

THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 53.02 4th March 2021

Deadline for 53.03 is at 5.00pm on Monday 15th March 2021

VOLUNTEERS TO BE RECOGNIZED FOR DEDICATION - NOMINATE ONE NOW!

The sixth annual Tasmanian Volunteering Awards are the only state-wide awards program showcasing inspiring stories and recognizing excellence in volunteering, and nominations are now open. Attracting hundreds of submissions from around the state each year, it's a chance to thank and recognize those who volunteer in all areas of life. All nominees will receive a certificate of recognition and will be considered for one of the ten state-wide Awards, with the winners announced on Monday 17th May 2021 - marking National Volunteer Week - at a special event at Government House.

Volunteering is critical to our state and volunteers can be found in almost every sector and in every community. 297,000 Tasmanians volunteer, contributing on average 4.4 hours a week, enabling many organizations to offer the services needed. Buy so many. The value of volunteering in Tasmania is \$4 billion dollars each year, and Chief Executive Officer of Volunteering Tasmania Lisa Schimonski encourages people to recognize volunteer contribution, by nominating a volunteer or volunteer program. "The value of volunteering is undeniable. Volunteering connects us to ourselves, it connects us to others, and it connects us to our communities. In every location and every realm of life's activities there are volunteers." she said. "The Tasmanian Volunteering Awards celebrate those amazing people contributing across Tasmania — every contribution is significant," she continued.

The Tasmanian Volunteering Awards are an important initiative of Volunteering Tasmania, and are supported by the Tasmanian Government, category sponsors and Volunteering Tasmania's Patron, Her Excellency Professor the Honourable Kate Warner AC, Governor of Tasmania.

Nominations can be made in one of ten Tasmanian Volunteering Award categories:

Arts, Heritage, Tourism and Events Volunteer Award

Sport, Recreation and Service Group Volunteer Award

Emergency Services Volunteer Award

Education, Science and Technology Volunteer Award

Environment, Animal Care and Conservation Volunteer Award

Community Core and Health Volunteer Award

Volunteer Group or Program Award

Best Practice in Volunteer Management Award

Lifetime Achievement Volunteering Award

and a new category, Youth Volunteer Award.

Nominations close at midnight on 15th March 2021, are made by going to: <http://www.volunteeringtas.org.au/tasmanian-volunteering-awards-2021/>

(Information from press release by Volunteering Tasmania)

ADVERTISEMENT

PRIORITIES MATTER! SECURE JOBS, AND A STRONGER ECONOMY

MITCHELL

For assistance with all federal matters, please contact Brian Mitchell MP your Federal Member for Lyons • (03) 6263 3721 • Brian.Mitchell.MP@aph.gov.au

Authorised by Brian Mitchell MP (ALP, Tasmania) 28 Green Point Road Bridgewater TAS 7030

INSIDE THIS EDITION	
Emergency Contacts	2, 26
The Cage Rattler	20
Crossword	17
Hospital	24, 25
Crossword Solution	34

Editor: Elizabeth Death
Email: valleyvoice@fvnh.org.au
Phone: 03 6374 2344 **Website:** www.valleyvoice.com.au
 Facebook.com/ValleyEastCoastVoice
 PO Box 322 Fingal Tasmania 7214
For all account enquiries, please contact:
valleyvoice@fvnh.org.au

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

**Fingal Valley Neighbourhood House
 Valley and East Coast Voice
 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 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.

valleyvoice@fvnh.org.au
 (03) 6374 2344
 PO Box 322 Fingal Tasmania 7214

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

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

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



EAST COAST TASMANIA TOURISM INC.

Board Director - Call for applications

East Coast Tasmania Tourism is looking for a highly motivated and skilled Director to join our Board. Our small team of highly skilled staff and Board work alongside the East Coast tourism industry, leading and driving the development of sustainable tourism and a strong visitor economy.

Funded and supported by Tourism Tasmania and our two local councils, Break O' Day and Glamorgan Spring Bay, we work in partnership with our local industry to ensure their voice is heard, working collaboratively to achieve recognition of the industry as a key economic driver of the East Coast of Tasmania.

Our voluntary Board is skills based and is specifically looking for a Director with experience and skills in economic and regional development, major projects, large-scale tourism operations and/or a strong background in either the tourism or hospitality industries.

The Director who is recommended by the interview panel and approved by the Board, will serve a two-year term, commencing April 2021.

Applicants should send a covering letter of no more than 200 words, describing their relevant skills and experience, accompanied by a CV. For more information or a confidential discussion, please phone Kym Goodes (Chair) on 0407 528 767.

Documents should be forwarded to:

East Coast Tasmania Tourism Inc

Chair

PO Box 115, BICHENO TAS 7215

or email: chair@eastcoasttasmania.com.au

Applications close 5pm on 8th March 2021

For further information about the position and Board, please go to this link: www.eastcoasttourism.com.au/about/positions-vacant

East Coast & Country Real Estate

Servicing Fingal Valley and adjacent coastal communities. Low commission, cost effective marketing and a dedicated, experienced agent for the Valley. I live here and love it!



1 Champ St, Fingal
SOLD in week 1



4 Cameron St, St Marys
UNDER CONTRACT in week 2



Mangana - 14ha
FOR SALE



Stay up-to-date on facebook @
eastcoast&country real estate

Darren Reed
Principal & Licensee
0418 774 734



HILLY'S ST MARYS

A FULL SERVICE SUPERMARKET
 WITH EXTENDED RANGES IN GROCERY, DAIRY, FREEZER, AND GENERAL MERCHANDISE
 LARGE DELICATESSEN, SEAFOOD, MEAT, AND FRUIT & VEGETABLE DEPARTMENTS

HILLYS FAMOUS BBQ CHICKENS MADE-INSTORE PIZZAS
 COOKIES FRIED CHICKEN BURGERS, POPPETTES AND WRAPS
 HUGE VEGAN AND GLUTEN-FREE RANGE, ALL CLEARLY TICKETED
 WINTER APPAREL, TOYS AND HARDWARE 100'S OF EXTRA SPECIALS EACH WEEK
 FREE PIECE OF FRUIT FOR THE KIDS

BEST PRICES ON BULK DOG FOOD AND BIRDSEEDS
 SENIOR DISCOUNT WEDNESDAY CARRY-TO-CAR SERVICE
 HILLYS REWARDS CARD-SAVE POINTS DURING THE YEAR TO PAY FOR XMAS GROCERIES

OPEN 7 DAYS A WEEK
HILLYS FOR GREAT SERVICE AND LOWEST PRICES ON ALL YOUR SHOPPING NEEDS.



SUNCOAST JAZZ CLUB - LUNCH AND MUNCH

What a fantastic time was had by all at the February Lunch and Munch ...with everybody tapping their toes to the music of The Don Ives Band, with Christine Bailey and Kylie Wright on Vocals belting out some old jazz favourites....Blue Moon, Somebody Loves Me, Cry Me a River, Sweet Georgia Brown and many more. Everybody is getting used to the old concept of BYO lunch, with some sandwiches, rolls and cakes for sale for those who forget, or who want the choice of buying. Tea and Coffee is provided free of charge. Our new venue of the St Helens Football Club rooms in Tully Street is proving to be really popular and a great space to social distance for everybody...sanitising is in full force as well, plus attendance forms are in place. Membership for new members wishing to join is just \$20 for the year, so it pays to become a member.

Preceding the concert, the A.G.M. of the Suncoast Jazz Club was held, with the following being elected to Committee.

President:	Jenny Codd	Minutes Secretary and Registration:	Mary Poisze
Vice President:	Mary-Anne Wadsworth	Committee Members:	Jo King
Secretary:	Helen Harrison		Kelvin Alston
Treasurer:	Lorraine Collings		Ashley Morrell
Publicity:	Mary-Anne Wadsworth		Tony Codd
			Norman McCullough

A very short AGM this year, as there were only two concerts held due to the Corona Virus. Helen Harrison presented the Financial Report, with the Club being in a very good financial position. Already some guest artists have been lined up for this years concerts. Meeting closed at 12 midday. Our next concert is to be held on **Friday 26th March at 12 Midday till 2pm**, our guest artist this month is the very popular Brooke Bandares. Cost is just \$10 for members and \$15 for non members.

A great way to spend your afternoon...See you there @ GEORGES BAY MUSIC.

GENEROUS HELPER NOW NEEDS OUR HELP

Mandy Turner's life has been nothing like normal; medical problems have been part of her day to day living since her teens. She has been diagnosed with multiple auto immune diseases that need regular visits to specialists and the taking of some very strong medications.

In 2013, she was diagnosed with rheumatoid nodules in her right lung, which required an operation to remove the lower lobe. During her recovery, she noticed her right breast was sore and went to see her GP, and a lump was found. After a biopsy, she was diagnosed with stage 2 breast cancer, and had to have a double mastectomy and 18 rounds of chemotherapy. "I was devastated," Mandy said. "I had to fight this, for my husband and for my boys." With all this going on, she always kept a positive attitude and against all odds, she made it to the 5 year survivor stage. She went back to work at the St Marys Community Centre, where she had worked for the past 15 years.

Mandy has also been active in the local community in different activities and events. Along with her husband Chris and her sons Bradley and Samuel, she ran the local cricket club for 5 years, and during that period, Mandy raised money for the McGrath Foundation, and the club won the Grand Final in 2018, an achievement which was greatly celebrated.

Finally, after all the problems, things seemed to be somewhat normal for Mandy, as she was back at work and enjoying life, and spending time with her family and friends, and making plans for the future.

But fate has struck Mandy a cruel blow again. In 2019, Mandy developed problems with her speech. Over the next 12 months, it became progressively worse, and after several trips to specialists and numerous tests, in September 2020, at the young age of 48, she was diagnosed with Motor Neurone Disease - MND.

MND affects the nerves (motor neurons) in the brain and spinal cord that tell muscles what to do, and is considered a terminal illness. As the nerves become damaged, the muscles they control weaken and waste. The muscles first affected tend to be those in the hands, feet or mouth and throat – depending on which type of the disease the person has. It is not contagious. The cause of MND is unknown, and research is constantly being undertaken on how the disease develops, and the best treatments for those who have it. While medication is available, it slows the progression of the illness, but does not cure it.

This news rocked Mandy. "I was by myself in hospital when I was told that I had MND, and then I had to tell Chris," Mandy told me. "I was shocked at being diagnosed so young, and I asked myself, 'Why me?'" She has had to retire from work at the SMCHC, and has developed a limp and problems with speech.

Mandy has always put her family and friends needs in front of her own needs and has never asked for help, but this time, Mandy and her family cannot do it alone. After many discussion about what is down the track for Mandy, it is her needs at home that are most important. This includes modifications to her family home in preparation for when she is no longer mobile, so that she can stay at home as long as possible.

A raffle is currently running, which is hoped to be the major fundraiser for Mandy. With over 50 prizes, donated by local businesses and people, tickets cost just \$2.00, and are available in many sites throughout the area. It will be drawn on 31st March.

