

THE VALLEY AND EAST COAST VOICE

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STAFFING BOOST FOR ST HELENS DISTRICT HOSPITAL

Patients on the East Coast of Tasmania are set to benefit from a staffing boost at St Helens District Hospital as we deliver for all Tasmanians.

Delivering on a key election commitment, the Tasmanian Liberal Government’s 2021-22 State Budget allocated \$560,000 for the St Helens District Hospital as part of our plan to boost rural hospital staffing.

This investment has expanded the current hours of allied health and cleaning staff. Allied health services will be boosted with a new occupational therapist position employed 3 days per fortnight, the physiotherapist position increasing from 3 days a week to 4 days a week and the Allied Health Assistant position increasing from 1 day a week to 3 days a week.

The increased hours will decrease waiting times for community patients and enhance in-patient services. This will lead to better patient health outcomes with a possible decrease in the length of stay for patients as they have more access to allied health care while admitted. A new Allied Health Administrative Assistant will also be created at 20 hours per fortnight, freeing up the allied health team to spend more time focussing on patients and less time on administrative tasks.



Elsewhere, cleaning services will be bolstered, increasing capacity in an area that has become even more critical with the presence of COVID-19 in the community. To keep staff and patients safe from COVID-19, additional cleaning is required in clinical and public areas after seeing COVID-positive or suspected COVID-positive patients. The expansion of cleaning services will enable affected areas and services to be ready to receive patients again in a timely manner.

Funding has also delivered an increase in Administrative Assistant hours to support the running of the hospital.

Recruitment is currently underway with all positions set to be filled by the end of August.

The Tasmanian Liberal Government is committed to increasing staffing in our rural and regional hospitals, so that patients can get access to the right care in the right place at the right time - no matter where they live.

(Information from press release by John Tucker MP, Deputy Speaker, photograph from Google.)

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Valley and East Coast Voice
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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.

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

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Crime Stoppers	1800 333 000
Digital Mobile Phone Emergency Service	112
Poisons Information	13 1126
SES: Flood & Storm emergencies	13 2500
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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.

BOOK WEEK CELEBRATED AT SCHOOLS

Each year since 1945 the Children's Book Council of Australia (CBCA) has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. Classroom teachers, teacher librarians and public librarians create colourful displays, develop activities, run competitions and tell stories relating to a theme to highlight the importance of reading with the theme changing every year.

Schools participate in 'Book Week' celebrations, which may include parade of students and staff who dress up as a character from their favourite book, guest speakers/staff coming in to read a select CBCA book from the winners list and sharing their favourite books with their classes. This years book winner was *Jetty Jumping* by Andrea Rowe and illustrations by Hannah Sommerville. You may like to watch the YouTube clip of the CBCA book of the year here - <https://youtu.be/xTXJjwzlek>

If you'd like more information about Book Week each year and the titles that were short listed, please visit the CBCA website - cbca.org.au

In St Marys, students walked from the school down Gray Road then along Esk Main Road to Cameron Street, before returning to the school via the Community Space Skate Park. The characters were many and varied, and many staff also spent the day in character.

At St Helens, on Tuesday 23rd August, our Kinder to Grade 6 students celebrated Book Week by parading around the school and at Medea Park. We had a fabulous assembly taken by 'Max' from 'Where the Wild things Are' to honour our book week theme of 'Dreaming....eyes wide open'. Kinder to Grade 2 students entered a drawing competition, sharing what happens when they use their imagination, and a book prize was donated for each winner in each class. Five finalists also received a small book prize from



the 'Little Treehouse' series. Grade 3 – 6 students also celebrated, with six winners participating in a random draw to win book prizes. Our costumes were fabulous this year with lots of amazing home-made ideas.

We would like to thank Constable Griffith and Constable Bidgood for supporting us on our walk and we hope we brought excitement and joy to our local Medea Park residents. We look forward to celebrating again in 2023.



(St Helens article and photographs courtesy of St Helens District High School)

As The Valley and East Coast Voice will be celebrating 55 years of publication next year, we will be replicating a page from a past copy of 'The Valley Voice' in each issue. We start with this article about the St Marys Show, taken from Volume 39, number 6, published Thursday, 20th July, 2006.

A LITTLE BIT OF HERITAGE: *by Jim Haas* ***"The Show"***

Love's Barn was situated on the corner of Groom and Cameron Streets, St. Marys on what is now a vacant block. And no, it was not a place for locals to go and "make out", it was a rather large barn and stable owned by a very respectable resident by the name of Mr. Love and it was also the site of the first St. Marys show held on the 18th April 1893.

The show was opened by the newly formed St. Marys Farmers Association's president, Colonel Robert Legge of Cullenswood and because of the small amount of space provided, the show was limited to produce only. But what a day it was, as some 600 men, women and children came out on this beautiful autumn day to be part of this novel occasion and to hear the St. Marys Brass Band as they played and marched through the streets of the town and finally set up near the barn, which was chock-a-block full of what our farmers from the hills and valleys all around St. Marys could produce.

There were fruits, and vegetables of every kind, cakes, scones and biscuits to make the mouth water, sewing, knitting and crochet of many patterns, home made dairy butter straight from the churn and cheeses that would take a prize in the big shows of Hobart, Launceston or even Sydney.

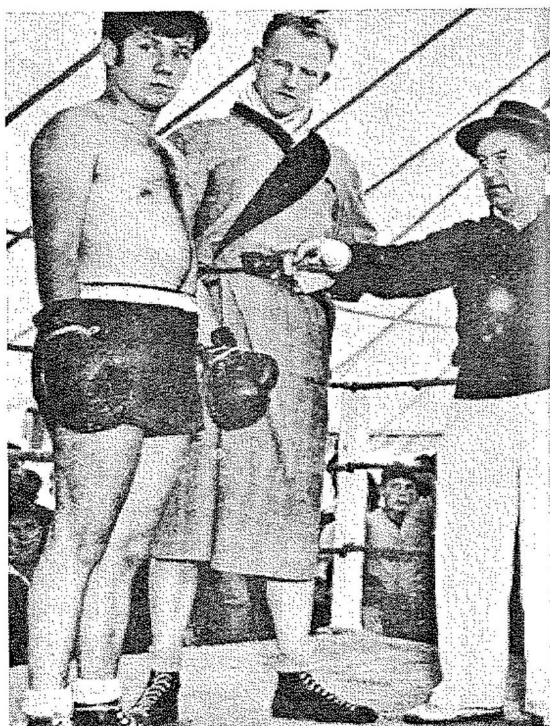
Farmers stood proud over their wares as townspeople looked, admired and tasted the wonders of the earth and children stuffed themselves with toffee apples and fruit salad covered with rich, fresh cream.

The first show was a roaring success. The Farmer's Association members were rapt, and began planning for 1894. Year after year the event continued to grow, and with its relocation to the show grounds (now the recreation ground) where a number of pavilions were built to house the produce, and with the added space, live stock and machinery was able to be displayed and horse events were introduced.

Also, with the larger area, the Tasmanian Showman's Guild came on board, and Side Show Alley became a hit, especially Harry Paulsen's Boxing Troupe. The beating of the drum, ringing of the bell and the bellowing voice of Harry, the little Norwegian born seaman who jumped ship in Hobart to become one of Tasmanians best known showmen, could be heard from as far away as Cornwall or Irish Town. This would entice a huge audience to come and watch as a couple of would-be locals were lured into the ring to try and stay on their feet for three, two minute rounds of boxing Harry's professionally trained fighters.

But win, lose, draw, bloody nose or cut lip, the local who showed the courage to brave the might of Harry's boys would be a hero, simple by having the guts to have a go. There were times when locals such as Stephen Salter, Jimmy Davern and Des Vincent were holding their own in the ring, the boxing tent would burst at the seams with the large crowd, all cheering as the local boy landed his blows.

