



# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 54.10 23rd June 2022

Deadline for 54.11 is at 5.00pm on Monday 4 July 2022

## BAY OF FIRES WINTER ARTS FESTIVAL BLOWS IN THE VISITORS

The wild weekend weather did not stop people heading out across Break O’Day to enjoy the arts and culture on view for the Bay of Fires Winter Arts Festival. Despite power outages, the venues remained open and many people came from across Tasmania to attend.

The Bay of Fires Youth Art Prize had over 700 visitors, with Ioan Hardy from St Patricks College winning the overall prize and Elka Crossingham from St Helens winning People’s Choice. Local students were well - represented also, with St Marys students Evie Cooper, Aiden Woods, Cohen Piscitelli-Cole, Bella Purcell, Victoria Rubenach-Quinn, Hunta Blair, Lily Harrop, Daisy McCullagh and Gino Lionello among the finalists.

13 entrants in the ‘Wrapped in Break O’Day’ Textile Art Competition were very happy to see their banners stay on during the strong winds. First place went to Cottage Stitchers with ‘Look who is in the bush’. Second place was taken out by St Marys Op Shop with ‘Winter Wonderland at the Op Shop’, which was also the People’s Choice vote winner.

The Bay of Fires Youth Art Prize and ‘Wrapped in Break O’Day’ were supported by the Fingal Valley Neighbourhood House, as part of the Building Blocks program.



Young artist Victoria Rubenach-Quinn with her award.



Youth Art entries on display at Portland Memorial Hall drew a good audience.



The St Marys Op Shop entry definitely fitted the ‘Winter’ theme!

ADVERTISEMENT

**Brian Mitchell MP**  
Your Federal Member for Lyons

Need help with Medicare, Pensions, NDIS or other federal matters? Please call me on (03) 6263 3721 or email me at [Brian.Mitchell.MP@aph.gov.au](mailto:Brian.Mitchell.MP@aph.gov.au)

Authorised by Brian Mitchell MP (ALP, Tasmania) at Green Point Wood Bridgewater TAS 7030

INSIDE THIS EDITION	
Emergency Contacts	2
Cage Rattler	11
Crossword	19
Hospital	24 - 31
Crossword Solution	38

**Editor:** Elizabeth Death

**Email:** valleyvoice@fvnh.org.au

**Phone:** 03 6374 2344 **Website:** www.valleyvoice.com.au

Facebook.com/ValleyEastCoastVoice

PO Box 322 Fingal Tasmania 7214

**For all account enquiries, please contact:**

[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)

### ADVERTISING RATES - 2021

Business Card Size ads \$15	1/2 Page ads \$40
Intermediate ads \$18	Full Page ads \$60
1/4 Page ads \$25	Permanent Classified ads \$20 p.a

#### Fingal Valley Neighbourhood House

#### Valley and East Coast Voice

#### Advertising rates for all community groups

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

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

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

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

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

[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)

(03) 6374 2344

PO Box 322 Fingal Tasmania 7214

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

### 24 HOUR EMERGENCY CONTACT NUMBERS

Abuse & Assault Services	1800 737 732
Ambulance, Fire & Police	000
Crime Stoppers	1800 333 000
Digital Mobile Phone Emergency Service	112
Poisons Information	13 1126
SES: Flood & Storm emergencies	13 2500
TasNetworks	13 2004
TasWater	13 6992

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

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

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

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

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

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

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

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

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

We also like to tell people about our sporting history, and tales of sporting prowess and vanished sporting events are also welcome.

Email me at: [valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)

Elizabeth

Editor - The Valley and East Coast Voice.

## IN NEED OF UPSKILLING AND TRAINING?

Break O'Day Employment Connect (BODEC) can link you with training and qualification opportunities. Employers, if you are in need of skilling up your employees or if you are a job seeker interested in further developing your skills and qualifications, make contact with the friendly team at BODEC.

Phone 0476 196 118, or email: [admin@bodec.org.au](mailto:admin@bodec.org.au) or drop into the St Helens BODEC office at 48 Cecilia Street, next to the Post Office.

Recently, we have connected people to courses in Traffic Control, Driver Operations, and Food and Beverage Services. Quite a range of courses are coming soon including Barista Training, Front of House Hospitality, Bar Operations, Housekeeping, Introduction to Computing and Forklift Operations. To find out more contact the BODEC team or visit our website training calendar: [Upcoming Events – Break O'Day Employment Connect \(www.bodec.org.au\)](http://www.bodec.org.au)

**Did you know there is now a transport service, Area Connect, that can assist our community with transport?** Do you need help getting to work or training and can't access public transport? If so, contact Area Connect, who may be able to provide assistance.

Stephen Woolfe is the Area Connect Co-ordinator, you can contact him on 0472 866 774, or email: [stephen@areaconnect.org.au](mailto:stephen@areaconnect.org.au)



## 'AG TALK' TO CONNECT TASSIE FARMERS IN THE NORTH

The Tasmanian farming community will be able to exchange ideas, knowledge and opportunities with the launch of an online platform through NRM North.

The Ag Talk Facebook group seeks to engage with a community of shared interest by providing a platform to discuss relevant and innovative practices, research, events, and funding opportunities, and keep up to date with emerging ideas.

Group administrator and founder, Christine Plummer who is the northern Tasmanian Regional Agricultural Landcare Facilitator (RALF), said the target audience for the social media page is members of the farming community, as well as producers, key industry stakeholders, and community groups. Ms Plummer said the platform is about sharing trusted advice.

"Agriculture is a vital industry in northern Tasmania, yet keeping up to date with new developments and what is occurring in the region can be a challenge. We hope this group will evolve into an online space that the region's farmers and industry can trust as a source of relevant knowledge," said Ms Plummer.

Ms Plummer added that the launch of the Ag Talk Facebook group is a great way for members to engage in healthy discussion and knowledge sharing that supports others in adopting and implementing sustainable and productive on-farm practices. The platform will also be used to share updates on government policy to improve sustainability, productivity, and profitability in agriculture.

The Ag Talk Facebook group is an initiative of NRM North, supported through funding from the Australian Government.

For further information contact Christine Plummer at NRM North on 03 6333 7798, or email [cplummer@nrmnorth.org.au](mailto:cplummer@nrmnorth.org.au) or visit [facebook.com/groups/agtalknrmnorth](https://facebook.com/groups/agtalknrmnorth).

(Article and photograph courtesy of NRM North)



*NRM North's Northern Tasmanian Regional Agriculture Landcare Facilitator Christine Plummer, pictured left, invites producers in the region to join its new Ag Talk Facebook group. Jodie Elmer from NRM North is pictured right.*

### SAY THANKS TO THOSE WHO CARE

Palliative Care Tasmania has now opened nominations for the 2022 Tasmanian Palliative Care Awards.

The 2022 Tasmanian Palliative Care Awards are the only state-wide awards that recognise compassion and excellence in Palliative Care across the state. This is our opportunity to acknowledge the many selfless individuals and organisations assisting people with a life-limiting illness to live, die and grieve well.

Nominations will close on Monday 18<sup>th</sup> July, and finalists will be announced on Tuesday 26<sup>th</sup> July. The Awards Ceremony event will be held at Government House on Tuesday 9<sup>th</sup> of August, where the winners will be announced.

There are 6 Category Awards and 1 Tasmanian Palliative Care Honour Roll to select from, and you can nominate multiple individuals and organizations. All nominated individuals and organizations will receive a certificate of appreciation.

The Category Awards are:

1. Outstanding Palliative Care Professional - Proudly sponsored by Millingtons Funerals & Cemeteries.
2. Outstanding Palliative Care Volunteer/Carer - Proudly sponsored by Lifeline Tasmania.
3. Outstanding Palliative Care Service Provider - Proudly sponsored by TPT Wealth.
4. Outstanding Achievement in Palliative Care - Proudly sponsored by Terry White Chemmart.
5. Excellence in Palliative Care – Aged Care setting - Proudly sponsored by ANMF.
6. Excellence in Palliative Care – Community setting - Proudly sponsored by Caring@home.

Nominations are also open for the 'Joy Coghlan' Tasmanian Palliative Care Honour Roll. Proudly sponsored by Meals on Wheels Tasmania, it was established in 2020, to honour Tasmanian men and women who have made an outstanding contribution to our sector. Nominations to the Roll can include those that have contributed to the sector and are still working, those who have retired, or have died.

Nominate via this link: <https://pallcaretas.org.au/2022-tasmanian-palliative-care-awards/> and thank those who work in this

**2022 NOMINATIONS NOW OPEN**  
**TASMANIAN PALLIATIVE CARE AWARDS**  
 Celebrating excellence

**PROUDLY SUPPORTED BY**

Sponsors include: ANMF (Australian Nursing & Midwifery Federation Tasmania), Millingtons (Funerals & Cemeteries), Lifeline Tasmania, PalliativeCare Tasmania, WIO (working it out - Tasmania's genetic, paediatric and intensive care support and education service), WIN NETWORK, caring@home (Tasmanian management for palliative patients), TPT WEALTH, TerryWhite Chemmart, Meals on Wheels Tasmania, and The Pharmacy Guild of Australia TAS Branch.

Septic Services – Drinking Water

**Splash EAST COAST**

Peter McGill • 0488 742 269

**FOR HIRE – TOILET ON TRAILER**

**Clr. Janet Drummond**  
 Break O'Day Council  
 0404 562 320  
[janet.drummond@bodc.tas.gov.au](mailto:janet.drummond@bodc.tas.gov.au)



Here we go

Three buildings, and 21 years later, I'm ready to call it!

The St Marys Salvation Army has been grateful for the privilege of renting the Education Department building behind the Town Hall, for the past 8 years.

As of this week, I will end the lease, and complete the move out of the premises.  
Does this mean the love and care will end?

No.

In the book of Acts, in the New Testament, the history of the first 'church' is recorded.

Those first Christians, established the practise of meeting in each other's homes, sharing family, friendship, food, fellowship, faith and I reckon they had some fun too .

So this is what all our Sunday JOY people will now do – each week, we will move our way around various homes, and when able, we will be more mobile and visible in our Valley community, aiming to spread the love of Jesus in practical ways.

The Salvo team of K9 Holly and Mel, will continue in all our Ministry and Chaplaincy roles, including the local Hospitals, Aged Care, the Scamander Surf Life Saving Club, EPlus and the Community in general.

Jesus didn't use a building for His Ministry.

