

# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 54.14 18th August 2022

Deadline for 54.15 is at 5.00pm on Monday 29th August 2022



St Helens and Fingal Neighbourhood Houses teamed up to host a fundraising event for research into cures for children’s genetic diseases. This event received fantastic attendance, generosity and support from both communities. We raised just shy of \$200! Such a fantastic effort from all involved.



ST HELENS



FINGAL



We look forward to seeing everyone at the next fundraising day.



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

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

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**For all account enquiries, please contact:**[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)**ADVERTISING RATES - 2022**

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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 The address and phone number will not be published but are for verification purposes only.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](mailto:valleyvoice@fvnh.org.au)

Elizabeth

Editor - The Valley and East Coast Voice.

**LOOK OUT FOR JOBS ROADSHOW NEAR YOU!**

Looking for your next job, want to start your own business or do a new training course? Local job seekers and school students can check out local job and training opportunities at a one day Jobs and Education Fair on Thursday 8th September. Brought



# JOB AND EDUCATION FAIR 2022

**Everyone is welcome,  
please get in touch for more  
information!**

**Email: [admin@bodec.org.au](mailto:admin@bodec.org.au)  
Call: 0476 196 118  
or 0417 143 133**

Thursday 8th September  
**10AM - 2PM**  
BENDIGO STADIUM, ST HELENS

AUSPICED BY



**Fingal Valley  
Neighbourhood House**

SUPPORTED BY



**Tasmanian  
Government**

**JOBS  
TASMANIA**

together by Break O'Day Employment Connect, the event will be held on **Thursday 8 September**, 10.00am-2.00pm at Bendigo Bank Community Stadium, Tully Street in St Helens.

The program will feature skills displays such as drone flying, changing of tyres, and building activities, and local entrepreneurs will share their stories in their own inspiring TED-style talks. Apprenticeship and traineeship providers such as MEGT and MAS National will be on hand to discuss training options. People interested in starting their own business can talk to the Van Diemen Project, and local Book Keeping and Web Design Consultant - Catelyne Carpenter. Friendly Libraries Tasmania staff will also be there to help on the day. They can answer questions about technology and will show you some tips and tricks for using your mobile phone to help with reading and writing.

Area Connect (transport service) will be providing free transport to the event on the day from Fingal Valley and St Marys. Please contact Stephen from Area Connect on 0427 866 774 to make arrangements.

Break O'Day Employment Connect (BODEC) is supported by a grant from the Tasmanian Government as part of Jobs Tasmania's Regional Jobs Hub Network.

For more information about the Jobs and Education Fair please contact 0417 143 133, 0476 196 118 or [admin@bodec.com.au](mailto:admin@bodec.com.au).



*Photo: Google*

**JEN BUTLER MEETS WITH LOCALS TO DISCUSS POWER PRICES**

The cost of living in Tasmania is pushing more and more households to the brink, with the latest increase coming from rising power prices. On the 1<sup>st</sup> of July power prices jumped a staggering 11.88 per cent, which is an average of \$227 a year. Families are bearing the brunt of this increased cost of living, with petrol and groceries large contributing factors.

Labor Member for Lyons Jen Butler recently visited St Helens to speak with locals about their experience with the unbearable cost of living crisis in Tasmania.

“Tasmanians are on the front line of an electricity bill crisis, with the choice between heating and eating becoming more and more a reality,” Ms Butler said, “the stories that I have heard in St Helens just shows the depth of this crisis. The community is hurting from Guy Barnett’s failed promises.”

“It’s unacceptable that people are choosing between heating and eating in the very worst situations. Out here the people are resilient, and the community always comes together in times of hardship. Guy Barnett and the Rockliff-Ferguson Government need to support our bill that would cap power prices at 2.5 per cent to help Tasmanian households now,” she continued.

“Labor will continue to stand up for households and we have started a petition to take to the Parliament to cap power prices. You can sign the petition at <https://taslabor.com/stop-the-power-bill-shock/>, or visit your local Tasmanian Labor MP at their electorate office.”



Local Louise Polden and Jen Butler signing Labor’s power price petition.

*(Article and photograph courtesy of office of Rebeca White, MP, Tasmanian Labour Party.)*

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

**HISTORY GROUP IS LOOKING FOR VOLUNTEERS**

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

**MORE SPACE FOR MORE BARGAINS!**

The St Marys School Association Op Shop officially opened in its new space, on the old Education Department Campus, behind the St Marys Town Hall, on Saturday 6th August 2022. The Principal of St Marys District School, Carolyn Watson, was an apology on the day, so Kayla Newton, the Junior Vice-Chair of the School Association, conducted the cutting of the clothes line!

The shop had been a month in preparation and the Co-ordinator, Janet Drummond, thanked all the volunteers who had put in such hard work. The volunteers worked hard at keeping the old shop space open and bringing in an income, whilst others were working on fitting out the new shop space. There was much chaos and pandemonium at times, and questions like, "What's gone missing today?" were asked almost every day, as racks disappeared and other freestanding ones appeared in their place, but the volunteers stuck with it with smiles and lots of laughter along the way.

Janet gave special thanks to Mick Barratt for preparing the new space for painting, to Conrad Quist for his two days of painting, which has given the space a new and bright lease of life, and to Rod Drummond, who gave up a month of weekends, to put all the shop fittings in place, adapt the kitchen space and put the UV screening on the windows, to maintain the wonderful light without building up excessive heat in the new shop.

The Op Shop is now on one level. Some might recall it as the old kindergarten, whilst others will recall in more recent years it was the Salvation Army building. It's now directly across the way from our storage area; this makes life for our volunteers so much easier, not carrying heavy weights up and down the old steps each day. All comments received from shoppers and visitors have been very positive indeed. We had a bumper morning with many of the volunteers popping in and doing a few hours on shift, and our takings were over \$350 for the morning. I believe we can say it was a great success.

So please, keep on supporting us, through donations, through shopping and through volunteering with this great team of individuals, who all bring something wonderful and unique to the fund-raising venture. As always, we are open from 10.00am - 4.00pm each weekday, and the first Saturday of each month from 9.00am - 12:30pm, whilst the St Marys Markets are on in the town hall.

Do come visit us!

Janet Drummond, Co-ordinator.



*Watched by volunteers and eager shoppers, Kayla Newton opens the new St Marys School Association Op Shop premises.*



*Make your own fashion statement with the great range of hand-picked clothing on sale.*



**Break O'Day**  
COUNCIL  
**Kylie Wright**  
Councillor  
0439 742 946  
kylie.wright@bodc.tas.gov.au

**TANIA RATTRAY MLC**

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# FESTIVAL *of* WELLBEING

**REGISTER YOUR INTEREST NOW**  
 Help create a Wellbeing Day in Break O'Day

Seeking contributors  
 Expressions of Interest close 26 August

**THURSDAY 6 OCTOBER**  
**11am - 4pm**

**Bendigo Bank Community Stadium**  
**Tully Street St Helens**

**A** Awareness ~ uncover people, places and support in our community  
**B** Belonging ~ join in, have fun, try something new  
**C** Connection ~ connect and share with others

Workshops  
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[www.communitiesofwellbeingbreakoday.info/festival-of-wellbeing](http://www.communitiesofwellbeingbreakoday.info/festival-of-wellbeing)

 [www.facebook.com/FestivalOfWellbeingBreakODay](https://www.facebook.com/FestivalOfWellbeingBreakODay)



## FESTIVAL OF WELLBEING IS ON AGAIN!

At the first-ever Festival of Wellbeing in Mental Health Week last October, we enjoyed a showcase and celebration of things we do in our local community to nurture our wellbeing. We tried new things and learned more ways we can care for ourselves and each other.

In 2021, our wellbeing project participants created a wonderful event and provided a supportive and kind space for our community to get involved. Did you join in the fun? We are excited to do it all again! We have a fabulous group of new participants in this year's Wellbeing Project and a wealth of wisdom, connection and momentum to build on from last year.

This year we are aiming to make Launceston Show Day on Thursday 6th October, our very own Wellbeing Day in Break O'Day. We can't do it without you. Join us in creating this day of celebration, awareness, belonging and connection at the Bendigo Bank Stadium in St Helens.

We are seeking interest from food vendors, workshop hosts, community groups, clubs, support services, local businesses and more - anyone connected with our community who has wellbeing wisdom, services or resources to share.

