



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 54.06 28th April 2022

Deadline for 54.07 is at 5.00pm on Monday 9th May 2022

WE REMEMBER THEM - ANZAC DAY 2022



Karen President Fingal/Mathinna RSL Sub-branch and piper Selina Lyons after the Dawn Service at Mathinna.



Fingal resident Carol Bates attended the 11.00am service at Fingal with her family.

Anzac Day 2022 was well attended at both the Dawn Service held at **Mathinna** and the 11.00am service at **Fingal**.

President Karen Brady of the Fingal/Mathinna RSL Sub-Branch spoke and provided a commemorative speech honouring WWII Veteran Corporal Geoffrey William Hughes at both services.

Wreaths were laid at both services by the Sub-Branch, students and community groups.

Mathinna/Fingal photos courtesy of Robert Parsons, text courtesy of Louisa Rhodes.

The **Avoca** Anzac Day Service at 11am heard an emotional story of guest speaker David Downie's uncle, an English soldier who served in WW2. After the service the Avoca Museum and Information Centre Committee served an enjoyable BBQ and afternoon tea, enjoyed by all.

Pictured right, Poppy and Gwenyth Loane are laying a wreath from all students from the Avoca region and the Campbell Town District High School students.

Courtesy of Mary Knowles AM, Mayor, Northern Midlands Municipality





Brian Mitchell MP
Your Federal Member for Lyons

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Valley and East Coast Voice

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

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

Articles for publication may be left at the Fingal Valley Neighbourhood House, St Marys Pharmacy, posted or emailed.

We do not accept responsibility for the accuracy of information provided by contributors.

For online advertising or any other advertising queries, please contact the editor.

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

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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.

A MOTHERS' DAY MEMORY

Once upon a time, St Marys provided permanent in-hospital care for elderly local residents. This allowed people to remain in familiar loved surroundings with close contact with family and friends. Hence, back in the 1980's and early 1990's, Peter and I, together with our 6 home-schooling children, made regular Sunday visits. We played and sang well-known hymns, and the residents enjoyed this community sing-along. On special occasions such as Easter, Christmas, Fathers' Day and Mothers' Day, we handed out small gifts. One particular Mothers' Day is etched in my mind and heart - permanently engraved because of its beauty and simplicity.

After the singing and chatting, we handed out bunches of home-grown sweet peas to all the mothers. Each eagerly received the flowers with joy; many recalling the happy times when they grew such beautiful fragrant flowers in their own gardens. I approached a dear elderly lady I had known all my life. She was a former resident of Cornwall. As I went to hand her her bouquet, she abruptly withdrew her hands to her lap. She slumped back into her chair. A dark cloud of sadness and pain covered her face. Tears of grief trickled down her age-worn cheeks. In a shaking voice, she said, "I can't take those, dear. You know I'm not a mother."

A thunderbolt of dismay hit me. In my eagerness to bless these precious women on Mothers' Day, I hadn't given any thought to any 'non-mothers'! Holding the sweet peas in one hand, I placed my other hand on her trembling hands. Words of wisdom and healing, not of my making, tumbled from my mouth. "Dear Mrs Hall, it is not giving birth to a child that defines a mother heart! A true mother is the woman who displays a mother heart. A woman who loves and cares and gives of herself to benefit others. A woman who has empathy and compassion for all children!"

She raised here eyes to mine. They now contained a glimmer of hope. I continued, "From what I remember from my frequent stays at Cornwall, you always demonstrated your beautiful loving heart to every child in the town." She clasped my hand warmly and smiled. Proudly she said, "I did. Indeed I did!"

"Mrs Hall, that is what makes you a true mother! Equal to all these wonderful mothers." All the elderly women nodded their heads. Smiling, they looked tenderly at Mrs Hall and in total agreement said, "That is true indeed!" These were women who knew her. She smiled at her fellow mothers. She eagerly reached out her hands to receive her own bunch of sweet peas. She held them close to her heart. Tears of joy ran down her cheeks. Her face now radiated the sweet fragrance of healing! All the sadness, exclusion and pain she had endured every Mothers' Day was swept away in that precious moment.

From that moment onward, she would welcome every Mothers' Day. She now shared equally with other mothers in celebrating and accepting the honour, gratitude and love given to women on this special day.

Beverley Rubenach, Gray

May, 2022



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For more information, visit www.communities.tas.gov.au/housing/home_ownership





The Say by the "Cage Rattler"

Call me old and crotchety but I'm whinging. Lately I've begun to get very sceptical about how people like us seem to get treated. So, we choose to live in small communities such as the Fingal Valley. Should this then restrict us to some services and improvements that larger populated regions get? It shouldn't, I would think. However, the more accurate statement may well be that it does impinge on certain things. I will give a couple of basic examples....

St Marys Main Street, east of the Town Bridge. How come all we seem to get is a patchwork fix of the section from the pub corner to Newman Street? It was re-patched only a little while back and it's already having issues if you look closely. Won't be too much longer and more pot holes and ruts will be a bane again. I happen to know a really nice bloke and new resident of the town with over half a century of experience of road building, and he's commented that it has to be fixed properly. But it's not....if this was happening in more populated and, dare I say, popular tourist destinations, this may well have been dealt with more permanently way sooner than this!

Still on local roads. The road from the refuse dump to basically the beginning of Elephant Pass. It's narrow, unmarked, and the shoulders are sharp and needing attention. This road is a key access for travellers, campers, tourists and such to the East Coast, and given the size of the motor homes, caravans, boats and delivery trucks that need to ply these awkward several kilometres more and more, you would like to think that a decent upgrade in regard to width and edges, if not proper marking and safety and warning signage, would have happened by now. Remember too that this road is required to be travelled by school buses.... Why do we never hear of meaningful stuff on this?

Still on roads and something I briefly mentioned again in the last Cage Rattler; access to South Sister Lookout for conventional vehicles. It's almost embarrassing that it's getting to a point that you have to discourage visitors having a look at that amazing place unless they have a substantial four wheel drive vehicle. I've been up there several times, and once upon a time and not too far back, you could actually get a normal car there to the base of the track without too much panic.... I'm beginning to wonder if it's not going to be a 'too hard basket' case again...maybe something similar will occur with St Patricks Head Track and Meadstone too....

Tasmania is being touted as a "hidden gem", and "an island of wonders", and such phrases. It truly is, but accessing some even more hidden gems like I've just mentioned within the Hidden Gem Island doesn't always seem as equitable everywhere across our beautiful State. Tourism dollars is a big deal, and not just to the big ticket places like Cradle Mountain, Bay of Fires, Tasman Peninsula, West Coast Wilderness, Tarkine and other Tassie icons. We all pay the same taxes, we speak the same language and no doubt we all would love our visitors to share in some of our unique attractions, without risking life and limb to do it.

This leads me to a request. Thankfully, locally in the very near future, there are meetings to be held to give insight into things we'd like our local government to think about, and also in regard to the towns affected by all this. Fingal Valley towns are certainly in this category, and each town will host one of those meetings. Thank you to Cr Janet Drummond for making me aware of them.

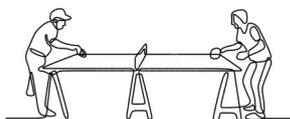
Please check out via BOD website and such when your meeting is happening, and try and attend and have your say. This is very important for future planning and strategy. Also, please nail the State and Federal polities to remind them....yes, we are here, we want things done, and we want them to listen properly.

As I write this, about 9.00am on ANZAC Day, I must say it was wonderful again to attend a beautiful Dawn Service at the Cenotaph this morning. Well done to our terrific local crew and all that attended another respectful, sombre and poignant service. It was great.

What do you think?

