

THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 54.18 13th October 2022

Deadline for 54.19 is at 5.00pm on Monday 24th October 2022

WELL, WELL, WELLBEING!

Perfectly timed to make the most of Mental Health Week, the annual Break O'Day Festival of Wellbeing was held in St Helens on Thursday 6th October.

A celebration of all things Wellbeing, the Festival was held at the Bendigo Bank Community Stadium in Tully Street, St Helens. Not put off by the wet weather, this year's event featured 60 contributors and saw more than 450 people attending throughout the day.

The Festival is a free event that brings together a variety of the people and organisations that inspire positivity and community connection, from local groups celebrating why they love living in Break O'Day to state and national health and mental health services.

Event Coordinator Leah Page said she was honoured to bring so many amazing wellbeing champions together to showcase to our community all the different ways we can create and improve our wellbeing.

"We had so many people and organisations who were part of this year's Festival and generously brought their activities and information and services. The Festival showcased so many ways you can foster positive wellbeing in your life. I would even go as far to say that this year we had something for everyone to inspire everyone to nurture their wellbeing," Ms Page said.

Some of the highlights from the day was a large group of attendees performing the Nutbush with the ladies from Hoedown for

Country Towns, group yoga and fitness classes, incredible art workshops, loads of kids' games, as well as upcycled fashion and furniture and so much more. There was also a large number of health and mental health service providers there to help connect with our community and let people know where and how they can find support when they need it.

"Our community is amazing, so a big thanks to all who



attended and to all the contributors for making this event a massive success again this year," Ms Page said.

The event was organised by Break O'Day Council with support from community volunteers and participants in the Break O'Day Community Wellbeing Project.

Funding for the Festival comes from the Mental Health Council of Tasmania, the Australian Government's Recovery and Resilience Agency and the Tasmanian Community Fund.

You can see a gallery from the day on the Festival of Wellbeing website and Facebook page.



The Valley and East Coast Voice 54.18

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Fingal Valley Neighbourhood House

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.

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.

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13th October 2022

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.

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. This issue, we feature page 5 of Volume 40, Number 11, published Thursday 11th October 2007.

If you have memories to share about the pages we replicate, please share them with us. Contact details are on page 2.

DID YOU DO THIS ROO???

This question was asked by Mr Roger Smith in the East Coast News (03.09.07) Well, we have an answer!

YES I DID. The story goes: Sometime in the 1950s there were quite a few reports of people sighting a white kangaroo on the St Marys Pass. These stories were talked about quite a lot at our workplace at the Cornwall Coal Mines screens.

So my brother-in-law, Gavin Singline and myself decided to put one there for everyone to see. We asked Alec Burrows (who could draw almost anything) would he draw a kangaroo for us on a sheet of cardboard, and he did so, copying it off a penny coin. We cut it out like a template, and that evening Gavin picked me up on his motorbike and we went down the pass with a tin of paint and a brush and painted it on the rock.

SKIPPY, as he became known, developed into quite a talking point. He has been touched up with paint quite a few times by

Jeff Morris, pictured with his SKIPPY.

other persons. To me he has grown not only in the length of his legs, but also in sentiment over the last fifty odd years.

Jeff Morris.

The say. Cagerattler

In recent editions of the Valley Voice we have read about differing views involving council procedures, lengths of debate and outcomes of meetings.

It is quite obvious to me that our council is really no different from any other level of Government in respect of robust opinions wanting to be heard. Similarly, protocols and procedures at such meetings, often cause angst for varying reasons. That is just how it is.

My only real concern about representatives at local, state and federal government is that they REPRESENT the constituents, not necessarily themselves at all times. So long as that occurs, they should have no real problem being able to be heard.

If a representative canvasses their area and portfolio thoroughly and discovers issues needing attention, it is their duty to bring forward points for discussion and resolution. Isn't that what it's all about?

In a democracy they MUST also represent the opinions of the MAJORITY whether they personally agree or not.

Leaders within these governments must also be seen to be fair and even-handed at debating time, and allow any relevant opinion or finding to be heard so that an informed a decision as possible may occur.

Having not been able to attend any Council meeting, I cannot possibly directly comment on what occurs, except to say that the recent council meetings have obviously involved a great deal of different interpretation from those attending, and council, as to what should or should not happen at those meetings. Perhaps it's time for a new agenda/ timing system. Who knows?

Whilst still on Councils etc, have you noticed that soon we will be electing council members around the state.

In our own area we have numerous options to either retain many of the incumbent council personnel or vote in new people. Recently we have read about issues and matters of the area, and it's our chance to determine the council to handle those things for us.

I'd urge you all to look at the candidates who want to offer up their time and expertise for us.

I take my hat off to EVERY one of them for just nominating, whether successful or not.

It is very clearly a thankless task, so good luck to all.



Police report

Well, Sergeant ROUGHAN is currently on leave and I have replaced him for that time. I currently work out of the Longford Station and have been there for approximately 8 years and have spent 24 of my 34 years working in country areas.

I have only been in St Marys for 5 days and so far I am enjoying it. I have met a few of the local business people and residents who have been very welcoming. I am also showing interest in filling Tony's position when he leaves late next year – so look out! Coming from Longford, which is a much bigger country town, I am impressed with the low crime rate here, and I am especially pleased with the attitude of the locals and their traffic management.

My wife is also down with me, and you will probably notice us walking around the town as a two fold purpose, as I have a weight management problem, and secondly it gives me the advantage of seeing what is occurring in the St Marys community whilst walking around.

As is my attitude, anything I see whilst walking off duty that I see requires police attention, I will address at my earliest convenience.

Once again, thank you everyone for your hospitality so far and I look forward to my time spent here. Also Provisional License Tests can still be booked at the police station. The fee is \$53.35 at the time off booking. The tests are conducted in St Helens, at Service Tasmania.

Only a few bookings are still available for November $22^{nd} \& 23^{rd}$. Please bear in mind that there is a wait list and if you are unsuccessful in your test, you will have to wait another 28 days before a re-sit is possible. No other dates are available at this stage for bookings.

Wick MEYERS Sergeant

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Just remember one other thing. If you can vote but you don't, you are hardly able to scrutinize council members with a clear conscience, are you? So bloody well have your say. Go on, I dare you! What do you think?

13th October 2022



Stephen (Reg) WALLEY

Vote 1 Break O'Day Councillor **'For a thriving Break O'Day'**

Authorised by Barry LeFevre 22 Halcyon Grove, St Helens



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Fingal Valley Neighbourhood House

NEIGHBOURHOOD HOUSES TASMANIA CONFERENCE

'SUSTAINABLE LIVING'

Commencing on the 21st of September, Neighbourhood Houses Tasmania held their annual conference at Iron Creek Farm Stay, Sorell.

The event was organized very well, with lots of speakers, expo and workshops to cater to everybody in attendance.

It was an 8.30 registration for a 9.00am start on Wednesday. We joined together to acknowledge our past, present and emerging aboriginals for the unseeded land that we were coming together on.

My first program for the conference was a cultural awareness workshop. This workshop was amazing, I learnt so much about the aboriginal history and language. We also got a chance to make some string. That afternoon saw me presenting my own story in the life of a Community Care Adviser (CCA). I was very nervous but I managed to get through my speech AOK. Thank you so much to everybody that had a hand in helping me get the presentation ready to be delivered. To my fellow CCA's around the state in all the Neighbourhood Houses, congratulations to you all on great presentations.

That evening we headed out to the community garden at Okine's at Dodges Ferry. We received some yummy woodfired pizzas, were entertained with some awesome singing and got to walk around the great community garden at this house.

Day 2, full of beans and ready to go at 8.00am, my presentation was over and I was able to relax. We sat and listened to some very inspiring people in our amazing community, including Tania Brookes, the president of the CWA association. Her story and what she is involved in was very inspirational. We then listened to Community Gardens Australia ambassador, Hannah Moloney, talk about Permaculture. What is Permaculture? **Permaculture is the development of agricultural ecosystems intended to be sustainable and self-sufficient.** It was a great insight into how to build and utilize resources for sustainable longevity. I was privileged to listen to some amazing speakers who delivered their stories on sustainability. Dr Catherine Wheatley's story was titled "Water for a Village". She explained how she has built and delivered clean water to a village in Ethiopia. This village had no clean water, they drank dirty water and were always sick. The figures she gave of the nearly 500,000 people that die of diarrhea from drinking dirty water in these underprivileged villages was staggering to hear. The children would gain terrible sores on their hands and feet and miss lots of school due to illness, so to have clean water for the women to access had made a huge difference in the livelihoods of these children and they are able to get an education. For Dr Catherine to be able to sustainably deliver water to these villages was an incredible achievement to her and I thank her for sharing her story. I spent the afternoon supporting my fellow CCA's with their presentations.