For some seventy years the Show was an institution in St. Marys. People came from throughout the Fingal Valley, East



One of Tasmania's best known Showmen, Harry Paulsen, with part of his boxing troupe that always added flavour to the last few years of the St. Marys Show.

Coast and indeed from all parts of Tasmania, to see what was on display and watch the events that were being held. Events like chopping, pit pony races, show girl competitions, horse jumping and sheep dog trials were all part of the entertainment, as friends and family, many of whom hadn't seen each other since the last show, all met, talked, laughed, ate, drank and caught up on a year's gossip.

Unlike the New Years Day Races, however, the St. Marys Show was unable to endure the test of time and our changing culture, and closed in the 1960s. But the large pavilion, which once held the produce of our hard working ancestors, still stands proud just inside the recreation ground gates, the only reminder of that wonderful part of our heritage where once a year a community came together as one and put their talents and skills on display for all to see and enjoy.

Modern living has changed the way we live, think and socialise for ever, and we may never see another St. Marys Show. But we must not forget that time in our heritage, because this annual event meant so much to our ancestors.

It brought farmers, coalminers, timber and rail workers, business people and townsfolk alike together, not only to display their wares and skills with the chance of winning a ribbon, but to communicate and share a special community spirit that, like our agricultural shows, is slowly falling by the wayside in this new technological age.



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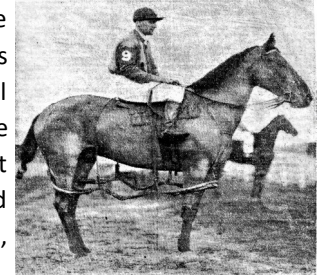
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ST MARYS Part 3

On 1st January 1886, the first New Year's Day Hack Races at St Marys took place, on the property of 'Woodlawn' between Cornwall and Mt Nicholas. There was a pony race, hurdle, handicap and consolation handicap races as well. A horse named 'Gaslight' came second in the hurdle and then went on to win the consolation before a large crowd. On 3rd January 1887, the races became known as the 'St Marys Amateur Turf Club', and a special train was organized for the horses that came from the Fingal Valley, Midlands and further afield. The winner of the day was a horse named 'Leo', raced by the parents of Mr. Bill Oliver, who was well-known as a racing administrator and the state's best known racing historian. Evandale Brass Band played some nice selections which was appreciated by the large crowd. Albert Lowe had an accident with his horse 'Terror' in the local hurdle race, but all turned out well at the end of the day, and a successful day was had by all.



One of the competitors at the St Marys Races, 1886.

By 1903, the St Marys Amateur Turf Club had built a new track, and it ran north along Gray Rd to the corner of Harefield Rd, then south along Harefield Rd to join up with Gray Rd again, near the current Sports Centre. Harold Thomas and Tom Spencer went every year and cut the ferns off the race track which, depending on the weather, was either a bog or a dust cloud. Races were started with a 12-bore shot-gun, and Mr. William Davern, who was a short man, stood in the high rushes to start the race and his head could only just be seen. Not long after, trotting and steeple races were held and the name changed to 'St Marys Hack and Trotting Club'. In the 1950's, a new flatter and smoother track was built along with a new grandstand and other infrastructure. The last gallop meet was held in 1960 and the name changed to 'St Marys Trotting Club', then in 1989 it changed to 'St Marys Pacing Club', which it has remained ever since. They also had a race day in March but this was abandoned in 1965 after an unsuccessful meet. On 1st January 1986, the centenary of the first race meet, the gallops race was run after a 46-year absence, along with pacing events. The 1972 Melbourne Cup winner 'Piping Lane' was bought in from Davenport and paraded at the track. The St Marys Pacing Club continue to hold a race meeting on New Years Day each year. It is a major event in the town, drawing horses and people from all over the north of the state.

St Marys Show was first held on 19th April 1893 by the St Marys Farmers Association, and held at a barn owned by Mr F Napier. It was opened by Colonel Legge and was mainly a produce show, as the premises weren't big enough to show livestock. There were dairy products, vegetables, cookery and sewing classes which attracted the women exhibitors. Entries included pot plants - 1 entry, cut flowers - 32 entries, fruit - 30 entries, vegetables - 55 entries, dairy produce - 43 entries, cookery - 43 entries, and sewing - 22 entries. Grain, poultry and ring events were introduced the following year. 20th March 1948 was the first Show at which the industrial side of the district was represented, and the first pit-pony derby was held. The record attendance was attributed to the 'wheelers' from the coal mines, who bought their ponies to the show, which was a main attraction. The ponies were ridden by the miners and competed for the trophy presented by the Cornwall Coal Co. The President, Mr K Brodribb, said the committee realized the potential and wanted the miner's co-operation. Next year it was hoped to hold a garden competition for bona-fide miners. About 700 entries were



St Marys Show, 1931.

received from all parts of the north and east coast. By 19th March 1949, the St Marys Show was now organized by the East Coast Agricultural Society. On 7th April 1951, the 'Jubilee' Show was opened by the Governor Sir Hugh Binney, and gate takings were £83, a record. It was a huge success and the secretary, Mr Wardlaw, said that nearly every show horse had been entered, and a large increase in the pigeon section was due to the boys in the district having become very pigeon-minded. In the pit-pony derby, 'Major', a coal pit-pony who had hauled 100,000 tons of coal at the Jubilee Coal Mine over the past 12 years, was the highlight, but 'Pincher', ridden by W Mitchell, was declared the winner. Cattle, sheep, and pigs of all breeds were entered, along with ring events, pigeons, cycling, cooking - including cakes and preserves - photography, sewing, dairy and all sorts of fruit and vegetables, as well as flowers. School work including woodwork, cooking, needlework, writing, sewing featured too, and also school judging for sheep and poultry. The show was a huge success, and it ran for 76 years, as the last recorded date was the 73rd annual show on 26th March 1966, when it was known as the Eastern Agricultural Show.

More details of the St Marys Show were given in an article by Jim Haas, which you can read on the previous page.

(Article written by Rauni Paloniemi, photographs from History Group collection.)

CRIME STOPPERS WANT YOUR TIPS IN THE FIGHT AGAINST CRIME

As Crime Stoppers Week launches this year, Tasmanians are encouraged to remember the value their tip can have when they choose to shine a light on crime.

The focus for this year's Crime Stoppers Week is illicit drugs and their entry points into our communities. Individuals can make a difference in fighting this serious crime and making their communities safer.

Crime Stoppers Tasmania Chair, Mr David Daniels OAM says, "We all have a part to play in securing community safety, which can be achieved in some instances by simply reporting information on crime. Most illicit drugs enter the State via sea, air, and mail. Police do an amazing job stopping drugs coming into the State, but there is more that can be done to support their great work. That's where Crime Stoppers comes in. Without divulging details, tips to Crime Stoppers have provided key information in a number of drug busts over the last 12 months. People can make a difference by contacting us, and they can be assured that their anonymity will be protected. We have also paid rewards to people, without even knowing who they are", said Mr Daniels.

The Australian Criminal Intelligence Commission's latest National Wastewater report shows that across Tasmania the use of ICE and cannabis has increased. Also, parts of the State have shown an increase in cocaine and heroin.

"Tasmanians have a role to play in reporting criminal activities and suspicious behaviour. Illicit drugs are a major concern and can have a devastating impact on families. Criminals don't care. And drug dealers destroy lives. Tasmanians can make their tip count by providing as much detail as they can when they contact Crime Stoppers. The more information provided, the better it will assist police investigations," Mr Daniels said.