After School Junior Table Tennis

starts Monday 8th May at
St Marys District School @ 4.15 pm



Adult Table Tennis

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11TH - 13TH JUNE 2022

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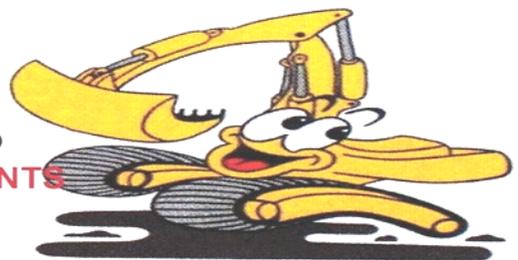
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Alex lives locally in Bicheno and is available to assist clients with all legal matters. Appointments are by arrangement in Swansea, Bicheno, St Marys and St Helens. With nearly 15 years' experience working as a Barrister & Solicitor in Tasmania and 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



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kylie.wright@bodc.tas.gov.au

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**Community Wellbeing
Conversation**

Share your wellbeing hopes and ideas for our community. Learn a little bit about wellbeing and how we can create more of it for ourselves and those around us. Connect with others keen to grow wellbeing in our community.

- St Helens. Mon 2 May 6:00 – 7:30pm @ Trade Training Centre
- Scamander. Wed 4 May 5:30 – 6:30pm @ Sports Complex
- St Marys. Wed 11 May 5:30 – 6:30pm @ St Marys Hall
- Falmouth. Wed 18 May 5:30 – 6:30pm @ Community Centre
- Fingal. Mon 9 May 1:00 – 2:30pm @ Fingal Valley Neighbourhood House

Come along to find out more about the Break O'Day Community Wellbeing Project and how you can be involved.

Invite us to your community group for a wellbeing conversation.

For more information contact Leah Page at Break O'Day Council
wellbeing@bodc.tas.gov.au 03 6376 7900 Visit
www.bodc.tas.gov.au/community/health-and-wellbeing/ or find out more on the Break O'Day Community Wellbeing Project facebook page.

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STAR FM Program Guide		Mon	Tue	Wed	Thu	Fri	Sat	Sun
		Brekkie	Start your working week with Star FM	Fruity and Loopy with Flashy	I see Stars with Sandy	Flashback Retro Breakfast with The Flash	Muesli and Milk with Magilla	Saturday's Sunny Side Up with Manny
Morning	Get Sand between your toes with Sandy	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		
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	
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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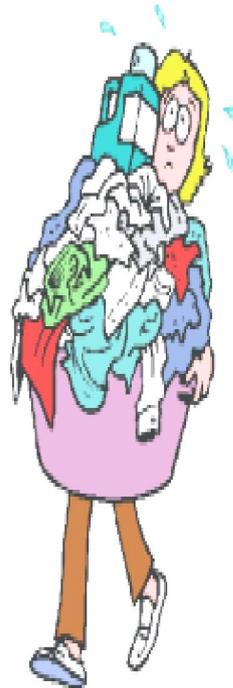
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2023-2029

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COTA Tasmania is undertaking community consultation activities to support the development of the next Strategy for Older Tasmanians. We want to H.E.A.R how you stay **Healthy**, **Engaged** and **Resilient** as you age. As part of this we have developed a short survey to reach as many Tasmanian's as possible, alongside holding in person events with community partners across the state.

Whether you are 40, 75 or 105 years of age (or any age in between!) what are your experiences of ageing in Tasmania?

- What does ageing mean to you?
- Can you access the services and supports you need?
- What do you think Tasmanian's need to age well?

You can complete our survey using this QR code or head to:
www.cotatas.org.au/information/consultation
(if you'd prefer a hard copy to be posted, please call us on 62 313 265).



All face-to-face activities will be planned in a Covid-safe way, in small groups.

Have your say on the future of YOUR Township

Council is now reviewing all township plans and we need your input.

Township Plans are developed in collaboration with the community and provide Council with an understanding of each community's needs and how we can work together to achieve them.

Drop in, take our survey and chat to Council Staff about what is important to YOUR community in YOUR town.

If you are unable to attend the session you can take the survey by scanning this QR Code or check our website, My Community / Community Engagement or our Facebook page.



TOWN	Date	Location and Time
PLEASE NOTE THE DATE CHANGE FOR BINALONG BAY NOW SATURDAY MAY 28		
		2:00 - 3:30pm @ Cornwall Community Hall
Fingal	6 April	4:30 - 6:30pm @ Fingal Valley Neighbourhood House
Mathinna	13 April	4:30 - 6:30pm @ Mathinna BBQ Shelter
Scamander	4 May	4:30 - 6:30pm @ Scamander Sports Complex
St Marys	11 May	4:30 - 6:30 @ St Marys Community Hall
Falmouth	18 May	4:30 - 6:30 @ Falmouth Community Centre
Binalong Bay	28 May	9:30 - 11:30am @ Foreshore carpark near tennis courts



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MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

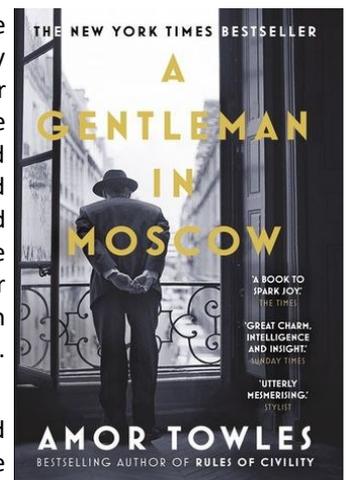
Written by Pam Bretz

"A Gentleman in Moscow" by American writer Amor Towles proved to be one of the most popular novels our Book Group has read. In so many ways, this is a book for our times, even though it was published in 2016. It would have been the perfect book to read during COVID lockdowns, given that it tells the story of a man confined for a lifetime in one building! Alexander Ilyich Rostov, recipient of the Order of Saint Andrew, Member of the Jockey Club, Master of the Hunt", and heir to the family estate, Idlehour, is sentenced in 1922 at the age of 32 by the Bolsheviks for being an aristocrat. He is spared execution by having his name connected to a revolutionary poem, actually penned by his old friend from student days, Mishka, and instead is condemned to spend the rest of his days in the famous Hotel Metropol where he has been living for the past four years since losing the family estate to the new regime. He is forced out of the luxurious suite of rooms into something like a storage cupboard on the 6th floor, and for the next 30 years this hotel is where he spends his days.

The Count does not let himself be cast down by this turn in fortunes. Liked by the staff of the hotel for his gentlemanly courtesy and good nature, he continues his gentle routines: his weekly haircuts from the hotel barber, Yaroslav, his visits to the squint-eyed seamstress, Marina, for clothing repairs, his daily lunches and dinners in the beautiful dining room, the Boyarsky and the evening visit to the Shalyapin, the bar. Lifelong friendships are forged with the refined headwaiter Andrey and Emile, the large chef who works magic with sometimes limited ingredients. Various people come into his life, most notably a glamorous film actress, Anna, and a precocious nine year old girl called Nina, both of whom provide reasons for living. Perhaps the most unlikely connection he makes later in the novel is with Osip Ivanovich Glebnikov, an officer of the Party who wants to better understand American culture during Cold War times, and with whom he regularly dines and then watches American movies, his favourite being Casablanca. This friendship serves him well towards the end of the novel, but no spoilers here!

The Count is a cultured, educated and well travelled man, and he finds solace in literature and philosophical conversation, but his spirits flag during the Stalinist era to the point where he contemplates ending it all. He is saved by the humble old handyman who keeps bees on the roof of the hotel. The Count assumes another role, that of guardian to Nina's 6 year old daughter, Sophie, and for the next decade he learns to be a father! Be assured that the Count's positivity, generosity and humanity are rewarded in the end and you will close the book with a smile on your face.

The tone of the novel is whimsical and the story is told at a leisurely pace. Filled with interesting characters, life in the microcosm of the hotel carries on despite the horrors of what is happening in the outside world - famine, brutality, World War Two, Siberian exile to the Gulag. All this is dealt with in footnotes from an omniscient narrator and the occasional accounts from visitors to the hotel, but the Count's daily life is the world in which the reader is absorbed. At this time of war in Ukraine, the novel also seems very current as the characters try to analyse the nature of what it means to be Russian. The Count's life is a testimony to the power of resilience, acceptance and fairness and we all found the novel enjoyable and ultimately uplifting.



Mayor Mick Tucker
- serving all of
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 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.



