



# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 54.12 21st July 2022

Deadline for 54.13 is at 5.00pm on Monday 1st August 2022

## KICKING UP THE HEELS FOR A GOOD CAUSE

On a wet winter's night, Saturday 9th July, shoes were tapping and skirts were swishing, as an old-fashioned barn dance was held in the St Marys Community Hall.

The people who attended had a fun evening of dancing, called by Ross, to a fabulous band, 'Moonshine Whiskers and the Ragged Pony', with local musicians Bruce and Pete Cornelius, and Ian Summers on banjo. McKinley Cornelius, pictured below, ensured everyone stayed in time, playing the drums.

A delicious home-cooked Vegetarian Tagine, lamb curry and desserts were available to fill empty bellies.

Dave and Deb flew from Melbourne just to attend this dance. They loved St Marys and the people, saying they'll definitely be back again next year.

The night was held to raise funds to help people experiencing homelessness in Tasmania, with all proceeds being donated to the 'Street2Home' programme. Thankyou to Don and Annie, who travelled from Hobart as the Salvation Army representatives for 'Street2Home'.

A special thankyou to everyone that helped out on the night; nights like these can't happen without you all.

If you were unable to attend, make sure you don't miss next year's dance!

*(Article and photographs, courtesy Julie Cornelius)*



*'Moonshine Whiskers and the Ragged Pony', along with local musicians, kept the night swinging.*

*McKinley Cornelius provided rhythm on drums.*



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Authorised by Brian Mitchell MP (ALP, Tasmania) and Green Point Road Brookerwater TAS 7030

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

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

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

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

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

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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.

## WINNING ART WORK ARRIVES AT GALLERY

A massive 'thank you' to the Bay of Fires Winter Arts Festival Committee and everyone involved in this year's Tasmania Shop Local Art Prize, which has become a popular addition to the Bay of Fires Winter Arts Festival. We are extremely grateful to everyone who sponsored prizes, entered artwork, volunteered, or contributed in any other way and most importantly those who visited the exhibition. We couldn't do it without you.

Congratulations to the 2022 winner, Lucinda Hunnam, with her fabulous artwork called "New Season Arrivals". After her win, Lucinda said, "A big thank you to the hard working BODLAP volunteers for organising the Local's Prize - Break O'Day is so lucky to have it as an annual event now". Lucinda was the popular winner of the 2021 People's Choice award. You can see Lucinda at work painting the beautiful mural on the wall outside the St Helens District High School Op Shop in Circassian Street.



Lucinda Hunman, with her prize-winning artwork, 'New Season Arrivals'.



The 'People's Choice' award went to Jane Seychell's work titled 'Blackberry Leaf Detail'.

Well done to first time entrant Jane Seychell, who was the winner of this year's People's Choice award, with her amazing "Blackberry Leaf Detail" artwork. More of Jane's work can be seen at Surfside Beaumaris and, from September, at the Contemporary Art Traders Gallery (the old Parnella Gallery) in St Helens.

There are lots of ways you can get involved with next year's event, either as an organiser, member, artist or volunteer.

For more information please email: [info@bayoffireswinterartsfestival.com.au](mailto:info@bayoffireswinterartsfestival.com.au)

(Article and photograph courtesy of The Local Art Team.)

## A GOOD NEWS STORY FROM UPPER ESK

A local resident of Upper Esk, a gentleman of 92 years, had a heart attack a few days ago. The Milly Brook fish farm attendants, Rodney and Justin, acted immediately. Following a quick phone call, they came to the rescue, bringing their oxygen and defibrillator. They gave the elderly gentleman oxygen, monitored him, and spoke to the ambulance staff who were en-route. They stayed with him until the ambulance arrived, and it was possibly due to their prompt and caring actions that this man's life was saved.

The fish farm are truly the most wonderful neighbours, there was no hesitation. The staff just jumped into their ute and attended the situation immediately, and they never expect any acknowledgement. The elderly gentleman was the recipient of a new pacemaker and a new lease on life.

This is the third time in recent months that the ambulance service has had to attend the Upper Esk area. Our sincere thanks go out to them; they arrived well under an hour on each occasion, which is quite a feat considering where we live. One of these events was on Christmas Day, and we would like to give a huge shout out to the wonderful ambulance workers, who work tirelessly to ensure we all receive prompt and professional care.

Thank you all for the assistance you provide to our community, we would be lost without you!

Heather Lye - resident of Upper Esk



# RUSTIC RAGAMUFFINS

## Stitching Group –Aug 15



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10 am – 3 pm (except public holidays)

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## CHANGE YOUR LIFE - TASMANIAN LEADERS PROGRAM NOW OPEN

The Tasmanian Leaders Program is the proud flagship program of Tasmanian Leaders.

Tasmanian Leaders is a not-for-profit incorporated association governed by an expert Board, managed by highly-experienced staff and supported by dedicated and skilled volunteers. From iconic venues around the State, we manage and deliver a range of transformative leadership programs – including the Tasmanian Leaders Program – and run diverse and engaging events.

Our highly-regarded social impact initiatives leverage our graduates to support the wider community to thrive. Our influential Network connects current and emerging leaders to foster meaningful change together.

“The Tasmanian Leaders Program has been one of the greatest experiences of my life. I found it extremely valuable to be given the opportunity and time for self-development and reflection. Having a better knowledge of myself, and having a better understanding of others, has certainly increased my ability to be a leader. The high calibre of people who have given up their time throughout this year to come and speak with us has been inspirational and humbling.” - Tim Jordan, Electrical Divisional Manager, Degree C.

The Tasmanian Leaders Program (TLP) has been operating since 2007. It is delivered intensively over one year through a powerful combination of multi-day Residentials, two or three-day Linking Sessions and transformative Learning Set Projects. It is aimed at high potential leaders wanting to transform their leadership capacity and be challenged and inspired through interactive and reflective learning. Places on the program are limited, and applicants are selected based on merit through a competitive application process that seeks to select a diverse cohort of participants.

To find out more or apply, visit our website: [www.tasmanianleaders.org.au](http://www.tasmanianleaders.org.au)



2023 Tasmanian Leaders Program

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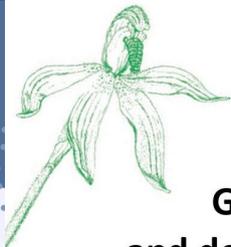

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# Book Your Cat A Date

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If your cat is over 4 months of age, it is now compulsory in Tasmania to have them desexed and microchipped.

**Book a date with your local veterinarian today!**

To help residents comply with the new legislation, a subsidy is now available to residents of Break O'Day Council with a Tasmanian Concession Card. For more information please call Break O'Day Council on 03 6376 7900 or visit: [www.bodc.tas.gov.au/property/cats/](http://www.bodc.tas.gov.au/property/cats/)



## Get your cat microchipped and desexed – Council subsidy

We encourage cat owners to get their loved companions microchipped and desexed and are offering a subsidy this winter for owners who may struggle with the costs.

**All cats are now required to be microchipped and desexed at 4 months or older.**

Cat owners with a concession card can apply for the subsidy (the offer may be extended to others later).

For more information and the subsidy application form use the QR code or visit [bodc.tas.gov.au/property/cats/](http://bodc.tas.gov.au/property/cats/), or contact or call in to Council's St Helens office: ph. 63767900 [admin@bodc.tas.gov.au](mailto:admin@bodc.tas.gov.au).