"I am so grateful; the news about my illness came out of blue, and I can't thank my sister Cindy and Alison Bowling for organizing the raffle, and everyone else for their support; the donors, the places selling the tickets, and anyone who buys a ticket," Mandy concluded.



Bradley, Samuel, Mandy and Chris, with the Premiership Cup won by St Marys Cricket Club in 2018.

<p>TAX RETURNS BAS & BOOKKEEPING Janine Sutton ATI Registered Tax Agent</p>
<p>TJ ACCOUNTING ABN: 66 840 076 976</p>
<p>PH: 0410 0510 82 tjaccounting13@bigpond.com</p>

B4
Early Years Coalition

Making Marks

East Coast Exhibition Trail

16 Dec 2020 – 8 Mar 2021

St Helens
Scamander
St Marys
Four Mile Creek
Fingal
Chain of Lagoons

TASMANIAN GOVERNMENT INITIATIVE | Tasmanian Government

Explore the wonder and creativity of Tasmania's youngest artists. Making Marks: A Celebration of Children's Art features the ideas of very young Tasmanian children aged birth to 4 years, showcasing their mark-making explorations.

With over 30 pieces in the exhibition, enjoy the unique experience of travelling the art trail in a day or over a few days.

To find out more about Making Marks, visit www.b4.education.tas.gov.au

Making Marks Exhibition Trail Locations:

Libraries Tasmania St Helens

61 Cecilia Street
St Helens TAS 7216
Opening hours: Monday to Friday,
10am – 5pm & Saturday, 10am – 12pm

Hub4Health Outreach Office

23A Main Road
St Marys TAS 7215
Opening hours: Monday to Friday,
9am – 4pm

Break O'Day Child and Family Centre

1 Groom Street
St Helens TAS 7216
Opening hours: Monday to Friday,
8.30am – 4pm

Fingal Valley Neighbourhood House

20 Talbot Street
Fingal TAS 7214
Opening hours: Monday to Friday,
9am – 3pm

Purple Possum Wholefoods & Café

5 Story Street
St Marys TAS 7215
Opening hours: Monday to Saturday,
10am – 4pm

Please check opening hours with all venues during the Christmas/New Year holiday period

Proudly presented by the B4 Early Years Coalition in partnership with Hub4Health (Building Blocks Project)



CLEAN CRACK LAUNDROMAT

Coin Operated Washers and Dryers

Open 7 Days

32 Main St

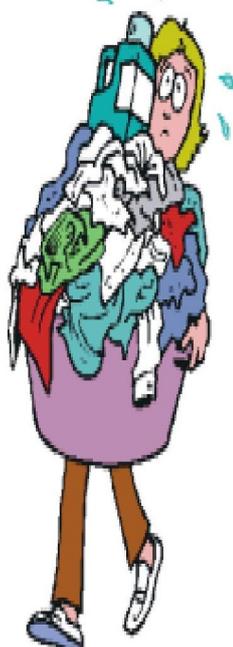
St Marys

OPENING HOURS,

APPROXIMATELY

SAME AS COACH

HOUSE RESTAURANT



St Marys Bakery

Ph: 6372 2490

Fresh bread, rolls and buns, pies, pasties and hot food.

Cakes and biscuits.

Coffee, cold drinks and ice creams.

OPEN: Sunday 8.00 am - 2.00 pm

Monday to Friday 7.30am - 4.30 pm

Saturday 9.00am - 2.00 pm

52 Main Street ST MARYS



NEW LIFE FOR OLD AVOCA TREASURE

For some years, the Union Hotel in Avoca has sat patiently waiting for someone to buy her, and breathe new life into a building that has been a part of Avoca for over 170 years. Built in 1842, it was the centre of many victory celebrations for many sportspeople in the area, but as trade declined, the hotel was eventually closed some years ago, another sign of the decreasing population.

Last year, Lance and Fiona, a couple from Gembrook, a country town 35 kms south-east of Melbourne, saw the advertisement for it on the internet, and after having a look at it, decided they would buy the old lady, and restore her to her former grace. Their family have real estate in Tasmania, so they visited the state often over a few years, decided to do a tour, then decided they wanted to stay. "We thought that we would buy a block and build, either at Southport or St Marys," Fiona said. "We saw the Union Hotel on the web, but didn't realize that we had driven past it a couple of times, and thought it had been sold. "We called the agent, and asked for look through. He told us to go and look at the outside, then if we were still interested, we would talk," she continued. Fiona fell in love with it, saying it looked old and abandoned, and needed lots of love, so that is why they decided to buy. Along with their pup Melvin, the couple moved in on 30 April 2020, and been here since then.



Interstate visitors are welcomed by new owners Fiona and Lance, in the bar of the Union Hotel in Avoca.

Both have hospitality experience, so they had an idea of the potential for the business, but as they made closer examination, they found that a lot of hard work was in store. The western wall is damaged, but professional advice has told them that it is repairable, and the project has priority. The bar toilets, the kitchen, and the accommodation was unusable. So that they could re-open as soon as possible, they started work in the bar. Many layers of paint have been stripped off the walls, revealing old wallpaper under bench seat and on the floor. This has been patched together, reapplied to the wall and will be sealed. The fibreboard and old tiles on the floor were taken up, and now bare boards, which will be varnished, feature underfoot. The beer lines and fittings were stripped and replaced, and Lance built a new bar top, with assistance from the Men's Shed at Ross. The toilets for patrons have been made usable.

"Once the outside wall is repaired, we will renovate the kitchen. Then we will work on the accommodation and bathrooms, Lance told me. We hope to set up a beer deck to the side of the bar, an outdoor eating area at the rear, and the old wood burner stove in the kitchen will become a pizza oven," Lance stated. The 1/4 acre plot at the rear will be made into a garden for the kitchen, and using local residents to supply vegetables, they intend to use local ingredients when they begin to offer meals, and will stock local and Tasmanian beer and spirits.



Already they have had many former patrons call in to say hello, and tell Fiona and Lance that they played in the football team, or stayed there when on shooting trips. "We have a box of photos out the back, and when I go get them, the men point themselves out, and are pleased that we intend to hang the photographs in the hotel," Fiona said. The local women's darts team have claimed the Union Hotel as their home base once again, with the first match of the season being played a few hours after the bar opened, and are very happy to have returned.

The Union Hotel at Avoca is open Friday, Saturday and Sunday from 12.00, closing when the last customers leave. Beer, spirits, soft drinks, chips, coffee and biscuits, are served, along with welcoming smiles.

"This is a long term project, a marathon, not a sprint. We would have loved to have had it ready to go when we opened, but finances didn't allow for that. We want to see the whole project through to the end, and we will be here until then, and who knows how much longer," Lance and Fiona declared. "We would love to have more people call in to see us, and share their stories," they concluded.

Check out the progress on their Facebook site, and call in and see Lance and Fiona at the Union Hotel at Avoca, and enjoy their warm welcome.



FINGAL FOCUS

Contributed by Mike Brouder

You don't get the same opportunity twice in life.

A couple of times I've had difficulty finding my way to Christmas Day lunch with my daughters in Bicheno. On the first occasion, I went to Half Moon Bay, now officially known as Courland Bay. It was a beautiful day and I could find my way easily as the house was quite visible because the vegetation was still sufficiently low. I must explain that I don't go to that daughter's home every year - my beautiful girls take it in turns providing Christmas lunch for each other, each year.

The next time I went to Half Moon Bay - I still call it that rather than Courland Bay - the vegetation had grown up a lot and the house was not visible. I wandered around for a long time until some other invitees to lunch invited me to follow them. Problem solved. A great day was had by all. Much hilarity about my navigation skills, deserved, it must be said.

This year, I joked that I would start out very early in order to give myself time to find the house, as it would surely be hidden by regenerated growth, after the huge bush fire which destroyed so much down there. I duly set off on Christmas morning with the turkey I had cooked and all the gifts and other goodies. I arrived at Bicheno and drove to Courland Bay Road to find my way to lunch. When I got to the end of the road all I could find was two locked gates. "What is going on?" I asked myself in somewhat less graceful words. I honked the car horn, hoping someone would hear me. No answer was the stern reply. I drove back to Bicheno, intending to find my grandsons to ask where everyone was. Meanwhile, the youngest of my grandsons had been sent to look for me. I did not know that "they" had moved. A new house had been built, and my daughter had tried to ring me to let me know of the move, but I had already left home and was on my way with all the goodies. My grandson found me in Bicheno and I followed him to the new home. An equal amount of hilarity ensued at my quandary when I arrived. My reputation as a navigator is still intact.

"Waiter, there's a fly in my soup!" "Don't worry sir, the spider on your bread roll will get him."

"Waiter, there's a fly in my soup!" "No sir, that's a cockroach, the fly is on your steak."

A motorist parked outside the Bank of England and was approached by a plain-clothed policeman. "Will you be staying long?" asked the officer. "What's it got to do with you?" said the motorist. "I'm a policeman, sir" replied the officer. "Go on," said the motorist, "you are wearing an ordinary jacket, not a uniform!" "That's right, sir. This is just a routine check."

After a car crash one of the drivers was lying injured on the road. "Don't worry," said a policeman, "a Red Cross nurse will soon be here." "Oh dear, couldn't I have a blonde, cheerful one?" the injured man said.

"Doctor, doctor, I keep thinking I'm a bottle of gin" "I think you need a little tonic."

Two women were standing at a funeral. "I blame myself for his death, you know," said the wife. "But why?" asked her friend. "Because I shot him."

What do you call a polar bear in the jungle? Lost!

What do you get if you cross a thief with an orchestra? Robbery with violins.

What's the best way to get in contact with your long-lost relatives? Win the lottery.

How do some men define marriage? An expensive way to get your laundry done.

A new prisoner sees that there is a resident in the cell who looks really, really old. The old man says to the newcomer, "I'm old and worn out now, but I once lived the life of Riley. I wintered on the French Riviera, I had my own boat, I had four beautiful cars, beautiful women and I ate in the best restaurants in France." "What happened?" asked the newcomer. "One day Riley reported his credit cards missing," came the reply.

A neatly dressed salesman stopped a man on the street and said, "Would you like to buy a toothbrush for \$20?" "No way," replied the man, "that's daylight robbery!" "Well then, would you like to buy a piece of chocolate cake for 10 cents?" "That sounds better," the man replied, handing the coin to the salesman. The man took a bite and immediately spat it out. "That cake is horrible, it tastes terrible." "It does," said the salesman, "do you want to buy a toothbrush?"

(well, I think they are funny..... Mike B)

INTRODUCING KATE SPILSBURY

Same Agent but with a new and improved name!



“For all your Real Estate needs contact me today! I would love to help you move into the next stage of your life.”