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

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.



SCAMANDER GARDEN CLUB



St Helens Garden Club joined with the Scamander Garden Club, and with a record eighteen apologies, we were thrilled with the turnout. President Marj Aulich welcomed members and visitors with her joyful thanks for their participation. We also had Mark from Allan's Prospect Garden Centre intrigue us with his colourful array of all things you need, and also plants that would love you to take them home, plus an assortment of children's clothing, made from Alpaca wool and brought to Tasmania from a Peruvian friend. Mark addressed us and also answered gardening questions. One of the products was dehydrated wheat or lucerne and a bag covers 75 square metres. Mark suggested we use 'Fusilade' herbicide on bad grass and bamboo, using 2mls per litre. Yates Success is good for killing green shield bugs and cabbage moths. I walked away with a lipstick variety of Acer Rubrum or Canadian Maple, which we later planted in honour of Her Majesty Queen Elizabeth's 70 years of service. The garden club will plant something special later as well.

A reminder was given that there is a project 'Weedscan', a project which identifies and records weeds across Australia, to form a database. You can participate by taking photographs of weeds in your garden, on the street, on your bushwalking or seaside stroll; in fact anywhere you see a weed. Photograph it as a whole plant, take another close-up of leaves, the flower, growth habit and distinguishing features if any. Submissions close in June 2022, so get more details from, and send each photo separately, to <http://weeds.org.au/identify/weeds-photosubmissions>

Everyone said they enjoyed their East-Coast jaunt on Franklin's bus, seeing gardens and having a scrumptious fishy meal and a 'berry nice' ice cream. I did not go, so I'm sorry I can't enlighten you further. Peg Ryan added photos on her Facebook page and Ann Bennett's garden was a delight.

Competition results:

Flower of the Month, Chrysanthemum: First, Steve Bogar; second Peggy Bogar; third, Di Curtis.

Any Flower: Equal first Tennice Ticehurst and Peggy Bogar; equal second Stephanie Piper and Margaret Forsyth; third Di Curtis.

Floral Art: First Peggy Bogar; equal second Di Curtis and Sandra Flannery; third Steve Bogar.

Fruit and Vegetable: Equal first Peggy Bogar and Tennice Ticehurst; second Andrew Simes; third Nici Livings.

Next meeting will be on Monday 16th May at the Scamander Sports Complex. Doors open 1.00pm. Do come along.

Peggy Bogar, Secretary.



The prize-winning effort in the 'Floral Art' category, by Peggy Bogar.

We meet at the Scamander Sports Centre, on the third Monday of each month. Doors open at 1.00pm for a 1.30pm start. Cost per meeting is \$2.00, with raffle tickets being 50 cents each. Please bring a plate of finger food to share. Judging of flowers, fruit and vegetables each meeting.
Enquiries - Peggy Bogar, Secretary. Phone 0459 027 306



HISTORY GROUP LOOKING FOR VOLUNTEERS

The **Fingal Valley Neighbourhood House History Group** are seeking more volunteers. We have many projects to get involved in and would like to encourage anyone interested to make contact via email - History@fvnh.org.au, or leave a message with Shirley on 6374 2344.

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



ST MARYS CATHOLIC PARISH

WEEKEND MASS:

ST HELENS:	Saturday	5.00pm
	Sunday	4.00pm
ST MARYS:	Sunday	9.00am
BICHENO:	1 st Sunday	11.00am
FINGAL:	2 nd and 4 th Sunday	10.30am

WEEKDAY MASS:

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

Parish Administrator:

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



**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

UNITING CHURCH

Corner Grant Street and Seymour Street, FINGAL

Regular Services:

1st and 3rd Sunday of month: 10.00am

2nd and 4th Sunday of month: 11.15am

For further information, contact Joan on 0458 598 870.



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

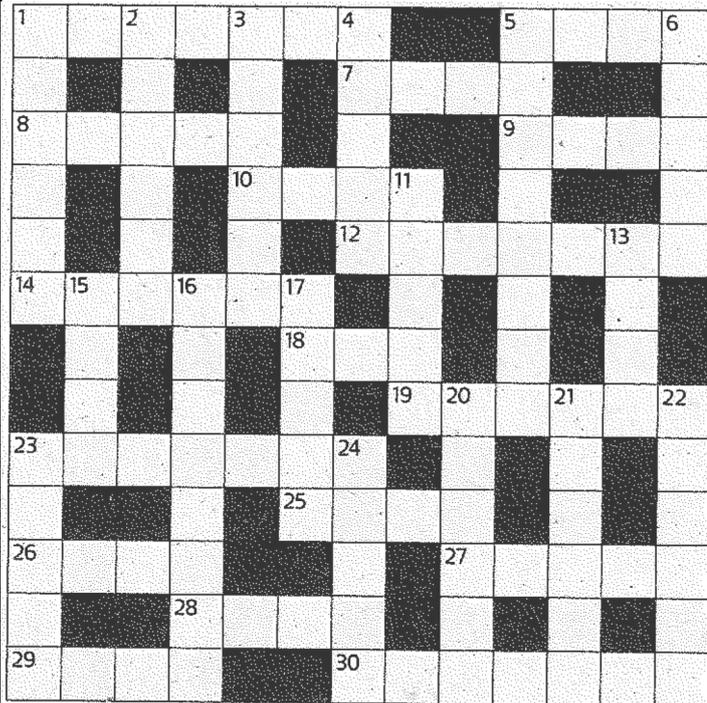
tamara@harrisfunerals.com.au

Member of the

Australian Funeral Directors Association



Crossword 54.06



- | ACROSS | DOWN |
|--------------------------------------|------------------------------------|
| 1. Wedge-shaped (7) | 1. Pill (6) |
| 5. Weatherman, Michael ___ (4) | 2. Poor person (6) |
| 7. Killer whale (4) | 3. Hang onto (6) |
| 8. Outspoken (5) | 4. Wooden pin (5) |
| 9. Metal money (4) | 5. Plastic surgery operation (4-4) |
| 10. Prayer ending (4) | 6. Convenient (5) |
| 12. ___ of Broadway, song & film (7) | 11. Ward worker (5) |
| 14. Chair of state (6) | 13. Twisted (4) |
| 18. Public vehicle (3) | 15. Sea fish (4) |
| 19. Housing complex (6) | 16. Submissive (8) |
| 23. Hanging ornament (7) | 17. Everly's hit, ___ Eye's (5) |
| 25. John Lenon's wife, ___ Ono (4) | 20. Ruined (6) |
| 26. Large pool (4) | 21. Shopping precinct (6) |
| 27. Incensed (5) | 22. Virtuoso (6) |
| 28. Unclothed (4) | 23. Airman (5) |
| 29. Pulled tight (4) | 24. Turret (5) |
| 30. Withdraw (7) | |

Fingal Online Access Centre

29 Talbot St. Fingal
Tasmania 7214

Phone (03) 6374 2222

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

The Fingal Online Access Centre is open from
9.00am - 2.00pm daily, except
Wednesday: 9.00am - 1.00pm

adhering to strict conditions of social distancing.

All our normal services are available.

Free WI-FI

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



Free
Wi-Fi

6.00am - 9.00pm

St Marys Library

31 Main Street, St Marys

(03) 6387 5602



Opening Hours:

Monday: 12.30 - 4.00pm
Tuesday: 10.00am - 12.45pm
Wednesday: 12.30 - 4.00pm
Thursday: 10.00am - 12.45pm
Friday: 12.30 - 4.00pm

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

CLASSIFIEDS

Moo Poo

Phone Normie
6372 2380



EASTCOAST REMOTE CONTROL FLYERS

Remote-control flying every Sunday at 145 Reids Road, Priory (St Helens) from 9.00am.

Visitors welcome.

Phone Paul on 6372 2529 for more details.





ST HELENS WALKING GROUP



This **Wednesday** walk was led by Wendy to Ferntree Falls, pictured below. The falls were in flood after two days of rain, so they were spectacular. Wednesday was a wet one, but the wet weather made the Falls fantastic which the eleven walkers certainly enjoyed. The walking was easy and flattish, and a little shorter than usual.

