



THE VALLEY AND EAST COAST VOICE

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AUSTRALIA CELEBRATES NAIDOC WEEK

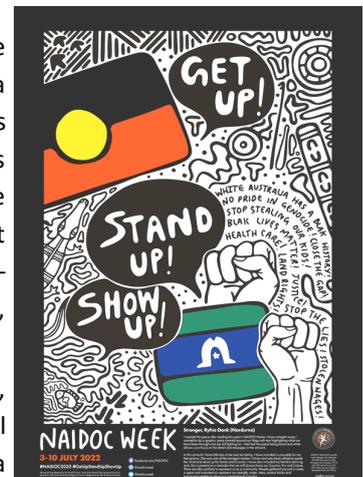
NAIDOC Week, 3rd - 10th July, celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. The week is celebrated not just in the Indigenous Australian communities but also in increasing numbers of government agencies, schools, local councils and workplaces.

NAIDOC originally was an acronym for the National Aborigines and Islanders Day Observance Committee. The organising committee behind the day adopted this name in 1991, but the idea behind NAIDOC goes back to 1937, when a letter was written by William Cooper, that was aimed at Aboriginal communities and at churches, on behalf of the Australian Aborigines Progressive Association, an umbrella group for a number of Aboriginal justice movements. The association gathered together a wide circle of Indigenous leaders who were preparing for what would become the famous Day of Mourning in 1938. It not only sparked a very effective one-off protest, it also stimulated a national observance that was at first championed by churches, and is now a national celebration.

Each year, a competition is held for the design of the poster to be used for NAIDOC. This year, the winner was Ryhia Dank, who said, "I created this piece after reading this year's National NAIDOC Week theme – Get Up! Stand Up! Show Up! I knew straight away I wanted to do a graphic piece centred around our flags with text highlighting what we have been through and are still fighting for. I feel that this piece being black and white allows us to focus on the details and messages in the artwork."

NAIDOC activities are held across Australia, and include cultural and educational activities in schools and workplaces and public displays, and might include listening to Indigenous Australian music, reading dream time stories, visiting Indigenous Australian websites on the Internet, organising an art competition and watching programmes on both Australian television stations such as the ABC and SBS, which structure programming across the week to celebrate events, actors and more on their various channels, including their streaming services.

The Fingal Valley Neighbourhood House (Building Blocks program) will host a special NAIDOC Week playgroup in partnership with St Marys District School Launching into Learning on Thursday 7th July at St Marys Town Hall from 10.30am. See details on page 3.



Ryhia Dank, a young Gudanji/Wakaja artist from the Northern Territory, created this year's poster.

ADVERTISEMENT



Authorised by Brian Mitchell MP (ALP, Tasmania)
28 Green Point Road Bridgewater TAS 7030

Thank you for re-electing me as your local MP in the national parliament. It is an honour to serve.

Brian Mitchell MP

Your Federal Member for Lyons

For assistance with all federal matters, please contact me on (03) 6263 3721 or email me at Brian.Mitchell.MP@aph.gov.au

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

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

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

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

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

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

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

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

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

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

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

Email me at: valleyvoice@fvnh.org.au

Elizabeth

Editor - The Valley and East Coast Voice.

OPINION PIECE

DELIVERING FOR BREAK O' DAY



The federal election is over and a Labor government led by Anthony Albanese as Prime Minister has been elected.

It's like the country has taken a huge sigh of relief. But we know this is only the start of the journey: there's a lot of work to be done to ensure that Tasmanians can share in a better future for Australia.

I am delighted and humbled to have been re-elected as your local Federal Member for Lyons. It is a privilege I have never, and will never, take for granted.

Australia is heading into turbulent waters on a number of fronts, especially the economy and internationally. The Albanese Labor government will seek to get the balance right, to ensure the national accounts are put into good order (they're a bit of a mess) while ensuring people are not left behind.

During the election campaign I was able to secure a number of commitments in the event of Labor's election to government, and I look forward to working with local councils, including Break O' Day, to deliver on them over this term. The commitments I secured for Lyons followed extensive consultation with stakeholders, including community and sporting groups and local councils.

I look forward to delivering on commitments to significant road and highway infrastructure across the state – which will include important upgrades to the Tasman Highway. Additionally, Labor will deliver \$500,000 for critical upgrades to the St Helens RSL, and \$2.25 million across the electorate to tackle mobile blackspots – including an upgrade at Ansons Bay. Other Labor commitments that will benefit people in Break O' Day and surrounds include cheaper childcare, cheaper medicines, lower power prices and a plan to lift wages. And of course, Labor plans to make more things in Australia and we will finally end the climate wars.

A lack of affordable housing is a huge issue across Tasmania, so having my friend and colleague, Tasmanian federal Labor MP Julie Collins, as the new Housing and Homelessness Minister in the Albanese Cabinet is terrific news. Julie will put her heart and soul into trying to repair the damage that has been caused by 9 years of Liberal housing and homelessness neglect.

In the coming weeks and months, I look forward to resuming my regular interactions with the community across the east coast and conducting Mobile Member offices in the north-east.

I would like to thank the many people from Break O' Day who have reached out to me over the past month, expressing their support and best wishes. It's been wonderful to hear from you.

Never forget – I am YOUR local federal Member, and I am always available to hear what you have to say, and to ensure your concerns are heard by the new Albanese Labor Government.

Best wishes and thank you again for putting your trust in me.

Brian

(Article courtesy of Brian Mitchell MP, Federal Member for Lyons.)



Authorised by Brian Mitchell MP (ALP, Tasmania)
28 Green Point Road Bridgewater TAS 7030

KIDS CAN CELEBRATE NAIDOC, TOO!

The Fingal Valley Neighbourhood House Building Blocks program will host a special NAIDOC Week playgroup in partnership with St Marys District School Launching into Learning on the 7th July at St Marys Town Hall from 10.30am.

They will be making Wattle Seed Damper for NAIDOC Week. Here is the recipe for you to try at home.

Wattle Seed Damper

3 cups self-raising flour ¼ teaspoon salt 1 tablespoon wattle seed 1/3 cup chilled butter 180 ml milk - add a little more if dry

Mix flour, salt and wattle seed in a bowl. Rub butter in with your fingertips. Slowly stir in the milk to form a soft dough.

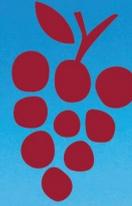
Knead on a floured board until smooth, shape into a round loaf, brush with milk and make a cross on the top surface of the dough.

Grease a tray or round cake tin and bake for 30-40 min at 190°C.

You can replace the wattle seed with 1 teaspoon sugar and sultanas for a sweet damper loaf.



GREAT EASTERN WINE WEEK



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SCAN ME

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EAST COAST WINE TRAIL



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

FRIENDS OF ST HELENS HISTORY ROOM ARE MENDING HISTORY

The Friends of St Helens History Room group has been working for many years on getting the Chinese Memorial restored at the Weldborough cemetery. On Monday 6th June 2022 Martyn Jordan, from Heritage Restoration Tasmania, commenced that work and finished repairs at the end of June. The associated images depict all the work taken over a period of time on the Memorial. It was a stroke of serendipity that the Friends' President, Garry Richardson, just happened to meet Martyn whilst house sitting in St Helens. The Friends' group are extremely grateful to Martyn Jordan for taking on this work.



Photo taken of initial clean up by Friends' members of the Chinese memorial at the Weldborough cemetery in 2011..

The group also wish to thank the assistance provided by the Break O'Day Council with this project, by putting in a cattle grid and the removal of a large blackwood tree that was undermining the Memorial. Our local Council has a large municipal area to oversee, so collaborative assistance from another community group can bring about very productive results.

Remaining work outstanding is to reattach the metal railings around the Memorial. The Friends' group is also appreciative of the assistance being given by Suncoast Engineering, who is currently repairing these railings.



Martyn Jordan, Restoration Tasmania, at work on the Burning Oven at the Chinese Memorial.

Further work will see the Chinese characters reattached to the Memorial and this will probably need the support of Dunns Stonemasons in Launceston.

Discussions are also underway on trying to install some interpretive signage on this site, so this very important historical site in our municipality can gain the recognition it deserves, and that visitors to the area can learn more about this unique aspect of our local history.

Well done one and all!

★ a good old fashioned ★
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TAX RETURNS

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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.



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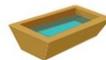
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more*



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'.

LAUNCESTON'S 'TIME FREEDOM COACH' AWARDED FOR IMPROVING FARMERS' LIVES.

Enable Ag won the 2022 "Excellence in a Start-Up" award from the Launceston Chamber of Commerce and Spirit Super, held on Wednesday 13th April. "This category is open to organisations which have commenced operations within the last three years, and which have the capacity to be strong scalable businesses into the future. The judges will be looking for emerging businesses that have a unique value proposition as well as recognising the influence that the founders and entrepreneurs behind the entity have in ensuring this success," the website notes.

Says Ram Savana, the founder of Enable Ag, "It's deeply rewarding to be recognised in this way, because the award brings added visibility to what we're doing at Enable Ag, and that means we can help more farmers and their families enjoy a better lifestyle. As you know, most farmers feel they can never clock off. Their workloads are crushing and it's affecting both the farmers and their families."