Expressions of interest for contributors are open now until Friday 26 August. Find an application form and more information here: [www.communitiesofwellbeingbreakoday.info/festival-of-wellbeing](http://www.communitiesofwellbeingbreakoday.info/festival-of-wellbeing) or contact Leah Page, Mental Health and Wellbeing Coordinator, Break O'Day Council at: [wellbeing@bodc.tas.gov.au](mailto:wellbeing@bodc.tas.gov.au) or 0439 826 491.

The Festival of Wellbeing is made possible by the Community Wellbeing Project funded by the Tasmanian Community Fund, and supported by Break O'Day Council, with funding support from the Mental Health Council of Tasmania and the National Recovery and Resilience Agency. Follow our facebook page for updates: [www.facebook.com/FestivalOfWellbeingBreakODay](http://www.facebook.com/FestivalOfWellbeingBreakODay)



*A number of community organizations, including the St Helens Neighbourhood House, offered a range of activities.*

### WITH ONE VOICE BREAK O'DAY CHOIR

Feel Good, Do Good, Sing for Good!



Our 'Reconnect and Sing' session for July was held at the Cornwall Community Hall. What a gem! Driving up the main road to Cornwall on a cold winter's evening, the sight of smoke billowing from the hall's chimney held a promise of warmth and welcome that was certainly fulfilled upon walking in the door. The glow of the blazing fire was a welcome beyond compare. So the scene was well and truly set for a fabulous event. There was a quiet buzz in the kitchen as the preparations for the feast to follow the sing chugged along like a well-oiled machine. When the bus bringing participants from the coast arrived, the singing was on. It was a big one - we had clearly missed our singing over the school holidays. Our conductor Lila had two new songs for us to kick off the new term. The food that followed was perfect for the occasion. We shared homemade curries, rice, salads, pappadums, samosas and pakoras. The centre-pieces of the dessert menu were Baked Bread and Butter Custards and home-made cream puffs.



*Singing for our supper...*

We're sorry if you couldn't make it, but make sure you put Sunday 28th August on your calendar right now. Our next 'Reconnect and Sing' will be held on that date at the Binalong Bay Fire Shed at 12.00pm, to be followed by a BBQ lunch at 1.00pm. Once again, with the wonderful support of Calows and Break O'Day Council, we will be providing free bus transport to and from the venue. The bus will leave from St Marys and pick up at the Falmouth turn-off, Scamander Sports Complex, Surfside at Beaumaris, and Raida carpark in St Helens. If you would like to use this service, we ask that you email: [contact.wovbod@gmail.com](mailto:contact.wovbod@gmail.com) or phone Liz on 0439 001 533. This will help us ensure that no-one is left behind.

In the meantime, if you just can't wait, why not do yourself a favour and come and join as for our regular sings on Tuesdays, 5.15pm at Scamander Sports Complex, where our aim, as always, is to "Feel Good, Do Good and Sing For Good". Everyone is welcome!

GEORGES BAY MUSIC PRESENTS

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### ELVIS AND SANTA CROON THEIR WAY TO CHRISTMAS

Well what a month July turned out for the Jazz Club (Inc), with the wonderful voices of 'Croon' all the way from Hobart. Unfortunately, COVID got hold of John X, but Colin and Andrew held the side up and performed magnificently, with their singing, banter, costume changes and general patter, to a near-capacity audience at the Footy Club Room, which were all decorated for our Christmas theme.

For the first half of the show they sang all crooners songs, from Frank Sinatra, Dean Martin, Bobby Darin and Neil Diamond, with the second half all dedicated to Christmas.

As I said, the boys got all dressed up for the second part of their show in Christmas outfits, Colin in a sparkly Elvis suit and Andrew in a Father Christmas suit, which blew up with air. They had these outfits underneath their suave dinner suits.

From Elvis to Satchmo, all to the backing tapes from the wonderful Matthew Ives and his Big Band, a fabulous afternoon of music and fun was greatly enjoyed. They were so popular, they have promised to come back around the same time next year. So, this is a show not to be missed, and keep looking for advance notices re them returning.



Our next guests for August, are the Don Ives Band, with Freddie Todman on vocals. Here's hoping that the dreaded COVID does not put the spoke in the wheels like last time there were to perform down here!

That's Friday the 26th August, St Helens Footy Club Rooms, down the end of Tully Street, from midday to around 2.00pm. We are asking that patrons come about 11.45am, get a table, buy raffle tickets, and get their lunch and drinks, so that we can start dead on the dot of 12.00pm please.

Members are just \$10.00 - non members are \$15.00, lunch is BYO, but the tuck shop has sandwiches and cakes to purchase, tea and coffee is complimentary, and the Footy Club Bar is open as usual, so everyone is well catered for.

Hope to see you there!

*(Article and photographs courtesy of Mary-Ann Wadsworth)*





### JUNIOR FOOTBALL CONTINUES TO SCORE GOALS

Saturday 6th August saw round two of the new East Coast U/10 program played at St Marys in some wet and cold conditions. The first game was Bicheno vs St Marys, with St Marys proving competitive against the Crays, who look like the team to beat at the moment. Bicheno Coach, Nick 'Boomer' Graham, appears as though he has done some good work with the Crays, who have no issue finding the goalposts. Tameika Gillies coached St Marys for this game and the kids responded to her well, kicking a few goals, with one of the Crays saying at half time, "How much training have St Marys done this week; they're good!"

The second game saw St Marys play St Helens, with St Marys being dominant in this game. St Helens Coach Jason Barr tried a few rotations during the game, however St Marys midfield gave their forwards some good supply, despite some great defensive efforts by St Helens.

The last game was Crays vs St Helens, and the Crays continued their good form, despite some good midfield and defensive efforts from St Helens.

Overall, some great fun was had by all players who are continuing to learn the game of AFL.



Bicheno



St Helens



St Marys

Saturday August 13th saw the East Coast under 10 AFL competition move to Bicheno, in what is believed to be the first game of competitive football on the Cray's home ground in living memory outside of school football games. The local community turned out in force to support the Crays, and it was great to see so many kids, parents and community members turn out to support this competition.



Looking for someone to pass to...Bicheno vs St Helens.



The smiles on the players' faces at the end of the day say it all!

Game 1 saw the Bicheno Crays go head-to-head with St Marys, who were coached by Sam McCullagh. St Marys battled hard against Bicheno, but Boomer Headlam's Crays were too strong, kicking a few goals through the game in sunny conditions.

St Helens and St Marys played in game 2, and there were some good signs for St Helens, who managed a few shots, but ultimately St Marys were the stronger team on the day.

The final game at Bicheno was St Helens versus Bicheno. St Helens are showing some good signs and making a lot of improvements, but the Crays again proved that they're the form side in this mini-competition.

Game 4 is at Griffith's Oval, Tully Street, St Helens on Saturday August 20th, with play starting at 10.30am.



Gotta get the ball! St Helens vs St Marys.

(Photographs courtesy of Karlee Pensini, game reports courtesy of Luke Griffiths, Auskick Co-ordinator)

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>STAR FM</b></p> <p><b>Program Guide</b></p>  	<b>Brekkie</b>	Start your working week  with Star FM	Fruity and Loopy  with Flashy	I see Stars  with Sandsy	Flashback Retro Breakfast  with The Flash	Muesli and Milk  with Magilla	Saturday's Sunny Side Up  with Manny	Sunday Mornings It's time to get up
	<b>Morning</b>	Get Sand between your toes  with Sandsy	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”

In the past couple of days, I had the pleasure of spending time with a very interesting person. I'll just call him Neil here, because I didn't ask him outright if I could use him as my topic, not that I think he'd mind. He, in his life, has travelled extensively and done some incredibly interesting jobs, and to say I was impressed was an understatement. It's also great that his brother is living here too, of course.

Neil has worked in some pretty important areas in his time, and told us of some of the places it's taken him, including Bhutan. He loved Bhutan and also managed to include something else he is extremely passionate about and very, very good at. That's photography. Although it was only via his phone, he showed us some simply mind-blowing shots he captured of this little-known but magical place. If that wasn't enough, he has yet another passion with golf, yes golf again....sorry!

Neil helps to develop new players, and to get a junior golf program off the ground and including the more advanced juniors as an accredited coach. He even worked with a couple of our budding new players this past weekend, which was much appreciated indeed. It was great.