Rather, He walked all around Galilee and Judea with his friends, simply loving, healing and challenging people, right where they were.

That's not to say that buildings aren't useful – they are – but at my age and stage, I would rather put my remaining energy into people, instead of being responsible for, and maintainin, 'bricks and mortar'.

Many people have journeyed with me over all these years, and please know that, without every single one of them, the Ministry would not be where it is now.

Along the way, children and adults have been impacted with love... and relationships have stood the test of all this time.

Undergirding 21 years of voluntary service to both the Valley and the Coast, has been this verse from the New Testament. It has sustained me, and called me higher.

'...God is love.' (1 John 4:8)

It's my ongoing prayer that, with His love - she 'n me - can pour it back out to others.

Bless you each one.



and Mel



*Photo taken by Nova, and used with permission.*



## ST HELENS WALKING GROUP



Due to a fuel reduction burn occurring at Priory, the original walk along Reids Road on **Wednesday 4<sup>th</sup> May** was changed. Walkers instead visited the ever-popular Winifred Curtis Scamander Reserve so as to avoid the smoke from the burn. Wendy led this walk, so many thanks, Wendy, for your attention to detail.

As heavy rains were predicted for the Saturday, the walk to Cape Naturaliste was deferred to the next day, **Sunday 8<sup>th</sup> May**, instead. Perfect weather, with views of the Furneaux and Swan Island Light in the distance to the north, and of Georges Rocks and Eddystone Light in the distance to the south. Four walkers started at Musselroe and finished at North Stumpys, all beach walking, sharing the sand with hooded plovers and other small birds that run along in front. The stormy weather of the previous few days caused the waves to undercut the dunes to the north of the cape, and then all sorts of sea things, besides kelp, to be washed up on the shore, on the south-easterly facing beach on the south side of the cape: sponges, urchins, unusual shells, sea-squirts, shark egg-cases, and sea-stars, all in a variety of colours. At the mouth of a creek, we encountered two wombats, mother and child, grazing on the course dune-grass. They sensed our presence and retreated up a steep little track to their burrow in the scrub. It was a relatively short walk, about 7 kms, taking a little over 3 hours. Thank you Alex for leading this walk.



*Mother wombat leads her child in retreat to their burrow.*

The **Wednesday** walk on **11th May** was from Grants Lagoon picnic area over the footbridge and along the walking track to the beach. We walked along the beach and back via the walking track. Departure time was the usual from St Helens Neighbourhood House carpark at just after 9.00am. Other members met the group at Grants Lagoon at 9.15am. Nine members enjoyed this coastal walk that is so popular with the locals. Thank you Heather for leading this walk.

On **Wednesday 18th May**, Bruce was unable to lead his planned walk, so instead, Alex led the group on a short, easy loop walk through the bush behind Talbot Street, along St Helens Point Road at Parkside. It was mostly flat walking, with a few short ups and downs. The bush wattles were in flower and made a spectacular display. The group stayed on dry ground as much as was possible. The group met at 9 Talbot Street to commence the walk. Thank you Alex for coming to the party!

**Saturday's** walk on **21st May** from Elephant Farm Road to Little Beach was led by Pam in perfect conditions. We left Elephant Farm Road and walked downhill most of the way on good tracks. We walked through damp areas with ferns, and dry areas full of huge straight Eucalyptus trees and forests of Sheoaks. The track then opened onto pasture, which led us to the highway where we crossed the road and walked down to Little Beach for lunch. It was a perfect day with zero wind. The beach rewarded us with a perfect roll on the waves while we ate a well-deserved lunch. Thank you to Pam for leading the walk, Alex for making sure the track was accessible and Christa, Pam and Pip for help with the car shuffle. Some of our walks would not be possible if members didn't check out tracks first; thanks again.



*A magnificent wedge-tailed eagle.*

The walk on **Wednesday 25th May** was along an overgrown track on the northern margin of Wrinklers Lagoon near Scamander, to access the western arm of the lagoon. There were lots of wattles and pink heath in bloom to admire along the way, and plenty of black swans on the lagoon. We went down the bank at the western edge, where we saw pelicans and musk ducks, with one splashing and displaying right on cue.

We continued in a northerly direction along the 4WD track to behind the houses at Freshwater Creek, and crossed the Tasman Highway to the beach. The tide was well out, so it was easy walking south on firm sand to Shelly Point. On the way, we saw some pretty little shorebirds, hooded and red capped plovers, as well as some tiny white-fronted chats and wrens, and the bigger very attractive pied oyster catchers. Some walkers climbed up the steps to the viewing platform at Shelly Beach to look at the extensive view south to Scamander and the hills beyond, and also out to sea, while others waited on the beach and looked at the many seashells there. We continued our walk in the sunshine along the water's edge, enjoying the beach and the lovely view beyond, finishing at the Wrinklers carpark where we began.

**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 3<sup>rd</sup> 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**



# TAMAR ACTION GRANTS

## Northern Tasmanian farmers are fencing their waterways with help from the Tamar Action Grants.

If you operate grazing or dairy activities on the Meander, North or South Esk, Lake River, Brumbys, Macquarie or Kanamaluka/Tamar catchments, you may be eligible for funding too.



### Funding is available for:

-  Waterway fencing
-  Alternative stock water
-  Stock crossings
-  Effluent management
-  Revegetation & associated weed management

*Next funding round closes  
19 August 2022!*

*Call (03) 6333 7777 to discuss  
your property needs or visit  
nrmnorth.org.au*

### Benefits of funded works:



#### Stock management

Easier movement and control of stock



#### Revegetation

Reduces bank erosion while improving shelter for stock and pastures



#### Drinking access

Clean, reliable, alternative stock water



#### Effluent management

Design advice for system upgrades and increased nutrients to pasture



#### Simple no-fuss process

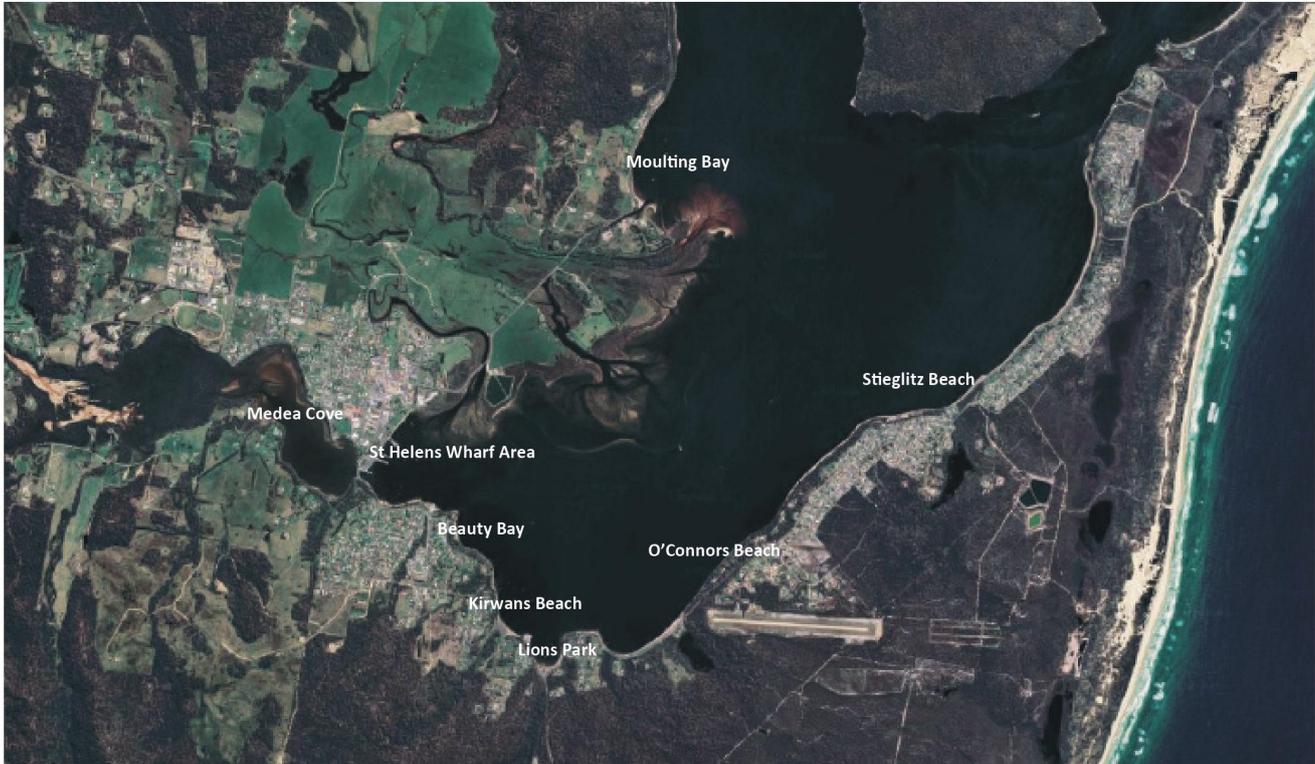
One-on-one support to guide you through the application process

*Learn  
more*



This project is supported by NRM North through funding from the Australian and Tasmanian Governments as part of the Tamar Estuary River Health Action Plan, an initiative of the Launceston City Deal, 'working together for a healthy estuary'.

# HOW DO YOU USE GEORGES BAY? WE WANT TO HEAR FROM YOU



Break O'Day Council is developing a new Georges Bay Activation Strategy. Having a clear strategy in place will ensure we protect what you value about our existing foreshore spaces, as well as ensure future plans for these spaces meet the changing needs of residents and visitors of our beautiful Georges Bay.

This survey has been designed to inform the Strategy and will ask you a range of questions about how you use and enjoy the many recreation areas around the bay.

The survey should only take 10-15 minutes but the information you provide us with will be invaluable.

To take the survey you can scan use the QR code or find the link to the survey on Council's website under My Community/Community Engagement. **The survey will close on Wednesday 27 July 2022.**



32-34 Georges Bay Esplanade, St Helens  
6376 7900

[admin@bodc.tas.gov.au](mailto:admin@bodc.tas.gov.au)

[www.bodc.tas.gov.au](http://www.bodc.tas.gov.au)

★ a good old fashioned ★

# BARN DANCE

LIVE MUSIC  
LIVELY DANCING

Saturday 9th July 2022  
St Marys  
Town Hall

ENTRY \$10 FAMILY \$25  
FOOD & REFRESHMENTS AVAILABLE  
KICKS OFF AT 5PM

### IT'S TIME TO STEP OUT ONTO THE DANCE FLOOR

The days of doing a do-si-do or a swing, or a ladies chain, may seem long-passed, but now there is an opportunity to slip your dancing shoes on and swish your skirts, with the return of a good old-fashioned Barn Dance, which will be held at the St Marys Town Hall on Saturday 9th July 2022.

