



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 53.03 18th March 2021

Deadline for 53.04 is at 5.00pm on Monday 29th March 2021

WAZZA - WALKING FOR MENTAL HEALTH

Warren Wright, aka Wazza, has covered a lot of ground; his mission is to walk around Australia to promote talking about mental health, and to raise funds for an organization close to his heart. "Beyond Blue was always there for me, when I was depressed," he told me. "They helped me a lot, and they always will be." Any donations he receives are given to Beyond Blue. He also encourages people to make on-line donations.

Last Friday, as part of his mission, Wazza walked 200 laps of the racing track. With each lap being almost 1 kilometre long, that's equivalent to walking to Launceston and back. Although he intended to start at 8.00 am on Friday, he couldn't sleep on Thursday night, so he was down at the St Marys Sports Complex pounding his way around the racing track from 1.00 am. When I spoke to him at 10.45 am on Friday, he had covered 43 laps, and was keen to complete the task, with his friend Blaze alongside him. His last lap was completed shortly before 5.00 pm, and when asked how he felt, his reply was, "Bugged! Time to get some chips!"



Wazza and Blaze in action.

Accompanied by his trusty trolley, Bluey, Wazza, who has had the nickname since he was a teenager, started in Tamworth, NSW on 21st September 2020, and arrived in Tasmania early this year. After covering the north-east, he was walking near Triabunna when Bluey was damaged, and Wazza returned to St Marys, to wait for replacement parts. He enjoyed the opening of the St Marys Community Space, where he met and chatted to people about mental health, and the role of Beyond Blue in his recovery. He has been staying at the Vortex Healing Centre, where he has been working to earn his keep, which he does wherever he goes. "The place hasn't looked so good for a while," said Sue, the owner, "he is very good at chopping wood and we will miss him when he leaves." Wazza plans to leave St Marys at the end of March, travelling back to Hobart, then to the west coast and Devonport, returning to the mainland on 15th April, and continuing his trek around Australia.



Blaze, Wazza and Bluey rest between laps.

"The best thing about doing this is that I am meeting lots of very nice people, and making new friends, along with seeing the countryside of Australia, and there are some people I really have to thank. ARB in Hobart, Barbara at the Post Office, Sue, the people at the Coach House and CnD IGA, and anyone who has talked to me or made a donation," Wazza said.

To follow Wazza or make a donation to Beyond Blue, visit : <https://fundraise.beyondblue.org.au/wazzas-walk-around-australia-for-mental-health-and-awareness-for-beyond-blue>

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	16
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

AWARENESS CAMPAIGN LAUNCHED FOR GENERAL BIOSECURITY DUTY IN TASMANIA

Biosecurity is critical to Tasmania as it underpins the state's reputation as a premium producer of agricultural and seafood products and as a leading tourism destination.

The landmark Biosecurity Act 2019 (the Act) emphasises the importance of shared responsibilities and the need for government, industry and the community to work together to help protect Tasmania from the impacts of pests, weeds and diseases. The inclusion of the General Biosecurity Duty during the development of the Act received overwhelming support from a large number of Tasmania stakeholders.

The General Biosecurity Duty will be officially coming into effect on 31 March 2021 as part of Biosecurity Tasmania's implementation of the Act. Once the General Biosecurity Duty officially commences, it will apply to everyone who undertakes activities which might present a biosecurity risk to Tasmania. This means that industry, government and members of the public (individuals and businesses), will all have a duty to take all reasonable and practicable measures to prevent, eliminate, or minimise biosecurity risks when dealing with any biological matter or carrier, if they ought to know that there may be a biosecurity risk. This doesn't mean that everyone is being asked to become a biosecurity expert, however it is important for the public to know about the biosecurity risks that apply to their specific industry, business, work environment or pastimes - and how to manage and minimise those risks to the best of their ability.

The General Biosecurity Duty will be enforced like any other legislative requirements that are administered by Biosecurity Tasmania, through a compliance framework that focuses on effective community engagement supported by education and support, with escalating compliance and enforcement actions if the circumstances warrant it. A significant breach of the General Biosecurity Duty that is intentional or reckless will be an aggravated offence that carries the highest maximum penalty under the Act.

Today the Minister for Primary Industries and Water, Guy Barnett, was pleased to launch a new awareness and education campaign with Biosecurity Tasmania, to help the community better understand the General Biosecurity Duty and how to meet their obligations. The launch of this campaign is the beginning of a long-term journey and the introduction of the General Biosecurity Duty provides the government with a valuable vehicle to help carry an important biosecurity message to all Tasmanians, to help improve awareness and understanding of our biosecurity systems and processes and why the role of every individual or business is important.

We all have a General Biosecurity Duty to help protect Tasmania from pests, weeds and diseases. For more information go to www.dpipwe.tas.gov.au/gbd

(Information and photo from press release of Guy Barnett MP)



With the Minister are representatives from the TFGA, Biosecurity Advisory Committee, TT-Line, Wine Tas, Nursery and Garden Industry Tasmania, Fruit Growers Tas, Tas Beekeepers Association.

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



LETTER TO THE EDITOR

A few questions on community spirit...

I have walked this valley for many years, I love this place and the people I meet. I can't help noticing the faces of these Valley folks, and after the recent challenging times, could we not all benefit from a little community spirit?

I've noticed that hiring the St Marys and St Helens Community Halls is quite expensive, and the rules are pretty rigid.

These places are used on the weekends for markets for 52 weeks a year. Even if we say 100 days it is still empty for more than 250 days. Doing nothing. Perhaps if there were reasonable fees and hiring rules our community could host a range of new get-togethers and functions.

The Scamander Shoreline Peoples Market and the St Mary's Winter Solstice have also terminated. Is this also because people are disillusioned by the fees and protocols imposed on them?

The public could respond very constructively if they were invited to make these rules and accept a collective decision. These places and venues are created for the community and it is tax-payers' money after all. A handful of officials have the decision-making ability here; would it not benefit the community to open the discussion?

Many civilized countries encourage their citizens to use these places and venues for free. Because it is educational, it is connecting the community. Gathering together makes us grow, it enriches and flourishes our cultural life. It bonds friendship and makes for happier and healthier neighborhood relationships.

What do YOU think?

Name and address withheld.

Editor's Note:

This is a matter which has often been spoken of by many people. We would like to hear what you have to say about it. Let us know if you are concerned about the cost of hiring facilities or have a story to share: valleyvoice@fvnh.org.au

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

International Women’s Day Celebrated in St Marys

On the 9th March St Marys and the Fingal Valley community marked International Women’s Day with a fabulous community expo at the town hall facilitated by Hub4Health. The event saw a range of health and community service providers present information stalls, free workshops with the amazing Tess Tanner and a Sound Circle, the Break O’Day Employment Connect team on women in business and transition to employment and Jodie from BODC with a Community Wellbeing Conversation.

A further highlight was the ‘Women of the Valley’ portraiture exhibition, featuring a selection of black and white images taken by Tash Lowe and Daisy Holmes, of women who are leading self and others in our community through their roles as business owners, volunteers, community workers and much more. Over 130 people attend the event including a number of staff and students from St Marys District School. All attendees were impressed by the interest and engagement of students with the issues and information on display. The Grade 10 female student leader board members were participants in the exhibition as an important group of emerging young leaders in our area. Thanks to Bree and Kayla for helping with the delicious Café and to the Hub4Health team for all their support.



Elaine opened the much loved Purple Possum Wholefood Store 24 years ago. It has since grown and evolved to support local employment, health and wellbeing and the local artist community with exhibitions and displays.

Chloe and Kelsey are two amazing young women in the St Marys Community who take on the challenge of helping teenage girls to navigate their own challenges...both are change-makers in their community, because they have chosen to stay and to give back! Free2b St Marys would not exist without them!



The global UN Women theme for International Women’s Day (IWD) 2021 was “**Women in Leadership: Achieving an equal future in a COVID-19 world**”. This theme celebrated the tremendous efforts by women and girls around the world in shaping a more equal future. The St Marys IWD event shared the images and stories from women who inspire, lead and are committed to making a difference every day. A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can choose to challenge and call out gender bias and inequality. We can choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world. **From challenge comes change, so let's all choose to challenge.**



Yvonne, DON St Marys Health Centre

Janet, BODC & St Marys Op Shop



Shirley, Fingal Valley Neighbourhood House

BAY OF FIRES IGA COMMUNITY TRIATHLON RACE REPORT

Sunday 21st Feb 2021



Wow what a perfect morning for the triathlon! The weather, new race headquarters and course shaped up to be a great experience for both participants and spectators. Everyone was excited to be involved in the 4th annual triathlon to be held in St Helens.