That evening we were entertained with a meal and some amazing company at our 'Flower Power' dinner. It was a great night seeing so many dressed up and lovely to meet so many people.

Day 3, we all gathered for breakfast that was donated by Aurora, then sat to hear from a panel of 4 amazing leaders about what they have achieved and how they became leaders in their fields. These speakers were amazing, their words will stay with me for a very long time. We are all born leaders and become leaders in different forms of life, it does not matter if you have been to university or not, we can all be leaders in some capacity.



That is a short wrap of the days I had at the Neighbourhood

Houses Tasmania Conference, from 21st - 23rd September. I enjoyed it immensely, and got some very interesting stories from some aspiring individuals, that are a part of our communities here in Tasmania.



Vote 1 for Mayor Vote 1 for Councillor JANET DRUMMOND



Committed to community Your voice on council for change Authorised by Rodney Drummond, 121 Lower German Town Road, St Marys TAS 7215

TANIA RATTRAY MLC

INDEPENDENT MEMBER FOR MCINTYRE



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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: <u>ValleyVoice@fvnh.org.au</u> Finalised 30th September 2022

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Tuesday 18th October at 6pm at Fingal Valley Neighbourhood House

IN OUR SCAMANDER GARDEN

Hello Everyone,

We have been so busy getting ready for our Open Garden this Friday the 14th of October. We are praying for fine weather. Steve has done a whizz around cutting the lawns, I have been weeding, and we had a lovely friend come and help with sanding and painting the outside of our house.

Some of the plants we bought from Paul Frater's Nursery and put in earlier in the year have flowers on them and so we are

very happy with the results. Over in our dam paddock, the two wild ducks have been sighted each day and the frogs made ever so much noise one day and night that I thought it a bit unusual and went to look and saw many frothy bubbles here and there amongst the reeds, and so I decided they had mated, and this was the result. Mind you, I have more than enough mosquitoes if anyone needs some. Another walk through our tiny bush patch provided a gathering of caterpillars under the gum trees. I sent a photo off for identification and so far, have been sent on to another site and another. Never mind, maybe you will recognise them. I have looked online but these are a different colour.

Steve has had the help of our neighbour, Steve, to drag a couple of trunks to where we wanted them, and after my Steve painted them blue for "Beyond Blue", I planted some cuttings into the holes. Some will like them, and others will hate them, but that does not matter. I think it is special that my husband thought to do this small offering as a reminder that we are thinking of those who suffer from mental health issues, and we hope it helps to uplift someone knowing that we care.

I have painted a few stones and bases of items throughout the garden, so we are both satisfied that we have done what we can to prepare. I did have a fall as I was walking into the Festival of Wellness to give the home-picked arrangement I made to the Scamander Garden Club Table, and so have been a little bruised and sore, but have recovered fully now and want to say thank you to all who came to my rescue. I will show you the flowers as they were before they were dropped. Enjoy!



Can you identify these caterpillars?



So till next time, Peg.

NEARLY 80 OF AUSTRALIA'S FEDERAL POLITICIANS COMMITTED TO ELEVATING YOUNG PEOPLE'S VOICES

The voices, views, and opinions of Australia's young people will be heard in Federal Parliament this November as part of the Raise Our Voice in Parliament campaign. Young people aged under 21 are invited to submit a speech on the topic *"What should Australia's new parliament accomplish?"* for the chance to have their answer chosen as part of the Youth Voice in Parliament week.

MPs from every state and territory will take part, including MPs from the Liberal Party, Australian Labor Party, Australian Greens, The Nationals, and independents. Participating MPs will give up one of their speaking slots in November to deliver the chosen speeches.

The campaign is an initiative of Raise Our Voice Australia, a social enterprise providing training, mentoring and opportunities in politics and policy for young, diverse female and non-binary Australians.

"We know that young people are passionate about making change, but don't feel represented in our politics. This campaign endeavours to increase the political literacy of young people, and connect them with resources to help develop their knowledge, understanding and confidence in Australian politics. "The 2021 speech saw over 600 speech submissions, with 125 speeches read by 69 politicians. 92% of post-campaign survey respondents said that participating in the campaign made them more likely to participate in politics in the future, with climate the issue most written about.

The Raise Our Voice in Parliament campaign is open to anyone living in Australia aged 21 or under. Speech submissions are open until 19 October, and speeches should be around 200 words and can be submitted via our website at <u>raiseourvoiceaustralia.com/youthvoice</u> - there are a number of FAQs on the website, too, along with a full list of participating MPs, and further information.

Raise Our Voice Australia will be working with participating MPs and Senators to review applications, with MPs and Senators to have the final say on their speech.

Successful speeches will be presented to the Australian Parliament and public during Youth Voice in Parliament week, which runs from 21-24 November.



RAISE OUR VOICE

FINGAL FOCUS

Contributed by Mike Brouder

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

SPRING TIME

Springtime is often referred to as the time of rejuvenation and rebirth. It is the time when the warmth of the sun lifts the spirits and gives a general feeling of well being. The effects of spring are more prominent in the southern states of Australia. In Tasmania, there are four seasons which are quite perceptible, with Spring starting in September and carrying through until Summer officially starts in December. As one gets further into the northern states, the differences are somewhat blurred. When one gets to the sub-tropics and the tropics, the seasons are the 'Wet' or the 'Dry'. The states between Tasmania and the far-north experience some degree of four seasons, which lessens as one moves northward. Mind you, the seemingly perpetual warmth of northern Australia has it's drawbacks, as the prominence of large bugs and insects becomes obvious.

Another way of seeing the approach of spring is in the way one is expectant for sporting events and days at the beach as the days become warmer. Spring, for me, is the welcoming of warmth from the sun again.

Whilst I enjoyed participation in sport as the days grew warmer, I could not take myself seriously as a competitor in individual games. I saw such games as merely fun. However, my attitude changed with team sports. If I was a member of a team, then I saw myself as having a responsibility to my team mates.

I know that sounds a bit pompous, but being part of a team gave me a lot of pleasure. This pleasure also included seeing the success of my teammates during a game.

So Spring has more to do than just promise us all an expectancy of coming warmth and 'days at the beach'. It also gives us a feeling of rejuvenation, no matter how old one may be. The types of expectancy may vary between us because of our varying talents and aspirations, but the hope of Spring is always there.

An army troop was learning how to parachute from a plane at 12,000 feet. The drill instructor shouted out instructions on how to survive a jump from above the clouds at 300 km/hr. A recruit raised his hand and asked, "How long do we have to pull the cord when we jump out?" The instructor smiled and said, "The rest of your life."

A bricklayer, a carpenter and an electrician argued about who was first on earth. "We built the pyramids of Giza," claimed the bricklayer "so we must have been first." "No," said the carpenter, "we built Noah's ark long before that." The electrician started to laugh. "What's funny?" the others asked. "When God said "Let there be light" on the first day, we'd already laid the cables."

The difference between stupidity and genius is that genius has its limits......Albert Einstein

The farmer allows walkers to cross his field for free but the bull charges.

Tell a man that there are 300 billion stars in the universe and he will believe you. Tell him that the park bench has just been painted and he'll have to touch it to find out....

I always hold my wife's hand when we are out together. If I don't, she starts shopping.

A man entered a local newspaper's pun competition. He sent ten puns to the competition, thinking that a least one of the ten would win.....unfortunately no pun in ten did.

A man who can smile when things are going wrong has just thought of someone he can blame it on.

A business man boarded an aircraft to fly to America. He happened to sit next to a gorgeous woman who was wearing the most stunning, largest diamond ring he had ever seen, so he asked her about it. "It's the 'Klopman Diamond'," she told him, "and it comes with a curse." "What's the curse?" he asked her. "Mr Klopman," she replied.

A woman said to her friend "I never knew what real happiness was until I got married, and by then it was too late."

Nasty one-liners

I take my wife everywherebut she keeps finding her way back

Our last fight was my fault, do admit. She asked me what was on television. I replied, "Dust."

Vote 1 for Deputy Mayor Vote 1 for Councillor Kristi Chapple



Local Knowledge, Community Focused

Authorised by Gary Chapple, 351 Ansons Bay Road, St Helens TAS 7216

26TEN



Digital Help Sessions

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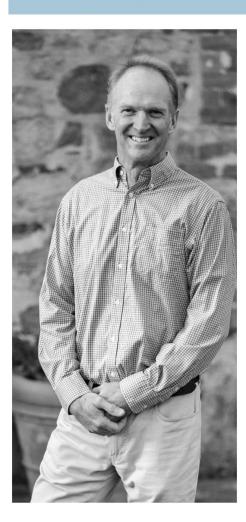


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From the Valley to the coast, I'm at your service.

Growing up on apple orchards on the East Tamar gave me an appreciation of living in a beautiful area, just as you have.