A live band will be calling dances for all skill levels and ages, and there is sure to be lots of laughter as people get their arms and feet marking out squares, lines and circles in traditional dances.

Tickets are only \$10.00 per person and \$25.00 for the family, with door sales cash only, as no eftpos will be available, and dinner and refreshments will be available for an affordable night out for the whole family. All proceeds will be going to the 'Street2Home' Program.

Homelessness in Tasmania is getting worse and affects people across all age groups. Homelessness has many causes, including a lack of affordable housing, family breakdown, domestic violence, loss of employment, mental health issues, and substance misuse. The 'Street2Home' program assists the growing number of people sleeping rough in Hobart and Launceston. Support is provided in a holistic case-management model, addressing the barriers that many people experiencing homelessness face. The program provides practical support, in addition to assistance with accessing other ancillary services.

So grab your partner, sashay onto the dance floor and have fun raising funds for homelessness!

## HILLY'S IGA ST MARYS

A FULL-SERVICE SUPERMARKET

WITH EXTENDED RANGES ON GROCERY, DAIRY, FREEZER AND GENERAL MERCHANDISE

LARGE DELICATESSEN, SEAFOOD, MEAT AND FRUIT AND 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 CHRISTMAS GROCERIES

OPEN 7 DAYS A WEEK

HILLY FOR GREAT SERVICE AND LOWEST PRICES ON ALL YOUR SHOPPING NEEDS



		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>STAR FM</b></p> <p><b>Program Guide</b></p>  	<b>Brekkie</b>	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	Sunday Mornings It's time to get up
	<b>Morning</b>	Get Sand between your toes  with Sandy	IN THE LAB with Dr Dave Community Interviews at 11.15 with Dr Dave	Mary-Anne's Music Mix PLUS Real Estate Tips and Tricks at 10.30 with Mary-Anne	Rhythm N' Reggae  with Big Daddy Davo	Simply 60's  with PUGS	"Get Happy"  with Angelina	with Magilla
	<b>Arvo</b>	Jackster's MUSIC BOX PLUS "Pet Talk with Dr Andrew after 2pm with Jackster and Porsche	The Down Under Show  with Jonno	"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
	<b>Late Arvo</b>	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
	<b>Evening</b>	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

# The Antenna Guy

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



Call Josh 0408 388 322 / 6377 1226



48 Main Street

Phone 03 6372 2181

St Marys 7215

Hosts: Tony and Bronwyn

**OPEN FROM 11.00AM**

**7 DAYS A WEEK**

**NEW MENU NOW AVAILABLE**

Dine-in and takeaway meals available

Lunch - 12.00pm - 2.00pm

Dinner - 5.30pm - 8.00pm

Pasta night every Tuesday

(Bookings preferred for all meals)

**GUEST ARTISTS, SUNDAYS FROM 3.00PM**

26 June Pete Cornelius

3 July AMG

**YOUR FAMILY-FRIENDLY LOCAL HOTEL**



## The Say by the “Cage Rattler”

Many years ago, I think almost fifty, there was a book written by a local doctor. He was Jim Marwood. The book was entitled “The Valley People”. That book is still a great read. Dr Marwood was also well-known for being a pilot. He flew planes. I understand that he lived until fairly recently, and a lot of the time, that was in Hobart. Dr Marwood was originally from England, I believe, and crammed a lot of other things into his life, not least of course, writing books, including “The Valley People”.

In the book, he spoke to some wonderful local folk within this beautiful valley, and he used the information and recounted memories of their younger days, and helped record our history. This was a wonderful thing. These are just a few avenues to do this, and I haven't mentioned Dr Tim McManus and his well-researched book that will become imperative to remembering our past. There are some great works that Jim Haas has done, and Darlene Squires, too, of course. Deepest apologies to several other local authors that I've doubtless missed, and I know there are several...

As time passes, and whether it's by a traditional book or by digital methods, I'm hoping that the history of the region continues to be recorded for posterity. Our children, grandchildren and so on will thank us if we do.

Back to “The Valley People”, my parents gave me my copy for my birthday, and it's a little tattered; it's been read by me and many others, but it's still treasured for what it represents. For our younger folk, if you ever get a chance to read it, please do.

Most of the very elderly of the Valley People recounted hard working times, family being extremely important and, even in the early 1970's, life generally being a lot simpler decades prior to that, also of course remembering the times of two World Wars and sacrifices and losses they endured. Then there were times of celebration, fun and joy within the Fingal Valley too... Naturally, none of them are still with us - most of them were in their senior years when the book was compiled..

I'd just say, embrace our history. Apart from everything else, it's fascinating if you take the time to look back at it. It really is!

What do you think?

**Editor's Note:** The book mentioned above was published in 1984, and it is very hard to find now. It can be read in the State Library at St Marys. It had photographs of many of the people who were featured, and some of these can also be seen at the Library.

Dr Marwood was sorely missed when he moved to Hobart, and he continued to practice medicine for many years after he left the Valley, in a variety of places. He published two other books, “Ways of Working” in 1986, and “Sweetbreads Out of Season” in 2015.

He died in Hobart on 10th December, 2021.

*If you have memories of Dr Jim Marwood you would like to share, please send them to me, and we may run an article about him in a future issue.*



*Tim Bowden (left) and Dr Jim Marwood (right), photographed at the launch of “Sweetbreads Out of Season”, at Fullers Bookstore in Hobart in 2015.*



It could save your life.





### St Marys Market

1<sup>st</sup> Saturday of the month, 9am-12pm\*  
St Marys Community Hall

- Beautiful hand-crafted artisan and eco-friendly items
- Fresh produce, plants, and fresh cut flowers
- Fresh baked breads, cakes, cookies and other treats
- Preserves, dried fruits, jams & sauces
- Tarot readings
- ...and more!

Contact: [bodregionalarts@gmail.com](mailto:bodregionalarts@gmail.com) Facebook: @BODregionalArts

\*Subject to COVID-19 restrictions changing. Social distancing, hand sanitisation & attendance recording conditions apply.



# Fingal Valley Neighbourhood House Inc

Old Tasmanian Hotel

™ 20 Talbot Street, Fingal, Tasmania 7214

## Fingal Valley Supermarket

The supermarket is doing well and we'd like to advise that we are now able to offer weekly specials!

We also have a Facebook Page (Fingal Valley Supermarket) where we will advertise our weekly specials online and in-store.

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



We have a wide range of activities on at the house, call in and see us for more information.

Activities include:

- ⇒ Community Library
- ⇒ Op Shop
- ⇒ Online Access Centre
- ⇒ Play Centre
- ⇒ History Room
- ⇒ Gardens
- ⇒ Fingal Supermarket
- ⇒ Various Craft activities
- ⇒ Cooking and Catering
- ⇒ Loaves and Fishes
- ⇒ Valley Readers Book Club
- ⇒ Active 4 Life Gym in St Marys and St Helens
- ⇒ Rooms for hire

**Eating with Friends** - Join us for 'Christmas in July' on Wednesday 13th July 2022 at 12pm  
On the menu will be Roast Meat and Vegetables and Trifle for dessert.

Cost is \$7.00

**RSVP by 7th July 2022** to the Office on 6374 2344

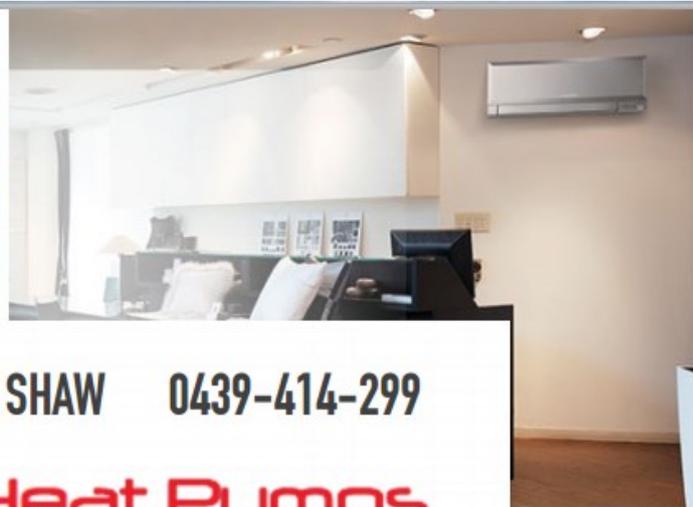


Loaves and Fishes is available every second **Thursday for collection from 12pm at FVNH, or at your local collection points in Mathinna, St Marys (now from the St Marys Op Shop) and Avoca.**

*Should you have any further questions or comments or feedback please do not hesitate to call in and see us or contacts us and per details below:*

6374 2344, email [admin@fvnh.org.au](mailto:admin@fvnh.org.au).

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



**NICK SHAW 0439-414-299**

# Coastal Heat Pumps & Solar

Lic no. L076081  
Lic no. A4155228

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

Install one of our leading brands of  
Heat Pumps today and stay **WARM** this **WINTER**  
while still staying **COOL** in **SUMMER**.  
-Floor mounted-  
-Wall mounted-  
-Fully Ducted systems  
-up to 18kW



## St. Helens Electrical

**Domestic, Commercial, Industrial**  
New houses, wiring and repairs  
Underground mains supply

**Lighting Specialist**  
Interior and Exterior  
Advice, sales, and installation

**Heat Pump/Heater Installations**  
Supply and install all brands  
Floor, Wall, Ducted  
Advice on all home heating

**Solar Installation**  
Domestic and business  
1kW to 100kW

Call for a free quote

**Rod Shaw 0407-615-072**

**Nick Shaw 0439-414-299**

24798 Tasman Highway  
St. Helens, Tas. 7216

Email:  
[sth.electrical@gmail.com](mailto:sth.electrical@gmail.com)



Electrical Contractors  
Servicing the East Coast from Pyengana down Coles Bay  
and through the Fingal Valley  
Lic: 933671



# 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



## MOUNT ELEPHANT AND BEYOND BOOK GROUP

### BOOK REVIEW

*Written by Pam Bretz*

American author Elizabeth Strout won the Pulitzer Prize for her novel 'Olive Kitteridge' in 2008. It was a brilliant character study of a difficult woman, and some of us had expectations that her book 'My Name is Lucy Barton', published in 2016, would similarly engross us. This was a very different experience, and some were disappointed.

