

# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 54.19 27th October 2022

Deadline for 54.20 is at 5.00pm on Monday 7th November 2022

## SENIORS WEEK AND EARLY LEARNING MATTERS WEEK INTERGENERATIONAL PROGRAM CONNECT YOUNG AND OLD

The benefits of intergenerational programs for building connections through the generations, reconnecting people, and a shared love of play were explored at the St Marys Town Hall on Wednesday 19th October 2022.

Play is beneficial for all ages because it is positive, inclusive, and great to stimulate learning, social and emotional wellbeing, and new ideas. We have spent a couple of years tossing ideas around and thinking how best to work together to have a session that would be enjoyable for all, and Seniors Week and Early Learning Matters Week happening at the same time seemed the perfect excuse.



St Marys Day Centre clients, Building Blocks families, St Marys District School Kinder students and family members, and St Marys Early Learning and Care Centre all attended, with over 70 people participating. Fingal Valley Neighbourhood House provided transport for some of the children to St Marys Town Hall, while others walked down from school, and Community Transport Services Tasmania (CTST)



supported attendance by Day Centre clients.

A morning tea was provided, with recipes from the Families Tasmania Family Food Patch Program, including carrot cake balls, pikelets, pear dip and tomato and chickpea soup. Attendees enjoyed a range of craft activities such as fabric painting on calico bags - to take home - lots of freebies, drawing, storytelling, rock art and much more.

We hope to make this an annual event and to continue to build on these connections all year around.



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Authorised by Brian Mitchell MP (ALP, Tasmania) 25 Green Point Road Bridgewater TAS 7030

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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 The address and phone number will not be published but are for verification purposes only.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.



## POPPING UP IN A TOWN NEAR YOU!

Service Tasmania is hitting the road with their mobile pop-up shop this October and November, visiting St Marys on Wednesday 16th and Thursday 17th November.

Providing Tasmanians with real choice in how to access government services is a big focus for Service Tasmania. While their 27 service centres put face-to-face services within easy reach for many people, they know that certain communities, like St Marys in Tassie's beautiful Fingal Valley, are still distanced from these physical shop locations.

The pop-up shop concept was first trialled last year and received some great community feedback. In particular, many customers commented on how helpful it was to have both federal and state government services sitting alongside each other in the one easily accessible location.

Service Tasmania is once again working alongside one of the Federal Government's three travelling mobile centres. These kitted out service trucks tour the country year-round providing Centrelink, Medicare and other federal services to remote and regional communities.

Staff in the pop-up shop will be able to offer most Tassie Government services, information and payments that can be completed in service centres (eftpos only payments). So whether you have some bills to pay, need a new fishing licence, have a Seniors Card application to submit or a new vehicle to register, you might want to put these dates in your diary.

This is the second year of this pilot activity and will give insight on how valuable the mobile shop approach might be into the future for communities. If you'd like to support this initiative, head along and have a chat to the friendly Service Tasmania staff when they come to town.

To see the full schedule of pop-up shops visit [www.service.tas.gov.au/popup](http://www.service.tas.gov.au/popup)



*The mobile pop-up shop in Zeehan last year.*



## SENIORS ENJOY A DAY AT WOOLMER

Break O'Day Council offered seniors the chance to celebrate Seniors Week, with a free trip to Woolmers Estate and Longford on Thursday 20th October 2022.

Peggy Bogar from Scamander sent us her thoughts on the day.

"I want to say how much I enjoyed our Break O'Day Council-supported bus trip to 'Woolmers Estate' in October. It was a shame that most of the roses were not yet out, but we did see a few, and here and there we caught glimpses of irises. The old buildings and the guided tour of the house were memorable. I loved those shiny old cars, they have been done up ever so well. My husband would have been in awe of those golden framed pictures. There were many interesting facts and we had a guide who projected her voice and showed her enthusiasm for the wonderful rooms and their contents.

I did feel sorry for the elderly who found it difficult to walk that far. One refused to take another step and others found the seats along the way to be helpful. We suggested golf buggies or some other means of transport would be a good idea and were told that something had been ordered along those lines.

Council staff member Chris and Rebecca from Fingal Neighbourhood House, and our driver, were all so engaging and interested in our welfare. The food just kept on coming. So thank you to all involved."



## AND THE WINNER IS...

Thank you to everyone who participated in our Readers Survey. We are looking at the results to see what you like about The Valley and East Coast Voice, and how we can improve each issue.