As a farmers' coach with a special focus on time freedom, Enable Ag is bringing life-coaching to the farm to help farmers run their businesses efficiently while also having time for the family and for off-farm holidays.

Farming is in Ram's blood. He grew up on a family farm in India where long hours of hard work were the norm. He saw the negative effects of never-ending work and constant pressure, and he longed to find solutions. In Australia today, most farmers work more than 55 hours a week and their family life suffers as a result. Their physical and mental health can also suffer.

After migrating to Australia and completing his Masters degree in biotechnology, Ram worked in the field of medical device technology in Melbourne, where he gained project management skills.

When Ram and his wife moved to the Apple Isle, his passion to help farming families bubbled to the surface again. Since then, in order to gain practical insights into the real problems our farmers are dealing with, Ram has worked more than 4,200 hours on Tasmanian farms, first as a farm hand, then as a tech consultant, then as a management consultant and now a farmers' time freedom coach.

Blessed with a keen analytical mind, Ram has gathered an array of farm management insights, skills and tools which together have been making a positive difference to farming families. Enable Ag was established in 2018 and already more than 30 farm families have benefited from his consultancy.

Ram sees his role as a time freedom coach is to help farmers break free from the never-ending work of running a profitable farm so they can establish a sustainable work-life balance.

The award, which was sponsored by Fortescue Future Industries, has recognised the excellence his young company is demonstrating, and now Ram and his team are looking forward to helping many more Tasmanian farm families.

Judging by the happy testimonials on his website, their work is making a real difference.

Contact EnableAg to see how they can help you:

Website: www.enableag.com.au

Office: (03) 6778 6756

Email: ram@enableag.com.au

<https://www.facebook.com/EnableAg>



Felicity Underhill, Fortescue Future Industries, Ram K Savana, and his wife Mrudula Sant, at the award ceremony.



(Photograph from Google)

St Marys Sports Centre inc.

NOTICE OF AGM

SATURDAY THE 9th of JULY

1:00pm at the Centre

Presidents Reports

Election of Office Bearers

Any Agenda Items

FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344

ST MARYS



St Marys beginnings start back in 1773, when the ship HMS 'Adventure' sailed up the east coast of Van Diemens Land with Tobias Furneaux on board. He sighted the mountain shaped like a great molar tooth and named it St Patrick's Head after the Patron Saint of Ireland. This was the first Irish name given to a place in Australia. Following this, Henry Rice explored the Fingal Valley on foot from Falmouth through to the Tamar River at Launceston, and by the 1830's, a number of settlers had taken up land on the Break O'Day Plains. These land-holders had one problem, and that was the roads and the rough track they had to deal with from The Corners (Conara), and impossible in the wet, especially crossing St Paul's River at Avoca. James Grant of Tullochgorum petitioned the government to build a road past St Patrick's Head down to Falmouth. In 1841, Mr. Dawson surveyed a route on the northern side of St Patrick's Head, then known as 'Grassy Bottom', which was to become the site of the convict probation station at St Marys, used to house approximately 300 convicts. By 25th May 1842, the convicts and staff were established at Grassy Bottom, and these convict men were principally employed in road making. The road was to go from the top of St Marys Pass down to Falmouth, which also had established a convict probation station built to house 150 convicts. The convicts started at both ends, and it took four years, six days a week, at 6 shillings a day, to build the road down to the port of Falmouth. Late in 1842, James Grant suggested the name of Grassy Bottom be changed to St Marys Pass or St Marys Vale. By 1846, there were only 54 convicts left at the station, and by 1847, the St Marys Pass station was closed and all convicts moved to Blackmans River (Tunbridge) and Grassy Bottom was abandoned and moved to where St Marys stands today.



"St Marys Pass", a watercolour by Peter Gordon Fraser, 1846.

The township was surveyed by William Tully in April 1857, and it was proposed the township be called 'St Marys', which the residents wanted, as it was more 'graceful', instead of Armagh, which is the name the authorities wanted it to be called. The surveyed land was offered for sale in December 1857, and in the 1858 assessment roll, there was one house on 1 acre, 2 roods and 34 perches owned by Robert Leach. In 1855, the ship 'America' arrived in Van Diemens land with 20 German families on board, in a government-sponsored program, and these families would settle at St Marys and become a big part in the establishment of the town.

By 1864, the population had grown to about 50. It had a police sub-inspector and constable, and half a dozen tenements. In 1869, the post office was built on the corner of Main Street and Cameron Street, which included a telephone exchange in later years. It was replaced by a new building in 1961 at its present site.

The original school at St Marys was located where the community hall is today, built in 1867 after the locals raised one-third of the 201 pounds it cost to build. It was opened in October 1867. Enrolments increased in the 1890's and a new building was erected in 1904 at a cost of £400, and as enrolments increased, more buildings were erected. Major works were undertaken in 1937, 1944 and 1955, costing nearly £3000, with the naming and opening of the St Marys Area School on Gray Rd in 1948, then it became a District High School in the 1950's. St Patrick's Head established a school and residence in 1900 with an enrolment of 23 pupils and closed at the end of 1909 because of low enrolments; it re-opened briefly for 9 months in 1916. Other schools in the area included German Town 1879 - 1929, Gray 1887 - 1929, Cornwall 1888 - 1948 and Mt Nicholas 1891 - 1928.

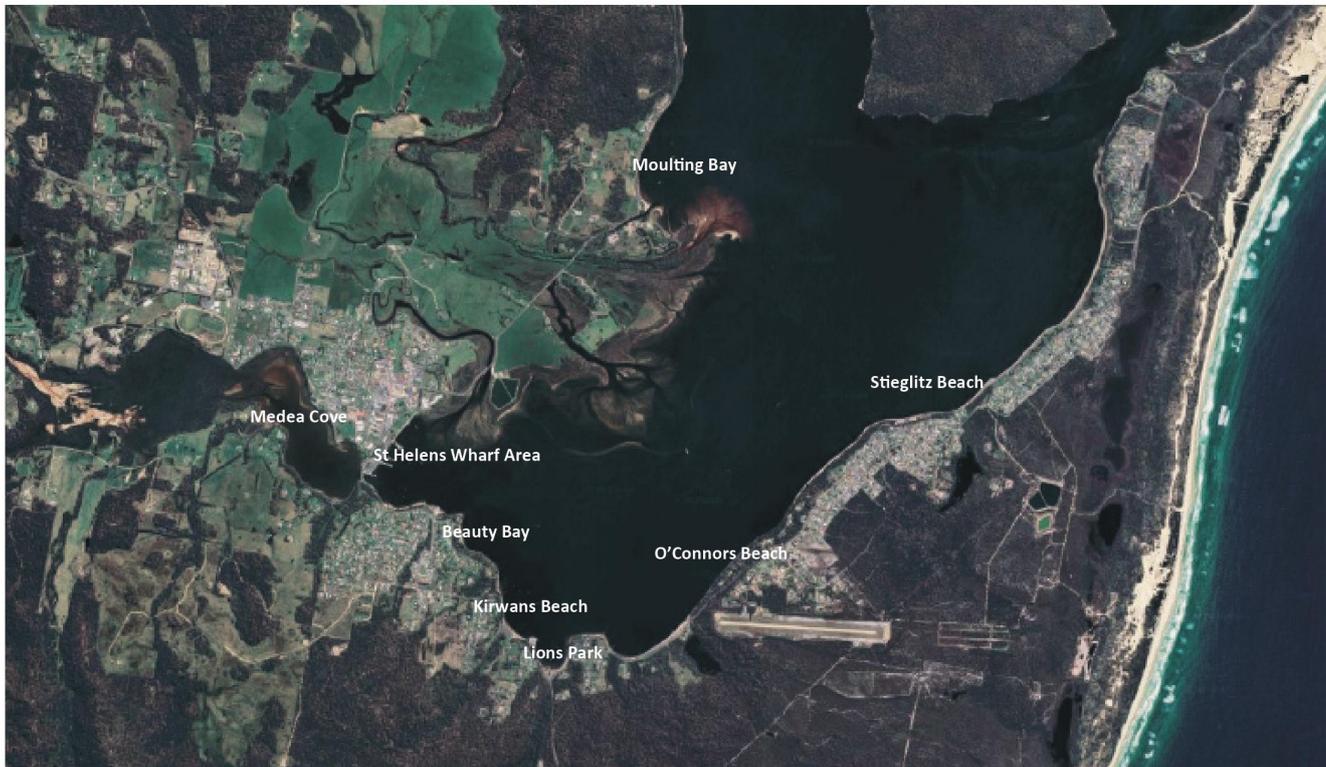
The first store was opened by William Lade and Mr Morris, on the corner of Groom and Cameron Streets in 1861, and George Mitchell leased a dwelling-house and shop from Mr F Groom. By 1880, there were 5 stores and premises, and in 1881 H C Dawborn opened the general store located in Main Street, now known as the Value Plus Supermarket.

The first license was granted to Thomas Hardy on 13th December 1886 for the St Marys Hotel. He had turned his house, which was built in 1861, into a hotel. In 1894, he sold the hotel to William Todd Snr, who leased it to his son-in-law Michael Cullenan. In 1910 the Hotel and William Todd Jnr's store, which was next door, was destroyed by fire. Both were rebuilt with brick, and these premises stand today and are still known as the St Mary's Hotel. The Criterion Hotel was officially opened on 17th August 1889, and the proprietor was W M McGuinness. It contained public and private dining rooms, a splendid billiard room, a commercial room, and bedrooms which were large and airy. Stabling for horses was also catered for, and it was noted as being an 'ornament' to the town. It closed in the 1960's and was dismantled.