The Break O'Day Tri Challenge Committee were joined by a team of 25 local volunteers, 4 Launceston Triathlon Club officials and 18 safety personnel (SES – St Helens, St Marys & Dorset, Scamander & Bicheno Surf Lifesaving Clubs, St Johns) to help the event run smoothly – that's 47 people we are very grateful for. Without their time and contribution we would not be able to conduct such an event. A huge thank you!



With 105 participants registered for the day across the 3 events, we enjoyed the racing and camaraderie between the 18 teams and 57 individuals. Triathletes from Hobart, Launceston and Cradle Coast raced with the locals for line honours. This year attracted the largest number of local individual participants yet.

The **Bay of Fires IGA Community Triathlon** kicked off at 9.30am with the **St Helens Neighbourhood House Swim**. This year's separate male and female wave starts for each distance gave a bit more elbow space and very fast swim times in smooth conditions. The first 400m short course swimmer was out of the water in 5.20mins and the first 900m long course swimmer was out in 11.53mins!

Swimmers raced along the grass to Percy Steel Reserve and into transition. Next was the **Giant St Helens Ride**, out along Binalong Bay Rd for 2 laps for the short course (16K) and 3 laps for the long course (25K). A huge range of bikes dotted the course, it didn't matter if you were on a mountain, road or tri bike, everyone was making good time in the light wind and placings were chopping and changing as the race unfolded. The fastest bike times were short course - 29.55mins and long course 39.54mins!

Back into transition and out onto the **Bay of Fires Apartments Run**. This was the first official run along the new Georges Bay multi-user track, making the most of this fantastic continuous 3km long track. The race was getting hot, both in competition and temperature.

Both the short course (3K) and long course (6K) lead males and females built commanding leads and enjoyed the fast conditions. The fastest run times were 11.05mins for short course and 22.52mins for long course! Everyone finished strongly as they ran under the arch to be greeted with cooling refreshments from Bay of Fires IGA and St Helens Bakery.



The **Good Sports Junior Triathlon**, a highlight of the morning, followed soon after. Spectators could watch the action from race headquarters to see the 35 children racing around the 100m swim, 3k ride and 1k run. It was fast and furious from start to finish for the 10 individuals and 9 teams, and the huge smiles said it all as they ran through the finish arch.

Presentations were held on the deck of Panorama to cap off a glorious morning and included over 70 prizes awarded from our fantastic sponsors. The support from local businesses was amazing and added to the positive vibe of the race. Category winners are listed below.

Thank you again to all the participants, volunteers, spectators and sponsors for joining us and making this such an awesome event. Thank you also to the wider community for your cooperation and patience with road, walkway and boat ramp closures. We've had fantastic feedback along with the recommendation that we nominate for the best triathlon for the Triathlon Tasmania 2020-2021 season. See you next year!



Photographs and full results available via Facebook: Break O'Day Tri Challenge

Contact details: bodtrichallenge@gmail.com

Tri t-shirts and race singlets available at Good Sports

LONG COURSE

1 st Female	<i>Sarah Hardy</i>
2 nd Female	<i>Mel Clark</i>
3 rd Female	<i>Pia Austin</i>
1 st Male	<i>Jonte Armistead</i>
2 nd Male	<i>Andrew Rolls</i>
3 rd Male	<i>John Gregory</i>
1 st Female Team	<i>Ally & Ash</i>
1 st Mixed Team	<i>Gone All Out</i>
1 st Male Team	<i>Spiky Sausages</i>
1 st Female +50	<i>Lisa Albinus</i>
1 st Male +50	<i>Jim Finlay</i>

SHORT COURSE

1 st Female	<i>Penny Armistead</i>
2 nd Female	<i>Belinda Barrett</i>
3 rd Female	<i>Renee Hodgetts</i>
1 st Male	<i>Hayden Arnold</i>
2 nd Male	<i>William Jones</i>
3 rd Male	<i>Seth Armistead</i>
1 st Male	<i>Hayden Arnold</i>
2 nd Male	<i>William Jones</i>
3 rd Male	<i>Seth Armistead</i>
1 st Female team	<i>Two's Company</i>
1 st Mixed team	<i>The Put Togethers</i>
1 st Male team	<i>The Beagle Boys</i>
1 st Female +40	<i>Kym Etchells</i>
1 st Male +40	<i>Robert Gunn</i>

JUNIOR RACE 7-10 YEARS

1 st Female	<i>Itzuki Butler</i>
2 nd Female	<i>Ellie Woolley</i>
3 rd Female	-
1 st Male	<i>Noah Martin</i>
2 nd Male	<i>Hunter Collins</i>
3 rd Male	-
1 st Female Team	<i>Pocket Rockets</i>
1 st Male Team	<i>The Boys</i>
1 st Mixed Team	<i>Crazy Socks</i>

JUNIOR RACE - 11-15 YEARS

1 st Female	<i>Chloe Martin</i>
2 nd Female	-
3 rd Female	-
1 st Male	<i>Joseph Farrell</i>
2 nd Male	<i>Jack Barnes</i>
3 rd Male	<i>Lachlan Woods</i>
1 st Female Team	<i>The Girls</i>
1 st Male Team	-
1 st Mixed Team	<i>Clement & Hampton</i>

For all future events and to see more photos from the day please go to our Facebook page and 'like' & 'share' us, we are keen to reach more people to encourage healthy lifestyles and lots of fun being physically active.

THE SAFE PLACE



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

We're going to be at

- 16.3.21 Fingal Valley Neighbourhood House
- 19.3.21 Pyengana Pub in the Paddock
- 23.3.21 Scamander opposite the Coffee Mug
- 25.3.21 Stieglitz Lions Park
- 30.3.21 Portland Hall St Helens
- 1.4.21 Binalong Bay Main Road
- 8.4.21 Mathinna Recreation Ground
- 13.4.21 Bicheno Triangle

From 10am - 1pm

Weather Permitting

This outreach is part of the Break O'Day and Bicheno Suicide Prevention Trial Site. If you would like more information about the Trial Site please contact: Casey or the Manager on 6376 1134 Or email: trialsite@sthelensnhh.org.au

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

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



CLEAN CRACK LAUNDROMAT

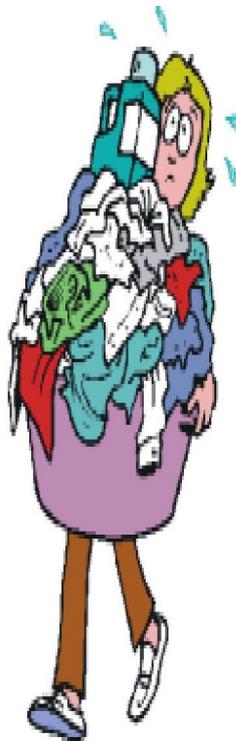
Coin Operated
Washers and
Dryers

Open 7 Days

32 Main St

St Marys

OPENING HOURS,
APPROXIMATELY
SAME AS COACH
HOUSE RESTAURANT



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.





Fingal Valley Neighbourhood House INC

Old Tasmanian Hotel
20 Talbot Street, Fingal

March 2021

Welcome to our first update for 2021. It seems to have been a busy year already. The building and landscaping works are almost complete and we can't wait to start utilising the new and revamped spaces.

We are in the process of moving and revamping the library and history rooms.

Garage Sale – Sale of Surplus items

We currently have a few items that are surplus to our requirements. Call into the office or check out our Facebook page in the coming days for more information.

Volunteers Needed

We are currently looking for volunteers to work in the Op Shop. If you have some time and would be happy to spend it with us in the Op Shop please get in touch to find out more.

Basket Weaving

Basket Weaving will be held on Tuesday 4th May from 10am to 2.30pm. Contact the office to book your spot and find out more.

