



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 54.1 17th February 2022

Deadline for 54.02 is at 5.00pm on Monday 28th February 2022

ST MARYS TENNIS CLUB WINS GAME, SET AND MATCH!

The St Marys Tennis Club has recently been awarded a grant which will allow them to undertake a Courts Resurfacing Project, making the courts look more inviting, and safer to play on.

“The need for this work to be carried out was first identified by members, who became aware that that both the courts’ surfaces were thinning and cracking and that there was a risk of injury to players,” stated Treasurer of the club, Roxy Cowie.

“In order to sustain and build upon the range of offerings, investment in the facility was essential. The courts and surrounds required levelling and resurfacing to lift the current basic offering to more consistent and enjoyable playing conditions. Given the distance from larger towns and services, members felt that the ongoing provision of tennis programs would continue to attract new members and drive the local economy, and that investment in the club would equate to investment in the broader community.”

Roxy continued, “The Club was not in a financial position to undertake such works, so when we became aware of the Communities, Sport & Recreation ‘Improving the Playing Field’ Grant, it was the perfect opportunity to secure the funding we needed. Applicants had to contribute at least 15% of the total project cost, whether from their own funds or other funding sources. Total cost of the project is \$32,667.20.”

C&DExcavations has donated professional labour and equipment to the value of \$1,500.00, and the Tennis Club’s contribution is \$5,000.00. The grant requested for the project was \$26,517.00, which has been received, and it is expected that the work on the courts will be finished by the end of this month.

“The Club Committee and Members are hard working volunteers who feel that this financial support is in part a reward for their demonstrated commitment towards making tennis accessible to all and are grateful that their application was successful,” Roxy concluded.

The Club currently has a Ladies Competition Day on each Wednesday, and are always looking for players or fill ins. If you are interested in joining the St Marys Tennis Club, or finding out more, call Roxy on 0419 872 781, or email her at roxy@cndiga.com.au



The courts at St Marys Tennis Club will benefit from a recent grant to the club.

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Authorised by Brian Mitchell MP (ALP, Tasmania)
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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.

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

Our pages remain open to fair and honest criticism so that, on all questions, both sides may be presented, but any submissions containing personal attacks/libel/slander will not be accepted.

Kindly do not attack the Editor, the paper or the authors of previous articles.

All articles for submission, including letter to the Editor, must bear the author's full name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only. Letter writers will be given the chance to respond over a suitable period of time.

Subjects may be closed at the Editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam. Articles most commonly published are those relating to current community issues.

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

The Editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary. Whilst we value and welcome community input, the Fingal Valley Neighbourhood House does not provide specific feedback regarding any decision made not to publish a submission.

The Fingal Valley Neighbourhood House reserves the right at all times, without notice, to update, change or amend our guidelines. All information is correct at time of printing.

This newspaper is about the Fingal Valley and the East Coast, and the people who live here. If you have a story you would like to share, or a suggestion for an article or regular column, please contact the Editor. You can show off your literary talents and submit it for consideration, or the Editor can write it for you. Photographs are important too, so try to include them, with some information as to where and when it was taken, what the occasion was, and who is in it. We also like to tell people about our sporting history, and tales of sporting prowess and vanished sporting events are also welcome.

Email me at: valleyvoice@fvnh.org.au

Elizabeth, Editor, The Valley and East Coast Voice.

TASMANIAN VOLUNTEERING AWARDS 2022

Nominations are open for the seventh annual Tasmanian Volunteering Awards. The awards showcase inspiring stories and recognise excellence in volunteering. Volunteering is critical to our state and volunteers can be found in almost every sector, and most certainly in every community.

Attracting nominations from around the state each year, nominations are open until midnight 14 March 2022. Nominees will be considered for one of the ten state-wide awards, with the winners announced on Friday, 20 May 2022 - during National Volunteer Week - at a special awards ceremony.

Chief Executive Officer of Volunteering Tasmania Dr Lisa Schimanski, says this is a perfect way for people to recognise volunteer contribution by nominating a volunteer or volunteer program.

“The Tasmanian Volunteering Awards celebrate those amazing people contributing across Tasmania, and every contribution is significant. Volunteering is not measured through the number of hours people give, but by the connection and impact of what they’re doing. It doesn’t matter if you are giving one hour a week, a few hours each month, one day a year or more, collectively volunteers are contributing an estimated \$4 billion dollars to Tasmania each year and most importantly, making an enormous difference in our communities, and for this we thank them all,” she said.

Tasmanians are encouraged to show support and nominate in one of ten award categories, including:

- ◆ Arts, Heritage, Tourism and Events Volunteer Award
- ◆ Community Care and Health Volunteer Award
- ◆ Sport, Recreation and Service Group Volunteer Award
- ◆ Volunteer Group or Program Award
- ◆ Best Practice in Volunteer Management Award
- ◆ Emergency Services Volunteer Award
- ◆ Environment, Animal Care and Conservation Volunteer Award
- ◆ Education, Science and Technology Volunteer Award
- ◆ Lifetime Achievement Volunteering Award
- ◆ Youth Volunteer Award



Nominations close midnight Monday, 14 March 2022.

There are approximately 297,000 Tasmanians who volunteer, contributing on average 4.4 hours a week to their fellow Tasmanians.

For more information, or to nominate a volunteer you would like to have recognised, go to: www.volunteeringtas.org.au/2022-tasmanian-volunteer-awards



EASTCOAST RC FLYERS

Remote-control flying every Sunday at 145 Reids Road,

Priory (St Helens) from 9.00am.

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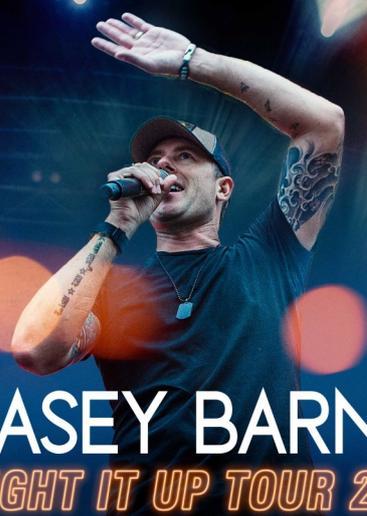
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Saturday 20th February, 3pm – 7pm

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other fabulous stalls

Come and enjoy the relaxed atmosphere
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that special occasion.




Phone Jennie 0417 590 851 to book a stall.

2022 BREAK O'DAY COMMUNITY TRIATHLON CANCELLED

The Break O'Day Tri Challenge Committee and Launceston Triathlon Club Committee have considered all options, and in light of a number of changes including 'ownership' of Binalong Bay Rd, have decided to cancel the Break O'Day Community Triathlon that was scheduled for the 27th March 2022.



For this event to proceed in 2023, more committee members and volunteers are needed. If you are interested please email bodtrichallenge@gmail.com

We thank participants, supporters, volunteers, sponsors, safety crews, Break O Day Council and all the committee members from the Break O'Day Tri Challenge/Community Triathlon Committee and Launceston Triathlon Club Committee from the past 4 years.



For anyone keen to participate in a triathlon this season, please check out the Triathlon Tasmania Event Calendar (via their website or Facebook) and Launceston Triathlon Club have events and training opportunities for all ages (see their Facebook page for details).

We look forward to hosting another fantastic community triathlon in 2023, and hope to see you there!

Keep on swimming, cycling and running...
Break O'Day Tri Challenge Committee.



(Photographs are of the 2021 Triathlon, taken by Marc Lawrence.)

CATHOLIC CHURCH CELEBRATES CENTENARY



**St Helens Catholic Church
Celebrates 100 Years**

**Open invitation to all parishioners old and new
to come and join in the celebration**

**On Saturday, March 5th at
St Helens Catholic Church, Cecilia Street**



Church opens at 1:30pm for viewing of photos and displays

**Mass at 3:00pm Celebrated by
His Grace Archbishop Julian Porteous**

Followed by afternoon tea



MASKS MANDATORY

On Saturday March 5th, the Catholic Church in St Helens is celebrating 100 years of service to the community.

Former and new parishioners and friends are cordially invited to attend the celebrations.

The Catholic Church in Cecilia Street St Helens, will be open from 1.30pm for people to view old photos, albums, newspaper articles and booklets outlining the history and events that have taken place over the past 100 years.

Then at 3.00pm, His Grace Archbishop Julian Porteous from Hobart will celebrate Mass, followed by afternoon tea. This will be a wonderful occasion to catch up with old friends.

Please remember that face masks are mandatory, and there will be sanitation stations around the hall.

We hope to see you there, on Saturday 5th March, St Helens Catholic Church, Cecilia Street, St Helens, at 3.00pm.

Mary-Anne Wadsworth,
Chairperson.

WELCOME TO 2022

By the time this article is printed, it will be too late to wish you Happy New Year, and it will be too early to wish you a Happy Easter. What's in between? The only thing that I can think of is Valentine's Day. Unfortunately for all you shy men, 2022 is not a leap year, so that that beautiful lady you have in your romantic eye will not take the initiative to ask you to marry her. (Marry?...what's that?) Mind you, ladies are always able to ask or probe about the man's intentions. This reminds me of a joke about a very naïve young bloke who was 'going with' a young lass in the town. Her father asked him if his intentions towards his daughter were honourable or dishonourable. The young lad replied, "You mean I've got a choice?"

However, back to Valentine's Day. This day was originally a religious day celebrating the lives of two early Christian Martyrs. It is celebrated on February 14th. In the intervening years, the day has become, in addition to a religious day, a cultural and more especially a commercial day, in a way similar to Christmas Day, in which the religious aspect of the day has waned in favour of a commercial trading period, that is followed in many countries around the world, whether those countries follow a Christian tradition or not.



