



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 54.09 9th June 2022

Deadline for 54.10 is at 5.00pm on Monday 20th June 2022

“FAMILY TREE” HELPS GROW READING SKILLS

As part of the celebrations of ‘National Simultaneous Storytime’, which was held on Wednesday 25th May, the Fingal Valley Neighbourhood House and St Helens Neighbourhood House were visited by Community Care Adviser Rebecca Tuck, who, along with staff from each Neighbourhood House, shared the book featured this year, “Family Tree”.

National Simultaneous Storytime is an annual event held since 2000 by the Australian Library and Information Association. Every year a picture book, by an Australian children's author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes and bookshops around Australia, as part of Australia's Library and Information Week.

“On Monday the 23rd of May we spent some time with the children at Playcentre at Fingal,” said Rebecca. “Mariah, the Playcentre Educational Leader, read the book to the children and had a talk about it. We then ventured outside, and through the very kind donation from the St Helens Community Garden of seeds, the children got to plant some snow peas. The children enjoyed the process of digging in seed-raising mix, planting seeds, then watering them. It was a nice way to talk about how things grow and change. It was an absolute delight to spend some time with the children and watching them interact. Thank you to the Fingal Playcentre for letting me join you!” Rebecca continued.

On Wednesday the 25th of May, Rebecca and St Helens Neighbourhood House Manager Belinda Lewis set out with books donated by Neighbourhood Houses Tasmania, to share and deliver copies of “Family Tree” to a number of places in St Helens. “We read the book to each other at 11.00am while walking to deliver this amazing book to the St Helens Community. Our first stop was Medea Park in St Helens to share the story with the residents and hand out some copies for the grandchildren that visit. We then proceeded, while reading the book again, to the Possum Magic Child Care Centre, where we were welcomed with a lovely smile



and massive thank you for our donation. Next stop was the Child and Family Centre at St Helens. The children were all running around and enjoying the sunshine, and our gift was greatly appreciated. As the weather was stunning, we proceeded to the foreshore to take some photos of the book in different locations around St Helens,” she added, concluding with the comment, “We are very grateful for the donation of the books from Neighbourhood Houses Tasmania, and we as a team enjoyed being able to donate these books to a wide variety of community organisations, for children to enjoy reading and exploring again and again.”

(Article and pictures courtesy Rebeca Tuck.)

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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.

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

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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.

AUSTRALIA DAY HONOURS TO FORMER LOCAL

There are many people who dedicate themselves to helping others and making life a little easier for those who need assistance. Former Mathinna local Malcolm Cash typifies these people, and in recognition of his dedication, he was recently invested as a recipient of the Medal of the Order of Australia, the highest civilian award in Australia. Individuals are appointed a Member of the Order of Australia (AM) for service in a particular locality or field of activity or to a particular group, and the Medal of the Order of Australia (OAM) is awarded for service worthy of particular recognition.

Malcolm's connection with the Fingal Valley goes back to his grandparents. His paternal grandfather was Ernest Cash, a prospector who worked all over the state, including Rossarden. He married Lillian Tilley from Derby, who was related to the Barber family from St Helens. They had 5 children: Laurence, Winsome, Alan, (who died as a baby), Keith and Lillian.

His maternal grandfather, John Gearing, was living at Mathinna when World War 1 broke out. He enlisted and served in France and Belgium, but due to wounds he suffered, he didn't return to Mathinna until 2 years after the end of the war. John married Irene Crawford, and they had 3 daughters; Stella, Dorothy and Fay, and a son, Jimmy, who died in infancy.

Keith married Stella, and they had 4 boys; Malcolm, who was born in Sydney in 1945, and Dennis, Allan and Barry, who were all born in Launceston. After Keith's discharge from the RAF, they moved back to Launceston, then to Mathinna in 1955, running the shop known as Cash's Store for 22 years. Keith and Lillian were very active members of the community, helping many fellow-residents, including being appointed as church leaders. Lillian had represented Tasmania in vigaro, and played football for 7LA in 1937. She organized a ladies football team and a vigaro team at Mathinna in the 1960's.

Malcolm attended Mowbray Heights Primary School and Mathinna Modern School, before attending Queechy High School, where he was a Prefect. After almost 60 years, he continues to organize the School Reunions for his class-mates. He also was a member of the Air Cadets at high school and rose to the rank of Sergeant, as well as participating in boxing at the Mathinna Youth Group with his brothers. He then followed in his father's footsteps, completing an apprenticeship at the Railway Workshops, attending Launceston Technical College as required, then studying Engineering. Malcolm was called up for National Service with the first intake, but his service was deferred until he finished his engineering studies. Six weeks prior to being deployed in July 1968, Malcolm married Ann Death, who grew up in Fingal. They went on to have three sons, and now have 7 grandchildren and 1 great-grandson.

He served 4 months in Vietnam, in the Intelligence section of the 4th Battalion RAR/NZ.

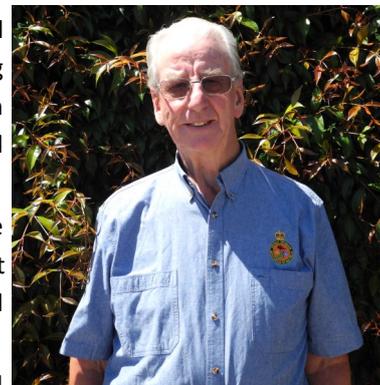
After his discharge, Malcolm returned to the Tasmanian Railways Workshops at Invermay, and joined the Railway Institute soon after, ultimately being appointed Workshop Manager in the 1990's. For nearly 60 years, he has been involved in sporting and social activities for members, and remains the General Secretary of the Tasmanian Railways Institute Incorporated. He takes bookings for the 7 accommodation properties owned by the Institute state-wide, and does much of the maintenance work on the properties himself. He has also held positions on the committees of Mowbray Heights Primary School Parents and Friends, Brooks High School Parents and Friends, Little Athletics Mowbray, RSL Launceston Branch, and North Launceston Football Club. He continues to be involved in Newnham Neighbourhood Watch, and the Tasmanian Taxi Golf Club.

After his retirement, Malcolm joined the Veterans Support Group, which led him to becoming involved in the Vietnam Veterans Association, who asked him to be responsible for bookings for the Vietnam Veterans Bush Retreat in the Central Highlands, as well as helping other Vietnam Veterans as needed, along with Ann. The welfare of fellow Vietnam Veterans is a cause which is still close to his heart.

He was nominated for an Order of Australia Medal last year, and letters of support for his nomination were provided by 7 people, one of whom stated, "I have known Malcolm Cash for several years, and am amazed at his enthusiasm, generosity and ability in delivering service to the Veteran and Community families."

After working hard for much of his life and being awarded 7 Life Memberships, Malcolm was presented with the Order of Australia Medal by the Governor of Tasmania, Her Excellency the Honourable Barbara Baker AC, on Friday 6th May 2022, at Government House in Hobart.

Malcolm acknowledges the part that Ann, - who is a Life Member of 6 associations herself and assists him in many of the roles he undertakes, - has had in his life and community service, and thanks her and their sons David, Adrian and Bradley, along with their families, for their support.



Fingal Valley Arts and Culture Round-Up

Bay of Fires Winter Arts Festival

The 10th annual Bay of Fires Winter Arts Festival will be held over the long weekend, June 11th - 13th.

The \$20,000 Art Prize Exhibition and Tasmania Shop Local Art Prize Exhibition will be held at Panorama Hotel, 1 Quail Street, St Helens.

This year's theme is larrertenner and wurrawina – Light and Shadow. There will be lots of ways to participate in the festival!

- **Bay of Fires Youth Art Prize** at Portland Hall St Helens from 10.00 -4.00pm daily 10th - 12th June. Featuring artwork from local and out of area children and young people, on the theme of sustainability.
- **Wrapped in Break O'Day** textile art competition - wrapping power poles in Fingal, St Marys and St Helens; - vote for your favourite!
- **Tasmania Shop Local Art Prize** featuring artists based in Break O'Day with the theme of 'Seasons'.
- Visit the **Art Trail - Secret People Secret Places**, with local studios and gardens open for viewing. Full details on Arts Trail – Secret People, Secret Places online: www.bayoffireswinterartsfestival.com.au/eventscategory/secrets Check opening times they do vary. Eight artists and one special surprise that will delight the whole family. Artworks for sale at studio door prices. Fingal Valley artists John McColl & Alizon Whitestar, 7391 Main Road St Marys, and Bryon Beggs, Banksia Hollow, 396 Elephant Pass Road St Marys, will both have their studio/garden spaces open.
- **Dawn Dash and Splash** - Main Beach Binalong Bay, Saturday 11 June 2022, 7:30am. Join the hardy for an early morning swim – fully clothed, or not!

Locally we will also have:

- Car Boot Sale Saturday 11th June 9-2pm - book your spot now, \$2.00 a car. Talbot Street, Fingal. Phone 6374 2344 for details.
- Fingal History Room open Saturday 11th June 9.00-2.00pm at Fingal Valley Neighbourhood House.



What's on in the local area?

