatzmans
 4x1.2m above ground pool
 3 haircuts at the Barber shop
 2 course meal for 4 - Pub in the
 paddock
 Sorendriver set -
 East coast autoparts
 Assorted glassware & crockery
 4 sides of lamb & 2 bags of spuds -
 Kristine Millwood
 Office and Arm chairs
 Old fashioned scales
 10 x 15kg Prime Beef
 Clothes dry & microwave
 Paintings
 Fridges & Freezers
 Kawntoo house of carpet voucher
 St Helens Mitre 10 mystery item

MONSTER AUCTION

BBQ & BAR

St Helens sports complex. 10am registration for an 11am start.

If you have items to donate or would like auctioned with a reserve please contact Michael LeFevre on 0363 736 128

PLUS MANY MORE

The Valley and East Coast Voice is pleased to have joined forces with the St Helens Swans, and will be bringing you match reports and news each issue for the 2021 football season.



East Coast Giants and St Helens Swans have joined forces to provide a pathway for players, from Auskick to senior teams.

Photograph taken from Facebook page.



ST MARYS SPORTS CENTRE

By Volun Tier



Hello all to 2021, back and refreshed after the Christmas and New Year break. Not so much time for relaxing at the Centre, with bowls and golf both taking up much of our volunteers' time, during which we have hosted East Coast Bowls games and finals, and our usual Christmas event, the Clive Berwick Memorial Triples, which this year was won by a local team of Jack Viney, Ian Johnson and Trevor Viney. The East Coast Fours was won by Jeff Matters, Garry Laycock, Bobby Harwood and Dean Squires, and the pairs event by Sammy Seymour and Tony Faulkner from Scamander. Well done to you all, and to those who competed and made the event so popular. A quick mention to our catering and greens staffs, who worked tirelessly during this time so that the events could run smoothly, something that hasn't gone unnoticed by the participants. At present, we are leading up to final of the East Coast Singles. Evergreen veteran John McDonald takes on Bicheno's Mark Oliver and Scamander's Tony Faulkner plays Swansea's Shane Pollington to see who goes into the grand final in the afternoon. Our ladies, too, are well represented with Tamatha Grose and Julie Keane making their way through to the preliminary finals next Sunday; a great day's bowling ahead with a 10.30 am start to the games.

It's also nice to see some familiar faces re-visit the club, John Scheir whilst home for a short break and Derek Peardon. Both were great to catch up with and reminisce and stretch some truth about days gone by.

The club refurbishments are just about completed with the new bar looking better every week, the change and storage rooms coming together, and most of our machinery has gone in to our new facility shed and the cement ramps and wash-down bay nearly finished.

MEMBERS DRAW: Last week Bruce Cornelius, and the week prior, Peter Sorenson, who was lucky enough to be present to claim the carton of cheer.

BOWLS: Not much to report on the Pennant scene, with our intrepid crew going down in the last few weeks in the roster games, although last week we managed to get 3 points against the very strong Swansea team. Finals this year look to have slipped away, but we are still there enjoying our bowls and being as competitive as we can.

GOLF: We had a couple of Sundays away because of bowls, but when we attempted to pick up the clubs, the weather intervened. We did however manage a game a couple of weeks ago, when Peter Sorenson won easily, with Macca nearest the pin on misery. With bowls commitments out of the way soon, we hope to see an increase in numbers and the golf back in full swing, pardon the pun! Nice to hear the positive comments about the course recently, and we now have the veteran golfers returning in June for a hit; great news. Also good news is that a number of new people that have moved into the town are wanting to join and participate in our club sports, great news indeed.

We play every Sunday at 11.00 am, cost is just \$5.00, which gets a game and a feed.

Until next time, good hitting and rolling.



"I don't know what it is about it, but I love this course!"



COMMUNITY CLUB SPONSORSHIP OPPORTUNITY

The St Helens Netball Association are seeking new sponsors for our upcoming 2021 season.

Your sponsorship helps to promote the success of our local sporting club that is made up of players and spectators alike from across the East Coast.

If you are interested in offering your support in 2021 please contact Kate Spilsbury on 0419 683 903 to find out what sponsorship packages are available to you.

C & D's
PROUDLY SUPPORTING OUR LOCAL COMMUNITY

IGA *x-press*

38 Main Street St Marys
 Right next to the Post Office
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 Mon -Thurs 6.30am - 7.00pm
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Phone: 6372 2240 or 0417 092 857
Email: shop@cndiga.com.au



Advertised Weekly Specials and Manager's Specials

Cripps Tasmanian breads everyday prices:

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For reliable, friendly local service, call in and see Dana and the team—we'll carry your bags to your car!

THE VALLEY AND EAST COAST VOICE

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SOLUTION

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