Tasmania Police Acting Assistant Commissioner Stuart Wilkinson said that Tasmania Police welcomed the opportunity to take part in Crime Stoppers Week, which aims to encourage and empower the community to report information relating to illicit drug, firearms and other crimes to Crime Stoppers. "For those seeking to profit from selling harmful drugs to Tasmanians, know that we will target you and your activities in order to keep Tasmanians safe," Acting Assistant Commissioner Wilkinson said. "We work closely with Australia Post, airports and the Spirit of Tasmania and other partners to ensure that our sea, air and mail corridors are not exploited by those wanting to profit from drug distribution. We actively investigate any tip-offs or intelligence and conduct our operations accordingly, and of course we monitor repeat offenders very closely. But we need the community's help."

Crime Stoppers Tasmania and the Launceston Airport are encouraging the reporting of information from travellers and staff concerning drug crime or suspicious behaviour. Crime Stoppers Tasmania CEO David Higgins says "Launceston Airport enjoys a strong relationship with Tasmania Police, other law enforcement agencies and security organisations. Crime Stoppers aims to increase information from the community to police, and prevent drugs coming into Tasmania. We are not asking people to become directly involved, their safety is a priority. We are just asking for awareness, vigilance and then action. Contacting Crime Stoppers with as much information as you can is a great way to play your part without getting involved. [Suspicious behaviour includes](#)



[those who](#) fly in and out in one day [for no apparent reason](#), or show strange patterns in their travel arrangements. It is always important to remember that any immediate suspicion should be reported to security and police on 131 444 or Triple Zero in an emergency", Mr Higgins said. We can all work together to shine a light on crime and help keep our state safe from drug crime," he concluded.

Tasmania Police Detective Acting Inspector Mathew Adams said that police work closely with Launceston Airport, Australia Post, the Spirit of Tasmania and other partners to ensure that Tasmania's air, sea, and mail corridors are not exploited by those wanting to profit from drug distribution. "Tasmania Police drug, firearm and explosive detection dogs are also used to screen passengers, baggage, cargo, vehicles and mail into the state," Detective Acting Inspector Adams said. "We actively investigate any tip-offs or intelligence and conduct our operations accordingly, and of course we monitor repeat offenders very closely. But we need the community's help through the reporting of suspicious behaviour."

Crime Stoppers Tasmania's drive to encourage more details in tips is leading to better quality information being passed to police and providing better outcomes to investigations. Tips to Crime Stoppers go through a rigorous vetting process prior to being converted into intelligence reports for Police.

Crime Stoppers Week is designed to raise awareness about what everyone can do to combat criminal activity. Crime Stoppers Tasmania is central to this effort because intelligence provided by the community through Crime Stoppers is a powerful weapon for our Police.

If Tasmanians see or hear something that doesn't seem right, we encourage them to speak up, but stay secret, by anonymously reporting what they know at crimestopperstas.com.au or by phoning 1800 333 000.

Shine a light on crime and drug dealers this Crime Stoppers Week. We just need your info, not your name!



5 MINUTES WITH THE MAYOR



The St Marys Multi-Purpose Centre

It is always a highlight for Council when we can deliver something for our community that they have been asking for. As a small Council with a really small rate base, it can be difficult for us to fund projects wholly, this is why our Council team is so proactive in seeking out grant funding.

Last year, Break O'Day Council was successful in securing funding through the Black Summer Bushfire Recovery fund to deliver several projects for the Valley community. The largest of these projects is the design and construction of a multi-purpose centre for the community.

The intention of this building is that it will house the gym, kiosk, change rooms and toilets, as well as be able to function as an emergency centre if ever required. It will also be a brand new build, this means that the existing gym, which is no longer fit for purpose, will be removed once the new facility has been built.

Architects Edwards and Simpson developed a draft concept plan that they presented to the users of the St Marys Complex, including gym members and the various sporting clubs, at an information session. Feedback from this session was collated by Council staff and then fed back to Edwards and Simpson, who then revised the concept plan.

The revised plan is now available on our website and we are asking you, the wider Valley community, what you think of the concept drawings. You can find the revised plan as well as a copy of the first round of feedback with responses on our website under My Community/Community Engagement. On this page you will also find a list of prompting questions to help you assess the concept plan.

You can also find hard copies of the plan displayed at the Fingal Valley Neighbourhood House as well as Council's Office and the St Marys Sports Complex.

We look forward to hearing your feedback on the plan, and I look forward to seeing this project constructed.



The St Marys Multi-purpose Centre will expand the uses of the present gym building, which it will replace.



Mayor Mick Tucker
- serving all of
Break O'Day

mick.tucker@bodc.tas.gov.au

0419 372 813





IN THE KITCHEN WITH KIRSTEN FOR FATHER'S DAY



Treat your Dad ! Here's a snazzy version of French toast, using egg bread, that's easy enough for children to make themselves. You can make the orange butter the day before and, if you like, fry breakfast sausages or bacon separately to serve along with the French toast. This recipe makes 4 servings.

Orange Butter

1/2 cup unsalted butter
1 tsp finely grated orange rind
1 tbsp orange juice

Using a wooden spoon, lightly warm the butter and then beat until softened and fluffy, then mix in orange rind and juice. Cover and chill. Make sure the orange juice is not too cold.

Fresh Fruit Medley

12 large strawberries
1 kiwi fruit
1/2 rockmelon
1 orange

Hull strawberries. Peel kiwifruit. Seed rockmelon and cut away the skin. Cut kiwi and rockmelon into 5 mm slices. Thinly slice and seed orange. Store fruit separately in the refrigerator while preparing toast.

French Toast

4 eggs	1/3 cup cream	1/4 cup maple syrup	2 tbsp orange juice
1/2 tsp vanilla	1/4 tsp freshly grated nutmeg	1 pinch cinnamon	1/4 cup (75) butter (approx)
8 slices good bread, sliced about 3/4 inch thick		2 tbsp (25 mL) icing sugar	
Mint sprig, optional	Mandarin orange sections, optional		Maple syrup, optional

In a large bowl, whisk together eggs, cream, maple syrup, orange juice, vanilla, nutmeg, and cinnamon and set aside. You may need a grown-up help you do this;

In a large frypan over medium heat, melt 1 tablespoon of the butter. Dip 1 slice of bread at a time into the egg mixture, press down and let soak for 10 seconds, then turn and press again for 10 seconds. Lift out, letting excess egg mixture drip back into the bowl. Fry soaked bread, in batches, for 1-1/2 to 2 minutes on each side or until golden brown, adding more butter to frypan as needed. Transfer toast to a baking tray or serving dish and keep warm in 150°F (70°C) oven while frying the remaining bread.

Place 2 slices of toast on each plate; garnish with an assortment of fruit. Dust with icing sugar and top with a dollop of Orange Butter. Garnish with a mint sprig and orange sections and drizzle with maple syrup (if using). A nice dollop of good king island cream or yoghurt also makes a lush addition.



This is another fabulously easy recipe for Dad for Fathers Day, add a good hot drink and he will be very happy.

SUPER EASY FRITTATA

Ingredients

2 medium (400g) Sebago potatoes	2 tbsp good olive oil	1 red onion, chopped
70g pancetta, ham or prosciutto, chopped	100g baby spinach or rocket	200g red grape tomatoes, halved
1 red capsicum, chopped	8 eggs	1/2 cup thickened cream
1/2 cup freshly grated parmesan cheese	1/4 cup grated Tasty cheese	

Method

Preheat oven to 200°C. Pierce each potato 4 times with a bamboo skewer, then place in a heatproof, microwave-safe bowl. Microwave on high (100%) for 4 minutes or until tender - alternatively, I like to steam mine. Allow to cool, then thinly slice.