It is a short novel, and the story is told in retrospect by Lucy Barton, a writer who is looking back many years, to five days in a nine-week stint in hospital in New York City, following complications after an appendix operation. She is very ill, in her early 30s, married, with two little daughters whom she misses terribly. Her husband is working and taking care of their daughters, and calls on Lucy's estranged mother to come to her bedside, and there she sits for five days, talking of the lives of people Lucy knew in her childhood, but never about their own family.

Through Lucy's memories we learn that her family was terribly poor and dysfunctional. Not only did they live in very deprived circumstances, emotionally there was a poverty that has marked Lucy's view of herself in the world. Her father, a veteran of the Second World War, has a secret trauma, her mother is emotionally damaged by her own childhood experiences and Lucy's brother is barely coping with life.

This is a disturbing account of the impact that such a childhood can have on the development of the individual. It is told in fragments, snatches of memory which are sometimes only a paragraph long, perhaps reflecting the weakness and even delirium of a seriously-ill patient. The writing is simple, stripped back, rather childlike, and we speculated that this, too, is the result of her illness and vulnerability. Both she and her mother are full of suppressed emotions, and we never get a complete or clear picture of what abuses both suffered, because of this fragmented and oblique style of narration. Some readers found the novel not entirely satisfying, frustrated by the obliqueness of the writing, striving to grasp the whole picture. It was big content, simple delivery; a deliberate choice by the author wanting to explore the effects of such a childhood on the adult. Lucy is a writer and the story also deals with her search for a voice that will be able to tell her story. In the end, Lucy is a survivor; the last line, "All life amazes me," is an affirmation of the resilience that she has managed to achieve.

ELIZABETH  
STROUT

My  
Name

is  
Lucy  
Barton

'Writing of this quality comes from an attention to reality so exact that it goes beyond a skill and becomes a virtue'  
Hilary Mantel



'Glorious, tender, true. Read it' Sunday Telegraph



## TJ ACCOUNTING

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

**Tax Returns/Bookkeeping/BAS/Audit/ Finance**

[tjaccounting13@bigpond.com](mailto:tjaccounting13@bigpond.com)

[www.tjaccounting.com.au](http://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!!**



Tax agent  
24740881



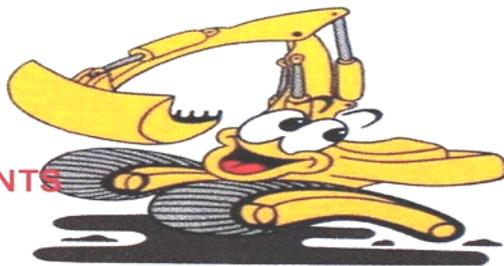
# C&D EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS

Craig: 0439 722 032

Dana: 0437 248 033

Email: [cdexcavations@bigpond.com](mailto:cdexcavations@bigpond.com)



**LOCAL OWNER OPERATOR**

**OVER 25 YEARS KNOWLEDGE & EXPERTISE**

2 X 20 Tonne Excavators with Tilt Bucket & Ripper

Rock & Log Grab & Quick Hitch

D65 Dozer with Root Rake & Tilt Blade

10 Yard Tippers, Pig Trailer, Water Cart

Roading, Fire Breaks, Land Clearing & House Sites

Bridge Works & Water Holes

Rocks, Road Gravels & Screened Top Soil

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

[dana@cndexcavations.com.au](mailto:dana@cndexcavations.com.au)



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

**For prompt and reliable service**

**Phone Peter on 0488 742 269**

**Email: [dana@cndexcavations.com.au](mailto:dana@cndexcavations.com.au)**

**PROUDLY SUPPORTING THE LOCAL COMMUNITY**



## 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



At our June meeting, sadly our treasurer, Charlie Smith, and his wife Lucy, - who worked on the trade table with him and drew out the raffle, - both resigned. We value their past help as volunteers very much. Our President Marj Aulich was reinstated, Vice-President is Nev Shaw, Secretary remains as Peggy Bogar and new Treasurer is Val Ikin. Other positions as stated at AGM. We welcomed new members, Carole and May, and although we started a little late, we had an informative time. Thank you to Andrew Simes for speaking to us about his learning curve while growing and marketing and getting into hospitality. We love that he sometimes makes us a Swiss Roll like he did today. He and Pip enter their vegetables together and we love the variety we get on the table.

We were pleased to be able to discuss ideas for floral arrangements and thank Gaye Ellis for her input. New sheets regarding competition segments will be handed out next meeting with the changes added. Today there were quite a few entries in the various sections. We thank those who brought the posies and other gifts to hand out for those with June birthdays.

Overall Winners for the year were also announced:

Floral Arrangement:	1 <sup>st</sup> Sandra Flannery	2 <sup>nd</sup> Peggy Bogar	3 <sup>rd</sup> Di Curtis
Flower of the Month:	1 <sup>st</sup> Di Curtis	2 <sup>nd</sup> Sandra Flannery	3 <sup>rd</sup> Nita Sheppard
Any Other Flower:	1 <sup>st</sup> Marj Aulich	2 <sup>nd</sup> Sandra Flannery	Equal 3 <sup>rd</sup> Di Curtis and Peggy Bogar
Fruit and Vegetables:	1 <sup>st</sup> Peggy Bogar	2 <sup>nd</sup> Tennice Ticehurst	3 <sup>rd</sup> Pip and Andrew Simes

Today's competition Results:

Flower of the Month:	1 <sup>st</sup> Di Curtis	2 <sup>nd</sup> Sally McQueen and Sandra Krstic (equal)	3 <sup>rd</sup> Maureen Lloyd
Any Flower:	1 <sup>st</sup> Di Curtis and Sally McQueen (equal)	2 <sup>nd</sup> Lyn Leary	3 <sup>rd</sup> Peggy Bogar and Lundy Vosper (equal)
Floral Art:	1 <sup>st</sup> Bryon Beggs	2 <sup>nd</sup> Peggy Bogar	3 <sup>rd</sup> Steve Bogar and Tennice Ticehurst (equal)
Fruit and Vegetables:	1 <sup>st</sup> Peggy Bogar	2 <sup>nd</sup> Tennice Ticehurst	3 <sup>rd</sup> Pip and Andrew Simes

Next meeting: Monday 18 July at 1.30pm.

July flower: Protea, Leucospermum or Leucadendron.

July Floral arrangement: Must include flowering or non-flowering succulents, but have some flowers in a water container with it, on one base.



*A divine Swiss Roll, made by Andrew Simes. Getting a slice of this is nearly as competitive as the Floral Art section!*



*Bryon Beggs took first prize with this Floral Art entry.*



*Tennice Ticehurst shows off her Floral Art entry, which won equal 3rd prize.*

*Peggy Bogar, Secretary.*

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

**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 4<sup>th</sup> Sundays only**

**28007 Tasman Highway, Pyengana.**

Enquiries: 6376 1144 or Facebook: anglicanbod



**ST MARYS CATHOLIC PARISH**

**WEEKEND MASS:**

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

**WEEKDAY MASS:**

<b>ST MARYS:</b>	Friday	10.00am
<b>ST HELENS:</b>	Thursday	10.00am

**Parish Administrator:**

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

**UNITING CHURCH**

Corner Grant Street and Seymour Street, FINGAL

Regular Services:

1st and 3rd Sunday of month: 10.00am

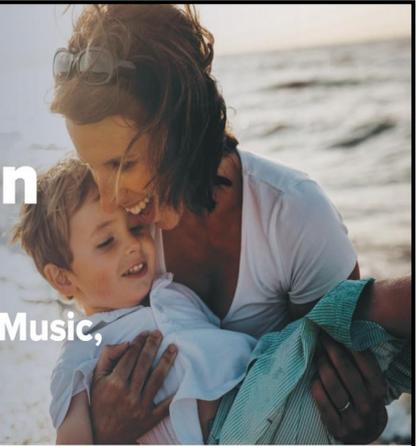
2nd and 4th Sunday of month: 11.15am

For further information, contact Joan on 0458 598 870.



**Vision  
Christian  
Radio**

**Life Changing Music,  
Uplifting Talk**



**VISION CHRISTIAN RADIO**

**LISTEN NOW**

<b>BINALONG BAY</b>	87.8FM
<b>ST HELENS</b>	88FM
<b>ST MARYS</b>	88FM
<b>FINGAL</b>	88FM

**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



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.

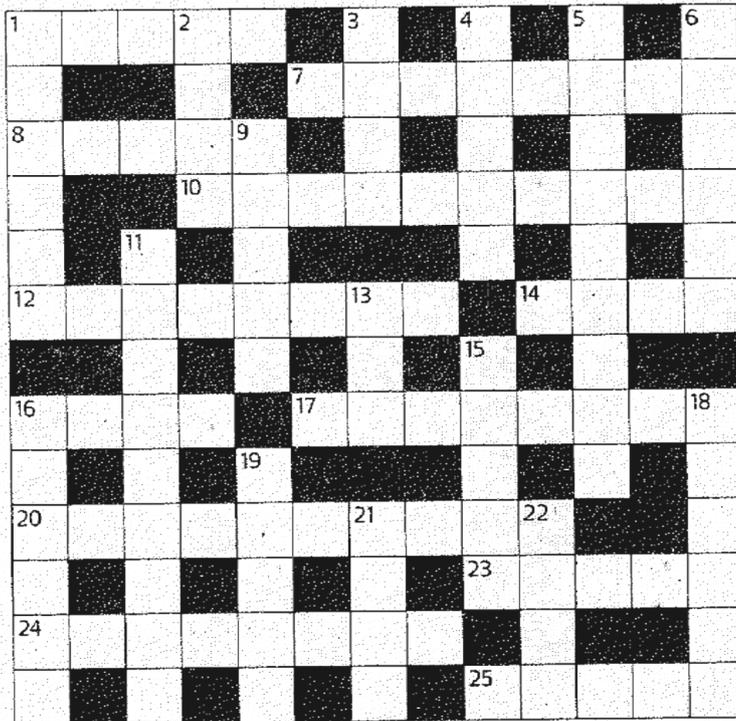


**ALEX GRAHAM LEGAL**  
**YOUR LOCAL LAWYER**

Phone: 0407 242 265

Email: [alexgrahamlegal@outlook.com](mailto:alexgrahamlegal@outlook.com)

# Crossword 54.10



### ACROSS

- 1. Eye-cover (5)
- 7. Intricate ornamentation (8)
- 8. Desire eagerly (5)
- 10. Sweet-smelling plant (10)
- 12. Crucial (8)
- 14. Cluster (4)
- 16. Boat (4)
- 17. Revenge attack (8)
- 20. Resolute (10)
- 23. Taunt (5)
- 24. Long hallway (8)
- 25. Go around (5)

### DOWN

- 1. Outdoor meal (6)
- 2. Ship's company (4)
- 3. Actress, \_\_\_ St. John (4)
- 4. Fat schoolboy, \_\_\_ Bunter(5)
- 5. Ship's lookout point (4'1,4)
- 6. Clandestine (6)
- 9. Hoofed pig-like mammal (5)
- 11. Scaled-down model (9)
- 13. Epoch (3)
- 15. Condiments set (5)
- 16. Lead astray (6)
- 18. Mourn (6)
- 19. Coach (5)
- 21. Common metal (4)
- 22. Sectretaire (4)

## Fingal Online Access Centre

29 Talbot St. Fingal  
Tasmania 7214

Phone (03) 6374 2222

Email: [fingal.oac@education.tas.gov.au](mailto: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.