Loaves and Fishes is available on **Thursdays for collection from 12pm**

- If you would like to apply for a NILS Loan, use our transport, food relief etc, call in or contact the office for details.



Creative Writing Group – if you would like to be part of a creative writing group, contact the office to register and interest or to find out further information.

Alternatively, if you'd be interested in running a class or would like us to try something different, please contact us on the number below.

Should you have any further questions please do not hesitate to call us on

6374 2344, email admin@fvnh.org.au.

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

		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
	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	hosted by Dave

**CASEY BARNES @
MATHINNA COUNTRY CLUB
SATURDAY 27TH MARCH 2021**



ADULTS \$35 / KIDS \$25

PH: 63771164 or 0437 566 534,

OR MESSAGE MATHINNA CLUB ON FACEBOOK

TO GRAB YOUR TICKETS

FREE CAMPING AND AMENITIES AVAILABLE

#caseybarnes #turnersbeachbornandbred #supportingtasmaniantalent

#livemusicintasmania #mathinnastreetconcert #keepingtassielive

GEORGES BAY MUSIC PRESENTS

LUNCH AND MUNCH

ST HELENS FOOTY CLUB ROOMS
TULLY STREET

FRIDAY 26TH MARCH - 12:00 TO 2:00 PM



\$10 MEMBERS \$15 NON MEMBERS
BYO LUNCH

GUEST ARTIST:
BROOKE BANDERAS

A GREAT AFTERNOON'S ENTERTAINMENT

JUNE 12TH & 13TH 2021

NEW

BREAK O'DAY LOCAL ART PRIZE

For BREAK O'DAY PERMANENT RESIDENTS only

ART PRIZE - \$2000

PEOPLE'S CHOICE - \$500

See **ENTRY FORM & CONDITIONS*** – www.bayoffireswinterartsfestival.com.au

Enquiries – infoBODLAP@gmail.com

**Printed copies are available at St Helens and Fingal Valley Neighbourhood Houses*

IN OUR SCAMANDER GARDEN.....



OUR SPECIAL DAY....To celebrate our 22nd Wedding Anniversary, Steve and I walk along Steels Beach, and reflect on what we have learnt from each other over the years.

Rays of sunshine beam a smile upon us as we note a sea mist and some man-made huts further along, and go for a closer look. One is well built, although it could not be described as shelter from rain.

Steve and I feel blessed to have got together at all, as when we met, he had his truck packed and was ready to return to the mainland and the house was up 'For Sale'. A mutual friend, Jackie, invited us both to dinner. Instantly, there was a strong magnetism between us. We fell in love when I had given up hope and stopped looking. Two months later we were married.

Steve proffers some advice: 'There will at times be rough patches, like when we lost our house in the 2006 bushfires, but they are important to help build our character and make us stronger'.

As for today, we are home again and I am picking strawberries to go with the pancakes my man has offered to make. No wonder we call it 'Our Paradise'.



Walking mum into the World Day of Prayer service in the Catholic Church of St Helena and St Stanislaus early in March, mum asks if I think the roof will fall in. Giggling, I say the foundations are strong. Anxiously mum exclaims she doesn't think she has a hat. Smiling, I assure her that we don't wear hats anymore.

Today our prayer is for world peace and justice, as we focus our attention on Vanuatu, and also for relief from the worldwide pandemic COVID-19. I sadly learn, in days long past, some islanders were kidnapped to work on plantations in Fiji, Hawaii and Queensland. It is interesting to hear the motto of Vanuatu is *In God We Stand*.

Elizabeth from Falmouth joins us, and comments on how refreshing it is to be amongst these friendly people. Mother is happy to be in the church where she previously taught children Sunday School.

Some of the readings are by parishioners of the Roman Catholic, Anglican, Christian Fellowship, and Uniting churches. Some of us are members of The Church of Jesus Christ of Latter-day Saints. Maybe some present are of no particular religion, but come so as to unite in prayer and strengthen one another, and show love and concern for those who are suffering. It is good to be in a position to help our poorer brothers and sister in another land, even Vanuatu.



Inside my chapel, where I meditate.



My chapel in the back yard.



Steve building my chapel.

LARGE GRANTS UNDER \$5M WEEDS ACTION FUND TACKLE THREAT TO LANDSCAPE

A large grants round under Stage 2 of the Tasmanian Government's \$5 million Weeds Action Fund opened today. The initiative supports stopping the spread of and eradication of weeds that pose a threat to Tasmania's agriculture and the environment.



Delivery partner, NRM North is facilitating the competitive grants up to \$50,000 per year, for up to three years. Weeds Action Fund Coordinator, Dr Raelene Mibus said that the Weeds Action Fund is different to past weed programs.

"We want people to work together and be strategic. To be successful, applications must be built on strong collaboration and engage broadly across the community. This may involve working with your neighbours, local council, other infrastructure providers or agencies, like TasWater, TasRail, State Growth Roads, forestry businesses, or community groups," said Dr Mibus. "We are looking to protect and improve highly valued areas across Tasmania in a lasting way," she concluded.

These large grants aim to *stop the spread* or if possible, *eradicate* a select group of weed species across broad landscape units, such as municipalities, catchments or regions. Projects must demonstrate significant, measurable improvements to the productivity of agricultural land or the protection of environmental assets.

The large grants round will provide funds to multi-year, large-scale projects that engage neighbouring landholders and managers to deliver widespread and lasting outcomes. The weeds targeted in this grants round are described in the Weeds Action Fund *Targeted Large Grants Guidelines* that can be found on the NRM North website. These include gorse, several invasive grasses and other species.



Funding is available for on-ground works, planning and extent mapping, community education, extension activities, and project management support.

As the administrator of Stage 2 of the Weeds Action Fund program, NRM North works with delivery partners NRM South and the Cradle Coast Authority to coordinate grants to eligible farmers, community organisations, land managers and other entities throughout Tasmania.

Applications close 5.00 pm, Wednesday 5 May, 2021.

Guidelines and application forms for the Weeds Action Fund large grants are available from the NRM North website, nrmnorth.org.au.

Black and White

Photography Exhibition

George Keri



Bayside Hotel, St Helens

Two days only

Friday 16th April, 5PM-8PM

Saturday 17th April, 10AM-4PM

Supported by St Helens Neighbourhood House



Visiting Lawyer

Free Legal Advice

Fingal Neighbourhood House

Tuesday

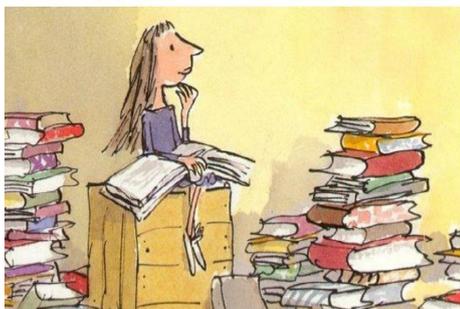
March 30, 2021

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

No appointments - NO visiting lawyer

To book an appointment
call 6334 1577



MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz

Our book for this month was the novel *The Muse*, by Jessie Burton, published in 2016. It follows her best seller *The Miniaturist* which was subsequently made into a film. *The Muse* is a novel about secrets, identity and the creative impulse. The story is divided into two time and place settings, presented alternately, nine months in Spain in 1936 at the outbreak of the Spanish Civil War and six months in 1967 in London. The Spanish story centres on Olive Schloss, a 19 year old, who has been accepted into the famous Slade School of Art, but who chooses instead to follow her family to Spain where her Austrian art dealer father and her unstable mother have decided to settle for a while. They seem unconcerned by the growing tensions of impending war around them. The family become involved with a brother and sister, Isaac and Teresa Robles, and this relationship proves to have long-lasting consequences. Isaac presents as a militant and artist and his sister seems to be a subservient housemaid, but the truth will eventually be revealed!



Moving forward 31 years to London in 1967, we meet Odelle Bastien, a young Jamaican immigrant and would - be writer whose life becomes entangled in the consequences of what happened in 1936 in the Spanish interludes. Odelle is an intelligent and well educated young woman who has come to London in pursuit of a life that she has read about and dreamed of. It is harder than she imagined to be accepted into English society and to find stimulating work, but eventually she is spotted by the eccentric and flamboyant Marjorie Quick who offers her a job at a leading Art Institute, and her life becomes much more interesting! Quick, as she insists on being called, is a fascinating older woman who recognises Odelle's writing talent and persuades her to publish her work. The mystery of assumed identity and the gradual revelation of secrets from the past keep the narrative moving along briskly.