Meanwhile, heat oil in a non-stick frying pan over medium heat. Add onion and cook, stirring, for 3 minutes. Add pancetta, ham or prosciutto. Cook, stirring, for 3 to 4 minutes or until onion is tender and meat is golden. Add spinach then cook for 1 minute or until spinach is just wilted. Lightly grease a 5cm-deep, 26cm x 16.5cm (base) ovenproof dish. Combine onion mixture, tomatoes and capsicum in a bowl. Arrange half the potato, in a single layer, over prepared dish. Top with half the onion mixture. Repeat with remaining potato and onion mixture. Whisk eggs and cream in a bowl. Gently pour egg mixture over vegetable mixture. Sprinkle with freshly grated parmesan and tasty cheese. Bake for 30 - 35 minutes or until egg mixture is set and top golden. Stand for 5 minutes, then serve.



Have an awesome day and thank you.

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

Kirsten Bacon

<https://www.youtube.com/channel/UCs7TNB6W11NjOcY4E929Wg/featured>

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FATHER'S DAY.....

Everyone has a father, yes, it's true.
Some have one, some have two...or even a few.
They can be funny, silly, quiet or tough,
but us kids just love it when they come home
to play football and other games with us.
They work at all sorts of jobs to earn their pay
like firemen, policemen, fishermen,
in a bank or office or even as a "fly away".
We love our dad because we know he loves us.
He buys us ice-cream and lollies and stuff.
Mums says that that much sugar rots our teeth,
Dad says, "Once won't hurt, it's only a treat."
Why do we celebrate just once a year?
Father's Day should be every day of the year!
Without Dads in this world
Where would we be?
Who would chop the wood, light the fire or take us out to tea?
Hugs all round every day I say,
For the man of the moment,
Our Hero, Hip- Hip Hooray
It's Father's Day one day in the whole year
Don't you think it should be Father's Day every day of the year?
HAPPY FATHERS' DAY TO ALL THE DADS OUT THERE...

(Contributed by Annette Clark)



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Free Sausage Sizzle

6th September 2022

11am - 12pm

Where: **Community Garden** - Eagle Street, St Helens

A free bus will run from Fingal, please phone

(03) 6374 2344 to book a seat

Use these 4 steps and start a
conversation that could change a life



1. Ask R U OK?

2. Listen

3. Encourage action

4. Check in

Find tips at ruok.org.au

Useful contacts for someone who's not OK

If your life is in danger or you're concerned for your own or someone else's safety please call 000.
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Lifeline

13 11 14

lifeline.org.au

Beyond Blue

1300 224 636

beyondblue.org.au

Suicide Call Back Service

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Mensline

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mensline.org.au



		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>STAR FM</p> <p>Program Guide</p>  	Brekkie	Start your working week with Star FM	Fruity and Loopy with Flashy	I see Stars with 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
	Morning	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
	Arvo	Jackster's MUSIC BOX PLUS "Pet Talk with Dr Andrew after 2pm with Jackster and Porsche	The Down Under Show with Jonno	"Around the World" with your hostess The Tone	In the Shed with ZEDD	"Fresh and Fruity Friday's" with Angelina	A dose of Dr Dave PLUS Quizzes at 3 and 4pm with Dr Dave	Star FM's The 80's Zone
	Late Arvo	In the BACKSEAT with Astro or JAX	2 For Tuesday Request Show with Shaun	Something Fishy is going on with Fyshy	DR DAVES Travelling Medicine Show with DR DAVE	"Rock On" with Jonno	"The No 80's Zone" [everything except the 80's] The Tone	with The Tone
	Evening	Monday Evening With Star FM	Neville's Country Corner and more with Neville	That 70's Show with Star FM	Thursday Nights with Star FM	It's Friday Night with Star FM	The Party Pit Playlist with Star FM	Big Daddy Davo's Blues Mix hosted by Dave

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4 September

Puddle Monkeys

11 September

Brooke Banderas

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The Say by the “Cage Rattler”

Just the other day, I was privileged to meet a very sincere and kind-hearted lady visiting my workplace. During my few minutes' conversation, I found out that she was taking on a role that is truly something very special. She is helping to educate people of the wonderful tapestry of ancient, and I do mean ancient, indigenous culture. She has not been doing this for very long apparently, but that said, she is embracing the opportunity to take on the role.

I believe that she will be a regular visitor in the region and will be giving real insight into the many facets that make up the vast history of many first nations people, but particularly focussing on Tasmanian indigenous matters.

If I told you twenty years ago that I'd be extremely interested in all this, I'd be lying, only because I would have thought then that it didn't matter to me as a European-ancestry Australian, but slowly over the years it has dawned on me that European culture pales into insignificance compared to the real first Australians, whose history dates back at least 60,000 years and maybe as much as 70,000 years. It's still continuing too, and is actually recognised as the oldest continuous culture in the world....

That little fact blows me away. The different and diverse 'mobs' have lived with the land, and dare I say, respected the land better and for longer than pretty much every other human race. This should be, and must be, greatly respected and celebrated, and I freely admit that now.

Of course, Australia is not the only country on this spinning orb that has disregarded and disrespected their indigenous folk. It's largely happened everywhere I suppose. Stronger technology, weapons, ambition and maybe even greed leads to all that. All I personally hope is that over time, we will truly respect the ways of our indigenous people and try to learn why and how they have managed to live WITH the land and sea and it's resources, and not pillaged it like modern eras have. Maybe we should take in messages from all indigenous peoples everywhere.....

What do you think?

2022 READER'S SURVEY

The Valley and East Coast Voice prides itself on being a community newspaper with a long and proud tradition of sharing the stories, events and experiences of east coast and Fingal Valley residents.

This year we are asking for your feedback to ensure that we continue to meet the needs and interests of our ever-changing community.

This is your chance to tell us what you read, who your favourite columnists are and how having a local paper makes a difference in your sense of connection and belonging to the community. The survey is completely anonymous (unless you would like to enter our prize draw of a \$50 Fingal Supermarket voucher) and closes on the 30th September. Hard copies, QR codes at your point of sale or in the paper and email are some of the ways you can access the survey.

We look forward to hearing more about what we do well and what else we can do to ensure that The Valley and East Coast Voice remains relevant and interesting to all our readers for many years into the future.

Please let us know what you think!

The Valley and East Coast Voice 2022 Reader's Survey



Share your ideas and feedback on The Valley and East Coast Voice to help us serve the needs of the local community with this quick survey



Enter the prize draw for a \$50 Fingal Supermarket Voucher

Thank you for your feedback. More info: ValleyVoice@fvnh.org.au

Finalised 30th September 2022

Privacy Principles contained within the Privacy Act 1988. FVNH collects information for the purpose of obtaining your consent to the use and publication of your words, images, quotes or other comments made by or attributable to you. Your personal information will not be used for any other purpose or disclosed to any other person or organization unless such disclosure is permitted pursuant to the Privacy Act 1988.