In the next issue, I will continue with St Marys' rich history.

(Article by Rauni Paloniemi.)

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
www.bodc.tas.gov.au

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>STAR FM</p> <p>Program Guide</p>  	Brekkie	Start your working week with Star FM	Fruity and Loopy with Flashy	I see Stars with Sandy	Flashback Retro Breakfast with The Flash	Muesli and Milk with Magilla	Saturday's Sunny Side Up with Manny	Sunday Mornings It's time to get up
	Morning	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
	Arvo	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 with The Tone
	Late Arvo	In the BACKSEAT with Astro or JAX	2 For Tuesday Request Show with Shaun	Something Fishy is going on with Fyshy	DR DAVES Travelling Medicine Show with DR DAVE	"Rock On" with Jonno	"The No 80's Zone" [everything except the 80's] The Tone	Big Daddy Davo's Blues Mix
	Evening	Monday Evening With Star FM	Neville's Country Corner and more with Neville	That 70's Show with Star FM	Thursday Nights with Star FM	It's Friday Night with Star FM	The Party Pit Playlist with Star FM	hosted by Dave

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Dinner - 5.30pm - 8.00pm

Pasta night every Tuesday

(Bookings preferred for all meals)

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10 July

SeaKatz

17 July

East Coast Jam

YOUR FAMILY-FRIENDLY LOCAL HOTEL



The Say by the "Cage Rattler"

This is NAIDOC Week. There was a time when I never really thought about that much, but now I do. I hope more and more non-indigenous people do too. It's really very important, and the years I didn't take a lot of notice in recognising the oldest continuous culture in the world is something that I actually deeply regret.

The message of the real Australians in respecting the land, appreciating what the earth provides us, and not taking from nature more than we need, is a lesson we should heed. We need to take time this week to educate ourselves on the history and the legends of the many countries that make up a vast and rich tapestry that has been handed down generation after generation for at least 60,000 years, and some experts say even much longer.

Written history wasn't needed. The messages, the stories, the descriptive dance, and the incredible rock paintings do all that. North from the Torres Strait to the most southern of Tasmania, and from the East to the West of this vast land mass and home to hundreds of mobs, the history has been a continuing and enduring and, dare I say, crucial part of the indigenous life.

It's disappointing, to say the least, the way us European newcomers have treated and disrespected the world's oldest cultures is something we need to appreciate and do our best to redress. I truly believe that with proper education in times like NAIDOC Week and a willingness to really try and grasp and understand and respect the ancient ways of our indigenous folk, we will begin to embrace the messages of the elders of these incredible people.

In schools, this does occur more these days, as it does through a number of influential bodies including within major sporting organisations. As for vilification, this horrible racism that has been a blight on this country, the reprehensible forcing of European culture on the indigenous people, and the terrible and misguided attitudes during the Stolen Generation years, has to be understood, so that real and lasting steps are taken to make sure that it's all a thing of the past and never to return.

As I said, I was once a person who gave scant thought to all this, but not any more. It's been a fair few years now since my eyes were opened. All I ask is, if there are folk here still with a dismissive outlook to the indigenous world, please stop for a minute or two during this week, and after, to reconsider that.

If you do, I promise you won't regret it.

What do you think?

Swarm Removal
Call Jason
0407 816 975

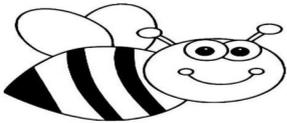


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5 MINUTES WITH THE MAYOR



This month is Plastic Free July, so what better time to chat about what we can all do to reduce waste, and the new State Waste Levy which aims to help with this.

The new State Waste Levy kicked in on July 1, and while it may seem like a problem for Local Government, it is actually something that affects us all and is something that we must all tackle together.

According to Rethink Waste Tasmania, it is estimated that 451,000 tonnes of Tasmanian waste ends up in landfill. Around a third of this is household waste that comes from our kerbside collection services. Before July 1, to dispose of the waste to landfill cost Councils \$7.50 per tonne. Now that waste will cost \$20 per tonne - this will increase to \$40 per tonne in 2024 and \$60 in 2026. It is these rising costs that have seen many Councils increasing their waste charges in this year's rates, because we have no choice but to pass these costs on to our ratepayers.

But it is not all bad news!

The Government's intention with this levy is all about reducing the amount of waste that goes to landfill, which is a great thing! There are several ways the new levy will do this.

1. Funds raised through the levy will be invested by the government back into the waste sector to develop new ways to recover waste from landfill, including creating new business and employment opportunities.
2. Encourage discussions around new strategies and ideas for reducing and reusing waste, as well as waste recovery.
3. Encourage us all to think more about our waste, and what we can do as individuals and households to reduce the amount of waste that is ending up in landfill.

The issue of waste is one that we must all tackle together and there are so many things we can do from the individual to your local Council.

One thing that Break O'Day Council has done is introduce our 'Single Use Plastic Policy'. This policy bans the use of single use plastic at events and activities held on Council land or in Council owned buildings.

To make this easier for community groups, Council officers have been sourcing second hand crockery and cutlery from our local tip shops to put in the facilities. This means we have also saved some of those items from landfill.

If you are looking for ways to reduce waste at home, check out www.rethinkwaste.com.au and remember, we are all in this together!

Photograph from Google.



Mayor Mick Tucker
- serving all of
Break O'Day

mick.tucker@bodc.tas.gov.au

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WINTER IS COLD FOR PETS, TOO!

The wind is picking up, the rain is setting in and temperatures are starting to drop. It's time for breaking out the woolly socks, hot drinks and warm coats.

"While planning for winter, responsible pet owners should also think about the comfort levels of their furry companions. If you are starting to feel cold and uncomfortable, then your pet is likely feeling the same way," according to Jan Davis, CEO of RSPCA Tasmania.

Luckily, there are a number of simple ways you can keep your pet safe and warm this winter:

- Keep your animals inside as much as possible. While you'll still have to take your dogs for walks and your cat might not be too impressed, keeping them inside especially during the coldest parts of the day is ideal.
- Make sure to dry your pet when they come in from outside. You wouldn't want to sit in a wet coat and neither does your best friend!
- If your pet is unable to stay inside, make sure they have access to winter-proof shelter. Ensure it is raised off the ground to keep it from getting wet and frosty, and place it in a location where it's the most likely to get maximum sun exposure.
- Cats are notorious for finding toasty warm spots around the house, like the afternoon sun through a window or sitting close to the heater. Be wary of your pet sitting too close to heaters or fires as they can fall asleep and end up with dry skin or burns.
- Grab your pet a jacket! Not only is it super cute, it's super practical. Neighbourhood dogs will be so jealous of your dog's stylish new look when going for walks. This is especially important if you have thin, older or short haired breeds. Make sure it is the right fit and avoid having the jacket too tight. But remember, it is extremely important to take the jacket off once they are back in a heated environment, as it can irritate them and cause injury.
- Check your pet has fresh water in the morning! Make sure the water hasn't frozen over during the night, and provide them with new water to drink during the day.

"Pets are wonderful companions and loving members of the family. Snuggle up and stay warm together this winter, and remember, there's nothing like lots of cuddles to keep the winter blues at bay!" Ms Davis said.



(Article courtesy RSPCA, photographs, Google.)



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- Fresh Meat
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(including public holidays)

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

FINGAL FOCUS

Contributed by Mike Brouder

"Incontinence Hotline...could you hold, please?"

Policeman: "I am going to have to lock you up for the night."

Suspect: "What charge?"

Policeman: "Oh, there's no charge. It's all part of the service."

One day some policemen found three hand grenades in the street and decided to take them back to the station. "What if one of the grenades explodes?" asks one of the officers.

"It won't matter," says one of the other officers, "We'll say we only found two."

Policeman to speeding driver: "Your name please, Sir."

Driver: "Aloysius Alastair Cyprian Montague....."

Policeman, (putting his notebook away): "Well don't let me catch you speeding again."

One evening on the news... "A lorry carrying brand new file folders was hi-jacked, and then a van loaded with 'Post-it Notes' was stolen. Detectives stated that they believe that a highly organised crime gang was responsible."

Wanting to sue an Airline for damaging his luggage, a man spoke to a solicitor. He was told that his case wasn't strong enough.

Walking along a pier on holiday, a young couple saw a sign on a caravan which said, 'Chief Running Bear Memory Man.....All Questions Answered.' "Come on," said the young husband, "I'll bet I can outfox him." They went inside and found a wizened old man in a headdress. "Who won the Preston North End versus Millwall, third round match in the FA Cup in 1938?", the young husband asked. "Preston," came the reply. "What was the score?" the husband asked. The Chief replied "One, nil. Malcolm McDermott scored in the ninetieth minute." "He's right again," says the husband, "He's amazing!" They both walked off, shaking their heads. Many years later, they were on the pier again and they saw that the same caravan was still there. They entered and the husband, not so young this time, said, "How!" The old Chief said, "It was a header into the goal."

A man playing golf and his caddie spend ages finding him the right club. "Oh, come on. You must be the worst caddie in the world," the golfer rants at the caddie. "I doubt it," says the caddie, "that would be too much of a coincidence."