Contact Details

PH 0419 683 904

Email kspilsbury.sthelens@ljh.com.au

TEN DAYS ON THE ISLAND AND VAN DIEMEN'S BAND PRESENT

WHISPERING WALLS

VAN DIEMEN'S FIDDLES

PORTLAND MEMORIAL HALL ST HELENS

lutruwita | TASMANIA

FILM | MUSIC

WORLD PREMIERE

Portland Memorial Hall will be transformed into a portal blending present and past through this live multimedia event.

Van Diemen's Fiddles are three of lutruwita/Tasmania's finest musicians - Julia Fredericksdorf, Emily Sheppard and Rachel Meyers. They will make music

inspired by dances, stories, people and the land, alongside electronics and visuals from Mac4Media's Caleb Miller. This world premiere has been curated in response to the communities of St Helens and its surrounds.

When you attend the concert, you will unlock an exclusive audio walk created by the musicians. This geolocated walk will guide you along the Georges Bay foreshore with a soundtrack inspired by the region, including stories of the area shared by locals.

12 & 13 MAR
FRI 7PM
SAT 2PM
PORTLAND MEMORIAL HALL
ST HELENS
DURATION 60MINS

TICKETS
FULL \$35
CONCESSION \$30
\$4.95 TRANSACTION FEE APPLIES

Van Diemen's Band Tasmanian Government
THIS PROJECT WAS ASSISTED BY BREAK O'DAY COUNCIL

TRAINING

TBC
APRIL
2021

TRADE TRAINING CENTRES
Your future in your hands

Fee-Free Training

The JobTrainer has funded Onroad Offroad Training to provide Fee-Free Training Courses for Tasmanian job seekers and young people aged 17-24. Access Fee-free training in priority industry areas across the state. Courses starting in March 2021.

Available Courses:
 Work Safely at Heights (WHHS0004)
 Confined Spaces (WHHS0020)
 Load And Unload Plant (WHAN0001)
 Control Traffic With Stop-slow Bat (WHHS0002)
 Forklift Truck (TLK0003)
 Provide First Aid (HLK0003)
 Transport Dangerous Goods By Road (TLK0001)

Who Can Apply:
 - Jobseekers:
 - Individuals out of work
 - Individuals who are in receipt of income support payments
 - Individuals who are underemployed
 - Young people aged 17 to 24, regardless of their employment status.

The JobTrainer Fund is a jointly-funded initiative of the Australian and Tasmanian Governments.

Coming to Break O'Day Trade Training Centre 1a Groom St St Helens

EOI being taken now

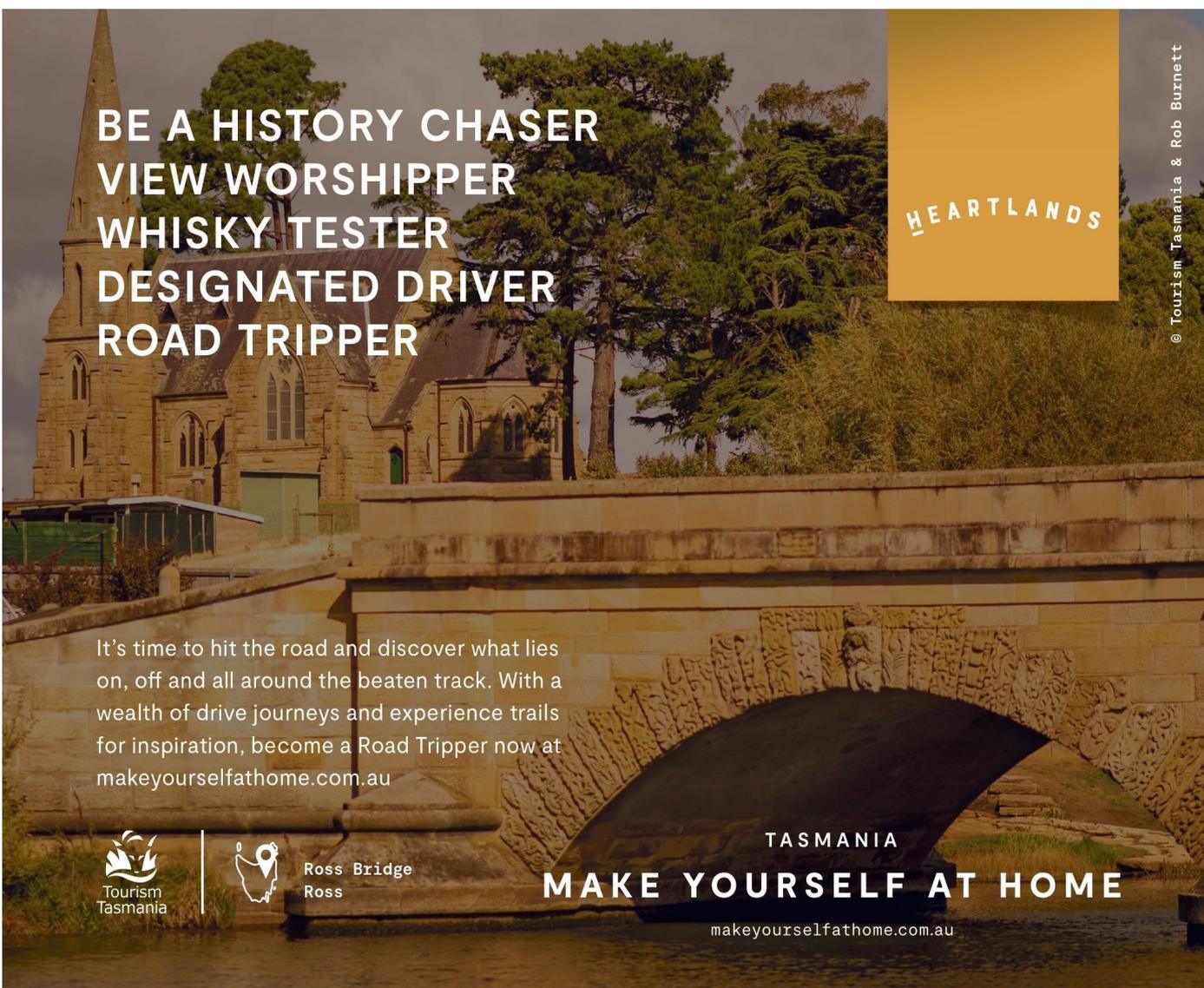
Email cate.ritchie@education.tas.gov.au

6376 7160 0409 178 502 (leave a message and we will get back to you)

TICKETS ON SALE NOW
TENDAYS.ORG.AU

TEN DAYS
ON THE ISLAND

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>STAR FM</p> <p>Program Guide</p>  	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	with Magilla
	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	



**BE A HISTORY CHASER
VIEW WORSHIPPER
WHISKY TESTER
DESIGNATED DRIVER
ROAD TRIPPER**

HEARTLANDS

© Tourism Tasmania & Rob Burnett

It's time to hit the road and discover what lies on, off and all around the beaten track. With a wealth of drive journeys and experience trails for inspiration, become a Road Tripper now at makeyourselfathome.com.au

TASMANIA
MAKE YOURSELF AT HOME
makeyourselfathome.com.au

Tourism Tasmania | Ross Bridge Ross

ANGLICAN NEWS

A **Giant Garage Sale** will be held on the Long weekend in March in the grounds of the Anglican Church in St Helens. All proceeds to aid the work of Anglicare in our community. If you have any items that you would like to donate for sale, please contact the Parish on 6376 1144.



Safari is coming to the St Marys Anglican church on 25 March! No, this is not going to an African story of looking for wild animals. Each year teams of two women travel Australia to share the Christian message on CWCI safaris. The safaris provide a great time of encouragement, sharing and learning and all are welcome. So mark your calendar now for 25 March at 10.30am in St Marys. For further enquiries please ring 6376 1638.



NOTICE OF MEETING

The Annual General Meeting of the Tasmanian Lymphoedema and Laser Therapy Centre Inc will be held in the Day Room, St Marys Community Health Centre at 5.00pm on Monday 15 March 2021. Business to be conducted is to confirm the minutes of the last AGM, to appoint office bearers and ordinary members of the committee and to receive the association's financial statements and reports. Potential new committee members are welcome to attend. For enquiries contact the under-signed on 0400 576 616.

Gayle Smythe, President

Tasmanian Liberals

John Tucker MP
Liberal Member for Lyons



Avery House, 48 Cecilia Street, St Helens
9 Gordon Street, Sorell
john.tucker@dpac.tas.gov.au
Ph: (03) 6165 7840

 John-Tucker-Lib-MP-for-Lyons

Authorised by John Tucker MP, 9 Gordon Street, Sorell



Free Workshops
11-11.45am **Sound Circle** with Tess
12-12.45pm **Women at Work** with Break
O'Day Employment Connect
1-2.30pm **Community Wellbeing Conversation** with Jodie
plus info stalls community organizations

Photographic Exhibition
"choose to challenge"
Featuring Past Present & Emerging Women Leaders of the Fingal Valley

HUB4HEALTH INVITES YOU TO

Women of the Valley

Celebrating International Women's Day

ST MARYS TOWN HALL
MARCH 9TH, 11-2PM
FREE EVENT
FREE CAFE
WORKSHOPS WELLBEING INFORMATION
FAMILY FRIENDLY - ACTIVITIES FOR CHILDREN

This is a free COVID safe community event - please follow all government guidelines if attending
More info Tanya M: 0400 002 116 or admin@hub4health.org.au



EAST COAST

V E T E R I N A R Y
C L I N I C

CLINIC OPENING HOURS:

Mon-Fri 9:00 - 5:00

Saturday 9:00 - 2:00

Closed Sunday and public holidays

Available for out of hours emergencies all hours

67 Quail Street, St Helens

Ph 6376 1577

FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



In 1827, Roderick O'Connor and John Helder Wedge surveyed the area, and among the Lands and Survey Department's correspondence is a letter written by Roderick O'Connor dated 30th November 1827, that states, "The township which we have selected between Talbot's and Grant's is an admirable one, as it embraces all the points from the South Esk and Break of Day Rivers....we abandoned the one marked on the chart at the head of Mr Talbot's grant, reserving only as much as will suffice for the Parish. We have called the township 'Fingal', in honour of Mr Talbot, whose family rank high in Ireland." (Our Tasmania website.) The township was set up as a convict station in 1841, and used primarily as a hiring depot for cheap labour. Convict cells built in 1842 were located down Short Street, which were also used as isolation cells. A Probation Station was built in Legge Street, by the convicts themselves, which held up to 300 inmates. Prior to this, James Grant had settled at **Tullochgorum**, and by 1828, the first part of the main house there was finished. In the same year, William Talbot had settled at **Malahide**, in his first timber homestead. This later burnt to the ground, and he built the present 2-storey Georgian stone house to replace the one which had burned.

Hotels played an important part in community life, and the officers' barracks was converted to the Talbot Arms, and the first license granted in around 1828. This later became the **Fingal Hotel**, located on Talbot Street, as is the **Tasmania Hotel**, which was established in 1846. By 1860, both hotels had breweries attached.