Neil's kind nature, his big talents, and even bigger passions, is a lesson to us all I think.... I personally love when people are happy to share and help out when others are keen to learn. It's not just Neil I happen to know who does this, as it happens.

In the grand scheme of things, we are all only around for a very short time, and in that all too brief time, I often wonder why we way too often only consider number one or only our immediate family.

I can honestly say that I'm not particularly good at anything really, certainly nothing of note that I can share with others, but I wish I could. All I can say in that regard is I've learned slowly to just enjoy life when I can, not take things way too seriously. Even better, when I hear or see somebody who has been through rough times coming out the other side....

People like Neil, and a couple of others I'm privileged to know locally, are not only talented, kind and thoughtful and very good at many things, but are also fun people.

With so much bad stuff going on around the place, it's a great circuit-breaker to meet up and talk to these folk, and see the impact they have on others. Now, if only I could be a lot more like that more often....something to aspire to perhaps?

What do you think?

### **WELL DONE, COUNCIL CREW!**

A Fingal resident called into the Fingal Valley Neighbourhood House last week, and asked that the Council workers who have recently spent a few days tidying the area around the old Council Chambers be recognized for the great job that they have done.

As the photographs show, the front of the building is much easier and safer to walk around, with the footpath from the western side across to the entrance to the Online Access Centre and Op Shop being totally clear. The resident, who uses a walker, said that they can now stay on the footpath, no longer needing to walk on the grass because of the overgrown bushes, making it safer for them, especially when it has been raining.

The removal of the plant which had been hiding the beautiful stone boundary wall with the property next door is also a job well done, exposing another reminder of the heritage of Fingal.

Thank you, Council workers, we appreciate the pains you took to do a great job!





**NICK SHAW 0439-414-299**

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**BREAK O'DAY CAT SUBSIDY EXTENDED**

Break O'Day Council is extending its cat microchipping and de-sexing subsidy offer to people willing to make roaming 'semi-owned' cats their own.

Mayor Mick Tucker said Council is offering the subsidy this winter to help cat owners in Break O'Day who may struggle with the costs of microchipping and de-sexing, which is now a legal requirement.

"We also decided to extend the subsidy this month to people willing to take a semi-owned or 'roaming' cats off the street and into their homes. Stray and roaming cat populations are a common problem in many neighbourhoods and this could be your chance to give a wayward moggie a life off the streets."

"Cats have a significant impact on native wildlife, spread disease affecting livestock and people and can be a nuisance to others so we need to work together to get as many off the streets as possible," Mick said.

The subsidy has also been extend for cat owners with a concession card, who can apply for up to four cats. People committing to giving a roaming/semi-owned cat a home do not need to have a concession card. The offer will end soon after August, or when fully subscribed for 2022.

Council is providing the subsidy to help Break O'Day residents met the new legal requirement for cats more than four months old. This is one local priority in the *Northern Tasmania Regional Cat Management Strategy* for the regions council's and animal welfare groups to focus on *Responsible Cat Ownership*.

To find out more about responsible cat ownership and cat management in Tasmania, including some cat videos, visit [tassiecat.com](http://tassiecat.com).

For information on Break O'Day Council's subsidy and the 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 into Council's St Helens office: ph. 6376 7900 [admin@bodc.tas.gov.au](mailto:admin@bodc.tas.gov.au).

**Book Your Cat A Date**  
Microchip, Desex & Contain

**SUBSIDY EXTENDED TO ROAMING/SEMI-OWNED CATS**

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. 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/)

Break O'Day COUNCIL

**Mayor Mick Tucker**  
- serving all of  
Break O'Day

[mick.tucker@bodc.tas.gov.au](mailto:mick.tucker@bodc.tas.gov.au)  
0419 372 813

**ST MARYS HOSPITAL AUXILIARY AGM**  
will be held on

Date; Monday, 5th September  
Location; St Marys Hospital Day room  
Time; 2.00pm

Our great gratitude is extended to present members, and a warm welcome to anyone with approximately 1 hour per month to spare, to join our committee.

Kevin Faulkner  
Secretary.  
Phone: 0418 350 008  
Email: [faulk1@bigpond.com](mailto:faulk1@bigpond.com)



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# September

**NOTES:**

Fingal House Number	0363742344
NILS Loans	Phone 0363742344
Fingal Supermarket	8-5 Mon-Friday 8-12 Sat-Sunday
Loaves and Fishes	Every second Thursday
Hairdresser	0407 549 678 Every second Monday
Book Club	1 <sup>st</sup> Thursday of the Month
Spinners and weavers	20 <sup>th</sup> September
Ragamuffins	19 <sup>th</sup> September
Op Shop Hours	9.30-2.30
OAC Hours	9-2
Library Hours	9-3
History	Please note History Room opening hours on Calendar
Eating with friends	*EWF*
St Marys Gym	Email: <a href="mailto:Active4Life@fmh.org.au">Active4Life@fmh.org.au</a>
Anglicare	



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Valley Voice History 12-3 OP Shop Online Centre Library Loaves and Fishes Book Club	2 History 10-3 OP Shop Online Centre Library	3
4	5 Play Centre 9.30-2.30 OP Shop Online Centre Library	6 History 12-3 OP Shop Online Centre Library	7 Morning Tea 10am OP Shop Online Centre Library	8 History 12-3 OP Shop Online Centre Library	9 History 10-3 OP Shop Online Centre Library	10
11	12 Play Centre 9.30-2.30 OP Shop Online Centre Library Hairdresser	13 History 12-3 OP Shop Online Centre Library	14 Morning Tea 10am OP Shop Online Centre Library Anglicare 1-3	15 Valley Voice History 12-3 OP Shop Online Centre Library Loaves and Fishes Play Group 10.30 till 12	16 History 10-3 OP Shop Online Centre Library	17
18	19 Play Centre 9.30-2.30 OP Shop Online Centre Library Ragamuffins	20 History 12-3 OP Shop Online Centre Library Spinners and weavers	21 Morning Tea 10am OP Shop Online Centre Library NHT Conference	22 History 12-3 OP Shop Online Centre Library NHT Conference	23 History 10-3 OP Shop Online Centre Library NHT Conference	24
25	26 Play Centre 9.30-2.30 OP Shop Online Centre Library Hairdresser	27 History 12-3 OP Shop Online Centre Library	28 Morning Tea 10am OP Shop Online Centre Library Anglicare 1-3 *EWF*	29 Valley Voice History 12-3 OP Shop Online Centre Library Loaves and Fishes	30 History 10-3 OP Shop Online Centre Library	



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## ST HELENS WALKING GROUP



The **Wednesday** walk on **6<sup>th</sup> July** was led by Bruce. Eight walkers met up to enjoy mainly a beach walk at Four Mile Creek that also included a little of the slope at the south end of the beach. An easy walk for those who like a gentle stroll. Weather threatened walkers, yet no showers were encountered until the end of the walk. Again, the weather warlords were kind to the walkers!

### 13th July - Twelve Beaches Walk

This week's Wednesday walk was along the a loop from the Munro's home at Binalong Bay, taking in 12 beaches around Binalong Bay. The walk took about 1 hour 40 minutes. The walk headed towards Grants Lagoon bridge along the foreshore, including sections of the new Binalong Bay walking path. We walked along, gazing at, or walking to, and from 12 beaches. The majority of the walk was easy along tracks. Some of the tracks to and from the beaches were a little narrow and have short slopes. There was one very, very short rocky bit (walking on but no climbing). There is a section through some bush and a couple of short uphill sections. Everyone was invited to have morning tea at the Munros home at the end of the walk. It was an interesting walk and we all learnt something new. A great day weather wise as well. Thank you Helen!

The walk on **Saturday 16<sup>th</sup> July** took the participants from Dora Point to Humbug Beach. It started with an uphill warm - up, then was largely flattish on to Dora Point. We then retraced our steps for about 10 mins and took the turnoff out to Humbug Point via a patch of grass trees, with lovely views across to Akaroa. Lunch was had at a clearing overlooking Akaroa emerging on the edge of Moulting Bay, then an easy stroll back to the vehicles finished the walk, which was led by Gaye - many thanks!

For **Wednesday 20<sup>th</sup> July**, the walk was led by Bruce. Walkers headed up the Town Link from Lions Park to the bike hub. This was a well-graded, easy track for both bikes and walkers. The forecast was to be a sunny day and walkers were not disappointed. Thank you Bruce!