Congratulations to Rachel Bowden, the winner of the voucher for the Fingal Supermarket, who has been notified.

We hope you all continue to enjoy reading our articles and columns.

## ROYAL REFLECTIONS

**1954** The early morning rays of sun illuminated Paddy's head as Dad waved goodbye. He was returning to his normal daily hard-working routine on our farm. Meanwhile, Mum and I were embarking on an out-of-the-ordinary experience. We walked briskly to St Marys railway station. I quivered with a mix of adventure, excitement and fear of the unknown. Upon our arrival, I was surprised to see the large number of people gathered on the platform. They were all watching the long, huffing, puffing 'dragon'. I desperately wanted to bolt and chase after Dad, but Mum was holding my 6-year old hand in a vice-like grip. "All aboard!" a loud male voice ordered and we found ourselves caught up in the surge of people entering the belly of the 'monster'. "You sit near the window dear, for a better view," my mother instructed. Somehow, my bottom connecting with the leathery seat brought me out of my fantasy world to reality. I wasn't a dragon's breakfast after all. I was in a real train taking my first train trip to Launceston.

The journey had me mesmerized - the scenery flashing by, the swaying motion of the carriage similar to the wind rocking me on my favourite willow branch, the harmonious click clack of the wheels. It all ended too quickly. Disembarking, I was overwhelmed by the number of people, and people, people were everywhere! Mum clutched my hand in that somewhat painful grip reserved for parents afraid of mislaying a child. Before I could lodge a protest, a smiling stranger handed me a small Union Jack flag. I was in seventh heaven!

Pushing through the crowd, flag jabbing and being flag-jabbed by other jubilant youngsters, we arrived at City Park. The hushed crowd waited and watched. Suddenly came an exuberant cheer, "Here she comes!" And there she was - the Queen. No longer just a picture in a magazine, but a beautiful, smiling, living woman accompanied by her tall handsome Prince! During the long train trip and cart ride home, I prayed we would soon have a rainy day. Rainy days were special - Mum helped me make paste from plain flour and hot water, sew any scrap paper we could find into books, and cut out pictures from magazines. That was scrap book weather! Bring on the rain! Firstly, we would need to visit my Auntie Dorry Singline. I held her in awe, for she bought the "Woman's Weekly" and "Woman's Day". When out-dated, she would give them to us. She would supply the royal material I needed.

### **History repeats itself, 1970.**

Here I was again at St Marys railway station, ready to board a train to see the Queen and Prince Phillip, for as a questioning adult, I was leaning strongly for Australia becoming a Republic. But this work-colleague needed help supervising three robust little children. Anyway, it was an historical day, for a once-up passenger train had been commissioned to make this special trip to Launceston. Upon arrival at City Park, I was surprised to find myself swept up in the same euphoria I'd experienced 16 years ago. The Queen and her Prince radiated reassuring stability. With this unexplainable magnetic appeal, they had gained my support again. It was an exhilarating day.

During the long trip home, my friend and the children fell asleep. This allowed me time to reflect on my 'connectedness' to the Queen. I soon realized why. She and the Royal Family influenced my childhood and adolescent years - they had helped make home uniquely home, it went back to 1953. November of that year was the monumental step in modernising our family home and life. Dad and my 3 half-brothers had proudly completed building a lean-to onto our outdoor laundry. Wonder of wonders, it was a bathroom! Dating way back to the days of my great-grandparents, Saturday night was the Mitchell family bath night at Daisy Dale, Lower Germantown. Tradition decreed that each Saturday afternoon, an elected family member was responsible for keeping the outdoor fire burning, heating the large copper tub of water. After the evening meal, a large bath tub was hauled into the kitchen and placed in front of the big black stove. All able-bodied family members helped carry buckets of hot water from the copper and cold water from the outdoors water supply. Once the bath was ready, all but the youngest members (and the lady of the house if her supervision was required) were shooed out of the room. When appropriate, 2 or 3 children were in the tub together. Then it was ready for the next in line. When the water become too discoloured with the washing away of grime from a week's work and play, the water was bailed out and replaced with a fresh supply. This tradition suited me fine, for I was the youngest of my generation. However, it was not too great for my father; he had been number 9 of 14 children. No wonder he was now as enthusiastic as me about completing our bathroom. (It even had a cold water tap. The outdoor copper was still in use.) So what had that to do with the Queen? Well after the men had completed their part, it was over to Mum and me to decorate. Firstly, we tacked hessian over the hand-cut and planed boards. Then we pasted on several layers of old newspapers to keep out the draughts. Then came the exciting process - the final layer of carefully selected magazine articles. After all, what could be more luxurious than lying in a bath of your very own clean water reading the numerous articles on the wall. Of course, articles on the Royal Family reigned supreme! For weeks, I hadn't be allowed to cut out pictures for my scrapbooks. The royals now took their rightful, dignified place on the Daisy Dale bathroom walls.