The title, *The Muse* is aptly chosen, as the novel explores the idea of artistic inspiration, sometimes by another person, of a nascent artist and the necessary step to go public with one's creativity. It is not easy to subject one's creation to the public gaze and Olive and Odelle achieve this in different ways. It makes for an engaging story. There are many parallels between the two young women's experiences, not least their awakening to their alien status in a foreign land. For Olive, her naivety proves to be fatal, but Odelle, perhaps a little more worldly-wise, survives her difficulties and the *Afterword*, written supposedly in 2002, shows her as a confident and successful writer.

Most readers enjoyed the novel and were intrigued by the eventual resolution and tying together of the two story lines.

BREAK O'DAY ANGLICAN CHURCH - EASTER SERVICES

ST HELENS

Thursday 1st April	7.00pm	Lord's Supper
Good Friday 2 nd April	9.30am	Reflection
Easter Day 4 th April	6.00am	Binalong Bay
	9.30am	Family Communion

ST MARYS

Good Friday 2 nd April	9.30am	Reflection
Easter Day 4 th April	10.00am	Family Communion

EASTER SERVICES

UNITING CHURCH

Fingal Uniting Church invite you to join in celebrating Easter.

Tenebrae Service—Thursday 1st April, 7.00 pm

Resurrection Service—Sunday 4th April, 11.15 am

Everyone is very welcome!

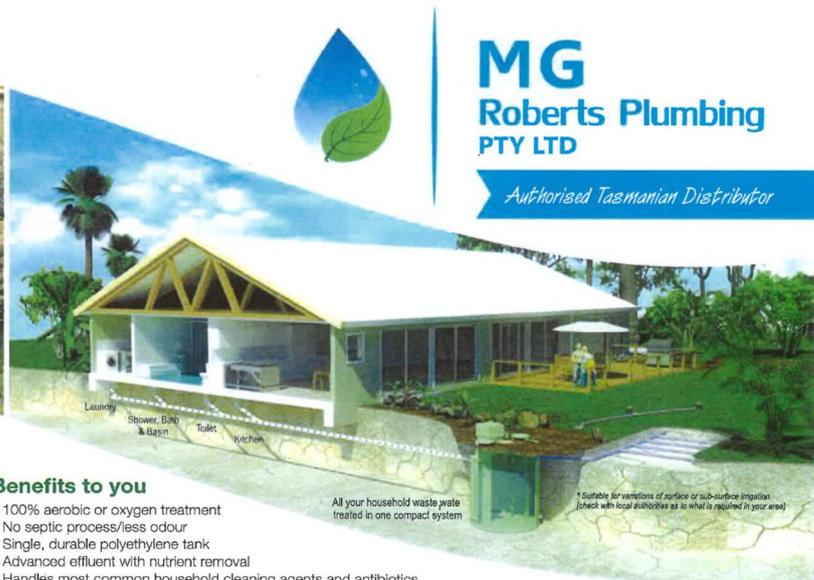
Corner Grant Street and Seymour Street, FINGAL

Regular Services:

1st and 3rd Sunday of month: 10.00 am

2nd and 4th Sunday of month: 11.15 am.

For further information, contact Joan on 0458 598 870.



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.

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.

ST HELENS HUB4HEALTH WALKING GROUP



The walk on Wednesday 3rd February was led by Wendy, and it was a gentle walk along the shore (mostly) beginning at the Stieglitz boat ramp and finishing at Parkside. Bryan and Judith (former group leaders) joined us at Parkside for coffee and whatever takes your fancy. A shuttle bus was organised to get the drivers back to their cars.



An enchanting stream on the Three Notch Track.

On Saturday 13th February, 9 walkers tackled the Three Notch Track on the Blue Tier. This was the old trading route that linked the Chinese settlement of Garibaldi with the mining towns on the Blue Tier. The walk was 14 kms long from the Blue Tier starting point near the old quarry, to just three miles before Pioneer along the Tebrakunna Road at the Wild Cat Mine. The descent from the top of the Blue Tier to the end point was 650 metres. It was ideal weather for walking as it wasn't too hot. Although it was a long, walk it wasn't a particularly difficult walk. Walkers commenced in high altitude rainforest with spectacular scenery, full of mosses and lichen with the usual specimens of trees for this area. Gradually, the forest type changed as we walked longer and lower, coming into mixed Eucalypt forest with some huge E. regnans. There were some enchanting streams and lunch was taken by one of them. A pick up was required for walkers at the exit near Pioneer, meeting the drivers walking in at approximately 4 pm. A great walk. Many thanks to those who offered to drive the walkers back to St Helens.

A very pleasant day was spent at member Christa and Ron's home on Sunday 14th February, bidding farewell to former Walks Coordinator Bryan Edhouse and his wife Judith, as they are leaving St Helens for Roches Beach in the south. BBQ buffet lunch and desserts were enjoyed by the many who attended, and Bryan and Judith were presented with a framed poster by Alex Buchanan on behalf of the St Helens Hub4Health Walking Group. Good luck Bryan and Judith, and thank you for your 9 years of service.



A very pleasant walk on Wednesday 17th February at Falmouth was led by Christa. 25 of us walked along the coastal track, past the blowhole. We then meandered through the streets of Falmouth looking at gardens and the old cemetery. At several points, Revel showed us some historic photos of Falmouth at the sites where they were originally taken, including some of him as a youngster. Congenial morning tea was at Toni's, with a beautiful view over the ocean.



Celery top pine was used to make the dam wall.

About 17 walkers attended the walk on Saturday 20th February, which was again on The Blue Tier and took in part of the Three Notch Track. However this time, an old mining dam site was pointed out and explored plus a pumping station, both from early last century. The dam wall was very interesting and had weathered its time remarkably well. It was made out of celery top pine which could be seen very clearly. Other mining relics included parts of tramway trucks that had reverted back into the vegetation and one of the many mining sites on The Blue Tier that had now become engulfed with the forest – a wonderful outcome for a former mine. A gentle climb up to Mt Michael ensured great views and was the perfect place to take a lunch stop. The day was clear and very warm, so that by the time the walkers headed into the old Arboretum the fast running creek and the deep shade were most welcome. Very pleasant walking indeed.

For the final walk for February, nineteen walkers turned up to walk through the Winifred Curtis Reserve at Scamander on Wednesday 24th February. Our numbers have been very good lately, and there are a couple of new faces who have recently joined. Everyone seems to enjoy the level, well maintained paths which allow for a good pace. Thanks to Paul Frater and others(?) for their hard work. We were able to walk along the lagoon edge this time and observe pelicans, swans, cormorants and the odd white-faced heron. We reached the ford and then walked up to the John White Memorial Lookout, from where we had a 360 degree view. From there we cut along the "dead end track" that now joins up with one that skirts a swamp, carefully looking out for snakes but not one did we see. The trip across the boardwalk revealed the wonderful view of the sea and the stretch of sand to Falmouth in one direction and Shelly Beach in the other. Back to the cars after a good hour and a half of brisk walking, and we rewarded ourselves with coffees and good chats at 'Swims', where we were efficiently and pleasantly served.



The Say by the “Cage Rattler”

Last week I was feeling rather crook a lot of the time battling a bad cold. I could barely eat and had a tiredness that made me want to curl up somewhere quiet, and I also managed to break the arm of my spectacles...wasn't too happy, to put it bluntly. Busy, busy week at work as well.

On Friday night, once I'd begun to feel better and fixed my specs without spending a fortune, I indulged in an hour of watching some fun 'YouTube' videos. As it happens, one of these videos led me to one of old Tasmania. Turns out to be a series made by a local Tasmanian and called Forgotten Tasmania. They are brilliant. I ended up watching a few on some really interesting and unknown and indeed forgotten aspects of places and occurrences here. I'd highly recommend them to anyone interested in the history of our state. Of course, not just Tasmania, but many places in the world have historic and genuine footage appearing via mediums like 'YouTube'.