The final walk for July was on **Wednesday 27<sup>th</sup> July**, and began from Chimney Heights on St Helens Point. From there we walked down the hill, up the road to the sewerage ponds until a track bearing off to the left appeared. We followed this track through the bush until the far end of Stieglitz, crossing over the main road and walking back along the edge of the Bay to Chimney Heights again. Once there, walkers enjoyed a tea or coffee and soaked up the view of the Bay from the balcony. The walk took roughly 1.5 - 2 hours. Thank you Mary and Garry.

*3 different views of the Twelve Beach Walk.*



**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**

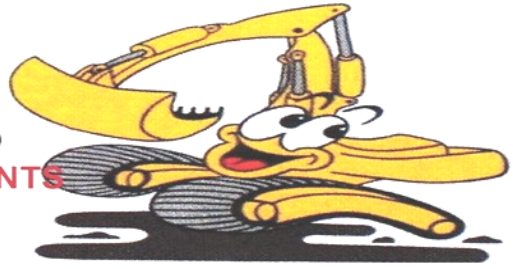
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Dana: 0437 248 033

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



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



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

**PROUDLY SUPPORTING THE LOCAL COMMUNITY**



## TIP SHOPS NOW OPEN

### St Helens Tip Shop

Sunday to Friday  
11am - 2pm

Saturday 11am - 4pm

### St Marys Tip Shop

Tuesday and Thursday  
11am - 3pm

Sunday 2pm - 4pm



## WASTE TRANSFER STATIONS

### BREAK O'DAY MUNICIPALITY

#### ANSONS BAY - North Ansons Bay Road

Open: Wednesday 12pm to 4pm  
 Sunday 10am to 4pm  
 12pm to 4pm on Mondays of long weekends

#### PYENGANA - Tasman Highway

Open: Wednesday 9am to 12pm  
 Sunday 2pm to 5pm

#### ST HELENS - Eagle Street (includes recycling)

Open: 10am to 4pm every day

#### SCAMANDER - Coach Road (includes recycling)

Open: Tuesday 10am to 4pm  
 Thursday 10am to 4pm  
 Sunday 2pm to 5pm

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

Open: Tuesday 10am to 4pm  
 Thursday 10am to 4pm  
 Sunday 2pm to 5pm

#### FINGAL - Rossarden Road

Open: Tuesday 10am to 4pm  
 Thursday 10am to 4pm  
 Sunday 2pm to 5pm

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

### BLACK WATER DUMP POINTS

St Helens - 117 Tully Street, St Helens

St Marys - Harefield Road, St Marys

Fingal - Talbot Street, Fingal

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





## SCAMANDER GARDEN CLUB



In spite of the rain, we had less than our normal number, but a reasonable attendance for our August meeting. There was chatter about an upcoming trip to New Norfolk to view gardens and a nursery, and take in a Chinese meal as part of the overnight trip on the 21<sup>st</sup> and 22<sup>nd</sup> September. Please check with Val Ikin if there is room for you. Cost is \$330.00 for members.

We had a discussion about the upcoming Wellness Festival, and Leah Page at the council is the one to get information from about this.

A couple of hints were given:

- ◆ Mix sand and lime before planting onions.
- ◆ Plant radish and carrots together, as radish grows the quickest.
- ◆ To get rid of snails, use salty water or beer in a container. They don't like to crawl over orange peel and they do not like coffee grounds, either.

On Monday 17<sup>th</sup> October, we have been invited to a member's garden in Medea Cove, St Helens. We also had a new member join up, so welcome to Susan Rigney. We were saddened to hear a couple of our members have had falls and we do hope you get all the medical help you need and that surgery goes well.

Paul Frater was kind enough to donate a flowering gum to our club recently, and today two of our members got a-digging and planted it. Paul said he is not sure what colour it will end up, and we thank him for his generosity to the Scamander Garden Club. Also, we know Paul likes knowing that Her Royal Highness Queen Elizabeth's long reign is not forgotten as trees are planted in her honour, with gratitude for her years of service. We still await the official planting later for the 'Treebilee'!



*Gerry and Nicci plant the Corymbia Ficifolia - Red Flowering Gum - donated by Paul Frater.*

Today's competition Results:

Flower of the Month:	1 <sup>st</sup> Lynn Leary	2 <sup>nd</sup> Marj Aulich	3 <sup>rd</sup> Sally McQueen, Peggy Bogar
Any Flower:	1 <sup>st</sup> Nita Sheppard	2 <sup>nd</sup> Lynn Leary	3 <sup>rd</sup> Sally McQueen, Maureen Lloyd, Steve Bogar
Floral Art:	1 <sup>st</sup> Tennice Ticehurst	2 <sup>nd</sup> Peggy Bogar	3 <sup>rd</sup> Maureen Lloyd, Nicci Livings
Fruit and Vegetables:	1 <sup>st</sup> Nicci Livings	2 <sup>nd</sup> Pip and Andrew Simes	3 <sup>rd</sup> Gerry Sonneveld, Tennice Ticehurst

Next meeting: Monday 19<sup>th</sup> September at 1.30pm  
 September flower: Any bulb  
 September Floral arrangement: Spring arrangement containing any foliage and must have 1 - 2 candles

Enjoy the photos, see you next time.

*Peggy Bogar, Secretary*



*Tennice Ticehurst won 1st prize with this entry in the '6" or under floral arrangement'*

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

**BREAK O'DAY**

**ANGLICAN CHURCH**

**SERVICE TIMES**

**St Helens**

**St Paul's: 9.30am every Sunday**

**58 Cecilia Street, St Helens.**

**St Marys**

**Holy Trinity: 10.00am every Sunday**

**13 Main Street, St Marys.**

**Pyengana**

**St Michael & All Angels: 7.30pm 4<sup>th</sup> Sundays only**

**28007 Tasman Highway, Pyengana.**

Enquiries: 6376 1144 or Facebook: anglicanbod



**ST MARYS CATHOLIC PARISH**

**WEEKEND MASS:**

**ST HELENS:** Saturday 5.00pm

Sunday 4.00pm

**ST MARYS:** Sunday 9.00am

**BICHENO:** 1<sup>st</sup> Sunday 11.00am

**FINGAL:** 2<sup>nd</sup> and 4<sup>th</sup> 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

**UNITING CHURCH**

Corner Grant Street and Seymour Street, FINGAL

Regular Services:

1st and 3rd Sunday of month: 10.00am

2nd and 4th Sunday of month: 11.15am

For further information, contact Joan on 0458 598 870.



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**6376 1153 ~ 0418 133 420**

***tamara@harrisfunerals.com.au***

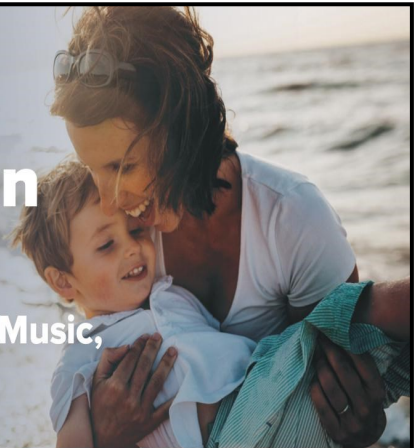
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ST MARYS	88FM
FINGAL	88FM

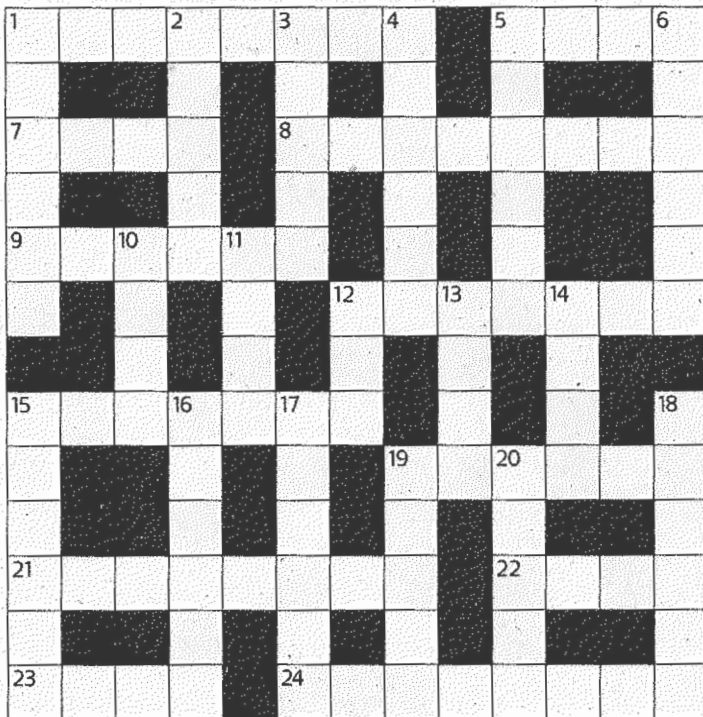
**LESSONS FROM THE PAST:**

A missionary to India tells how he once met and talked with Mahatma Gandhi and put to him this question: "What should we Christians do to help the men and women of India?" Gandhi replied, "I would suggest four things. First, that all Christians and missionaries must begin to live more like Jesus Christ. Second, that you practise your religion without adulterating it or toning it down. Third, that you emphasise love and make it your working force, for love is central in Christianity. Fourth, that you study the non-Christian religions more sympathetically so that you can have a more sympathetic approach to people." What Gandhi was saying, quite simply, was this: if you want to be valid, be more like your Master. Be Christian.