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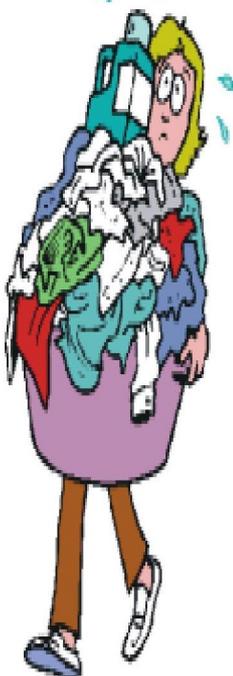
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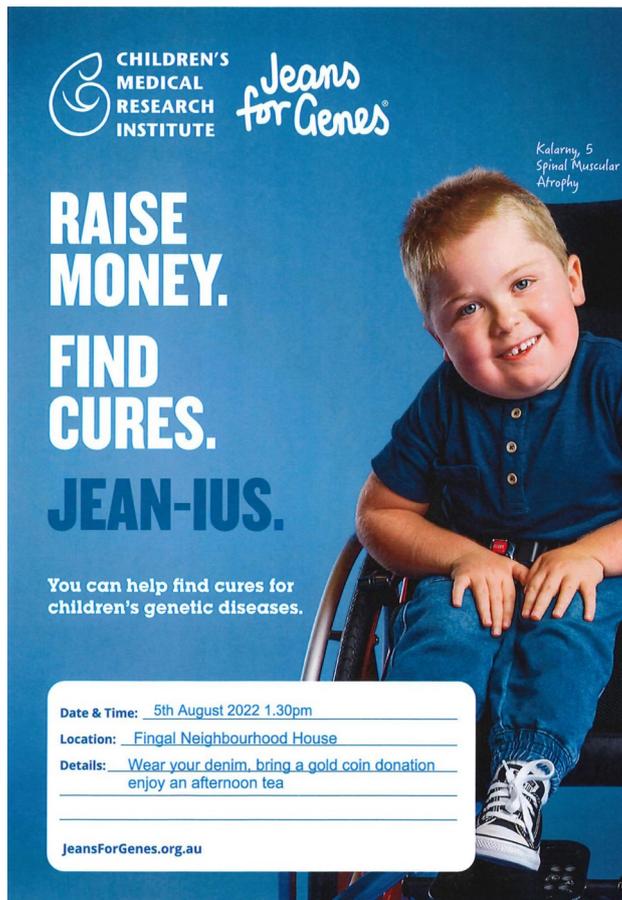
**WEAR JEANS AND HELP UNCOVER THE MYSTERY OF GENES**

1 in 20 kids born each year face having a birth defect or a genetic disease like cancer, cystic fibrosis or other life-threatening metabolic disorders. Each year, fund-raising is undertaken to find answers to the question these conditions raise, and help find cures, on 'Jeans For Genes' Day.

'Jeans for Genes' Day originated in the UK, in 1991, when a father founded a charity with the aim of finding a cure for a genetic disorder which his son was suffering, through gene therapy. This relatively new form of treatment still remains the greatest creator of hope that inherited diseases will be finally conquered. A dedicated supporter came up with the original idea of wearing jeans, for the benefit of your genes, one day in the year, and paying a gold coin donation to the national appeal. The first UK Jeans for Genes campaign was run in 1992. (Wikipedia)

In Australia, the Children's Medical Research Institute, which was created by the community for the community, started 'Jeans For Genes Day' in 1994. "For over 64 years, our mission has been to improve the health of children. We helped eliminate rubella, introduced care for premature infants, and developed microsurgery techniques for organ transplants that save lives every day," states their website.

On Friday 5th August, you can raise funds for the Children's Medical Research Institute, by enjoying afternoon tea at the Fingal Valley Neighbourhood House wearing jeans and making a gold coin donation. The event starts at 1.30 pm, and we hope to see you there. You might pick up a lucky door prize!




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*Where energy goes, behaviour flows.*

We support individuals & organisations to understand why behaviours continue, persist, are challenging, what or who keeps maintaining the behaviour!

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[www.sparkswithbehaviourchange.com.au](http://www.sparkswithbehaviourchange.com.au)






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## 'WITH ONE VOICE' BREAK O'DAY CHOIR

Feel Good, Do Good, Sing for Good!

"Hear Ye," all residents of the Fingal Valley! Our next 'Reconnect and Sing' Event is being held **on Tuesday 26 July**, from **5.30pm to 7.30pm** at the **Cornwall Hall**. A bus will be picking up singers from the coast and will stop at St Marys for all who would like to climb aboard there. We are hoping there will be strong interest from Fingal people. If you live west of Cornwall and would like some help with transport to and from Cornwall, please give Liz Dean a call on 0439 001 533. We will start singing as soon as we've got everyone assembled. Our wonderful conductor Lila Meleisia will take us on a song journey for about an hour, then we'll share some of our legendary hot food to send you off back home with a song in your heart and a very warm tummy. What better way to make a memorable winter's night? Don't miss it!

If you can't make it, our August 'Reconnect and Sing' event will be held at Binalong Bay Fire Shed. Final arrangements for this are a work-in-progress, so keep your eyes and ears alert. For singers locally, nationally and internationally, July means 'Festival of Voices'. Last week, 12 of us made the trip to Hobart to participate in workshops and performances. We assembled at the Grand Chancellor to attend a one-and-a-half hour workshop for community choirs, led by Jacqueline Larsen. We all gained new skills and insights, and learned two new songs. Immediately after that, we hastily made our way down to The Tasmanian Museum and Art Gallery, where we performed for an assembled audience. We did ourselves proud. In the evening, we all gathered again at the Grand Chancellor to attend an A Cappella Showcase Concert. We were so proud of one of our Valley members. Hilary had taken 2 four-day workshops over the festival fortnight, and performed with the resulting choirs at the concert we attended. She was our shining star. We all agreed that we would most definitely be at Festival of Voices again next year. Maybe you would like to join us?



*We had lots of fun at our "Reconnect and Sing" event at the Portland Hall in June.*

*Our choir sessions are held at the Scamander Sports Complex, 1 Old Coach Road, Scamander on Tuesdays, 5.15-6.30.*

*For more information, contact Liz on 0439 001 533.*



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		Mon	Tue	Wed	Thu	Fri	Sat	Sun
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	<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

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## The Say by the "Cage Rattler"

This week I have time off from work for my rostered days off. As it happens, it allowed me to be able to watch live the end of the Open Championship golf until it concluded at about 4.00am this morning as I write this. In turn, that allowed me to witness a fantastic ambassador for our country. Cameron Smith took the famous Claret Jug and became the first Australian since Greg Norman in 1993 to do it. It was incredible to watch as it happened. As good as the win was, it was wonderful to see this outstanding sportsman do it with humility, grace and respect, that in many other sports does not exist to the same degree.

As a keen golfer myself, it's acknowledgement that golf demands good behaviour, and especially at the very highest level professionally, and it's almost unheard of for clashes between players or with officials to happen. Cheating in any way is similarly very rare indeed. I often wonder why tennis in particular does not seem to be able to see anywhere near the same levels of behaviour, and this country has players that, to put it bluntly, should be ashamed of their carrying on and histrionics, win or lose. One particular modern day saving grace and fantastic role model, of course, was Ash Barty until she recently retired. It honestly mystifies me why the tennis administrators seem powerless to sort out properly the ill-tempered foul-mouthed tennis brats that should know better.

The simple thing of being a good winner and loser is pretty important. I ought to know, because on one particular occasion many years ago, I lost my cool one day on the golf course. Some might recall the 'putter in the tree' incident....it wasn't involving another player or because I cheated, and it was only about myself, but afterwards I felt ashamed and like a total goose. Ultimately, it led to me having a decent break from the great game of golf, a sort of self-exile for a number of years.

Not too long ago, a very good friend persuaded me to return to the game, and that's something I am eternally grateful to him for. These days, how I play, literally, doesn't matter a jot. Not at all. All that matters is great company, friendly banter, and especially these days, watching a couple of wonderful young junior players getting to know golf as a life-long sport. Thanks to their Mum and Dad, I'd say they are already on a great path.