Egan Brothers Stables, established in the 1840's and in later years known as the Prince of Wales Hotel, was the stopping place for the Mathinna coach. It was built on Talbot Street near present-day Champ Street, and was converted into a general store by the Egan brothers. The store burnt to the ground in 1922. **Holder Brothers** store was established in 1859, and was owned by the Standage family. It was a one-storey house and store. Thomas and Owen Holder took over the store in 1885, and the brothers added three storeys at the rear and a stable. The top storey consists of 7 rooms, and is said to be haunted by a friendly ghost. **Cochrane's Hall**, located on Talbot Street opposite Holders Bros, was established in the 1890's. Originally used as an amusement hall with a seating for capacity of 600, it featured a stage, acetylene gas lighting, large dressing rooms at the rear, ticket office and cloak room. At the time, it was one of the finest amusement halls in Tasmania, and attracted a large audience to musical recitals, live theatre events and silent movies. The first film screened was "The Colleen Bawn", in 1911. It's last usage was as a bodyworks.

Fingal Post Office was one of twenty offices originally opened in the colony, and opened on 1st June 1831, with Mr J D Wallace being the first postmaster. The current-day post office was built in 1907. Electric power and lighting was connected to the building on 9th October 1931. In 1856, Fingal opened its first public school, which was located in one of the buildings at the old Probation Station. The new **Fingal Primary School** was erected in 1859, and situated on Arthur Street, now called Seymour Street, and by 1885, there were 65 children enrolled at the school. The earliest church was **St Peters Anglican Church**, and on 7th March 1867, Archdeacon Reibey of Entally laid the foundation stone. The church itself was built from locally quarried sandstone. Next came the **Fingal Wesleyan Church** in 1872, then **St Joseph's Roman Catholic Church** and finally **St Andrew's Presbyterian Church** in 1881.

Fingal Council Chambers were built in 1882, at the corner of Stieglitz and Short Streets. The original building partially burned down after being flooded in 1929; as a result, all municipal records were lost. The council works office was located under the



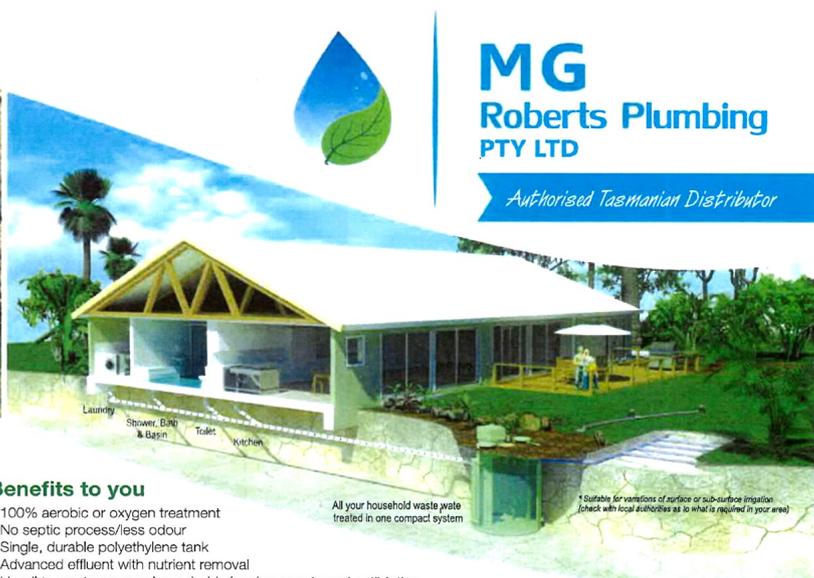
View along Talbot Street...the old town hall on the left, station master's house in the middle, and the railway station on the right.

hall, and the hall was used for various sporting and social functions until 1974, when new council chamber were built in Talbot Street. The municipal goal was located underneath.

By June 1886, Fingal had a **railway station**, which became of great service to Fingal and the valley, with trains transporting passengers, coal, timber and gold, and it is one of the oldest remaining original railway stations in Tasmania.

This has been a brief summary of the establishment of Fingal, and some of the businesses and services offered in the town.

Our next column will be about the Tasmania Hotel, which now houses the Fingal Valley Neighbourhood House.



MG
Roberts Plumbing
PTY LTD

Authorised Tasmanian Distributor

The trusted name in waste water

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

Benefits to you

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

Ozzi Klean advantages

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

All your household waste water treated in one compact system

* Suitable for variations of surface or sub-surface irrigation (check with local authorities as to what is required in your area)

www.
mgrobertsplumbing.com.au



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



TIP SHOPS NOW OPEN

St Helens Tip Shop

Sunday to Friday
11am - 2pm

Saturday 11am - 4pm

St Marys Tip Shop

Tuesday and Thursday
11am - 3pm

Sunday 2pm - 4pm



WASTE TRANSFER STATIONS

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
Monday of long weekends.

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 - 4 pm Tuesday and Thursday and 2 pm - 5 pm, Sunday.

Gray Road, ST MARYS, includes recycling: OPEN 10 am - 4 pm Tuesday and Thursday and 2 pm - 5 pm Sunday.

Rossarden Road, FINGAL: OPEN 10 am - 4 pm Tuesday and Thursday and 2 pm - 5 pm Sunday.

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

BLACK WATER DUMP POINTS

St Helens - 117 Tully Street, St Helens
St Marys - Harefield Road, St Marys
Fingal - Talbot Street, Fingal

No charges apply to use black water dump points.

KEEPING OUR FARMERS SAFE AND WELL

Benham Tasmania are a mixed farming business located just outside of Avoca. While the team are usually busy on the farm they took some time out late last year to think about their practises and how to keep safe and well at work.

Rural Alive & Well (RAW) joined up with Safe Farming Tasmania to visit the team at Benham, and talk about all things 'safety', from physical health to mental well-being. Senior Consultant Phillip John [pictured far left] heads up the program which aims to reduce farm-work related death, injury and disease and improve the health and safety of workers in the farming industry. Phill says "Safe Farming is all about encouraging positive on-farm safety discussions, it's about getting our farmers, farm workers, families and farming communities talking and thinking about health and safety, rather than putting it in the too hard basket".



Just as physical safety is paramount for farmers and farm workers, so is mental health and well-being. For example, someone who is unknowingly experiencing depression is 41% more likely to end up in a life-threatening situation. This is simply due to the fact that depression is not only emotion based, but has both physical and behavioural consequences. Things like indecisiveness, poorer concentration, fatigue and slower movements are all symptoms of depression and have a major impact on a person's capacity to do their job on the farm safely. RAW Operations Manager, Andrew "Gus" Dean [pictured 2nd from right] says "safety on the farm goes hand-in-hand with mental health, which is why we believe this collaboration with Safe Farming Tasmania is so important for our rural workers, and we're looking forward to future collaborations across the state". Phil from Safe Farming adds "The RAW and Safe Farming partnership is a fantastic collaboration and really encourages and builds those positive mental health and general farm safety chats".

RAW's RRR Coordinator for Drought Impact in the valley and on the coast, Maddie Munday, pictured 3rd from right, says "if we can get even just one worker to stop and think, and do something for their mental health, then that could just save a life, and that makes it all worth it." Maddie is also a Provisional Psychologist and says "What many people don't realise is that looking after your mental health is quite a practical thing, and many people already do it so well, but we want to help everyone do it even better".



Family owned since 1972

CALTEX ST MARYS

Mechanical repairs and all routine servicing.
Batteries, tyres (including white walls).
Old school V8s and 6s loved and nurtured, even Holdens!
• FUEL AVAILABLE 24 HOURS •

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

RAW provides free and confidential one-on-one mental health support to individuals living and working in rural communities. If you, or someone you know, is having a tough time and you're not sure what to do, a great place to start is by calling RAW on their 24/7 support line 1300 HELP MATE (4357 6283). They can also visit your farm or workplace for a casual chat, or help you with formal training.

MEMORIAL & ASHES CEREMONY

to honour WAYNE LANAM (1948 ~ 2021)

Peter & Beverley Rubenach

invite friends of Wayne (formerly of St Marys)

to attend this service, this Sunday 7th March, 3pm in the "Peaceful Place",

36 Dalmayne Rd, Gray.

Book your summer escape...

... Become a library member!

Summer is almost over. But, it's not too late to book your dream getaway... we suggest you escape with a new library card! At **Libraries Tasmania** you can travel the world, voyage through time, and meet thousands of different characters – all without spending any money.

How? By becoming a **library member** and signing up for a library card for **FREE!**

Let us take you on a wonderful journey, without leaving the comfort of your home. Browse our online catalogue to start your adventure, and check out our eLibrary anytime, anywhere. Do some digital exploring here...

- Escape to all things Tasmanian
- Teen adventure
- Need a breather?

Dive into more adventures by...

- Learning a NEW language
- Watching FREE streaming films
- Discovering the History Room
- Learning digital skills
- Attending events
- Improving your reading and writing

So, what are you waiting for? Sign up now online or ask us how when you're next in a library – and start planning your library adventure!

www.libraries.tas.gov.au



HAYSHED

IGA SUPERMARKET

TRADING AS HOLDER BROS

Trading Hours:

Monday to Friday	8.00 am to 5.30 pm
Saturday	8.00 am to 10.30 am
Sunday	8.00 am to 10.00 am
(Sunday; papers and normal trading)	
Public Holidays	8.00 am to 10.00 am
Good Friday	CLOSED
Christmas Day	CLOSED

Phone: 6374 2171

Fax: 6374 2393

Meat, fresh and frozen

Vegetables, fresh and frozen

All regular grocery lines available at special IGA prices.