However, the day has become a nice way of acknowledging that your girlfriend/boyfriend is special.

Long may the tradition continue!

Mike Brouder

LETTER TO THE EDITOR

I, being an older resident of the Fingal Valley, was thrilled to have received a copy of the December issue, via my friend Kath Francis. I found it most interesting to read and [it] brought back lots of memories.

The article on the Valley Churches really interested me, as I can relate to many of them. I was baptised in the Cullenswood Anglican Church in 1936, attended St. Thomas's Avoca, and St. Peter's, Fingal, for many years, [and] was married in the St. Theresa's Church at Avoca in 1967. It is so sad to see the churches having to close owing to lack of attendances. The same is happening in the city with some of them too.

An interesting article, too, re the planting of a rose to celebrate the 50th anniversary of the CWA in Fingal. At the time of my husband and myself leaving Fingal in 1996, we brought cuttings of a rose from Mrs Legro's garden. It blooms every year and is a lovely apricot with still a beautiful perfume. *(See the article below.)*

I wish to congratulate Beverley and Peter Rubenach on their recent award. I enjoyed reading the article that Beverley had printed too.

The last comment I have to mention is that I have in my possession a small bread and butter plate which had stamped on it, 'Hales Hotel'. Apparently, that was the name of the proprietor at the time that my paternal grandmother worked there. She apparently took it home one time with a slice of ham, as the story went, and it was not returned. My intention has been to try and get it returned so as it can be on display perhaps. Next trip I have to visit family in Campbell Town, I will bring it with me.

I wish to congratulate those involved in issuing such an interesting newsletter and wish all well in the future. My many years in the Valley will always be very memorable.

Cheers, happy future to all,
Pat Rubenach, Glenorchy.

THE BUSH THAT ROSE....

A rose, which we think was planted by Mrs Legro outside the former Fingal Council Chambers to celebrate the 50th anniversary of Country Women's Association in Fingal, was accidentally run over earlier in 2021. I was delighted to see that it has bounced back, and has 4 fragrant blooms, along with about a dozen buds. This has happened because Coral Brady has nursed it back to health, surrounding it with bricks, and feeding and watering it regularly.

It is lovely to see what can be achieved by a member of the community taking time to look after something which is was thought had been accidentally destroyed.

Thanks a bunch, Coral!





A flapping good idea

We love Tassie's big birds. That's why we're putting flappers like these on our powerlines – to keep threatened birds like the Tasmanian wedge-tailed eagle out of harm's way.

Keep an eagle eye out for our TasNetworks team installing flappers, safe perching platforms and extra safety insulation to powerlines and conductors around the state.

If you find a bird of prey injured or killed near our powerlines, please call us on 132 004



A poster for a comedy night. At the top, it says 'Chris 'The Bloke' Franklin' in large, stylized red and white text. Below this, it says 'with LARS CALLEIOU RUSSEL REDMOND AND NED TOWNSEND'. The poster features three photos of the comedians: Lars Calleiou, Russel Redmond, and Ned Townsend. At the bottom, it says 'UNION HOTEL & VOCA' in a decorative font, followed by 'COMEDY NIGHT THURS 3RD MARCH TICKETS AVAILABLE NOW 6-30 PM' and 'BAR WILL BE OPEN'. At the very bottom, it says 'TICKETS AVAILABLE VIA FACEBOOK PAGE'.

 A poster for the St Marys Op Shop. The background is a close-up of yellow flowers. At the top, it says 'St Marys Op Shop' in a serif font. Below this, it says 'Situated directly behind the St Marys Town Hall, plenty of parking available directly outside the shop'. The main text reads 'Spring & Summer 2021/2022'. Below that, it says 'Opening hours from 31st January 2021 until 2nd April 2022'. The hours are listed as 'Monday - Friday 10:00am - 4:00pm' and 'Every Saturday 9:00am - 12:30pm'. At the bottom, it says 'Phone: 6372 2889' and 'Watch for our flags and the big OPEN sign in the car park to know that the shop is OPEN ☺'.



The Say by the “Cage Rattler”

Let's make this patently clear from the outset. This is NOT directed at the rank-and-file Chinese people, or even the military. It's certainly not meant in any way at the beautiful local Chinese folk that live with us here in the Valley or elsewhere. This condemnation is aimed at the regime of the Chinese corrupted and disgraceful communist government (what a joke), and the so-called communists who just happen to be some of the very richest people in the world.

From the COVID-19 debacle to countless persecutions of ethnic groups within China, to bully-boy tactics at other countries, including Australia, and other breaches of humanitarian rules in so many things, if you care to look, this government has to be held to account sooner or later. In 1949, Mao Zedong, (also spelled in the west as Mao Tse Tung) began a brutal Communist rule until his death in 1976,...ironically called the Peoples' "Republic" of China...'Republic'?, don't make us laugh...it's always been a dictatorship in one form or another since. It still is, now under Xi Jinping.

China and other communist countries fundamentally claim a mantra of working together for prosperity for all via communism, yet there are still many of China's 1.45 billion people struggling to reach anything like equality or prosperity. This at the same time as China lays claim to over 400 multi-billionaires, and goodness knows how many millionaires! Only a fully capitalist country like the USA has more, and no other country comes even close to China in that regard. Where is the communist ideal that allows or sanctions that eh? Some minorities are even outright persecuted as we all know. People are locked up or detained without charge or go missing without trace or explanation for years, including foreign journalists and native Chinese who dare to speak out, yet we conveniently, via other governments, accept that as their rule of law.

One day, our mineral riches will be exhausted. I fear for what this will lead to if we are still so heavily tied to China's apron strings like now... Why do we not explore other trade options while we're still in a position of strength? Maybe it's time for us to start calling the shots more. There are rumours in the media that a UK, Canada, New Zealand and Australia massive trade and military deal is a distinct possibility in coming times. Just say that was to come to fruition... also likely to heavily involve the USA from what I've read.

Maybe then we could tell China to take a long walk off a short pier unless they change their ways....you just never know, do you?

What do you think?

FROM THE EDITOR

Welcome to another year of The Valley and East Coast Voice!

COVID is still with us, and regulates how we do so many things, but it is comforting to see that the communities in the Fingal Valley's continue to work together to ensure that their neighbor is safe. It is sad to see so many events being postponed or cancelled, but as the situation settles down, we hope to be able to report on events that have returned.

As in 2019 and 2020, once again the Fingal Valley Neighbourhood House has taken on the responsibility of ensuring that residents of Fingal and the small towns nearby are taken care of, by making basic groceries available after the closure of the local supermarket. The team there, led by Manager Gary Barnes, work hard to offer programs and services that assist people who are isolated or looking for support, and we would like to thank Gary and the crew for all the effort they have taken to ensure that no-one is disadvantaged, and for going far beyond their job description.

As in the past, I welcome Letters to the Editor, advertising, and suggestion for stories and columns; our email address and telephone number are listed inside the front cover, so please continue to let us know what YOU would like to see in The Valley and East Coast Voice each issue!

With all the regular columnists returning, The Valley and East Coast Voice in 2022 will be just as informative and entertaining as ever. The team look forward to publishing great stories and articles, and keeping the people of the Fingal Valley and East Coast informed about matters that are important and relevant to us all.

Elizabeth, Editor.

REMEMBERING 75 YEARS OF SCHIERS AT FALMOUTH

It's 75 years since Gilbert sat Jean on the back of his Harley and headed from St Marys down to Falmouth and the old house Ken Lohrey had moved from German Town.

Michael, David and Val were born while they lived there and built the concrete brick house where Murray and Cherrie live today.

Despite the limitations enforced by the COVID threat and implications, approximately 35 people assembled on January 9 2022 to commemorate '75 Years of Schiers' at Falmouth, the venue being the Falmouth Community Centre, where Gilbert and Jean, Michael and David Schier are all recognised as Life Members of the community group.

After being welcomed by John Schier, Val Schier then explained the background of Gilbert and Jeans' arrival, the building of the family home, and their involvement in the community, including Jean's lengthy stint as Post Mistress.

Many of the attendees then spoke of their own experiences and recollections of the extensive community involvement the family have made, including the community centre, local church, the commitment to the St Marys School and hospital, the sporting involvement and general commitment and influence on the unique character of Falmouth.

Speakers included resident since 1960, former veterinarian Mr Tim McManus, and local resident Andrew Lohrey, who recalled Gilbert's fondness for a 'chat'; there was never any chance of a 'quick visit' when requesting advice or getting a vehicle repaired or serviced! Recollections were made of Gilbert's amazing ability to repair anything mechanical and improvise accordingly.

Jean's feistiness and appreciation of a good debate with any politician willing to knock on the door, as well as her determination in assisting to prevent the closure of the St Marys Hospital was acknowledged.

An interesting photo display was well-received, showing Falmouth scenery, people and buildings from the 1940's until the present day.

The Schier Family would like to thank the Falmouth Community Centre and all who attended in making the occasion very memorable.

John Schier, Darwin.



Jean and Gilbert Schier, 1946



Revel Munroe of Binalong Bay, Phillip Midson from Legana, and David Schier of Shepparton in Victoria chatted with Falmouth resident Andrew Lohrey.



Gilbert and Jean's son John and Eileen McManus shared memories of life at Falmouth.



Ros Moran (Launceston), Len Cuff (Hobart), Karin Leeson (Eaglehawk Neck) and John Schier (Darwin) enjoyed catching up and reminiscing.

LOOKING FOR SOMEWHERE TO HOLD A REUNION OR MEETING?

The Schier family took advantage of being able to book the Falmouth Community Centre for the reunion in the story above.