(Excerpt from Turning the World Upside Down, CWR, 2022)



# Crossword 54.14



- | ACROSS                               | DOWN                        |
|--------------------------------------|-----------------------------|
| 1. US legislative assembly (8)       | 1. Transformation (6)       |
| 5. Frolic (4)                        | 2. Arabian sprite (5)       |
| 7. Stratford's river (4)             | 3. Wear away (5)            |
| 8. Inhabitant (8)                    | 4. Safe (6)                 |
| 9. The Hellenic Republic (6)         | 5. Torn (6)                 |
| 12. Creator of the 'Diddy Men' (3,4) | 6. Early type of bomb (6)   |
| 15. Seed used in baking (7)          | 10. Eastern ruler (4)       |
| 19. Root vegetable (6)               | 11. Bird's crop (4)         |
| 21. Dregs (8)                        | 12. Musical pitch (3)       |
| 22. Chopped (4)                      | 13. Roman emperor (4)       |
| 23. Long prison sentence! (4)        | 14. Whale genus (4)         |
| 24. Spray (8)                        | 15. Gouging tool (6)        |
|                                      | 16. Counsel (6)             |
|                                      | 17. Capital of 9 Across (6) |
|                                      | 18. Curly-haired dog (6)    |
|                                      | 19. Actor, ___ Sallis (5)   |
|                                      | 20. Instruct (5)            |

## Fingal Online Access Centre

29 Talbot St. Fingal  
Tasmania 7214  
Phone (03) 6374 2222

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

The Fingal Online Access Centre is open from  
9.00am - 2.00pm daily, except  
Wednesday: 9.00am - 1.00pm  
adhering to strict conditions of social distancing.  
All our normal services are available.

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you require,  
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## St Marys Library

31 Main Street, St Marys

(03) 6387 5602



### Opening Hours:

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

We have more than books.  
Borrow a DVD, CD or magazine.  
Search our website and order a  
title from anywhere in the state.  
Check out our e-resources too.  
It's all free!

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

## NEWS FROM BREAK O'DAY ANGLICANS

**Parish Annual Meeting** will be held after a combined Anglican churches church service on 21st August at 9.30am, in St Paul's Anglican church, St Helens. It is a good time to consider what we have done over the last year, and also reflect on how the Lord continues to lead and guide us.

**Beer Beef and Bibles** for our blokes – each month besides enjoying a great meal together, also enjoy lively discussion on a relevant topic for Christian men. Next one is at St Helens Parish Hall on 27 August. Ring Michael for more information – 6376 144.

**Operation Christmas Child** – we are in full swing for the closing 2022 date (1.10.22) for delivering the filled boxes to the Warehouse. We are again hopeful of breaking our record this year. If you desire to fill a box, an information brochure and box/boxes can be obtained from Carole on 6376 1638.



# TJ ACCOUNTING

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

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**20 Tasman Highway  
Bicheno TAS 7215**

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24740881



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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.

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## St Marys **PHARMACY**

**44 MAIN STREET, ST MARYS**

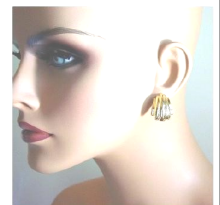
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Pharmacist Andrew in store all day.

## NOMINATIONS ARE NOW OPEN FOR THE 2022-23 VOLUNTEER GRANTS!

Volunteer Grants support the work of local community organisations by enabling the inclusion of vulnerable people and promoting awareness to increase participation in volunteering.

Grants of between \$1,000 and \$5,000 will be available to assist eligible not-for-profit community organisations support the efforts of their volunteers.

Small portable equipment purchases, contributions towards the cost of training volunteers, reimbursement of fuel costs for volunteers and undertaking background screening checks for volunteers are examples of what grant funding can assist with.

Eligibility:

- be a not-for-profit organisation.
- have a minimum of 40% of volunteers working for the organisation.
- have an Australian Business Number (ABN) or be willing to provide a Statement by Supplier Form (reason for not quoting an ABN).
- have an account with an Australian financial institution in the name of the organisation applying.

To submit a proposal, lodge your Expression of Interest on my website:  
[www.brianmitchell.com.au](http://www.brianmitchell.com.au)

by 11:59pm AEDST, on Sunday 18 September 2022.



For more information, please contact my Perth Office on (03) 6398 1115.

*(Article and photograph courtesy of Brian Mitchell MP)*



# FINGAL VALLEY SUPERMARKET

- Bread and Milk
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- Fresh Meat
- Groceries and more!



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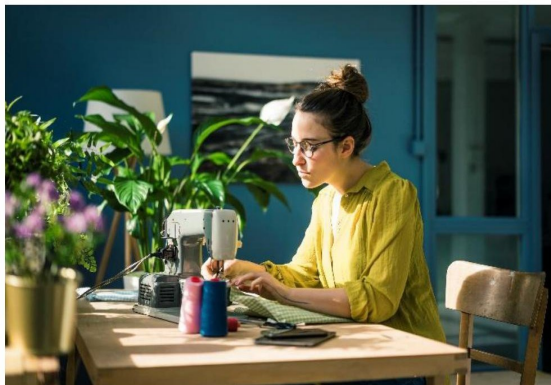
Saturday & Sunday  
8am to 12pm  
(including public holidays)

6311 1743

Fingal Valley Neighbourhood House

# RUSTIC RAGAMUFFINS

## Stitching Group – Sept 19



\$10 per session; bring your current hand stitching/sewing project, knitting, crochet, mending etc.

Come and join us for homemade goodies, a cuppa, chat and stitching!

Morning tea provided;  
BYO lunch

Venue: Fingal Valley  
Neighbourhood House,  
Fingal, Tasmania

**Every 3<sup>rd</sup> Monday each month**  
10 am – 3 pm (except public holidays)

HOSTED BY RITA SUMMERS OF GONE RUSTIC – 0417 027 424



# ACTIVE4LIFE BREAK O'DAY

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

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

Our programs are for all ages and abilities 16+ years

More info:

E: [Active4Life@fvnh.org.au](mailto:Active4Life@fvnh.org.au) for a program to suit your needs

ACTIVE4LIFE BREAK O'DAY



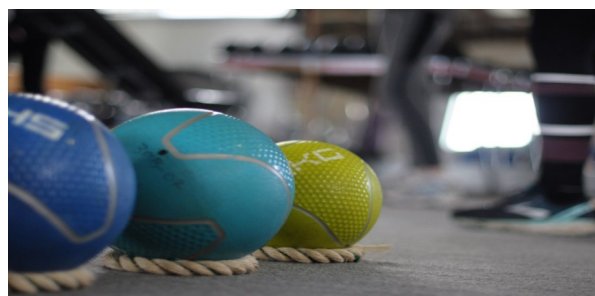
## Active4Life Break O'Day

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							
6pm		Youth & Adult Boxing 5:30-7pm		Yoga 5.15-6.30-pm	Strength & Fitness 5:30pm -7pm		
7pm							

**Contact us**  
E: [Active4Life@fvnh.org.au](mailto:Active4Life@fvnh.org.au)  
Or  Find us on: [facebook.](https://www.facebook.com/active4life)