HAYSHED CAFÉ

COFFEE SHOP HOURS

Monday to Friday.... 8.00 am to 1.00 pm

CLOSED WEEKENDS

Toby's Estate Coffee

Fresh rolls and sandwiches,
made to order

Lasagne, Pasta Bakes,

Potato Bake, Quiches, Pies

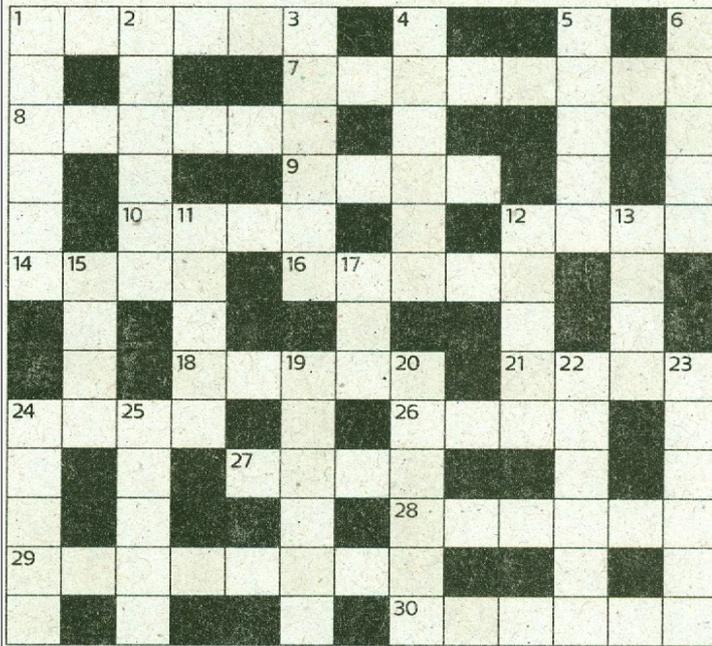
Cakes, Slices, Biscuits

31 Talbot Street, FINGAL

Phone: 6374 2171

Fax: 6374 2393

Crossword 53.02



- | ACROSS | DOWN |
|--|----------------------------|
| 1. US inventor, ___ Colt (6) | 1. Whoop (6) |
| 7. Short story (8) | 2. Mutter (6) |
| 8. Jog one's memory (6) | 3. Stockings flaw (6) |
| 9. Love excessively (4) | 4. Church room (6) |
| 10. One of the apostles (4) | 5. Capital of Bulgaria (5) |
| 12. Track (4) | 6. Juicy fruit (5) |
| 14. Ardent (4) | 11. Below (5) |
| 16. Majestic (5) | 12. Location (5) |
| 18. Glowing coal (5) | 13. Inflection (4) |
| 21. Head cook (4) | 15. Engrave (4) |
| 24. US female singer (4) | 17. Poem (3) |
| 26. On the sheltered side (4) | 19. Word of caution (6) |
| 27. <i>Ride a White ___</i> , T.Rex song (4) | 20. Forest warden (6) |
| 28. Popular instrument (6) | 22. Frenzied (6) |
| 29. Contradict (8) | 23. Flowery (6) |
| 30. Sour (6) | 24. Unrefined (5) |
| | 25. Live (5) |



**Fingal Online
Access Centre**
29 Talbot St. Fingal
Tasmania 7214

Phone/Fax: (03) 6374 2222
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.

FREE CLASSIFIED ADVERTS

Do you have fruit you would like to sell?
Are you looking for sports gear for your kids?
Are you having a garage sale?
Or something you would like to advertise?
This space is for YOU to tell everyone what you have to sell or want to buy, and it is FREE!

Sent your notices to:

valleyvoice@fvnh.org.au

 Free 6am-9pm	<p>St Marys Library</p> <p>31 Main Street, St Marys</p> 
	<p>Opening Hours: Mon: 12.30 - 4pm Tue: 10am - 12.45pm Wed: 12.30 - 4pm Thurs: 10am - 12.45pm Fri: 12.30 - 4pm</p>

St Marys Online Access Centre



Open - Monday
Wednesday
Friday
10am - 2pm

NOW
OPEN

Computers & Internet Access
Internet access for your device
and also one on one training & assistance
in a covid safe environment


 21 Main Street
St Marys
In the old Escape Caf
Mob. **0435592664**
or just turn up for a booking
Limit of people due to social distancing



ABN 70 748 075 116

Do you need help with your existing website or SEO?
Do you need help with your domain, hosting, or email?

Is Wordpress doing your head in?

Just need a brand new website?

Call Leanne for friendly service and fair prices.

Leanne: 0429 587 283

hello@sitecraftweb.com

www.sitecraftweb.com



Visiting Lawyer

Free Legal Advice

Fingal Neighbourhood House

Tuesday

March 30, 2021

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

No appointments - NO visiting lawyer



To book an appointment
call 6334 1577



All Weed Solutions

ABN 605 6549 5606

Chemical Spraying Specialists

Boom Spray Spot Spray Cut & Paste

Certified, Licensed & Experienced

Fully Insured

ANY WEED, ANYWHERE!!!

for a free quote, phone:

Maurice 0438 081 473

Email: allweedsolutlons@bigpond.com



St John's Wort
Ragwort

Dandelion

Broadleaf

Dockweed

Boneseed

Hawthorn

Thistles

Cumbungi

Bracken Fern
Willow Trees

Capeweed

Blackberry

Holly

Ivy

ANY WEED, ANY WHERE!!!

Fennel

Briar Rose

Oxalis

Gorse

Broom

Patterson's Curse
Flat Weeds
Salsify

Stinging Nettle
Erica
Boxthorn

Onion Weed
Spanish Heath

Pampas Grass
Wild Raddish
Serrated Tussock



RAINBOWS AND RADISHES

By Bloomin' Iris



GARDENING FOR AUTUMN

Hello Fellow Gardeners! Well, Christmas has been and gone, we have packed away our trees and decorations, and long picked up the last of the tinsel and pine needles if we had a fresh tree.

The kids are back at school, and life returns to some semblance of normal routine. We must apply the same rules of housekeeping to our gardens. Summer is finished and the cooler autumn nights are already making their presence known, although the autumn season is officially upon us today.

Now is the time to give your garden a good clean up. Remove all of the dead summer annuals or trim them back and get rid of the debris. If any of the trimmings are at all diseased, remove to the tip unless you are going to put them in a hot compost pile; it must be hot enough to kill all bacteria, which is a temperature over 60 degrees Celsius, though some composts can reach a high of 77 degrees Celsius. Otherwise, dispose of diseased cuttings in the garbage.

Some of your annuals such as snapdragons and pansies will do quite well if they are trimmed back to just a few centimetres away from the ground where there appears to be new shoots. Give a dose of liquid manure, and they will quite often regenerate very successfully. I do this every year with great success. However, if your snapdragons are diseased at all, pull them out and grow fresh ones next season.

I am now cutting back my hollyhocks, Granny's Bonnets, removing spent roses and all fruit that has dropped off my trees, sprinkling around a small amount of pelletised chook manure on my flower gardens and mulching those garden beds.

My Dutch Iris are already 5 centimetres above the ground and the autumn crocus are flowering beautifully; I have given all these plants a good feed with liquid fertiliser for the start of autumn.

Try growing some asters, calendulas, chrysanthemum, cosmos, daisies and pansies for lovely autumn colour.

It is now time to prepare the beds for the autumn vegies. This month's picks are: spinach, turnips, radishes, lettuce - all varieties, Pak Choi, rocket, and your brassicas, which are your cabbages, Brussel sprouts, cauliflowers, and broccolis, both purple & green.

A real smorgasbord of goodness, and don't forget to plant the radishes!



Tasmania's seasonal fruit guide

	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June
Apples												
Apricots												
Blackberries												
Blueberries												
Cherries												
Nectarines												
Peaches												
Pears												
Plums												
Raspberries												
Strawberries												
Tomatoes												



The Say by the “Cage Rattler”

A few Friday nights ago, I had a very favourite watch that I bought 13 or 14 years ago sitting on the mantle piece, and the dog barked unexpectedly. I had a jumper on, and as I turned to see what she was barking at, I caught the bracelet band on the jumper and it fell on to the floor. Initially, when I picked it up, I thought it was okay, but on closer inspection I realised the crystal (glass) was actually cracked deeply around the bottom of the watch. No matter how I looked at it, the Oskar Emil annoyed me, but not as annoyed by my own self breaking it carelessly. It is a chronograph watch.

The next morning I had to go to St Helens anyway, so I took it with me to the jeweller to get him to fix it. Unfortunately he doesn't do that sort of work. I sat on it for a few days, and out of curiosity, I rang a well known jeweller in Launceston. To say I was disappointed was an understatement. He didn't seem particularly interested to even talk to me. He said also the cost could be anywhere between \$75 to \$125, depending on whether they could source the crystal once they removed the broken one. If I wanted any other cleaning or maintenance it'd be \$175.

That's when I decided I had nothing to lose, so I got on good old EBAY, and hunted around for any instructional videos on replacing watch crystals. Quite literally there were dozens of them. I discovered if you shop around and measure carefully, you can buy decent crystals for low cost, as well as the tool pretty much identical to what jewellers use. I needed a 30mm x 2mm crystal...the cost was \$12 and the tool cost was \$18. What the heck, I thought, so I speculated the princely sum of \$30. Within a week both items arrived safe and sound. Last Tuesday night I decided to tackle the task.

It took me all of five minutes to remove the back and to gain access to the movement. The videos showed where the likely points would be to remove the stem and crown, and a filed-off paper clip made the perfect tool to do that. Once the stem is out, the whole movement was easily removed to give access to the crystal. Not kidding, but once I'd selected the correct dies for the glass press, (the \$18 tool), it was quite literally ten seconds to have the broken one out. Including cleaning and a certain nervousness, within another five to ten minutes the new crystal was fitted. Once I'd re aligned the movement back into the watch, I replaced the stem and refitted the back...also putting the band back together. I had actually fixed my own watch at a fraction of the cost and inconvenience a jeweller would have been! That said, a day or two later, I had to do it again, because as careful as I was, I must have dislodged enough one of the tiny chrono hands and it had since detached, so I needed to rectify that ...which I did. Don't get me wrong, if it was a watch that required it to be guaranteed waterproof you wouldn't risk it, but this wasn't, so I did, although learning what to look for via the helpful tip videos I watched, I was happy the bezel gasket and the back gasket were straight and intact. So I expect that it'll possibly cope with normal water impregnation for a while...

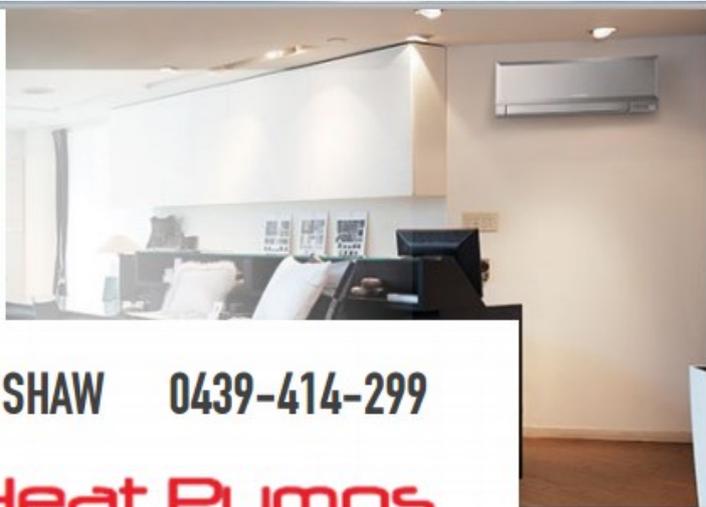
My watch repair is one thing, but I suppose many of us often take the opportunity to repair or build things, and instead of giving up or throwing things away and so long as what you do is not risking safety to yourself or others, it's great to have a go at fixing or improving/upgrading things yourself. In a throw-away society, perhaps it's somewhat empowering to try a new task, safely of course, to see if you can do it, and maybe even save yourself a few dollars. Once again, many electrical, plumbing, building and automotive jobs that have safety to yourself and others as a priority should naturally be left to the qualified people trained to do the work to standard, but for so many other jobs...have a go! Do a bit of research, a bit of homework from print or electronic, and it's amazing how much helpful advice might let you fix something you thought you couldn't.