An inexperienced assistant was carrying a priceless painting when he slipped and tore the canvas of the work of art. "You imbecile!" shouted the director of the Gallery, "that painting is over four hundred years old."

"Oh well, it's lucky it's not a new one," said the assistant.

A beautiful girl went to see an Artist. "Can you paint me in the nude?" she asked.

"Certainly," he replied. "But I'll have to keep my socks on.....I've got to have somewhere to put the brushes."

I'd give my right hand to be ambidextrous.....

A man went to the doctor with a carrot in his right ear, a cucumber in his left ear and a banana stuck up his nose. "What's wrong with me?" he asked the doctor. "That's simple," the doctor replied, "you're not eating right."

Two cannibals were eating a clown. One said to the other, "Does this taste funny to you?"

"**Do you smoke?**" he was asked "Only if someone sets fire to me," he replied.

Two ways to cure love. First: Don't speak or write to him. Second, the easy way: get to know him better.

A business man arrived in Venice and cabled his boss, "Streets are full of water. What should I do?"

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



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east coast tasmania

tourism update

NEW! East Coast Tasmania Tourism App

East Coast Tasmania Tourism have developed a tourism app.

The app is your essential FREE visitor guide for your holiday on Tasmania's breathtaking East Coast.

SEARCH: Plan your trip - search for things to do, where to stay, where to eat and more.

USE OFFLINE: No connection to the internet required for most functions once downloaded.

INTERACTIVE MAP: Interactive zoomable map with directions.

INFORMATION: Stay up to date with important information like weather, emergency information and road closures.



A SCAN ME

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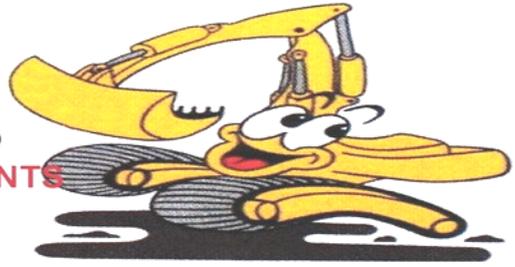
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Sunday to Friday

11am - 2pm

Saturday 11am - 4pm

St Marys Tip Shop

Tuesday and Thursday

11am - 3pm

Sunday 2pm - 4pm



WASTE TRANSFER STATIONS

BREAK O'DAY MUNICIPALITY

ANSONS BAY - North Ansons Bay Road

Open: Wednesday 12pm to 4pm

Sunday 10am to 4pm

12pm to 4pm on Mondays of long weekends

PYENGANA - Tasman Highway

Open: Wednesday 9am to 12pm

Sunday 2pm to 5pm

ST HELENS - Eagle Street (includes recycling)

Open: 10am to 4pm every day

SCAMANDER - Coach Road (includes recycling)

Open: Tuesday 10am to 4pm

Thursday 10am to 4pm

Sunday 2pm to 5pm

ST MARYS - Gray Road (includes recycling)

Open: Tuesday 10am to 4pm

Thursday 10am to 4pm

Sunday 2pm to 5pm

FINGAL - Rossarden Road

Open: Tuesday 10am to 4pm

Thursday 10am to 4pm

Sunday 2pm to 5pm

Charges apply at all waste transfer stations - please see sign at entrance.

BLACK WATER DUMP POINTS

St Helens - 117 Tully Street, St Helens

St Marys - Harefield Road, St Marys

Fingal - Talbot Street, Fingal

No charges apply to use black water dump points.

IN OUR SCAMANDER GARDEN ...

It is blustery and chilly outside as Winter whisks out her new white, freshly starched dress. I glance at the flower beds putting up a fight against the swaying branches above. I talk myself into feeding the chooks a little later than usual, for their benefit of course. They are flying up trying to eat out of my hand, I don't think they appreciate my thoughtfulness.

We have planted cabbages, cauliflower, Brussel sprouts, kale, radish, kohlrabi, lettuce, and peas. Mind you, something ate the earlier batch I put in. I am grateful we had several lettuces, red and green, ready to pick recently, as some were \$10.00 - \$12.00 in the store and \$8.00 each in Launceston. Grow what you can at home. I am thankful Steve made the raised beds in a few different garden areas. We have a net over some to try and keep, among other things, those white cabbage moths away. Three hidden eggplants are eaten... Steve is making a gateway through the back garden to our bush paddock. Having dug out holes for two posts, he will use an old gate he built years ago. We will re-use the roofing iron scraps. I watch Steve make the wooden structure that will hold the overhead covering. It is nice to see him in his workshop, among the different tools. I offer to hold something or help with the lifting and turning of bigger items. There are a few mistakes, so back to the drawing board. It is fascinating to watch Steve sketch what he hopes to build. All done, and he loads up the ute and drives over to be in the appropriate place for elevating the sheets to their resting place. I pass one screw after another, and then I hold the tin of paint while Steve does the hard-to-reach areas before I take over. It looks a tiny bit skew-whiff to me, but shh!



The Hungarian gate.

Now for the exciting part, this entrance will hold a Hungarian theme. He gives me an idea of what he is thinking, and I reflect on how that can be improved upon. We settle for something easily recognizable.

Tending to the natives - well, some are of South African origin - I give them a liquid feed and am very happy with their peeping out above their protective plastic hide-aways, to play 'peek-a-boo'. There are a few pot plants that we lifted to undercover spots, and I think they are breathing a sigh of relief, not only from missing the frost but also from being protected from the gale-force winds. After hearing that one plant would grow much too big for its container, out it goes, into the ground and not a minute too soon. It needs its roots trimmed, and after a good soaking, smiles back at us.



Too big for the pot, so out it goes!

Apart from that, I am practicing my bush arrangement. I'll add a photo. What do you think? I like having gumtrees in our other paddock. It is amazing what you can see if you go slow and look carefully. Different bugs and fungi and spiders and, not right now...snakes!



My native bush arrangement.

Take care, 'till next time, Peg.



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BREAK O'DAY

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St Marys

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

Pyengana

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

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod



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WEEKEND MASS:

ST HELENS: Saturday 5.00pm

Sunday 4.00pm

ST MARYS: Sunday 9.00am

BICHENO: 1st Sunday 11.00am

FINGAL: 2nd and 4th Sunday 10.30am

WEEKDAY MASS:

ST MARYS: Friday 10.00am

ST HELENS: Thursday 10.00am

Parish Administrator:

Fr. Norbert Z Ochoa 0437 324 227

fr.bitz51@gmail.com

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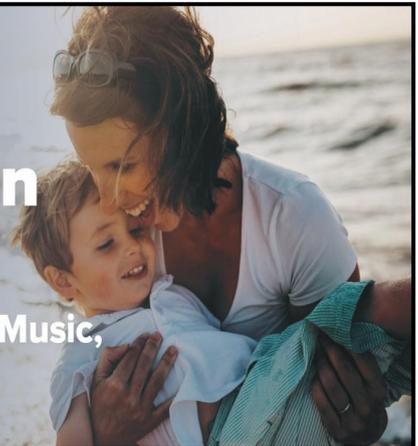
2nd and 4th Sunday of month: 11.15am

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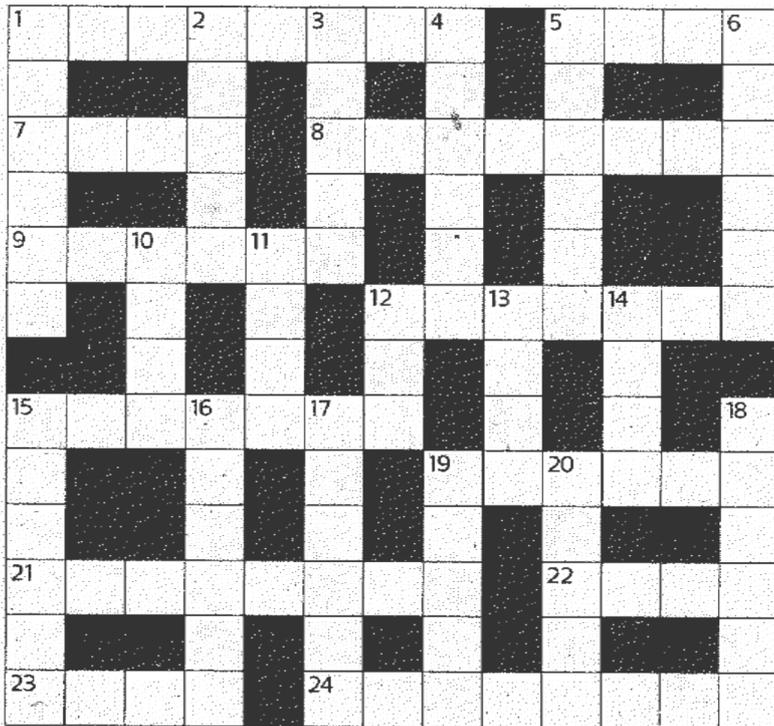
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Crossword 54.11



ACROSS

1. Spielberg film, ___ Park (8)
5. Incite (4)
7. Chilly (4)
8. Spectator (8)
9. Conflict (6)
12. Ruined city in the Nile (7)
15. Black and white marked horse (7)
19. Building material (6)
21. Engaged (8)
22. Grate (4)
23. Singer, ___ Turner (4)
24. Spray (8)