### 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.



 Free Wi-Fi  6.00am - 9.00pm	<b>St Marys Library</b> 31 Main Street, St Marys (03) 6387 5602	
<p><u>Opening Hours:</u>                  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</p>		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!
<b>eLibrary:</b> <a href="http://www.libraries.tas.gov.au">www.libraries.tas.gov.au</a>		




**Break O'Day**  
COUNCIL  
**Kylie Wright**  
 Councillor  
 0439 742 946  
[kylie.wright@bodc.tas.gov.au](mailto:kylie.wright@bodc.tas.gov.au)

# St Marys Bakery

Ph: 6372 2582

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



Cakes and biscuits.

Coffee, cold drinks and ice creams.

OPEN: Sunday 8.30am - 2.00pm

Monday to Friday 7.30am - 4.30pm

Saturday 9.00am - 2.00pm

52 Main Street ST MARYS

# TAX RETURNS



East Coast Tax Accounting

SUZANNE WHYTCROSS

0400041710

suzanne@ectax.com.au



Family owned since 1972

# AMPOL ST MARYS

Mechanical repairs and  
all routine servicing.  
Batteries and tyres  
(including white walls)



FUEL AVAILABLE 24 HOURS

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

# CLEAN CRACK LAUNDROMAT

Coin Operated  
Washers and  
Dryers

Open 7 Days

32 Main St

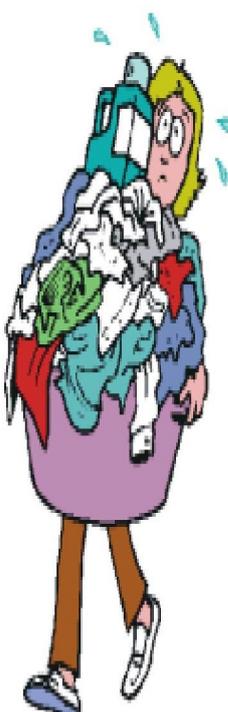
St Marys

OPENING HOURS,

APPROXIMATELY

SAME AS COACH

HOUSE RESTAURANT



## THE TABLECLOTH

The morning breeze gently lifted the freshly-laundered washing up towards the blue sky to be dried by the morning sun. Fractured light shafts danced through the lace of her grandmother's crocheted tablecloth, imprinting their delicate patterned shadows onto the whitewashed barn wall. Victoria shaded her eyes as she went wandering back through those tender memories of her much-loved grandmother, whose arthritic hands had crocheted that beautiful cloth so many years ago. Those frail hand she had lovingly held as her grandmother passed into the next life such a short time ago. But not before she had been able to tell her so many stories about her own life as a young girl, growing up on this beloved 10-acre small farm in country Ballarat, which had now been passed to Victoria and her husband James.

Victoria had moved from her family home in Melbourne to be with her grandmother when her grandfather had been found dead underneath his upturned tractor in the back paddock 6 months ago. She had secured a job immediately in the Ballarat Library, and loved being amongst the history that surrounded her in the pages of those books. That's where she had met James, the son of English immigrant parents, one of those 10-pound poms he told her. He was a regular researcher of the farming practises in the Australian climatic conditions, so different from England, who wanted to farm this wide brown land. Life for her grandparents had been so different back then. With crops to plant and harvest, all with the old draft horse Clyde, who pulled the plough, until he finally went out to pasture, replaced by an old second-hand Massey Ferguson tractor. A kaleidoscope of pictures flashed past her mind, of sitting astride the back of Clyde's gentle body as her grandad walked him in from the paddocks to the barn, where he waited patiently to be brushed down, quietly munching from his feed bag.

Mechanization had made the planting and harvest a lot easier for life on the Australian country property. Just enough feed was produced to sustain the 10 beef cattle and 30 sheep, and of course, the chicken and ducks, as well as dear old Fenella, the milking cow, whose cream was poured all over the porridge on those frosty mornings. There were litters of baby piglets from the old sows that came and went. The grandkids didn't ask where the missing farm animals went. School holidays were their escape to the farm, where they always feasted on grandma's food, like freshly-laid eggs and crispy bacon and home-made bread. Those lamb roasts on the Sunday visits were the best, not forgetting the roast pork with that crunchy crackling at Christmas. All these feasts were always laid out on Grandmother Lucy's crocheted tablecloth, which spread over her scrubbed pine kitchen table.

Victoria looked up at that same tablecloth, now gently dancing in the summer breeze, and she knew that the memory of her grandmother would live on every time that cloth was laid on her table.



*(Story written by Annette Clark, photograph from Google.)*



# FINGAL VALLEY SUPERMARKET

- Bread and Milk
- Newspapers
- Fruit and Vegetables
- Fresh Meat
- Groceries and more!



OPEN

Monday to Friday  
8am to 5pm

Saturday & Sunday  
8am to 12pm  
(including public holidays)

*The Fingal Valley Supermarket is a social enterprise of Fingal Valley Neighbourhood House.*

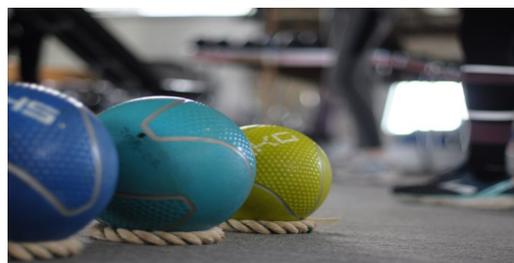


### Active4Life Break O'Day

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							
4pm			Body Pump 3:30pm-5.00pm				
5pm							
6pm		Youth & Adult Boxing 5:30-7pm		Yoga 5.15-6.30pm	Strength & Fitness 5:30pm-7pm		
7pm							

**Contact us**  
 E: [Active4Life@fvnh.org.au](mailto:Active4Life@fvnh.org.au)  
 Or Find us on: [facebook.](#)  
 (5) Active4Life Gym Break O'Day |

## MEET THE ST MARYS OP SHOP VOLUNTEERS

St Marys Op Shop raises money for St Marys District School, and has a great team of volunteers. We thought that you might like to meet them, so we asked each to tell us why they became involved there. Our first volunteer is Tasmanian-born Liz Dean, who has been a resident of St Marys for over 20 years, and a volunteer at



the Op Shop for 3 years. "I love our community, and love that I can be a valuable team member, and help it be the BEST Op Shop," Liz wrote. "I became a volunteer to feel worth, for socialization and because I care for our community, and I feel that I am doing by bit to keep it running well. Quality clothing at reasonable prices and great bargains, along with the fellow volunteers and the community spirit, make it a great place to help out in," Liz continued. "People don't always do the best for the general population, and don't pull their weight, but we have a lot of fun, and I feel that I am giving back to the community by volunteering here."

She added that there is lots to do there if you chose to become involved, and encourages people who are looking for something to do to join the crew at St Marys Op Shop. "We have the best co-ordinator, who works selflessly for the best in the community, and it's a great place to help out in," Liz concluded.

If you are interested in becoming a volunteer at the St Marys Op Shop, contact the Co-ordinator, Janet Drummond on 6372 2889.

## St Marys Op Shop

Autumn and Winter 2022

From 4<sup>th</sup> April until 3<sup>rd</sup> 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.

### RE-ELECTED MEMBER SAYS 'THANK YOU'

Following the May McIntyre Legislative Council election, I sincerely appreciate the support received through the strong primary vote to allow me to continue to support and work with communities, organisations, group and clubs in the electorate. We know that the issues and needs are many and varied, and top of the list has to be reliable and affordable telecommunications services where much of the electorate is rural based. Being connected through technology is more and more becoming part of everyday life, whether it be with business, family or friends. Consistent access to GPs and health services is extremely important and an area that requires a coordinated approach from Governments. This is something that I will continue to focus my efforts on. Advocating for improved quality of road infrastructure that continues to present challenges, including repairs and maintenance, is a priority. The recent wet and windy conditions clearly highlighted the lack of pro-active maintenance to address potential road hazards through falling debris. A place to call home is becoming increasingly

## 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](mailto:tania.rattray@parliament.tas.gov.au)

harder for far too many people in our communities, many we often know, and this has to change and other alternatives need to be explored such as strategically placed portable demountables. Sleeping in cars, park grounds or on the street is not the Tasmania that we are, or want to be known, for.

My role as an Independent Member of the Parliament has consistently been to bring forward issues and concerns, and your representative will continue to do just that in a strong and respectful manner. This approach, I believe, delivers results for those individuals, and more generally, communities that I have the privilege to represent as your Legislative Council McIntyre representative in the Tasmanian Parliament.

Always feel free to make contact through my office, on email or use my mobile number for any issues, enquiries or support.

Tania Rattray, MLC.

## St Marys Community Health Centre Community Newsletter

Issue 4 – July 2022

Welcome to the fourth 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](mailto:sharen.cook@ths.tas.gov.au).

St Marys Community Health Centre experienced unprecedented staffing leave towards the end of April. We appreciate the support and understanding of the community during these difficult times.

All staff continue to raise to the challenges during the impacts of COVID-19 and pull together to ensure SMCHC continue to provide care and support to the community.