Tasmania is quite unique. Beaches and mountains are always a stone's throw away for fishing, diving and surfing, with fantastic bushwalking, camping and breathtaking scenery around every corner. Mix that up with amazing food experiences, and the East Coast has it all.

Real estate is a passion of mine, and working with Kate and her highly skilled and experienced team at LJ Hooker makes me feel fortunate to live and work in such a stunning area. I love hearing people's life stories, and now I can help them fulfill their dreams as they enter, leave or move within the district, from the peaceful and beautiful Fingal Valley to the stunning East Coast. Really, where else would you want to be?

So, when you're ready to buy or sell in the local area, feel free to give me a call. I'm just down the road.

Dave Liebmann

dliebmann.sthelens@ljhooker.com.au



13th October 2022

| | | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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| STAR FM | Brekkie | Start your working week | Fruity and Loopy | I see Stars | Flashback Retro Breakfast | Muesli and Milk | Saturday's Sunny Side Up | Sunday Mornings It's time to get up |
| Drogram | | with | with | with | with | with | with | чр |
| Program | | Star FM | Flashy | Sandsy | The Flash | Magilla | Manny | |
| Guide | Morning | Get Sand between your toes with | IN THE LAB with Dr Dave Community Interviews at U 15 with | Mary-Anne's Music Mix PLUS Real Estate Tips and Tricks at 10.30 with | Rhythm N' Reggae with | Simply 60's | "Get Happy" with | with |
| | | Sandsy | Dr Dave | Mary-Anne | Big Daddy Davo | PUGS | Angelina | Magilla |
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The Say by the "Cage Rattler"



It's been years since I've listened to a really well-known band mostly accredited to the 1980's and 1990's. In those days I recall not being a particular fan of them. More fool me. About a year ago, I heard by chance one of their songs playing on ABC radio and recall listening to it pretty intently. Since then I've gone from a ho-hum opinion of them to a huge fan; one of the band members eventually became a respected Federal politician.

The band I refer to is Midnight Oil, or some just refer to them as The Oils. Peter Garrett served as the Minister for the Environment many years later. More recently, I've been fascinated via 'You Tube' about two things. Number one is how prophetic their great songs written up to 40 years ago have turned out to be, and secondly, that both within Australia and overseas, how loved the Oils are.

They rarely, if ever, sang about stupid or pointless stuff. Quite the opposite in fact. Most of their songs had important messages embedded in the lyrics. Many great songs way too numerous to list here often had none-too-subtle messages encouraging the wily fan to think about land rights, environmental, waste, health and dangerous mining practices. Even now, all these years later, they command a lot of respect and admiration, I suggest.

While they did this, they also had an incredible ability to entertain with exception musicianship and ingenuity, and concertgoers still say that their live performances were about as good as it gets.

If you haven't listened to Midnight Oil for ages or not at all, have a go at amazing songs like "Beds Are Burning", "King of The Mountain", "Blue Sky Mine", "Power and The Passion", "Forgotten Years", "Truganinni" and many, many more.

If you do listen, truly take note of the lyrics as well, and I'm certain that you will understand why this band deserves the kudos it gets, and how music can provide a powerful tool to educate us all on important thing but entertain at the same time.

My regret is that I didn't properly listen to them much earlier, but in recent times my music playlists now feature several Oils songs.

Go on... give them a go and I'll be surprised if you don't find their music great and, dare I say, timeless songs abound.



What do you think?

ST MARYS PACING CLUB

Special General Meeting

Friday 14th October 7.00pm, under the grandstand, St Marys

Unfortunately due to increased work and family commitments with some of our present committee members at this time, the club is having a Special General Meeting in the hope of generating extra interest in the future of the club and have new members come along to offer their interest in assisting with the increasing work load leading up to the race day and during the day of the meeting. The work-load of organising event such as

our has increased dramatically in the past few seasons, and we are basically asking for starts Pacin extra help with the work-load required to put on a successful day.

All welcome to come along and forward your ideas to making our race day on New Year's Day an event for our communities to enjoy.

Supper provided afterwards.

Enquires, phone Craig 0437 742 351





east coast tasmania tourism update

REGISTER YOUR BUSINESS ON ATDW

East Coast Tasmania Tourism would like to assist your business with signing up to the Australian Tourism Data Warehouse (ATDW). It is FREE to sign up and should take around 30 minutes.

Once complete, your listing with ATDW could get your business in front of millions of people globally through a range of travel and tourism websites including East Coast Tasmania, Discover Tasmania and Tourism Australia websites.

As well as the above, your business will also appear for no cost on the East Coast Tasmania App and the new State App, to be launched later this year.

Other distributors pull data from ATDW to use in their advertising - two of the larger businesses are Qantas and Big4. Inclusion in ATDW also ensures consideration of your business in any future Tasmanian marketing campaigns. The data is also converted into 10 languages for overseas use. Remember there is no cost for ATDW listings.

If you are already listed on ATDW, we can show you how small improvements can be made so your listing is visible to many other distributors and websites.

We would like to make an appointment to guide you through this process at a time convenient to you. It can be in person, over the phone or via zoom. Our contact details are below:

Melissa Denkinger - 0402 827 998 or info@eastcoasttasmania.com.au Karen Skews - 0428 661 319 or skewskaren@gmail.com

For more information, please visit www.eastcoasttourism.com.au

This project received grant funding from the Australian Government under the Recovery for Regional Tourism program administered by Austrade.



ST HELENS WALKING GROUP



The walk on **Wednesday 7th September** was to Halls Falls, about a 20 minute drive from St Helens. It was an easy walk of about 4km through forest to the falls. It obviously was a bit muddy and slippery, especially on the descent to the lower part of the falls. The forecast was for a cool day with a possible shower, however sunny weather was encountered on the walk which was enjoyed by all. There was a suggestion of coffee at the Farm Gate Café at Pyengana but walkers called in on Ian Matthews where they enjoyed a coffee there instead. Thank you Fran Taylor for leading this walk.

On **Saturday 10th September**, we parked at Burns Bay on a cool clear morning and walked up the road to Beerbarrel Beach. The lookout was the next stop before walking along both the beaches. It was then a convivial amble around the coastal track to Burns Bay, with the final stop at Parkside for a coffee.

Thank you Nette for leading this walk.

This **Wednesday** walk on **14th September** was a leisurely stroll through Winifred Curtis Reserve to look at the spring flowers. (Wendy was considerate enough to bring a book for botanical names of species.) It was muddy in places after all the rain, so getting wet was part of the challenge. The flowers and wattles were blooming and the birds were plentiful, so it was a pleasant walk despite this challenge!

For those who were looking for coffee in the sun afterwards, the Swims Container was open at Scamander. In the event of rain, coffee could be enjoyed at The Mouth Café where there are 2 long tables there now, but this didn't eventuate. Thank you Wendy for this most pleasant Wednesday walk.

On **Saturday 18th September**, a small group of walkers set out to climb Mt Pearson from Reids Rd, but because of recent heavy rain, it was decided that the weir we had to cross may have too much water flowing over it, so we had to approach it from another way. We drove to Cosy Corner South and walked up to Seaton Ridge, then across the ridgeline to part of the Bay of Fires Mountain Bike Trail. We walked along part of this, then onto Mt Pearson. After descending Mt Pearson, we found the bike trail again and walked on this back to the coast. The rock formations were huge and very unusual shapes, some covered in rock orchids but not quite in flower. We managed to keep our feet dry stepping over water crossings. A fantastic walk with a few showers but that didn't dampen our spirits.



Rock formation, Mt Pearson.

Thank you Alex for leading this Saturday walk.



Mining relic at Cornwall.

Wednesday 21st September saw Susan lead the walk in her local area of Cornwall. We walked to a small waterfall behind the town, a spring and the Miners' Wall. After all the rain, it was bound to be wet, muddy and slippery on the walk to the falls, with showers forecast, so walkers had to be prepared. Some interesting mining relics observed with a reading of the Heritage Wall.

A very interesting walk – many thanks Susan!



At the waterfall behind Cornwall.

The Wednesday walk on **Wednesday 28th September**, was a long one for a Wednesday, as walkers were on the Blue Tier bike track to Weldborough, being better to tackle the walk midweek rather than at the weekend, and before the school holidays started. We walked from the top of Blue Tier down to Weldborough. The forecast stated "a shower or two", but showers stayed away for the duration of the walk. An umbrella was taken so that walkers could enjoy the rain without getting wet. Walkers reached Weldborough about mid-afternoon, after a 21 km walk from the top of the Blue Tier to Weldborough. Pip met us at Weldborough to run drivers back to their cars.

Thank you Alex for leading the walk and Pip for pick up.

FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP

20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



FRANCES JOHN McCOMAS

Frances John McComas was one of 4 children born to Richard Newton McComas and Julia Davies. Richard was Irish and born

in 1842 and Julia was born in 1850, and they were married on 28th April 1869 at St David's Cathedral in Hobart. Julia was from Killymoon and the Davies family founded the 'Mercury' newspaper. On 10th June 1873, Richard was appointed council clerk at Fingal and was also appointed to collect the police rates in the Fingal municipality. During their time at Fingal, their son Francis John McComas, pictured left, was born on 1st October 1874.

The family left Fingal in 1876 and returned to Hobart. The family then moved to Sydney, New South Wales, where Richard died on 30th August 1885. In 1890 Frances enrolled in the Sydney Technical College to study practical plane geometry, where he received 1st year honours and in his 2nd year he enrolled in model drawing. During his time in Sydney, Francis studied at the Julian Ashton Art School, learning to paint with watercolours alongside Charles Condor, Arthur Streeton, A.H. Fullwood, Tom Roberts and Sid Long. In 1894 he worked with the firm John

Sands as an illuminator. In March 1895, Francis had 2 works of art chosen for the Society of Artists (SoA) in Sydney with positive results. Following this, McComas exhibited regularly in SoA Spring and Autumn exhibitions. His paintings were a mix of oil and watercolour landscapes.

In 1898 Francis travelled to San Francisco via Samoa and Hawaii, working as a seaman. In 1899 in San Francisco, he studied under Arthur Mathews. He visited Monterey on the Californian coast, where he painted and made many new friends, then opened a watercolour exhibition in San Francisco, which included scenes from Australia, Samoa, Hawaii and California. This show was well received. Later in the year, Francis travelled to London, then Paris, where he continued to study at the Academie Julian for a short time.

In 1904, he travelled again to Europe, where he painted in Spain, Tangier and Paris, and had returned to San Francisco by October. On 28th June 1905, Francis married Marie Louise Parrott in San Francisco, where he entered the life of high society. In 1907, McComas and Marie were introduced to the royal family at Court in Greece. By 1908, Frances McComas was exhibiting in regular venues in northern California; these included Vickery's, San Francisco Bohemian Club and Monterey's Hotel Del Monte. He also had exhibits in Los Angeles, Boston, Berkley and New York City at the famous Armory Show in



1913. It was visited by 250,000 people, and the show had *Taken at the Bohemian Club, San Francisco. Francis is second from left.* 1600 pieces of art on display. Francis exhibited 3 works of art alongside other well-known European artists, which included Pierre Bonnard, George Braque, Wassily Kandinsky, Pablo Picasso, Matisse, Cezanne and Vincent Van Gogh.

On 26th March 1917, he received a commission of \$10 000 from George G. Moore to paint 10 desert scenes. He took his impressions from the Imperial Valley, New Mexico and Arizona Desert. In 1920, he held a desert exhibition at Gimpel & Wildenstein's in New York. In 1917, he divorced Marie Loise Parrott and on 30th October, he married Gene (Eugenia) Francis Baker, a young artist. They build their dream home at the exclusive Pebble Beach on the Monterey Peninsula in California.

The early 1920's saw McComas at the height of his fame, but he withdrew from the public eye and the last 15 years of his life he refused solo exhibitions, even though leading gallerists and museum directors implored him to mount a show.

Francis John McComas died at 5.15am on 27th December 1938 at Monterey Hospital, California. Two days later, a modest ceremony took place, attended by family and friends, and his ashes were buried in the shade of a cypress tree at Monterey on a cliff overlooking the Pacific Ocean. His wife Gene died in 1982.





The gravestone.

FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



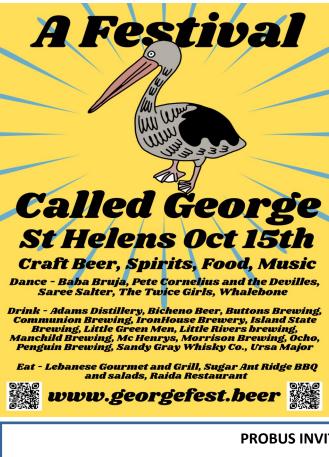
20 Talbot Street FINGAL 7214 Phone (03) 6374 2344



Nevin Hurst, his great-grandson, was the Surveyor of Tasmania, General William Nevin Hurst, and was the owner of the Masterpiece Fine Art Gallery in Hobart, and the gallery had a few of his paintings. He became curious about Frances McComas, as no one had heard of him. He learned that one of his paintings was sold at auction for \$17 000 and that Francis was born at Fingal. He made contact with the original Fingal Historical Society and found they knew nothing as well. He then donated an original photographic reproduction of the charcoal drawing titled "Eucalyptus" to the Fingal Historical Society; the following is the inscription on the back written by W.N. Hurst - 'Photographic reproduction of the original charcoal drawing by Frances John McComas titled 'Eucalyptus', 1913. Presented by the Masterpiece Fine Art Gallery, Hobart to the Fingal Historical Society, to perpetuate the memory of the outstanding international artistic achievements of the Fingal-born artist, Francis John McComas, 1874 – 1938. W.N. Hurst 23/5/1984".

Some of his paintings in the private market sell in the six-figure mark. The artwork mentioned will be displayed at the Fingal Valley Neighbourhood House History Room and can be viewed on any Tuesday, Thursday and Friday, from 12.00pm to 3.00pm.

(Column written by Rauni Paloniemi, photographs from Fingal Valley Neighbourhood House History Group archives.



The Tasmanian Events Collective is proud to present 'A Festival called George'.

The festival gathers a huge range of craft beer brewers, spirit distillers and food vendors in St Helens on October 15th 2022. 6 acts are scheduled to perform, including Baba Bruja, Pete Cornelius and the Devilles, Whalebone, the Twice Girls, Saree Salter and DJ Seabra.



Pete Cornelius and the Devilles are among the artists featured on the day.

Limited tickets are still available; head to the website for more info and to book.

PROBUS INVITES NEW MEMBERS

Scamander Probus is inviting new members, and is open to anyone who is retired or semi-retired, living on the East Coast of Tasmania.

We meet on the fourth Wednesday of each month at the Scamander Beach Resort from 10:00am, enjoy morning tea fully catered by the Resort.

Scamander Probus has been a real asset to the township, with friendships made, many happy bus trips during the years and excellent guest speakers at meetings.

Make new friends, learn a new skill, explore new interests and hobbies – there is so much to choose from when you become a member of your local Probus Club.

For more information, contact Valmai on 0437 397 219 or Lorraine on 6375 2185.



Combined Probus Club of Scamander Inc.



D65 Dozer with Root Rake & Tilt Blade 10 Yard Tippers, Pig Trailer, Water Cart Roading, Fire Breaks, Land Clearing & House Sites Bridge Works & Water Holes Rocks, Road Gravels & Screened Top Soil Positrack (bobcat) with tilting 4 in 1 bucket & smudge

dana@cndexcavations.com.au



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

For prompt and reliable service Phone Peter on 0488 742 269 Email: dana@cndexcavations.com.au

PROUDLY SUPPORTING THE LOCAL COMMUNITY



WASTE TRANSFER STATIONS

BREAK O'DAY MUNICIPALITY

| ANSON | SBAY - North | Ansons Bay Road |
|---------------|--------------------|--|
| Open: | Wednesday | 12pm to 4pm |
| | Sunday | 10am to 4pm |
| | | 12pm to 4pm on Mondays of long weekends |
| PYENG | ANA - Tasman | n Highway |
| Open: | Wednesday | 9am to 12pm |
| | Sunday | 2pm to 5pm |
| <u>ST HEL</u> | ENS - Eagle St | reet (includes recycling) |
| Open: | | 10am to 4pm every day |
| <u>SCAM</u> | ANDER - Coach | n Road (includes recycling) |
| Open: | Tuesday | 10am to 4pm |
| | Thursday | 10am to 4pm |
| | Sunday | 2pm to 5pm |
| ST MA | RYS - Gray Roc | ad (includes recycling) |
| Open: | Tuesday | 10am to 4pm |
| | Thursday | 10am to 4pm |
| | Sunday | 2pm to 5pm |
| FINGA | L - Rossarden I | Road |
| Open: | Tuesday | 10am to 4pm |
| | Thursday | 10am to 4pm |
| | Sunday | 2pm to 5pm |
| Char | ges apply at all w | vaste transfer stations - please see sign at entrance. |
| | | BLACK WATER DUMP POINTS |
| | St H | elens - 117 Tully Street, St Helens |
| | | |

St Marys - Harefield Road, St Marys Fingal - Talbot Street, Fingal

No charges apply to use black water dump points.



RAINBOWS AND RADISHES

By Bloomin' Iris



GARDENING WITH THE KIDS

Our beautiful spring weather had finally come to visit us, we have had a lot of rain, a little sunshine and lots of weeds are blooming in our gardens.