DOWN

1. Derek ___, star of *I, Claudius* (6)
2. Apportion (5)
3. Fire sign? (5)
4. Sheep-dog (6)
5. Mature (4,2)
6. Innermost skin (6)
10. Sea movement (4)
11. Capital of Peru (4)
12. Mire (3)
13. Birthmark (4)
14. Charter (4)
15. Spend (3,3)
16. White sturgeon (6)
17. Song's words (6)
18. Paper-fastener (6)
19. Apple drink (5)
20. Dimwit (5)

Fingal Online Access Centre

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Tasmania 7214

Phone (03) 6374 2222

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

The Fingal Online Access Centre is open from
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- 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

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



ALEX GRAHAM LEGAL
YOUR LOCAL LAWYER

Phone: 0407 242 265

Email: alexgrahamlegal@outlook.com



Fingal Valley Arts and Culture



JULY 17TH 2022 (Sunday) QUIN THOMSON & DAVID MALONE

Classical Guitar Duo: "Waldheim Songs"

David Malone performs throughout Australia as a solo recitalist and chamber musician as a classical guitarist. He performs on lute and guitar with the Sequenza Ensemble and is a member of the Australian Guitar Trio. He has performed with the Adelaide, Tasmanian and Canberra Symphony Orchestras in Australia, and the Northern Sinfonia of England and the Cambridge University Jazz Orchestra in the UK.

Quin Thomson is a performer, recording artist, composer, arranger, sound designer, musical director and vocal coach. Her musical career spans thirty years (beginning with a solo debut in Donald Hollier's contemporary opera, 'In Dulci Jubilo', at the age of 10) and several countries. For more details, see the advertisement on next page.

Fingal Camera Club

The Fingal Camera Club is a new group for people interested in photography in the Fingal Valley area of Tasmania. Anyone is welcome to join their monthly activities with suggestions on topics of interest, monthly excursions and sharing tips and suggestions. The upcoming events list:

- Field Trip Sunday 17th July 3pm "Winifred Curtis Reserve", Scamander. Meet at parking area, car pool then drive in.
- "Own Time" Still Life/Table Top
- Field Trip Sunday 21 August, Bicheno Blowhole and surrounds
- "Own Time" Local Landscapes

Local Photography on display

Many people may remember back 5 - 8 years ago that Great Esk Tourism (GET) held regular photographic competitions for images of the Fingal Valley and surrounding area.

Thanks to the generosity of Peter Troode, many of the prints have been donated back to the community and some are now on display at St Marys Op Shop and the Fingal



Valley Neighbourhood House. We look forward to sharing more of the photos over the coming months in the Fingal History Room and with other community groups. More info, email admin@fvnh.org.au

What's on in the local area?

With One Voice Break O'Day

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

Info; Email: contact.wovbod@gmail.com or mobile: 0439 001 533

Spinners and Weavers

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

Fingal History Group

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

Info: history@fvnh.org.au

rustic ragamuffins stitching group

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

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

St Marys Repurposing and Upcycling

Getting like-minded people together to limit waste and be creative.

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

Text Diana 0488 688 508 to join.



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Saturday 9.00am - 2.00pm

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Quin Thomson - soprano

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Cygnnet Town Hall Friday, 24 June 7:00 PM	Lanncaston City Baptist Church Saturday, 2 July 7:30 PM	Scottsdale Mechanics Hall Sunday, 3 July 2:30 PM	St Helens Panorama Hotel Sunday, 17 July 3:00 PM	Englebawke Neck Hall Friday, 30 Sep 7:30 PM	Brumby The Apple Shed Sunday, 6 Nov 2:30 PM
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Tickets available here (or follow QR link): [qvocal.com/waldheim-songs/](https://www.qvocal.com/waldheim-songs/)

July

NOTES:

Fingal House Number	0363742344
NILS Loans Phone	0363742344
Fingal Supermarket	8-5 Mon-Friday 8-10 Sat-Sunday
Hairdresser Phone for appointment	0407 549 678 Every second Monday
Spinners and weavers	19 th July
Ragamuffins	18 th July
Op Shop Hours	9.30-2.30
Online Centre Hours	9-2
Library Hours	9-3
History Room	Please note History Room opening hours on Calendar

EWF

2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 History 10-3 OP Shop Online Centre Library	2
3	4 Play Centre 9.30-2.30 OP Shop Online Centre Library Hairdresser	5 History 12-3 OP Shop Online Centre Library	6 Morning Tea 10am OP Shop Online Centre Library	7 Valley Voice edition published History 12-3 OP Shop Online Centre Library First Aid	8 History 10-3 OP Shop Online Centre Library	9
10	11 Play Centre 9.30-2.30 OP Shop Online Centre Library	12 History 12-3 OP Shop Online Centre Library	13 Morning Tea 10am OP Shop Online Centre Library *EWF*	14 History 12-3 OP Shop Online Centre Library	15 History 10-3 OP Shop Online Centre Library	16
17	18 Play Centre 9.30-2.30 OP Shop Online Centre Library Hairdresser Ragamuffins	19 History 12-3 OP Shop Online Centre Library Spinners and weavers	20 Morning Tea 10am OP Shop Online Centre Library	21 Valley Voice edition published History 12-3 OP Shop Online Centre Library	22 History 10-3 OP Shop Online Centre Library	23
24	25 Play Centre 9.30-2.30 OP Shop Online Centre Library	26 History 12-3 OP Shop Online Centre Library	27 Morning Tea 10am OP Shop Online Centre Library	28 History 12-3 OP Shop Online Centre Library	29 History 10-3 OP Shop Online Centre Library	30
31						

IN THE KITCHEN WITH KIRSTEN



MIXED VEGETABLE DAHL SOUP

This is a wonderful recipe for 2 with a little left over. It is easy to stretch out and is a recipe that can be made larger very easily. Tamarind gives a lovely sour and sweet taste to the dahl.

In the time that I lived in Brisbane, I would often walk on down to the local Hare Krishna restaurant, listen to a bit of meditation and singing, and then feast with a group of people, some I knew and some I had just met. At the time, my daughter Ellie was only a toddler, and each Sunday we would sit down and enjoy the food together. I cherished that ritual, and whilst I wasn't a follower, I certainly appreciated the time spent with friends and people sharing food. It is a lot about who I am today, and why shared tables with friends, families and sometimes strangers is so important to me. This was one of those little favourite dishes we used to love, served with rice and usually nice house-made Krishna chutney. I hope you enjoy.

Ingredients:

1 large eggplant	1 medium carrot, chopped	2 whole tomatoes, (leave whole)
4 green chillies, chopped (less if you like)	1 cup yellow lentils	1/2 tsp red chilli powder
3 tsp Sambar powder (a special spice mix; can be bought from most supermarkets)		3 cups water
2 tbsp mashed tamarind	1 cup hot water in small bowl	
2 tsp vegetable oil	1 tsp mustard seed	8 curry leaves

Method:

Place the eggplant, carrot, tomatoes, chillies, chilli powder, Sambar powder and yellow lentils (toor dahl) in a saucepan. Bring to a boil, and simmer until lentils are soft. Break up tomatoes if needed.

Place the tamarind into the hot water, and soak while vegetables are cooking. Stir it around a bit now and then with a small spoon.

Heat the oil to medium heat in a saucepan, and add mustard seeds and curry leaves, stirring for a few minutes. It is really important to do this, as it draws out the flavours.

Strain and discard the tamarind, and add the juice to the vegetables and lentils, then add one teaspoon of salt, stir, and pour the mixture into the heated oil and seeds.

Cook for around 4 minutes and serve with a nice mango chutney, rice and a roti bread.



*Delicious Mixed Vegetable Dahl .
(Photo credit: Ilona Schnieder)*

Here's the recipe for roti, and you can watch me making some at: <https://www.youtube.com/watch?v=3KpFGHJ9bWo>

350g self-raising flour 350g natural yoghurt 1 teaspoon baking powder 1 tablespoon olive oil

Mix together in a mixing bowl with a wooden spoon until combined, then continue to mix by hand. If you think it's too dry, add a teaspoon of olive oil. Turn onto lightly floured surface and knead lightly. Rest for 10 - 15 minutes. Cut into 6 pieces and rest again for about 10 minutes. Roll out to about 20cms across. Heat griddle pan and add a splash of olive oil. Put roti into the pan and cook for 20 seconds, then turn and cook for 20 seconds. Continue until cooked, 3 or 4 times. Place onto warmed plate and cook the other pieces.

If you feel adventurous, you can make your own sambar powder and keep it ready for anytime you want to make a curry. It is a wonderful spice mix. Check out this recipe: <https://www.vegrecipesofindia.com/sambar-powder-recipe-homemade-sambar-powder/> Alternatively, it is ready available in supermarkets or spice shops.

Have a go and send me a photo. Love to see what people do with my recipe page!

Have an awesome day and thank you.

Don't forget to Subscribe, Like and follow for more exciting food stories.

Kirsten Bacon

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

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

TANIA RATTRAY MLC

**INDEPENDENT
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MCINTYRE**



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representing the Fingal Valley and East
Coast community**

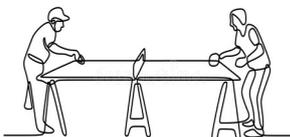
Contact details - Mobile - 0427 523 412

Office Phone - 6350 5000

Email - tania.rattray@parliament.tas.gov.au

After School Junior Table Tennis

starts Monday 9th May at
St Marys District School,
starting at 3.00pm.