With One Voice Break O'Day

Community choir for all residents of

Break O'Day. Meets each Tuesday from 5.15pm @ Scamander Sports Centre, plus 'Reconnect & Sing' at other local venues. NO EXPERIENCE IN SINGING NEEDED.

Info; email: contact@wovbod@gmail.com or phone 0439 001 533

Spinners and Weavers

3rd Tuesday of each month @FVNH New Members Welcome, No need to book.

Fingal History Group

Preserving the historical, social and cultural heritage of the Fingal community and surrounding areas:

history@fvnh.org.au

Rustic Ragamuffins Stitching Group

Homemade goodies, a cuppa and stitching; a recipe for a lovely escape doing what you love with like-minded people.

\$10 per session; bring your current hand stitching project. morning tea provided; byo lunch. At FVNH, 10.00am - 3.00 pm on the 3rd Monday of each month (except public holidays).

St Marys Repurposing and Upcycling

Getting likeminded people together to limit waste and be creative.

Ideas Welcome Weave a mat from T-shirt fabric and much more.

Text Diana 0488688508 to join.

Do you have an arts or cultural group looking to attract new members or to promote upcoming events?

Get in touch with the Valley and East Coast Voice, and share with the wider community.



VAN DIEMAN'S BAND IS BACH!

Here they come again!

Van Diemen's Band is touring the state again in June with an all-Bach program featuring the group's newest member: a harpsichord, newly-built in the Majorca workshop of Titus Crijnen, one of the finest craftsmen in the world.

Donald Nicolson will be the soloist in two of Johann Sebastian's concertos for the instrument, together with the Violin Concerto in A minor BWV 104 - featuring VDB's Artistic Director Julia Fredersdorff - and the spellbinding Air from the Suite No 3, better known as the 'Air on the G String'.

After their previous visit in October 2021, an audience member said, "We absolutely loved it. The length was particularly good, I took 3 kids and it was perfect, enough time for us to love it without getting tired. I really loved all the gypsy music. I felt very lucky to have the opportunity to see such world class music in a little country town."

Another told the band that, 'This was an amazing concert. World class. A great range of genres, we loved the Irish and Scottish airs, but also the Vivaldi and more formal classical pieces. The variety was excellent. This was the best I have ever heard Vivaldi concertos played.'

In response to the audience feedback, Artistic Director Julia Fredersdorff said, "From the perspective of Van Dieman's Band musicians, we absolutely love coming to the Portland Memorial Hall, it is one of the finest acoustics in the state, and the St Helens audiences are always so warm, friendly and enthusiastic," adding, "We can't wait to come back to St Helens!"

Funded entirely by donations from around Tasmania and interstate, the performance features an instrument few people are familiar with. "Our new harpsichord is truly a 'people's instrument'," Julie stated.

Van Dieman's Band will be in St Helens on Wednesday 29 June, with the performance starting at 6.00pm. Tickets cost \$35.00, \$25 concession, and tickets can be booked online through their website, as listed on the poster.



**Van Diemen's Band
BACH CONCERTOS**

An all-Bach program featuring soloist Donald Nicolson and the group's newest member: a harpsichord newly-built in the Majorca workshop of Titus Crijnen, one of the finest builders in the world.

- Thurs 23 June | nipaluna / Hobart Town Hall
- Fri 24 June | Franklin Palais
- Sat 25 June | Tullah Lakeside Lodge
- Mon 27 June | pataway / Burnie Arts & Function Centre
- Tues 28 June | Princess Theatre, Launceston
- Wed 29 June | Portland Memorial Hall, St Helens
- Thurs 30 June | Livestreamed via the Australian Digital Concert Hall



Tickets at vandiemensband.com.au



Bay of Fires Youth Art Prize

Exhibition
Opening
11th June @ 11am

Portland Hall, St Helens

Leanne McLean, Commissioner for Children and Young People
Kris Schaffer, Indigenous horticulturist and educator
With One Voice Break O'Day

RSVP: tanya.greenwood@fvnh.org.au

12th June 2022

Great prizes for Exhibitors and Spectators
Covid Safe Event
Live Music, Food Stalls & Market, Free Entry
9am - 2pm

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EAST COAST WINE TRAIL



The Great Eastern Wine Week is supported by the Tasmanian Government through Events Tasmania. This project received grant funding from the Australian Government under the Recovery for Regional Tourism program, an Initiative of the \$1 billion COVID-19 Relief and Recovery Fund.

“BY MOUNTAIN AND SEA’: 100 YEARS OF CADBURY’S AT CLAREMONT’”

Did someone say chocolate? How delightful! Savour Tasmania’s rich history in chocolate making and enjoy our Cadbury’s display – ‘By Mountain and Sea’: 100 Years of Cadbury’s at Claremont.’

- * Visit in person: Display now on at the State Library and Tasmanian Archives Reading Room.
- * View online: See a selection of the Tasmanian Archives Cadbury’s collection online on Flickr, and images from Cadbury’s from our catalogue.
- * Read the research blog: Learn about the Model Factory at Cadbury’s Claremont in the research blog.

Showcasing historic photographs, film, illustrations, and product artworks from our Tasmanian Archives and items loaned from the Hodgman family, ‘By Mountain and Sea’: 100 Years of Cadbury’s at Claremont’ highlights one of Tasmania’s most recognised institutions – the Cadbury Chocolate Factory.

Opening in October 1922 and developed according to Quaker ideals, the factory included housing for staff, and recreation and education facilities – including a library and a cricket ground. Included in the display is information about the history of the company and its connections to dairy and fruit industries around Tasmania.

At the centre of the Reading Room display is a collection of original sketches and mock-ups drawn by Vernon Hodgman (1909 - 1984). Vernon Hodgman was a commercial artist and industrial designer at Cadbury’s Claremont, between 1928 and 1940, and in 1945 he became the Head of the Design Studio. These items are on loan from the Hodgman Family.



Wrapping room, 1925 (Courtesy Cadbury site)



Samples were available all through the tour for all to enjoy!

The exhibition is a celebration of our local community, shared knowledge and creativity. From family members, factory tours and primary producers, the Cadbury’s brand has touched many Tasmanian families and is a world recognised name.

Curious about what else you might find in the Tasmanian Archives? Home to more than 1.2 million archive and heritage items, you can explore the archives from your own device including the many images from Cadbury’s through our website.

Get curious! What will you discover?

www.libraries.tas.gov.au



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.



ALEX GRAHAM LEGAL
YOUR LOCAL LAWYER

Phone: 0407 242 265

Email: alexgrahamlegal@outlook.com



east coast tasmania

tourism update

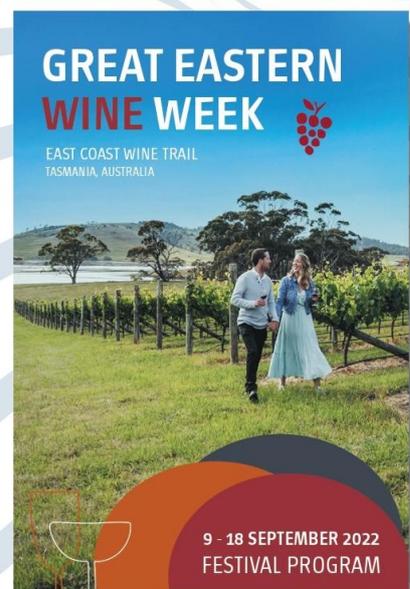
Great Eastern Wine Week - 9-18 September 2022

East Coast Tasmania Tourism, on behalf of the East Coast Wine Trail Association, has unveiled the program for this year's Great Eastern Wine Week, with 221km of Tasmania's pristine eastern coastline set to come alive from September 9 - 18, with over 60 food and wine events created in collaboration with the region's best producers.

Highlights from this year's festival include:

- Black Tie and Blundstone at Devil's Corner Cellar Door
- The Battle of the Vineyards Dinner at Furneaux Restaurant
- High Tea with matched Wines at Craigie Knowe Vineyard
- Great Eastern Wine Cruise with Wineglass Bay Cruises
- 'Wild Abundance' Cooking with Game workshop at Twamley Farm
- Freycinet Marine Farm's Long Table Lunch

Tickets and full program details, visit www.greateasternwineweek.com.au



For more information, please contact ceo@eastcoasttasmania.com.au

or visit www.eastcoasttasmania.com.au

Follow us on social media @eastcoasttasmania #eastcoasttasmania

GEORGES BAY MUSIC

Well, what a month May turned out to be for Lunch and Munch...poor Don and his Band of Merry Men. Freddie Todman on vocals and Steve Hill on the drums both contracted COVID.....but our own Ashley Morrell stepped in playing the drums, and doing a magnificent job, and Kylie Wright performed on vocals, so an entertaining afternoon was had by all who attended. We do have some very talented people here in St Helens!

Our guest artists for June are Chris and Viv Boys, popular local couple who moved to Wynyard, and the Jazz Club are very lucky to have them travel to us to perform from there. So keep Friday June 25th free, and come along to the St Helens Footy Club rooms at the end of Tully Street down by the Sports Complex - just look for the balloons and signs - at midday, for a rousing afternoon of Country and Western, plus easy listening music from the 60's, and sing along with Chris and Viv.