Besides, you might have fun and even find a new hobby, because I'm now working on trying to restart, via some basic maintenance methods, a couple of much older timepieces I've kept for 40 years plus, and I've increased my general watch knowledge anyway...



What do you think ?





NICK SHAW 0439-414-299

Coastal Heat Pumps & Solar

Lic no. L076081
Lic no. A4155228

Specialising in both Domestic and Commercial projects
Tax deductible for business
Tier 1 supplier, for the best quality solar systems
1 kW - 100 kW systems available
Call us today for a **FREE SOLAR QUOTE**
Already have a quote?
WE'LL BEAT IT BY 5%

Install one of our leading brands of Heat Pumps today and stay **WARM** this **WINTER** while still staying **COOL** in **SUMMER**.

- Floor mounted-
- Wall mounted-
- Fully Ducted systems
- up to 18kW



St. Helens Electrical

Domestic, Commercial, Industrial

New houses, wiring and repairs
Underground mains supply

Lighting Specialist

Interior and Exterior
Advice, sales, and installation

Heat Pump/Heater Installations

Supply and install all brands
Floor, Wall, Ducted
Advice on all home heating

Solar Installation

Domestic and business
1kW to 100kW

Call for a free quote

Rod Shaw 0407-615-072

Nick Shaw 0439-414-299

24798 Tasman Highway
St. Helens, Tas. 7216

Email:
sth.electrical@gmail.com



Electrical Contractors

Servicing the East Coast from Pyengana down Coles Bay
and through the Fingal Valley

Lic: 933671

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

REVERENDFUN.COM COPYRIGHT GCL, INC.



WILL YOU PLEASE PICK UP ALL YOUR CLOTHES?

10-06-2006

**Vision
Christian
Radio**

Life Changing Music,
Uplifting Talk



VISION CHRISTIAN RADIO

LISTEN NOW

BINALONG BAY	87.8FM
ST HELENS	88FM
ST MARYS	88FM
FINGAL	88FM

TASSIE SEEKERS

Meet fortnightly for readings, discussions talk, etc.

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

First and third Tuesday each month at 10.30 am,
at St Marys Op-shop.

Free entry. Donations welcome.

Ray 0413 099 944 (Often out of range)

Harris Funerals

St Helens, Bicheno & Fingal Valley

We are here when you need us.

Burial or cremation, traditional or unique funeral services available.

Office & Chapel:

46 Tully Street St Helens

6376 1153 ~ 0418 133 420

tamara@harrisfunerals.com.au

Member of the

Australian Funeral Directors Association



UPDATE ON ST MARYS SALVATION ARMY

Hello everyone!

Many of the readers of this publication will remember a song recorded by The Byrds in 1965, called 'Turn, Turn, Turn'. The lyrics are taken from the first 8 verses of Chapter 3 of the Old Testament book of Ecclesiastes.

Verse 1 famously says, *'There is a time for everything, and a season for every activity under heaven.'*

And so it is that I write to announce that at the end of last year 2020, the Children's Ministry, JAM (Jesus And Me), came to an end, in its 20th year. There is a time for everything!

Many kind, generous and dedicated friends and helpers stood beside me over all those years, and helped to love and nurture the children, whose parents blessed us, by entrusting them into our care each week after school. I thank them, each one.

But we were not without our detractors. Over the years I have sometimes shared a little story, which I feel to tell here too.

At one point in the JAM journey, a man challenged me with the accusation that the children only came to JAM because of the food. I responded, 'It doesn't matter why they come.' He continued, 'Well then, they only come for the games.'

I replied as before, 'It doesn't matter why they come.' He was gearing up now, and kept adding on with other reasons he believed the children attended: the craft, the friendship, the singing and music... and ended with a hint of aggression and a flourish of hand gestures, saying 'Well, the parents only send them because of the free baby-sitting'. After each of this man's rejoinders, I had continued with my initial reply, but ended the dialogue with 'You know what? I actually don't care why the children come to JAM, as long as they come. That way they can learn about JESUS, and the difference He can make in their lives.' The man turned and walked away.

As with anything in life, when it ends, we pause for thought and reflection, and so it has been for me re JAM. There are hundreds of good stories I could tell – memories flooding my mind and heart, giving rise to joyous tears and emotion. I have been privileged beyond description, to have played a part in the lives of so many children. I believe each child knew, without a hint of doubt, that they were loved, accepted and honoured for who they were. The only goal was to reflect the unconditional love of JESUS. If the children never remember the Bible stories, the games, the craft, the food, the music, the singing, the performances et al, I believe they will however, always remember that they were safe, welcomed each week with a smile, a hug, and most important of all, loved.

And so going forward, what is the future of the St Marys Salvos?

The following will continue:

Sunday JOY at 2pm (all are welcome J)

Hospitals, Aged Care, Home visitation & Employment Plus Chaplaincy

The Positive Lifestyle Programme (the PLP)

Conducting of Ceremonies – Weddings, Funerals and Dedications

Emergency Relief

The annual Winter 'Bless-up' at the schools (blankets, beanies, jumpers etc)

Finally, I share the exciting news of the new Salvation Army East Coast Mission!

A dedicated team of 6 Salvo Ministers and Chaplains will now be focussed on the Coast from Carlton in the South, to St Helens in the North. This initiative is the result of years of prayer and discussion, about increasing the presence of the Salvation Army, and thereby bring added support to many.

In my volunteer role for the last 20 years, I have experienced a challenging loneliness due to isolation/geography, so it will be profoundly significant for me to have more Professional and Collegial support from other Salvo Ministers and Chaplains.

Thank you for reading to the end, and I welcome any inquiries as to how we at the St Marys Salvation Army, may be able to help you.

God Bless you with peace and contentment, as we navigate this new way of living with a pandemic, and all that unfolds with such an event.

Envoy Melanie Norton B.Ed., TTC., Grad. Dip. Min., Dip Chap.

Minister - St. Marys Salvation Army

Chaplain - St Marys Hospital Day Centre

Chaplain - Employment Plus, St. Helens

Chaplain - Medea Park, St Helens

The Salvation Army | Tasmania Division

23A Main Street, St Marys, Tasmania 7215 | PO Box 16, St Marys, Tasmania 7215

T 0409 838 816

E melanie.norton@salvationarmy.org.au | **W** www.salvationarmy.org.au

"Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia, one life at a time, with the love of Jesus."

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 by 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.

PUBLIC HOLIDAY– MONDAY 8TH March 2021

Please see next page for Public Holiday details

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	Dr Gaskell	Dr Newton
4/3/21- 15/3/21	8/3/21- 12/3/21	15/3/21- 19/3/21

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

PUBLIC HOLIDAY

Monday 8 March 2021

Normal Doctor Surgery hours will resume the day after the public holiday. Please refer to the After Hours contact numbers for during this time.

Emergency 000

GP Assist 1800 780 011

Ambulance 1800 008 008 non emergency

Lifeline 131 114

St Marys Community Health Centre

6387 5555

If possible please ring before presenting after hours

6387 5555

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
- ◆ Requested medical reports
- ◆ Renewals
- ◆ 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 until 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 Doctor's Appointments

Please be aware there is a

non-attendance policy at this Practice.

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

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

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)

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



44 MAIN STREET, ST MARYS

PHONE 6372 2844

Kodak prints from 45¢

Ear Piercing \$27.00

Includes earrings and solution.

Talk to our qualified staff;

Andrew, Sally, Sue and Alice



OPEN MONDAY TO FRIDAY

9.00 AM TO 5.00 PM

Pharmacist Andrew in store all day.

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.findheltas.helping.hand</p>	<p>CatholicCare Victoria Tasmania 1800 819 447 or (03) 6332 0600 www.catholicaretas.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

1800737732

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.findheltas.org.au

National Coronavirus Helpline

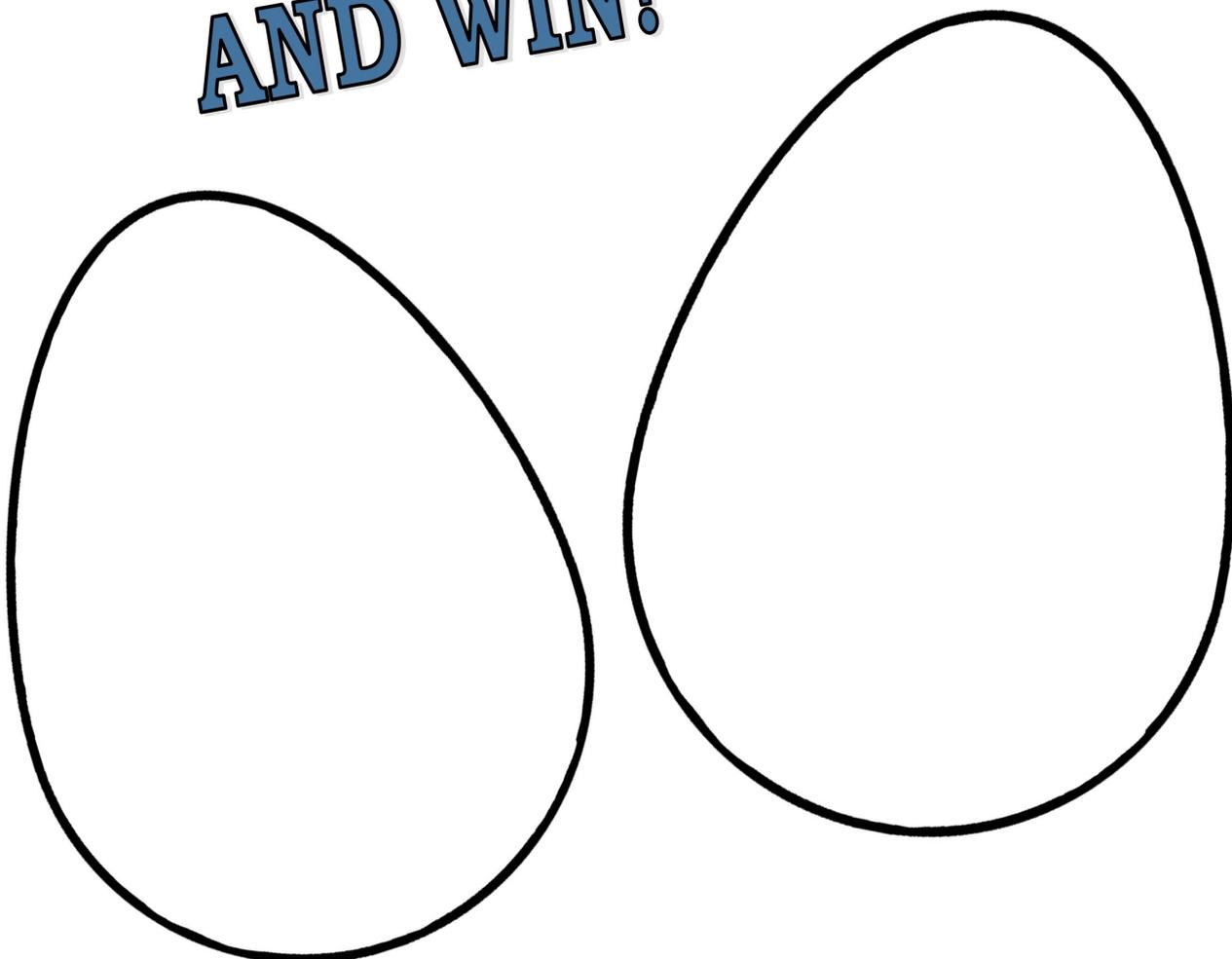
1800 020 080

www.australia.gov.au

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

24 hours a day, seven days a week

DECORATE US, AND WIN!