Adult Table Tennis

starts Monday 9th May at
St Marys District School,
starting at 4.15pm

Phone Jack Foreman on 0484 675 044 for more details.

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St Helens District High School

In the swimming pool enclosure, available during pool hours.

St Helens Supa IGA

Wall mounted inside the foyer, available during open hours.

St Helens Football Club

Located inside the club rooms.

Scamander Sports Complex

On the wall just inside the dining room doors.

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance.

Four Mile Creek - 24hr access

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

St Marys District School

In the swimming pool enclosure, available during pool hours.

Fingal Valley Neighbourhood House - 24hr access

On the wall outside the front door.

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EMERGENCY RELIEF

NORTHERN TASMANIA

Emergency relief providers help people in times of financial crisis. Assistance includes: food, transport; chemist vouchers; part-payment of utility bills; clothing; and budgeting support.

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

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

Please contact an organisation for advice and assistance.

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

FINANCIAL COUNSELLING SUPPORT

If you or someone you know requires financial counselling support:

National Debt Helpline
1800 007 007
www.ndh.org.au

Gambling Helpline
1800 858 858
www.gamblinghelponline.org.au

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

Housing Connect
1800 800 588

www.communities.tas.gov.au/housing/housing-connect
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Tasmanian Government Family Violence Response and Referral Line

1800 633 937

1800RESPECT
1800737732

www.1800respect.org.au

Mensline Australia
1300 78 99 78

www.mensline.org.au

A Tasmanian Lifeline
1800 98 44 34

taslifeline@lifelinetasmania.org.au

Kids Helpline
1800 551 800

www.kidshelpline.com.au

Lifeline
131 114

www.lifeline.org.au

Beyond Blue
1800 512 348

www.beyondblue.org.au

Carer Gateway
1800 422 737

https://www.carergateway.gov.au/
If you or someone you know is a carer

Disability Information Helpline
1800 643 787

www.dss.gov.au/disabilityhelp
If you or someone you know has a disability

Older Australians and Carers COVID-19 Support Line
1800 171 866

Older people and their carers are encouraged to call

Tasmania Public Health Hotline
1800 671 738

www.coronavirus.tas.gov.au

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

Find Help Tas

A central online directory of community services across Tasmania.
Supported by TasCOSS and member organisations
www.findhelptas.org.au

National Coronavirus Helpline
1800 020 080

www.australia.gov.au

Information on coronavirus (COVID-19) and help with the COVIDSafe app
24 hours a day, seven days a week



Building Blocks News



children thrive when they access healthy foods to build healthy bodies and brains



Ideas for action - we can all play our part

support local markets and shops that offer healthy family friendly food choices
role model and talk to children and families about healthy food options
drink water and use the free dental service for all children under 18 years
join a community garden and learn to grow your own vegies and fruit



more info on how you can help build a child friendly community in your area
Tanya M: 0400 002 116 or E: BuildingBlocks@fvnh.org.au

This month we will be marking the NAIDOC week with sessions that both explore and celebrate Indigenous culture and history in Australia. [National NAIDOC Week](#) celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. Join us at St Marys Town Hall on the 7th July from 10.30am to make damper.

We are also very excited to announce the successful application for funding for a new Building Blocks van - a new larger vehicle will allow us to bring even more activities and resources out into community. Thank you to the Foundation for Rural and Regional Renewal for their support. You can read all about it on at www.frrr.org.au We will take a short break in July for school holidays but plenty of activities are still happening!



July 2022



All Building Blocks sessions are free of charge for all children from 0-8 years old, along with their parents, carers & grandparents. FVNH Play Centre by booking only

Mon	Tue	Wed	Thu	Fri
contact Tanya M: 0400 002 116 or Email: BuildingBlocks@fvnh.org.au or Facebook: 'tanya building blocks'				1 Read Sing Create! St Helens Library 10.30-11.30am
4 Fingal Play Centre 9.30-2.30pm Winnaleah LiL @ WDHS 1.40-3pm	5 Read Sing Create! Bicheno Library 11-11.30am Bringing up Great Kids Online Parenting Group 3 1-2pm PM or TEXT for Link	6	7 St Marys Play & Learn @ St Marys Town Hall 10.30-11.30am	8 Read Sing Create! St Helens Library 10.30-11.30am Bridport LiL @ BPS 9-11.30am
11 School Holidays	12	13	14	15
18	19	20	21	22
25 Pupil Free Day	26 Read Sing Create! St Marys Library 11- 11.30	27 Winifred Curtis Reserve Family Friendly Bush Walk 10.30-12.30pm Scamander	28 Move & Play 10.30-11.30am Scottsdale Indoor Active Centre, Arthur St	29 Read Sing Create! St Helens Library 10.30-11.30am Bicheno PS Launching into Learning 9.15-10.15

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Authorised by Guy Barnett, 76 Emu Bay Road, Deloraine TAS 7304.

JOBS HEALTH COMMUNITY



Rebecca White MP

Labor Member for Lyons

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

Authorised by REBECCA WHITE,
33 COLE ST, SORELL

Tasmanian
Labor 

GEORGES BAY MUSIC PRESENTS

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with




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COLIN DEAN

CROON

Friday 29th July
 St Helens Football Club Rooms
 Tully Street
 12:00 noon - 2:00pm
 \$20.00 Admission
 Tickets available at door

Bar Open - Nibbles

FAVOURITES RETURN

Well, once again another wonderful June Lunch and Munch, with the incredible talents of Chris and Viv Boys, with Viv on keyboard, and guitar and vocals by Chris, with a small but very appreciative audience with lots of singalongs. It is so good that Chris and Viv, who now live in Wynyard, will travel to us to entertain, but flu and COVID play an irritating part in keeping people away...

July Lunch and Munch will be a huge one, with the incredible talents of CROON appearing at the Footy Club Rooms on Friday 29th July from Midday till 2.00pm.

Travelling from Hobart, we have Andrew Colrain, John X and Colin Dean, with the backing tapes of the Matthew Ives Big Band, and with our Christmas In July theme, it promises to be a fantastic afternoon of music and singing your favourite Big Band Hits. The admission for this concert is a straight \$20.00, as this is our big concert for the year. Tickets are at the door.

Still B.Y.O. lunch, but the tuck shop will be there to provide sandwiches, rolls and cakes for those that forget, and those that just want a treat. There will be nibbles on the tables, the Footy Club Bar will be open for drinks, and tea and coffee is, as usual, complimentary, with an amazing Christmas raffle, Lucky Door prize, and the fire will be warming the place up!

So dress up in your finest Christmas outfits, and come along to listen to this very professional trio of men, on Friday the 29th July at midday...

See you there!





ST HELENS NETBALL ASSOCIATION

Three teams travelled to Launceston to compete in the Northern Tasmania Netball Association carnival on Sunday 26th June.

The girls did an amazing job for the day. They played 7 games, coming away with 3 wins, which is a great achievement. We had a great day full of netball, fun & friends.

Thanks girls for giving it your all for the day, and thanks parents and spectators for supporting the girls, transporting them to Launceston, and being there on the day.



U/11 team, back row, l - r; Bell, Charli, Addison, Lily, Lydia, Pippa, Indi.

Front row, l - r Neve, Sienna, Layla, Alise. Coach: Bec Bourke



U/13 team, back row, l - r; Rose, Isla, Mia, Hayle, Maddison, Charlotte, Kyesha.

Front row, l - r; Grace, Eva. Coach: Jen Marshall.



U/14 team, back row, l - r; Ava, Helayna, Imogen, Sophie, Isla.

Front row, l - r; Tara, Banjo, Alex, Nicole. Coach: Nikki Tregloggen.

Our latest round, played on Friday 1st July, was in memory of a dearly beloved Valley original member, the late Fiona Lowe.

All players wore black arm bands and 4 awards of most dedicated player were given to junior players Kiara, Ngomi, Hayle and Cortney.

Fiona was a life member of St Helens Netball Association who had done it all; coach, umpire, play, mentor, you name it she did it!

Fiona is very much missed.





ITP ACCOUNTING PROFESSIONALS

ITP will be visiting FINGAL for Income Tax services,

on the following date:

Thursday 21st July

at the

Fingal Neighborhood House

Talbot St

Phone: 6344 9433 or Email: reception@itpkm.com.au

for an appointment

Do you want to study or learn a new skill, but don't know where to start?

At Libraries Tasmania we know that everyone's learning journey is different and learning doesn't stop when you leave school. We are committed to supporting your learning at every age.

Adult learners can already find support at their local library through our range of literacy and learning programs on offer, and now the Lifelong Learning Information Service provides further support for adults looking to continue their learning journey.

Whether you're interested in changing careers, completing a qualification, learning a trade, or pursuing a new hobby, we can help you find the right information to meet your learning goals.

You can access the Lifelong Learning Information Service by visiting or contacting your local library.

Where will your learning journey take you?