Don't forget it's BYO lunch, although our little tuck shop always does a roaring trade on sandwiches and cakes for those that forget or just want a treat....The fire will be lit, the bar is open, tea, coffee and smiles are free...and all this for just \$10.00 for members and \$15.00 for non-members.....

Our July concert will be an outstanding one with the one and only 'CROON', from Hobart, with the Matthew Ives Big Band backing tapes. This trio of men perform all over Tasmania and have a huge following, so they are not to be missed. Our theme for July will be 'Christmas in July', so wear your best Christmas accessories and join in the fun.

As this is our big concert for the year, admission will be \$20.00. Still BYO, but once again, the tuck shop will be open, as will the bar, and nibbles provided on the tables.

Friday 29th July at midday, still at the St Helens Footy Club Rooms in Tully Street; more information next month, but just mark it on your calendar for July, and don't forget Chris and Viv this month....

GEORGES BAY MUSIC PRESENTS

LUNCH AND MUNCH

ST HELENS FOOTY CLUB ROOMS
TULLY STREET

FRIDAY 24TH JUNE- 12:00 TO 2:00 PM



\$10 MEMBERS \$15 NON MEMBERS
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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	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	
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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(Bookings preferred for all meals)

GUEST ARTISTS, SUNDAYS FROM 3.00PM

29 May

The Bliss (Hobart Duo)

5 June

Alan Archer

YOUR FAMILY-FRIENDLY LOCAL HOTEL



The Say by the “Cage Rattler”

Our little State of Tasmania has now great claim to being one of the pre-eminent places in the world for giant trees. I recently discovered a video rating the 15 biggest and most significant trees on the planet. Of the fifteen, one-fifth of them are from Tasmania. Quite remarkable. Those trees are the following;

- ◇ ‘Sir Vim’. It is the tallest of the Manna Gums located very nearby to us at Evercreech, and the tallest of the ‘White Knights’. At just under 300 ft, it is considered to be of great value and highly important.
- ◇ ‘Neemimah Loggorale Meena’, also known as ‘Mother and Daughter’. This Blue Gum is the tallest of the species to be found anywhere, and once again, it is extremely important to ensure it’s conservation. They said it is near exactly 300 ft tall last time it was measured, but strong evidence has shown that blue gums at least 35 ft taller have existed before it.
- ◇ Then there is ‘Centurion’. ‘Centurion’ is a Eucalyptus Regnan, otherwise known as Mountain Ash. It is 100.5 metres or 327 ft tall. It is officially the second tallest tree in the world, the tallest in the Southern Hemisphere, the tallest flowering plant and the tallest hardwood tree in the world. The world’s tallest tree is Hypernion in California USA. Not very long ago we nearly lost Centurion to bushfire, but it was luckily saved. The report said that the experts are confident the new burn-out in the base won’t hinder it’s growth and there is no reason Centurion will not get taller still. Great news indeed.

New rules now prohibit anybody from cutting down trees in Tasmania that reach 278 ft or 85 metres in height. They have said that Tasmania still has a lot of trees that fall into that category. Even 85 metres is extremely tall. Let’s also not forget another very famous tree only found here. That of course is the Huon Pine. Huon pine is one of the oldest species of trees ever discovered, and the wood - ideal for ship building - is highly valuable. Some Huon pines are said to be around 9000 years old and still alive... mind blowing when you think that the trees were already extremely old when ancient civilisations were making their way, and about 7000 years old, perhaps, when Our Lord walked the Earth.... just imagine that!

I am not a Greenie. Some of their views and policies bewilder me quite often. I am, however, a person who believes in protecting trees of major significance such as the above-mentioned ones, including amazing stands of these precious and special trees where applicable. These places include the Styx Valley, Florentine and Tahune, several more places also. In regard to regeneration forests, so long as environmental impacts of flora and fauna has had due diligence done, it’s pretty important to make use of the resource as we have done so a few times before.

We have made mistakes, no doubt about that, but there is also great need for a well-managed and sustainable timber industry, whether it be some regen availability and of course plantation timber. But to be an area of our very special places that are home to these magnificent giants is equally important, maybe more so....

Cracked record here on another matter....Main Street bitumen breaking up again as predicted. This is not good enough! Near the Bakery especially, we have yet another rut appearing. It’s an insult to us as citizens, that the work only ever seems to last for a short time before this recurs. How about putting this to rest for a significant time, and do a proper job, not patches upon patches. We shouldn’t have to put up with second class repairs why not a first class fix instead eh....?

What do you think?

Editor’s note: ‘Princess Picabella’, a brown top stringybark, is also listed in the top 15 tall trees in the world.

GP Practice / St Marys Community Health Centre

15 – 17 Gardiners Creek Road, St Marys ♦ Tel: (03) 6387 5555 Fax: (03) 6372 2559

The GP Practice will be closed on Monday 13th June for the Queen’s Birthday public holiday.

The Hospital will open for emergency presentations. Please telephone the hospital prior to attending.

If your injury or illness is critical or life threatening, call triple zero (000)

IN THE KITCHEN WITH KIRSTEN



I know! We have all made Pumpkin Soup, but it really is the absolute perfect winter warmer comfort food, and someone sent a request for an easy soup, so here it is. By the way, have you ever seen a pumpkin like this? Apparently it is called a Green Goblin, I believe, but I am happy to be corrected. A tricky one to peel, but made the most loveliest soup that I was able to sit by my window overlooking



Green Goblin Pumpkin;

the beautiful Kingston Beach and tuck into on a rainy day last week.

Don't forget to add those extra spices or flavours that you love. The best soups are often created by the addition of those extras ingredients that each one of us add. Try adding a teaspoon of your favourite curry paste in for a spicy flavour. Some tips: when you are making the soup, you can use chicken stock or vegetable stock, and if you really want to go a bit fancy, check out the latest commercially-made ramen, miso and pho stocks available. They are great for a short cut, or alternatively, make your own stock. If you don't want to use cream, try coconut, almond or soy for a lovely creamy but non-dairy flavour.

Perfectly Lovely Pumpkin Soup

Ingredients

1.2 kg pumpkin (any type) OR butternut squash	1 onion, sliced	2 garlic cloves, peeled, whole
3 cups vegetable or chicken stock	1 cup water	Salt and pepper
1 cup cream, half and half or milk, or whatever you choose		

Method

Cut the pumpkin into chunks. Cut the skin off and scrape seeds out. Place the pumpkin, onion, garlic, stock and water in a sauce pan. Bring to the boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender.

Remove from heat and use a stick blender to blend until smooth. Season to taste with salt and pepper, stir through cream, or milks. I sometimes use sour cream as well, as it's delicious.

Ladle soup into bowls, drizzle over a bit of cream or your choice, and sprinkle with pepper and some pumpkin seeds to finish. Serve with fresh made flat bread, here is the recipe;

350g self-raising flour	350g natural yoghurt	1 teaspoon baking powder	about 60ml good olive oil
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Place flour and baking powder in large bowl, add yoghurt and oil, and mix together with a wooden spoon. When combined, continue to work together with your hand, collecting flour from sides of bowl and kneading lightly. Add a splash more oil if you think it is too dry. Turn onto lightly-floured surface, and continue to knead until smooth. Rest for 10 minutes, then cut into 6 pieces, and roll each into a ball. Rest for 2 - 3 minutes, then roll out thinly, dusting with flour if it sticks to the surface. Heat oil in a griddle pan. Cook for about 3 minutes, flipping 2 or 3 times to ensure it doesn't burn. Watch me make some at:

<https://www.youtube.com/watch?v=3KpFGHJ9bWo>

Arabian style sweet and sour chicken

Ingredients

1 kg chicken thighs skin on, bone in	200ml red wine vinegar	5 large sprigs of mint
1 teaspoon ground cloves	1 tablespoon vegetable oil	15 gm butter
2 large onions, peeled halved and sliced	50 gm dark brown sugar	200 mls chicken stock
Salt and pepper to taste	Fresh mint to garnish	

Method

Place the chicken in a container with the vinegar, mint and cloves. Cover and marinate for around 8 hours (not entirely necessary though if you are in a hurry). When ready to cook, remove the chicken from the marinade. Pan-fry the chicken thighs till golden brown in a pan or dish that can go in the oven. Remove the chicken from the pan and pan fry the onion until tender. Stir in the sugar until melted, add the marinade and the stock and return the chicken to the pan. Bring to a simmer, cover the dish with foil or put a lid on. Cook for 45 minutes at 180°. Season to taste, and garnish with mint sprigs.

Serve with rice flavoured with roasted almonds, sliced dried apricot, and green vegetables. I serve it with sautéed kale and lemon zest or a simple salad. If you are going without carbs, just leave out the rice or use cauliflower rice with the same nuts and apricot. or even some of the same flat breads you made for the pumpkin soup.

Have an awesome day and thank you. Don't forget to Subscribe, Like and follow for more exciting food stories.