Decorate the Easter Eggs to win prizes!

You can colour them in or decorate with glitter, feathers, sparkles or anything that catches your eye.

Fill in the entry form below and place this whole page into the entry box provided at:

- Fingal Valley Neighbourhood House
- St Marys District School - St Marys Campus

Entry forms can be obtained from the two locations above and completed entries can be placed into the boxes provided.

ENTRIES MUST BE IN THE BOXES BY 3.00PM ON TUESDAY 23RD MARCH 2021.

NAME: _____ AGE: _____

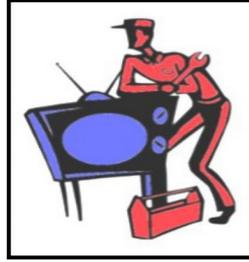
ADDRESS: _____

CONDITIONS OF ENTRY

- 1) Entry is free and closes at 3.00pm on Tuesday 23rd March 2021. An entry is 2 decorated eggs as desired.
- 2) The age divisions are: Division 1: Age 7 and under Division 2: Age 8 - 12.
- 3) Completed entries are to be delivered to either Fingal Valley Neighbourhood House or St Marys District School - St Marys Campus and placed into the boxes provided.
- 4) No responsibility is taken for entries not lodged as outlined above. **NO LATE ENTRIES ACCEPTED**
- 5) Entries will be judged by independent judges and their decision is final. No correspondence will be entered into.
- 6) Prizes in both divisions will be a Scholastic Book Voucher.

The Antenna Guy

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



Call Josh 0408 388 322 / 6377 1150

Gas Plumber

Call James 0431 602 214

FOR ALL YOUR GAS PLUMBING NEEDS.

Heat Pumps Ducted Systems — All Brands

Ovens and Cooktops

All Hot Water Systems

Water Tanks and Pumps

Wood Heaters

Email: blizzardair@live.com.au

Servicing The East Coast And The Fingal Valley

Call For a Free Quote!

Pensioner Discount



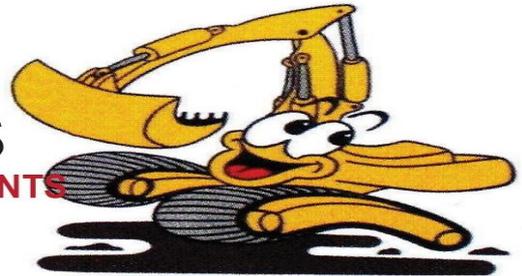
C&D EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS

Craig: 0439 722 032

Dana: 0437 248 033

Email: cdexcavations@bigpond.com



LOCAL OWNER OPERATOR

OVER 25 YEARS KNOWLEDGE & EXPERTISE

2 X 20 Tonne Excavators with Tilt Bucket & Ripper

Rock & Log Grab & Quick Hitch

D65 Dozer with Root Rake & Tilt Blade

10 Yard Tippers, Pig Trailer, Water Cart

Roading, Fire Breaks, Land Clearing & House Sites

Bridge Works & Water Holes

Rocks, Road Gravels & Screened Top Soil

Positrack (bobcat) with tilting 4 in 1 bucket & smudge

dana@cndexcavations.com.au



SPLASH, St Marys based; fresh water deliveries and septic tank pumping service. Servicing the Fingal Valley, Bicheno, Coles Bay, Four Mile Creek, St Helen and surrounding areas.

For prompt and reliable service

Phone Peter on 0488 742 269

Email: dana@cndexcavations.com.au

PROUDLY SUPPORTING THE LOCAL COMMUNITY

NEWS FROM WITH ONE VOICE BREAK O'DAY CHOIR

2020 (our second year of music and friendship) ended on a very sad note . We learned that the loved and respected matriarch of our choir family, Terese Tanner, was leaving us. What a mighty job she had done in establishing the choir. In our first year she attracted a diverse membership of over 100 singers, ranging in age form toddlers to 70+ She presented two “chapters” of the choir, one in St Mary’s and one in St Helens. Then in our second year she guided us through the challenges that COVID19 presented. **Whatno suppers????? What....can’t stand up to sing????? What.....can’t stand shoulder to shoulder so we can hear the person next to us????? What.....have to change venues again?????** But she did it, and we finished the year from hell with heads held high and voices clear and strong. Thanks Tess for your untiring efforts to bring forth our best selves and voices.

So here we are at the start of 2021 and we find that against all the odds, excitement is running high! We are in the lucky position of having 3 highly skilled local musicians interested in guiding us into our future. Each of them has kindly led us in one of our normal sessions. I feel entirely certain that whoever is selected to step into Tess’s shoes will more than adequately fill them. A highlight for this chorister occurred at this week’s session. Our guest conductor asked if anyone would like to sing a song as a solo. One lonely hand went up. Up stood one brave and beautiful teenage girl from the Valley. In her strong rich voice she sang her favourite song from ‘Phantom Of the Opera’. She bought the house down!

If you love to sing, but have been told that you can’t, its not true! Everyone can sing! And its good for you. With the support of our conductor and each other, we are all improving our voices and ourselves. Come along and join the fun. Everyone is welcome. Our choir sessions are held at the Scamander Sports Complex, 1 Old Coach Road, Scamander Tuesday 5.15-6.30. For more information contact Liz on 0439 001 533.





Cornwall

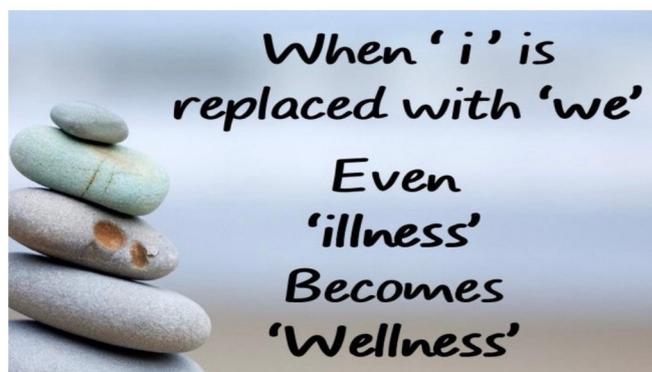
Member of the Australian Cement Group

Energy for Tasmania since 1886
from the coal rich Fingal Valley

Reliability
Quality
Consistency

The Cornwall Coal Company NL

Esk Highway
Fingal TAS 7214
Phone: 6374 0444
Fax: 6374 2342



The “wellness sessions” are held fortnightly, on Wednesdays, commencing at 10:30 at the Hub4Health outreach rooms in St Marys, next door to the St Marys Op Shop.

Guest speakers or activities have been organised in the past as the group determine a need; the format is an informal discussion between participants, over a shared tea or coffee. This is not a group run by professionals, just a group of community members sharing stories with a focus on wellness.

These meetings started as a peer support group for anyone living with, caring for, or working with a Chronic Health Condition. Chronic Health Conditions include both mental health and physical conditions such as depression, bipolar affective disorder, chronic pain, fibromyalgia, etc. These conditions can impact anyone at any time in our community. The meetings have become more open and anyone who is looking for a warm friendly chat is welcome to attend.

The aim of these meetings is to create an ongoing peer support and to promote wellness and resilience in the participants.

Next meeting – Wednesday 17th March 2021 from 10:30 until 12:00pm

Hub4Health Outreach Rooms
Behind the Community Hall
Main Street, St Marys TAS 7215
Contact Janet on 0404 562 320 for further information

Enquiries:

Jac: 6384 2355

Eileen: 6372 5480

SUNCOAST SPINNERS AND WEAVERS



Thanks to the COVID-19 safe procedures implemented by the staff at Fingal Valley Neighbourhood House, the Sun Coast Spinners are able to meet again in the beautifully restored building at Fingal. Social distancing measures ensured there was plenty of elbow room for all. Although we are primarily a spinning group, many other textile crafts are represented. Megan was busy crocheting a string bag, shown right, Kaye was diligently knitting a rainbow coloured sock to match its mate, and alpaca and woollen fleeces were being spun by Kay and Robina on manual and electric wheels respectively. All this was taking place to the sound track of much genial chatter and the clatter of tea cups, supplemented by home made cake. Someone at the house commented that you always tell when the spinning group is here because of the laughter wafting up the stairs.



The highlight of the day was Ruth showing off her bespoke hand knitted jumper, pictured left. This was to replace her nearly identical old jumper, also made by Linda, which had been loved to death and relegated to "at home" wear. I think she was very pleased with the replacement.

We meet again at the Fingal Valley Neighbourhood House on 16 March; old and new comers are most welcome.



Suncoast Spinners and Weavers meet on the 3rd Tuesday of each month at the Fingal Valley Neighbourhood House, Talbot Street, Fingal.

Contact Jac on 6384 2355 or Elaine on 3672 5480.

Guy BARNETT

Liberal for LYONS

Listening Caring Delivering

P: (03) 6701 2170 - www.guybarnett.com.au
 E: guy.barnett@dpac.tas.gov.au [GuyBarnettMP](https://www.facebook.com/GuyBarnettMP)

Authorised by: Guy Barnett, 76 Emu Bay Road, Deloraine Tas 7304

Senator Claire CHANDLER

Senator for Tasmania

Get in touch with your ideas
about how we can get...

03 6260 2018
Senator.Chandler@aph.gov.au
[SenatorChandler](https://www.facebook.com/SenatorChandler)

senatorchandler.com.au

Authorised by Senator Claire Chandler, Liberal Party of Australia, 42 Bridge St, Richmond TAS 7025

30



FISHING REPORT

By The Happy Hooker



Hi all,

Well Christmas and the New Year have come and gone, and the fishing has been hotting up, with reports of many different species of fish being taken, from the big blue yonder to the inland rivers and lakes.

There are reports of the elusive King fish being caught from the east coast waters, some good salmon being taken from the local beaches and also some nice sized gummy shark for those fishermen willing to put the time from dusk onwards. One local angler had success when fishing from the Wrinklers Beach, catching gummys on fresh salmon as bait. Georges Bay is producing the normal variety of salmon, mackerel, bream, trevally and the much sort after whiting, to good size. During the St Helens leg of the Tasmanian Bream Series, some lovely bream were taken on lures through out the bay, even right under the main bridge structure, using Cranka Crab imitations.