Our 'Clean Up Australia' event this year was a 6 km walk on the 2-Quarries Track: - a figure-8 loop starting at the MTB Hub on Flagstaff Road, and heading south to a large, active quarry. The eight walkers then returned via a forestry road, past a disused quarry and across Basin Creek beside the washed-away bridge. We were all surprised at the amount of litter we collected. We often collect rubbish on our walks here in Tassie, unfortunately it isn't getting any better. Fast food containers, cans and bottles dominate the rubbish along our magnificent walks and many roads. We have been taking our "Picker Upperer" and a couple of plastic bags on many of our walks, and firmly believe that every bit helps. We also report issues on this free and excellent app, it really works: <https://www.facebook.com/snapsendsolve>



As part of the 'Clean Up Australia' event, walkers collected litter as they made their way along the 2-Quarries track.

As well as the 'Clean Up Australia' event with walkers on **Wednesday 9 March**, there have been a number of collections over the past six weeks. Areas have included The Gardens area along Dog Kennels Road and the Argonaut area. Local hotspots continue to be monitored.

When is a walk not a walk? When the Walking Group tries out Dragon Boating! Ten enthusiastic St Helens walkers donned lifejackets and climbed into the dragon boat to paddle around Georges Bay. The group split into two and some wandered the walking track waiting for the second run. Because of the direction of the wind, the bay was a bit choppy, so we launched the 10-seater at the foreshore instead of the sailing squadron. Thanks to the Georges Bay Dragon Boat Club members, five of whom are also walkers, and sweep Peter Jamieson, for their guidance. Hopefully the brief introduction to the dragon boat was enjoyed by all. Great reciprocity between community groups and many thanks to those involved with the St Helens Dragon Boating group for this taster.

Only five came to St Marys on this Saturday walk to South Sister. Ashley led us on a loop walk to the west around Derricks Marsh from where we could see Teapot Rock. Then a climb to the lookout on South Sister, where we had an early lunch taking in the great views.



Perfect conditions on Blue Tier.

Eleven walkers had perfect conditions for the walk on The Blue Tier for this Wednesday walk. There was a gentle climb to the old Summit mine where the remains of the old aerial haulage that took the tin down to Anchor Stammers could be explored. Walkers then followed the ridge line to Australia Hill, where there were wonderful views including Georges Bay, Mts Victoria, Albert and Ben Lomond in the distance. Walking traversed beautiful stands of sassafras, myrtle and Pepper Berry, with lots of bright fungi, brilliant green mosses and ferns.

Another Wednesday walk in March was led by Andi, walking from the Airport to Dianas Basin. This was a variation on our earlier attempt to walk to Dianas Basin. The walking was easy on good tracks and on to Onion Creek beach. There was a small wet area to cross on a log and some gentle ups and downs on the slopes. Tea/coffee was provided on arriving at Dianas Basin whilst waiting for the car shuffling to be completed.

Visit St Helens Walking Group, NE Tasmania on Facebook, where there are lots more images of our beautiful areas for walking. If you like what you see, become a member, doesn't cost you very much and it gets you out and about exploring this wonderful municipality.



Picturesque Ferntree Falls.

St Helens Walking Group - 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). For more information contact **Pam Bretz on 0439 547 529 or Alex Buchanan on 0428 287 753**



TJ ACCOUNTING

0410 051 082 – *Call now for an obligation free chat.*

Tax Returns/Bookkeeping/BAS/Audit/ Finance

tjaccounting13@bigpond.com
www.tjaccounting.com.au

**Where: Business Enterprise Centre – Break O Day
Shop 1, 34 Quail St, St Helens, TAS. 7216**

**20 Tasman Highway
Bicheno TAS 7215**

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




St Marys Op Shop

Autumn and Winter 2022

From 4th April until 3rd October 2022

Monday - Friday

10:00am - 4:00pm

First Saturday of each Month

10 00am - 1:00pm

Phone: 6372 2889

Look for our flags and signs in the carparks.

Directly behind the Town Hall. Plenty of parking available.

St Marys PHARMACY

44 MAIN STREET, ST MARYS

Ph 6372 2844

Kodak prints from 45¢

Ear piercing \$27,
 includes earrings and solution.
 Talk to our qualified staff;
 Andrew, Sally, Sue and Alice.



OPEN MONDAY TO FRIDAY

9.00AM TO 5.00PM

Pharmacist Andrew in store all day.

ACTIVE4LIFE BREAK O'DAY



ACTIVE4LIFE BREAK O'DAY

Looking for a program to help meet your health & wellbeing goals?

WE HAVE PROGRAMS IN ST MARYS (COMMUNITY GYM) AND ST HELENS (FITNESS CLASSES)

Our programs are for all ages and abilities 16+ years

More info:

E: Active4Life@fvnh.org.au for a program to suit your needs

Active4Life Break O'Day

Fingal Valley Neighbourhood House Inc supports a range of activities to promote health and wellbeing across the local area.

St Marys Active4Life is based in the community gym at St Marys Recreation Ground. The Operating Hours are 6.00am - 10.00pm, 7 days per week, 365 days a year. New members always welcome.

St Helens Active4Life programs are held Mon/Thurs mornings with fitness circuit classes. New participants welcome - subject to availability. Email Active4Life@fvnh.org.au for more info.



St Marys Active4Life Timetable version 7.2.2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am				Group Fitness Session 1 9-10.30am			
10am		Fitness Training 10—11.30 Session 1				Body Pump 10-11am	
11am		Fitness Training 11.30-1pm Session 2		Group Fitness Session 2 11-12.30pm			
12pm							
1pm		Fitness Recovery 1-2pm					
2pm		RFDS Exercise Physiology 2-4pm		RFDS Exercise Physiology 2-4pm			
3pm			Body Pump 3:30pm—5.00pm				
4pm							
5pm				Yoga 5.15-6.30-pm		Contact us E: Active4Life@fvnh.org.au  Or  Find us on: facebook	
6pm		Youth & Adult Boxing 5:30-7pm			Strength & Fitness 5:30pm - 7pm		
7pm							

[\(5\) Active4Life Gym Break O'Day |](#)

St Marys Community Health Centre Community Newsletter

Issue 3 - May 2022

Welcome to the third edition of the 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 hope everyone had a safe and happy Easter with their family and loved ones. I would like to thank all the staff at St Marys Community Health Centre who worked over the break and continued to provide service to the community - Thank You.

Staff continue to work and go the extra mile during this difficult and uncertain times, which does not go unnoticed and appreciated.

Sharen Cook
Director of Nursing



Consumer
Feedback

Telehealth

Meet Our Team

St Marys Hospital
Auxiliary

Day Centre

Volunteering

Visiting the
Hospital

GP Practice

Visiting Services

Monthly Event
Calendar

Consumer Feedback

In April our service received two compliments for outstanding care from all of St Marys staff. We appreciate the time taken to give feedback on our service and are always looking to improve our consumer experience. Copies of our compliments, 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... **Clinton**

Hello, my name is Clinton Mitchell and I have just been appointed as the Casual Maintenance Officer at the St Marys Community Health Centre. My role will be to support the current maintenance coordinator, Ian Bradbury.

I am born and bred on the East Coast of Tasmania, and both my parents were local to the Valley. I completed my education at St Marys District School. In my personal time I enjoy collecting old bottles, playing eightball, socialising and fishing.

I have lived in this area most of my life, who could blame me. I love the East Coast of Tasmania, the lifestyle, and the environment. If you see me around, say hello.



St Marys Hospital Auxiliary

Since our last edition we have had the pleasure of welcoming another new member, Jeanette Gilbert, to our Auxiliary committee which is quite heartening to existing members.

Our Easter raffle, run to support our fundraising efforts, successfully raised \$791 and was won by Gloria Ward, 1st prize and Christine Rowntree, 2nd prize. Our congratulations to the winners and thanks to all ticket buyers and sellers.

We recently were able to provide a new ECG machine for our hospital, replacing the old ailing one which was also provided by our Auxiliary in previous years. For the patients and staff utilizing such equipment, acknowledgement of its vital importance is realized.