(5) Active4Life Gym Break O'Day | 



# EAST COAST

V E T E R I N A R Y  
C L I N I C

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Saturday 9:00 - 2:00

Closed Sunday and public holidays

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Ph 6376 1577



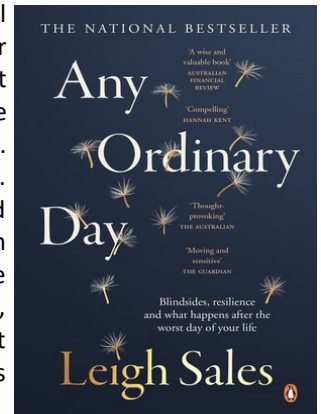


## MOUNT ELEPHANT AND BEYOND BOOK GROUP

### BOOK REVIEW *Written by Pam Bretz*

Leigh Sales, presenter until recently of the ABC's 7.30 programme, is the author of *Any Ordinary Day*, published in 2018. This is a non-fiction exploration of the nature of trauma: how it affects people and how most recover. Sales begins the book with an account of a difficult birth experience she endured in 2014, and from this personal experience she moves on to considering the cases of some high profile survivors, such as individuals who survived the Lindt cafe siege, the Port Arthur massacre and the Thredbo landslide. Her interviews with these people try to explore what happened to them, how they were treated after the event and the process of recovery or moving on. She also examines the role of the media in the process.

Media coverage of these "blindsides", as she labels them, may cause us to develop irrational fears. She says of victims of trauma, "The brain wants an explanation so it can satisfy its desire for cause and effect." Sales attempts to counteract these fears with statistics, and points out the sheer randomness of traumatic events. She uses a statistical tool called the 'Law of Large Numbers' to explain how unlikely it is that any given individual will be involved in a violent event. Following such an experience, only 10% of people who experience trauma go on to develop PTSD. That is no comfort for those who do, of course, but she also finds examples of actions that helped those survivors to move on. Simple acts like speaking to the bereaved, not avoiding your own discomfiture when you see them, acknowledging their pain and suffering, and just being available to them, mean so much at the time and afterwards. Professionals such as the forensic counsellor, police and clergy, especially those gifted with emotional intelligence, can be of enormous benefit in the journey of acceptance and eventual adjustment. Sales gives us some wonderful examples of such people.



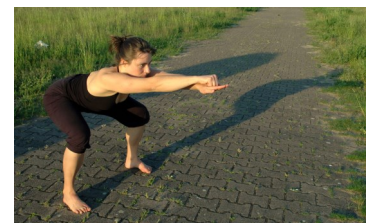
Sales, the journalist, does not shy away from the sometimes destructive nature of the media's interest in these events and bravely confesses to occasions when, in the pursuit of a good story, she has pushed the bounds of human decency and put survivors under pressure to tell their story. Her honesty here is to be admired and it is apparent that she has developed more compassion and understanding over the course of her career.

This book could be an antidote to the fear that sometimes seems to pervade our communities and paralyzes life and action. The 'need to know' mantra that the media follows can be intrusive and relentless. Sales does not pretend to have the answers as to how to deal with trauma and says there are no lessons, but she finishes the book with some useful guidelines: "to be grateful for the ordinary days and to savour every last moment of them. They're not so ordinary, really. Hindsight makes them quite magical," and, on post-traumatic growth, "What we see on the news is often the worst that life dishes up, but what happens next can sometimes be the best." We were enlightened by Sales's book; it would be a good one to have on the shelf for inspiration in difficult times.

## KALARI - "IT MAKES YOU FEEL ALIVE"

...one of my first thoughts on Kalari and also a quote from one of the participants after their first practice. Kalari gives you strength and mobility, trains coordination and balance, improves mental focus and clarity, and leaves you feeling immensely energised, awake and calm.

In the summer of 2010, after just finishing my yoga instructor training, I stumbled across Kalari at a yoga festival - of all places. On the lookout for a complimentary movement practise, that wasn't confined to my yoga mat, I was instantly intrigued and captivated by the powerful, gracefully flowing body forms of this South Indian martial art. At first, I wasn't remotely interested in the martial side of Kalari, I just wanted to be able to move 'like THAT'. So I headed to Kannur, Kerala in Southern India to study at the Kerala Kalarippayat Academy. Eventually, I realised that, apart from the individually performed body forms, there is also a great deal to learn from the martial applications of Kalari, such as the choreographed partner forms with wooden and metal weapons. I ended up studying in Kerala for a total of roughly 7 months over the course of 4 years during which time my Gurukkal Grandmaster C.M. Sherif authorised me to spread the art of Kalari by instructing classes myself. I have since taught regular classes and workshops, as well as staged performances at festivals in Germany and Australia.



*Kalari promotes graceful flowing body movement.*

Join me for our weekly Kalari practice on Wednesdays, 5:30pm - 6:30pm at St Marys Hall, \$15.00 per session.

Any questions? Call Katrin at 0402 315 564.

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# FISHING REPORT

## By The Happy Hooker



Hi all,

### Fresh water

The trout season has kicked off in style, with some quality trout taken all around the state, with fish captured from the central highland lakes down to the local lower altitude lakes and rivers. Those brave enough to take on the Central Highland weather have been rewarded with trout from Great Lake and Arthurs Lake. These waters allow all methods of fishing; you can use lure, fly and bait, and all methods have their devotees. Lower Lake Toombs, Four Springs Lake and Lake Leake have been fishing extremely well, with lovely well conditioned trout taken. Lake Leake is now spilling after the recent heavy rain the area has received, and this new flood water will almost guarantee the lakes water level will be suffice when irrigation water is drawn off during the summer months this year.

### Salt water

There have been some reports of sea-run trout been caught from the Tamar River and Derwent River. These fish are lovely-looking fish and are caught by fisherman casting lures; sometimes the anglers are targeting other species and a catch of a sea-runner is a bonus. Garfish are reported from Georges Bay, and good numbers of nice-sized Trevally also keen to take bait and lures.

### **Reports**

Scamander River: Two keen young Fingal Valley anglers had a trip to the Scamander River chasing Bream. They started fishing from above the Upper Scamander boat ramp, flicking lures into the likely snags and again targeted the upper reaches of the Scamander River. They then fished the lower section of the river around Green island and found fish sitting deep on the rocky edges. Most fish where taken on 'Z Man grubs'. Twenty-six fish were boated for the session, with the largest measuring 40 cm tail fork to nose, so the guys had a good day.



*A variety of Z Man Grubs is available.*

### Huntsman Lake

On 8th August, the opening day of the trout season, the opportunity to fish the Huntsmen Lake was on offer with a couple of keen friends, so a quick trip out to Meander was completed. We fished around the edges with lures to no luck, but it was nice to get out and have a flick for a elusive trout. Two young Deloraine anglers had caught themselves three nice trout using worms, and they were mighty pleased with their efforts.

As the weather starts to improve, the fishing should be really good, with the recent rainfall washing out worms and other food for the trout to feed and grow strong. Don't forget, though, you must have an Inland Fisheries license to fish in Tasmanian waters, and they can be purchased online through the websites.

There are some great fishing Facebook sites that you can follow to keep up to date with the fishing, pages such as 'Sportsfish Tasmania', 'Tasmanian Estuary and Freshwater Fishing', different fishing club pages, and our own 'Break O'Day Sports Angling Club' just to name a few, but all have information and photos of members catches.

Until next time, tight lines and stay safe.



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## SCAMANDER RIVER GOLF CLUB



### Wednesday 3rd August - Mid-Week Competition - Jackpot Stableford

1st  
2nd NO GAME PLAYED  
3rd

Nearest the Pin 6th:  
8th:

Longest Putt

### Saturday 6th August - East Coast Surf Monthly Medal

1st Graham Little 73  
2nd Tim Upton 74  
3rd John Tatnell 79 (on c/b)  
4th Darren Bramich 79  
5th Shan Wilmot 79

Nearest the Pin 6th: Jens Kalisch  
8th: Jens Kalisch

Best Gross Matty Cross 86  
Carter Award Mark Bywater 88

### Tuesday 9th August - Ladies Stableford

1st Beth Haas 31 points  
2nd Rose King 25  
3rd Judy Freiboth 24  
4th Margaret Thompson 24  
5th Rhonda Hopkins 17

Putting: Rhonda Hopkins

### Wednesday 10th August - Mid-week Competition - Monthly Jackpot

Jackpot required 39 points, bit harsh in these conditions but that's why it's called a Jackpot...