Trout are also in their prime in the highland lakes with many trout being caught on all methods.

On the 3rd January, we drove to the Scamander River. We arrived early in the morning to catch the incoming tide; although the fish were slow some quality fish came to the net.

Thursday 7th January saw us make our way to Arthurs Lake. We arrived around ten o'clock and decided on an ambush attack on the traditional Cow Paddock Bay, in the expectation of a good dun and spinner hatch during the afternoon. The weather was perfect; overcast with a light breeze. The reports from the previous week when a friend had fished the same water with great success had us excited at what may be in store for us, and nature didn't let us down, with a small dun hatch and then a spinner hatch in the sheltered water on the eastern side of the bay. The fish were in close to the shore, with two taken in ankle deep water one metre from the shore feeding on and jumping for black spinners in flight. Watching these fish do their stuff is lovely to watch and exciting to fish too, in the expectation that your bit of feather and seals fur fly will trick them into thinking it is eating a natural spinner. The fishing slowed later in the afternoon and a drive to Gunns Lake showed no fish, and with the sea breeze blowing, we decided to take the long trip home, satisfied with the days efforts.



Golden-bellied Brown Trout, found at Gunns Lake.

Lake Leake was the destination for the weekend of 22nd - 24th January. We arrived on the Friday with a slow evening of fishing, and up early Saturday with only a few taken on perch fry and emergers. Saturday was a nice day. On Saturday evening, the dreaded easterly sea breeze did not come in, and with the mild evening, a huge insect hatch happened on dark, with midge, caddis and every other insect flying in the air. A good morning in the wind lane on the Sunday was anticipated! Sunday morning, we woke early to the peaceful songs and calls of the currawongs. After a quick coffee, we headed to the lake, excited at the prospect of what may lay ahead with the warm evening and insect hatch the prior evening meaning that the wind lanes on the lake should be full of food for the trouts' breakfast. We were out on the water while it was still too dark to see, and noticed the silhouette of a wind lane in the increasing light: I turned the motor off and all you could hear was the swans and birdlife coming to life, and the sound of trout sipping food out of the water. Some exciting fishing was had before the sun popped it's head over the hill and the fish started to go down. The fishing then required you to move around to find individual fish feeding; these fish feed quickly and then with the use of the electric motor stalk up to them we were trying to get in front to present a quick cast in their feeding path, hoping to trick them - 10 out of 10 stuff when it all goes to plan!



Our visit to the Scamander River on 13th January saw only two fish caught and hard going. The best part of this trip was the lovely apple cakes purchased from the St Marys Bakery on the way home.

Until next time, tight lines!

EAST COAST SWANS



PRACTICE MATCH

The Swans played their first practice match for the season at Mole Creek on Saturday in a round robin competition. In the first game, the Swans were able to easily account for the Sheffield outfit, meaning they would encounter last seasons' premiers, Deloraine in the final. Having rested a number of their better players in their first game, the Roos were able to take out the final in comfortable fashion. Swans coach, Gene Savage was pleased with the hit out, which saw a number of the Swans new recruits donning the guernsey for the first time and showing plenty of promise for the upcoming season. These players included big man, Andrew Zammit, midfielders Aaron Seen and Cam Upton as well as utility player Marcus Haley. Younger players to also impress on the day were "Big" Byron Johnston, "Buzz" Curtis and Jayden Blunt. With at least 6 regular senior players unavailable for the match, the Swans will be strengthened significantly the next time they take the field.

The first game of the roster will be St Pats V East Coast, at St Pats, on 10th April.

NTJFA

The East Coast Swans junior teams have been training on Wednesday evenings for a number of weeks. This will revert to twice a week in the near future. At this stage the Swans will be fielding teams in the boys U/12 and U14 divisions as well as in the girls U17 division. Every effort is being made to gauge interest in women's football, in the hope that the Swans may be able to enter a team into a roster next season.



Will Stoltenberg flies up to meet the ball, in the match at Mole Creek.



Cam Upton and Wade Garth show their style.

GIANT AUCTION

Quality items are still rolling in for the Swans giant auction to be held on Saturday 6th March at the footy club. Some of these include:

- A magnificent, restored 1971 Honda 500cc motorcycle.
- A brand new CF Moto X 400 ATV with a 2 year warranty
- A small brand new Husqvana chainsaw
- A Hoover twin tank multi steam cleaner (never out of the box)
- A 12 litre digital air fryer (new)
- Packs of railway sleepers
- PLUS lots more

Don't forget:

The Giant Auction Saturday 6th March – 10.00 am registration – 11.00 am start

Season Launch Saturday 20th March at the clubrooms – canapes and drinks + guest speaker

Bar The Swans bar is open every Friday afternoon from 4-7 pm for a tiple.

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 excavator hire - 6hrs
- Tolleys Excavations
- Pressure cleaner - Suncoast engineering
- 2 loads of granite or quartzite - Andy & Jo Griffiths
- Truck and Bobcat hire - 4hrs
- Barber bobcat
- New battery - Blurits Garage
- Double horse float
- 30 square hay bales - Gary & Kristi Chapple
- 2 sides of Pyengania Lamb - Gerald & Sara Nicholson
- Rug - Gazzmans
- 4x1.2m above ground pool
- 3 haircuts at the Barber shop
- 2 course meal for 4 - Pub in the paddock
- Screwdriver 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
- Kaandoo 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



ST MARYS SPORTS CENTRE

By Volun Tier



Another big fortnight at the club, with the finals of the East Coast Men's and Ladies' singles being run and won. Shane Pollington from Swansea took out the men's draw, whilst Melissa Pyke, also from Swansea, took out the ladies title. Judging by Melissa's reaction, it came as a great surprize, but a well-deserved win none-the-less. Congratulations to Tamatha Grose and Julie Keane, who made it to the semi-finals, and also to evergreen Johnny Mac, who made the preliminary finals as well. What a fantastic day's bowling was witnessed by a good crowd of people on the day! That was the culmination of our club's year as the Association host, and whilst it has been extremely hard work all round on the rink, in the kitchen and the bar, judging by the comments from all who attended and played, I am sure that we acquitted ourselves pretty well; great job done by all that were involved. I have to digress a bit about last week's column, on copping some flak by not mentioning that our East Coast Fours winners were locals as well. I have delved into the matter a bit further and come up with that Bobby Harwood used to live in her early years at 'Frodsley' before moving on to the town, and Dean Squires, whilst living most of his life in our sister township of Cornwall, spent a number of years in the Australian Army on the big island. Garry Laycock spent most of his youth at Campbell Town and now resides at Scamander, and, as for Jeffrey Matters, who brought the issue up; well, what can I say about a long-time New South Welshman who now enjoys the good life as Mayor of Irish Town Road? I rest my case.

To other news, the shed looks fantastic now that the landscaping at the front has been completed, the change rooms are taking shape with shelving and cupboards being installed, and change cubicles being completed as we go to print. The men's loo is now completed and all is a great asset to our lovely club and members. Big thanks to Jake and Glenn from the Council for their efforts.

MEMBERS' DRAW: Last week, Johnny Mac, no cigar, and this week Tamatha Grose, who was present to collect the prize. Members' draw every Friday night at 8.00 pm; you must be there to collect the spoils if you are drawn out.

BOWLS: Not much to report again about our intrepid bowling crew in our pennant games; a narrow loss to both Scamander and Bicheno in the last two weeks, but spirits are still high and we are hoping to finish off with a win in the last two roster games.

GOLF: A few having a hit on Friday in a chicken run starting at 3.00 pm, Peter Sorenson cleaning up this week and Speed Maher nearest the pin. Our Sunday golf will hopefully be back on track now bowls commitments have lightened off a bit, start time 11.00 am, cost \$5.00 gets a game and a feed. Must say how lovely the course looks with the shaping of the fairways going on at present. What a shame a few dog owners are not treating the reserve with the respect they should, an issue being addressed with the Council at present.

Until next time, good hitting and rolling.



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.



ALEX GRAHAM LEGAL
YOUR LOCAL LAWYER

Phone: 0407 242 265
Email: alexgrahamlegal@outlook.com



**PROUDLY SUPPORTING
OUR LOCAL COMMUNITY**



38 Main Street St Marys
Right next to the Post Office

TRADING HOURS:
Mon -Thurs 6.30am - 7.00pm
Fri 6.30am - 7.30pm
Sat 6.30am - 7.00pm
Sun 7.30am - 6.30pm

Phone: 6372 2240 or 0417 092 857
Email: shop@cndiga.com.au



Open 7
days a week

Advertised Weekly Specials and Manager's Specials

Cripps Tasmanian breads everyday prices:

Master Loaf: \$2.99 per loaf Fresh Guys: \$1.99 per loaf Williams: \$3.99 per loaf

Fresh produce at the best price Range of local meats and smallgoods

Good range of vegan, vegetarian, gluten-free and lactose-free products

Pet care; dogs, cats, chooks, alpacas, lambs, birds, fish, guineas pigs and rabbits

Newspapers and a large range of Magazines Phone and X-Box credit

Ice and Bait Kindling Rug Doctor Carpet Cleaner Hire

Cement and Hardware Garden care needs

SUPPORTING TASMANIA, BUYING LOCAL & EMPLOYING LOCALS

Waverly Farm eggs and animal feed, East Coast Providore

J B Nicholas, Scottsdale Pork, Ziggys and many more Tasmanian products

Senior discount day every Wednesday

FREE HOME DELIVERY TO ST MARYS AREA

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

is available at the following outlets:

- | | |
|-------------------------------------|---------------------------|
| ◆ Avoca Post Office | ◆ C & D's IGA - St Marys |
| ◆ Avoca General Store | ◆ Hilly's IGA - St Marys |
| ◆ Fingal Post Office | ◆ Hilly's IGA - St Helens |
| ◆ Chelle's Place - Fingal | ◆ St Helens Newsagency |
| ◆ Hayshed - Fingal | ◆ Scamander Supermarket |
| ◆ Mathinna Post Office | ◆ Mouth Café - Scamander |
| ◆ Coach House Restaurant - St Marys | ◆ The Farm Shed - Bicheno |

Printed and published by:

Fingal Valley Neighbourhood House Inc.

PO Box 322

FINGAL 7214



ISSUE 53.01

Across: 1. Sergeant, 5. Bump, 7. Lame, 8. Lemonade, 9. Minnow, 12. Heather, 15. Extinct, 19. Serene, 21. Imminent, 22. News, 23. Norm, 24. Tendency.
Down: 1. Solemn, 2. Green, 3. Allow, 4. Tumble, 5. Bonnet, 6. Prefer, 10. Neat, 11. Omen, 12. Hot, 13. Acre, 14. Hare, 15. Ensign, 16. Infirm, 17. Covert, 18. Mersey, 19. Satan, 20. Range.