We also were able to approve at our last meeting, the purchase of a new "Snuggle bed" for the Palliative care ward at the approximate cost of \$32,00; this was assisted by a generous donation from the late Jack & Joyce Wines family. Our sincere thanks to them. Great comfort and consolation will be the reward to those who require use of such equipment.

Once again, our appreciation & sincere thanks to our dedicated "Tip Shop" and Auxiliary members for their efforts allowing projects such as the above mentioned to happen.

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

Day Centre



With Easter just around the corner the St Marys Day Centre have been putting the finishing touches to our Easter crafts and packing orders for sale. The group has done a wonderful job with this craft. Fine motor skills of sewing, alignment, individual creativity, and concentration have all been used in this project. The group is now finishing off one last Easter project of over-sized pom-pom rabbits. These are taking some extra time due to the size but are a very social craft as we can talk, and pom-pom make at the same time.

The St Marys Day Centre would like to thank Janet Drummond and the Volunteers at the St Marys Op-Shop, Jos Lynch and Irene Smith for donations received to the St Marys Day Centre. All sales from donations go back into the group for future activities.

*To enquire contact Hayley on 6387 5555
(available Tuesdays and Thursdays)*

Volunteering



National Volunteer Week (NVW) is Australia's largest annual celebration of volunteering and will be held on 16 – 22 May 2022.

We are pleased to announce the theme for National Volunteer Week 2022 is **Better Together**.

Volunteering brings people together; it builds communities and creates a better society for everyone.

National Volunteer Week is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you.

Together, through volunteering, we are changing communities for the better. We are, **Better Together**.



www.volunteeringaustralia.org/get-involved/nvw

Out of Hours / Emergencies

The hospital is open for emergency presentations 24 hours a day; however, doctors are not on site after business hours. Where possible please ring before presenting so our team can be prepared for your arrival.

Ambulance/Emergency: 000

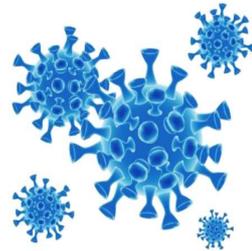
GP Assist: 1800 022 222

Lifeline: 131 114

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

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.



Tasmanian Health has a zero tolerance policy on violence and aggression against staff in the workplace.

Everyone has the right to feel safe at work.

Verbal and physical abuse **WILL NOT BE TOLERATED.**

Violent and aggressive behaviour towards staff is **NOT** acceptable.



- ♦ **People speaking or acting in an abusive manner, in person, will be asked to leave the hospital.**
- ♦ **People speaking in an abusive manner over the phone will have their call terminated.**

WHY? Because there is no excuse for abuse!

Hospital visiting hours are 2:00pm - 6:00pm 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 which will be provided by the hospital. Personal masks are not acceptable.

We appreciate your cooperation and understanding.



GP Practice

St Marys Community Health Centre, 15 – 17 Gardiners Creek Road, St Marys, TAS, 7215
Tel: (03) 6387 5555 Fax: (03) 6372 2559

<p>There is a waiting list to see our GPs.</p> <p>All GP appointments are booked appointments. This includes all face-to-face, telephone and walk-in appointments.</p> <p>The GP practice is closed on weekends. Appointments and scripts are only available from Monday to Friday 9:00am to 5:00pm.</p>	<p>To all GP patients</p> <p>It's very important we have your correct personal information. At your next visit please see reception to update your details:</p> <ul style="list-style-type: none">  Home and mobile phone number  Address  Emergency contact details  Health Care Card  Medicare card
---	--

PLEASE NOTE

<ul style="list-style-type: none"> • Please ensure appointments are booked PRIOR to your medication/s running out. • The Doctors do not have the capacity to fill prescriptions for non-booked walk-in patients. • When attending the Centre, you must report to the staff at the Reception Desk. If you sit down without reporting to the Reception Desk the doctors or nurses don't know you're here. • INR tests require a 5-minute consultation. Please inform reception when booking your appointment. • Please ensure you write down the date and time of your appointment or request a card. 	<p>PATHOLOGY</p> <p>We collect blood and other samples for pathology* 8:00 am to 12 midday Monday to Friday (excluding public holidays). If you require a test outside these times, please contact the centre on 6387 5555 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.</p> <p><i>* Certain specialised tests may require attendance at an official Launceston Pathology collection centre.</i></p> <p>FASTING BLOOD TESTS</p> <p>Please do not eat or drink anything except water for 8-12 hours. Please take your morning medications.</p> <p><u>Note:</u> pathology cannot accept samples where the fasting period has been longer than 15 hours.</p>
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Visiting Services

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

- ❖ Physiotherapist: Monday and Wednesdays every week (health professional referral required)
- ❖ RFDS Exercise Physiologist: Tuesday and Thursday every week (call 0447 036 888)
- ❖ Child Health Nurse (5 years & under): next visit Tuesday 3rd May (self-referral, call 1300 064 544)
- ❖ Eyelines Optometrist: next visit Thursday 19th May (call 6343 6333 to make an appointment)
- ❖ Podiatry North: next visit Wednesday 4th May (health professional referral required).



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.



SERVICES

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

- One-on-one sessions
- Group exercise classes
- Prime Mover Program

HOW TO GET INVOLVED

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

HANNAH'S MOVEMENT TIPS

- ✚ Something is better than nothing! Going for a 2-minute walk is more beneficial than sitting down for 2 minutes – it all counts!
- ✚ People who look at moving in a positive light tend to enjoy greater health benefits than those who look at moving in a negative way.

Monthly Event Calendar

NURSES
A VOICE TO LEAD
INVEST IN NURSING AND
RESPECT RIGHTS TO
SECURE GLOBAL HEALTH



The theme for 2022 is *Nurses: A Voice to Lead - Invest in Nursing and respect rights to secure global health.*

For more information visit: www.icn.ch/what-we-do/campaigns/international-nurses-day

What is International Nurses Day?

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth.

Why do we celebrate it?

The International Council of Nurses (ICN) commemorates this important day each year with the production and distribution of the International Nurses' Day (IND) resources and evidence.

World Bee Day (20th May 2022) - celebrates our hard-working little pollinators. Helps raise awareness and importance of bees. Bees are keystone species that play a vital role in preserving ecosystems health. Bees provide essential pollination services for plants.



National Sorry Day (May 26th 2022) - National Sorry Day or the National Day of Healing acknowledges and remembers the mistreatment of Aboriginal and Torres Strait Islander people who were forcibly removed from their families and communities, which we now know as “The Stolen Generations”.



World Asthma Day - May 3, 2022

World Asthma Day (WAD) is organized by the Global Initiative for Asthma (GINA). WAD is held each May to raise awareness of Asthma worldwide.

Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks, also called episodes or exacerbations.

GINA has chosen ‘**Closing Gaps in Asthma Care**’ as the theme for the 2022 World Asthma Day.

There are a number of gaps in asthma care which require intervention in order to reduce preventable suffering as well as the costs incurred by treating uncontrolled asthma.

Current gaps in asthma care include:

- equal access to diagnosis and treatment
- between care for different socioeconomic, ethnic and age groups
- between wealthy and poorer communities and countries
- communication and care across the primary/secondary/tertiary care interface
- communication and education provided for people with asthma
- asthma knowledge and asthma awareness between health care providers
- prioritization between asthma and other long-term conditions
- prescribing inhalers and monitoring adherence and ability to use these devices
- the general public’s (non-asthmatics) and health care professional’s awareness and understanding that asthma is a chronic disease
- between scientific evidence and actual delivery of care for people with asthma.

Addressing these gaps can be partially achieved through provision of the annually updated evidence-based GINA strategy documents.



However, implementing recommendations based on scientific evidence is challenging across the globe. Not all local solutions are applicable globally and similarly global recommendations may not be applicable locally.

The challenge posed by this year’s theme is for international respiratory communities to work together with colleagues, patients, and health care providers to identify and close the gaps in asthma care and to help implement and share innovative solutions locally and globally. *More information at: ginasthma.org/world-asthma-day-2022/*

WHAT IS ASTHMA?