If you would like to know more about doing the same, or to make a booking, please contact Lauren at the new bookings email address:

fccbookingstas@gmail.com



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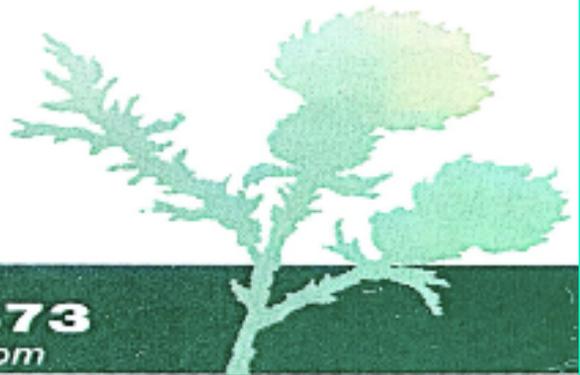
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Salsify
Stinging Nettle
Erica
Boxthorn
Onion Weed
Spanish Heath
Pampas Grass
Wild Raddish
Serrated Tussock

FRIDGE FUDGE BROWNIE

Ingredients:

100gm pitted dates

130 gm good quality peanut butter (crunchy or smooth) 15 gm unsweetened good quality cocoa powder

Method:

Line a small baking tray or even a square dish with baking paper, remember you are not baking so you can use anything really, probably about 24cm x 12 cm size would be good.

Soak pitted dates in warm water for about 10 minutes or until soft. If you are using a fresh package of dates that are still very soft, you can skip the soaking. Drain softened dates from water.

Add dates to food processor and blend until they become a thick paste. Add in peanut butter and cocoa powder and blend until they are completely incorporated. If the mix comes out crumbly just mix a bit longer, it will come together once you press it into the tray. If it still appears really crumbly you could always add a teaspoon or so of water to bring it together.

Press brownie batter into prepared tin. Make sure you press it in firmly. Chill well for 1 hour.

Fudgy chocolate icing

1/2 cup cocoa powder

1/4 cup butter or coconut oil

3 tablespoons maple syrup (ensure you use real maple syrup)

Method

Slightly warm the butter, mix together and spread on chilled brownie.



EAST COAST SWANS BID FOR A GREAT 2022

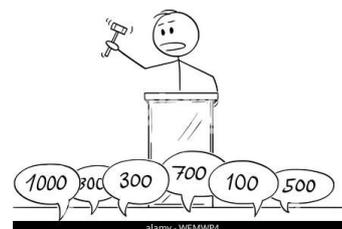


Saturday 12th March sees the East Coast Swans taking bids for a good variety of items in the annual Giant Auction. Held at the clubrooms in St Helens, the day raises money for the run-of-the-mill maintenance and upkeep needed for the club to function.

Spokesperson Nick Fysh says that with over 120 lots so far, there will be something to interest just about everyone.

Items registered so far include:

- window furnishings for a house - Luxaflex, roller, duetted and Luma shades venetians blinds, awnings etc
- day trips to a variety of destinations
- tradesman’s services for many jobs around the home, including painting, plastering, welding and excavation
- loads of wood
- cricket memorabilia
- sides of Pyengana lamb and Pyengana beef
- 12ft aluminium boat with trailer and 5hp motor



Registration starts at 10.00am, and bidding on the first lot will be started at 11.00am.

Refreshments will be available, and further details can be found on the club’s Facebook page, which will be updated regularly as new lots are registered.

Other upcoming events:

Saturday 19th February: Practice match v Scottsdale at St Helens (men’s and women’s)

Saturday 12th March: Giant Auction

Saturday 19th March: Practice match v Campbell Town at Campbell Town

Saturday 2nd March: First roster match v Bridport at St Helens - to be confirmed

The regular pages for the East Coast Swans will be returning to The Valley and East Coast Voice this year, and will include under 12, under 14 and under 16 junior teams, under 17 girls, reserves and seniors, along with any matches played by the women’s team.

We look forward to keeping you up-to-date with the latest from the East Coast Swans.

TANIA RATTRAY MLC

**INDEPENDENT
MEMBER FOR
MCINTYRE**



**Your full-time Independent
Legislative Council Member
representing the Fingal Valley and East
Coast community**

Contact details - Mobile - 0427 523 412

Office Phone - 6350 5000

Email - tania.rattray@parliament.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.



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		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>STAR FM</p> <p>Program Guide</p>	Brekkie	Start your working week with Sandsy	Enjoy your Fruit Loops with Sandsy	I see Stars with Sandsy	Flashback Retro Breakfast with The Flash	Muesli and Milk with Magilla	Saturday's Sunny Side Up with Manny	Sunday Mornings It's time to get up
	Morning	The Manic Monday Show with Manny	IN THE LAB with Dr Dave Community Interviews at 11.15 with Dr Dave	The Fusion Show PLUS Real Estate Tips and Tricks at 10.30 with Jonno	Rhythm N' Reggae with Big Daddy Davo	Simply 60's with PUGS	"Get Happy" with Angelina	with Magilla
	Arvo	Jackster's MUSIC BOX PLUS "Pet Talk with Dr Andrew after 2pm with Jackster and Porsche	The Down Under Show with Mary-Anne	"Around the World" with your hostess The Tone	In the Shed with ZEDD	"Fresh and Fruity Friday's" with Angelina	A dose of Dr Dave PLUS Quizzes at 3 and 4pm 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 is going on with Fyshy	DR DAVES Travelling Medicine Show with DR DAVE	"Rock On" with Jonno	"The No 80's Zone" [everything except the 80's] The Tone	with The Tone
	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	Big Daddy Davo's Blues Mix hosted by Dave

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GUEST ARTISTS, SUNDAYS FROM 3.00PM

20 February

Brooke Banderas

27 February

The Rennies

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HAPPY BIRTHDAY, STAR FM!**STAR FM RADIO**

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has been involved with station over the
past 20 years.**

**You have helped make STAR FM the
top Community Radio Station not only
in Tasmania...but all of Australia.**

Tune into your favourite station during March for
special shows...special give-aways...and much more.

being trained by Sam Anglesey, the chief announcer; music used was mainly brought in by volunteers and also from the community satellite feed. Volunteers did everything from announcing, office work, cleaning and painting. Maryann and Rita were the first trainee announcers, I believe. Early 2002 saw the first test transmission, a very exciting time for all! We were amazed at the reception reports coming in from outlying areas.

And so as they say the rest is history. I must thank all those hard working steering committee members for their perseverance to make the dream a reality. I have to congratulate Blitz on his infectious enthusiasm and the way he has collected a great team together to make now STAR-FM such a great station. I'm confident the future looks bright."

Break O'Day FM was initially broadcast out of studios in Pendrigh Place, St Helens, and has now been on-air for 20 years. After starting in 2002, the name of the station was changed to "STAR FM" in 2005, representing Sea, Town And Rural reception areas, and the studio was moved to new studios in Hall Street, St Helens, pictured below.

The Valley and East Coast Voice congratulate STAR FM on reaching their 20th anniversary, and look forward to continuing to publish the program guide and news about the radio station which reaches hundreds of listeners, keeping them up-to-date with news, music and local events.

In 2019, we published an article about how STAR FM had started, and began publishing the program guide kindly provided by the station. We quoted Bob Grant, one of the founding members, who told the story below when an anniversary lunch was held to celebrate 10 years of broadcasting in 2012. He said:

"Some time prior to 1991, a radio interest group met from time to time to discuss the possibility of community radio on the east coast. The enthusiastic group proceeded to contact the multitude of authorities, not least the ABA, who had not even developed a licence plan for the area. Navigating the bureaucracy and red tape was horrendous. We received quotes for equipment, and searched for premises; the BOD council was enthusiastic and helpful here. Some members visited other community station for ideas. We soon realized it had to be radio on a shoe string. In July 2000, the Break O'Day Council in conjunction with BEC forwarded a submission on behalf of the Break O'Day FM group.

Many were involved in the studio design and setup, and as audio and computer equipment became available, I used some ingenuity and various parts from my junk box to hook everything up in some workable form. I should say this came about from generous grants from the Tasmanian Community Fund. At the same time, people were working on production, and volunteer announcers were





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ST HELENS FOOTY CLUB ROOMS

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FRIDAY 25TH FEB 12-2PM
A.G.M. 11.30AM



\$10 MEMBERS \$15 NON MEMBERS
BYO LUNCH

GUEST ARTIST

DON IVES AND BAND & GERALDINE GREY

A GREAT AFTERNOON'S ENTERTAINMENT

GEORGE'S BAY MUSIC

Happy New Year everyone, and a big welcome back to Lunch and Munch for February.

Our guest artists this month will be the wonderful talented Don Ives and his Band of Merry Men, with Steve Hill, Damon Warner, Ross Challender, a new vocalist 😊, and Bob Grant.

This month there will be no Tuck Shop, as food handling may be a bit tricky with Omicron and COVID still hanging around, so please remember to bring your own lunch this month, and hopefully next month we will be back on track with our little tuck shop. But the Footy Club Bar will be open to purchase drinks.

Remember also, that face masks are mandatory, they can be removed while eating and drinking....

Mary will be there to start taking your membership fees... \$20 for a year....then admission is \$10 for members and \$15 for non-members.

The Club has a wonderful line up of artists for the year, bringing you some of the best entertainment we can find. So, hope to see you all there, music starts at 12 midday as usual, with Don Ives Band....Footy Club Rooms Tully Street....bring a friend, a good afternoon is guaranteed.