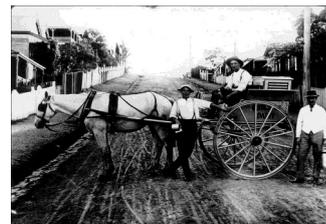
I also found some truly incredible and authentic colour videos of real life things from the 1930's to 1970's. These feature daily life in numerous counties, not least our own. Some technologies have allowed a quite accurate colouring of what would in many cases have been black and white footage. Some footage was shot, though, in early colour. It's wonderful stuff, and if you're able to access it, this allows you to get a whole new perspective on what our long-gone family and friends would have seen while they were alive.

History in general is fascinating. It has shaped us both good and bad, and deserves considerable attention. Just imagine being able to actually travel back to long-gone days. Of course, that's impossible as much as countless movies, books and TV shows have imitated, but in it's own way, watching these real images of real people who did exist is allowing some semblance of time travel. I suppose live television as events take place will also be looked at in a similar way by generations yet to be born. Sometime, when you have a moment, have a look and you will be surprised what you'll find.

One last thing if I may... last night, also on the net, I found a very special (I think anyway) rendition of a famous movie theme. The movie features Clint Eastwood, but the special soundtrack has the signature 'The Good The Bad and The Ugly' theme. It's pretty good anyway, but the Danish Symphony Orchestra's version is just plain genius and incredible to watch. It's easily found in among many other similar renditions of modern music they have done. Please watch and especially listen to it if you can.

It's wonderful and quite fun to see it done....

Tell me what you think!







Break O'Day
COUNCIL

Kylie Wright
Councillor
0439 742 946
kylie.wright@bodc.tas.gov.au

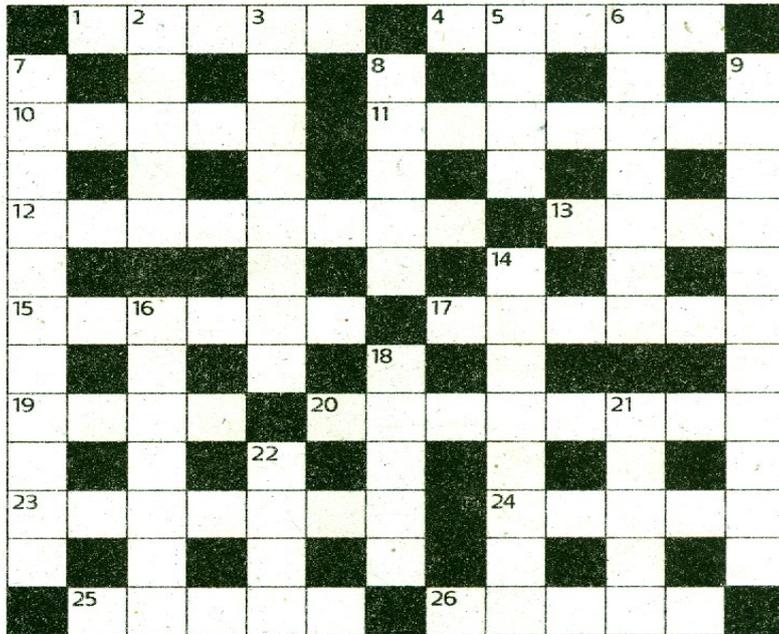
Alex lives locally in Bicheno and is available to assist clients with all legal matters. Appointments are by arrangement in Swansea, Bicheno, St Marys and St Helens. With nearly 15 years' experience working as a Barrister & Solicitor in Tasmania and Western Australia, Alex is your local lawyer on the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



ALEX GRAHAM LEGAL
YOUR LOCAL LAWYER

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

Crossword 53.03



ACROSS

- 1. Extremely bad (7)
- 5. Ken ____, comedian (4)
- 9. Channel (6)
- 10. ____ Island, former US Immigration Centre (5)
- 12. Austrian composer, Franz Joseph ____ (5)
- 13. Old-fashioned (7)
- 14. Joan ____, US comedienne (6)
- 16. Happy cries! (6)
- 19. Lacking consistency (7)
- 21. Edwin ____, Motown singer (5)
- 23. Leather strap (5)
- 24. Powerless (6)
- 25. Prying (4)
- 26. Pupil (7)

DOWN

- 2. Cartoon character ____ Boop (5)
- 3. William ____, *Star Trek* actor (7)
- 4. Of the stars (6)
- 6. Askew (7)
- 7. Pharmacy (10)
- 8. Warmth (4)
- 11. Popular dance of the twenties (10)
- 15. Several (7)
- 17. Spouse (7)
- 18. Absolve (6)
- 20. Best clothes! (4)
- 22. Cricketer, ____ Lamb (3)



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.

CLASSIFIED ADVERTISING

FOR SALE

Bernina Record model 730 sewing machine, very good condition, 8 different feet, 20 fancy stitches. Offers around \$300.00.

Huskylock Overlocker, model 345, 3 large reels white and 3 large reels black threads included. Offers around \$175.00.

Will consider sensible offer for both machines.

Phone 0437 173 377 between 10.00 am and 7.00pm.

FOR SALE

White fibreglass tray canopy, 2100mm x 1700mm,

\$250.00

Phone 0439 725 733.

St Marys Online Access Centre

Desktop Computers



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 environm

21 Main Street
St Marys

In the old Escape Cafe
Mob. **0435592664** 4/1/21
or just turn up for a booking
Limit of people due to social distancing



Free

6am-9pm

St Marys Library



Opening Hours:

Mon: 12.30 - 4pm

Tue: 10am - 12.45pm

Wed: 12.30 - 4pm

Thurs: 10am - 12.45pm

Fri: 12.30 - 4pm

We have more than books. Borrow a DVD, CD or magazine. Search our website and order a title from anywhere in the state. Check out our e-resources too. It's all free!

eLibrary: www.libraries.tas.gov.au



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



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

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: allweedsolutions@bigpond.com

- List of various weeds including St John's Wort, Ragwort, Dandelion, Broadleaf, Dockweed, Boneseed, Hawthorn, Thistles, Cumbungi, Bracken Fern, Willow Trees, Blackberry, Capeweed, Holly, Ivy, Patterson's Curse, Flat Weeds, Salsify, Stinging Nettle, Erica, Boxthorn, Onion Weed, Spanish Heath, Pampas Grass, Wild Raddish, Serrated Tussock, Briar Rose, Oxalis, Gorse, Broom.



How do you contact us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

Facebook: Hub4Health

Our Aim:

To support and facilitate health and wellbeing

St Marys Active4Life Gym Program

Membership is easy to apply for and the low fees are used to support the ongoing operation of the community gym and ensure it is sustainable over the long term.

Zumba, Yoga, boxing and Pilates classes available.

New members welcome limit of 2 per week

Induction sessions for new members are on

Tuesdays 1.30-Harefield Rd St Marys with Jason.

BOOKINGS REQUIRED:
admin@hub4health.org.au

3 mths membership starts at \$35 concession plus \$20 access fob. We are open 6am-10pm daily.



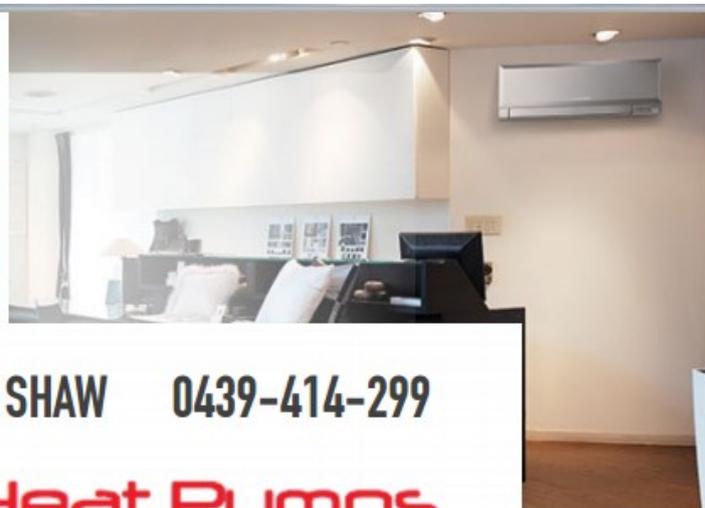
Play and Learn Together: Free Programs for families and children 0-8 years —all welcome.