Kirsten Bacon

<https://www.youtube.com/channel/UCs7TNBH6Wi1NjOcY4E929Wg/featured>

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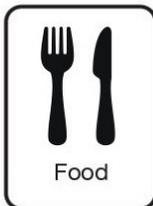
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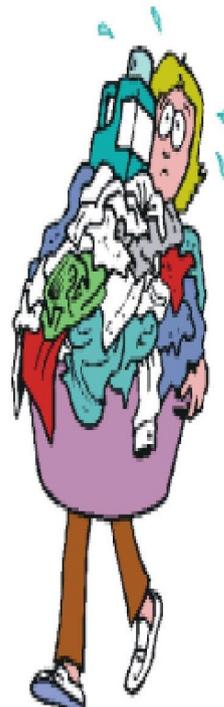
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FINGAL FOCUS

Contributed by Mike Brouder

“If winter comes, can spring be far behind?”

You will be pleased to know that Winter in the northern Hemisphere is colder than that in the Southern Hemisphere. The reason is that there is a much greater land mass in the Northern Hemisphere. Much of the land mass is inland, away from the influence of the oceans. Hence the temperature has greater highs and lows. This is all very exciting old news, especially when you look out of your window and realise that you still have to venture forth into the cold blast! If it is colder in the Northern part of the world in their winter....tough!!

Anyway, what defines the northern and southern hemispheres? It is simply whether you live north or south of the equator. The population of the earth is distributed between the north and south, with about 67% of the world population in the northern ‘half’ and about 33% in the southern ‘half’. I guess that the location of land-mass in the northern hemisphere has a lot to do with that. More land will support more people.

I know that it will not come as a surprise to you that Australia is not listed among the coldest place on earth. However, the coldest place on Earth is the Antarctic, which is basically uninhabited.

We, in Australia, have such a diverse range of climates. We can travel within our own nation and experience that range from cool, temperate in Tasmania, (Hush! We don’t say cold in front of tourists. We say that it is “bracing”..) and in the far north of Australia, we can enjoy a sub-tropical climate. I must admit that on my first trip to see my eldest daughter in Julatten, a bit north of Cairns, I was surprised by the wave of heat which hit me as I disembarked from the aircraft at the Cairns Airport. I started to disrobe from my normal clothing as soon as I reached Sally’s car. I know I got a small thrill when, as we drove to her home, we crossed the Great Divide. It always has that effect on me. I also enjoyed fresh mandarins, sweet and juicy, straight from the tree in her garden; it was very satisfying! A bit like eating fresh ripe and juicy apricots straight from the tree in Tassie. Back to winter. Where does the name come from? The word winter, it is proposed, “comes from the Proto - Germanic word ‘wintru’, the origin of which is unclear.” This is a quote from Wikipedia, and it stays just as unclear to me as it is to you. Don’t shoot me, I’m just the messenger.

Winter lasts from June 1st until August 31st, according to the calendar, but with climate change, the season may be shorter or just a bit longer. Who knows? Anyhow.....stay warm.

Definitions:

Diplomat: A man who can convince his wife she would look fat in a fur coat.

Housework: What the wife does that nobody notices until she doesn’t do it.

Batchelor: A guy who has avoided the opportunity to make some woman miserable.

Spouse: Someone who will stand by you through all the trouble you wouldn’t have had if you’d stayed single in the first place.

A Californian Highway Patrolman pulled a car over and told the driver that because he was wearing a seatbelt, he had just won \$5000 in a state-wide safety competition. “What are you going to do with the money?” asked the policeman. “Well I guess I’ll get my drivers license,” he answered.

“Don’t listen to him,” yelled a woman in the back seat, “he’s a smart aleck when he’s drunk.” This woke up the guy in the back seat, who took one look at the cop and moaned, “I knew we wouldn’t get far in a stolen car.” At that moment, there was a knock from the trunk (boot), and a voice said in Spanish, “Are we over the border yet?”

Doctor to patient: “So you slept with the window open like I advised. Has the asthma gone?”

Patient to doctor: “No but my watch my TV, my I-Pod and my laptop have!”

A man walked into a bar and said, “Does anybody want to hear a blonde joke?” The barman said, “Just you wait a minute. I am blonde, the bouncer is 250 pounds and is very strong, the manager is a weight lifter. Do you still want to tell a blonde joke?” “Not if I have to repeat it three times,” the man answered.

A psychologist once said that we know little about conscience, except that it is soluble in alcohol...

(Well, I thought they were funny.....Mike B)

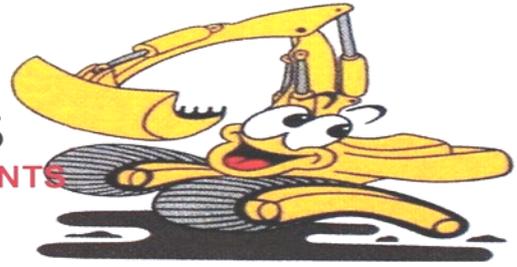
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Fingal - Talbot Street, Fingal

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RAINBOWS AND RADISHES

By Bloomin' Iris



Hi to you all my fellow gardeners on this sunny winters day.

I do not like being cold, like most people, but I rug up and go out into the garden to see what is going on, and what I can do after we have pulled out our summer produce and dug the beds over.

Many winter veges like onions and leeks do well with a dressing of lime, and I put in a bit of blended cow manure, then dig it in over the top soil.

Yesterday I put in iceberg lettuce, spinach, and rocket - we had some rain and they are all standing up very well. I do net my green vegetables, as the birds have a feast otherwise. I will grow more Brussel sprouts, broccoli, Asian greens for a stir - fry, and cauliflower, and I will try some cabbage too.

I have been adding a bit of compost, blended cow manure and potash in most of my vegie beds. It works very well, and of course, after a couple of weeks, a bit of 'Seasol' and your favourite liquid manure, as a weak blend applied every two weeks will keep the greens really powering on.

Do not throw those garden leaves away, mow them up and use as a bit of mulch, put the rest in with your compost pile, along with some manure and some greens. It will make a beautiful blend for your garden come summer, and it is a great conditioner for your soil.

With the price of veges as it is now, - and set to rise steeply!,- it is reported in the newspapers and television that prices are set to rise steeply, and as they already have, we all should be thinking about any spare space in our garden for any vegetable and herbs we can grow. If you are a first time gardener, there are plenty of gardening books you can buy to start you off.

If you are not sure you want to spend a lot on gardening books, the internet is always a place to start and print off what pages you want. I have also bought some great gardening books for a dollar or two at the good old op shops, they have it all! All the seed companies like Yates etc, have great books to start with, there are plenty of others, so do your research on the net.

Grow some beautiful veg this winter. Look for your rainbows; they are gorgeous this time of year, and don't forget the radishes!



Your vegetable garden can still be productive in Winter.

WEED OF THE MONTH - MIRROR BUSH

Mirror bush (*Coprosma repens*) is considered a significant environmental weed in Tasmania. It is native to New Zealand, and has become established in many coastal areas of south-east Australia. Mirror bush varies from a ground-hugging shrub close to the coast to a small tree in sheltered areas.

It spreads by seed which is dispersed by birds, animals and garden waste dumping. This species also reproduces vegetatively, by sprouting and taking root from branches on the ground. It can form dense colonies in native bushland, displacing native flora and fauna and the canopy will smother all other vegetation. It is very hardy, tolerating drought, salt, frost and most soil types, common in coastal environments.

Treatment is by pulling small plants up or spraying them with glyphosate. Drilling holes in the branches and spraying with glyphosate, or cutting the stump is the appropriate treatment for larger plants. Burn the small plants and cut branches and stumps. The best time for treatment is between June and November.

(Information from Break O'Day newsletter, picture from Google)



BREAK O'DAY

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Holy Trinity: 10.00am every Sunday

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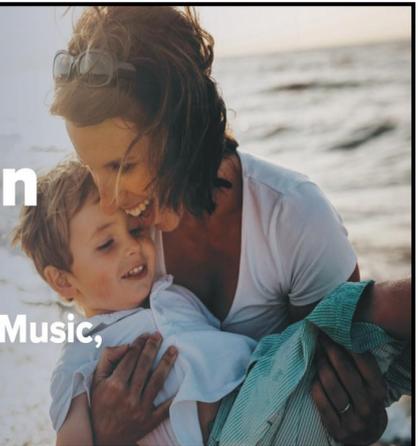
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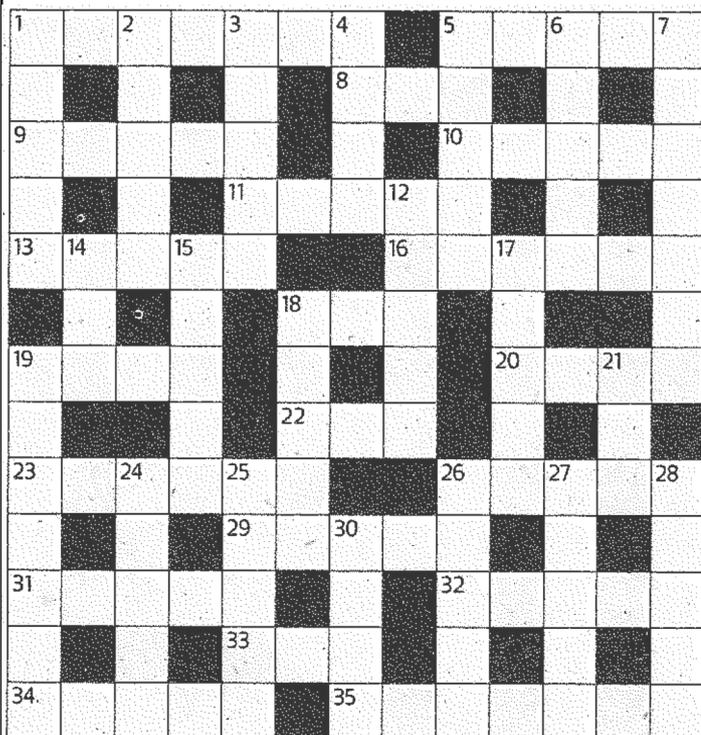
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Crossword 54.09