GREAT EASTERN WINE WEEK

9 - 18 SEPTEMBER 2022



Limited tickets still available to the following events:

Events on Everday

Hurly Burly Tent Tasting at Topeka, Hurly Burly Wines
Tasting Plates and Old Vintages, Milton Vineyard
Flavours of the East Coast, Freycinet Lodge

9th September 2022

VIP Gin Experience, Spring Bay Distillery
Taste of The Bend, The Bark Mill
VIP Whisky Experience, Spring Bay Distillery
Winemakers Dinner at Furneaux

10th September 2022

Wild Abundance Cooking with Game, Twamley Farm
Live Music at Spring Vale Wines
Discover Freycinet Vineyard with Claudio Radenti,
Freycinet Vineyard
Great Eastern Wine Cruise, Wineglass Bay Cruises
VIP Whisky Experience, Spring Bay Distillery
Winemakers Dinner at Furneaux
Wine and Dine Indulgence at The Wharf, The Wharf
Bar & Kitchen

11th September 2022

Wine, Food and Fun Affair in the Bay of Fires region,
Priory Ridge Wines
High Tea with perfectly matched Wines, Craigie
Knowe Vineyard
A Japanese Fusion for your Wine Senses, Raida St
Helens

13th September 2022

Plumm Masterclass, Craigie Knowe Vineyard

14th September 2022

Trail, Graze and Cheers, Boomer Creek
Sip and Paint, Darlington Vineyard

15th September 2022

White Wine Degustation Lunch, Spring Vale Wines

16th September 2022

High Tea with perfectly matched Wines, Craigie
Knowe Vineyard
Taste of the Bend, The Bark Mill
Dinner at the Mill, Spring Bay Mill
The Battle of the Vineyards, Furneaux Restaurant

17th September 2022

Unwind in the Vines, Craigie Knowe Vineyard
Discover Freycinet Vineyard with Claudio Radenti,
Freycinet Vineyard
Great Eastern Wine Cruise, Wineglass Bay Cruises
Twilight Dinner, The Bark Mill
Dinner at the Mill, Spring Bay Mill
The Battle of the Vineyards, Furneaux Restaurant
A Japanese Fusion for your Wine Senses, Raida St
Helens

18th September 2022

Lushness at Pyengana Dairy
Trail, Graze and Cheers,
Boomer Creek
Beers by the Bay, Freycinet
Lodge



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IN THE KITCHEN WITH KIRSTEN



THE BEST OSSO BUCCO, WITH SUPER CREAMY POLENTA

Make yourself the best ever Osso Bucco. You know I love a winter braise and it's really such an easy dish to make. I know, I know, people say, "Well, it is for you Kirsten," but you know the thing I love about these sort of braises, is they are actually easy and the fact that you can leave them cooking away while you are doing other things, like reading, sleeping, walking and whatever else makes you happy inside. Imagine going for a walk and then coming back to goodness wafting out of your house and then into your tummy. That's what a winter braise is all about.

Ingredients

4 – 6 pieces osso bucco	1 cup plain flour	2 tablespoons good olive oil
2 medium to large onions diced	1 large carrot, peeled and finely chopped	3 cloves garlic, finely chopped
1 sprig rosemary	2 bay leaves, cracked (fresh even better)	2 tablespoons tomato paste
800g diced tomatoes	½ cup red wine	250ml beef stock
sea salt and freshly ground black pepper to taste		

Method

Preheat oven to 160°C.

Place flour onto a plate and dust the osso bucco well. Heat the oil in a large sauté pan or stove top casserole dish and brown osso bucco well on both sides and remove from the pan. Add the onion and cook until just starting to soften and colour, and then the carrots, garlic, rosemary, and bay leaves, and cook for a further 2 -3 minutes. Stir in the tomato paste, diced tomatoes, red wine and beef stock and return the meat to the pan. Heat, stirring, until liquid boils. Cover and cook in the oven for 2½ hours or until meat is tender.

This recipe serves around 6 people or 4 hungry as ever people and is absolutely perfect served with the super creamy soft polenta, and you can add steamed greens if you like.

As always, this can be cooked in a slow cooker or a pressure cooker, but I feel the flavour is far nicer done in an oven. Take the bay leaves out before serving, if you like.

Now for my super creamy polenta.

Ingredients

3 cups whole milk	3 cups water	1 cup polenta (coarse cornmeal)
1½ cups finely grated Parmesan	4 tablespoons unsalted butter	4 teaspoons salt
250 mls sour cream		

Method

Bring milk and water to a boil in a medium saucepan. Reduce heat to medium. Whisking constantly, gradually add polenta and bring to a simmer. Reduce heat to low, cover pan, and cook, whisking every 10–15 minutes, until thickened and no longer gritty, 30–35 minutes. Remove from heat and add Parmesan, butter, and salt. Cook, whisking, until butter and cheese are melted and polenta is the consistency of porridge, about 1 minute. Fold cream in just before serving.

Note: Polenta can be made 3 hours ahead. Store covered at room temperature. Reheat over medium-low, adding milk as needed to loosen.

Traditionally this dish has gremolata. I haven't used it for this time but it's definitely wonderful addition.

For the gremolata

½ bunch flat leaf parsley, finely chopped
finely grated rind from 2 lemons
2 garlic cloves, crushed

Just before serving, mix the gremolata ingredients and sprinkle over the hot osso bucco.

Have an awesome day and thank you.

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

Kirsten Bacon

<https://www.youtube.com/channel/UCs7TNBH6Wi1NjOcy4E929Wg/featured>

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



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 st Thursday of the Month
Spinners and weavers	20 th September
Ragamuffins	19 th 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: Active4Life@fmh.org.au
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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FINGAL FOCUS

Contributed by Mike Brouder

You know that you are an adult, when you get excited just to go home.

I don't know how to act my ageI've never been this age before, or as my daughters tell me, "Grow old, Dad, but don't grow up!

Wandering around the fair ground, a man enters the fortune-tellers tent for a laugh. "I see you're the father of two children," says the fortune-teller gazing into her crystal ball. "Ha, that's what you think. I am the father of three," the man says sceptically. "That's what you think!" says the fortune-teller.

The oddest thing about belonging to a hypochondriac support group is that they all ring in sick, but they all turn up for the meeting.

A beggar in Spain approached an old lady and said, "Please, Senora, I haven't eaten all day." "Good," the old lady says, "you won't have to worry about cramps when you go for a swim."

An elderly couple go into a fast-food restaurant where they carefully split a burger and fries. A trucker takes pity on them and offers to buy the wife her own meal. "It's OK," says the husband, "we share everything." A few minutes later, the trucker notices that the wife hasn't taken a bite. "I really wouldn't mind buying you your own meal," he insists. "She'll eat," says the husband. "we share everything." Unconvinced, the trucker asks the wife, "Why aren't you eating?" The wife snaps, "Because I'm waiting for the teeth!"

"I can do thirty words a minute," said the secretary to her boss. "Is that shorthand or typing?" he asked. "Reading," she said.

A man went to the police station determined to speak to the burglar who had broken into his house the night before. "You'll get your chance in court," the desk sergeant said. "No, you don't understand," said the man, "I want to know how he got into the house in the middle of the night without waking my wife. I've been trying to do that for years."

Towards the end of an interview the candidate was asked by the Human Resources Officer what kind of salary he was looking for. "Oh about \$100,000 a year." "What about a package of eight weeks paid holiday, full medical and dental insurance and a new top-of-the-range car every year?" "Wow, are you kidding?" the candidate said. "Yes, but you started it!" said the Human Resources Officer.

Thief went into a fast-food restaurant and held a gun to the proprietor's head. "Give me all the cash in the till." "Take-away?" the proprietor asked.

Some mistakes are too much fun to make only once... Anon

Lincoln studied by the firelight, Mozart composed by candlelight, and Galileo invented by oil lamp. Didn't anyone of them think to work by daylight?

Etiquette Suggestions

- 1 Never take an open stubby to a job interview.
- 2 Always identify people in your paddocks before shooting them.
- 3 It is tacky to take an Esky to church
- 4 If you have to vacuum the bed, it's time to change the sheets.
- 5 Even if you're certain that you're included in the will, it's rude to take your ute and trailer to the funeral.
- 6 If drinking from a bottle, hold it with only one hand.
- 7 A centrepiece for the table should never be anything prepared by a taxidermist.
- 8 Extensive use of deodorant can only delay bathing by a few days.
- 9 Don't yell abuse at characters on the screen. Tests have shown that they cannot hear you.
- 10 When entering a roundabout, the vehicle with the biggest roo bar doesn't always have right of way.
- 11 When sending your wife down the road with a petrol can, it's impolite to ask her to bring back beer, too.