Libraries.tas.gov.au/LifelongLearning

www.libraries.tas.gov.au



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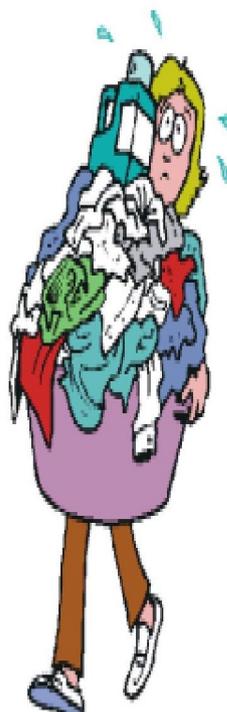
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SCAMANDER RIVER GOLF CLUB



Wednesday 22nd June - Mid-Week Competition

Our usual friendly welcoming Wednesday competition.
Tough, course is wet again, but a magic day.

1st	Dick Swanson	35 points
2nd	Tim Upton	34 (on c/b)
3rd	Dean Richardson	34
4th	Tony Swanson	33

Nearest the Pin	6th: Graham Little
	8th: Darrell Thurley
Longest Putt on 9th	Darrell Thurley
Carter Award	Darrell Thurley

Saturday 25th June - East Coast Village Providore - Single Stableford

Great day out with a good field of quality golfers. Thanks to the Village Providore for our generous prizes.

1st	Jens Kalisch	40 points
2nd	Jodan Longfield	38
3rd	Brad Ennis	37
4th	Matty Cross	36

Nearest the Pin	6th: Matty Cross
	8th: Darrell Thurley
Longest Putt on 9th	Rob Fleming
Carter Award	Rose King

Tuesday 28th June - Ladies Single Stableford

1st	Beth Haas	32 points
2nd	Bobby Harwood	28
3rd	Margaret Thompson	25

Putting: Rhonda Hopkins

Wednesday 29th June - Mid-week Competition Scramble

Another lovely Wednesday at Scamander River Golf Club. A scramble with two groups of two and two groups of three.
Result based on average score per group.

1st	Tim Upton, Tony Swanson	37 points pp
2nd	Jim Haas, Dean Richardson	35 pp
3rd	Darren Bramich, Dick Swanson, Brad Ennis	34 2/3 pp

Nearest the Pin	8th: Brad Ennis
	17th: Brad Ennis
Longest Putt on 9th	Mark Van Epen

Saturday 2nd July - East Coast Surf Monthly Medal - Stroke

A great day out in the sunshine, with a good field.

1st	Jodan Longfield	83/73
2nd	Darrell Thurley	87/74 (on cb)
3rd	Dean Richardson	87/74
4th	Tony Swanson	95/74
5th	Steve Austin	84/75

Best Gross:	Jodan Longfield	83
Nearest the Pin	6th: Jodan Longfield	
	8th: Jodan Longfield	
Longest Putt:	Jodan Longfield	
Carter Award:	Jens Kalisch	

Tuesday 5th July - Harcourts Ladies Brooch and Putting

1st	Maryanne Ennis	100/74
2nd	Judy Freiboth	106/80
3rd	Bobby Harwood	106/81
4th	Beth Haas	114/82

Putting: Maryanne Ennis

Up-coming games:

6th July	Midweek Jackpot Stableford
9th July	Scamander Beach Resort 2-Person Ambrose
12th July	Meg's Day Surprise
13th July	Mid-week Competition
16th July	Boags Brewery Single Stableford
19th July	Eclectic Stableford

MALAHIDE GOLF CLUB



Friday 24th June - Chicken Run

1st	John Vincent	31 points
2nd	Riley Plummer	33
3rd	DB Lowe	34
4th	Jim Rankin	36.5
5th	Ashley Stone	36.5
6th	David Duthie	36.5
7th	Robert Mathews	41.5

Nearest the Pin 4th: Robert Mathews
 8th: Ashley Stone

Saturday 25th June - Pinehurst Foursome

1st	Andrew Johns - Robert Mathews	68.5
2nd	DB Lowe - David Duthie	69
3rd	Ashley Stone - John Vincent	76.5

Nearest the Pin 4th: Andrew Johns
 8th



*The mist on the 5th hole on Saturday, 2nd July hid the players;
 see if you can find them!*

Friday 1st July - Chicken Run

Magnificent Day for golf, a small quality field, but we all had fun.

1st	Andrew Johns	30.5
2nd	DB Lowe	36.5
3rd	Ashley Stone	38
4th	Garry Lanham	40
5th	David Duthie	40
6th	John Vincent	40.5

Nearest the Pin 4th: DB Lowe
 8th:

Saturday 2nd July - Stableford

The mist was hanging around until we reached the 10th hole. When we started out, it was a case of hitting the ball and hopefully finding it in the general direction of where one hit it...the mist was very heavy!

1st	Shaye Ward	80/73
2nd	Riley Plummer	89/75
3rd	David Duthie	96/77
4th	Ashley Stone	95/78
5th	John Vincent	96/82
6th	DB Lowe	101/82
7th	Robert Mathews	105/82

Nearest the Pin 4th: Club
 8th: Club

Upcoming Games:

9nd July - 2-person Ambrose

16th July - Stableford Multiplier

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

⇒ Full membership is \$235 per annum

⇒ Social Membership is \$50 per annum

Contact Andrew Johns - Club Captain on 0427 854 555





EAST COAST SWANS FOOTBALL CLUB

UNDER 12

The under 12 team played a 'catch-up' game on Friday night 24th June, due to a previous game needing to be postponed. Playing against Evandale at Morven Park under lights, they soundly defeated the opposition in their first game in Division 2. In spite of playing in wet and muddy conditions, they gave their absolute best, and had a ball in a huge team effort.

RESULTS: East Coast Swans 20.8 (128) defeated Evandale 1.0 (6)
SWANS GOALS: Lochlan Brinsmead 4, Ryan Gorham 3, Cooper Griffiths 3, Noah Martin 3, Fergus Burbury 2, George Austin, Noah Bourke, Charlie Taylor, Roy Bellchambers, Steely Zorn.
SWANS BEST: Noah Bourke, Levi Woods, Ryan Gorham, Noah Martin, Lochlan Brinsmead, Cooper Griffiths.

With roster games resuming, the team faced North Launceston Black at St Helens on **Sunday 26th June**, displaying some real football skills in their second game in Division 2. A great effort led to them winning by a huge margin again.

RESULTS: East Coast Swans 16.10 (106) defeated North Launceston Black 1.0 (6)
SWANS GOALS: Leo Bellchambers 3, Noah Bourke 3, Ry Bennett 3, Flynn Bidgood 2, Hunter Collins 2, Levi Woods 1, Roy Bellchambers 1, Steely Zorn 1.
SWANS BEST: Leo Bellchambers, Macklan Hays, Flynn Bidgood, Hunter Collins, Roy Bellchambers, Fergus Burbury.

On **Sunday 26th June**, the team headed off to Deloraine on a chilly -2 degree morning. The players loved kicking the frost off the ground, and were straight into playing good footy. In spite of some bumps and tough tackles, they kept their cool and added another win to the board with a huge team effort. They are displaying some awesome skills blossoming, and parents can be beyond proud of how the team approach each game.

RESULTS: East Coast Swans 3.4 (22) defeated Evandale 0.3 (3)
SWANS GOALS: Levi Woods, Machlan Hays, Cooper Griffiths
SWANS BEST: Levi Woods, Flynn Bidgood, Floyd Groves, Noah Bourke, Cooper Griffiths, Noah Martin.

NEXT GAMES: 10th July, vs Magpies at St Helens; 24th July vs Longford at Longford.

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

UNDER 14

The game played on **Sunday 26th June** at St Helens was against Prospect, who turned up with 15 players, giving the Swans a rotation of 7 players on the bench.

After losing last week, the team was hungry for a win, Archie Emmerton kicking the first goal to get them on the board. The Swans lead at the end of every quarter.

Four under 14 players, Jakih Curtis, Daniel Cook, Connor French and Tysen Gamble went on to play in the under-16 game.

RESULTS: East Coast Swans 10.9 (69) defeated Prospect 3.2 (20)
SWANS GOALS: Daniel Cook 7, Tysen Gamble 2, Archie Emmerton 1.
SWANS BEST: Lily Brinsmead, Jakih Curtis, Lachlan Woods, Byron Woods, Callum Hays, Ned Blunt

The second-last game at home on the roster was played on **Sunday 3rd July**, facing Longford. The team knew it was going to be a hard game, with Longford's mid-field just too quick for some of the Swans' players. At half-time, Longford were up by 3 goals. The Swans lost their momentum, and Longford slipped further in front, kicking 8.10, to the Swans' 3.2 in the second half.

RESULTS: East Coast Swans 6.5 (41) defeated by Longford 11.11 (77)
SWANS GOALS: Bianca Young 2, Callum Hays 1, Kobe Medcraft 1, Byron Woods 1, Daniel Cook 1.
SWANS BEST: Thomas Robinson, Ned Blunt, Lily Brinsmead, Bianca Young, Jakih Curtis.

NEXT GAMES: 10th July vs Scottsdale Magpies at St Helens; 17th July vs North Launceston at Invermay

EAST COAST SWANS FOOTBALL CLUB



UNDER 16

In the game played on **26th June**, the scores at the end of each quarter reflect how Longford were able to keep the Swans at bay. A great team effort.

RESULTS: Longford 10. 11 (71) defeated East Coast Swans 6.7 (43)

SWANS GOALS: Mitchell Calow 3, Jordan Ranson 1, Daniel Cook 1, Tysen Gamble 1.