Asthma is a long-term lung condition of the airways (the passage that transports air into our lungs). Currently, there is no cure, but it can be managed.

People suffering from this condition have sensitive airways. These airways become inflamed (also known as a flare-up) when they are exposed to triggers. When the airways become inflamed, the narrowing airways cause

significant, persistent, and troublesome symptoms. This often causes breathing difficulties, as it is equivalent to breathing through a very thin tube. In addition, it leads to a medical emergency. A flare-up can come on slowly over hours, days, or even weeks, or quickly over minutes.

WHAT ARE THE SYMPTOMS?

People with asthma experience symptoms because of the inflammation and narrowing of their airways. Symptoms often vary from person to person. The most common symptoms are:

1. Persistent cough, irrespective of sound it makes.
2. Wheezing – high pitch whistling sound made by narrowing of airways.
3. Breathing difficulties – sometimes the signs of airways tightening do not result in any sounds (silent asthma) we are familiar with such as wheezing and coughing.
4. Tightening of chest/chest pain.

If you have any of the above symptoms, visit a doctor to investigate further.

COMMON TYPES OF ASTHMA

1. **Allergic asthma:** caused by allergens such as pollen, dust, food items, and mould.
2. **Non-allergic asthma:** caused by irritants such as viruses, air particles from smoke, cleaning products, perfumes, and aerosol products.
3. **Occupational asthma:** caused by workplace triggers such as chemicals, animal proteins, fumes, etc.
4. **Exercise-induced asthma:** usually caused by physical activities.
5. **Nocturnal asthma:** symptoms that worsen at night, possible cause includes dust mites, heartburn, or sleep cycle.

To help raise awareness this World Asthma Day, Asthma Australia is encouraging people with asthma to start a conversation with their friends and family about how asthma impact them.

For further details please speak to your GP or contact Asthma Tasmania on 1800 278 461

Information on this page sourced from <https://asthma.org.au/get-involved/what-is-on/world-asthma-day/>

MILD/MODERATE

- Minor difficulty breathing
- Able to talk in full sentences
- Able to walk/move around
- May have cough or wheeze

Follow these steps:

- Ask the person if they have asthma and if they need help
- If so, assist the person with Asthma First Aid

SEVERE

- Obvious difficulty breathing
- Cannot speak a full sentence in one breath
- Tugging in of the skin between ribs or at base of neck
- May have cough or wheeze
- Reliever medication not lasting as long as usual

Follow these steps:

- Call Ambulance on Triple Zero (000)
- Commence Asthma First Aid

LIFE-THREATENING

- Gasping for breath
- Unable to speak or 1-2 words per breath
- Confused or exhausted
- Turning blue
- Collapsing
- May no longer have wheeze or cough
- Not responding to reliever medication

Follow these steps:

- Call Ambulance on Triple Zero (000)
- Commence Asthma First Aid

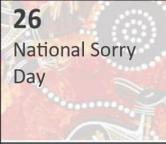



The Cancer Council's Australia's Biggest Morning Tea (Thursday 19th May 2022) is a community event that raises vital funds to make a big difference for those impacted by cancer.

1 in 2 Australians are diagnosed with cancer before the age of 85. The money raised at this function assists with cancer research, prevention, and support.

More information about this event and how you can host your own morning tea:
www.biggestmorningtea.com.au

May at a glance

MAY 2022						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3 World Asthama Day 	4	5	6	7	8 Mother's Day 
9	10	11	12 International Nurses Day 	13	14	15
16	17	18	19 Biggest Morning Tea 	20 World Bee Day 	21	22
National Volunteer Week – Better Together						
23	24	25	26 National Sorry Day 	27	28	29
30	31					

Q & A – surgical masks

Is there a right way to wear a surgical mask? Yes! There is a right way to wear a surgical mask & it is *almost always with the coloured side (usually blue) out & the white side in.*

Why does it matter? There are 3 layers within a mask & they all have different functions:

- The one against your face is absorbent, to soak up moisture like sweat and spit.
- The one facing out is water repellent, to stop someone else's sweat or spit reaching your nose & mouth.
- The in-between layer is there to filter out germs (but not all of them).
- If you wear the mask inside out it will make it harder to breathe & it will feel hotter/more stuffy.
- If you wear the mask upside down it will tend to slip down your face more easily as you talk and your glasses will fog up quicker.



Is there a top & bottom?

Yes, there most definitely is! The top is the bit with extra stiffness, where there is usually a thin piece of wire.

Information supplied from: www.gps-can.com.au/covid19-blog/wearing-a-surgical-mask



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



FISHING REPORT

By The Happy Hooker



The fishing reports over the Easter break were encouraging, with the fishing all along the East coast beaches and estuaries telling of good catches of different species of fish taken by various methods. Out on the big blue yonder, there have been some good catches of flathead and some elusive tuna for those boaters who are willing to put in the time, and reports of blue-eye trevalla and gemfish also being caught off the shelf.

Recreational divers have also had a good time diving for a feed of scallops, abalone and crayfish along the coast line.

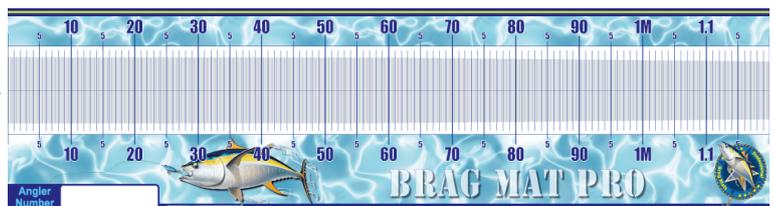
The trout season closes for brown trout waters on Sunday 1st May, but some good quality fish have been caught from the highland lakes, with some lovely fish taken out of Bronte Lagoon. The trout will be now feeding hard to prepare for their annual spawning run. The local creeks all need water in them, and hopefully we can get some rainfall to make this happen. The trout will be able to run up these creeks, as their ancestors have done previously, to spawn and replenish the rivers for years to come.

The annual Liawenee Trout Spawning Run weekend is back on the 15th and 16th of May. The Inland Fisheries host the event at the Liawenee canal. The past two years, the event has been cancelled due to COVID restrictions, and it is great to see it back for families to enjoy the weekend, which is normally attended by many. The event shows off the stripping of trout eggs from the brown trout as they run up the canal to spawn. There are also other exhibitions and attractions to witness. More information can be found on the Inland Fisheries web site.

Fishing trips

Sunday 17th of April; a quick trip was decided late in the afternoon, with the intention to catch a feed of fresh gummy shark. The surf rods were loaded and off to Four Mile Creek Beach for an evening of fishing and time spent with the family. We fished well after dark without any luck for a gummy shark. We had a successful evening with salmon, pike and slimy mackerel all caught and released to keep us entertained; this was the first time I have caught a pike and mackerel off the beach in many hours of beach fishing over the years. I guess that is what sometimes makes fishing challenging, and you never know what will be caught if you don't have a go. We did have the privilege of a visit from a local water rat on the beach after dark, who was just as happy in the wave-wash as on dry land, searching about looking for his evening meal.

On **Saturday 23rd of April**, a trip to Lake Leake was decided on with the weather prediction of light winds. We left Fingal at 4.15am to be there by daybreak, with the hope of feeding fish in the wind lanes, however there was no fly life and hence no trout feeding off the top, so it was time to get the lures out for the day. My fishing accomplice and myself had entered a fishing event known as the 'Pirtek Fishing Challenge', an Australia-wide event to raise awareness and money for Prostate Cancer and Neuroscience research, and the rules in Tasmania were that you had to catch either a trout or an Australian salmon. On entry, you receive a 'Brag Mat' for measurement and to take a photo of your catch with your individual number and code, then send off to the competition's web site for entry. My fishing partner sent off a photo of his lovely 58cm Rainbow trout and my 54 cm Rainbow trout. We also were lucky enough to catch another nice Rainbow and four smaller Brown Trout, with other follows and misses during the day. Fish were taken on 'Ecogear' hardbody lures and 'Savage Gear' green and orange and butternut pumpkin-coloured minnow soft plastics on a light jig head. We did search all over the lake looking for feeding fish and fly life, but unfortunately both were very scarce. On leaving, we said our fishing goodbyes to the lake for the season, a season that has been very productive at the lake this year, a challenging lake where you have to make the fishing technique changes with the fish, as they change their feeding habits and diets depending what food is on the table for the particular time of the year, but never-the-less, a fantastic fishery to have on our doorstep.