contact Tanya at Hub4Health 0400 002116
 Email: tanya.greenwood@hub4health.org.au
 tanya building blocks'

March 2021



Mon	Tue	Wed	Thu	Fri
1 Fingal Valley Play Centre 9.30-2.30pm B4 Making Marks celebration St Helens CFC 10-12pm	2 Read Sing Create! St Marys Library 11-11.30am	3 Ringarooma Launching into Learning 9-10.30am Ringarooma School	4	5 Read Sing Create! St Helens Library 10.30-11.30am
8 public holiday	9 Read Sing Create! Bicheno Library 10.30-11am International Women's Day Event St Marys Town Hall 11-2.30pm	10 Falmouth Playgroup 10.30-12.30pm	11	12 Read Sing Create! St Helens Library 10.30-11.30am
15 Fingal Valley Play Centre 9.30-2.30pm	16 Read Sing Create! St Marys Library 11-11.30am Winnaleah Launching into Learning 1.40-3pm WDS	17 Coles Bay Play & Learn at Swanick 10.30-12pm	18 9.30-11am Park play St Marys Community Space	19 Read Sing Create! St Helens Library 10.30-11.30am Bicheno Launching into Learning 9.15 -10.15am
22 Fingal Valley Play Centre 9.30-2.30pm	23 Read Sing Create! Bicheno Library 10.30-11am Jetsonville Playgroup 10-12pm	24 Fingal Play & Learn @ bike track— 10.30-12pm	25 St Marys Easter Program St Marys Launching into Learning 9-10.15am venue tbc Move & Play 10.30-11.30am Scottsdale Indoor Active Centre, Arthur St	26 Read Sing Create! St Helens Library 10.30-11.30am
29 Fingal Valley Play Centre 9.30-2.30pm	30 Read Sing Create! St Marys Library 11-11.30	31 Gladstone Hall Play & Learn 10.30-12pm	All Building Blocks sessions are free of charge for all children from 0-8 years old, along with their parents, carers & grandparents. FVNH Play Centre by booking only	



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



How do you contact us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

Facebook: Hub4Health

Our Aim:

To support and facilitate health and wellbeing programs to rural and remote communities

Allied Health Services Available by
Telehealth or appointment:

Launceston Chiropractic

Gareth is now visiting St Helens on Wednesdays for appointments at Hub4Health
T: 6331 8898

Active4Life Gym Programs

Community gym at St Marys now taking new members. Induction bookings contact admin@hub4health.org.au to start your membership

Bay of Fires Physio

Neidra visiting St Helens H4H
For appointments at Hub4Health
T: 0499 317 929 or
www.bayoffiresphysio.com for more details.

Alchemy of Presence

Lynette Maree
Stillness Touch - Cranial Sacral
* Somatic Compassionate Inquiry and Play
* Laughter Yoga
* Lomi Hawaiian and Remedial TCM Massage
Health Fund Rebates * Gift Vouchers Available
For Bookings 0416 059 129

Rooms for Hire

Hub4Health have rooms available for permanent or casual use for local allied health and community services organisations at

5 Portland Court, St Helens and 23A Main Rd, St Marys.

Reasonable rates and great position. Flexible hours and room sizes.

Yoga

St Marys Active4LifeGym (Harefield Rd)

\$10 pp Thursdays 5.15-6.30pm

New participants welcome

Please bring own mat and blanket
Contact Katrin: 0402 315 564



**WITH ONE VOICE
Break O'Day**

Weekly
Tuesdays, 5.15pm—6.30pm

Where:
Scamander Sports Complex
1 Old Coach Road, Scamander, TAS, 7215

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

For More Info contact
Liz: 0439 001 533

- No supper provided, but participants welcome to book and stay for a meal afterward.
- No alcohol during choir rehearsals.
- Children under 16 must be supervised by an adult.
- COVID-19 Safe Session.

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

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

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

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

Simply come along and you will be warmly welcomed.

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



ST MARYS CATHOLIC PARISH

WEEKEND MASS times.

ST HELENS: Saturday 6.00 pm.

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

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

FINGAL: 1st Sunday 11.30 am

Parish Administrator:

Fr. Norbert Z Ochoa 0437 324 227

fr.bitz51@gmail.com

WEEKDAY MASS:

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

ST HELENS: Thursday 10.00 am

BREAK O'DAY

ANGLICAN CHURCH

SERVICE TIMES



St Helens

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens.

St Marys

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

Pyengana

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

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144; or Facebook: anglicanbod

UNITING CHURCH

Corner Grant Street and Seymour Street, FINGAL

Regular Services:

1st and 3rd Sunday of month: 10.00 am

2nd and 4th Sunday of month: 11.15 am.

For further information, contact Joan on 0458 598 870.



**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



ANGLICAN NEWS

GIANT GARAGE SALE

Our giant garage sale held over the March long weekend was a huge success and one of our best. All proceeds will aid the work of Anglicare in our East Coast communities. Thank you to everyone who supported us by donating items, or helping on the day or purchasing a treasure or two. Our Church Treasurer was able to send \$1800 to the Anglicare office.

The **CWCI Safari** is coming to the St Marys Anglican church on 25 March at 10.30am. This year Gayle Quilliam as Leader, from Smithton, and Sandra How from Sheffield, who will be our speaker, will arrive on Wednesday 24th March. After overnighing in St Helens, they will travel to St Marys for the morning tea event. The theme will be "Walking with God" and we look forward to what Sandra has to share with us all.

Tea and coffee will be provided, and wrapped biscuits for morning tea, however due to COVID-19 restrictions, we ask those attending to bring their own lunch. If you have any questions ring 6376 1638.

Easter 2021 will be celebrated by the Christian church from Maundy Thursday 1st April until Easter Sunday 4th April. Our service times for the Break O'Day Anglicans are listed on page 13 of this issue, with visitors most welcome. One of our favourite times over this special time is the Sunrise Service on Easter Sunday at the big beach at Binalong Bay at 6am. Why not do something different and join us on the beach? We are so grateful that Tassie remains COVID-19-free, and we are able to celebrate this wonderful Feast without any lockdown. The COVID-19-safe restrictions of social distancing, hand sanitiser application and our contact tracing details will remain in place, so we are all kept safe.

Easter Reflection:

When the two Marys went to the tomb that first Easter morning, the last thing they expected was to find it empty. After all, they'd witnessed Jesus crucified, and most of their dreams seemed lost. Now they came with oils and spices to anoint His body. As God watched these two women walking the road that morning, he had a surprise in store for them. When the road was darkest for the two Marys, an angel showed up and resurrected their hopes. Today if your road's been long and dark – don't get discouraged and don't quit. The answer is on the way: "Come and see the place where his body was – He is alive! Alleluia!" Hope to see you in church this Easter.

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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

'STOP' DO YOU NEED TO ENTER THE HOSPITAL?

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

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

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

PRESCRIPTIONS FOR MEDICATION

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

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

A GP appointment is still needed for 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.

EASTER PUBLIC HOLIDAY DATES

Please see next page for Public Holiday details.

DOCTORS ROSTER

A Doctor's appointment is needed to see our GPs. It is not a drop-in clinic.

Waiting periods to see your doctor may be experienced, please be patient.

Dr C. Latt 22/3/21– 9/4/21	Dr Bob Newton 18/3/21– 19/3/21	Dr Libby Reekman 22/3/21-23/3/21
-------------------------------	-----------------------------------	-------------------------------------

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

Friday 2 April – Good Friday

Monday 5 April – Easter Monday

Tuesday 6 April – Easter Tuesday

Normal Doctor Surgery hours will resume the day after the public holiday – Wednesday 7 April 2021. 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 renewals
- ◆ Requested medical reports
- ◆ Insurance medicals
- ◆ Harness medicals
- ◆ Pre-employment checks

Non-attendance of Doctor's Appointments

Please be aware there is a

Non-attendance policy at this Practice.

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

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

Waiting periods can apply.

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.

GP Surgery Hours: Monday - Friday

8:50am - 10:00am

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

10:30am - 12.30pm

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

1:30pm - 3:00pm

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

3:00pm - 4:30pm

AUTOMATED ELECTRIC DEFIBRILLATORS

Binalong Bay

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

St Helens District High School

In the swimming pool enclosure, available during pool hours.