*(Continued next page.)*



For over 8 years, I had a weekly Saturday night rendezvous with the Royal Family. Each year, a couple of weeks before Christmas, Mum and I would repaper the bathroom with current monarch news, such as the photograph below. However, the original segment depicting the Queen's coronation remained undisturbed. It was so special. She remained in regal command even when we left the farm for the final time after our last family reunion at Daisy Dale, Christmas Day 1967.

The train screeched to a stop at St Marys and I was forced back to reality. I helped my friend put the sleepy children in the car and we headed home to Cornwall. Little did I know, a young man who was on the same train, was helping his charges, his neighbour's 3 children, into his car and heading to Gray. Five years later, he became my husband!

### Things come in threes, 2000

As a home-schooling educator of our 6 children, I always advised, "Be careful what you teach, for there will be consequences." I should have practised what I preached. Having an acquired brain injury disability, our youngest son Tim loved hearing stories of overcomers - of situations and people rising above adverse circumstances. And so I told him the story of the Granny Smith apple. "One day someone threw the discarded cores of apples onto the compost. One seed eventually grew into a tree which bore delicious green cooking apples. These apple were picked and cooked by a lady known as 'Granny Smith'. Pies made from these apples quickly became a delicious success. From something once rejected emerged something wonderful."

Tim asked me to write down the story, adding how he aimed to be an overcomer. He took the piece of paper and stored it in his 'treasure box'. I forgot about it. Time didn't! When he heard the Queen and Prince Phillip were visiting Launceston, he asked if we could go. This surprised us, for at 14, Tim had a great aversion to females. When I questioned him he said, "She and that man (referring to Prince Phillip) understand things." On the morning of see-the-queen-day, Tim scanned the fruit bowl. He looked disappointed, so I asked what he wanted. "An apple to give to the Queen," he replied. "You can't give the Queen an apple," I told him. "Why not?" he questioned. "Well because people always give her flowers," I responded. "Why does it have to be flowers? Why can't I give the Queen an apple?" "I guess you could if you wanted to," I foolishly replied. "There's red apples there in the fruit bowl," I flippantly told him. "They're no good. It has to be a green apple," he insisted. Just before we left, Tim retrieved something from his 'treasure box' and placed it in his pocket.

When we arrived in Launceston, Tim insisted on going to a greengrocer. There he bought a carefully selected shiny green apple. In keeping with tradition of my past two visits to see the Queen, we lined up on the edge of a pathway in City Park. The hushed crowd waited in anticipation. Suddenly came an exuberant shout, "Here she comes!" I noted a shadow pass over Tim's face when he saw Prince Phillip would walk close by with the Queen on the inside beside her Prince. However, he reached into his pocket and pulled out a crumpled piece of paper. He put it on top of the green apple.

The procession came level with us. Tim instantly stepped out in front of the Prince. His minder moved to block Tim. Prince Phillip glanced at Tim and stepped in front of his minder. "Have an apple," Tim invited. The Prince smiled and reached out. He accepted the apple and Granny Smith story! It was only a couple of seconds of exchange, but Tim was happy. The Prince had shown him empathy. Mission complete, Tim pushed through the crowds to go and see the monkeys.

That day I was reminded of the saying, "A nation's greatness is measured by how well it respects, and treats its weakest citizen."

In that brief interlude, Prince Phillip and Tim connected! (And one more thing - after his brief glimpse of Queen Elizabeth, Tim decided some females were OK.)

In the future, we Aussies will probably need to decide if we remain with the Monarch or become a Republic. Whatever the outcome, Australia will be truly blessed if our leaders show the stability, understanding, dignity, graciousness and empathy of that Prince and that Queen!

Beverley Rubenach, Gray

September 2022.