Not all superheroes wear capes. Thank you to all the staff of SMCHC for everything you do.

*Sharen Cook*

Director of Nursing

Meet Our Team

Volunteering

Day Centre

Visiting the  
Hospital

GP Practice

Visiting Services

Monthly Event  
Calendar

Stereotyping



### ***Masks in health care settings***

Under Public Health Directions masks must be worn by people aged 12 years and older in health care settings.

To help protect the most vulnerable in our community (and those who care for them) you must wear a face mask when you are at the St Marys Community Health Centre.

GP mask exemptions or any documented exemptions need to be approved by the Director of Medical Services and Clinical Support. You must carry your exemption with you when you attend the St Marys Community Health Centre.

The St Marys Community Health Centre can refuse entry if someone is not wearing a mask and does not have an exemption.

For more information go to: [www.coronavirus.tas.gov.au/facemasks](http://www.coronavirus.tas.gov.au/facemasks) or call the Tasmanian Public Health Hotline on 1800 671 738

## Meet Our Team

### #hello my name is... **Lynne**

Hi, my name is Lynn, and I am the new Social Worker at the St Marys District Health Centre and the St Helens District Health Service.

My husband and I have moved to the area from Hobart, where we had lived for the past 5 years. I am originally from the mainland where I lived in country NSW and Adelaide.



I have been a Social Worker for 18 years and during this time have worked for a range of different state and commonwealth government departments. I have worked with individuals experiencing a broad range of mental health issues including stress, depression and anxiety, grief, traumatic events and significant life changes. I am especially interested in gaining a better understanding of the link between the mind and the body, and the way in which trauma impacts on an individual's physical and psychological wellbeing. When I'm not working, I like to swim, walk our dog, bushwalk with my husband, experiment in the kitchen, read and explore Tassie.

My aim as a Social Worker with the Tasmanian Health Service is to provide a welcoming, safe and confidential space for adults. I can support individuals by providing:

- Confidential counselling/emotional support
- Information about and/or referrals to other community services
- Advocacy (helping people to have a voice to address their concerns)
- Therapy groups and educational programs around chronic condition self-management and general health and wellbeing
- Health coaching and helping people to manage their chronic conditions

My role includes providing counselling and support to people who are dealing with concerns such as:

- Depression and anxiety
- Loss and grief
- Loneliness and social isolation
- Access to services
- Life changes
- Elder abuse
- Emotional trauma recovery
- Chronic health conditions
- Illness, injury and disability

I also work as part of a broader team of professionals who respond to local community events that require recovery.



## #hello my name is... Rachel

I recently joined the lovely team of nurses here at St Marys Hospital as an Enrolled nurse doing a transition to practice. I will be here for six months to learn and enhance my nursing skills.

I have lived in Tasmania all my life and currently live at Evandale with my family.

I enjoy exploring our beautiful state and meeting people, love going on adventures with my friends in the outdoors, cooking and experimenting with new foods and BBQs with my mates.



## Volunteering



**National Volunteer Week (NVW)** is Australia's largest annual celebration of volunteering and was held on 16 – 22 May 2022. The St Marys Day Centre celebrated the contribution of their volunteers to the St Marys Day Centre on Wednesday 11 May 2022. Volunteers were presented with a certificate of appreciation as a small token of our appreciation for their valuable contribution. Thank you to *all the Volunteers* in Break O'Day, we *are* better together.

St Marys Day Centre Volunteers: Back – Mark, Irene, Haylee, Robyne and Scott. Front – Melanie and Margy. Absent – Leni and Holly Dog

## Day Centre



The St Marys Day Centre entered the 'Wrapped in Break O'Day' textiles art competition to wrap a power pole in our community on 11-13 June 2022, as part of the Bay Of Fires Winter Art Festival 2022. The St Marys Day Centre submitted an entry called 'Winter Dreaming that TIES us together'. Our article was made of multiple men's ties all sewn together like a rising sun. Thank you to everyone in the community who voted for all of the entries over the weekend, although this was a little difficult due to the weather.

The St Marys Day Centre would like to thank Janet Drummond and the volunteers at the St Marys Op-Shop and Mrs Anonyms for donations received. All sales from donations go back into the group for future activities. Also, a thank you to the volunteers at the St Marys Tip Shop- my other resource supply shop. Always a great craft resource to be found and great conversations whilst shopping ☺

## Visiting the Hospital

### HOSPITAL VISITING HOURS: 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.*

## PATHOLOGY

**Fasting\*** blood collection is from 8:30am to 12 midday - Monday to Friday (excluding public holidays).

**Routine\*** blood collection (non-fasting) is from 9:00am to 12 midday - Monday to Friday (excluding public holidays).

*Pathology collection is conducted by the Hospital staff. Nursing staff may not always be available to collect pathology as inpatient care and emergency presentations are prioritized. We will endeavor to attend to pathology collection as soon as possible.*

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

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

## 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 on 6387 5555 before presenting so our team can be prepared for your arrival.

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

### Useful numbers:

GP Assist: 1800 022 222

Lifeline: 131 114

Mental Health Services Helpline:  
1800 332 388

## TELEHEALTH

### **Get access to healthcare by phone or video call, wherever you are.**

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.

## GP Practice

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

### **THERE IS A WAITING LIST TO SEE OUR GP'S**

All GP appointments are book appointments - this includes all face-to-face, telephone and walk-in appointments. There is a waiting list to see both Dr Latt and Dr Jacobs. If you call or come in to request an appointment on the day you may not be seen.

The GP practice is closed on weekends. Appointments and scripts are only available from Monday to Friday 9:00am to 5:00pm.

### **PLEASE NOTE**

- Please ensure appointments are booked PRIOR to your medication/s running out.
- When attending an appointment, in person or over the phone, please have a list of your medications ready for the doctor.
- The doctors do not have the capacity to fill prescriptions for non-booked walk-in patients.
- When the doctor calls you for your booked phone appointment, the call will show 'private caller'. Please answer the call as the doctor may not be able to call you back.
- 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 won'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.

### **To all GP Patients**

It is very important we have your current personal information on record. At your next visit, when you attend reception, please confirm, or update your personal information. These include:

- ✓ Home and mobile phone number
  - ✓ Address
  - ✓ Emergency contact details/next of kin
  - ✓ Pension or Health Care Card – we need to know if you've received a new card so we can record the expiry date
  - ✓ Medicare Card – Medicare Cards are valid for 5 years. Please bring your card with you so we can confirm or update these details.
- Thank you*



## Visiting Services



### Royal Flying Doctor Service TASMANIA

The **Royal Flying Doctor Service**, Tasmania offers free services to anyone with heart conditions, lung conditions, mental illness, or dementia in St Marys and St Helens.

What services do we provide? We support people to improve self-management and well-being through: One-on-one sessions and Group exercises (Prime Mover Program).

Please contact Hannah on 0447 036 888 or email [hannah.mcdermott@rfdstas.org.au](mailto:hannah.mcdermott@rfdstas.org.au) if you want to get involved.

#### Hannah's Movement Tips

- ✚ A minimum of 10 minutes walking has been shown to decrease blood pressure. The more the better! 
- ✚ It is recommended that people engage in 30minutes of physical activity a day – this can be broken up into 10-minute bouts throughout the day and includes cleaning, walking, dancing and any movement!

#### The following services visit St Marys Community Health Centre:

Physiotherapist - twice weekly Monday and Wednesdays: health professional referral required  
 RFDS Exercise Physiologist - twice weekly Tuesday and Thursday: self-referral, call Hannah on 0447 036 888  
 Child Health Nurse (children under 5 years): self-referral, call 1300 064 544  
 Eyelines Optometrist: call 6343 6333 to make an appointment  
 Podiatry North: health professional referral required  
 Wound Specialist: referral via SMCHC Community Nurse and Registered Nurses

## Monthly Event Calendar

- **Dry July** is a national fundraiser, run by Dry July Foundation, that encourages people to go alcohol-free in July and raise funds for people affected by cancer. More information at: [au.dryjuly.com/](http://au.dryjuly.com/)
- **NAIDOC Week** is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society. NAIDOC stands for National Aborigines and Islanders Day Observance Committee. More information at: [www.naidoc.org.au](http://www.naidoc.org.au)
- **NATIONAL DIABETES AWARENESS WEEK** is a time to help raise awareness of diabetes related stigma and working to change the conversation and challenge common beliefs people may hold about diabetes. Awareness of Diabetes is a National Public Health issue and much still needs to be done, collectively and individually, for better prevention, diagnosis and management of the condition. More information at: [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)
- **National Farm Safety Week** is run each year and aims to raise awareness of farm safety issues in rural communities across Australia. More information at: [www.farmsafe.org.au/Farm-Safety-Week](http://www.farmsafe.org.au/Farm-Safety-Week)

## BOWEL CANCER AWARENESS MONTH

Bowel cancer is the third most common type of newly-diagnosed cancer in Australia.

### Signs and symptoms of colon cancer include

- A persistent change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort, such as cramps, gas or pain
- A feeling that your bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

Many people with colon cancer experience no symptoms in the early stages of the disease. When symptoms appear, they'll likely vary, depending on the cancer's size and location in your large intestine.

Age is the biggest risk factor for bowel cancer, so even healthy people should do the test. The program is for both men and women who have no symptoms.

**When to see a doctor** If you notice any persistent symptoms that worry you, make an appointment with your doctor.

### National Bowel Cancer Screening Program

The National Bowel Cancer Screening Program aims to reduce deaths from bowel cancer by detecting the early signs of the disease. Eligible Australians from 50 to 74 years of age are sent a **free**, simple test that is done at home. Eligible Australians will receive a free National Bowel Cancer Screening Program kit in the mail. When it's detected early, 9 out of 10 cases can be treated successfully.

The program does not call you to offer free screening. Your invitation will be sent to the address listed in your Medicare record.

Contact the National Cancer Screening Register to update your contact details or if you have questions about the National Bowel Cancer Screening Program. You can call between 8.00am and 6.00pm Monday to Friday, except national public holidays, from anywhere in Australia – 1800 627 701.