ANNUAL GENERAL MEETING

Also, this month sees our Annual General Meeting, starting at 11.30am at the Footy Club Rooms, on Friday, 25th



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



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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

ANSONS BAY - North Ansons Bay Road

Open: Wednesday 12pm to 4pm
Sunday 10am to 4pm
12pm to 4pm on Mondays of long weekends

PYENGANA - Tasman Highway

Open: Wednesday 9am to 12pm
Sunday 2pm to 5pm

ST HELENS - Eagle Street (includes recycling)

Open: 10am to 4pm every day

SCAMANDER - Coach Road (includes recycling)

Open: Tuesday 10am to 4pm
Thursday 10am to 4pm
Sunday 2pm to 5pm

ST MARYS - Gray Road (includes recycling)

Open: Tuesday 10am to 4pm
Thursday 10am to 4pm
Sunday 2pm to 5pm

FINGAL - Rossarden Road

Open: Tuesday 10am to 4pm
Thursday 10am to 4pm
Sunday 2pm to 5pm

Charges apply at all waste transfer stations - please 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.

IN OUR SCAMANDER GARDEN

The clamps on the side of the pond witness it is a work in progress. The timber has been bought and cut to fit, and then Steve paints it blue. Why? Because he know it is my favourite colour.

Not all things go to plan; I feel myself falling from the top of the raised bed as I take photos and what do I land on? No, not soft thick green grass, but the heavy metal chairs break my fall. Up I get, hoping the camera still works. I will have bruises, but they will heal. I blame the plantar wart for my loss of balance. The doctor did say to keep it elevated, but this was not what he meant!



The petunia patch is in full bloom and some have frilly fillings, while others show vibrant striking colours. The liliums are a delight. They stand so proud and glorious. Our deep red one flowers over six feet tall. I use them in floral arrangements. One for the New Year, another for a memorial service and then there are the birthday surprises. The last one is for David Dobson of Fingal, who is in his 90's. He is a great storyteller of days past, I really should be more attentive in listening to the older and wiser amongst us. They are our treasure troves.

Now we have picked buckets full of fat juicy red plums that I have transformed into Plum Worcestershire Sauce and plum chilli sauce. It is also a time for gathering tomatoes that are poking their red and yellow faces out to peek at us, and the corn which is only a few feet high does not disappoint with her massive cobs of golden hue. Mind you, the dreaded possums are still popping in for a bite.

Oh, and the chickens are a delight. They are becoming independent but still obey mother hen.



Until next time, Peggy.

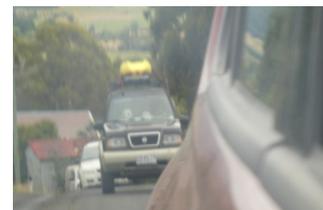
News from the Break O'Day Anglicans - February 2022

Combined Churches Car Rally

Instead of meeting together for a church service, on January 30th the Combined Churches of Break O'Day met for a Car Rally in two parts. Congregations at the St Helens end of Break O'Day met at the Christian Fellowship car park at 10.00am and with a defined set of clues made their way along the coast.



At the same time people from St Marys and the Valley met at 10.00am in St Marys, and ventured around the township of St Marys, and out to the Valley and into Cornwall. Various clues gave us a hint for what needed to be prayed for, and 30 souls ended up at Holy Trinity Anglican church in St Marys for a BYO lunch and a short communion service together. We are also pleased to report nobody got lost!



Bike for Bibles

Over the years, we have hosted the Bible Society work called 'Bike for Bibles'. 'Bike for Bibles' is a mostly volunteer-run fundraising initiative for Bible Society Australia. Since it began in 1984, participants in Bike for Bibles rides have raised more than \$13 million for Bible Society projects worldwide. This has enabled many thousands around the world to learn to read using God's Word.

The 'Bike for Bibles' (TAS) ride was from 27th January - 10th February. Beginning on the West Coast at Riverbend, the riders travelled Smithton - Burnie - Cradle Mountain - Ulverstone - Poatina - Launceston - Scottsdale - St Helens and to Launceston, a total of 1,600km. This ride will raise funds to transform lives through literacy, and help children in Cambodia learn to read! When the Pol Pot regime was occurring in Cambodia, women and children suffered with no formal education.

Now those adult children are learning to read and write, and teach their children as well. Funds raised so far amount to \$16,000, with the promise of more to come. Thank you Lord.

BBB – will be held on 26th February at St Marys this month. Beer, Beef and Bibles is a fellowship/meeting place for Blokes, and is held monthly, from 6.00pm – 8.00pm for lively discussion on topics relative to men, held after a shared meal. Enquiries; 6376 1144.



Roadie Neil Duff left, and rider Graeme Perry, right, at the end of a tiring day riding for 'Bike For Bibles'.

ARE YOU PASSIONATE ABOUT VOLUNTEERING?



We are looking for expressions of interest from members of the community to collaborate and help us design a Volunteer Strategy for our area with support and assistance from Volunteering Tasmania.

Development of the strategy will involve investigating challenges and opportunities for volunteering in Break O'Day and making decisions about how to achieve a shared volunteering goal together as a group.

Once completed the Strategy will be owned and driven by the community with support from Council.

Expressions of interest will close on Friday 25 February



www.bodc.tas.gov.au

6376 7900

community.services@bodc.tas.gov.au





Building Blocks News



Read Sing Create!

BUILDING BLOCKS PRESENTS

READ SING CREATE!

for families/carers and children 0-5 years



COVID safe activity - masks on for over 12 years, stay home if unwell or asked to self isolate, all sessions to meet at library but weather & site permitting maybe held outdoors

ST HELENS LIBRARY - FRIDAY 10.30-11.30AM

ST MARYS LIBRARY- TUESDAY (FORTNIGHTLY) 11-11.30AM

BICHENO LIBRARY-TUESDAY (FORTNIGHTLY) 11-11.30AM

Music, Songs, Rhymes and Stories to support early literacy and numeracy in a fun free session



Everyone Welcome.... School Term Only



More info Tanya: 0400 002 116 or www.buildingblockstas.com

Building Blocks early learning literacy and numeracy program for children 0–8 years will be back at St Marys Library on the 22nd February from 11.00-11.30am each fortnight during term time.

Join us for a fun free session of music, songs and stories to share with all ages. Sessions are interactive and perfect for busy children who love to explore sounds and rhymes.

All welcome.

Building Blocks is a free, mobile early learning and parenting support program which provides services across the NE from Coles Bay/Bicheno through Break O’Day and across Dorset as far as Bridport. We aim to:

Help build effective parenting skills in families with children 0 - 8 years

Strengthen support to families and communities by delivering better services and addressing unmet needs through the building of partnerships between local services

Support children to grow and thrive in their local communities

Do you have a child aged 0-8 years? Join us at a Building Blocks session near you.

Sessions are free, fun and open to anyone who cares for a young child. We have lots of helpful parenting information on our website: www.buildingblockstas.com or check out our Facebook page for more info on family friendly community events more info at

BuildingBlocks@fvnh.org.au

BETROOT TZATZIKI



Makes 2 small bowls



Can be frozen



Prep time: 5mins + fridge time

What you need

- 1 cup of Greek or natural yoghurt
- 1 x 450g can of baby beetroots, drained and grated (or 2 medium beetroots, cooked, cooled and grated).
- 2 tbsp fresh mint, chopped
- 1 clove of garlic, peeled and finely chopped
- Juice of ½ lemon
- 1 tsp ground cumin
- 2 tsp olive oil

How to make



1. Place all the ingredients in a large mixing bowl and stir together until well combined.



2. Pop in the fridge for 15 mins and serve with toasted pita bread, fruit and veggie sticks.

ST MARYS CATHOLIC PARISH

WEEKEND MASS TIMES

ST HELENS: Saturday 6.00pm
 Sunday 4.00pm
ST MARYS: Sunday 9.00am
BICHENO: 1st and 3rd Sunday 11.00am
FINGAL: 2nd and 4th Sunday 11.00am

Parish Administrator:

Fr. Norberto Z Ochoa 0437 324 227
 fr.bitz51@gmail.com

WEEKDAY MASS:

ST MARYS: Friday 10.00am
ST HELENS: Tuesday and Thursday 10.00am



Clr. Janet Drummond
Break O'Day Council

0404 562 320
 janet.drummond@bodc.tas.gov.au

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 ST MARYS 88FM
 FINGAL 88FM

BREAK O'DAY

ANGLICAN CHURCH

SERVICE TIMES

St Helens

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens.