Many years ago, my children were asked to help in our gardening days. They did so reluctantly at times, preferring to go and play as most kids want to do. We had moved into a new home with a large family and very little money to spare, there was lawn that needed to plant and beds that needed to be prepared.

In those years when funds were short, we relied on friends and relatives to supply us with runners of grass, whatever type we could get, except Kikuyu; that was very invasive and was more trouble to us than it was worth to us to have to upkeep. They got the shovels and dug and raked along with us, and at the end of the day looked like grubby little urchins that needed a good shower, feed and sleep. They raked, weeded and dug these garden beds along-side of us, a lovely family thing to do, I was very proud of them and still am.

My point is, they helped to grow a beautiful lawn and garden beds for vegies, and the love of gardening has stuck with a few of them, and I can't help but wonder how many of us have bothered to include our kids in our endeavours, humble as our efforts or magnificent as you like it to be and can be. We perhaps need to revise our thoughts about our gardens as being sustaining food sources, include our children where possible, teach them what you have learned and teach them how to grow nourishing foods that are freshly picked from the garden, with beautiful fresh flavours that are so different when it is home grown, it tastes so yummy.

Even herbs grown and tended to in pots make such a difference to our daily cooking & have great health benefits.

If you have the garden room to do so, give the kids a small plot to tend to, be responsible for and try fast growing things to give a little encouragement to budding gardeners. Fast growing plants in the warmth are tomatoes, Rouge de Marmande is a beautiful tasty tomato full of flavour, or if you would like a really large tomato, Beefsteak is a beauty, scarlet runner climbing beans, or yummy Lebanese cucumber you can eat every part of them, so tasty.

When it is warm and they can see the growth with their vegetable beds, they will be joyous with the growth, proud of their efforts and their contribution to the family table.

We are at a crisis point with the cost and quality of the food in the big shops. It is plentiful but expensive, and sometimes wilted or very small and not always the best it can be.

I was in my garden yesterday. The weeds have taken over much to my horror, and it has been very wet with a bit of sun, ideal conditions for the dreaded creeping varieties of <u>weeds</u>.

The flip side is my iceberg lettuce are forming hearts, amongst this garden chaos, so I weeded and will fertilise them today. It was such hard work but I think the reward of my favourite lettuce and English spinach will be worth it!

Time to get out and weed, fertilise what is growing well and get rid of anything that has gone to seed and put it in the compost heap, unless you are keeping some for seed. Tie the daffodil plants leaves in a knot till they brown off and can be either lifted or the foliage removed. Do not take it off beforehand, as the goodness goes into the bulbs; remember to still fertilise whilst the foliage is green to help with next year's lovely blooms.

Fertilise all your veges regularly in accordance with instructions provided by the manufacturer, use a seaweed boost to your garden it makes for stronger disease resistant plants.

I can hear all those beautiful crops growing, till next time, get the kids out there to help, nurture all the future gardeners, and don't forget the radishes!



13th October 2022

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 4th Sundays only

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod

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.

Harris Funerals

St Helens, Bicheno & Fingal Valley

We are here when you need us. Burial or cremation, traditional or unique funeral services available.

Office & Chapel

46 Tully Street St Helens

6376 1153 ~ 0418 133 420

tamara@harrisfunerals.com.au

Member of the

Australian Funeral Directors Association



ST MARYS CATHOLIC PARISH

WEEKEND MASS:

| ST HELENS: | Saturday | 5.00pm | |
|------------|--|---------|--|
| | Sunday | 4.00pm | |
| ST MARYS: | Sunday | 9.00am | |
| BICHENO: | 1 st Sunday | 11.00am | |
| FINGAL: | 2 nd and 4 th Sunday | 10.30am | |
| | | | |

WEEKDAY MASS:

| ST MARYS: F | Friday | 10.00am |
|--------------|---------|---------|
| ST HELENS: T | hursday | 10.00am |

Parish Administrator:

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

ision Christian Radio

Life Changing Music Uplifting Talk

CON CHRISTIAN

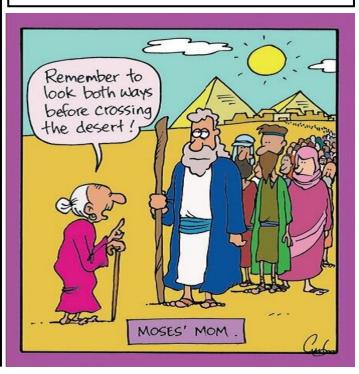
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87.8FM

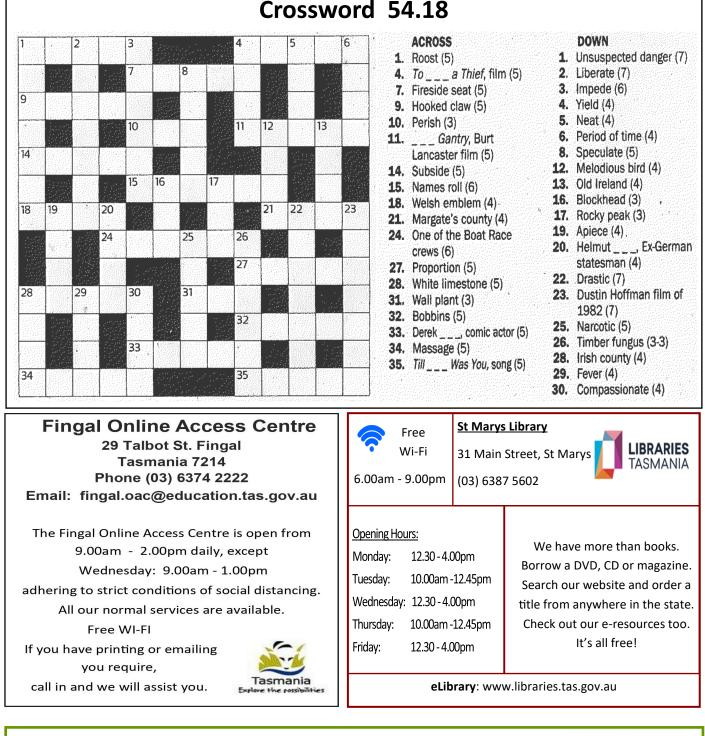
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13th October 2022



ST MARYS REPURPOSING & UPCYCLING WORKING BEES

St Marys Repurposing and Upcycling is a community group that breathes new life into old clothing otherwise destined for landfill. Damaged clothing is upcycled with repairs, patches, fabric paint, and other adornments, rendering it wearable. Other items are repurposed into shopping bags, garden ties, woven mats, pet bedding and toys, pouffes, etc. All goods are sold at the St Marys Market, with proceeds used to support group activities.

The group needs your help to process the high volume of clothing currently in stock. The next weekend working bee will be held on October 22nd and 23rd, from 9.00am – 4.00pm in the St Marys Community Hall, with the final one being held on November 19th and 20th. Everyone is welcome, no skills required, all new ideas happily received, and attendance is free of charge. Drop in any time and stay as long as you like. Tea, coffee and snacks will be available for a gold coin donation.

Contact Diana van Meel on 0488 688 508 and/or look for us on Facebook by searching "St Marys Repurposing & Upcycling".





An all-Vivaldi extravaganza played by Tasmania's baroque chamber orchestra. Coming to a town near you.

NIPALUNA / Hobart 6pm TOWN HALL

ZEEHAN 6pm **GAIETY THEATRE**

MUNATRIK / STANLEY TOWN HALL

LATROBE **MEMORIAL HALL** SCOTTSDALE MECHANICS' INSTITUTE HALL ST HELENS (LARAPUNA / **BAY OF FIRES**) 6pm PORTLAND Memorial Hall

MAKALA / ROSS

TOWN HALL

Tickets at vandiemensband.com.au

Australian Government Government RISE Fund



Fingal Valley Arts and Culture



Break O'Day Regional Arts (BODRA)

A group of interested community members met at the September Market to look at reinvigorating BODRA and supporting local arts and cultural activities.

Options for activities and events could be offered under 3 broad areas:

Sustainability:

Upcycling Group Workshops coming up soon in October and November

Building Connections:

Summer community gathering - save the date, 22nd January -If you would like to share some music or activities then get in touch.