These days, our local Sports Centre, whether it be golf or bowls, are encouraging new players to both sports, as the community will be seeing soon, and also not forgetting those who are older than kids, of course.

Our local facility is in a prime position to do this so, initially in golf. In the next couple of months be aware that if any of our local budding Cameron Smiths or Min Jee Lees (champion female Australian player) wish to check out the game, the Sports Centre will be advertising clinics for them. A big part of this will be learning the correct etiquette and responsibilities and such that are also life skills, but also learning how great the game itself is.

In whatever sport though, you can get your kids involved with, just do it! They may not necessarily be a great player or become a household name or earn millions of dollars, but they may well learn teamwork, respect, work ethics and even leadership, whether they realise it or not at the time.

Ah....the replay of Cam Smith's incredible closing 64 is on TV again now, as if I need to watch again, eh....but I will ...

What do you think?



**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



**Clr. Janet Drummond**  
*Break O'Day Council*

0404 562 320

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



## ST HELENS WALKING GROUP



For the first **Wednesday** walk of the month on **1st June**, Alex lead a short, gentle, walk to a 'billabong' in Littlechilds Creek, just north of St Helens. The track was mostly flat and smooth. Depending on inclination and the weather, the walk was extended to make a small loop, which made walking very enjoyable and interesting. Thank you once again Alex for finding these gems right on our doorstep!

On **Saturday 4th June**, we set out in fine conditions to walk along the ridge of Loila Tier. We began the walk at the mountain bike hub at Loila Lookout with great views through the trees of Georges Bay.

We walked along old 4WD tracks through fairly dry forest with pockets of damp areas filled with ferns and fungi. To the right of us we spotted Mt Albert partly hidden behind Mt Young. On our left we could see Falmouth in the distance. We enjoyed lunch at Loila Pinnacle then descended down to the valley of Eastern Creek. We came across a very large mining sample drilling rig and various machines along with a large amount of bags with samples in them. Thanks to Revel for his knowledge and explanations of the various machines, and what the drilling rig was used for. Further down the road we came across a small mine adit.



We had great views of Beaumaris the ocean and St Helens Island from our cars on the drive home. Another great walk Alex, and thank you again to Pip for the car shuffle and supply of cashew nuts to keep us alive while we waited for drivers! Predicted rain didn't eventuate until we drove home! This walk gave us much more than we had expected, another memorable walk.



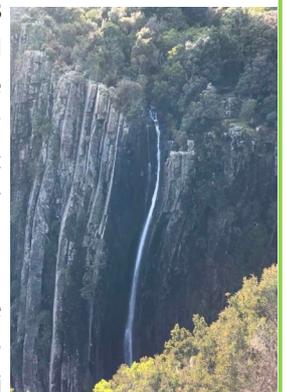
*'The Porches', near Douglas River are an unusual sight.*

This Wednesday walk on **8th June** was a little different. It was of an average length, that is, for a usual easy beach walk, but the drive was nearly an hour each way. "The Porches" are a stretch of unusual rocky headlands in the vicinity of the Douglas River. The plan was to walk north from the Denison River to the Douglas River, have an explore and then return. An option at the end, for revitalisation purposes, was to call at the nearby East Coast's Natureworld Cafe. Weather promised to be cold, but fine...walkers rugged up! Beach walking is invigorating in Winter! Whistle-stop pickups on the way occurred at Beaumaris, Winifred Curtis Reserve carpark and the bottom of Elephant Pass.

A beautiful day on the beach - despite a temperature of around 11°, the sun was glorious and warming. A wonderful beach walk with spectacular sandstone pools and sculpted cliffs, and big rock sea terrace at The Porches. Thank you Revel!

On **Wednesday 15th June**, 8 brave walkers, including another new member, set out for a walk along the old stock route at Bells Marsh Forest Reserve. The Reserve is 11km from St Helens on the Anson's Bay Road. A lovely flattish walk through mainly dry forest. The forest yielded patches of beautiful ferns, orchids although not in flower, stunning xanthorrhoeas, fungi and many different grasses. Walkers also saw the remains of what looked like a water race. Just like most walking days the rain stayed away until we had finished our walk!

**Saturday 18<sup>th</sup> June** saw 11 walkers turn up on a very chilly Saturday morning. We car-pooled into 3 cars and took the hour-long drive up to the beginning of the walk to Ralph's Falls in the country behind St Columba Falls. It is a relatively easy and short walk, but we managed to extend it well over a couple of hours. The first stage takes the walker through spectacular rainforest on a path that has obviously been well made. It used to be like a stream bed of rocks with an almost constant flow of water, but now it is solid and smooth, and could probably accommodate a wheelchair! Hats off to track maker "Snapper" John Hughes, track maker extraordinaire. The new restored lookout is also a wonderful construction, and from it we had a wonderful clear view of the sinuous Ralph's Falls, the highest single-drop falls in Tasmania at 100 meters, and the beautiful green valleys of the Alberton area. The topography then changes dramatically, as the much narrower and more natural path winds along the edge of the rocky chasm behind the Falls through tall tea-tree forests. We saw many beautiful fungi which slowed down the progress of the keen photographers! Cash's Lookout rewards the walker with views down more valleys and out to the North East Coast. The last part is on duck-boards across buttongrass plains, following the route of the old Pyengana-Ringarooma track. Lunch back at the car park was welcome, though the cold drove us off eventually. Always an interesting walk and not difficult.



*Spectacular 100 metre-tall Ralph's Falls.*

Twelve walkers had a very pleasant walk from town to Moulting Bay on **Wednesday 22<sup>nd</sup> June**, a total of about 6 kms. The weather was perfect, clear skies and no wind, creating beautiful reflections on the water. We spotted swans, pelicans, oyster catchers and a heron as we passed by the wetlands.



*Reflections on Georges Bay.*

**Wednesday 29<sup>th</sup> June** saw 15 walkers set off from Scamander for a gentle walk north from the Scamander River mouth to Wrinklers Lagoon. Perfectly still and grey, overcast conditions turned the sea into a reflective millpond, perfect for seeing whales. Unfortunately all we saw was a dead seal washed up on the beach, decapitated, and the resident pair of hooded plovers..... At Wrinklers Lagoon we turned south and headed back along the track that runs along the Scamander Lagoon behind the houses. An easy walk that took only an hour and a half. We finished up with morning tea and much conversation. Many thanks to Pam for leading the walk and the hospitality!



*Pools form on the shore below 'The Porches', and change as the tide ebbs and flows.*



*A magnificent Xanthorrhoeas, also called 'Blackboy' because of its long flower stalk, at Bells Marsh Forest.*

**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

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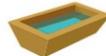
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#### Effluent management

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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'.



## **MOUNT ELEPHANT AND BEYOND BOOK GROUP**

### **BOOK REVIEW**

*Written by Pam Bretz*

During June, our Book Group read 'Shell' by Kristina Olsson. It begins in 1960 Sydney as Paul Robeson famously sings to the workers on the Sydney Opera House site. The action quickly moves forward to 1965 as the building is reaching a critical phase, and the Danish architect, Jorn Utzon, faces criticism for the escalating costs.

The viewpoints of the novel are split between Pearl Keogh, an outspoken journalist, and a gifted Swedish glass maker, Axel Lindquist, who is working on a glass sculpture for the Opera House, having wangled the job to work for the man he idolises, Utzon. Pearl and Axel meet and become lovers, but the relationship is not the most important aspect of the story, rather the vehicle to explore the parallels between the two and their countries.