Information on this page was supplied from:  
[www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org) and  
[www.health.gov.au/national/bowelcancerscreeningaustralia](http://www.health.gov.au/national/bowelcancerscreeningaustralia)

**BOWEL CANCER - THE FACTS**  
BOWEL CANCER AUSTRALIA

1 IN 13 PEOPLE WILL DEVELOP BOWEL CANCER IN THEIR LIFETIME

15,000 PEOPLE DIAGNOSED EACH YEAR  
INCLUDING 1,000 UNDER THE AGE OF 50

2ND BIGGEST CANCER KILLER

90% OF CASES CAN BE SUCCESSFULLY TREATED IF DETECTED EARLY.

BOWEL CANCER RISK INCREASES WITH AGE

50 SCREENING EVERY 1-2 YEARS FROM AGE 50 COULD SAVE YOUR LIFE

BOWELSCREEN AUSTRALIA

55% OF PEOPLE DIAGNOSED ARE MALE  
45% OF PEOPLE DIAGNOSED ARE FEMALE

AROUND 25% OF BOWEL CANCER CASES HAVE A FAMILY HISTORY OR HEREDITARY CONTRIBUTION.

KNOW YOUR FAMILY MEDICAL HISTORY

BLOOD IN THE BOWEL MOVEMENT  
UNEXPLAINED WEIGHT LOSS  
PERSISTENT CHANGE IN BOWEL HABIT  
SEVERE ABDOMINAL PAIN

SEE YOUR GP

2 BOWEL 1 LUNG 3 PROSTATE

bowelcanceraustralia.org | 1800 555 494

## Stereotyping

### STEREOTYPING – WHY DO WE DO IT AND DO WE EVEN KNOW THAT WE ARE DOING IT?

Stereotyping is an easy but dangerous way to judge people who are different from us. Stereotypes are oversimplified ideas about certain groups of people. While they can be positive, they more often tend to be negative or even offensive. I am sure we can all think of a few stereotypes that make us feel negatively about ourselves and others.

Why do we stereotype? Stereotyping started off as an evolutionary tool when our ancestors belonging to small groups tried to make sense of people from other groups. Since it was impossible to know every individual in other groups, our ancient cousins started judging people by categorising them as members of a particular group with distinct characteristics. Unfortunately, when civilization expanded and groups became larger societies and nations, humankind not only continued to use stereotyping as a way of making mental shortcuts to judge others, they refined it and often turned it into a tool of prejudice and hatred.

Sadly, as many of us want to remain open-minded regarding other people, groups and cultures, we are all pre-disposed to believing stereotypes. It is wired into our subconscious. Social Psychologists believe that we tend to subscribe to negative stereotypes because we all need to feel like we belong to our particular group. It is in our nature to want to feel good about our “group”, and so we judge anyone who isn’t a member.

Sometimes we have experiences whereby we feel our stereotypes about other people are “confirmed”. For example, a person of one race may believe that all people belonging to another race will be hostile toward them simply because of their race. One day, they meet a person of the other race for the first time, and they look angry. It could be that they have just had fight with a family member or had a rough day at work, but our original person will assume the aggressive look was meant for them, which thereby “confirms” the negative stereotype that the original person holds. In this example, the person’s bias is understandable, but it is incorrect.

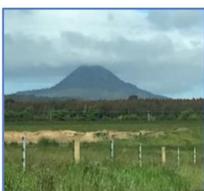
It may sound impossible to conquer our stereotypes, but it can be done. Psychologists say that you can break a habit by paying attention to your behaviour and then correcting it when it occurs. Becoming more aware of the times that you inadvertently use a stereotype when you meet someone from a different race or group is one way of trying to break the habit. Trying to be more aware of treating people as individuals rather than as members of a particular culture or group is another way to breakdown stereotypes.

It is comfortable to move in familiar groups of people who share many things with us. It can be very unsettling trying to navigate different cultures or groups as we may have to re-examine and change our beliefs about others. That’s why many of us avoid the opportunity to meet others outside our particular group. But we do ourselves and others a disservice by not being able to sit with the discomfort of being outside our cultural or group comfort zone. Our exposure to different groups and cultures will dispel myths about groups we had as facts and in turn has the potential to add value to our lives. We are not prisoners of our beliefs. We can investigate the validity of our assumptions about other cultures provided we develop an open mind and a willingness to be our own Devil’s Advocate.

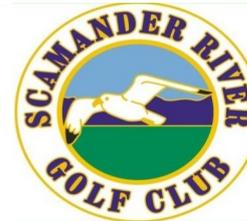
We can overcome our inherited tendency to stereotype if we expose ourselves to other cultures, treat people as individuals and not as belonging to specific groups, cultivate an open mind and honestly reflect on why we believe what we believe about others and be willing to have our beliefs challenged. The outcome of overcoming stereotyping is a more connected society. Isn’t that something that would benefit us all?

**A friendly reminder that the Social Work Service operates at the St Marys Health Service on Thursday, Friday and every alternate Wednesday for individual counselling and support. Lynne can be contacted on 6387 5555 for a confidential conversation. Alternatively, please feel free to speak to your health professional and/or GP to discuss other support options.**

Take care,  
Lynn



## SCAMANDER RIVER GOLF CLUB



### Wednesday 8th - Midweek Stableford

1st	Brad Ennis	38 points
2nd	Jens Kalisch	33
3rd	Dean Richardson	28

Nearest the Pin                      6th: Jens Kalisch

### Wednesday 15th June - Stableford

1st	Brad Ennis	37 points
2nd	Jens Kalisch	36
3rd	Tim Upton	34

Nearest the Pin                      8th: Mark Van Epen

17th Mark Van Epen

Carter Award                      Dick Swanson (on countback)

### Saturday 11th June - Tassie East Coast Tours

Thanks for a wild day. Great field turned out in windy condition for a chance to win some great prizes. Thanks to visitors, also Rivermouth Café for half-time pizzas.

1st	Darrell Thurley - Jens Kalisch	70.75 points
2nd	G Shepard - Brian Whelan	71.5
3rd	Graham Little - Brad and Maryanne Ennis	71.65
4th	Darren Bramich - Dick Swanson	73.75
5th	Dean Richardson - W Eberhart	73.75
6th	Tim Upton - Tony Swanson	72.25
7th	John Tatnell - B Harrison	76.25
8th	A Johnson - S Martin	77.25

Nearest the Pin                      6th: Brian Whelan  
8th: Darrell Thurley

Longest Putt on 9th                      Tony Swanson

### Saturday 18th June - LJ Hooker 2-Person Event

Thanks LJ Hooker for your support and wonderful prizes, on what turned out to be a great day with some great scores.

1st	Mark Van Epen - Jens Kalisch	65.5 points
2nd	Darrell Thurley - Darren West	67
3rd	Dean Richardson - Tim Upton	67.5
4th	Brad Ennis - Rose King	68.75
5th	Shan Wilmot - Dick Swanson	68.75

Nearest the Pin                      6th and 15th: Dean Richardson  
8th and 17th: Mark Van Epen

### Tuesday 14th June - Ladies Multiplier Stableford

1st	Maryanne Ennis	68 points
2nd	Margaret Thompson	58
3rd	Beth Haas	56
4th	Sarah Tatnell	43
5th	Rose King	43
6th	Rhonda Hopkins	37

Putting:                      Maryanne Ennis

### Tuesday 21st June - Ladies Hidden Nine

1st	Maryanne Ennis	33 points
2nd	Beth Haas	26
3rd	Rose King	25
4th	Margaret Thompson	24
5th	Sarah Tatnell	22
6th	Rhonda Hopkins	12

Putting:                      Rhonda Hopkins

# MALAHIDE GOLF CLUB



## Friday 10th June - Chicken Run

A cold, cold day today!

1st	John Vincent	34.5 points
2nd	Ashley Stone	35
3rd	Rod Hunt	36 (on c/b)
4th	Garry Lanham	36
5th	David Duthie	41.5
6th	DB Lowe	43

Nearest the Pin            4th: John Vincent  
    8th: Ashley Stone

## Friday 17th June - Chicken Run

1st	Ashley Stone	32.5 points (on c/b)
2nd	Randall Wadley	32.5
3rd	Robert Mathews	34
4th	DB Lowe	34.5
5th	Rod Hunt	36
6th	David Duthie	36
7th	Craig Woods	43.5

Nearest the Pin            4th: Ashley Stone  
    8th: Club

## Saturday 11th June - 2BBB Stableford

1st	Shaye Ward - Sam Childs	37
2nd	Ashley Stone - David Duthie	35
3rd	DB Lowe - Randell Wadley	34

Nearest the Pin            4th: Randell Wadley  
    8th Club

## Saturday 18th June - Stableford

Congratulations to Ashley Stone, continuing on with another good result

1st	Ashley Stone	38 points
2nd	David Duthie	33
3rd	DB Lowe	25
4th	Randall Wadley	19

Nearest the Pin            4th: Ashley Stone  
    8th: DB Lowe



7-19  
 © 2013 Bill Keane, Inc.  
 Dist. by Kong Features Synd.  
 www.familycircus.com

“Golf’s pretty easy. You just hit the ball, then lean to the side and say ‘FORE!’”

## Upcoming Games:

- 25th June - Pinehurst Foursome
- 3 July - 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

Sunday 12th June was a bye for ALL junior, senior and reserve East Coast Swans teams.

### UNDER 12

On **Sunday 19th June**, our under 12's had their first game in division 2.

They were keen to take on current top team South Launceston after having a few weeks break.

In drizzly rain and cold conditions every player gave their 100%, didn't give up and fought till the end, but unfortunately the game was not our way again and the team went down by only 12 points.

This Friday night, 24th June, we have a Round 8 catch-up game, which was a game cancelled due to weather. The team are excited to be playing under lights at Evandale against Evandale.



*Leo Bellchambers going in hard for the ball.*

**RESULTS:** East Coast Swans 1.4 (10) defeated by South Launceston 3.4 (22)

**SWANS GOALS:** Steely Zorn

**SWANS BEST:** Levi Woods, Noah Martin, Ryan Gorham, Lennox Bennett, Floyd Groves, Alex Kovacs

**NEXT GAMES:** Friday 24th June vs Evandale at Evandale, 26th June vs North Launceston at St Helens, 3rd July vs Deloraine at Deloraine

### UNDER 14

The game played on **Sunday 19th June** was against Launceston. The team kept Launceston's score quite low compared to previous games, where they have had high scores. The team can be pleased with their efforts, and for how well they played this weekend.