St Marys

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

Pyengana

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

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod



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2nd and 4th Sunday of month: 11.15am

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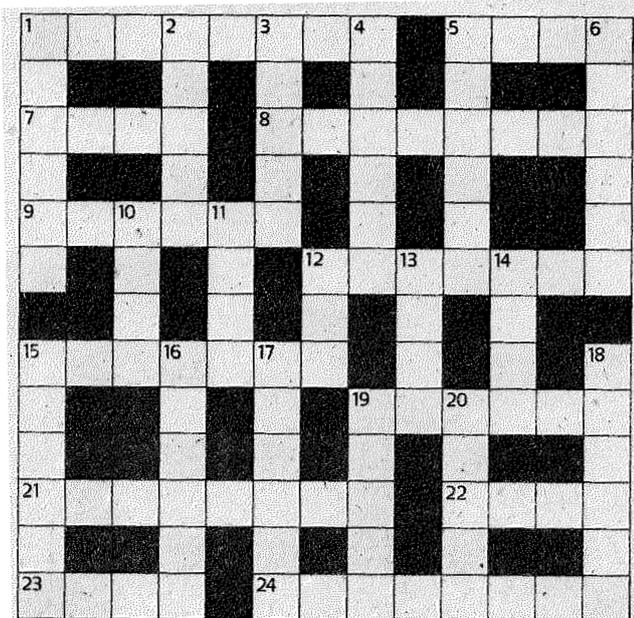
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Crossword 54.01



ACROSS

- 1. Series of holy wars (8)
- 5. Harvest (4)
- 7. Above (4)
- 8. Dependable (8)
- 9. Threadbare (6)
- 12. Contradiction (7)
- 15. Not deep (7)
- 19. Adjustable spanner (6)
- 21. HMS _____, Gilbert & Sullivan opera (8)
- 22. Mongolian desert (4)
- 23. _____ Music, pop group (4)
- 24. Sun-up (8)

DOWN

- 1. Pick (6)
- 2. Brush [anag] (5)
- 3. *The _____ Dozen*, film (5)
- 4. TV presenter, _____ Scott (6)
- 5. Latin American dance (3-3)
- 6. Title before a name (6)
- 10. Seaweed (4)
- 11. Comedy actor, _____ Owen (4)
- 12. Clawed foot (3)
- 13. Bellow (4)
- 14. Bird feathers (4)
- 15. Royal Engineer (6)
- 16. Inheritance (6)
- 17. English university town (6)
- 18. Contract (6)
- 19. Tearful (5)
- 20. Samantha _____ actress (5)



Fingal Online Access Centre

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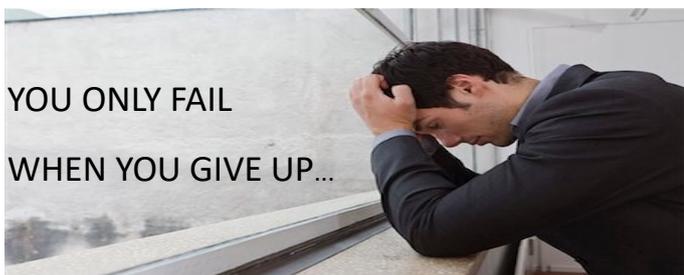
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- Friday: 12.30 - 4.00pm

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MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz

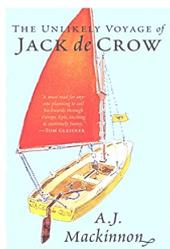
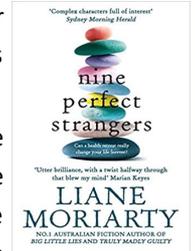
During the summer we read 2 books, one fiction and one nonfiction, and they couldn't have been more different in subject matter or tone.

In December, we read one of very popular Liane Moriarty's novels, "*Nine Perfect Strangers*". One of our members, who has read many of Moriarty's novels, commented that this is not one of her best, though it has been made into a miniseries.

The novel is set in a 'Wellness Retreat', where nine participants have paid to spend 10 days in a remote country estate to experience a promised life-changing regime of cleansing and self discovery. All have different reasons for signing up, but they are all hopeful that their perceived life problems can be solved. The retreat is run by East European Masha, along with her two assistants, Yeo and Delilah. Though the novel is written in the third person, most of the story is told from the viewpoint of one character, Frances Welty, a successful writer of the sort of fiction of which "*Nine Perfect Strangers*" may be an example! Her star has begun to wane and she is on the search for a new start and inspiration. Is Frances the alter ego of Liane Moriarty, the reader is tempted to ask!

Her fellow course participants are a family group of three who are coming to terms with the drug related death of a son, a couple who have won a lottery but who are on the point of breaking up, a single mother of three suffering from low self esteem, a handsome, gay lawyer who is an experienced health retreat participant, and a gone-to-seed ex footballer. The first part of the novel is concerned with introducing the characters and Frances's assessment of them. Everything seems to be following the normal pattern of a health retreat's programme. Gradually, however, it appears that Masha is becoming carried away with her power over these clients, and her regime becomes quite confronting and extreme. It all works out in the end, of course; there's just deserts for Masha, reconciliation between combatants and there's even a developing romance to satisfy every appetite in this genre.

This is not high or serious literature, but Moriarty is skilful, if somewhat formulaic in her writing. The novel demonstrates an interest in human psychology; people's motivations and reactions when put under pressure, and is something of a commentary on the wellness culture that exists among sections of society. An easy summer read was the consensus of our group.



The book for January was A J Mackinnon's "*The Unlikely Voyage of Jack de Crow*". Sandy (A J) writes in 2008 of an adventure he undertook ten years earlier, when he sailed and rowed a Mirror dinghy from the border of Wales (where he had been teaching for 6 years at a posh private boarding school) across England via canals, streams and rivers, to Dover and the English Channel. From Calais he travelled through canals, lochs and rivers all the way to the Black Sea, where he donated the dinghy he'd named 'Jack de Crow' to the local mayor and his journey ended.

Filled with references to books such as 'Wind in the Willows', 'Swallows and Amazons', 'Three Men in a Boat' and a host of mostly 19th century English poets, this is quite a literary expedition for the reader, but it's also a rambling yarn about his mishaps and joys along the way, the mostly wonderful, generous people he meets and the at times threatening and at other times glorious countryside he passes through. He presents himself as somewhat hapless and frequently sends himself up. It must be his self-deprecating but open-to-anything nature that makes possible many of the acts of kindness he experiences. Throughout the account there is also a sense of the basic goodness of people and a strong, positive view of life and people in general.

Mackinnon could be described as a polymath. He is a drama teacher and has a keen sense of the ridiculous. He illustrates the book with his own sketches which could have walked off the pages of any of those writers he obviously grew up reading. He is a close observer of the natural world, highly literate, fascinated by numbers and likes people. We did wonder whether he embroidered the truth at times in order to tell a good yarn, but this can be forgiven, knowing that he based the narrative on the many letters he wrote to friends and supportive family and which they thankfully kept for him.

This book would appeal to anyone who likes 'messaging about in boats', enjoys an account of an amazing adventure and likes a good laugh.

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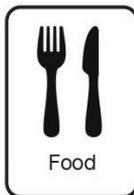


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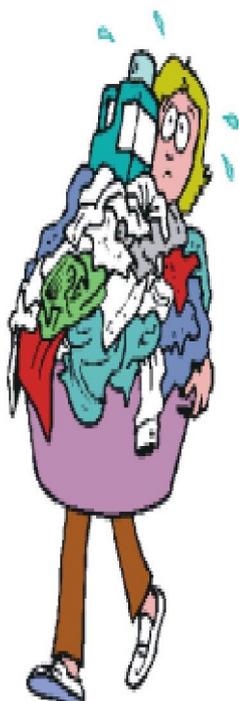
St Marys

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Monday to Friday 7.30am - 4.30pm

Saturday 9.00am - 2.00pm

52 Main Street ST MARYS



'WITH ONE VOICE BREAK O'DAY CHOIR'

Feel Good, Do Good, Sing for Good



Oh my golly! How on earth is singing in Tasmania in 2022 going to happen?

With our borders currently wide open to other states of Australia, and to international travellers in just a couple of weeks, With One Voice Break O'Day has had its collective thinking and planning hats on. The heads inside the hats are spinning! Balanced against the joy of our members gathering again to sing our hearts out, there is the heavy responsibility of keeping us safe whilst we participate in what is now a risky behaviour.

With the outbreak of Omicron in our state, we cancelled our intended return date, took a 'wait and watch' position, and consulted with other choirs to see what they are doing. I'm now happy to report that with case numbers falling, we have put our brave hats on and **will** recommence on Tuesday, 1st of March, at Scamander Sports Complex. Yippee! Whenever the weather is clement enough and light remains, we will sing outside. We will strictly socially distance ourselves from each other and will sing **without** a mask on. If individual members wish to wear masks outside they are of course welcome to do so. When the weather is not kind to us, we will sing inside, doors and windows open **with masks on** and, of course, be socially distanced.



As the return to school days unfold, we'll be keeping our eyes open and brains engaged in doing whatever is required to keep us all safe. So come along and join us in "feeling good, doing good and singing for good". Everybody is welcome!

Our choir sessions are held at the Scamander Sports Complex, 1 Old Coach Road, Scamander on Tuesdays, 5.15-6.30. For more information, contact Liz on 0439 001 533.



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**20 Tasman Highway
Bicheno TAS 7215**

21 Years' experience!! Let's work together!!



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24740881





ST HELENS WALKING GROUP



Welcome walkers to 2022. The Annual General Meeting for the group was held at Cerise Brook on the 24th January 2022 at 10.00 am. Thank you to Scott from Cerise Brook for opening specifically for the group, where the usual fantastic fare was on offer. The main topic for this meeting was the planning of walks for the first 6 months of the year, and pleased to report that an almost complete program of walks has been instigated with only a few spaces/dates wanting to be filled.

Wednesday 26th January

The St Helens Point loop was the first walk scheduled for 2022. A very pleasant, easy walk at St Helens Point on Australia Day morning. Overcast and cool, walkers stayed dry. Thanks for organising the first walk of 2022, Alex.

Saturday 29th January

The true, low protuberance that is Cape Portland is not readily accessible by land. Few have ever looked across Banks Strait to the islands from there. Public roads have never existed to facilitate visitation. However, it can be reached via the long coastal reserve.



The first walk for 2022 was to St Helens Point.

The trip included a 'whole of coastline' traverse between Little Musselroe Bay and Petal Point. This involved a walk of about 18km, i.e. a vigorous full day event with an early start from St Helens at 7.30 am.

The 18 kms are flat and are made up approximately of:

- 35% medium soft beaches
- 20% firm beaches
- 15% rocky headlands, demanding medium rock hopping skills
- 15% tracks - snakes are said to be common, meaning gaiters etc were required for this section
- 15% tussock/low grassland seasonally dry marsh land; again, snakes said to be common meaning gaiters etc required for this section.



There is great landform diversity, fantastic views and some special structures/ruins to be encountered.

This walk was arduous and also logistically complex, but approximately a dozen walkers participated in this trek and were very thankful to Revel for organising such a thorough undertaking.