This is an ambitious novel that looks at the big issues of the time, such as the Vietnam War, conscription, family trauma, national shame and the Australian character of the time. The focus shifts between the two main protagonists. Pearl is trying to locate her two much younger brothers whom she hasn't seen since they ran away from the orphanage where the three of them were sent after their mother died. They are now of an age where they are eligible for the call-up, and Pearl is desperate to save them from that. Axel is also struggling with a trauma from his past. His father was involved with the White Buses in 1945, when the Swedish Red Cross and the Danish government ran an operation to save inmates of concentration camps in areas under the control of the Nazis and take them to neutral Sweden. He disappeared from Axel's life, leaving him with his devoted mother.

Pearl's motivations are clear and powerful, and make for a compelling and vivid narrative. Her guilt at not trying to find her brothers in the years after they fled is the driving force behind her actions, and we are transported back to those terrible times when 20-year-old males could be sent off to war, depending on the 'luck of the draw'. The sections of the novel that tell of Axel's struggles are very different in pace and language. Here the author attempts to put into words the creative process of an artist's mind, and for some readers this proved problematic. Of its nature, art is difficult to describe in words, and some found these sections repetitive and opaque, while others appreciated the beauty of the descriptions of light and water.

The Vietnam War was a very divisive issue, as was the neutrality of Sweden during the Second World War. Axel, as a Swede, is sometimes confronted by critics of his country's stance. Sweden did benefit from its position, yet some Swedes, like his father, took action. Pearl's opposition to the Vietnam War brings her into professional and personal strife. The novel raises the importance of taking a stance, which can never be simple or safe. Traumas from childhood again were a motivating force in this novel. Lately so much of what we have read deals with this theme.

What a different place Australia was in the 1960's, where this symbol of high culture, the Opera House, was regarded by many with suspicion and derision! The tall poppy syndrome was alive and well. Today it is a shining beacon of ambitious dreaming, and a symbol of pride shared by the whole community. Some readers who were familiar with the Sydney of this era enjoyed the reminders of known landmarks. We all agreed we were glad we had read 'Shell', even if some aspects of it challenged us.



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Councillor  
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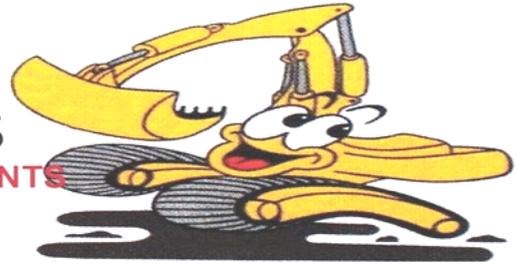
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Thursday 10am to 4pm

Sunday 2pm to 5pm

#### ST MARYS - Gray Road (includes recycling)

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Thursday 10am to 4pm

Sunday 2pm to 5pm

#### FINGAL - Rossarden Road

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Thursday 10am to 4pm

Sunday 2pm to 5pm

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

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St Marys - Harefield Road, St Marys

Fingal - Talbot Street, Fingal

*No charges apply to use black water dump points.*



## SCAMANDER GARDEN CLUB



At our meeting held on Monday 18th July, we had a lovely thrill as President Marj Aulich presented Charlie and Lucy Smith from Stieglitz, with their Honorary Life Membership of our Scamander Garden Club, for their many years of wonderful service to the club. We are so grateful for their membership and generosity of starting plants off at home, and sorting treasures into little packs for us to buy at ever-so-inexpensive prices, to help raise money for our trade table, which in turn gives members discounts on bus tours and for Christmas lunch.



Another treat was to have Leah Page talk to us about Wellbeing. Council have funding for a couple of years to go ahead with this program. We had fun calling out answers to Leah's questions and she was delighted with the positivity of the group. Leah invited us to take part in the Welling Being Festival, so I think we will take her up on the offer.



Sandra Flannery came first in Floral Art and did a great job of designing a succulent theme as you can see in the photo. There were other interesting entries too, and I do hope no-one goes home sad if they don't win, because it is so uplifting to see everybody's arrangements and the individual flowers. Well, I can't skite too loudly, as although I came first in fruit and vegetables, I was the only entry for the day. Poor Val has her arm in a sling and we are hoping it heals without the need for surgery.

Gaye Ellis is still sending us examples of her designs each month and they are on our private Facebook site for members only, so another good reason to join!

### Today's competition Results:

Flower of the Month:	1 <sup>st</sup> Sandra Krstic	2 <sup>nd</sup> Nita Sheppard	3 <sup>rd</sup> Di Curtis
Any Flower:	1 <sup>st</sup> Sally McQueen	2 <sup>nd</sup> Di Curtis	3 <sup>rd</sup> Steve Bogar, Peggy Bogar, Maureen Lloyd (equal)
Floral Art:	1 <sup>st</sup> Sandra Flannery	2 <sup>nd</sup> Peggy Bogar	3 <sup>rd</sup> Byron Beggs
Fruit and Vegetables:	1 <sup>st</sup> Peggy Bogar		

Next meeting: Monday 15th August at 1.30pm

August flower: Camellia

August Floral arrangement: Flowers of your choice, miniature arrangement, 15cm (6") high, x 15cm (6") wide

*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



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	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
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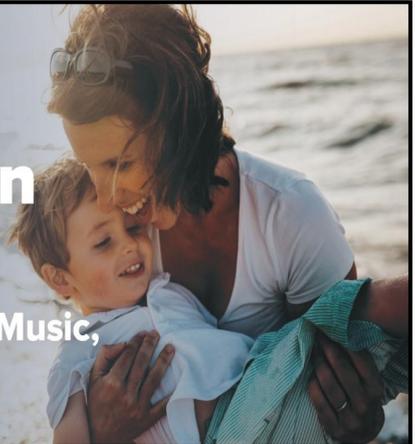
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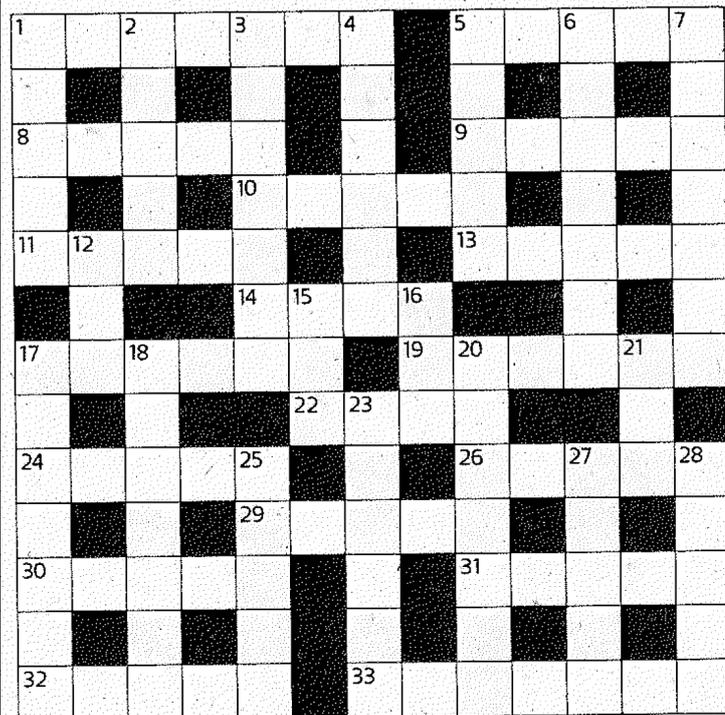


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# Crossword 54.12



**ACROSS**

- 1. Fifth planet from the Sun (7)
- 5. Mannerism (5)
- 8. Haggard (5)
- 9. Viewpoint (5)
- 10. Confidence (5)
- 11. Early anaesthetic (5)
- 13. Stockpile (5)
- 14. Second-hand (4)
- 17. Revenue (6)
- 19. Cling (6)
- 22. Large book (4)
- 24. T.V. game host, \_ \_ \_ \_ Tarrant (5)
- 26. Scowl (5)
- 29. Passageway (5)
- 30. Segovia's country (5)
- 31. Observed (5)
- 32. Enthusiasts' meeting (5)
- 33. Phantom (7)

**DOWN**

- 1. Adjudicator (5)
- 2. Steal game (5)
- 3. Fit of temper (7)
- 4. Decline (6)
- 5. Former Tory PM (5)
- 6. Personal luggage (7)
- 7. Foot-pedal (7)
- 12. Malleable metal (3)
- 15. Collection (3)
- 16. Block (3)
- 17. Cutting-tooth (7)
- 18. Cut short (7)
- 20. Protection (7)
- 21. Uncooked (3)
- 23. Haunt, preoccupy (6)
- 25. Yellowish red (5)
- 27. Eight musicians (5)
- 28. Prod (5)

## Fingal Online Access Centre

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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						

## ISSUE 5 – AUGUST 2022

# ST MARYS COMMUNITY HEALTH CENTRE

## Community Newsletter

### *Update from the Director of Nursing*

Welcome to the fifth edition of the St Marys Community Health Centre 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).