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

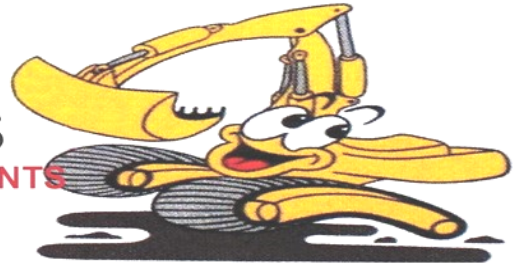
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Open: Wednesday 9am to 12pm

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

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Sunday 2pm to 5pm

FINGAL - Rossarden Road

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Thursday 10am to 4pm

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

TANIA RATTRAY MLC

**INDEPENDENT
MEMBER FOR
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Contact details - Mobile - 0427 523 412
Office Phone - 6350 5000
Email - tania.rattray@parliament.tas.gov.au

From my Scrapbook

What is the saying: when something old is new again? This can apply to fashions, hairstyles, eating choices – even jokes. After hiding in a file of mine for some time, I decided to share some of the notes and sayings I had collected from various sources. Some folks might find them familiar, whereas there just might be some who haven't read them before.

BUSINESS HOURS

Open most days about 9.00 or 10.00,
occasionally as early as 7.00,
but some days as late as 12.00 or 1.00.
We close about 5.30 or 6.00,
occasionally 4.00 or 5.00,
but sometimes as late as 11.00 or 12.00.
Some days or afternoons,
We aren't here at all,
and lately I've been here all the time.
Except when I'm somewhere else,
but I should be here then too.

Tasmanian tradie perhaps?

Toni Brewster.



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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WEEKEND MASS:

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Sunday 4.00pm

ST MARYS: Sunday 9.00am

BICHENO: 1st Sunday 11.00am

FINGAL: 2nd and 4th Sunday 10.30am

WEEKDAY MASS:

ST MARYS: Friday 10.00am

ST HELENS: Thursday 10.00am

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Fr. Norbert Z Ochoa 0437 324 227

fr.bitz51@gmail.com

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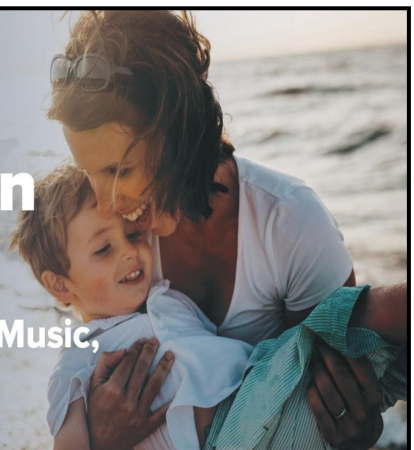
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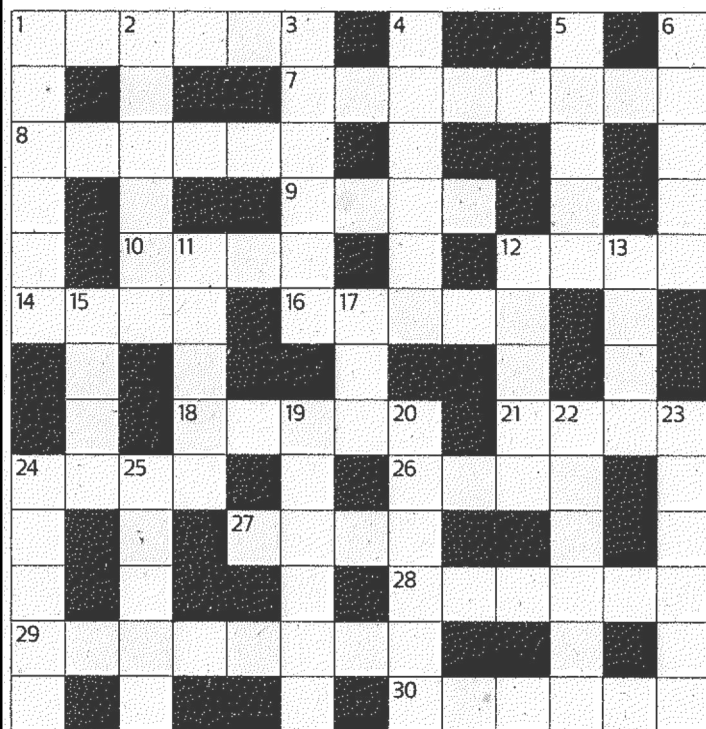
creativityinplay@gmail.com

or phone or text to:

0421 319 586



Crossword 54.15



ACROSS

1. Specify (6)
7. Emotional illness (8)
8. Roseanne ____, US comedy actress (6)
9. Wyatt ____, US law officer (4)
10. Large continent (4)
12. Embolism (4)
14. North Wales resort (4)
16. Shaver (5)
18. Took risks (5)
21. Sense (4)
24. Golfer, ____ Ballesteros (4)
26. New Testament book (4)
27. Company (4)
28. Turn up (6)
29. Emotions (8)
30. Arabian Nights musical (6)

DOWN

1. Merchandiser (6)
2. TV doctor from Tannochbrae (6)
3. Captivate (6)
4. Variety of silica (6)
5. Michael ____, TV presenter (5)
6. Royal racecourse (5)
11. Playground apparatus (5)
12. Skill (5)
13. River in southern England (4)
15. Expectation (4)
17. Dined (3)
19. Customer (6)
20. Rich patterned fabric (6)
22. Respect (6)
23. Found out (6)
24. Rapid (5)
25. Swore (5)

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

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

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eLibrary: www.libraries.tas.gov.au

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



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St Helens Supa IGA

Wall mounted inside the foyer, available during open hours.

St Helens Football Club

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Scamander Sports Complex

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Falmouth Community Centre - 24hr access

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Four Mile Creek - 24hr access

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

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Fingal Valley Neighbourhood House - 24hr access

On the wall outside the front door.

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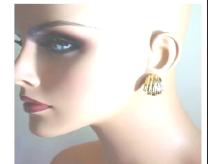
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Emergency relief providers help people in times of financial crisis.

Assistance includes: food, transport; chemist vouchers; part-payment of utility bills; clothing; and budgeting support.

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

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

Please contact an organisation for advice and assistance.

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

FINANCIAL COUNSELLING SUPPORT

If you or someone you know requires financial counselling support:

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

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

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

Housing Connect
1800 800 588

www.communities.tas.gov.au/housing/housing-connect
A one-stop shop for all your housing and support needs.

HELPLINES & INFORMATION

In all emergencies call the Police 000 line

Tasmanian Government Family Violence Response and Referral Line
1800 633 937

1800RESPECT
1800 737 732
www.1800respect.org.au

Mensline Australia
1300 78 99 78
www.mensline.org.au

A Tasmanian Lifeline
1800 98 44 34
taslifeline@lifelinetasmania.org.au

Kids Helpline
1800 551 800
www.kidshelpline.com.au

Lifeline
131 114
www.lifeline.org.au

Beyond Blue
1800 512 348
www.beyondblue.org.au

Carer Gateway
1800 422 737

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

Disability Information Helpline
1800 643 787

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

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

Older people and their carers are encouraged to call

Tasmania Public Health Hotline
1800 671 738

www.coronavirus.tas.gov.au
For the latest information about the coronavirus (COVID-19) in Tasmania

Find Help Tas

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

National Coronavirus Helpline
1800 020 080

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



Fingal Valley Arts and Culture



Break O'Day Regional Arts (BODRA) Gathering

Break O'Day Regional Arts (BODRA) are a local community-based organisation who support the St Marys market and other arts and cultural activities in the Break O'Day area.