Creative Arts:

- Music at the market get in touch if you would like to perform!
- Mindful Art Workshop on Friday 14th October meet at St Marys Library

Next Break O'Day Regional Arts (BODRA) meeting: Friday 4th November, 9.00am @ FVNH Outreach Office (next to the SMDSA Op Shop to the rear of the St Marys Town Hall). All welcome.

bodregionalarts@gmail.com

Or text Tanya: 0400 002 116 for more info or to sign up to our mailing list

SIONNACH RUA'S GREAT IRISH SONG BOOK

SATURDAY 5TH NOVEMBER - PANORAMA HOTEL - ST HELENS

Sionnach Rua's Great Irish Song Book brings Ireland's rich and unique culture to the shores of Australia, with a romantic passion that runs deep in Celtic veins. This show will make you feel like you are visiting a lively "session" in an Irish bar, without having to travel to Dingle. An assured crowd pleaser.

https://www.sionnachruagreatirishsongbook.com/

VAN DIEMENS BAND WEDNESDAY 26TH OCTOBER - 6.00PM PORTLAND MEMORIAL HALL, ST HELENS

"Harmonic Inspiration"

After two previous attempts, Van Diemen's Band presents a fiery virtuosic program featuring the music of Antonio Vivaldi, with a selection of concertos from his celebrated L'Estro Armonico, a collection which dazzled 18th-century Europe and continues to hold listeners spellbound today.

Each member of the band has a chance to shine in concertos for one, two and four violins as well as a rock-and-roll bassoon concerto! Don't miss Van Diemen's Band doing what they do best!

Tickets at www.vandiemensband.com.au

What's on in the local area?

With One Voice Break O'Day

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

Info, email: contact@wovbod@gmail.com or 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

Text Diana 0488 688 508 to join.

more.

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

'Wrapped in Break O'Day' Entry 2022





- Passion for Community
- A voice for the Valley
- Supporting Break O'Day

Authorised by Louisa Rhodes, 29 Fraser Street, Fingal Tas 7214

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RUSTIC RAGAMUFFINS Stitching Group – Oct 17



\$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)

HOSTED BY RITA SUMMERS OF GONE RUSTIC - 0417 027 424



Bicheno Sunday Markets will once again commence in September and be held once a month at Lions Park from 9am to 1pm.

Market Dates

Sunday 18th September Sunday 16th October Sunday 13th November

A special <u>Twilight Market</u> on <u>Saturday 17th December</u> 3pm to 7pm will once again give locals and visitors an ideal opportunity to buy last minute Christmas gifts and enjoy a social outing supporting our market stallholders

If you are interested in holding a stall at any of these markets please phone Jennie on 0417 590 851 or email <u>harbourbeach@bigpond.com</u>



GEORGES BAY MUSIC

What a fantastic concert we had in September with the 'Rennies' band...handclapping, toe-tapping and get-up-and-dance music, enjoyed by an enthusiastic crowd at the Footy Club Rooms here in St Helens, promising to come back next year as well to entertain us, so another group to look forward to.

This month we have Jo King as our guest artist. Jo is well known for her singing and guitar playing around the Break O'Day region, performing regularly at the St Marys Hotel and the regular Band Jams around the area.

Also performing while Jo has a lunch break, will be a small group of locals doing a sing-a-long bracket for all to join in and sing along to. We will have Ash Morrell on drums, Ted Thorney on guitar, Bob Grant on bass guitar, Mary-Anne Wadsworth on keyboard, and a band of singers to lead us all, so by the sounds of it, should be a fun afternoon. Don't forget it's BYO lunch, although the tuck shop is open for sandwiches and cakes. Tea and coffee are free and the Footy Club Bar will be open for alcoholic drinks. Come along and join us at the St Helens Footy Club Rooms, end of Tully Street on Friday 28th October, from 12.00-2.00pm, for a fantastic afternoon of music; we do ask if you could possibly be there at 11.45am, so that we can start at twelve, that gives you time to get your raffles, lunch and drinks. Members are just \$10.00, non-members \$15.00, a great price for a wonderful lunch time of music...

Our guests next month are Don Ives with Keith and Pearl Treasure, a special ending to our year's calendar for the Club, so keep Friday 28th October free, Footy Club Rooms, end of Tully Street, 12.00-2.00pm. Bring a friend, and we'll see you there...



JUEST ARTIST

A GREAT AFTERNOON'S ENTERTAINMENT

AUTOMATED EXTERNAL DEFIBRILLATORS

Binalong Bay 24hr access Outside wall of toilet block, main beach carpark, Main Road, Binalong Bay.

St Helens District High School

In the swimming pool enclosure, available during pool hours.

St Helens Supa IGA

Wall mounted inside the foyer, available during open hours.

St Helens Football Club

Located inside the club rooms.

<u>Scamander Sports Complex</u> On the wall just inside the dining room doors.

Follower the Community Control 24

Falmouth Community Centre - 24hr access Wall mounted outside Morrison St entrance.

Four Mile Creek - 24hr access

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

St Marys District School

In the swimming pool enclosure, available during pool hours. Fingal Valley Neighbourhood House - 24hr access On the wall outside the front door.

IN AN EMERGENCY CALL 000

EMERGENCY RELIEF

NORTHERN TASMANIA

Emergency relief providers help people in times of financial crisis. Assistance includes: food, transport; chemist vouchers; part-payment of utility bills; clothing; and budgeting support. Emergency relief providers also link people to other services, to help address the reasons for a financial crisis. Emergency Relief organisations provide services directly

to regional communities. It is not necessary to travel into Hobart for support.

Please contact an organisation for advice and assistance.

| Launceston City Mission | Launceston Benevolent Society |
|------------------------------|--|
| (03) 6335 3000 | (03) 6344 4213 |
| www.citymission.org.au | www.lbs.org.au |
| The Salvation Army Tasmania | St Vincent De Paul Society |
| (03) 6323 7500 | (03) 6326 5551 |
| www.salvationarmy.org.au | www.vinnies.org.au |
| The Helping Hand Association | CatholicCare Victoria Tasmania |
| (03) 6391 2498 | 1800 819 447 or (03) 6332 0600 |
| www.findhelptas.helping.hand | www.catholiccaretas.org.au |
| | ISELLING SUPPORT uires financial counselling support: |
| National Data Halalina | Combline Ushine |

National Debt Helpline 1800 007 007 www.ndh.org.au Gambling Helpline 1800 858 858

www.gamblinghelponline.org.au

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

Housing Connect 1800 800 588

www.communities.tas.gov.au/housing/housing-connect

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Pharmacist Andrew in store all day.

HELPLINES & INFORMATION

In all emergencies call the Police 000 line Tasmanian Government Family Violence Response and Referral Line 1800 633 937

> 1800RESPECT 1800737732

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

Kids Helpline

1800 551 800

www.kidshelpline.com.au

www.1800respect.org.au

A Tasmanian Lifeline 1800 98 44 34

taslifeline@lifelinetasmania.org.au

Lifeline

131 114 www.lifeline.org.au Beyond Blue 1800 512 348

www.beyondblue.org.au

Carer Gateway 1800 422 737

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

Disability Information Helpline 1800 643 787

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

Older Australians and Carers COVID-19 Support Line

1800 171 866

Older people and their carers are encouraged to call

Tasmania Public Health Hotline

1800 671 738

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

Find Help Tas

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

National Coronavirus Helpline

1800 020 080

www.australia.gov.au

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



Building Blocks News



Play through the Ages

Everyone is invited to join us



An inclusive free session for people of all ages and abilities

St Marys Town Hall Wednesday 19th October 10.30-12.30pm morning tea activities for all ages



more info Tanya: 0400002116 or BuildingBlocksefvnh.org.au This month we will be exploring children's mental health and wellbeing and sharing celebrations of Children's Week, Seniors Week and #earylearningmatters week, and we invite you to join in the celebrations with a fun 'Play through the Ages' event in St Marys. We believe that play is essential for a vibrant and joyful life and that does not stop as you get older! So join us for morning tea, stories and activities to suit all ages and interests.

If you are interested in finding out more about how you can support your child's health and wellbeing, there are excellent resources online, including Raising Children Network at www.raisingchildren.net.au for lots of great tips or www.buildingblockstas.com, or to hear about the experiences of others in our area of being a parent/carer then look at our videos at https://www.youtube.com/ channel/UC1siE951vP5Tc2Vey4rcAoQ

Remember all our sessions are free, parents, carers and grandparents are all welcome, and new families to our area are warmly invited to come along. Tanya and the Building Blocks Team.

building



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 |
|---|--|--|--|---|
| 3 school holidays | 4 | 5 | 6 PH Festival of Wellbeing at St Helens | 7) |
| 10 | 11 | 12 | 13 | 14 |
| 17 Fingal Play Centre 9.30-2.30pm term 4 start | 18 Read Sing Create! St Marys Library 11– 11.30 | 19 Play Through the Ages St Marys Town Hall Intergenerational Playgroup 10.30-12.30pm | 20 | 21 Read Sing Create! St Helens Library 10.30- 11.30am |
| 24 Fingal Play Centre 9.30-2.30pm | 25 Read Sing Create! Bicheno Library 11-11.30am | 26 Falmouth Playgroup 10-12pm Park Play @ Falmouth Dress Up Party! | 27 Children's Week Camel Farm 10.30-12pm Bookings required—BB Facebook or email for info Move & Play 10.30-11.30am Scottsdale, Arthur St Scottsdale | 28 Read Sing Create! St Helens Library 10.30- 11.30am Bicheno LiL 9.15-10.15 |
| 31 Fingal Play Centre 9.30-2.30pm Winnaleah PS LiL 1.40– 3pm | | Л: 0400 002116 or Email: u or Facebook: 'tanya buildin | g blocks' | |



FENCING GRANTS

Northern Tasmanian farmers have fenced their watercourses with help from the Tamar Action Grants. If you own land in the catchment, you may be eligible for funding too.