Winter is here, along with the cold and flu season, additional to COVID. As everyone is aware, the emergency response mandates have been lifted for many industries. For healthcare providers and facilities, the mandates remain relatively unchanged.

Requirements to attend to SMCHC include:

- Masks are required to enter the GP practice and hospital
- Mask exemptions - permission is required to be signed by the regional Clinical Director. If you have any questions surrounding this, please do not hesitate to contact the centre for clarification
- Any person who presents to the emergency department will be treated regardless of vaccination or COVID status
- GP patients with flu like symptoms or positive COVID will be offered telephone consultations, car consultations or arrangements will be made as directed by the treating Doctor

Our healthcare staff are not immune to illness, and when they become unwell, they require time off. We ask for your understanding and cooperation when there is a need to re-schedule appointments.

Thank you to the staff who continue to work and go the extra mile during these difficult times, this does not go unnoticed and is appreciated. I hope you all stay safe and well during this winter period.

*Sharen Cook*

Director of Nursing

Update from the  
Director of Nursing

Masks in health care  
settings

Meet Our Team

Visiting the  
Hospital

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Monthly Event  
Calendar

*Please be kind to our staff.*

Whether it's over the phone or face to face, please be patient, respectful and kind to our staff.

We are extremely busy, and we are trying our best to help.

*Thank you for your understanding and support.*

### **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 are required 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 or cannot produce evidence of 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... Heather

I am a new Registered Nurse and Midwife at St Marys Community Health Centre and new to this lovely area.

I originally studied nursing in Adelaide, working in rural and remote areas, then moved to Northern Rivers NSW, where I stayed for the past 15 years. I worked mostly in emergency, then went on to study midwifery and work in community health and GP practice. I love working in rural areas and in small hospitals, for the variety and being able to get to know your colleagues and the community well.



My husband and I moved here this year after quickly falling in love with Tasmania's wild beauty, especially the stunning northeast coast. We chose St Marys area for its diverse natural environment and feel so lucky to have both the beach and the mountains so close! We've brought our kelpie with us and already started growing our flock of chickens and geese.

While I am adjusting to the cooler climate, it's also been special to experience a real winter. I am enjoying being here and have felt so welcomed by this friendly community.



**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 Services at the hospital**

**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 nursing staff, not by Launceston Pathology staff. Nurses may not always be available to collect pathology as inpatient care and emergency presentations are prioritized.**

**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.*

Launceston Pathology in St Helens is located at 11 Pendrigh Street, Ochre Medical Centre. Contact number: 6334 3636

**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 ahead 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)**

**Important numbers:**

♦ GP Assist: 1800 022 222     ♦ Lifeline: 131 114     ♦ Mental Health Services Helpline: 1800 332 388

**TELEHEALTH – get access to healthcare by video conferencing**

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? Hospital 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*

**The GP practice is extremely busy.** Dr Latt and Dr Jacobs are fully booked at least a week in advance.

**Please note:** if you call or come in to see a doctor and require an appointment immediately (other than a medical emergency) eg: you have run out of medication; need a medical certificate; or need a form completed *without* a booked appointment, the doctors may not have the capacity to see you or call you on that day.

**All GP appointments are booked appointments** - this includes all face-to-face and telephone appointments.

GP practice opening hours: Monday to Friday 9:00am to 5:00pm.

### **GP Practice information – kindly note**

- To avoid disappointment 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, concerns and requests ready for the doctor.
- When you book a phone appointment, please check that we have the correct phone number/s on record and tell us which number is the best to call you on.
- When the doctor calls you for your booked phone appointment, the call will show 'private number' on your mobile phone. Please answer the call, as the doctor may not be able to call you back.
- When attending the practice, please report to the Reception Desk. If you sit down without seeing the Receptionist, the Doctors and Nurses won't know you are 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 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
- ✓ Medicare Card



*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 on [hannah.mcdermott@rfdstas.org.au](mailto:hannah.mcdermott@rfdstas.org.au) if you want to get involved.

### Hannah's Movement Tips

- ✚ Any movement can improve your mood!
- ✚ Adding music into your day can combat mental fatigue – especially when exercising.

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

Physiotherapist - twice weekly Monday and Wednesdays: health professional referral required

RFDS Exercise Physiologist – once a week: 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 - August

### National Stroke Week 8<sup>th</sup> to 14<sup>th</sup> August 2022



#### Stroke Foundation

The Stroke Foundation is a national charity that partners with the community to prevent, treat and beat stroke. We stand alongside stroke survivors and their families, healthcare professionals and researchers. We build community awareness and foster new thinking and innovative treatments. We support survivors on their journey to live the best possible life after stroke. We are the voice of stroke in Australia and we work to:

- Raise awareness of the risk factors, signs of stroke and promote healthy lifestyles.
- Improve treatment for stroke to save lives and reduce disability.
- Improve life after stroke for survivors.
- Encourage and facilitate stroke research.
- Advocate for initiatives to prevent, treat and beat stroke
- Raise funds from the community, corporate sector and government to continue our mission.

## SMCHC Community Newsletter

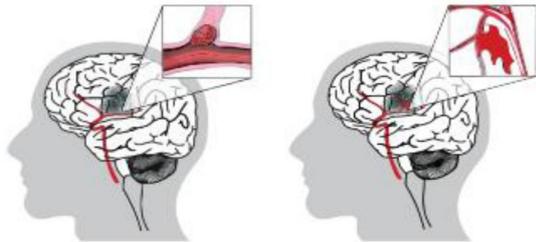
Issue 5 – August 2022

### What is a stroke?

**Stroke attacks the brain**, which controls the human body. The brain needs oxygen and nutrients carried in blood. A stroke happens when the brain does not get the blood it needs.

Brain cells die quickly when they do not get enough blood. Up to 1.9 million brain cells may die every minute.

### There are two types of stroke:



**Ischaemic stroke**  
(spoken "is-key-mick")  
Blood clot or plaque blocks artery

**Haemorrhagic stroke**  
(spoken "hemm-orr-ragic")  
Artery breaks or bursts

**Every stroke is different.** How a stroke affects someone depends on where it happens in the brain, and on how big the stroke is.

Stroke can affect a person's body, their emotions, and the way they think. It can cause muscle weakness, and problems with speaking, memory, hearing or vision.

**Stroke is always a medical emergency.**  
**Call triple zero (000) at the first sign of stroke.**

### Other signs of stroke

Facial weakness, arm weakness and difficulty with speech are the most common symptoms or signs of stroke, but they are not the only signs. The following signs of stroke may occur alone or in combination:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

### For more information go to:

Website: [www.strokefoundation.org.au](http://www.strokefoundation.org.au)

Phone: 1800 787 653

Email: [strokeline@strokefoundation.org.au](mailto:strokeline@strokefoundation.org.au)

### How is a TIA different?

TIA is a transient ischaemic attack. A TIA happens when the blood supply to your brain is blocked for a short time. A TIA has the same signs as a stroke, but the signs go away on their own. Often the signs only last for a few minutes.