1st Rodney MacBeth 37 points  
2nd Tony Swanson 34  
3rd Tim Upton 33

Nearest the Pin 6th: Rodney MacBeth  
8th: Shan Wilmot

### Saturday 13th August - Tanya Rattray - Malander Cup - 2-person Ambrose

Today's event was a great success, with great golfing from all. The Malander Cup was run alongside Tania's day, with Scamander holding out the team from Malahide. Thanks to all that helped with catering and the course.

1st Andrew Johns - Shaye Ward 68.25  
2nd Tim Upton - Tony Swanson 69.75 (on c/b)  
3rd Dick Swanson - Darren Bramich 69.75

### Mixed

1st Katherine Mugridge - Rodney MacBeth 71.75  
2nd Margaret Thompson - G Thompson 73  
3rd Rosie King - Mark Bywater 74

Nearest the Pin 6th: David Duthie  
8th: Graham Thompson

Longest Putt Randell Wadley  
Carter Award David Duthie - Judy Freiboth 75.5

### Malander Cup

Scamander 285.5  
Malahide 291.00

### Tuesday 16th August - Play-off Silver Spoon - Stroke

1st  
2nd  
3rd  
4th  
5th

**COURSE CLOSED**

Putting

### Upcoming games:

17th August Mid-week Competition  
20th August Bay of Fires IGA Stableford  
23rd August 2/3 person Ambrose  
24th August Mid-Week Competition  
27th August Surfside Beaumaris - Special Event  
30th August Aggregate Stableford

# MALAHIDE GOLF CLUB



## Friday 5th August - Chicken Run

Dear Golfing gods, please no more rain, we are over muddy golf balls, lift and wipe, no run, more mud and sloshing through the mud and water is not fun anymore...

1st David Duthie 37.5 points  
2nd Rod Hunt 44

Nearest the Pin 8th: David Duthie

## Saturday 6th August - Monthly Medal

1st Peter Sorenson 100/77  
2nd David Duthie 104/85

Nearest the Pin 4th: Club  
8th: Club

## Friday 12th August - Chicken Run

1st David Duthie 31.5 points  
2nd Mike Prewer 39  
3rd Rod Hunt 40 (on c/b)  
4th John Vincent 40

Nearest the Pin 4th: John Vincent

## Saturday 13th August - Malander Cup

Congratulations to Scamander Golf Club on retaining the Malander Cup in a close contest, scores being 285.5 to 291. Thank you to Tania Rattray for sponsoring the day and the delicious food supplied by the ladies; your hospitality is greatly appreciated and we will see you all on Saturday 14th January at Malahide.

Well done to Shaye Ward and Andrew Johns on winning, and a reminder the 1st round of the championships is on next Saturday.



*Shaye Ward and Andrew Johns, winners on the day, flank sponsor Tania Rattray.*

## Upcoming Games:

20th August - Men's Championship

27th August - Championship

**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



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## EAST COAST SWANS FOOTBALL CLUB



### UNDER 12

The Elimination Final played on **Sunday 7th August**, was a do-or-die game to secure a spot in the semi-final.

With muddy conditions, the kids absolutely left no fuel in the tank and came away with a terrific win.

The team have fought hard all season and absolutely deserve a spot in the semi-finals. This will take place this Sunday against Scottsdale at Scottsdale at 12:30pm

**RESULTS:** East Coast Swans 3.4 (22) defeated George Town 1.0 (6)

**SWANS GOALS:** Lochlan Brinsmead 2, Cooper Griffiths

**SWANS BEST:** Team effort



*The team celebrating their win.*

Our little Swannies were proud and pumped to run out onto the Scottsdale ground for their Semi-final against Scottsdale on **Sunday, 14th August**. The rain, mud and very cold conditions didn't stop the team from giving it their absolute best. The weather sometimes made it hard to get the ball out, but when they did, they made sure Scottsdale earned it. Every player didn't want to give up and played their hearts out, neck-and-neck the whole game. Scottsdale managed to get a few quick goals in the last quarter to take a bigger lead. Unfortunately, they lost by 10 points, which has put an end to their season.

These kids have come along way from the beginning of the season. Playing in Division 1 gave them the confidence to go out

in to Division 2 and have a fair crack at it.

11 of the Swans players hadn't even played football at this level before. Everyone should be proud of their efforts this season.

**RESULTS:** East Coast Swans 3.6 (24) defeated by Scottsdale 5.4 (34)

**SWANS GOALS:** Shelby Gamble , Levi Woods , Cooper Griffiths

**SWANS BEST:** Bryce McKimmie, Cooper Griffiths, Noah Burke, Floyd Groves, Ry Bennett, Noah Martin



*Will Robinson looking for a team-mate to pass to.*

Thank you to the coaches, coaching staff and everyone involved in making it a successful year.

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

### UNDER 14

On **Sunday 7th August**, the Elimination Final saw the season come to an end for the East Coast Swans under 14 team. In a hard-fought game, they never gave up, and played the game to the final siren. A highlight for the day was Dakoda Davenport scoring his first goal for the season.

**RESULTS:** East Coast Swans 2.4 (14) defeated by Longford 4. 2 (26)

**SWANS GOALS:** Byron Woods , Dakoda Davenport

**SWANS BEST:** Thomas Robinson, Jaxon Harrison, Lachlan Woods, Tysen Gamble, Connor French, Tyler Speers



*Discussing tactics at the under 14 team half-time break.*

*(U/14 report and photographs by Jazz.)*

## EAST COAST SWANS FOOTBALL CLUB



### UNDER 16

As with the under 14 team, the opposition was too strong for the under 16 players, and in spite of their continued efforts, this was their last game for the 2022 season.

They appreciated the support that they had on the day, and look forward to the Presentation Day, on a date yet to be decided.

**RESULTS:** East Coast Swans 6.2 (38) were defeated by Scottsdale 15. 17 (107)

**SWANS GOALS:** Tadgh Blunt 4, Mitchell Calow 2,

**SWANS BEST:** Ashton Gillies, Jimmy Freiboth, Caleb Broughan, Mitchell Calow, Tadgh Blunt, Hamish McIntosh



*The under 16 team listen to the coach at the half-time break.*

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

### RESERVES

In a crazy game of fluctuating fortunes, the Swans were able to fall across the line and beat Perth by 3 points. With conditions very trying, it was important to get early goals on the board with the dry ball, and the Swans were equal to the task, booting 4 majors and opening up a substantial lead by quarter time. The next two quarters belonged to the Magpies as they slowly clawed their way back into the match, kicking two goals in the second term to trail by only 2 points at half time, followed by another two in the third, to snatch the lead by 2 points at the last break. The Swans, who had been goal-less since the first term, did all the attacking in the last stages of the game, scoring a series of behinds, while keeping their opponents scoreless. A last quarter score of 5 behinds was enough for the Swans to sneak across the line by a margin of 3 points, having kicked 12 straight behinds in the last 3 quarters, while failing to score a major. Ethan Crossingham was again a dominant player in the midfield for the Swans, receiving great support from experienced players such as Robson, "Zippy" and Goodyer. Younger players Parry and Poole also contributed well for the Swans. The Swans will need to straighten their kicking before their next big assignment against Old Scotch in the elimination final.

**FINAL SCORES:** East Coast Swans: 4.13 (37) Perth: 5.4 (34)

**SWANS GOALS:** Hyland 2, Blunt, Goulden

**SWANS BEST:** Crossingham, Parry, Goodyer, Poole, Robson, "Zippy"

It was a case of 'too little too late', as the East Coast Swans reserves team bowed out of the finals race, losing to Old Scotch by a heartbreaking 5 points on **Saturday, 13th August**. The match proved to be a close affair all day, with neither side able to establish a substantial lead. Goals were hard to find, as both teams' backlines held firm for the majority of the day. Brad Goodyer was great for the Swans, kicking two goals, to be the Swans only multiple goal kicker. Connor Tuck was instrumental in driving the ball deep into the Swans forward line and he received fantastic support in the backline from Tarkyn Webb and the old stager, Clint Robson. In the midfield for the Swans, Wade Garth was a good contributor, as was Billy Flakemore, who continually burrowed into the bottom of the packs to retrieve the ball. There was plenty of pressure on in the last quarter, as the Swans surged towards victory, but their errant kicking was to prove costly this week as they booted 1.8 for the term. A rather obvious free kick in the goal square on the final siren, which was not awarded, left the Swans with a demoralising deficit of 5 points.