BODRA aims to bring exciting and inspiring arts and culture to St Marys, Fingal, St Helens and surrounding towns. BODRA host creative arts workshops, promote creative writing opportunities, and host the regular markets. BODRA also support the Bay of Fires Youth Art Prize.

BODRA are looking for like-minded community members who might be interested in sharing their ideas or volunteering to support more activities or actions in our community. No arts background is needed.. just an interest in making our community a more vibrant and inspiring place to live!

Join us in the St Marys Town Hall Supper Room at the next market, or if you can't make it, then email bodregionalarts@gmail.com or call Tanya: 0400 002 116

**BREAK O'DAY
REGIONAL ARTS**

**WE'RE LOOKING FOR
IDEAS!**

Would you like to see more arts and cultural events in the Fingal Valley?

Music, drama, visual arts, community events

Come along to the next BODRA market and let us know your ideas

September 3rd 11-12pm
St Marys Town Hall Supper Room
More info: Tanya - 0400 002 116

What's on in the local area?

With One Voice Break O'Day

Community choir for all residents of Break O'Day. Meets each Tuesday from 5.15pm @ Scamander Sports Centre plus *Reconnect & Sing* at other local venues. NO EXPERIENCE IN SINGING NEEDED
Info, email: contact@wovbod@gmail.com or call 0439 001 533.

Spinners and Weavers

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

Fingal History Group

Preserving the historical, social and cultural heritage of the Fingal community and surrounding areas.
history@fvnh.org.au

Rustic Ragamuffins' Stitching Group

Homemade goodies, a cuppa and stitching; a recipe for a lovely escape doing what you love with likeminded people.
\$10 per session; bring your current hand stitching project. morning tea provided; byo lunch. At Fingal Valley Neighbourhood House, Talbot Steet, Fingal. 10.00am - 3.00pm on the 3rd Monday of each month (except public holidays).

St Marys Repurposing and Upcycling

Getting like-minded people together to limit waste and be creative. Ideas welcome. Weave a mat from T-shirt fabric and much more.
Text Diana 0488 688 508 to join.

Get in touch with the Valley Voice and share info on your group with the wider community.



Youth Art Prize Winner 2022

The New Libraries Tasmania Lending App

The Libraries Tasmania Lending App provides you with easy access to our library on your smartphone or tablet. Available for download on all iOS and Android devices.

What can you do?

Search and find lending materials in the Libraries Tasmania collection, including:

- books
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- place and manage holds
- view fees that you owe.

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- access your digital library card
- scan and search for ISBNs
- locate your nearest library and find their opening hours and contact details.

www.libraries.tas.gov.au



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

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Rebecca White MP

Labor Member for Lyons



✉️ rebecca.white@parliament.tas.gov.au

☎️ 6212 2225

Authorised by REBECCA WHITE,
33 COLE ST, SORELL





Building Blocks News



*children thrive
where families have
access to services
and supports*

Ideas for action - we can all play our part

- invite organisations to come to your service and share what they do with the children and their families
- promote your local services for families and children
- reach out to the community - hold an open day to promote your services
- find a program or service that can help you and your child thrive

This month we will be enjoying the spring weather with lots of outdoor programs, gardening and play-based learning activities.

We will be offering our popular bush walks at Winifred Curtis Reserve at Scamander, and exploring the everyday learning activities that you can do at home with your child. Building Blocks has occasional child care at Fingal Valley Neighbourhood House every Monday (9.30am - 2.30pm school term only) for children 3-5 years. Free to Health Care Card Holders or \$10 per child. Call in if you would like to hear more about this session.

If you or your family are required to isolate, then please let us know how we can support you with children's activities, RAT tests or other supports.

Email us at BuildingBlocks@fvnh.org.au or call the Fingal Neighbourhood House on 6374 2344 if you or your children are in need of any support or assistance with child development or early learning, or in your role as a parent.

Tanya and the Building Blocks Team




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

September 2022



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

MON	TUE	WED	THU	FRI
contact Tanya M: 0400 002116 or Email: BuildingBlocks@fvnh.org.au or Facebook: 'tanya building blocks'				1 St Marys Play & Learn @ Wombat Walk 10.30-11.30am
5 Fingal Play Centre 9.30-2.30pm	6 Read Sing Create! St Marys Library 11- 11.30	7 Ringarooma Launching into Learning 9-10am @ RPS	8 Jobs and Education Fair St Helens Stadium—Building Blocks will be there! 10-2pm	9 Read Sing Create! St Helens Library 10.30-11.30am
12 Fingal Play Centre 9.30-2.30pm	13 Read Sing Create! Bicheno Library 11-11.30am Jetsonville Playgroup 10-12pm, Scottsdale	14 Coles Bay Play & Learn @Coles Bay Hall 10.30-12pm	15 Fingal Play & Learn @ FVNH— 10.30-11.30am	16 Read Sing Create! St Helens Library 10.30-11.30am
19 Fingal Play Centre 9.30-2.30pm Winnaleah DS LiL 1.40- 3pm	20 Read Sing Create! St Marys Library 11- 11.30	21 Falmouth Playgroup 10-12pm @ Falmouth Community Centre	22	23 Read Sing Create! St Helens Library 10.30-11.30am Bridport PS LiL @ BPS 9-11.30am
26 Fingal Play Centre 9.30-2.30pm	27 Read Sing Create! Bicheno Library 11-11.30am	28 Gladstone Play & Learn 10.30-12pm @ Gladstone Hall Winifred Curtis Reserve Family Friendly Bush Walk 10.30-12.30pm Scamander	29 Move & Play 10.30-11.30am Scottsdale Indoor Active Centre, Arthur St	30 Read Sing Create! St Helens Library 10.30-11.30am Bicheno PS LiL 9.15-10.15



EAST COAST

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

CLINIC OPENING HOURS:

Mon-Fri 9:00 - 5:00

Saturday 9:00 - 2:00

Closed Sunday and public holidays

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67 Quail Street, St Helens

Ph 6376 1577



SUNCOAST SPINNERS AND WEAVERS

Our spinners, weavers and knitters group meets at Fingal Valley Neighbourhood House on the third Tuesday of every month from 10.00 am to 2.00pm. This is a group of people who get together to knit, spin, sew, weave and swap ideas and materials in an informal atmosphere. The members have diverse interests and someone in the group is always available to assist you in trying out new skills. We have a donated spinning wheel available for use if you would like to try spinning.

Other activities include basket making and recycling unused clothing from the Op Shop into wearable garments or for weaving into mats, knitting socks and other wearables.

Please feel very welcome to come along and give us a try!

Morning tea is provided, always very tasty, and bring your own lunch. Each member contributes a gold coin to the kitty to cover the use of the room and we usually visit the Op Shop across the road to check out the bargains! For any further information, ring Megan on 0418 881 315.



Are you seeking assistance with any of the following?

 Financial (criteria apply)	 Food	 Housing	 No Interest Loans
 SCAN ME OR	 Household Items	 Domestic Violence	

Visit www.assistancetas.com.au

If you can't find what you are looking for, try www.findhelptas.org.au



RUSTIC RAGAMUFFINS Stitching Group – Sept 19



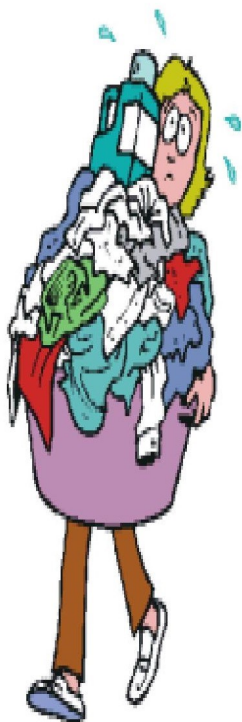
\$10 per session; bring your current hand stitching/sewing project, knitting, crochet, mending etc.