**Never ignore a TIA. Call triple zero (000) right away, even if the signs go away and you feel better.**



### Signs of a stroke

**Face** – check their face. Has their mouth drooped?

**Arms** – can they lift both arms?

**Speech** – is their speech slurred? Do they understand you?

**Time** – time is critical. Call triple zero (000) now if you see **any** of these signs.

Share the F.A.S.T. message with your family and friends.



### 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 Monday and Thursday mornings, with fitness circuit classes. New participants welcome - subject to availability. Email [Active4Life@fvnh.org.au](mailto: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				Yoga 5.15-6.30-pm			
6pm		Youth & Adult Boxing 5:30-7pm			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 |](#)



## FISHING REPORT

### By The Happy Hooker



Hi all,

Well the shortest day has come and gone and that means that spring weather is just around the corner and the trout fishing season is only three weeks away starting on Saturday 6<sup>th</sup> of August. Many loyal traditionalist anglers will be braving the cold weather and will wait until midnight, then cast a worm or grub into one of the state's lakes and rivers in the hope of catching their first trout of the season, others will be on the water at first light, while the smart or softer angler, depending on how you look at it, will wait until the frost or the chill of the morning goes off before venturing out; either way they will all have the same agenda, to catch their first trout.

To fish in any Tasmanian fresh water lake or river, you will need to purchase a licence. You can do this by simply purchasing one online or through one of the many outlets around the state. You can buy a licence for a full season or a variety of options, depending on your circumstances; you can look up Inland Fisheries web site for all the information and fees. The Inland Fisheries have been busy restocking our waterways and you can keep up-to-date with the stocking via the IFS web site as well.

The 'Tasmanian Tagged Trout' promotion has seen fifty tagged brown trout released into waters around Tasmania for the 2022- 23 season. Each tagged trout is worth \$2000 to a lucky angler who may snag one. There are over 90 tagged trout to be caught in Tasmania, including more than 40 of them left from last season, which can still be claimed this season. The tags are orange and have unique identifying details.

The Government has made junior angling free until the end of the 2024 - 25 season. Junior anglers from 14 up to and including 17 years of age can fish Tasmanian waters free, without the need of a licence.

'Anglers Alliance' have webcams set up around the state which are quite helpful if your intending a trip to one of the lakes that have one installed.

Just to have a look at the lake level, how many boats are fishing there, or the weather, you can scroll across the screen, and it is time generated, so you can check from daylight to dusk. Sometimes you may spot an unintended visitor such as deer or a kangaroo that may wander into the web cams view; once again, if you google 'Anglers Alliance webcams', you can navigate your way from there.

#### **Fishing Reports**

Things have been a bit quiet on the fishing reports due to the time of year, but there are some reports of fish being taken from the beaches and bays, and some tuna are still being caught off the coast.

I had a reconnaissance mission to the Scamander River on Saturday, 2<sup>nd</sup> July, to see if any bream were to be found up the river. Eight lovely bream made their way into the net; all fish were caught on 'Gulp' six-inch red sandworms soft plastics. We fished in the normal various productive locations, but all the fish were caught on the rock wall at the top of Prices Straight. This day, there was no tidal run to speak of and the water was flat with no wind, but it was relaxing just to have a flick, and a first crack at a winter bream. Schools of bream should be starting to head back into the system shortly and think about the spawning run as warmer Spring weather approaches. The sounder was showing fish in big schools; these fish were small cocky salmon.



*IFS staff member, Chris Boon, holding a tagged trout.*



*Winter bream should be making their way back into local rivers soon, ready for the spawning run.*

Until next time, tight lines.

*For more details about the Tasmanian Tagged Trout Promotion, go to:  
[ifs.tas.gov.au/about/tasmanian-tagged-trout-promotion](https://ifs.tas.gov.au/about/tasmanian-tagged-trout-promotion)*

# SCAMANDER RIVER GOLF CLUB



## Wednesday 6th July - Mid-Week Competition Jackpot Stableford

Good field in tough conditions

1st	Dean Richardson	36 points
2nd	Graham Little	34
3rd	Rodney MacBeth	33 (on c/b)
4th	Darren Bramich	33
5th	Jodan Longfield	29
6th	Jim Haas	28
7th	Jens Kalisch	26

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

## Wednesday 13th July - Single Stableford

1st	Darrell Thurley	38 points
2nd	Dick Swanson	34
3rd	Tony Swanson	34

Nearest the Pin	6th: Rodney MacBeth
	8th: Jodan Longfield

Longest Putt on 9th	Graham Little
Carter Award	Jodan Longfield

## Saturday 9th July - Scamander Beach Resort - 2-Person Ambrose

A few hardy golfers ventured out to the Scamander Beach Resort 2-person Ambrose, but after 9 holes of rain, everyone had had enough.

Due to weather and water on greens, the course was closed for the day.

The event will be played at a later date.

## Saturday 16th July - Boags Brewery - Single Stableford

A bit cold, but more pleasant than Bridport apparently..

1st	Darrell Thurley	38
2nd	Jens Kalisch	36
3rd	Dick Swanson	33 (on c/b)
4th	Matt Cross	33
5th	Tony Swanson	33

Nearest the Pin	6th and 15th: Jens Kalisch
	8th and 17th: Darrell Thurley

Longest Putt on the 9th:	Michael Holmes
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## Tuesday 12th July - Meg's Day, - Stableford

1st	Sarah Tatnell	35 points
2nd	Beth Haas	31
3rd	Margaret Thompson	30
4th	Maryanne Ennis	27

Nearest the Pin on 9th:	Beth Haas
Longest Putt on 9th:	Margaret Thompson

## Tuesday 19th July - Ladies Eclectic Stableford

1st	Sarah Tatnell	19 points
2nd	Rose King	19
3rd	Beth Haas	17

Longest Putt:	Rhonda Hopkins
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## Up-coming games:

20th July	Mid-week Competition
23rd July	Shell Scamander 3-person Miss and Out
26th July	Ladies Hidden Nine
27th July	Mid-Week Competition
30th July	Bobster's Bash - Stableford
2nd August	Harcourts Brooch and Putting ; 4th Round Silverspoon

# MALAHIDE GOLF CLUB



## Friday 8th July - Chicken Run

1st	Randall Wadley	29 points
2nd	Rod Hunt	32
3rd	Klaus Kobylinski	36
4th	David Duthie	36.5
5th	DB Lowe	DNF

Nearest the Pin                      4th: Randall Wadley

## Friday 15th July - Chicken Run

Just three players today....

1st	David Duthie	31 points
2nd	DB Lowe	37.5
3rd	Robert Mathews	39

Robert earned a birdie on the 6th hole, well done,

Nearest the Pin                      4th: Club Robert was on the 4th green, but unfortunately, it was his provisional shot.

## Saturday 9th July - Par

1st	David Duthie	-3
2nd	DB Lowe	-8

### Upcoming Games:

- 23rd July - Stableford Multiplier
- 30th July - Stroke

## Saturday 16th July - 3-person Ambrose

1st	John Vincent/John Vincent/Rod Hunt	62.7
2nd	Craig Woods/Ashley Stone/DB Lowe	66.7
3rd	Klaus Kobylinski/Peter Sorenson/David Duthie	67.2

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

**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.

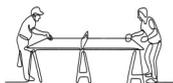
- ⇒ Full membership is \$235 per annum
- ⇒ Social Membership is \$50 per annum

Contact Andrew Johns - Club Captain on 0427 854 555



### After School Junior Table Tennis

Mondays  
at St Marys District School,  
starting at 3.00pm.