St Helens Walking Group is part of the Heart Foundation's efforts to encourage walking as a daily exercise to improve and maintain a healthy lifestyle. It's great fun and always refreshing, with as much or as little as you desire in learning and social opportunities. A variety of leaders within the group are very capable of leading each walk on an adventure within the allotted time frame, along with providing interesting information and/or walking conditions for the track being taken. Residents and travellers in St Helens and surrounding districts are welcome to join in the walks. Have \$2.00 ready for the driver if you want to car-pool, and be at St Helens Neighbourhood House carpark beside the Men's Shed, by 9.00am on a Wednesday or on the 3rd Saturday of the month for a longer walk. (\$5.00 for carpooling on Saturday walks).

There is now a QR code to check in for walkers to use.

For more information contact **Pam Bretz** on 0439 547 529 or **Alex Buchanan** on 0428 287 753

St Marys Community Health Centre Community Newsletter

Issue 1 - February 2022

Welcome to the first edition of the revamped St Marys Community Health Centre (SMCHC) newsletter. Every month we will provide information on what's happening at the centre and articles on topics affecting our local community - we hope you enjoy it! Please send any submissions, feedback, and suggestions of what you would like to see included to sharen.cook@ths.tas.gov.au.

I would like to acknowledge the fabulous effort and contribution that staff at SMCHC make towards the health and wellbeing of our local community. Many have gone the extra mile to ensure the safety and quality of our service during these difficult times.

Sharen Cook
Director of Nursing



SMCHC News

Consumer
Feedback

Telehealth

Meet Our Team

Day Centre

St Marys Hospital
Auxiliary

Tip-Shops

GP Practice

Royal Flying
Doctor Service

Visiting the
Hospital

Visiting Services
Calendar

SMCHC News

We welcome to our team Rosie Czaban (Allied Health Assistant), Clinton Mitchell (Relief Maintenance) and Evelyn Chow (Customer Services Officer).

Consumer Feedback

In January our service received two complaints regarding excessive waiting times in the GP clinic, and one complement addressed towards our reception staff for going above and beyond in their role. We appreciate the time taken to give feedback on our service and are always looking to improve our consumer experience. Copies of our complements, comments and complaints procedure are provided on admission to all hospital patients and are available from reception or by asking any member of staff.

Telehealth

Telehealth is improving access to healthcare services for patients who live in regional, rural, and remote areas. Instead of having to travel to the nearest major city to see a specialist, an increasing number of patients are using video conferencing. It can save you both time and money. You can also have a family member support you during your appointment.

If you need to see a specialist, why not check if this can be done by Telehealth. SMCHC staff will help you make the booking and will ensure everything is in place ready for your appointment on the day.

Meet Our Team

#hello my name is... *Kellie*

I am one of the new community nurses at St Marys Community Centre. You may have seen me out and about on my rounds. Our service covers a large area from Fingal to Scamander and along the coast to Seymour.

My husband and I decided to “fly the coop” from our family home in Hobart now that our children have all grown up (but not necessarily left home yet!). I had been working as a community nurse in Southern Tasmania for the past 10 years and prior to that I worked as a general nurse in Victoria. I originally did my nursing qualification Melbourne in the Victoria in the 80s then updated my training through UTAS in Hobart.

I love working in the community where I get to get out of the office and see different places and meet new people. I have an interest in health promotion and public health, so I am keen along with my colleagues to work with the community.

We have two dogs so you may see me being pulled along the pavement, one is a crazy Smithfield, so I apologise in advance if he barks at you!

I am enjoying exploring the area and working with the great staff at the health centre.



SMCHC held a staff Christmas night out at St Marys Hotel a few days before the Tasmanian borders opened. A huge thank you to Tony and Bronwyn for a delicious feast. Wendi Snow-McLean (RN) and her partner Gus McLean entertained us with some songs at the end of the evening. Pictured (left to right) are Vanessa Spilsbury (our cleaner), Gus McLean, Alana Hendley (cook) and Dr Dave Jacobs.

SMCHC Community Newsletter

Issue 1 - February 2022

Day Centre

The St Marys Day Centre operates on Wednesdays from 9:00am - 2:30pm in our day room at the end of the hospital building. The group is run by our diversional therapist, Hayley Gilbert, supported by trained volunteers. As well as respite and social interaction, the program offers a range of group and individual activities based personal needs and interests.



Participant fees cover the cost of a two-course hot lunch, afternoon tea and craft materials. Occasional additional costs, such as for group outings are always discussed with clients in advance.



To enquire contact Hayley on 63875555 (available Tuesdays and Thursdays)

St Marys Hospital Auxiliary

I would like to take this opportunity to acknowledge the wonderful efforts and freely given contributions of our hard working "Tip shop" volunteers who due to their efforts make our ongoing cause so much easier and substantive. Also, to our committed members of our own committee for their ongoing input and support along with the great staff and team members of our wonderful Hospital a big "Thank you" and may we all together have a prosperous and rewarding 2022 with the welfare and wellbeing of our hospital clients foremost and forever in mind.

May I again issue our plea for anyone who could spare a couple of hours each month, we would certainly welcome you to join our committee and enhance our cause. Our next meeting is on 7th March at 2pm.

Kevin Faulkner
Secretary, St Marys Hospital Auxiliary
Tel: 0418 350 008



Volunteering Tasmania

What is a volunteer?

A volunteer is someone who contributes their time, skills and experience to an organisation or group and gives their time for free. In return a volunteer may gain work experience, broaden their own skills, develop new interests, new friendships and become more involved with the community.

Is volunteering for you?

For more information or to find a volunteer organisation call Volunteering Tasmania on (03) 6231 5550

St Marys Tip-Shop

St Marys Tip-Shop now offers a selection garden plants as well as donated and upcycled items. Electrical items are available at buyers own risk as there is no facility for testing. Come and find treasure amongst the trash - open Tuesdays and Thursdays 10am to 3.45pm and Sundays 2pm to 3.45pm.

Geraldine O'Connor and her team of volunteers have been working hard to make improvements over the past year, but more volunteers are needed – to enquire call 0417 292 414.



The Story of our Tip-Shops

Originally organised by Council, the tip shops operated with a donation system where people taking items were obliged to make a donation. This system was abused with even washers being used instead of coins. The collected money from the three “shops” (St Marys, Scamander and St Helens) was then distributed between St Marys and St Helens Hospitals.

A suggestion was made to the St Helens Auxiliary that they could operate the St Helens Tip-Shop following which they approached Council and eventually signed a Memorandum of Understanding five years ago. Gaining the trust of the Community, the returns from this have increased markedly over these past few years. St Marys Hospital continued to receive a similar sum as previously.

A couple of years ago a St Helens volunteer who lived at St Marys suggested that a similar Tip-Shop could be organised at the St Marys site and so for the past 2.5 years this has been the case with St Marys Hospital receiving those proceeds through their Hospital Auxiliary. This has been a very successful decision and both of our hospitals benefit.

I must reiterate that this would not be possible without the dedicated efforts of our great volunteers.

Margaret Osborne OAM
President,
St Helens Hospital Auxiliary

GP Practice

St Marys Community Health Centre
Gardiners Creek Rd, Road
St Marys, TAS 7215

Tel: (03) 63875555
Fax: 63722559

Reception is open Monday to Friday 8.45am - 5.00pm

There is NO EXCUSE FOR ABUSE. Verbal & physical abuse WILL NOT BE TOLERATED. People speaking or acting in an abusive manner will be asked to leave.

The GP practice will be closed for the Public Holiday on Monday 14th March 2022

SCRIPTS & APPOINTMENTS

Dr Latt: 21st February - 18th March

Dr Jacobs: 17th February & 1st to 18th March

Dr Newton: 16th to 18 February

There is a waiting list to see our GPs. Please ensure appointments are booked **PRIOR** to your medication/s running out. We are not able to offer appointments or issue scripts at weekends.

INR tests require a 5-minute consultation, please inform reception when booking your appointment. Scripts by phone still require a GP appointment.

Please ensure you write down the date and time of your appointment or request a card.

PATHOLOGY

We collect blood and other samples for pathology* 8:30am to 12 midday Monday to Friday (excluding public holidays). If you require a test out with these times, please contact the centre on 63875555 at least 24 hours in advance to make an appointment. Be advised you may have to wait as inpatient care and emergency presentations are prioritised.

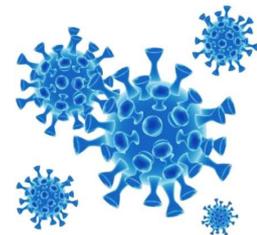
* Certain specialised tests may require attendance at an official Launceston Pathology collection centre.

FASTING BLOOD TESTS

Please do not eat or drink anything except water for 8-12 hours. Please take your morning medications. Note: pathology cannot accept samples where the fasting period has been longer than 15 hours.

Covid-19

Covid-19 vaccinations are not currently available at the health centre. RAT and PCR tests are not routinely conducted on outpatients unless symptomatic. For information on vaccination centres and testing sites see the government coronavirus website: <https://www.coronavirus.tas.gov.au/> or ring the Tasmanian Public Health Hotline on 1800 671 378.



Out of Hours / Emergencies

The hospital is open for emergency presentations 24 hours a day; however, doctors are not on site out with GP clinic hours. Where possible please ring in advance of presenting so our team can be prepared for your arrival.

Ambulance/Emergency: 000

GP Assist: 1800 022 222

Lifeline: 131 114

**Mental Health Services Helpline:
1800 332 388**



Royal Flying Doctor Service TASMANIA

We offer **FREE** services to anyone with heart conditions, lung conditions, mental illness or dementia in St Helens and St Marys!