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 3rd Monday each month
10 am – 3 pm (except public holidays)

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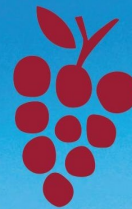
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EAST COAST WINE TRAIL



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

SCAMANDER RIVER GOLF CLUB



Wednesday 17th August - Mid-Week Competition

1st
2nd
3rd **COURSE CLOSED**

Nearest the Pin 6th:
8th:

Longest Putt

Wednesday 24th August - Mid-week Competition - Stableford

1st Dean Richardson 35 points
2nd Jodan Longfield 34
3rd Darrell Thurley 32

Nearest the Pin 6th: Darren Bramich
8th: Mr Big

Saturday 20th August - Bay of Fires IGA Stableford

Great day, and a big field took advantage of the sunny conditions.

1st Graham Little 35 points
2nd Tim Upton 34
3rd Jodan Longfield 33
4th Rose King 31
5th Beth Haas 30

Nearest the Pin 6th: Mark Bywater
8th: Jens Kalesch

Long Putt Darren Bramich

Saturday 27th August - Surfside Fun Day - 2-person Ambrose

Men
1st Darren Bramich - Dick Swanson 70.50
2nd Tim Upton - Dean Richardson 70.75
3rd Kim Holmyard - Danny Dougherty 76.50

Mixed
1st Graham Little - Jens Kalisch - Margaret Thompson 62.25
2nd Rose King - Mark Bywater 78.25

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

Tuesday 23rd August - 2/3-person Ambrose

1st Beth Haas 31 points
2nd
3rd **NO GAME PLAYED**
4th
5th

Putting:

Longest Putt Margaret Thompson

Tuesday 30th August - Aggregate Stableford

1st
2nd
3rd **NO GAME PLAYED**
4th
5th

Saturday 5th & Sunday 6th November
36 hole aggregate. Scamander River GC & St Helens GC

EAST COAST MASTERS 2022

Thanks to these great sponsors.....

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Limited field. Register now via email wbcacrooma@outlook.com or Phone Steve on 0429 195 818 or Warren on 0408 356 636

GAZZMAN'S Primary Partners

Upcoming games:

3rd September East Coast Surf Monthly Medal - Stroke
6th September Harcourts Brooch and Putting
7th September Mid-Week Competition - Jackpot Stableford
10th September Tony Swanson Day - Single Stableford
13th September Bronze Stableford Qualifier
14th September Mid-week Competition

MALAHIDE GOLF CLUB



Friday 19th August - Chicken Run

1st **NO GAME PLAYED**
2nd

Nearest the Pin 8th:

Friday 26th August - Chicken Run

1st	Ashley Stone	31.5 points
2nd	Stan Ellerm	33
3rd	DB Lowe	35
4th	Mike Prewer	34
5th	Randall Wadley	35.5
6th	David Duthie	42

Nearest the Pin 4th: Mike Prewer
8th: Ashley Stone

Saturday 20th August - Men's Championship, 1st Round

A Grade

1st	Andrew Johns	74/72
2nd	Shaye Ward	81/7
3rd	John Vincent	106/93

B Grade

1st	Riley Plummer	92/78
2nd	Ashley Stone	96/79
3rd	D B Lowe	100/81
4th	Randall Wadley	100/83
5th	David Duthie	106/87
6th	Craig Woods	109/94

C Grade

1st	Sam Childs	100/77
2nd	Peter Sorenson	101/80
3rd	Stan Ellerm	110/88
	Rod Hunt	131/99

Nearest the Pin 4th: David Duthie
8th: Andrew Johns

Saturday 27th August - Men's Championship, Final Round

A Grade

1st	Andrew Johns	155 points
2nd	Shaye Ward	162
3rd	John Vincent	DNF

B Grade

1st	Riley Plummer	186
2nd	Randall Wadley	191
3rd	Ashley Stone	192
4th	DB Lowe	196
5th	Craig Woods	203
6th	David Duthie	203

C Grade

1st	Peter Sorenson	197
2nd	Stan Ellerm	201
3rd	Sam Childs	209
4th	Rod Hunt	250

Best Gross Andrew Johns 155 (74/81)
Best Nett Shaye Ward 150 (75/75)

Nearest the Pin 4th: Randall Wadley
8th: Shaye Ward



A Grade Champion Andrew Johns,
B Grade Winner Riley Plummer
and C Grade Champion Peter
Sorenson.

Upcoming Games:

3rd September -
Monthly Medal

10th September -
Red Marker Day

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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ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to another fortnight at the Centre, things not slowing down at all, especially the rainfall, with another deluge last week. The course again looking like Lake St Marys, making it a little difficult to maintain, but well done for the crew's efforts. Neither have the busy times, with our wonderful catering crews putting out 65 meals in the last two weeks, many of our visitors becoming regular guests. With our low prices and quality meals being served, it is no wonder, and well done to Leanne, Valerie and Jeannette for their efforts. Next fortnight's menus are below.

More good news on the mower front, with a second-hand Toro fairway mower on the way, courtesy of the Council. This will give us a 7ft cutting width, which will reduce the time mowing fairways by many hours, it will also complete our mower range by having two wide-cut fairway mowers, a new golf green mower and a new Toro self-propelled walk behind, most of which have been gained by grants, with monetary back-up from the Centre itself, our hard-earned funds at work. Council are also on to the shade cloth that is to go around the rink, just a slight delay whilst the crews battle water damage around the area, and a new lining throughout the rink ditches to enable our mats to go back in more easily. Speaking of which, with bowls just around the corner, training will commence after a working bee at 10.00am on Sunday, 10th September, followed by a BBQ and a roll up. The ditch mats need a full clean-off prior to going back in, as they are full of sand, weed and new grass, new lines marked, and away we go. Please bring along metal rakes, whipper snippers and yourself to help out. Thanks also this week to Peter LeFevre, who came up with a bracket to hang our scoreboard on the new shed, well done. Golf continues on its merry way, with 17 having a hit last weekend, scores below.

Member Draw: Last week Blackie and this week Bobby Harwood; unfortunately both were absent, so the fuel jackpots to \$70.00 this week. Well worth being there for.

Golf: Previous week, no golf due to inclement weather again, the Jacob Viney Ambrose Day this week went down a treat, five teams competing for prizes, with Jimmy, Wally and Ashton in fifth place, Jack Phil and Nathan in fourth, the Spilsburys and Codie, Rod, Jacob and Paige in equal second, and the winner were Craig, Hayley and Bradley. Nearest the pin second shot on the 4th was Jacob Spilsbury, and on Misery was Bradley McDonald. The team that won evidently chipped in twice, that really helped.

Bowls: Rink finally getting cut a competition length and rolled, first bowl down timed at around 12 seconds, remark able given the recent rains.

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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BETWEEN 5 & 7pm

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Next Friday: \$25

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

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PO Box 322

FINGAL 7214



CROSSWORD ISSUE 54.14

CROSSWORD 72

Across: 1. Congress, 5. Romp, 7. Avon, 8. Occupant, 9. Greece, 12. Ken Dodd, 15. Caraway, 19. Potato, 21. Sediment, 22. Axed, 23. Life, 24. Sprinkle.

Down: 1. Change, 2. Genie, 3. Erode, 4. Secure, 5. Ripped, 6. Petard, 10. Emir, 11. Craw, 12. Key, 13. Nero, 14. Orca, 15. Chisel, 16. Advice, 17. Athens, 18. Poodle, 19. Peter, 20. Train.