St Helens Supa IGA

Wall mounted inside the foyer, available during open hours.

St Helens Football Club

Located inside the club rooms.

Scamander Sports Complex

On the wall just inside the dining room doors.

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance.

St Marys District High School

In the swimming pool enclosure, available during pool hours.

Fingal Valley Neighbourhood House - 24hr access

On the wall outside the front door.

IN AN EMERGENCY CALL 000



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.catholiccaretas.org.au</p>

FINANCIAL COUNSELLING SUPPORT

If you or someone you know requires financial counselling support:

National Debt Helpline

1800 007 007

www.ndh.org.au

Gambling Helpline

1800 858 858

www.gamblinghelponline.org.au

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

Housing Connect

1800 800 588

www.communities.tas.gov.au/housing/housing-connect

A one-stop shop for all your housing and support needs.

HELPLINES & INFORMATION

In all emergencies call the Police 000 line

Tasmanian Government Family Violence Response and Referral Line
1800 633 937

1800RESPECT

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

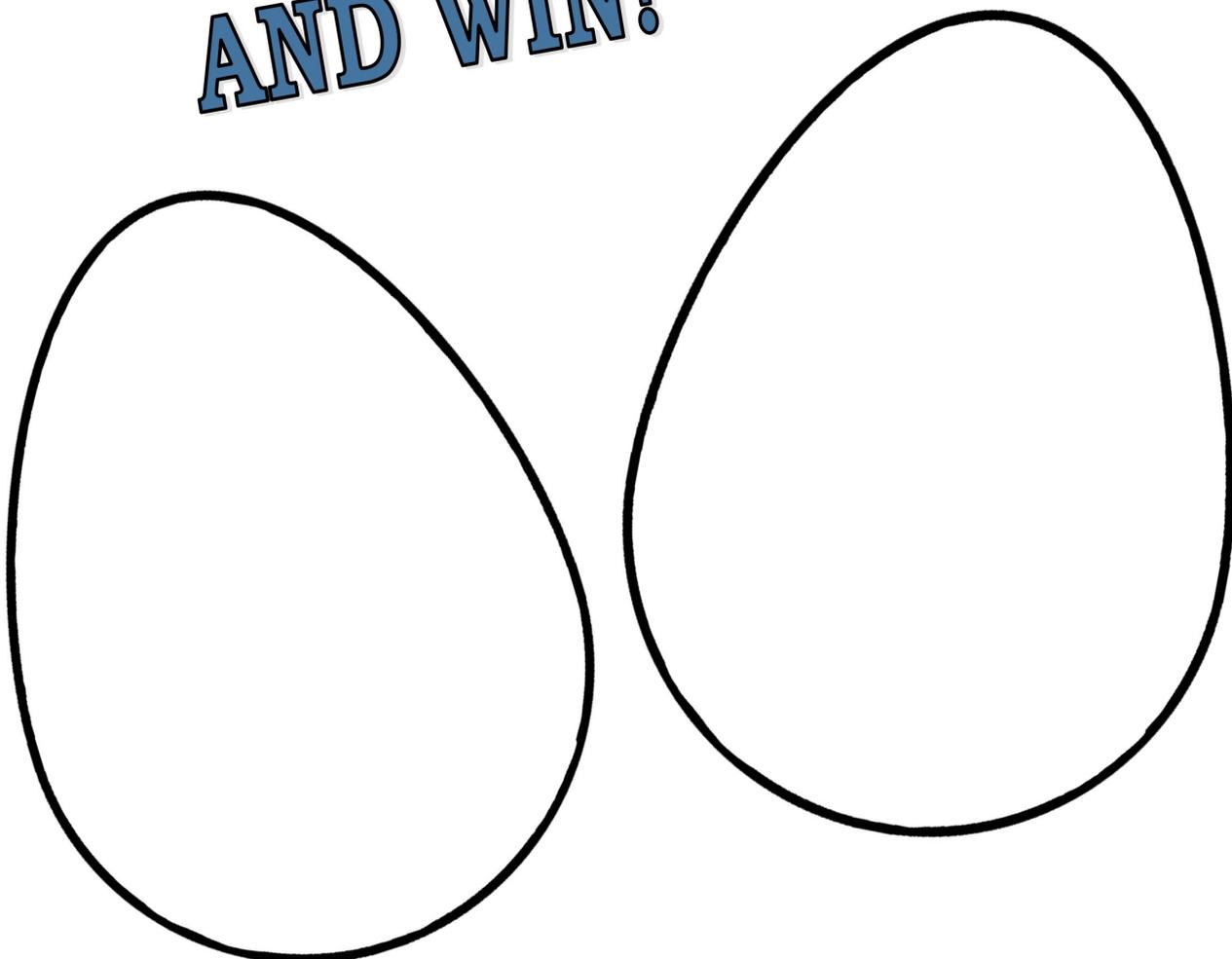
1800 020 080

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:** _____

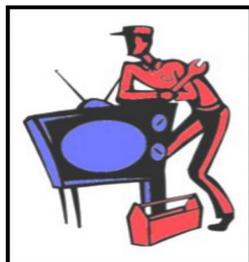
ADDRESS: _____

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



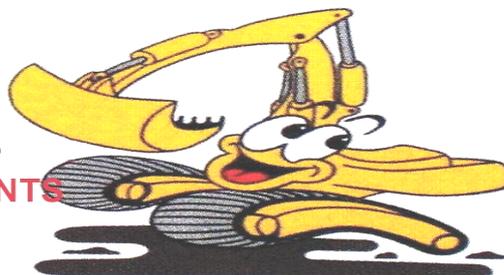
C&D EXCAVATIONS

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



SCAMANDER GARDEN CLUB



We had a good meeting today in spite of many being away today; our posy hostess wasn't present, so a basket of red roses, geraniums and dahlias went to the Birthday Lady.

Gaye Ellis showed us several delightful ideas for floral arrangements with shells and stones included. Gaye used driftwood and made some quaint owls with flat stones. Her hint is to put Blu Tack under the container to stop it sliding around.

Charlie suggested we empty garden beds and remove all weeds now then dig over, and to add a handful of lime. Don't over-water or that will cool soil too much. 12 degree Celsius is optimal soil temperature.

Think about your winter crop and plant now before it gets cold; anything that is not frost prone can go in. Cabbage, cauliflowers, onions and parsnip were some suggestions. Don't forget to cut off any branches on fruit trees that are coming below graft. Collect your seed and let one lettuce go to seed, and you should be able to keep plenty of beans for planting out later. When you get a nice tasty pumpkin, keep the seeds and put them in a paper towel on the window sill. There were many other suggestions, but we want members to gain the most knowledge through attendance.

Scamander Garden Club meets at the Scamander Sports Complex Coach Rd, on third Monday of February - November. Doors open 1pm for 1.30pm start. \$5.00 annual membership from June-May. \$2 per meeting and 50c raffle. Please bring a plate of finger food to share. Monthly judging of flowers, fruit and vegetables. Enquiries: contact Peggy Bogar - Secretary 0459 027 306.



Demonstration piece by Gaye Ellis, featuring nerine flowers, kangaroo paw and ferns, with owls made from small stones.



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

Make Libraries Tasmania your new home library!

As the sunny days of summer come to an end and we begin to look forward to the cosy days of autumn... now is the perfect time to explore Libraries Tasmania from the comfort of your own home. Settle back, relax, and discover our online books, movies, exhibitions and more – and enjoy your very own digital home library at the touch of a button!

Here are some ideas to get your started...

Read and learn online

- Read eBooks and magazines and newspapers
- Learn new digital skills and languages
- Keep your kids learning at home

Research

- Your Tasmanian Aboriginal ancestry
- Convict life
- Historic Newspapers
- **If you can't find what you need – just ask us!**

Watch and listen online

- Check out our current Allport exhibition
- Movies and documentaries are free for the whole family
- Online storybooks and audiobooks for the kids
- Stream music for the young and old

We also have professional development resources for those who are interested in joining the library profession.

Remember: you need to be a library member to access most of our resources. Joining the library is FREE and you can join online!

These advertisements are paid for by the members, and do not reflect the political views of the Fingal Valley Neighbourhood House, its board or staff.