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We support people to improve self-management and well-being through:

- One-on-one sessions
- Group exercise classes
- Prime Mover Program
(8-week group class for heart and lung conditions)



Get on the **MOVE** and be **PRIME** for life with the Royal Flying Doctor Service **PRIME MOVER PROGRAM**

HOW TO GET INVOLVED

Call Hannah on 0447 036 888 or email ph@rfdstas.org.au

Visiting the Hospital

Hospital visiting hours are 2-6pm daily. Only one visitor can visit at a time. Palliative patients in single rooms may have up to four visitors in attendance and are offered flexible visiting times.

All visitors are required to be fully vaccinated for Covid-19 and must wear a surgical mask at all times.



Visiting Services Calendar

The following services will be visiting SMCHC in the coming weeks:

Physiotherapist: twice weekly Monday and Wednesdays (health professional referral required)

Child Health Nurse (children under 5 years): next visit 8th Tuesday March (self-referral, call 1300 064 544)

Eyelines Optometrist: next visiting Thursday 24th March (call 6343 6333 to make an appointment)

Podiatry North: Monday 28th February (health professional referral required).

Wound Specialist: Wednesday 2nd March (referral via SMCHC Community Nurse and RNs)



Kentish Regional Clinic Inc

 **Bi+ Australia**
Support • Education • Research

 St Helens
Neighbourhood House

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

When: Friday 11th March 2022

Where: Bayside Inn, 2 Cecilia Street, St Helens

Time: 1.30pm to 4.30pm - registration from 1.15pm

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

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

Topics covered within this training include:

- Knowledge to assist individuals and organisations to offer an inclusive and welcoming service for LGBTIQA+ people.
- LGBTIQA+ definitions and the use of pronouns.
- To provide a deeper understanding and confidence in working with LGBTIQA+ people.
- To illustrate the potentially negative effects of non-inclusive service provision and the positive effects of inclusive, sensitive services.
- Information from the 'Who I Am' study by Dr. Julia Taylor and Bi+ Australia, on bisexuality and pansexuality.

Sharon Corvinus-Jones is the Chief Executive Officer for Kentish Regional Clinic Inc.

Sharon has been working in LGBTIQA+ training and education since 2008. Over this time, she has won 3 awards for her work with LGBTIQA+ suicide prevention and social inclusion strategies.

Sharon developed this training in 2017 to educate people in providing an inclusive practice and a supportive community for LGBTIQA+ people.

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

**For further information, please contact Natalie
at admin@kentishrc.com.au or 6491 1552**





BECOME A MENTAL HEALTH FIRST AIDER

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

STANDARD MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.

"I enjoyed learning the skills to be an MHFAider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia

? LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.

Dates:	1-2 March 2022
Time:	9.00 am - 4.00 pm
Location	St Helens Neighbourhood House
Cost	\$240-\$275
Facilitator	Jonathan Bedloe

🖱️ HOW DO I SIGN UP?

<https://events.humanitix.com/mental-health-first-aid-training-st-helens>



For more information, visit mhfa.com.au/courses





FISHING REPORT

By The Happy Hooker



The fishing along the east coast has been very consistent over the Christmas and New Year period. Beach fishing has been rewarding with some nice-sized salmon and flathead coming off beaches such as Four Mile Creek and the Wrinklers. Georges Bay at St Helens has been rewarding for holiday makers with the usual schools of salmon and tailor, and there have been reports of small kingfish mixed up below the schools. Schools of bream have been found feeding on sand patches at the Stockman's Flat area of the bay at Akaroa, and fishermen casting hardbody lures have been rewarded for their hard work with some nice sized bream.

Fresh water fishing is continuing to be productive at different waters around the state. Great Lake fly fisherman have had terrific sport out in the middle on bright sunny days, with a northerly breeze chasing trout cruising the waves looking for food of any sort. This type of fishing is known as shark fishing, and there have been reports of some special days, with the fish up and cruising about other waters such as Little Pine Lagoon, where the fish were smashing duns along the dam wall area around midday on the 3rd of February. The South Esk River in the Fingal Valley has really come back from the sad state it was in two years ago after a few years of drought and low water, when the inability to spawn and an over-population of cormorants really decimated the trout population. After the higher rainfall last year, the trout have been able to grow and return this fabulous fishery to somewhat its former state, as there have been some really nice-sized trout being taken using lures and fly. Lures such as the ever-reliable 'Celta'- type lures are lures that I don't know what they represent, but during the summer months the trout can't resist the temptation of a humble 'Celta'!

A trip to Woods Lake on 18th December 2021 had been organised to meet a friend from Queensland at Arthurs Lake and spend the day fishing. As you drive into Woods Lake, you have to descend a steep hill, which gives you the first glimpse of the lake's water, and it was quite evident that a big thick strip of white foamy water and numerous wind lanes had been generated the previous evening by the wind; the big foamy wind lane was snaking its way along a shore of the lake. It had to be filled with insects and food for the trouts' breakfast. Arriving at the boat ramp, you could see the tell-tale evidence of feeding trout in this foamy water; a trout was going about it's business snipping insects off the top. On the very first cast of the day, a trap was sent into its feeding path, with a two fly set up of a 'Black Spinner' and a 'Brown Klinkenhammer', and like taking candy off a baby, the black spinner disappeared in a lovely quiet take and the fight was on. My friend from Queensland is an avid fisherman, and I had talked up Tasmanian wind lane trout fishing on the trip into the lake, and he was fortunate to get the chance to experience nature at it's best, with feeding trout everywhere. The fish we caught were in great condition and gave a good fight. We fished Arthurs Lake one evening and had good sport chasing trout feeding on caddis flies up to dark.

8th and 15th January saw us on the South Esk River, walking along the banks casting 'Celta' lures like we have many times since our childhood; we had great afternoons catching some nice sized trout. A surprise catch was a smaller Rainbow trout, which must have been an escapee from a private hatchery upstream.

That was good, but then the tough times set in, with trips to Hughes Beach to catch a salmon or gummy shark for not even a touch, on the 14th January. Score, 0....

On 28th January, I left Fingal at 3.30am to be at Lake Leake before daybreak, the expectation in my mind was going to be a morning of trout feeding everywhere due to the previous day being quite hot and a big insect hatch must have occurred. I was on the water while it was still dark, and my fishing friends from Kalangadoo Bay were also at the boat ramp looking forward to the morning ahead, launching their boats. Once out on the water and slowly cruising across the lake looking for that ring or sign of a fish feeding, a nice wind lane was showing in the increasing light. "Right, game time." Turn the motor off, set up the electric motor, get the fly rods prepared, check water for food, "Yes, plenty of food, OK, now find the fish." And that's where the fairy tale ended, with not a sign of a trout feeding all over the lake. "Wow, disappointing," to say the least. The highlight of the morning was a meeting in the middle of the lake with my fishing friends in their boats, having a cup of coffee and a biscuit and listening to some dreadful music one friend thought may bring the fish up....that may have been the problem? Again, score 0!

On the Scamander River 3rd February, an early morning trip to catch a bream ended the same way as the previous trips, with not a fish boated, not even a touch or a bump from a lot of casting different lures of all sorts.....somehow I must have upset the fishing gods with the last four trips, for no fish - tough times.

Continued next page

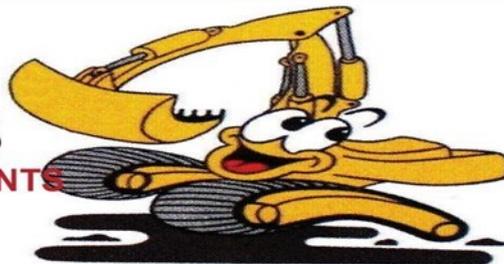
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Email: dana@cndexcavations.com.au**

PROUDLY SUPPORTING THE LOCAL COMMUNITY

THE HAPPY HOOKER *continued*

A trip to Lake Leake was organised for 6th and 7th February and to meet up with my friend from Queensland - also known as the 'Perch Whisperer' due to his ability to catch small perch - who had stayed at my camp at Kalangadoo Bay during the week. Once again the fishing gods were showing their hands with a tough day at the office on the 6th of February for one small Kamikaze trout who took my fly from nowhere just before dark. Up early on the 7th, out before daylight and searching the lake for a feeding trout, finally the fishing world is at peace with myself again and a couple of small but lovely trout boated. Around 9.00am, when the sun had poked its head over the eastern hills and was shining on the water, the trout became spooky and they stopped feeding, so a decision was made to head back and have some breakfast ourselves. On the way back, we were stopping here and there where a trout had showed itself with a ring on the water, when it was noticed that some cloud was building up and the slight breeze had stopped. We decided to stay out a bit longer. As soon as the cloud covered the sun up, the trout came again, ringing and feeding all around the lake in the calm water. The fish were feeding on emerging nymphs with the tell-tale signs of their dorsal fins breaking the water, not their mouths taking insects from the surface, so the reliable set up of a dry fly and the deadliest and most productive fly I use, a 'Red Buzzer' on a six inch dropper underneath the dry fly; this set up and undid a further six nice rainbow trout, boated and released to fight another day. I also had a couple of break-offs and the usual missed opportunities, and the unprintable words that follow when you stuff up. The fly fishing method in this circumstance is to find a feeding trout and to cast in front of these trout, and to watch the dry fly as an indicator, hopefully to see it disappear ever so elegantly when the fish take the buzzer underneath. The trick here is to be able to cast quickly and most importantly, accurately, to the size of a dinner plate; you really do need to be able to put the flies in the area where you expect the fish to be feeding in its path, as normally there are many natural insect on or in the water, as obviously that's why the trout are feeding. We had been out from 5.00am until 2.00pm, with some great site fishing during the session. The sea breeze started to blow in and our bellies and thirst told us we had had our day.