Using a 'Brag Mat' enable you to safely measure your catch, with little risk of damaging the fish.

Winter is now close, and time to do those maintenance jobs to our gear. One job that is important, is to remove my fly-lines that I use for trout and give them a nice clean in warm water and use a mild cleaner, then pull them through a clean cloth. For storage, I then loop the fly-lines in big loops and hang them up in an old wardrobe for the winter. I find that some fly-lines tend to develop a memory if left on a reel for too long without use, and can result in a line of spirals when used months later.

Until next time, tight lines.

SCAMANDER RIVER GOLF CLUB



Wednesday 13th April - 2 Person Texas Scramble

1st	Steve Williams - Jens Kalisch	75 points
2nd	Graham Little - Jim Haas	70
3rd	Rose King - Brad Ennis	70
4th	Barry Munro - Dick Swanson	61
5th	R Terry - Nigel Wallace	55
Nearest the Pin		8th: Nigel Wallace

Longest Putt on 9th: Jens Kalisch

Saturday 16th April - Tilford Auto Group - 3 Person Ambrose

Men

1st	T Eliot/C Powell/B McGiveron	62 4/6 points
2nd	S Heyward/M Whitney/M Cross	63
3rd	T Swanson/D Swanson/R Terry	63 1/3

Mixed

1st	R Macbeth/C Stingel/K Mugridge	61.75
2nd	S Wilmot/J Kalisch/R King	67.75
3rd	D Thurley/M Dunn/N Wallace	65.5

Nearest the Pin		6th: Rod Shaw
		8th: Bradley Cross
		15th: Rodney Macbeth
		17th: Matthew Cross

Longest Putt: Carolyn Stingel

Tuesday 19th April - Barclay Shield Qualifying

1st	Rose King/Judy Freiboth	74.5 points
2nd	Bobby Harwood/Margaret Thompson	82
3rd	Beth Haas/Sarah Tatnell	88
4th	Leslie Kellaway/Maryanne Ennis	89.5

Longest Putt: Bobby Harwood

Qualifiers: Rose King/Judy Freiboth,
Bobby Harwood/Margaret Thompson

Wednesday 20th April - Midweek Stableford

1st	Brad Ennis	33 points
2nd	Jodan Longfield	32
3rd	Darrell Thurley	31
4th	Graham Little	30
5th	Dick Swanson	26
6th	Maryanne Ennis	25
7th	Jim Haas	24 (on c/b)
8th	Tony Swanson	24
9th	Rose King	20
10th	Jens Kalisch	20
11th	Sarah Tatnell	14

Nearest the Pin 6th: Jodan Longfield
8th: Brad Ennis

Saturday 23rd April - Scamander River Mouth Café Stableford

1st	Darren Bramich	36 points
2nd	Jodan Longfield	35
3rd	Brad Ennis	33 (on c/b)
4th	Nigel Wallace	33
5th	Darrell Thurley	32
6th	Graham Little	31
7th	Tony Swanson	31
8th	Jens Kalisch	30
9th	Bruce McGiveron	29
10th	Beth Haas	28

Nearest the Pin 17th: Mark Van Epen
Longest Putt: Jodan Longfield
Carter Award: Leslie Kellaway

Tuesday 26th April - Eclectic Stableford

1st	Maryanne Ennis	20 points (on c/b)
2nd	Rose King	20
3rd	Margaret Thompson	19

Longest Putt: Margaret Thompson

MALAHIDE GOLF CLUB



Friday 15th April - Chicken Run

1st	Robert Mathews	31.5 points
2nd	Rod Hunt	32
3rd	DB Lowe	32.5
4th	David Duthie	34.5

Nearest the Pin	4th:	David Duthie
	8th:	Club

Friday 22nd April - 12 Hole Chicken Run

Weather was perfect for golf today.

1st	David Duthie	29 points
2nd	John Vincent	30.5
3rd	DB Lowe	32
4th	Ashley Stone	34.5
5th	Mike Prewer	38
6th	Bill Swann	40
7th	Dianne Cooper	43
8th	Robert Mathews	43.5

Nearest the Pin	4th:	Bill Swann
	8th:	Ashley Stone

Saturday 16th April - Single Stableford

Today's game was played with low level mist for most of the round. Such a delight to watch Shaye chipping, which was 1st class.

1st	David Duthie	38 points
2nd	Shaye Ward	35
3rd	DB Lowe	31

Nearest the Pin	4th:	Club
	8th:	Shaye Ward

Saturday 23rd April - Stroke

1st	Ashley Stone	94/76
2nd	Randall Wadley	94/78
3rd	DB Lowe	95/79
4th	John Vincent	95/81
5th	David Duthie	99/82

Nearest the Pin	4th:	David Duthie
	8th:	Unknown

Upcoming Games:

1st May	Stroke
7th May	Monthly Medal

Malahide Golf Club hold a Chicken Run on each Friday starting at 10.00am, \$4.00 entry. Saturday competition starts at 10.30am and we also have a Facebook page that is updated regularly.

⇒ Full membership is \$235 per annum

⇒ Social Membership is \$50 per annum

Contact Andrew Johns - Club Captain on 0427 854 555



EAST COAST SWANS FOOTBALL CLUB**UNDER 12**

On **Sunday 24th April** in the first game at home, the under 12's played a hard game against South Launceston (division 1). They fought all the way from the first quarter to the final siren, and even though they didn't get a score on the board, they left the ground with their heads held high, and still smiling.

RESULTS: East Coast Swans 0.40 (00) defeated by South Launceston 22.18 (150)

SWANS GOALS:

SWANS BEST: Ry Bennett, Levi Woods, Floyd Groves, Cooper Griffiths, Fergus Burbury
Tiberius Foley



Levi Woods sends the ball flying.



Lennox Bennett looks for a team-mate to pass to.

Next Games: 1st May, North Launceston at St Helens; 8th May, Scottsdale at St Helens

U/12 photographs by Jessie Groves.

UNDER 14

Sunday 24th April saw the under 14's play Deloraine (division 2). With 8 players on the bench, they were lucky enough to have lots of fresh legs running around the field, and that helped them come away with a win.

RESULTS: East Coast Swans 13.6 (84) defeated Deloraine 4. 3 (27)

SWANS GOALS: Byron Woods 4, Connor French 2, Kobe Medcraft 2, Tysen Gamble 2, Oscar Pallier 1, Hunter Inmin 1, Daniel Cook 1

SWANS BEST: Daniel Cook, Tysen Gamble, Connor French, Lily Brinsmead, Biana Young, Jaxon Harrison.



Byron Woods kicked a nice dribble goal from this possession.



Nice tackle, Bianca Young!

Next Games: 1st May, South Launceston at St Helens; 8th May, George Town at George Town

EAST COAST SWANS FOOTBALL CLUB**UNDER 16**

The under 16's also played against Deloraine on **Sunday 9th April**, with no bench and just 17 players. At the end of the first quarter, both teams were looking good, and it was anyone's game, with the score being 2.2. (14). Deloraine found some energy from somewhere, and came away with the win; it was a tough game for our team.

RESULTS: Deloraine 11. 10 (76) defeated East Coast Swans 6.5 (41)

SWANS GOALS: Tully Watts 2, Caleb Broughan 1, Mitchell Calow 1, Hamish McIntosh 1, Tadhg Blunt 1.

SWANS BEST: Tully Watts, Owen Hilton, Quade Curtis, Tadhg Blunt, Hamish McIntosh, Alex Kelleher.



Mitchell Calow soars to reach the ball.



Intense concentration shows on the face of Alex Kelleher.