The application process is simple and you may be eligible to receive funding to improve your stock management and riparian vegetation.

Next funding round closes 28 October 2022! Call (03) 6333 7777 to discuss your property needs or visit nrmnorth.org.au





Macquarie

Brumbys - Lake

kanamaluka / Tamar

Learn more about the application process.



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

THE FINGAL VALLEY'S GERMAN HERITAGE

By Michael Watt

In May 2021, I published an article in 'The Valley and East Coast Voice' about a PowerPoint Presentation on German settlers in the Fingal Valley, held at the St Helen History Room. Meetings with descendants of some German families and local historians following the presentation were valuable for verifying information reported in secondary sources and identifying photographs of ancestors.

After more than two years of further in-depth research into 28 German families, the book, 'The Fingal Valley's German Heritage,' was published in mid-2022. Release of the book to the public will be facilitated at a book launch to be held at the St Helens History Room on 22 October 2022.

Following the book launch, copies of the book will be available for purchase from the following outlets in the Fingal Valley.

St Marys Cranks and Tinkerers

7143 Esk Highway St Marys TAS 7215 Contact: Ian Summers Phone: 0417 648 845 Email: iansummers50@yahoo.com.au

Fingal Valley Neighbourhood House History Group

20 Talbot Street Fingal TAS 7214 Contact: Sonya Lanham Phone: 03 6374 2344 Email: history@fvnh.org.au

Avoca Museum and Information Centre

16 Blenheim Street Avoca TAS 7213 Contact: Prue O'Connor Phone: 0419 134 382 Email: prue@benham.com.au

Interested people, who cannot obtain a copy of the book can contact the author. Address: 316 Churchill Avenue, Sandy Bay, Tasmania 7005 Phone: 03 6225 1335 E-mail: michaelgwatt@outlook.com.au



ST HELENS HISTORY ROOM INVITES YOU TO MICHAEL WATT'S BOOK LAUNCH 'THE FINGAL VALLEY'S GERMAN HERITAGE'

SATURDAY 22ND OCTOBER 2022 1 PM – 3 PM ST HELENS HISTORY ROOM 61 CECILIA STREET, ST HELENS TAS 7216

Official opening will be conducted by Mr David Llewellyn.

Come and join us at the St Helens History Room where we celebrate the launch of Michael Watt's book tracing German settlement in the Fingal Valley. Refreshments served.

RSVP FRIDAY 7TH OCTOBER 2022 TO: KYM.MATTHEWS@BODC.TAS.GOV.AU 6376 1479 / 6376 1744 / 0419 731 452

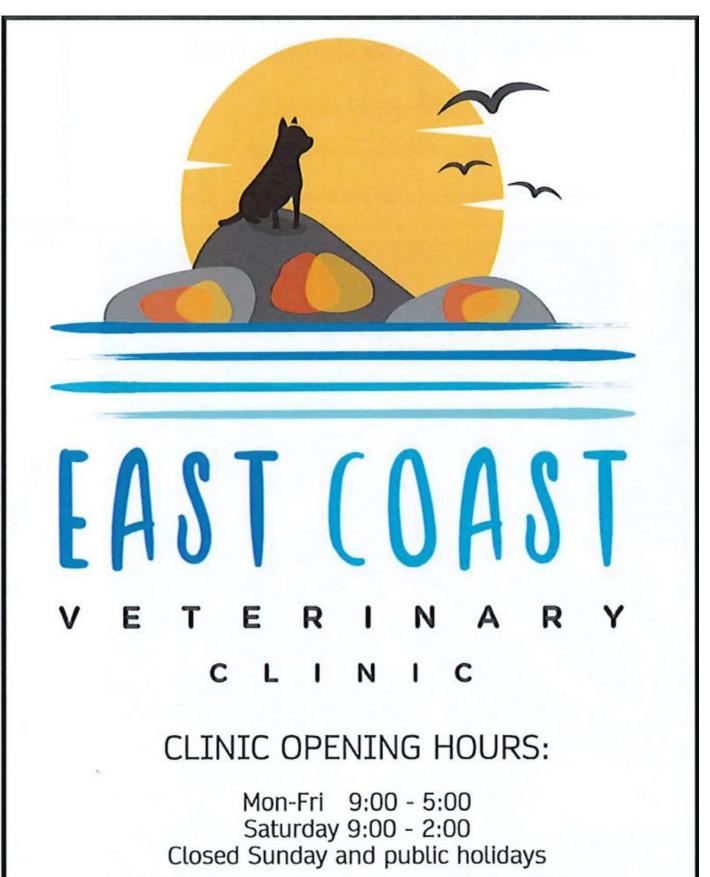
The author will be able to direct inquiries to the printer, Foot and Playsted, which will hold copies for sale. The book will also be available through Libraries Tasmania.

COMMUNITY BANK ST HELENS - ST MARYS SMALL GRANT APPLICATIONS CLOSE SOON

Community Small Grants Application are now open, but hurry as they close on Wednesday, 18th October 2022.

Application forms can be picked up and returned to the Branch at 41 Cecilia Street St Helens, open Tuesday, Wednesday and Friday from 10.00am to 4.00pm.



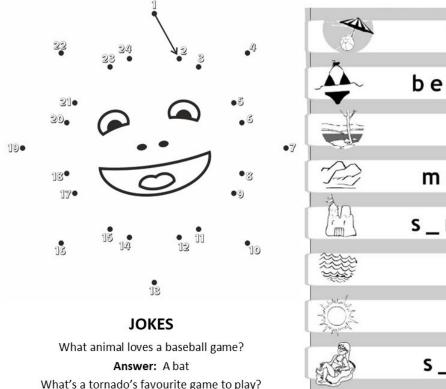


Available for out of hours emergencies all hours

67 Quail Street, St Helens Ph 6376 1577

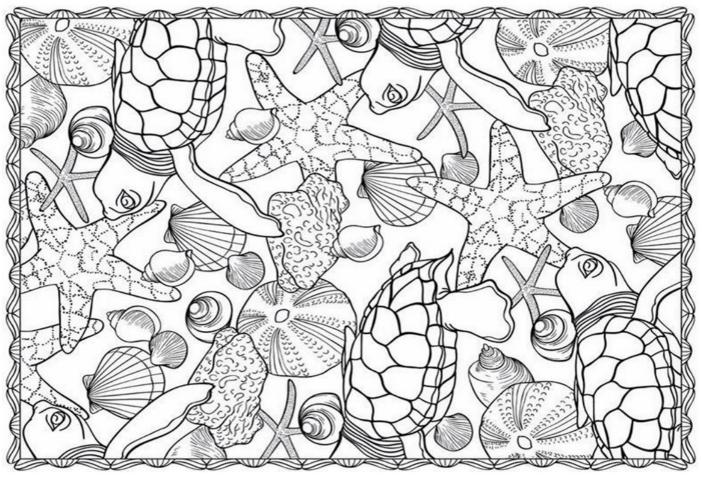
13th October 2022

Kids Activity Page



Answer: A bat What's a tornado's favourite game to play? Answer: Twister! What do you call an alligator that solves mysteries? Answer: An investi-gator! What do planets sing in a choir? Answer: Nep-tunes

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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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13th October 2022

These advertisements are paid for by the members, and do not reflect the political views of the Fingal Valley Neighbourhood House, its board or staff.