SWANS BEST: Caleb Broughan, Ashton Gillies, Axel Bannister, Hamish McIntosh, Mitchell Calow, Tully Watts.

On **Sunday 26th June**, the East Coast Swans played against North Launceston Black at Invermay. The last time they played against each other, the Swans won by a point. The team knew that the opposition wanted to win, and at half-time, the difference was, again, a single point - ECS 4.7 (31), NLB 4. 6 (30). By 3/4 time, the lead had been taken by the Swans, and they held onto that lead till the final siren.

RESULTS: East Coast Swans 11. 19 (85) defeated North Launceston Black 5.6 (36)

SWANS GOALS: Mitchell Calow 3, Tully Watts 2, Caleb Broughan 2, Dakota Singline 1, Axel Bannister 1, Ashton Gillies 1, Daniel Cook 1.

SWANS BEST: Axel Bannister, Mitchell Callow, Ashton Gillies, Jimmy Freiboth, Dakota Singline, Caleb Broughan.

NEXT GAMES: 10th July, vs Magpies at Scottsdale; 24th July, vs Deloraine at Deloraine.

(U/14 and U/16 reports and photographs by Jazz.)



Ryan Gorham celebrates scoring a goal against Evandale, playing under lights on Friday 24th June.



The under 12 team leave the field after a great game on 26th June.



Kobe Medcraft shows his style in the U/14 game.



Watched by the opposition, under 16 player Jarvis Hill runs with the ball.

EAST COAST SWANS FOOTBALL CLUB



SWANS FIND THEIR MOJO

Clicking into gear after half time, the East Coast Swans scored a comfortable 47-point victory over an improving Evandale on **Saturday 26th June**. The game was played in blustery conditions which made attractive football difficult. This was emphasised in the first quarter when Swans midfielder Marcus Haley scored the only goal of the term for either side. Evandale's Tyler Brown and Swans' Will Stoltenberg had a good battle around the ground in the ruck contests, with the clearances being shared between the sides. Robbie McManus continued his strong form for the East Coast side, prowling the midfield and providing excellent delivery to players further up the field. The Swans' discipline needed to be addressed at quarter time, as they had gifted the Eagles four 50-metre penalties in the opening stanza. Evandale scored the first major of the second term, to move within a kick of the Swans. Burly forward Callum Peck looked dangerous for the Evandale side, taking a number of strong marks, but his inaccuracy proved costly for the Eagles as they gained some ascendancy around the ground. The Swans' single goal for the quarter came via Michael Murfet, who profited from a clever tap from Jarrod Mason. Coach Hyland threw the magnets around at half time, trusting his younger players such as Aaron Mason and Angus Tate to hold firm in the backline, while his key players tried to break the Evandale defence. The third quarter belonged to Haley, who had been an excellent player for the Swans since the opening bounce. He kicked the Swans' 3 goals for the term, and had a hand in many forward thrusts, to be clearly the best player on the field. The Swans' midfield, led by Bosworth, McManus and Novy, took over from a flagging Evandale outfit and continually put the Evandale backline under immense pressure. Jackson Davey was a hard trier for the Eagles, whose cause was not helped by injuries to two former Swans players, Adam Marland and Beau Calow, leaving them short staffed on the pine. Sam Madden continued his reliable form in the backline for the Swans, always showing plenty of composure and rarely wasting a possession, while captain Lewis Ritchie was aggressive at the ball and rarely beaten. First year player Aaron Mason seems to have found a permanent home in the Swans' backline, and impressed with his willingness to back his judgement - certainly a player to watch in the future. Last term goals to Robinson, Novy and Stoltenberg put the issue beyond doubt, as the home side finished the game off in good style, finding the cohesion which had been missing in the first half. The Swans were pleased to have an injury-free game and should welcome back at least three regulars to the team when they take on St Pats at home on 9th July, in what should be an absolute cracker.

FINAL SCORES: East Coast Swans: 8.8 (56) Evandale: 2.7 (19)
SWANS GOALS: Haley 4, Stoltenberg, Novy, Robinson, Murfet
SWANS BEST: Haley, Bosworth, McManus, Robinson, Madden, A Mason, Novy

Saturday 2nd July - Bye

(Seniors and Reserves reports by Nick Fysh)

RESERVES

The Swans reserves side cemented their position in 4th place on the ladder with a hard-fought 6 point win over Evandale on **Saturday 26th June**. The game certainly wasn't one for the purists, as both sides found it difficult to play attractive football. The blustery conditions and damp ground led to the game being a battle of attrition, with the ball bouncing between the two half-forward lines. At half time, each side had only scored one goal, emphasising the difficulty in gaining scoring opportunities. Connor Tuck was a standout in defence for the Swans, receiving excellent support around the ground from young players such as Cubitt, Webb, Johnson and Blunt. Experienced heads such as Goodyer and Garth were instrumental in the final stages of the game, as the match turned from being a lacklustre event into an absolute thriller. Having trailed for the whole match, the Swans were able to double their goal tally in the last term, to snatch victory from the jaws of defeat. Although it wasn't the Swans' most cohesive performance, the 4 points enabled them to gain their sixth win for the season - a great effort from such a young team.

FINAL SCORES: East Coast Swans: 4.5 (29) Evandale: 3.5 (23)
SWANS GOALS: Hyland, Cubitt, Jordan, Payne.
SWANS BEST: Tuck, Cubitt, Webb, Goodyer, Johnson, Blunt, Gath, Zippy.

Saturday 2nd July - Bye

NEXT GAMES: 9th vs St Pats at St Helens; 16th July vs Meander at Westbury



ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to another fortnight at the Centre, still flat out cleaning up after the storms a couple of weeks back, but everything is getting back to what might be called normal. Some reprieve for our intrepid course crew, with the grass finally slowing down and not having to be trimmed quite as often, a few frosts taking care of that. The Veteran golfers enjoyed an 18-hole competition a couple of Thursdays back, the weather finally holding out on the day. The course is still boggy underfoot, but local Peter Sorensen prevailed to win on the day, some say due to his local knowledge. There was a larger-than-usual field of 34 participants, thanks to the appearance of 11 members from St Helens, who climbed the hill to come and see what the course and facilities had to offer. Halfway through their game, they enjoyed a lovely lunch prepared by Valerie, and ably assisted by Beth and Helen in the kitchen, soon had everyone fed and on their way. Great news on the local front as well, with Jimmy Freiboth breaking through for his maiden golfing win a couple of Saturdays ago, well done and I am sure it will be something that dad Craig and the rest of the crew won't forget for a long time, but revenge is sweet, as Craig turned the tables this week, scores below.

The Friday night meals continue to be a hit, with the school turnout the previous Friday to say farewell to Murray Bennett and Olivier Chartrain, who have both been turned out to pasture. Thanks to Janine McGill for her efforts in organizing their side of the night. All up, around 30 patrons enjoyed the food and warm fire. Thanks again to Valerie for the wonderful chicken meal and desserts. This week, we had 20 guests who enjoyed a wonderful salmon burger and coleslaw dish, followed by good old bread and butter pudding. It was nice to see a few new members of our community there, and their return is much anticipated. This week, Leanne is cooking up chicken lasagne and doing the desserts, whilst Valerie heads the next Friday, with Chicken Paprika; looking forward to it already! Cost is just \$15.00 for a main and dessert.

Golf: Saturday 25th, Jimmy Freiboth 21 points, from Craig 19, Speed 17, Rodney and Macca 16, and Peter on 15. Nearest the pin was Rodney. Last Saturday, in a hidden 6-hole competition, saw Speed and Craig tie on 62 points from Rodney 76, Macca 78, Wally 88 and Jimmy 97. Nearest the pin was Jimmy.

Members' Draw: Last week Blairy, who hooked a carton of beer at the fishing club meeting, and this week Jimmy Haas, who was not in attendance to collect his prize. We have decided to update the tired members' draw, thanks to the club and Blackie who are throwing together a cash prize for a fuel voucher that will jackpot every week. Next Friday's prize stands at \$50.00, or as we remarked, just enough to fill your whipper snipper...

Opening Hours: Thursday 5.30pm, Friday 5.30pm, Winter Warmers Night and Happy Hour at 6.30pm, and Members' Draw at 8.00pm - you have to be a member and present to collect. Saturday during and after golf - 1.30pm, Sunday 2.30pm.

Come over for a relaxing quiet ale when you can.

Until next time, good hitting and socialising.



Jimmy Freiboth celebrates his first golf win...note Dad's earmuffs!

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, Main & Dessert

This week: **Chicken Lasagne
& Blueberry Crumb Cake**

Next Friday: **Chicken Paprika
& Strawberry Mousse**

Great food, good company and a warm fire

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Across: 1. Patch, 7. Filigree, 8. Covet, 10. Wallflower, 12. Critical, 14. Knot, 16. Ship, 17. Reprisal, 20. Determined, 23. Tease, 24. Corridor, 25. Skirt.
Down: 1. Picnic, 2. Crew, 3. Jill, 4. Billy, 5. Crow's-nest, 6. Secret, 9. Tapir, 11. Miniature, 13. Age, 15. Cruet, 16. Seduce, 18. Lament, 19. Train, 21. Iron, 22. Desk.