**FINAL SCORES:** East Coast Swans: 6.13 (49) Old Scotch: 7.12 (54)

**SWANS GOALS:** Goodyer 2, Hyland, Calow, Robson + 1

**SWANS BEST:** Webb, Goodyer, Tuck, Robson, Flakemore, Zippy, Garth

*(Reserve Report by Nick Fysh)*

## EAST COAST SWANS FOOTBALL CLUB



### SWANS PUSHED TO THE LIMIT

The East Coast Swans overcame trying conditions and a determined Perth outfit to record a 29-point win in the last roster game of the season on **Saturday 6th August**. Substantial recent rain caused the Perth ground to be extremely heavy, meaning old-fashioned slogging football was the order of the day. It was the home team who brought the heat early in the match, with Bennett causing problems for the Swans defence. Swans midfielder Robbie McManus kicked two crucial goals in the opening term and was probably best afield for the match, but it was the Magpies who went to the first break with a 2-point lead over their more credentialed opponents. The second stanza followed the pattern of the first quarter, with Perth content to drive the ball forward in any way possible, while the Swans tried to play dry weather football, causing them to make frequent ball-handling errors. Pearce Robinson was a star for the Swans, having been sent to the backline to provide some experience and run, and the consistent Sam Madden continually shot pin-point handballs to his running players. Neither side was able to gain complete control of the match, and it was Perth who extended their lead to 5 points by the long break.

Having put fantastic pressure on the Swans, the question remained as to whether Perth could maintain the momentum in the second half. Having rucked for the entire first half, Majak Miar was sent to the forward half and provided the Swans with a good leading target early in the third quarter. Scott Fenton found some excellent form and combined with Murfet to kick 5 of the Swans' goals for the match, as their team began to take control of the game with their experience and superior fitness. Swans midfielder Hamish Tate is fast approaching his best and will be a player to watch in the upcoming finals series. The last half was a far more polished effort by the Swans as they kicked 6 goals to 1, to extend the margin to 29 points at the final siren. The Swans now face a rejuvenated Old Launcestonians team in the elimination final and will hopefully welcome back a number of key players to their line-up.

**FINAL SCORES:** East Coast Swans: 12.16 (88) Perth: 8.11 (59)

**SWANS GOALS:** Murfet 3, McManus 2, Fenton 2, J Mason, Robinson, Stoltenberg, Child, Omenihu

**SWANS BEST:** McManus, Robinson, Madden, S Child, H Tate, Miar

### SAYONARA, SWANNIES

The East Coast Swans were unable to resist a last quarter surge by Old Launcestonians on **Saturday 13th August**, and were dumped out of the Division 1 finals race.

OL's started the game in great style, booting the first 3 goals of the match before the Swans had time to settle. Although the Swans kicked with the aid of the breeze, it was the Blues backline who held firm and repelled most attacks. The Swans allowed too many uncontested marks in their forward 50, and although holding the ball in their forward line, were only rewarded with a single goal to Murfet. Young player Aaron Mason was solid on the wing for the Swans, and Novy, McManus and Bosworth gave plenty of drive for their team. It was two goals apiece for the second term, as both back lines held firm. Spohn was a great player for the Blues and the dangerous Reeves gave the Swans backline plenty to think about. The 16-point lead which the Blues held at half time should have been considerably more, as they wasted plenty of opportunities with some wayward kicking for goal, kicking 2.7 for the term.

The third term was to be pivotal for the Swans if they were to get back to even terms. In a similar fashion to their opponents, the East Coasters missed some 'makeable' shots in the quarter, but were at least able to find the big opening 4 times. Murfet kicked 2 for the term, as McManus and Child were also able to kick majors. Madden continued to be a great player for the Swans, and Scott Fenton found plenty of the ball on the wing. Hamish Tate showed tons of class in the midfield for his team as the momentum swung back to the Swans, and they held a 10-point lead at the last change. There were danger signs for OL's early in the last quarter as goals to Nick Child and Murfet blew the Swans lead out to around 4 straight kicks. A Tom Chugg 'screamer' was matched by Novy's second goal for the match, but it was the Blues who came home with a wet sail, with the Swans seemingly unable to stop the onslaught. Rattray, who had been a solid player in defence all day for the Blues, became influential in the last quarter, taking a great mark and kicking truly. With goals to Howe and another to Rattray, it was the Blues who hit the lead with around 30 seconds on the clock. A centre clearance for the Swans in the dying stages was too late to stop OL's from winning by a single goal.

**FINAL SCORES:** East Coast Swans: 10.11 (71) Old Launcestonians: 9.17 (77)

**SWANS GOALS:** Murfet 4, N Child 3, Novy 2, McManus

**SWANS BEST:** Robinson, Fenton, Bosworth, McManus, H Tate, Murfet, Novy, Stoltenberg, Madden

*(Seniors reports by Nick Fysh)*





## ST MARYS SPORTS CENTRE

By Volun Tier



Nice once again to report on another big fortnight at the Centre, with some great news that our new golf greens mower has arrived and has already done a lap of the greens. What a great acquisition it is, making easy work of the job, and such a user-friendly machine. With electric start and easy mowing, should be a great replacement for our old faithful Honda mower that was well overdue for retirement. Now all that is required is a few sunny days to dry the course out a bit, so the spraying season can commence. Although as I speak, we have currently endured another 125mm of rain and with more to come. This may lead to a few golf cancellations as the course has not been this waterlogged in recent memory. Fantastic news also, that after many false starts and procrastinations, we all now have long-awaited golf handicaps, thanks to Rodney and Jason Gledhill for their hard work in getting months of competitions score cards entered on 'Golf Link'. It was also good to see Neil Sorenson here at the weekend, taking some junior and senior golfers for some handy lessons, much appreciated by those around the club, and he has promised to return later in the year for another go. Whilst on the coaching front, Will White, the professional at the Launceston Golf club, has kindly agreed to do a senior and junior golf clinic here on Sunday 4th September, commencing at 10.30am, followed by a BBQ lunch, please book with Macca for this one, poster below. Also, our bowls season was due to kick off soon, let's hope for a few dry weeks to come. Council is about to embark on the erection of our shade cloth around the bowls rink, as well as re-fixing the rubber guard around the ditch. We will be having our own get-together and working bee on Saturday 10th September, followed by a roll-up and BBQ, commencing at 10.00am. All those who can assist are requested to attend. Our Winter Warmer Nights continue to be a huge success, with over 50 guests being fed in the last two weeks; this fortnights' meals on the poster below.

**Members Draw:** Last week, Chris Davern, this week Blackie Faulkner, who kindly donated the prize back to the club. Jackpot next week is \$40.00 in fuel, but you have to be there to collect.

**Golf:** The weather got the better of the crew last week, but this week saw an unusual occurrence of a draw in a three - person Ambrose. Neil Sorenson, Jimmy Freiboth and Rodney McGiveron tied with Craig Freiboth, Hayley and Peter Sorenson on 34, nearest the pin on the 7th was Peter. Next Saturday, 20th August, will be Mulligans, a great fun game that allows for a few oops shots, or, as Rodney puts it, if it keeps raining, we will host the St Marys to Hobart Yacht Race. Saturday 27th August sees the Jacob Viney Birthday Bash, 9 holes 3-person Ambrose, commencing at 11.00 am. Burger and chips for lunch, cost \$15.00 adults, and \$7.50 for children, great prizes.

**Opening Hours: Thursday 5.30pm. Friday, 5.30pm, Winter Warmer 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.

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**Across:** 1. Table, 4. Syrup, 7. Salvo, 9. Adopt, 10. Eat, 11. Tweed, 14. Taste, 15. Mingle, 18. Ramp, 21. Nick, 24. Averse, 27. Avert, 28. Peter, 31. Mar, 32. Watch, 33. Maori, 34. Padre, 35. Grain.

**Down:** 1. Tractor, 2. Blossom, 3. Esteem, 4. Soft, 5. Rage, 6. Pond, 8. Latin, 12. Wren, 13. Epic, 16. Ice, 17. Gas, 19. Axle, 20. Pace, 22. Inertia, 23. Kitchen, 25. Romeo, 26. Earwig, 28. Pomp, 29. Toad, 30. Rome.