ACROSS

- 1. Flawless (7)
- 5. Army chaplain (5)
- 8. Be indebted (3)
- 9. Famous lover! (5)
- 10. Pollute (5)
- 11. Norwegian (5)
- 13. Ponderous (5)
- 16. Wax pencil (6)
- 18. Remove weeds (3)
- 19. Toppled (4)
- 20. Structure made by bird (4)
- 22. Scrutinise (3)
- 23. Entertain (6)
- 26. Swift (5)
- 29. Standpoint (5)
- 31. Clumsy (5)
- 32. Metal slab (5)
- 33. Epoch (3)
- 34. Rambler (5)
- 35. Beatles hit of 1970 (3,2,2)

DOWN

- 1. Roost (5)
- 2. Ballroom dance (5)
- 3. Near-black wood (5)
- 4. Pleasure trip (4)
- 5. Actor, _ _ _ Bowles (5)
- 6. Milk factory (5)
- 7. Dead (7)
- 12. Fragrance (5)
- 14. Stretch out (3)
- 15. Roman home (5)
- 17. Revoke (5)
- 18. Safe place (5)
- 19. Provide (7)
- 21. A novel by Rider Haggard (3)
- 24. Hellenic (5)
- 25. Subsequently (5)
- 26. Sham attack (5)
- 27. Cardinal number (5)
- 28. Heading (5)
- 30. Ambition (4)

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'WITH ONE VOICE' BREAK O'DAY CHOIR

Feel Good, Do Good, Sing for Good!

What a hoot! 'Reconnect and Sing' blasted off on Tuesday 24th May at St Marys Community Hall, where the aroma of curries invited us in to the beautifully warm singing space. The curries and sweet treats were absolutely delicious. But best of all, we connected with new friends and reconnected with others. And the singing was sooo good! The acoustics made us sound like super stars. If you missed this one, come along to the next event, which is on Sunday, 19th June at Portland Hall, Cecilia Street St Helens, starting at 11.00am. Calows Coaches will transport Valley dwellers who would like to hop on board with us to travel down to St Helens. Once there, we will have a jolly good sing from 11.00am till 12.00pm. Then we will provide you with a 'Soup, Sandwich and Sweet Treat Lunch', and send you on your merry way back home to St Marys on the bus, with a nice warm belly, a smile on your face and songs in your heart. Bring your family and friends - the more the merrier!



We're also looking forward to adding our voices to the Bay Of Fires Winter Arts Festival on the long weekend. We will be strutting our stuff after the opening of the Junior Art Prize at Portland Hall on Saturday 11th June at 11.30am, and then again at 12.30pm at Panorama, where the Bay Of Fires Arts Prize finalists will be on display.

With One Voice Break O'Day Choir is a community choir that welcomes everyone - Feel Good, Do Good, Sing for Good!

*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.*

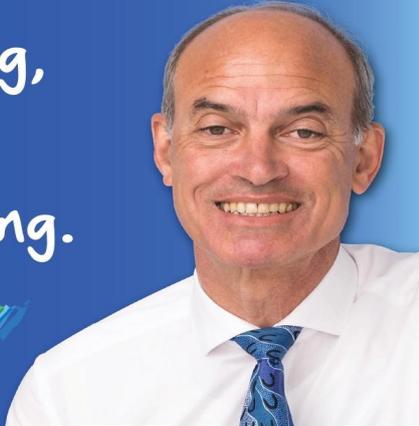
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Rebecca White MP

Labor Member for Lyons

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

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Authorised by REBECCA WHITE,
33 COLE ST, SORELL

5 MINUTES WITH THE MAYOR



I wanted to use this column to congratulate the Fingal community on the establishment of a grocery shop in Fingal.

One of the main reasons I wanted to be a councillor was because I genuinely care about my community and wanted to do my bit to make sure we strived and thrived together. But the most rewarding thing to me is seeing the community step up and work together to help themselves, and I have to say that Fingal is always one of my favorite communities to visit, because it really is a community. Everyone is connected and everyone looks out for each other.

When the Fingal shop closed just before Christmas, it left a real hole in the local community psyche. But the community spirit of the Fingal residents combined with the dedicated team at the Fingal Valley Neighbourhood House (FVNH) meant that the community didn't have to go without for long.

FVNH's Manager Gary Barnes leapt in to action, and with support from Council's Community Services department, it wasn't long before there was a team of volunteers ready to jump in to the fray to make sure no one had to go without.

The store operated out of the FVNH for several months and was run largely by volunteers. The store started out stocking basic goods and taking orders. Now, however, the FVNH has negotiated a lease arrangement with the original store owner, who has allowed them to go back in to the shop.

The entire Fingal Community should be proud of this achievement, and I also hope they are exceedingly proud of their Neighborhood House team.

If only we could bottle the community spirit of Fingal and sprinkle it around some of our other townships.

NEWS FROM BREAK O'DAY ANGLICANS

Christmas Shoe Boxes

We are pleased to report that the empty boxes have arrived for 2022. If you would like to participate in this very worthwhile cause, please give Carole a ring on 6376 1638 and secure a shoe box for free. A brochure will show you what to place in the shoe box, and ideas for girls and boys.

HeartsnHands Craft Group

We have resumed after the Easter break and the electives for this Term are; dignity bags for Medea Park residents, a knitted spiral scarf and small flags for Ukrainian refugees. The flags will be distributed through the Ukrainian Association of Australia, to refugees and families as they begin a new life in our country.

Lismore Floods

During Term 1 after the devastating floods swept through NSW and Queensland, HeartsnHands had a visitor – Mrs Jeanne Koellner, who is organising replacement equipment and materials for the Richmond River High School at Lismore. The textile students there were busy working on their final assignment for their end of year assessments, and of course these were all destroyed. Through the generosity of many people, not just HeartsnHands regular ladies, we have gathered a lot of items very suitable for Jeanne to be able to send on to Lismore. If you have excess fabric, sewing equipment, wool, knitting needles, etc. please contact HeartsnHands any Thursday between 10am-12 noon of school term to leave your donation. Jeanne has already 14 boxes packed and ready to go with the \$50 freight cost paid on each one from our very generous community. Thank you everyone.



Mayor Mick Tucker
- serving all of
Break O'Day

mick.tucker@bodc.tas.gov.au

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St Marys District Hospital Support Association Inc.

We advise members that subscriptions of \$5.00 are now due, and payable to the Treasurer by June 30, 2022. For your convenience, payments can be left at the St Marys Post Office.

Thank you,

Len Miles, President

Murray Bennett, Treasurer,

Phone 0447 958 660



EAST COAST MOTO CROSS SLIP AND SLIDE THROUGH THE MEET

The East Coast Motocross Club has held its second event for the year. Following on from a successful grass track event earlier in the year, our first track event was held on Sunday 5th June.

After a huge effort from the club to bring the track back from substantial damage caused by heavy rain and storms earlier in the year, the track was looking prime and ready for a big field of competitors to show their skills.

That all changed with heavy overnight rain on the Saturday, turning our glorious manicured track into a bog hole. Not to be deterred, a strong field of 40 riders from around the state put their skills to the test and turned on a great day's racing, although the parents and partners weren't looking forward to the clean up the next day.

Local Scamander rider Brodie Faulkner proved to be the master of the mud-pit, winning both his classes, and Cooper Cameron finished the day with 4th place. Other local riders Jack Cropp and Bayliss Sawyers had various dramas throughout the day.

The club now turns its attention to trying to prepare the track for the upcoming state round on Sunday, 19th June, when top class riders will be competing in the 4th of 6 rounds for the prestigious state title.

There will be many hours to be spent from a small but dedicated committee to try and get the track back to its best. As always, the club is open to help from interested people, especially those that may have the necessary skill or machinery to help out with preparing the track.

Contact Amy on 0417 152 337, or Nathan on 0437 896 984, if you can help.