Next Games:

1st May, South Launceston at St Helens; 8th May, South Launceston at St Helens

FREE TRANSPORT AVAILABLE FOR MATCH AT PYENGANA

A free bus will collect supporters, leaving St Marys Hotel at 10.30am with pick-up at Scamander Beach Resort and opposite RSL St Helens on Saturday, 7th May.

After the games and festivities, the bus will then return, departing Pyengana at around 7.00pm.

Netball and football games will take place, with netball commencing at 9.00am, and football kicking off at 10.30am.

In accord with tradition, the East Coast Swans will be wearing St Marys guernseys.

After the games, a spit roast and guernsey auction will take place, with music by Double Vax and the Super Spreaders to enjoy.

Camping is available on site.

For further information, go to the East Coast Swans Facebook page.

**NTFA FOOTBALL
PYENGANA HOSTS**

**EAST COAST SWANS VS
MEANDER VALLEY SUNS**




PYENGANA RECREATION
GROUNDS

SATURDAY 7TH MAY 2022

KICK OFF AT 10:30AM

AUS KICK, RESERVES, SENIORS

The East Coast Swans will be honouring:
St Mary's Football Club by wearing the St Mary's
guernsey.

**We invite all past players and supporters of the club,
and the St Mary's Community to come along and see
the black and yellow on the field again at
PYENGANA!**

**EVENING EVENTS FOLLOW! AWARDS, SPIT ROAST &
GUERNSEY AUCTION, CAMPING FACILITIES
AVAILABLE!**

MUSIC by Double Vax & The Super Spreaders

EAST COAST SWANS FOOTBALL CLUB



HIGHER DISTINCTION FOR SWANS AGAINST UNIVERSITY

The East Coast Swans continued their winning start to the season with an emphatic 150 point defeat over UTAS at St Helens on Saturday, 23rd April. The Swans multi-pronged attack posed immediate problems for the Uni side, however it was Marcus Haley who opened the scoring soon after the opening siren. Evergreen Brad Goodyer popped up with two early goals as the Swans midfield took early control and pumped the sherrin into their forward half continually. Once again Novy looked threatening and thrilled the crowd with a freak dribbling goal from the forward pocket. The second stanza was a repeat of the first as the Swans on-ballers, led by “Bozzy” and Hamish Tate, gave their forwards plenty of opportunities. Novy, Cox-Goodyer and Murfet were proving an irresistible combination in the front half for the home team, but it was Will Stoltenberg who cashed in, kicking 3 goals for the term. Uni forward Duncombe took a couple of nice marks and looked threatening, but he received little support from his team-mates, as McCarroll, Cannon and Johnston took control down the back for the Swans. The match was effectively over at half time as the Swans had opened up a 73 point lead. A flurry of points by the Swans began the second half as they suffered from some inaccurate kicking, however after booting 6 straight behinds, Cox-Goodyer finally found the right opening and kicked the first of his two majors. Toby Omenihu had a “blinder” of a quarter and kicked a sensational running goal as the Swans ran riot all over the field. There was a moment of respite for UTAS when Duncombe finally kicked the first (and only) goal for his side, but the Swans had too many guns right across the field to be threatened. The last quarter was a formality as the home team added another 6 goals. Hamish Tate continued to impress with his poise and ability to find others with excellent disposal, while the old master Corey Bosworth always bobbed up in the right areas. Will Stoltenberg finished with a game-high 6 goals from full forward, well supported by Novy (4), Goodyer (3) and Murfet (3). When the final siren finally brought relief for the embattled UTAS side, it was the East Coast Swans who had run out winners by 150 points. The Swans face their first big test of the season when they face the undefeated St Pats side in Launceston on Saturday.

FINAL SCORES: East Coast Swans: 22.25 (157) University: 1.1 (7)
SWANS GOALS: Stoltenberg 6, Novy 4, Murfett 3, Goodyer 3, Cox-Goodyer 2, Haley, Miar, Omenihu, Faulkner
SWANS BEST: Novy, H Tate, Bosworth, Garth, Stoltenberg, Omenihu, McCarroll.

Next games: 30 March, St Pats at St Pats 7th May, Meander Valley at Pyengana

RESERVES

The Swans reserves had another confidence-building win when they defeated UTAS by 108 points. From the opening bounce, the Swans midfield took control, with Ken Reid and Andrew Latham both providing plenty of run and feeding their forwards with accurate disposal. In a welcome return, Andrew Zammit proved how valuable a big target on the forward line can be by kicking 4 goals. Veteran Leigh Barker always looks dangerous and Sam Child in an unexpected call up made the most of his opportunities with 4 majors. As always, Jack Calow was an annoying presence in the midfield for the Swans, along with winger Ethan Hill, who shows plenty of promise. Ethan Crossingham was excellent for the Swans and was possibly best afield, while down the back, Ben Parry was rock solid, receiving good support from “Buzz” Curtis.

FINAL SCORES: East Coast Swans: 19.14 (128) University: 3.2 (20)
SWANS GOALS: Zammit 4, Child 4, Barker 3, Oakenfall 3, Calow 2, Hill, Crossingham,
Harvey
SWANS BEST: Crossingham, Calow, Reid, Parry, Zammit, Curtis, Latham

Next games: 30 March St Pats at St Pats 7th May, Meander at Pyengana



ST MARYS SPORTS CENTRE

By Volun Tier



Opening Hours over Easter: Thursday from 5.00pm; Friday from 5.00pm, with Happy Hour 6.30 - 7.30pm and membership draw at 8.00pm; Sunday casual golf at 10.00am, and bar open from 5.30pm.



ST HELENS NETBALL ASSOCIATION

ST HELENS PLAYERS NET A GREAT CARNIVAL

On Sunday 10th April, 3 teams represented the St Helens Netball Association at the Devon Netball Carnival, which was held in Devonport.

The under 11 team was coached by Rebecca Bourke, the under 13 team was coached by Jennifer Marshall and the under 14 team was coached by Nicki Treloggen, with all team members making an early start to the day, to arrive in time for the start of play.

All girls played amazingly over the whole day, and showed true sportsmanship to all, supporting every team member. Each team had to play six games during the day, so it was an action-packed event. They had great support from parents, which mean that the day ran smoothly with all duties being fulfilled.

We thank all parents, coaches and players for making the day a great fun-filled event, and we look forward to competing in the Northern Tasmania Netball Association carnival in the coming months.



The 11 and under team.



Coach Jennifer Marshall and the 13 and under team.



The 14 and under team.



STHNA Seniors Pyengana Game Day!

Saturday 7th May

Netball Game Times

9am: SS v GB opens Div 1
 10am: SS v GB opens Div 2
 11am: Clovers v BOF opens Div 1
 12pm: Clovers v BOF opens Div 2

First senior games to be played away!

East Coast Swans will be kicking off from 10:30 with Auskick, Reserves & Seniors

Family friendly day
 Events to follow: Spitroast, Guernsey Auction & music by Double Vax & the Super Spreaders!



Camping with facilities Available!

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 - 6.30pm
 Fri 6.30am - 7.00pm
 Sat 6.30am - 6.30pm
 Sun 7.30am - 6.00pm

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



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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 |
| ◆ Fingal Valley Neighbourhood House | ◆ St Helens Newsagency |
| ◆ Mathinna Post Office | ◆ Scamander Supermarket |
| ◆ Coach House Restaurant - St Marys | ◆ Mouth Café - Scamander |
| | ◆ The Farm Shed - Bicheno |

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FINGAL 7214



CROSSWORD ISSUE 54.05

Across: 3. Billiards, 8. Lair, 9. Prophecy, 10. Propel, 13. Tasty, 14. Bushido, 15. Let, 16. Conceit, 17. Clear, 21. Encode, 22. Decanter, 23. Vera, 24. Indignant.

Down: 1. Slapstick, 2. Limousine, 4. Imply, 5. Lookout, 6. Ashy, 7. Dock, 11. Firepower, 12. Courtesan, 14. Bet, 15. Lighten, 18. Peron, 19. Dean, 20. Magi.