**RESULTS:** East Coast Swans 2.2 (14) defeated by Launceston Blues 3.5 (23)

**SWANS GOALS:** Byron Woods 2

**SWANS BEST:** Paul Taylor, Tyler Speers, Oscar Pallier, Jaxon Harrison, Tysen Gamble, Thomas Robinson.



*Lachie Woods is tackled, but manages to get the ball clear.*



*Daniel Cook takes a contested mark, watched by Archie Emmerton.*

**NEXT GAMES:** 26th June, vs Prospect Hawks at St Helens , 3 July vs Longford at St Helens

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



**EAST COAST SWANS FOOTBALL CLUB**

**UNDER 16**

Three under - 14 players played in the under-16 team on **19th June**. Thomas Robinson, Daniel Cook and Tysen Gamble filled in for absent under-16 team members, gaining experience which will stand them in good stead for the future. Unfortunately, south Launceston was too good, coming away with a big win. A highlight for the Swan boys was Dakota Singline playing his 50th club junior game for the Swans.

**RESULTS:** South Launceston 14. 9 (93) defeated East Coast Swans 3.2 (20)  
**SWANS GOALS:** Mitchell Calow 2, Heath Doumergue 1  
**SWANS BEST:** Caleb Broughan, Mitchell Calow, Jimmy Freiboth, Liam Singline, Dakota Singline, Daniel Cook

**NEXT GAMES:** 26th June, vs Longford at St Helens; 3rd July, vs North Launceston at St Helens.

*(U/16 report and photographs by Jazz.)*



U/16 team members celebrate the goal kicked by Heath Doumergue (#3).



Quade Curtis sends the ball flying.

**EAST COAST SWANS**

FRIDAY 24th June  
 Round 8 - catch up game

U12 ECS v Evandale at 7pm @ Morven Park Evandale

SUNDAY 26th June  
 Round 10

U12 ECS v North Launceston Black at 9:35am @ St Helens

U14 ECS v Prospect Hawks at 10:55am @ St Helens

U16 ECS v Longford at 12:15pm @ St Helens

**Junior Game Day Sponsors**





## FISHING REPORT

### By The Happy Hooker



Hi all,

The fishing reports from the East coast are varied for those anglers willing to brave the elements. Some nice-sized Tuna have been taken from offshore, and although fishing can be at times 'here today and not tomorrow', Georges Bay is still producing the goods, with a variety of fish available to those anglers who are willing to target and adapt to the conditions and tidal runs of the bay. Freshwater season proper starts on 1<sup>st</sup> August, which is only 7 weeks away. Inland fisheries have been busy restocking lakes and rivers around the state; Lake Leake has received 2100 rainbow trout, and these fish should grow quickly and give great sport when the season opens.

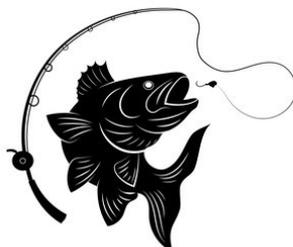
#### Fishing Report

#### Georges Bay, 20<sup>th</sup> May

A day of fishing was arranged to head to the Scamander River, but on travelling to the bottom of St Marys Pass, it was noted that the wind that was predicted never eventuated, and the decision was made to head to Georges Bay, with the option to return to Scamander if the wind became a nuisance. The day was perfect; a nice tidal runout, minimal wind and the fish were hungry, with Salmon, King George Whiting, Mackerel, Trevally, Weed Whiting, Wrasse, Pike, Flathead, Leather Jacket, Luderick and those horrible soft plastic-killing, hard-to-say-their-name 'Pufferfish'. Eleven species for the day, and although we tried for a Bream, Snapper and Squid, we could not find anything interested. Georges Bay is a wonderful fishery that we are so lucky to have on our door step. We did have a situation at one time during the day, one of those moments that the words are unprintable to explain, but a moment I should have my backside kicked for doing. My two mates were both fighting large trevally which were giving them a run for their money. I obligingly grabbed the landing net to land their fish for them, however I stupidly cast my plastic out and placed the rod down while netting the Trevallys. The last I saw of my \$300 rod was it sailing over the side of the boat with what we suspect a trevally, hooked up. As luck would have it, we were fishing near a green pylon channel marker which helped to give an idea of the spot, and with the assistance of the electric motor we were able to circle back over the area and lo and behold!, we could make out the white reel sitting on a patch of sand in amongst patches of weed. It took a few times and a lot of swearing, but a fluke of a cast hooked into the eye of the rod and retrieved the rod, thankfully, and I didn't have to explain when we got home. A variety of soft plastic did the trick during the day. Seagulls gave away the location of the school of fish in the Bay proper, and when they were not on top, we just cruised around on the electric motor, watching the sounder closely for the schools and dropped the lures to what depth the fish were holding.

This is the time of year to check out your fishing tackle and rods. I normally get them out and give them a clean, and give my reels a small amount of reel grease, clean out the tackle bag and find those things you had forgotten you had purchased and thrown into the bag, and clean them too.

Until next time, stay safe.



*There is enough toxin in one pufferfish to kill 30 adult humans, and there is no known antidote.*



Mayor Mick Tucker  
- serving all of  
Break O'Day

[mick.tucker@bodc.tas.gov.au](mailto:mick.tucker@bodc.tas.gov.au)

0419 372 813



## ST MARYS SPORTS CENTRE

By Volun Tier



Well, what about this fortnight! Rain, tempestuous storms and fronts, almost all on the same day. The course at present resembles a war zone: trees down everywhere with one over our old machinery shed, and another large pine straight across the 17th fairway, and more. Thanks to the efforts of our local council, they should be cleared soon. Our last fairway looked like a bomb had gone off until recently, but coming good now. I suppose it is like most people's backyards, water logged and screaming out for a little dry spell, but the show goes on, and also I remember not long ago writing about issues with the drought conditions on the course. Nice to see a few golfers out there as well, including mid-week visitors and on Saturday, the turn-out keeps improving with a few juniors having a hit. Whilst on that subject, through Northern Golf, we are attempting to arrange a junior golf clinic, with the school as a base for notification, where a professional golfer will be here to take classes sometime in August for all the young ones who want to attend - more information when it is available. We held our Annual Bowls Dinner and Sub-committee Annual General Meeting last Saturday. Pleased to note two stalwarts of the club taking up positions in Jim Rankin as President and Rodney McGiveron as Secretary. Thanks to those club veterans for putting their hands up. This was followed by our 'Bowler of the Year' count, won by Sue Bean. Congratulations to her for a great first year with the club. Runner-up was Garry Laycock and third was Mark Carrick. Unfortunately, our trophy presentation hit a snag, as they were still locked in the business we ordered them from in Launceston. There will be an afternoon tea organized soon to present them. This was all followed by our dinner, which was well-supported by 36 guests, including a great turn-out of 10 hearty souls from Swansea, who enjoyed a great meal and company for the afternoon. Big thanks to Leanne, Bobby, Valerie, Julie and Graeme for their efforts in piecing it all together. Winners of the wheel spins this week were Dean Squires and Vicky Whatley. Friday night Winter Warmers continue to be a hit, and this week we have members from the school attending for a presentation and meal, so a little extra has been put in. For a three-course meal, see the notice in this issue for details, and please book in if you are attending, phone 0457 498 641.

**Membership draw:** Last week Roz McLeod and this week Rick Stillman, no collect as neither were present on the night. There will be an update soon on the tired format of the membership draw, so watch this space.

**Golf:** Last Saturday was a mystery draw stableford event, won by Peter Soreneson and Bradley McDonald with 28 points from Rod McGiveron and Craig Freiboth on 27 points and Jimmy and Macca on 20 points, nearest the pin was Peter. This Saturday saw Peter win with 16 from Rod Hunt and Craig on 14, Jimmy with 10 and Hayley and Walley on 6. Well done to Hayley, who improved by 31 shots from her previous effort. No nearest the pin. All followed by a great feed and warm company in the clubhouse, well done to all. Veteran Golf returns this Thursday 23rd June, hoping for a little fine weather to help them along.

Until next week, good hitting and socialising.

*St Marys Sports Centre inc.*

## NOTICE OF AGM

SATURDAY THE 9<sup>th</sup> of JULY

1:00pm at the Centre

Presidents Reports

Election of Office Bearers

Any Agenda Items

*ST MARYS SPORTS CENTRE INC.*

**PRESENTS:**

## **WINTER WARMER NIGHTS**

EVERY FRIDAY NIGHT at THE CENTRE  
BETWEEN 5 & 7pm

Call in for a hearty winter feed

***This Week, 3 Course For \$20.00***

This week: Bacon and Pumpkin Soup,  
Chicken & Camembert Pie & Veg.  
Steamed Fruit Pudding.

Next Friday: **For \$15**

**Chicken Lasagna With Mash and Dessert**

**Great food, good company and a warm fire**

You Must Book With Macca on 0457498641

Or

See Leanne at the shop

Hope to see you there

**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**



Open 7  
days a week

**Advertised Weekly Specials and Manager's Specials**

**Cripps Tasmanian breads everyday prices:**

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

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

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

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

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

**Ice and Bait      Kindling      Rug Doctor Carpet Cleaner Hire**

**Cement and Hardware      Garden care needs**

**SUPPORTING TASMANIA, BUYING LOCAL & EMPLOYING LOCALS**

**Waverley Farm eggs and animal feed, East Coast Providore**

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

**Senior discount day every Wednesday**

**FREE HOME DELIVERY TO ST MARYS AREA**

For reliable, friendly local service, call in and see Dana and the team - we'll carry your bags to your car!

**THE VALLEY AND EAST COAST VOICE**

is available at the following outlets:

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

**Printed and published by:**

Fingal Valley Neighbourhood House Inc.

PO Box 322

FINGAL 7214



**CROSSWORD ISSUE 54.09**

**CROSSWORD 67**

**Across:** 1. Perfect, 5. Padre, 8. Owe, 9. Romeo, 10. Taint, 11. Norse, 13. Heavy, 16. Crayon, 18. Hoe, 19. Fell, 20. Nest, 22. Vet, 23. Regale, 26. Fleet, 29. Angle, 31. Inept, 32. Ingot, 33. Era, 34. Hiker, 35. Let It Be.

**Down:** 1. Perch, 2. Rumba, 3. Ebony, 4. Tour, 5. Peter, 6. Dairy, 7. Extinct, 12. Scent, 14. Eke, 15. Villa, 17. Annul, 18. Haven, 19. Furnish, 21. She, 24. Greek, 25. Later, 26. Feint, 27. Eight, 28. Title, 30. Goal.