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CULLENSWOOD

Robert Vincent Legge was born in 1803, one of two sons of Michael Legge (1764-1834) who was a barrister in Dublin Ireland. In Dublin, the family faced financial difficulties and the Earl of Dartmouth offered to help. The elder son accepted, but Robert declined and wanted to be independent and emigrate to the new country. Robert arrived in Van Diemens Land on 12th August 1827 on the ship Medway, along with his four unmarried sisters and one married sister, after a voyage of five months from England. Mary had married Captain Gray, who was also on the Medway, along with his brother. The four sisters became Mrs Sarah Pitcain, Mrs Eliza Franks, Mrs Alicia Jennings and Mrs Frances Dumaresq. Major Captain Gray settled at Avoca and Robert Legge went to St Marys and accepted the offer of a grant of 1200 acres (486ha) from the governor, which he named 'Cullenswood' after his family home in Ireland. Robert's first home was a hollow tree while he built his first house. About 1837, when his home was nearly completed, he returned to England and married Elizabeth Graves, the daughter of Captain La Penotiere of the Royal Navy, from Liskeard, Cornwall. After their marriage, they returned to Van Diemens Land. By 1847 they had built Christ Church Cullenswood, the rectory and a Sunday school at Cullenswood and St Marys. Built on 16 acres of land of the Cullenswood estate, the church was constructed of stone. It's features include a stone arch which in its day was the best in Australia, red glass oil lamps and seven coloured light windows designed by Clayton and Bell, London, all built at his own expense. They had seven children; the two eldest died at infancy and three boys also died when they were very young. In 1853 they returned to England with their two remaining children, William Vincent and Elizabeth. While in England they had another child, Fanny.



Cullenswood House, date unknown.

In the 1858 assessment roll, Robert had 6427 acres leased out to land holders. Dairy and agricultural land was leased to Silas Bryan - 335 acres, Thomas Hardy - 320 acres, Arthur Wright - 100 acres, and John Woodberry - 350 acres. Sheep and agricultural land were leased to John Anderson - 1500 acres, and Henry Cowell - 3724 acres. James Price leased agricultural farm of 50 acres, agricultural land and homestead of 16 acres was leased by Jonas Thompson, and house and land at Londavra of 1 acre and two roods, was leased by John Royle. The public house at the time was run by Joseph Howell, proprietor being Robert Cameron who leased 21 acres and the parsonage was run by Reverend Augustus Barkway, 10 acres. All resided on their leased properties.



*Robert and Elizabeth's son,
William Vincent Legge.*

In 1864, Robert returned to Tasmania and in 1865 Mrs Legge also returned with Elizabeth and Fanny, while William stayed in England to train at Woolwich for the Royal Artillery. During the time that Robert was away, Henry Cowell leased the Cullenswood estate, living in Cullenswood house. Once the lease had expired, Bell and Westbrook auctioneers were instructed to sell all his stock including 3100 sheep, 100 head of cattle, horses, carts, drays, farm implements and his furniture and by 1866, after his return, the assessment roll states he only had 1246 acres leased out. By 1861, Cullenswood was the main township. It consisted of a post office, Roman Catholic Church, Anglican Christ Church, cemetery, school and school residence, general store, police office, a pound keeper and a hotel/inn called "Tasmanian Inn-Hotel". The occupier at the time was Adam Sutherland, and Robert Cameron was the proprietor, and the hotel was commonly referred to as the 'Sutherlands'. It was a neat road-side inn, just after the Cullenswood estate on the Londavra estate, which was the property of Robert Cameron. The blacksmith's shop was across the road from the church, run by William Margison in 1866. By 1890, the township of Cullenswood had 2 resident store-keepers, 3 butchers and bakers and 1 shoemaker. There was also a store-keeper that visited once a week from St Marys, and the school had 2 teachers.



*Robert Vincent Legge,
1803 - 1891*

CULLENSWOOD (continued)

Cullenswood township included Londavra estate, and as St Marys started to grow as a township, Cullenswood started to dwindle. Elizabeth died in 1888 and Robert in 1891. Their son Colonel William Vincent Legge returned to Tasmania in 1883, took up command of the artillery forces on 6th December 1883, and entirely reorganized the battalions. He married the daughter of Major Gray, and as a member of the Royal Society of Tasmania, he wrote several papers on various subjects including ornithology, flora and fauna, forestry and geology. The government had 'Legge's Tor' on Ben Lomond named after him in 1907. He continued his father's work as lay reader and Sunday school teacher. He also restored the church including the light windows. In the Examiner dated 25th July 1906, a resolution was passed on 20th July 1906, which was posted for 3 months on the church gate; "Owing to this church yard being so full that old graves are frequently broken into when digging new ones, no further internments will be permitted to take place in it, except in the case of those who have relations interred there, and who have ground there; and no further extension of ground can be made unless in the case of above." Colonel Legge died in 1918. The Legge family is an old one dating back to the 10th century in Italy, when the name was De Legas, and is one of the original pioneers of the Fingal Valley, who were respected by their servants, parishioners and were generous to the church and individuals.

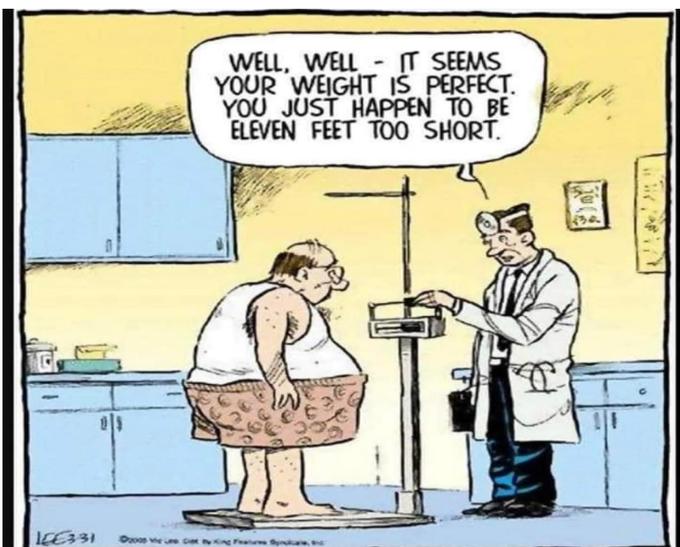
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St Helens Supa IGA

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St Helens Football Club

Located inside the club rooms.

Scamander Sports Complex

On the wall just inside the dining room doors.

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance.

Four Mile Creek - 24hr access

18 Four Mile Creek Road, pole mounted right-hand side of property.

St Marys District School

In the swimming pool enclosure, available during pool hours.

Fingal Valley Neighbourhood House - 24hr access

On the wall outside the front door.

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NORTHERN TASMANIA

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Emergency relief providers also link people to other services, to help address the reasons for a financial crisis.

Emergency Relief organisations provide services directly to regional communities. It is not necessary to travel into Hobart for support.

Please contact an organisation for advice and assistance.

<p>Launceston City Mission (03) 6335 3000 www.citymission.org.au</p>	<p>Launceston Benevolent Society (03) 6344 4213 www.lbs.org.au</p>
<p>The Salvation Army Tasmania (03) 6323 7500 www.salvationarmy.org.au</p>	<p>St Vincent De Paul Society (03) 6326 5551 www.vinnies.org.au</p>
<p>The Helping Hand Association (03) 6391 2498 www.findhelptas.helping.hand</p>	<p>CatholicCare Victoria Tasmania 1800 819 447 or (03) 6332 0600 www.catholiccaretas.org.au</p>

FINANCIAL COUNSELLING SUPPORT

If you or someone you know requires financial counselling support:

National Debt Helpline

1800 007 007

www.ndh.org.au

Gambling Helpline

1800 858 858

www.gamblinghelponline.org.au

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

Housing Connect

1800 800 588

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

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A Tasmanian Lifeline

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Kids Helpline

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Lifeline

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Beyond Blue

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www.beyondblue.org.au

Carer Gateway

1800 422 737

<https://www.carergateway.gov.au/>

If you or someone you know is a carer

Disability Information Helpline

1800 643 787

www.dss.gov.au/disabilityhelp

If you or someone you know has a disability

Older Australians and Carers COVID-19 Support Line

1800 171 866

Older people and their carers are encouraged to call

Tasmania Public Health Hotline

1800 671 738

www.coronavirus.tas.gov.au

For the latest information about the coronavirus (COVID-19) in Tasmania

Find Help Tas

A central online directory of community services across Tasmania.

Supported by TasCOSS and member organisations

www.findhelptas.org.au

National Coronavirus Helpline

1800 020 080

www.australia.gov.au

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

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Building Blocks News



Activities that promote early literacy and numeracy concepts

Bringing Up Great Kids



Bringing Up Great Kids is a FREE program for anyone caring for kids 0-12 years old

These 4 short sessions will help you build strong positive relationships with your kids

- Explore children's growth and development
- Understand how children communicate through their feelings and behaviour
- Look at what are the important messages we want to pass on to our kids and how we can do this

Date: 14th June, 21st June, 28th June, 5th July

Time: 11-2pm

Where: online via Zoom Link (internet access required)

Presented by: Kayla Newton & Tanya Greenwood

Cost: FREE!!