### Adult Table Tennis

Mondays  
at St Marys District School,  
starting at 4.15pm.

Phone Jack Foreman on 0484 675 044 for more details.

### **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.





## EAST COAST SWANS FOOTBALL CLUB

### UNDER 12

On **Sunday 10th July**, the very last home game for the season came to an unfortunate loss for the under-12 team. They all fought hard, but Scottsdale was too good in the end.

The team have a break, with their next game being on 24th July, before they get back into the last few games before the finals.

**RESULTS:** East Coast Swans 1.4 (10) defeated by Scottsdale 4.1 (25)  
**SWANS GOALS:** Lochlan Brinsmead  
**SWANS BEST:** Levi Woods, Lennox Bennett, Cooper Griffiths, Floyd Groves, Noah Martin, Bryce McKimmie



*Bryce McKimmie takes a nice mark.*



*Floyd Groves leaping high in the ruck.*

**NEXT GAMES:** 24th July vs Longford at Longford; 31st July vs George Town at George Town

*(U/12 report by Emma Woods, photos by Jessie Groves.)*

### UNDER 14

**Sunday 10th July** saw the U/14 play against Scottsdale. They knew it was going to be tough but not this tough, with Scottsdale being 29 points in front at half time, but the team never gave up, they kept fighting, playing hard and not giving up till the final siren. Again, four under 14 players, Jakih Curtis, Thomas Robinson, Lochlan Woods and Connor French, went on to play in the under-16 game.

**RESULTS:** East Coast Swans 1.3 (9) defeated by Scottsdale 11. 16 (82)  
**SWANS GOALS:** Byron Woods  
**SWANS BEST:** Rhys Zorn, Oscar Pillier, Tyler Speers, Byron Woods, Thomas Robinson, Lily Brinsmead



*Ned Blunt tackles the opposition in the mele.*

The game on **Sunday 17th July** was the only junior game played by the East Coast Swans.

The team travelled to Invermay to take on North Launceston. At the end of the first quarter, the Swans were in the lead by one point, and in the second quarter, they held the opposition scoreless, scoring a goal themselves. The third quarter saw both teams score a goal each. The final quarter was nail-biting, with North Launceston scoring 1 goal and 2 points and the Swans unable to score, keeping spectators on the edge of their seats, but they hung on for the win. They are sitting in 4th place on the ladder, with 2 more rostered games to go.

**RESULTS:** East Coast Swans 3.1 (19) defeated North Launceston 2. 3 (15)  
**SWANS GOALS:** Nikki Gamble 1, Daniel Cook 1.  
**SWANS BEST:** Jakih Curtis, Ned Blunt, Rhys Zorn, Lily Brinsmead, Nikki Gamble

**NEXT GAMES:** 24th July vs Launceston at Windsor Park; 31st July vs North Launceston at Invermay

**EAST COAST SWANS FOOTBALL CLUB****UNDER 16**

Once again on **10th July**, four U/14 players - Jakih Curtis, Thomas Robinson, Lochlan Woods and Connor French, - played in the under 16 game, to help them out in another tough game, this time playing against Scottsdale. One of them, Jakih Curtis, kicked the first goal for the Swans. Scottsdale was just too good on the day and went home with the win. The Swans are positioned 6th on the ladder, with 12 points.

**RESULTS:** East Coast Swans 2.5 (17) were defeated by Scottsdale 14. 4 (88)

**SWANS GOALS:** Jakih Curtis, Mitchell Calow

**SWANS BEST:** Jimmy Freiboth, Tully Watts, Connor French, Caleb Broughan, Sam Pearce, Jakih Curtis.



*Tas Watts claims the ball.*



*Ashton Gillies in the ruck, with Tully Watts looking on.*

**NEXT GAMES:** 24th July, vs Launceston at Windsor Park; 31st July, vs North Launceston at Invermay.

**RESERVES**

In wet conditions, the Swans reserves side was comprehensively outplayed by a well-drilled St Pats side on **Saturday 9th July**. The Swans' cause was not helped by the late withdrawal of 4 players, leaving them short-staffed on the pine. Jack Elmer played his best game for the club since rejoining earlier in the year, and the old stager Brad Goodyer showed there's plenty of good footy left in those ageing legs. The Swans were only able to muster 2 goals for the match through the two Ethans - Hill and Crossingham, the latter returning after a prolonged period on the sidelines. Others to do well were stringy James Appleford who is improving with each match, and younger players Tuck and Webb, who battled hard in defense. At this stage of the season, it appears the Swans reserves will battle it out in the elimination final against the Scotch Thistles.

**FINAL SCORES:** East Coast Swans: 4.11 (35) St Pats: 14.10 (94)

**SWANS GOALS:** Crossingham, Hill

**SWANS BEST:** J Elmer, Goodyer, Appleford, Tuck, Crossingham, Webb

On **Saturday 16th July**, the East Coast opened proceedings at Westbury with a solid, if unspectacular 52-point win. Kodie Joseph's team dominated play for much of the day, with winners all over the ground. Ethan Crossingham and Billy Flakemore were tireless workers around the packs for the Swans and were rewarded for their efforts with 3 goals each. "Big" Byron Johnson was sensational in the backline for his team, and continues to improve with each match, while another young player, Jayden Blunt, was assessed as his team's best player. Old stagers Brad Goodyer and Clint Robson showed plenty of composure and were able to deliver the heavy ball effectively. Kodie Joseph, in a rare foray onto the field, kicked a last quarter goal, much to the delight of his team, who had relentlessly tried to get the ball into his hands.

The Swans team now faces a stern test as they take on ladder-leaders OL's, in what should be a good tune-up for their upcoming elimination final in a few weeks' time.

**FINAL SCORES:** East Coast Swans: 9.16 (70) Meander: 2.6 (18)

**SWANS GOALS:** Flakemore 3, Crossingham 3, Szczpka, Jordan, Joseph

**SWANS BEST:** Blunt, Johnson, Elmer, Goodyer, Szczpka, Robson, Crossingham, Flakemore

**NEXT GAMES:** 23rd vs Old Launcestonians at Invermay; 30th July vs Lilydale at St Helens

## EAST COAST SWANS FOOTBALL CLUB



### SILKY SAINTS STYMIE SEDATE SWANS

St Pats showed why they are the form side of the NTFA Division 1 competition, with a comfortable 37 point win on **Saturday 9th July**, over a Swans side which appears to be treading water. Overnight and morning rain in St Helens caused conditions to be extremely heavy as players settled into a physical slog in the first quarter. Saints star, Jake Laskey kicked the first goal to St Pats. Pearce Robinson snapped a long range goal, so things were all square once again. Bosworth threw himself to the bottom of the packs in his usual style and captain Ritchie held up well in the Swans backline as his side held a slender 1 point lead at quarter time. Saints star, Jake King scored the first major of the second term and had a great battle with young Swan "Big" Byron Johnson, whose attack on the ball could not be faulted. Laskey kicked a team-lifting goal on his non preferred foot and when the Saints added another shortly after, they had gained the momentum. With Swans spearhead, Nick Child still on the injured list and the retirement of Michael Murfet, the Swans continue to find avenues to goal difficult to find. Pearce Robinson and Rob McManus were great players in the midfield battles for the home team, but other high end Swans had days which they would rather forget. With a half time lead of 27 points, courtesy of a 5 goal to nil second term, it was difficult to see the Saints being overrun in the last half. The Swans showed their competitiveness in the third quarter with a 2 goal to nil effort. Although St Pats dominated early possession, the "Bay Boys" hit back with goals to Sam Child and Mitch McCarroll, who benefitted from some excellent work by McManus. At the last break, the visitors held a handy, but not insurmountable lead of 14 points as the healthy crowd hoped for an exciting last quarter. Their hopes were soon to be quashed, however as the Saints repeated their second quarter dominance. Kilby and Rodman proved irresistible in the centre square, continually putting the Swans defense under extreme pressure with deep entries into their forward line. Steele kicked his third for the quarter and King's fourth major on the final siren was the icing on the cake for the top-of-table Saints who had dominated the final stages of the game. Once again the Swans had been beaten by a team above them on the ladder and now can only look forward to an appearance in the elimination final.