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

JOBS HEALTH COMMUNITY



Rebecca White MP

Labor Member for Lyons

 rebecca.white@parliament.tas.gov.au
 6212 2225

Senator Claire CHANDLER

Senator for Tasmania



Get in touch with your MP
about how we can help you



 03 6260 2018
 Senator.Chandler@dpac.tas.gov.au
 SenatorChandler

senatorchandler.com.au

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

GUY BARNETT

Liberal for LYONS



Listening
Caring
Delivering



Ph: (03) 6701 2170 - www.guybarnett.com.au
Email: guy.barnett@dpac.tas.gov.au  GuyBarnettMP

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

Tasmanian
Labor 

Authorised by REBECCA WHITE,
33 COLE ST, SORELL



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

EAST COAST SWANS



GIANT AUCTION

On Saturday 6th March, the Swans held their second giant auction. The day proved to be a great success, with considerable interest shown in the variety of goods and services available. The star of the show, the collectors V8 ute in all its red glory, was sold for a great price, while the services offered by tradesmen and businesses alike were snapped up by keen bidders. The ever-popular trailers of wood went like hot cakes, although people seemed reluctant to bid against perpetual 'wood hoarder', Harry Jaeger, who must now be living in the Arctic, judging by the amount of wood he buys. The Pyengana beef and lamb proved to be a huge hit and has been successfully sampled by this correspondent. In all, it was a great day and will help to put the club on a solid financial position entering the new season. A special mention to Michael LeFevre and his family and the Pyengana crew for being instrumental in organising such a wonderful day.

PRACTICE MATCH

The Swans played their second practice match of the season on Saturday against premier division team Scottsdale. There was a great roll up of Swans players for the game, with 30 players making the trip to 'spud central'. The outcome of the game was never in real doubt as the Magpies (playing in old Branhholm guernseys?!!) proved too strong for the young Coast team. With about 8 regular senior players unavailable for the game, coach Gene Savage would not have been too upset about the final result, but acknowledged that his team still had plenty of work to do before the first game of the season. Players to catch the eye included Mitch Graham who has taken his game to the next level, ex-Swans player Cam Upton who was a powerhouse in the midfield, forward Andrew Zammit, who will be a great foil for Nick Child, and young player Adam Marland, as well as the ever reliable captain, Lewis Ritchie, who marshalled the troops from centre half back.

RECRUITS

The season is getting closer, and our players are busy training to start it off with a good game on 10th April. Here's a few words on some of our recruits for 2021.



Majak Miar: Majak, pictured in action left, played Statewide League football for Launceston with Swans coach Gene Savage while comparatively young. Standing at about 6 feet 7 inches, he is a huge addition to the midfield group. Possessing an enormous leap as well as excellent disposal skills on both sides of his body, Majak should give the Swans an excellent chance of winning the ball from stoppages.

Andrew Zammit: Although not having played competitive football for a number of years, "Zammo" threatens to be a huge weapon in the Swans armoury. He previously played with South Launceston and more recently, the Prospect Hawks. "Zammo" is capable of holding down a key position and lets nothing stand in his way when attacking the ball. He will be a great foil for the Swans champion forward, Nick Child.

Cam Upton: Cam played with the Swans in 2015 and was a stand out player in the NEFU. More recently he has played in the Leven competition, winning two Association 'Best and Fairest' awards. A physically powerful player, Cam is capable of breaking tackles and loves nothing more than a running bounce. He is a proven goal kicker and will take his place in the Swans mid-field.

Marcus Haley: It is great to see Marcus return to play on the coast. Marcus was recruited by North Launceston and played a number of senior games in the Statewide League. After moving to Hillwood, he suffered a number of injuries, but is now working towards full fitness. An elite disposer of the ball, he is capable of playing in a variety of positions.

More pen portraits of the Swans' recruits in the next issue.

East Coast Swans Season Launch

Saturday 20th March

Formalities 5.30pm—8.30pm

Swans Clubroom

Complimentary canapes

Guest speaker Jay Schulz

Meet our new recruits

Sports memorabilia auction

Seafood raffle

Dress: Neat Casual

Club polos tops encouraged

Numbers will be restricted to 90max

Please RSVP asap to Nick Fysh,

fyshy59@gmail.com or phone 0474 820 222

Book your seat today, don't miss out



COVID 19 requirements will apply.





ST MARYS SPORTS CENTRE

By Volun Tier



Hello everyone to another fortnight at the club, where we have seen our Council works completed and just a few minor improvements to be done. What a difference they have made at the Centre! New amenities shed all powered up, lights and power point at the barbeque after years of fumbling about in the dark, the change rooms completed, with the change bays looking absolutely fantastic, and the storage area that holds more gear than we are able to put on the shelves at present. Men’s loo completed and as we have seen, the hand dryer is so powerful, you have to check your fly is done up after standing in front of it! Thanks again to our local council for the improvements, which the club has put around \$12,000 towards. Thanks to our members and visitors alike for keeping the till rolling over, and our hard-working crew and their untiring efforts. All improvements look great; come over and check them out sometime.

Our winter meal nights are about to commence, with our East Coast Bowls Dinner on Saturday, 1st May, with Coops in the kitchen again. The following week Jun and Fung will be the masters of the kitchen, putting on a meal commencing at 5.30 pm on Saturday 8th May. There are plans afoot for several months of meals, so watch this space for posters and more details.

On club bowls news, congratulations to Bobby Harwood and Ian Johnson for winning their respective club singles titles, well done to you both. There will be pairs and mixed pairs to complete our season, with not much time left, so it’s head down and the other thing up, to get them completed before the frost is on the ground.

Members Draw: Last week Tamatha Grose who collected the spoils, this week Patricia Fitzpatrick who wasn’t on premises. Be at the club at around 8.00 pm on Friday night for the chance to win the members draw.

Golf: How amazing the course looks at present, and it is playing well too! This week Macca got over Peter Sorenson by three shots in a stroke competition. We play at 3.00 pm every Friday and at 11.00 am every Sunday for those who wish to join in our 9 hole competitions.

Bowls: No good news on the pennant front I’m afraid, with our team going down to Swansea this week by more than a few shots. This week is our last roster game against Scamander here at home before the finals start the week after. After the last game we will be treating our visitors to a barbeque, and afterwards we will have a barbeque tea to finish the season up, and hold our ‘Best and Fairest’ count later that evening.

Until next time, good hitting and rolling.

NORTHERN TASMANIA FOOTBALL ASSOCIATION

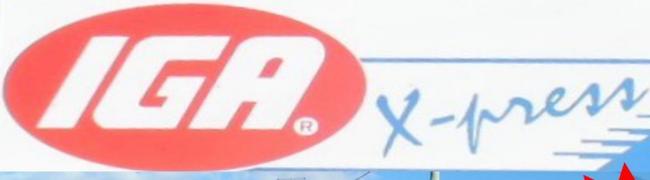
2021 SENIORS ROSTER

(home team is named first)

		12 June	Bye
10 April	St Pats V East Coast	19 June	East Coast V St Pats
17 April	East Coast V Perth	26 June	Perth V East Coast
24 April	Bridport V East Coast	3 July	Bye
1 May	East Coast V Lilydale (at Pyengana)	10 July	Lilydale V East Coast
8 May	Evandale V East Coast	17 July	East Coast V Evandale
15 May	UTAS V East Coast	24 July	East Coast V UTAS
22 May	East Coast V Old Scotch	31 July	Old Scotch V East Coast (Best and Fairest count)
29 May	OL’s V East Coast		
5 June	East Coast V Meander Valley	7 August	East Coast V OL’s

C & D's

**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

Waverley 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 53.02

Across: 1. Samuel, 7. Anecdote, 8. Remind, 9. Dote, 10. Luke, 12. Path, 14. Keen, 16. Royal, 18. Ember, 21. Chef, 24. Cher, 26. Alee, 27. Swan, 28. Guitar, 29. Disagree, 30. Rancid.

Down: 1. Shriek, 2. Mumble, 3. Ladder, 4. Vestry, 5. Sofia, 6. Peach, 11. Under, 12. Place, 13. Tone, 15. Etch, 17. Ode, 19. Beware, 20. Ranger, 22. Hectic, 23. Florid, 24. Crude, 25. Exist.