To book your spot call Tanya: 0400 002116

Or E: BuildingBlocks@fvnh.org.au



Here are some fun, everyday activities you can do with your child to help develop their literacy and numeracy skills:

- play word games when out together, such as playing 'I spy' in the car. For young children, you can use colours such as 'I spy something that is red'
- paint and draw — art allows children to express themselves. As your child learns more words you may notice their paintings or drawings become more detailed
- sing songs or nursery rhymes while taking a walk, packing away toys or in the car
- dress up — children can practise their language and communication skills by playing 'make believe'
- play outdoors — pouring water or sand into containers, scales and measuring containers allows your child to explore numeracy concepts
- do a puzzle — puzzles are a great way for children to learn about sizes, shapes and colours

contact Tanya M: 0400 002116 or Email: BuildingBlocks@fvnh.org.au or Facebook: 'tanya building blocks'		June 2022			All Building Blocks sessions are free of charge for all children from 0-8 years old, along with their parents, carers & grandparents. FVNH Play Centre by booking only
Mon	Tue	Wed	Thu	Fri	
		1	2 St Marys Play & Learn @ St Marys Town Hall 10.30-11.30am	3 Read Sing Create! St Helens Library 10.30-11.30am	
6 Fingal Play Centre	7 Read Sing Create! Bicheno Library 11-11.30am Jetsonville Playgroup 10-12pm, Scottsdale	8 Coles Bay Play & Learn @ Coles Bay Hall 10.30-12pm	9	10 Read Sing Create! St Helens Library 10.30-11.30am Bay of Fires Youth Art Prize Workshop at Portland Hall St Helens 10-3pm	
13 Public Holiday	14 Read Sing Create! St Marys Library 11-11.30 Bringing up Great Kids Online Parenting Group 1-2pm	15 Falmouth Playgroup 10-12pm @ Falmouth Community Centre	16 Fingal Play & Learn @ FVNH— 10.30-11.30am	17 Read Sing Create! St Helens Library 10.30-11.30am	
20 Fingal Play Centre	21 Read Sing Create! Bicheno Library 11-11.30am Bringing up Great Kids Online Parenting Group 1-2pm	22 Ringarooma Launching into Learning 9-10am @ RPS	23	24 Read Sing Create! St Helens Library 10.30-11.30am Bicheno PS LiL 9.15-10.15	
27 Fingal Play Centre	28 Read Sing Create! St Marys Library 11-11.30 Bringing up Great Kids Online Parenting Group 1-2pm	29 Gladstone Play & Learn 10.30-12pm @ Gladstone Hall	30 Move & Play 10.30-11.30am Scottsdale Indoor Active Centre, Arthur St		

SCAMANDER RIVER GOLF CLUB



Wednesday 25th May - Midweek Competition

1st	Dick Swanson	39 points
2nd	Tony Swanson	36
3rd	Nigel Wallace	35
4th	Darren Bramich	34
5th	Darrel Thurley	33

Nearest the Pin	6th: Carole Gunson
	8th: Brad Ennis
Carter Award:	Jens Kalisch
Longest Putt:	Beth Haas

Saturday 28th May - SKA Power and Control Multiplication Stableford

1st	Darren Bramich - Beth Haas	49 points
2nd	Jens Kalisch - Beth Haas	47
3rd	Mark Bywater - Rose King	44
4th		
5th		
6th		
7th		
8th		
9th		

Nearest the Pin	6th:
	8th: Mark Van Epen
Longest Putt on 9th	Mark Bywater

Tuesday 31st May - Ladies Stableford

Hard day at the office for the girls today...

1st	Sarah Tatnell	25 points
2nd	Beth Haas	23
3rd	Margaret Thompson	22
4th	Maryanne Ennis	22
5th	Rhonda Hopkins	11

Putting:	Sarah Tatnell
----------	---------------

Wednesday 1st June - Midweek Competition - Jackpot Stableford

Another tough day out there to remind us it's the first day of Winter. Jackpot carries over to next month - that might get a few out!

1st	Dean Richardson	35 points
2nd	Brad Ennis	34
3rd	Graham Little	32

Nearest the Pin	6th: Dean Richardson
	8th: Dean Richardson

Saturday 4th June - East Coast Surf Monthly Medal - Stroke

1st	Shan Wilmot	70 points (on c/b)
2nd	Dean Richardson	70
3rd	Phil Kerkham	75
4th	Jodan Longfield	75
5th	Darrel Thurley	76

Nearest the Pin	6th: San Wilmot
	8th: Graham Little

Best Gross:	Mathew Cross	83
Longest Putt:	Darby Munro	
Carter Award:	Jens Kalisch	

Tuesday 7th June -

1st
2nd
3rd
4th
5th
6th

Nearest the Pin

MALAHIDE GOLF CLUB



Friday 27th May - Chicken Run

1st	David Duthie	32 points
2nd	John Vincent	33.5
3rd	Riley Plummer	34.5
4th	Stan Ellerm	37
5th	DB Lowe	38.5
Nearest the Pin	4th: David Duthie	
	8th: Riley Plummer	

Friday 3rd June - Chicken Run

1st	DB Lowe	29
2nd	Randell Wadley	31
3rd	Ashley Stone	33.5
4th	John Vincent	34
5th	David Duthie	38
6th	Rod Hunt	40
7th	Garry Lanham	40

Nearest the Pin	4th: DB Lowe
	8th: Club

Saturday 28th May - Multiplayer Stableford

The crows are back; 4 lost balls today!

Teams

1st	Ashley Stone - John Vincent	59
2nd	Robert Mathews - David Duthie	56
3rd	Andrew Johns - Randal Wadley	45
4th	D B Lowe - Stan Ellerm	44

Individual Scores

Ashley Stone	34
John Vincent	33
David Duthie	32
Randell Wadley	30
Robert Mathews	29
Andrew Johns	28
DB Lowe	28
Stan Ellerm	24

Nearest the Pin	4th: John Vincent
	8th: Randell Wadley

Saturday 4th June - Monthly Medal

Weather today was perfect for golf, crow free day.

Congratulations to Riley for a fantastic score, your handicap will be in for a chop!

1st	Riley Plummer	82/63
2nd	David Duthie	91/72
3rd	Randell Wadley	93/76
4th	Ashley Stone	99/82
5th	DB Lowe	99/82
6th	Craig Woods	99/85
7th	Peter Sorenson	104/82

Nearest the Pin	4th: Riley Plummer
	8th: Riley Plummer
Best Stableford points:	Riley Plummer 45 points.

Upcoming Games:

11th June	2BBB
18 June	Stableford

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 29th May** the team had a bye, and on Sunday 5th June, the game was cancelled, due to the weather.



Macklan Hays gets the ball out while Charlie Taylor shepherds Prospect players away in the game on 15th May.



Talking tactics, against North Launceston, in the game played on 1st May.



Cooper Griffiths goes up for the mark, playing against Scottsdale on 8th May.

NEXT GAMES: 12th June, no game; 9th June vs South Launceston at St Helens.

(U/12 report and photographs by Emma Woods.)

UNDER 14

As with the Under 12's, the team had a bye on **Sunday 29th May**, and the game was called off on **Sunday 5th June**.



Bianca Young shows her style in the game against South Launceston played on 1st May.



Paul Taylor prepares to hand-pass in the game against South Launceston on 24th April.



Tiberius Foley tackles the opposition, watched by Macklan Hays and Will Robinson, in the game played on 10th April against East Launceston.

NEXT GAMES: 12th June, no game; 19th June vs Launceston Blues at St Helens.

(U/14 report by Jazz photographs by Jessie Groves.)

EAST COAST SWANS FOOTBALL CLUB



UNDER 16

On **Sunday 29th May**, the under 16 team had a bye, and as with all NTJFA games on **Sunday 5th June**, there was no game played.



Ashton Gillies ready to boot the ball, at Deloraine on 9th April.



Alex Kelleher shows his style against Deloraine on 15th May.



Jimmy Freiboth shepherds a South Launceston player in the game played on 1st May.

NEXT GAMES: 12th June, No game; 19th June, vs South Launceston at St Helens.

(U/16 report and photographs by Jazz.)

RESERVES

The Swans consolidated their position in the top 5 with a dominant 112 point win over the Magpies on **Saturday 28th May**. From the outset, the pace of the Swans caused huge problems for their opponents. Players such as Adam Breen, "Buzz" Curtis and Jayden Blunt consistently broke the lines and gave their forwards plenty of opportunities. 'Ring-in' Tom McLaren was a great target up forward, booting 6 goals, well supported by his mate Street who used his left foot to good advantage. Jack Taylor-Evans, with a couple of majors, showed he will be a useful addition to the team with a bit more game time under his belt, and the evergreen "Zippy" continues to defy the years and put in another lion-hearted performance. With the promise of some regular starters coming back into the team, the clash with Old Scotch should be a beauty.