Lake Leake, a well-known fly-fishing

Until next time, tight lines!

SCAMANDER RIVER GOLF CLUB



Saturday 5th February - East Coast Surf Monthly Medal

Darren Bramich	69
Shan Wilmot	70
Dean Richardson	71
Dick Swanson	73
Judy Freiboth	75
Beth Haas	75
Best Gross:	Dick Swanson 83 (on c/b)
	Darren Bramich 83
Nearest the Pin	6th: Dean Richardson
	8th: Darren Bramich
Long Putt:	Shan Wilmot
Carter Award:	Marie Dunn

Tuesday 8th February - Ladies Stableford

Judy Freiboth	35
Gonny Creemers	36 (on c/b)
Rose King	32
Beth Haas	32
Putting:	Rose King

Wednesday 9th February - Midweek Stableford

Tim Upton	38
Jens Kalisch	36
Dick Swanson	34
Darby Munro	33
Rod Niven	33
Nearest the pin	8th: Tim Upton
Longest Putt:	Dick Swanson

Saturday 12th February - Club Day Stableford

Great field turned out on a beautiful day to post some excellent scores. Visitors from Tea Tree, Hobart and Philip Island. Great to see Zane and John back having a hit.

1st	Shaun Heyward	43 points
2nd	Zane Denman	39
3rd	Matthew Bird	36 (on c/b)
4th	Jodan Longfield	36
5th	Teena Ryan	35 (on c/b)
	Beth Haas	35
	Dick Swanson	35
Nearest the pin	6th: Dean Richardson	
	8th: Matty Cross	
Longest Putt:	Jim Haas	
Carter:	22 points, John Berry and John Denman	

Tuesday 15th February - Ladies' Hidden Nine

Maryanne Ennis	20pts
Margaret Thompson	15
Rose King	14
Gonny Creemers	14
Judy Freiboth	12
Nearest the pin:	Margaret Thompson

Malahide welcomed Scamander River Golf Club for the 'Malander Cup', played at Malahide Gold Course. We were treated to wonderful weather and some good scores.

Dean Richardson/Dick Swanson	74/68.75	<u>Scamander</u>	
Barry McGiveron/Shan Wilmott	79/68.75	Darren Bramich/Jodan Longfield	66
Maryanne Ennis/Brad Ennis	76/68.75	Dean Richardson/Dick Swanson	68.75 (on c/b)
Darren Bramich/Jodan Longfield	71/66	Maryanne Ennis/Brad Ennis	68.75
Darby Munroe/Graham Little	81/70.5	<u>Malahide</u>	
Alex Johns/Riley Plummer	83/68.75	Andrew Johns/Randall Wadley	61.25
John Vincent/Ashley Stone	77/69.25	Alex Johns/Riley Plummer	68.75
David Duthie/Rod Hunt	91/78.75	John Vincent/Ashley Stone	68.75
Nigel Wallace/Marie Dunn	85/72.5		
Andrew Johns/Randall Wadley	67/61.75		
Nearest the Pin,	4th: D Bramich	8th: J Longfield	

Congratulations to Scamander for keeping the cup until we next play.

A special thanks to all who organized the day, and to our wonderful catering crew.



Team captains Darren Bramich (Scamander River) and Andrew Johns (Malahide) with the Malander Cup.

MALAHIDE GOLF CLUB



Friday 4th February - Chicken Run

Riley Plummer	27
Ashley Stone	30
John Vincent	32 (c/b)
David Lowe	32
David Duthie	32
Randall Wadley	33
Stan Ellerm	35.5
Nearest the Pin	4th: David Duthie
	8th Rod Hunt

Well done, Riley, looks like he will have a target on his back for the Monthly Medal!

Saturday 5th February - Monthly Medal

Riley Plummer	89/68
David Lowe	85/69
Randall Wadley	89/70
Stan Ellerm	98/72
Ashley Stone	94/75
Andrew Johns	78/76
David Duthie	93/77
Nearest the Pin	4th: Riley Plummer
	8th: Andrew Johns

Congratulations to Riley on taking both the Chicken Run and the Monthly Medal...what WAS in that booster shot you had?

Friday, 12th February - Chicken Run

Just a little tune-up today, before we depart to Quamby Golf course tomorrow; as always it will be great to play at Quamby.

Ashley Stone	27.5
John Vincent	28.5
Bill Swan	29
Craig Woods	30.5
DB Lowe	30.5
Grant Richardson	33.5
David Duthie	37.5
Mike Prewer	41
Garry Lanham	46
Nearest the Pin	4th: John Vincent
	8th: Club

Saturday, 13th February, - Quamby Shield, 2-person Ambrose

Congratulations to Quamby for a resounding win. An excellent day was had by all, course was in top condition as always. Thank you to Quamby for providing egg and bacon sandwiches before start of play, and for the hamburgers at the completion of play.

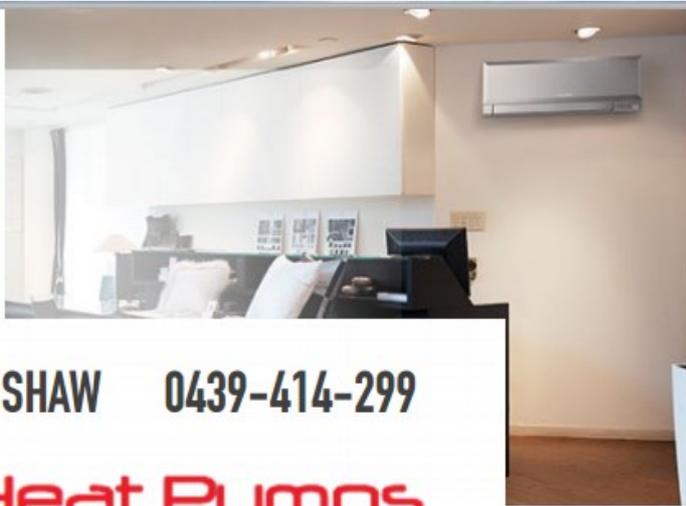
Results

Quamby Golf Club 476, Malahide Golf Club 519.75

Quamby	
H Garratt/L Burridge	63.25
W Rootes/A Wood	65.5
R Scott/J Green	67
D Singline/C Lawrence	70.25
S Watterson/H Garratt	70.5
C Tuck/R Lonergan	71.5
Malahide	
Shay Ward/Graeme Olds	66
Andrew Johns/Scott Lowe	70.5
David Duthie/Garry Lanham	72.75
Randall Wadley/Stan Ellerm	77
DB Lowe/Robbie Matthews	77.75
Ashley Stone/Grant Richardson	79.5

Nearest the Pin	2nd, 11th:	L Burridge
	5th, 14th:	L Burridge
	7th, 16th:	Stephen Lowe
	9th, 18th:	W Rootes (Eagle)





NICK SHAW 0439-414-299

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ST MARYS SPORTS CENTRE

By Volun Tier



Welcome back everyone to a new year at the Centre. A few busy months have passed, seeing many events come and go.

Firstly to the Clive Berwick Memorial triplets, well attended and very competitive bowls on the day, huge thanks to Drew for bringing 6 rinks of players from Launceston and also for his input into such an important event for our club. He also played in the winning rink alongside Peter and Macca. Well done to all who pitched in, especially for the catering that had everyone well fed and watered on the day.

At our next event, we hosted the Veterans Golf in mid-January, which saw a field of 24 tee off and enjoy our course and facilities. It is so gratifying to see the vets back at the club, and thanks to David and his crew for including us in the roster for four games this season. Winner was our own Rodney McGiveron, who blitzed the course to win comfortably; local knowledge the key we believe.

Whilst on golf, one of our new members, Jason Gledhill, organized a phone-a-friend day, which went down a treat, seeing 10 golfers, including first-timers, teeing off for the 9 hole event, winners receiving a free membership to the club courtesy of Jason, and the BBQ and drinks afterwards went down a treat. It would have been one of the first times an ambulance has had to attend to a patient on the course, with one unlucky golfer dislocating his knee. Hope you have a speedy recovery, Steve.

Amongst all this, we have had some interesting bowls matches, and firstly to pennant. The previous week, in a mad tussle for finals berths, saw us suffer a setback against Bicheno to go down narrowly by a couple of shots over all, that had us slip perilously close to being eliminated from the finals, but in the last game we took on Swansea at their home rink and came away with an exciting 2-shot win over all, and some valuable points that has seen us go back to second spot on the ladder. This week, we host Scamander at home in the toughest game of the round; we hope to perform well to maintain a spot in the finals.



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To our club games and how well-supported they have been by players and people viewing the games. A hotly-contested men's final was played last weekend, with Jeff Matters coming out on top of Rodney McGiveron to claim the title, well done to all who competed and made it a true club event. There are still a couple of games to complete in the mixed pairs, and then the men's and ladies' pairs to finish off the titles, with reports on those in the next issue. This week also saw the State RSL pairs final, and in an exciting day's play, locals Garry Laycock and Sue Bean won the final over competitors from around the state, a couple of whom spent several days here prior to the game to get 'acclimatised' to our local conditions. Well done all for a well-organized day.

Our memberships are still filling and this week we hit the unprecedented 90, numbers not seen for many years at the Centre, which indicates we are heading well and truly in the right direction, and along with the ordering of our new shade cloth to go all around the rink and also final stages of procuring an updated golf greens mower, all goes well for the future of the Centre. Also, nice to see so many of our new members pitching in around the course and clubhouse and offering suggestions towards fund raising and organizing events; thanks to you all.

Until next issue, good hitting and rolling.

C & D's

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