Enjoy a hilarious, musical show about jokes and humour! Using guitar, drums and fun props, Andy will show you how to deliver a punch line, create a joke, use gross humour and laugh until your sides ache! Suitable for ages 4-12



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SCAMANDER RIVER GOLF CLUB



38 points

32 (on c/b)

| Wednesday 28th Septembe Scramble | er - Mid-Week Com | petition - | Wedne | sday 5th O | ctober - Mid-week Comp | etition |
|--|------------------------------------|-------------------|--------------------------|---------------------------|---|---------------|
| 1st Darrell Thurley, Rose Ki 2nd Graham Little, Shan Wi | | 111 points 102 | 1st 2nd 3rd 4th | | NO GAME PLAYED | |
| | 6th: Brad Ennis 8th: Shan Wilmo | | 5th | | | |
| Longest Putt | Shan Wilmo | t | Nearest | t the Pin | 6th: 8th: | |
| Saturday 1st October - Ea Good turnout for the annua company was grand. <u>Gold Medal</u> proudly won by followed by Graham Little c | al playoff. Course, w | veather and | | | | |
| October Monthly Medal 1st Scott Wilson | | 68 points | | - | ber - Cripps Bakery Stable the heavy conditions. | ford |
| 2nd Tim Upton 3rd | | 72 | 2nd ⁻ | Jens Kalisch Tim Upton | | 38 p 32 (d |
| Best Gross Scott Wilson Matt Cross | | 79 (on c/b) 79 | | Dean Richai Michael Ho | | 32 30 |
| | | | Nearest | t the Pin | 6th: 8th: | |
| Tuesday 4th October - St F Putting | lelens Harcourts Br | ooch and | Tuesd | ay 1146 Oct | ahay Ladias Cingle State | oford |
| 1st Sarah Tatnell | | 31 noints | | Boso King | ober - Ladies Single Stabl | etora 201 |

| 1st | Sarah Tatnell | 31 points |
|-----|-----------------|-----------|
| 2nd | Lesley Kellaway | 26 |
| 3rd | Maryanne Ennis | 24 |
| 4th | Beth Haas | 26 |
| | | |

Putting: Beth Haas

1th October - Ladies Single Stableford

| 1st | Rose King | 38 Points |
|-----|-------------------|-----------|
| 2nd | Sarah Tatnell | 33 |
| 3rd | Beth Haas | 31 |
| 4th | Maryanne Ennis | 29 |
| 5th | Margaret Thompson | 29 |
| | | |

Putting: Rose King



Upcoming games:

| 12th October | Mid-week Competition |
|--------------|-------------------------------|
| 15th October | Tony Swanson Bash |
| 18th October | Stroke and Flag |
| 19th October | Mid-week Competition |
| | |
| 22nd October | Marilyn Ridges 3-ball Ambrose |
| 25th October | Multiplier Stableford |

MALAHIDE GOLF CLUB



Friday 30th September - Chicken Run

Friday 7th October - Chicken Run

| 1st 2nd 3rd 4th | DB Lowe Randall Wadley Rod Hunt Ashley Stone | | 30.5 points 31.5 34 34.5 | 1st 2nd 3rd 4th | DB Lowe Ashley Stone Mike Prewer David Duthie | | | 32.5 points 36 (on c/b) 36 37 |
|--------------------------|---|------------------------------------|-----------------------------------|--------------------------|--|--------------|--------------|--|
| 5th | Bill Swann | | 39 | | | | | |
| Nearest the Pin | | 4th: Ashley Stone 8th: Rod Hunt | | Near | est the Pin | 4th: 8th: | Club Club | |

| Saturday 1st October - Monthly Medal | | | Saturday 8th October - Single Stableford | | | | | |
|--------------------------------------|----------------|------|--|-----|------------------|--------------|--|-------------|
| 1st | Peter Sorenson | | 73 points | 1st | DB Lowe | | | 33 points |
| 2nd | DB Lowe | | 76 | 2nd | Randall Wadley | | | 31 |
| 3rd | Andrew Lowe | | 76 | 3rd | David Duthie | | | 28 |
| 4th | Ashley Stone | | 79 | 4th | Klaus Kobylinski | | | 22 (on c/b) |
| 5th | Randall Wadley | | 81 | 5th | Rod Hunt | | | 22 |
| 6th | Stan Ellerm | | 83 | | | | | |
| | | | Nearest the Pin | | 4th: | | | |
| | | - | Andrew Lowe | | | 8th: DB Lowe | | |
| | | 8th: | DB Lowe | | | | | |

A new addition to the Club Saturday timetable is the Red Marker Day. The aim of this format is to encourage more participation - particularly from beginners and those who don't get the huge distances some players do. Everyone will hit off from the Red Markers on these days.

An additional feature of these days is that players can play nine rather than eighteen holes if they want to. This might suit beginners, those down on energy, or those with lawns that won't wait until Sunday!

The first Red Marker Day was held on Saturday September 17. Great fun was had by all who participated. One Red Marker Day will be held each month until December. The Committee will review the success of the format at the end of the year.

If you know a player who is starting their golfing journey or one who doesn't hit the ball as long as they used to encourage them to join us on Red Marker Day. (And on other days as well!)

Malahide Golf Club hold a Chicken Run on each Friday starting at 1.00pm, \$4.00 entry. Saturday competition starts at 10.00am and we also have a Facebook page that is updated regularly.

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

Contact Andrew Johns - Club Captain on 0427 854 555



Upcoming Games:

15th October - Red Tee Day 22nd October - BBB 29th October - Visit to Quamby 5th November - Monthly Medal



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ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to another wet fortnight at the club and according to forecasts as this edition is being written, much more to come at the end of the week. Unfortunately, due to the soggy condition of the course, the committee has had to take the unprecedented step and close the course in the short term. There have been many attempts at cutting wet fairways over recent months, but with the water unable to get away any more, it has become impossible to get our mowers on to several fairways. It is difficult to walk the course without getting wet feet, and some places that never show any signs of water have actually turned to mud. This, I am reliably informed, has not happened since the early eighties, but we would still welcome the rain instead of the drought conditions of a couple of years ago, when fairways turned to dust and the rivulet we pump from almost stopped running. So get ready for another drenching, and hope it will come in smaller doses from then on. Better news on the bowls front, as one of our only events, the RSL two-day South challenge luckily happened between downpours. Over 30 bowler relished the chance to ply their skills on a slower green than usual, but bowled well considering the conditions. Well done to Maxine and her catering crew for a great effort keeping the hungry hordes well fed and thank heavens we finally got something underway, as our local bowls practice and working bees have all been washed out except for one solitary Thursday. This weekend just gone, we travelled to Scamander for the annual Nan Stuart Memorial Bowls Day, and what an event it was. Six full rinks and subs required to fit them all in; in all around 60 competitors, and well done to Dot, Bobby, Heather and the Stewart family for organizing the day, the food was absolutely amazing and over a dozen spins of the chocolate wheel to top off the day. As Sammy Seymour remarked, it was the best-attended Nan Stuart Day since its inception. It was also nice to catch up with some of the old friends on the rink, as well as a chat with Jim and Glenys Turner who dropped in to watch a few ends. Scamander got up to win on the day.

Just a notice to all intending bowlers, there is a Lightning Premiership at Swansea this Saturday commencing at 10.00am, three rinks of four bowlers and subs if required, \$15.00 per person entry and lunch, please put your name on the notice board inside the club house.

We wish to inform anyone from last season who is not playing in our upcoming Pennant competition, could you please return your bowls shirt to the Centre, as they will always be our club's property, thank you.

Spring Saver menu below, all going well but we will be heading for a little break during December and January, so make the most of these last few if you can.

Member Draw: Last week Russell Harwood and this week Tamatha Grose, no collect, so the fuel jackpots to \$80.00 this fortnight.

Opening Hours: Thursday - 5.30pm. Friday - 5.30pm, Spring Specials Night, Happy Hour 6.30pm till 7.30pm, Members Draw 8.00pm. Saturday - 1.30pm after golf. Sunday - 2.30pm.

Until next issue, good skiing and boat sailing, rolling and socializing.



ST MARYS SPORTS CENTRE INC.

PRESENTS:

SPRING SPECIALS NIGHT

EVERY FRIDAY NIGHT at THE CENTRE BETWEEN 5:30 & 7pm

Call in for a hearty Spring feed

This Week, Main & Dessert \$20

Roast Chicken & Veg

And Pavlova

Next Friday: \$15

Curried Chicken Chocolate & Blueberry Cake

Great food, good company and a warm fire

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13th October 2022

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Sun 7.30am - 6.00pm Phone: 6372 2240 or 0417 092 857 Email: shop@cndiga.com.au



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- ♦ Fingal Post Office
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- Mathinna Post Office
- Coach House Restaurant -St Marys
- ♦C & D's IGA St Marys
- ♦Hilly's IGA St Marys
- ♦ Hilly's IGA St Helens
- ♦ St Helens Newsagency
- Scamander Supermarket
- Mouth Café Scamander
- ♦ The Farm Shed Bicheno





CROSSWORD ISSUE 54.17

Across: 1. Cartoon, 5. Omen, 7. Over, 8. Vesta, 9. Drey, 10. Nest, 12. Earn, 13. Tandem, 17. Acid, 18. Ego, 19. Edam, 20. Trying, 24. Peat, 26. Lees, 27. Mini, 28. Coast, 29. Nile, 30. Snug, 31. Emerald.

Down: 1. Covert, 2. Resign, 3. Orange, 4. Noise, 5. Ordinary, 6. Election, 11. Tarot, 14. Audition, 15. Dumpling, 16. Medal, 21. Rescue, 22. Impala, 23. Gifted, 25. Tepee.