FINAL SCORES: East Coast Swans: 17.19 (121) Perth: 1.3 (9)
SWANS GOALS: McClaren 6, Taylor-Evans 2, Goulden 2, Payne, Hyland, Poole, Streets, Freeman, Curtis, Oakenfall
SWANS BEST: "Zippy", Garth, Curtis, Breen, Streets, McClaren, Blunt

The Swans had their best win of the season when they defeated Scotch by 12 points on **Saturday 4th June**. The undermanned Swans held the ascendancy for most of the day, desperately maintaining a lead of about two goals. Young players Nelson Cubitt, Jayden Blunt and Andrew Latham were fantastic for their side, refusing to capitulate as the Swans tried to hold off the Thistles, who kicked with the wind in the last term. Seasoned heads, such as Breen and Garth were also influential, while captain Byron Johnson was solid in the last line of defence. In the last stanza, Andrew Zammit was impassable at centre-half back, aided by veteran Clint Robinson, who helped steady the ship when possession needed to be maintained. It was a pivotal win for Kodie Joseph's team who finally claimed a big scalp, having comfortably disposed of all the teams below them on the ladder. The Swans have now skipped a game clear of Scotch on the ladder, to be sitting nicely in fourth.

FINAL SCORES: East Coast Swans: 7.9 (51) Old Scotch: 5.9 (39)
SWANS GOALS: Garth 2, Cubitt, Blunt, Payne, Hyland, Elmer
SWANS BEST: Zammit, Blunt, Cubitt, Johnson, Breen, Garth, Robson

NEXT GAMES: 11th June Bye; 18th June Bye.

EAST COAST SWANS FOOTBALL CLUB



SUNS TOO HOT TO HANDLE

The East Coast Swans scored a comfortable, if unspectacular, win over the Perth Magpies on **Saturday 28th May**. The inclusion of Miar enabled Stoltenberg to wander the forward line. Unusually, the Swans were out of the starting blocks quickly, with Cannon taking huge marks to kick the first two majors of the match. The Swans had 3 goals on the board before Perth found the big opening. The Perth back line was stretched to the limit in trying to control the aerial dominance of the East Coast who had Cannon and Murfet firing on all cylinders. Things looked ominous for the visitors as the Swans had established a 31-point lead by the first break. Miar had an intriguing battle with his Perth opponent in the ruck duals, with the honours being even, however the Swans midfield led by Robinson and McManus gave their forwards plenty of opportunities. Perth were well served around the ground by Williams and Moss, while Magpie team member Will Haley proved to be a good target in the attacking 50. In his first senior game, Jack Calow kicked his first goal, followed soon after by another from Sam Child, courtesy of a free kick. Perth kicked two of their own, and went to the long break facing a 37 point deficit.

The third quarter proved to be an uninspiring affair. Murfet kicked his second and Cannon booted his third, followed soon after by Bosworth. The last term saw the ball spend the majority of time in the Swans forward half, however they were repeatedly denied by a more resolute Perth defence. Omenihu came into the game for the Swans, as Bosworth and Marcus Haley did well in the midfield, but it was Stoltenberg who was arguably the most consistent player across the four quarters. Murfet added his third and fourth goal for the quarter and long-kicking left footer Tate kicked one from deep in the pocket to stretch the margin to 55 points at the final siren.

FINAL SCORES: East Coast Swans: 15.10 (100) Perth: 6.9 (45)
SWANS GOALS: Murfet 4, Cannon 3, Cox-Goodyer 2, Child, Omenihu, McManus, Calow, Tate, Bosworth
SWANS BEST: Robinson, Stoltenberg, Bosworth, Murfet, Madden Cannon, McManus, Haley, Omenihu

SCOTCH ARE THE REAL DEAL

An inability to string together 4 consistent quarters once again proved costly for the East Coast Swans as they went down by 27 points to an impressive Old Scotch team on **Saturday 4th June**. After trading early goals, the Thistles were able to gain the ascendancy. The Swans suffered from poor disposal skills and had trouble linking up for multiple possessions, giving the ball up with regularity. Robbie McManus was the exception to this as he arguably played his best game for the season and showed excellent ball handling skills. It was all Thistles in the second term as the ball rarely crossed the Swans centre line, starving their key forwards, Murfet and Novy of opportunities. Good players were hard to find for the visitors as Scotch piled on another four unanswered goals, having kept the Swans goal-less since the 5-minute mark of the first quarter. Haley, Cannon and Graham were hard tryers for the Swans, but as they trudged off the ground at half time, their team faced an uphill battle to reduce the 44-point lead. Coach Hyland threw caution to the wind in the third quarter, swinging his side around and relying on his young players to hold fast in the backline. After the first major of the term was kicked by Scotch, the Swans were finally able to find some system and outscored their opponents by 3 goals to 1. Pearce Robinson found plenty of the ball and he was supported as always by the burrowing Bosworth, while Will Stoltenberg continued to be an influential player around the ground. Sam Madden did a great job, and continued his run of consistent form. A lucky early goal in the last quarter for Scotch put the issue beyond doubt, but the latter parts of the game were dominated by the Swans, who received excellent service from Majak Miar, who seems to be recovering his fitness. The game finally petered out to its inevitable conclusion, with each side kicking three goals to end the game. Although the Swans outscored Scotch by 2 goals in the final half, this will be of little comfort to Hyland, whose side has now been beaten by three out of the four top sides. He promised some pain on the training track for his players who next play Evandale after two byes.

FINAL SCORES: Old Scotch: 12.7 (79) East Coast Swans: 7.10 (52)
SWANS GOALS: Novy 2, Graham, Murfet, Haley, Cannon, McManus
SWANS BEST: Stoltenberg, Robinson, Madden, Bosworth, Halye, Graham, McManus

NEXT GAMES: 11th June, Bye; 18th June, Bye.

(Seniors and Reserves reports by Nick Fysh)



ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to another fortnight at the Club, with the colder months well and truly upon us, we are far from hibernating at the Centre! Our Friday night Winter Warmers continue to be popular, with guests enjoying a hearty meal and dessert for \$15.00, a warm fire and hospitality, with last week's Shepherd's Pie and Sultana Pudding going down a treat. This week will be Beef and Guinness Pie and dessert to follow, and next week will be Curried Chicken and mash, dessert to follow, so come along and enjoy the meals on offer. We also had Jun and Feng cooking up a treat last weekend, with a three course meal for \$25.00; this was enjoyed by 30 people, who went away well-pleased with the night's meal. Big thanks to Ping for his help on the night, even going home with some coin of his own after a collection was taken up by the much-appreciative patrons. Highlight for the club this week was the attendance of Grant 'Blackie' Faulkner, who gave up a trip to Hayman Island in order to attend the weekend's feast, from budgie smuggler to thermals, I believe; now there is dedication for you! Our annual Bowls Dinner and Trophy Presentation will be on Saturday 18th June, a roast lunch and dessert provided for the guests, which will include visitors from other clubs. We are still awaiting news from Council about the assembly of our shade cloth around the bowls rink, but I am sure a start is not too far away. Also, there may be some other good news on the way on the Sport and Recreation Grant front, watch this space for further news. The golf course, although water-logged in places, is still looking a treat, and with a little working bee help, it should be at its best for the Veteran's golf later this fortnight, and we are looking forward to their attendance.

Members Draw: Last week Russell Harwood and this week, Don Singline. Both missed out through their absence, better luck next time.

Golf: Last week saw Rodney McGiveron and Jimmy Freiboth triumph in a two person ambrose event with 33 points, from Hayley and Speed on 38, and Jimmy and Mac on 40. Nearest the pin on Misery was Rodney, who literally got the chocolates. This was followed by a lovely meal that was appreciated by all. This week saw Rodney win again, this time a stableford event with 19 points for Speed, Jimmy Freiboth on 16 and Craig on 12 points. Nearest the pin was a win to Misery, as no-one managed to hit the green; jackpot to next Saturday. The curried sausages went down a treat on a cold day, as did the beverages and great company. All for \$5.00, so if you are a seasoned golfer or novice, get to the club at 10.00am this Saturday for a hit and giggle, I promise you will enjoy the day. Again, it is so nice to see the juniors on our course and with a few more to attend, I am reliably informed.

Opening Hours: Thursday evening; 5.00pm till late, Friday evening; Winter Warmer night, Happy Hour 6.30pm - 7.30pm and Membership Draw 8.00pm, Saturday; 1.30pm after golf has finished, and Sunday afternoon; 2.30pm till late.

Until next time, good hitting and socialising.

St Marys Sports Centre inc.

NOTICE OF AGM

SATURDAY THE 9th of JULY
1:00pm at the Centre

Presidents Reports
Election of Office Bearers
Any Agenda Items

ST MARYS SPORTS CENTRE INC.

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WINTER WARMER NIGHTS

EVERY FRIDAY NIGHT at THE CENTRE
BETWEEN 5 & 7pm

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and Dessert.**

**Next Friday: Curried Chicken &
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Printed and published by:

Fingal Valley Neighbourhood House Inc.

PO Box 322

FINGAL 7214



CROSSWORD ISSUE 54.08

CROSSWORD 66

Across: 1. Prepare, 5. Door, 9. Sweets, 10. Among, 12. Dense, 13. Utensil, 14. Impede, 16. Simmer, 19. Initial, 21. Habit, 23. Total, 24. Cubism, 25. Rare, 26. Editing.

Down: 2. Rowan, 3. Pretend, 4. Rescue, 6. Opossum, 7. Regularity, 8. Pace, 11. Administer, 15. Pointer, 17. Inhabit, 18. Sliced, 20. Isle, 22. Basin.