**FINAL SCORES:** East Coast Swans: 4.11 (72) St Pats: 11.6 (72)

**SWANS GOALS:** Child, Robinson, McCarroll, J Mason

**SWANS BEST:** McManus, Robinson, Madden, Johnson, Ritchie, Stoltenberg

### SWANS FIRE IN THE MIRE

In the game played on **Saturday 16th July**, the East Coast Swans prevailed over the Meander Valley Suns in trying conditions at Westbury. After withstanding some dangerous forays by the Suns, the Swans hit the scoreboard through a soccer goal by Jared Mason. Michael Murfet was particularly dangerous in the first stanza, presenting well and kicking two first-quarter goals. Kicking with the wind in the second quarter, the Swans were soon able to extend their lead, with Murfet kicking his third, followed soon after by majors to McManus and Novy, who kicked truly after a sensational mark. The Suns found it impossible to penetrate a mean Swans defense, led capably by Will Stoltenberg, who received excellent support from Aaron Mason and Robinson, who is approaching his best form after recent injury problems. Toby Omenihu also became an influential player, who was able to use his pace effectively even in the wet conditions. At the long break, the Swans had established a match-winning lead of 50 points, having held the Suns goal-less for the first half.

The Swans dominated the first half of the third term. Marcus Haley hit a purple patch for the East Coast, kicking 2 majors and gaining many telling possessions. The last half of the third term was the Suns' best for the game - they kicked 2 goals and outscored the Swans, who had established a match-winning lead. With most players dreaming of a hot shower, the last quarter was something of a procession. The ball spent the majority of the term in the Swans forward half, as they added another 3 goals and numerous behinds to their tally. Rob McManus was probably best afield for the Swans, although there were numerous other excellent contributors. Michael Murfet kicked a game-high 4 goals, which was a commendable effort in such trying conditions, with Marcus Haley the only other player to kick multiple majors.

The Swans will hope to welcome back numerous players for their important clash with OL's, in what will be a preview of the upcoming elimination final.

**FINAL SCORES:** East Coast Swans: 8.8 (56) Meander Suns: 2.4 (16)

**SWANS GOALS:** Murfet 4, Haley 2, Hyland, Omenihu, J Mason, McManus, Novy

**SWANS BEST:** McManus, Bosworth, Novy, Haley, Zammit, Murfet, Madden, Stoltenberg

*(Seniors and Reserves reports by Nick Fysh)*

**NEXT GAMES:** 23rd July vs Old Launcestonians at Invermay; 30th July vs Lilydale at St Helens



## ST MARYS SPORTS CENTRE

By Volun Tier



Another big fortnight has come and gone, and firstly to our local Council crew, a big thank you for the great job cleaning up after the recent wind storms. With so many small trees down all over the town, it is great to have the clean-up completed. We are also pleased to confirm that all of the club's banking is now through Bendigo Bank. Thanks to their staff members who attended our Sunday meeting, to address some issues and to pick up sponsorship forms, it's nice to deal with a bank that is a face in our community again. We also had our AGM last weekend, the best attendance for many years showed much interest in what is going on at the Centre. With the financial statements expertly prepared and tabled, and the election of office bearers completed, it was great to hear of the nomination of club stalwart, Bobby Harwood, as our newest Life Member of the club. Bobby has been a tireless worker and advocate of the Centre for many years and a well-deserved recipient.

New and old committee members are,

President: Rodney McGiveron

Vice Presidents: Jim Rankin and Peter Le Fevre

Treasurer: Dawn Denholm

Secretary: Glenn McDonald

Committee: Julie Keane and Jeanette Parsons

Rod, Jim and Peter are bringing a wealth of experience with them on numerous committees over the years. Kevin Faulkner is again our club patron and honoured to have the position again. Well done all who stood for positions, and it's heads down and the other thing up now for the future of the Centre.

Our Winter Warmers are certainly a hit at present, 31 guests last Friday night for Val's Chicken Paprika and strawberry mousse, a great turn-out and a good time had by all. Just a gentle reminder to please book in for your meal, as to make it a little easier on our intrepid catering crew. For the next two weeks' meals, please see the poster below.

Golf continues to be well supported. In a few weeks there will be a couple of coaching clinics, the first on Saturday 13th August, conducted by Niel Sorrenson and the second on Saturday 27th August, through the help of the school, with Will White, a professional from Launceston Golf club. More info next issue.

Lastly, to a wonderful evening celebrating with Trevor Viney on his 80th birthday, thanks to Jack, Melita and their crew of helpers for a wonderful spread, I am sure Trevor appreciated all the effort; well done.

**Members' Draw:** Last week Troy Dawson, this week Tamatha Grose, who were not present to collect the revamped prize of \$50.00 and \$60.00 worth of fuel respectively. Jackpot this week to \$70.00. Remember to be there to collect.

**Golf:** Inclement weather had the week prior cancelled, this week saw Hayley Freiboth and Tom Kitchen 8 points, Wally 10, Jimmy 13, Rodney 18 and Craig winning on 19. Nearest the pin was Rodney. Heads up to Wally, who scored his first ever par on the 17th hole, many more to come. Good news as well, we look like getting our new golf greens mower in the next couple of weeks, shade cloth about to go up, and a new grant for a fairway mower completed.

Opening hours: Thursday 5.30pm. Friday Winter Warmers Night, Happy Hour 6.30pm till 7.30pm, Members' Draw 8.00pm. Saturday 1.30pm after golf. Sunday 2.30pm.

Until next issue, good hitting and socializing.



*Bowler of the Year, Sue Bean, with Bowls President Jim Rankin, at Presentation Day.*

ST MARYS SPORTS CENTRE INC.

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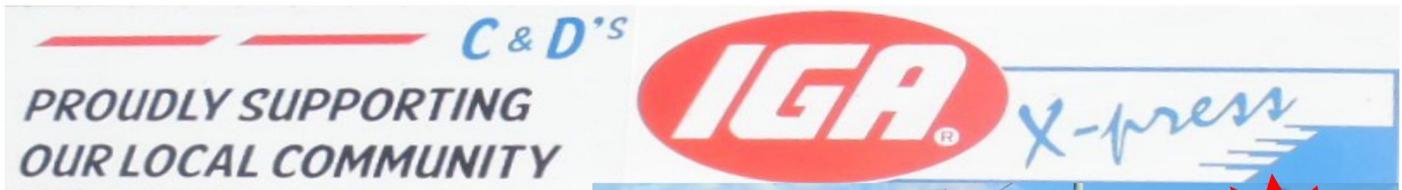
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**Printed and published by:**

Fingal Valley Neighbourhood House Inc.

PO Box 322

FINGAL 7214



**CROSSWORD ISSUE 54.11**

**CROSSWORD 69**

**Across:** 1. Jurassic, 5. Goad, 7. Cool, 8. Onlooker, 9. Battle, 12. Memphis, 15. Piebald, 19. Cement, 21. Occupied, 22. Rasp, 23. Tina, 24. Sprinkle.

**Down:** 1. Jacobi, 2. Allot, 3. Smoke, 4. Collie, 5. Grow up, 6. Dermis, 10. Tide, 11. Lima, 12. Mud, 13. Mole, 14. Hire, 15. Pay out, 16. Beluga, 17. Lyrics, 18. Staple, 19. Cider, 20. Moron.