Photograph from "Royal Family" website



# November

NOTES:

Fingal House Number	03 6374 2344
Loaves and Fishes	Every second Thursday
NILS Loans	Phone 03 6374 2344
Fingal Supermarket	8-5 Mon-Friday 8-12 Sat-Sunday
Hairdresser	0407 549 678
Phone for	Every second Monday
Book Club	1 <sup>st</sup> Thursday of the Month
Spinners and weavers	22 <sup>nd</sup> October
Ragamuffins	21 <sup>st</sup> October
Op Shop Hours	9.30-2.30
OAC Hours	9-2
Library Hours	9-3
History	Please note History Room opening hours on Calendar
Eating with friends	*EWF*
St Marys GYM	Email: <a href="mailto:Active4Life@fvnh.org.au">Active4Life@fvnh.org.au</a>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 History 12-3 Op Shop Online Centre Library Melbourne Cup	2 Morning Tea 10am Op Shop Online Centre Library	3 History 12-3 Op Shop Online Centre Library Book Club	4 History 10-3 Op Shop Online Centre Library	5
6	7 Play Centre 9.30-2.30 Op Shop Online Centre Library	8 History 12-3 Op Shop Online Centre Library	9 Morning Tea 10am Op Shop Online Centre Library	10 Valley Voice History 12-3 Op Shop Online Centre Library Loaves and Fishes	11 History 10-3 Op Shop Online Centre Library	12
13	14 Play Centre 9.30-2.30 Op Shop Online Centre Library	15 History 12-3 Op Shop Online Centre Library	16 Morning Tea 10am Op Shop Online Centre Library	17 History 12-3 Op Shop Online Centre Library	18 History 10-3 Op Shop Online Centre Library	19
20	21 Play Centre 9.30-2.30 Op Shop Online Centre Library Ragamuffins	22 History 12-3 Op Shop Online Centre Library Spinners and weavers	23 Morning Tea 10am Op Shop Online Centre Library Speak up Stay ChatTY EWF	24 Valley Voice History 12-3 Op Shop Online Centre Library Loaves and Fishes	25 History 10-3 Op Shop Online Centre Library	26
27	28 Play Centre 9.30-2.30 Op Shop Online Centre Library	29 History 12-3 Op Shop Online Centre Library	30 Morning Tea 10am Op Shop Online Centre Library			

# 2022



## Open House and Garden

396 Elephant Pass Road  
St Marys

**SATURDAY 25th November 2022**  
10.00am–3.00pm

\$5 Entry and \$10 Morning Tea  
Plants for sale, raffle prizes  
Break O'Day With One Voice Choir will be performing at 11.30am

Come and experience off grid living, see the bottle walls, flower garden and organic vegetable garden

*All funds raised go to the Tasmanian Lymphoedema and Laser Therapy Centre*

**Enquiries to 0418 659 781**



## Halloween at Scamander

**When: Saturday 29th of October 2022  
& Monday 31st October 2022**

**Depart Fingal: 7.30pm**

**Dress: Halloween costume**

**Bus Free**

We will be running a free bus to Scamander to check out the Halloween displays. If you would like to dress up in your Halloween costume and join us on the bus please call 6374 2344 to book a seat by Friday 28th October.

**Free lollies for the kids**



Funded by the Crown through the Department of Communities Tasmania



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 a page of Volume 41, Number 8, published Thursday 14th September 2008.

## St Marys 1903 David Clement 8th instalment

### The Roads

Great excitement was caused on 29<sup>th</sup> May last when a motor car passed through, enroute to the East Coast, the first vehicle of its kind to pass through the town. The roads of the district are the responsibility of the St Marys Road District Trust, currently composed of Mr Michael Cullenan as Chairman and Treasurer, and Messrs Phillip Lohrey, Thomas William King and Thomas Berwick as Trustees. The Road Rate for the year has been set at one shilling in the pound (5%) on all private property, and sixpence in the pound on Crown Lands, as shown by the Assessment Roll for the Municipality of Fingal for the year 1903.

There has been some discussion locally on the appointment of Mr Bryant as Road Overseer, on the basis that he was not a local man. However, a report states that "the Road Overseer for the past fortnight has been engaged in erecting a new bridge in the Parish of Gray. The work is very neatly and safely executed: concluded that "Mr Bryant is showing his ability in a very pleasing and satisfactory manner. Tenders have been called for grubbing briars and gorse on the road between Killymoon and St Marys, but only one tender was received and was deemed too high in price, so that the Trust thought it advisable to have the work executed by its own staff.

Whilst almost all receipts of the Trust are from the Road Rate levied on property owners, it did last year charge the Education Department £6 for clearing stones from the playground at Gray School, and earned sixteen shillings from selling materials from drains, of Total Receipts of £490. The major expenses were Day Labour £242, Stone Crusher £90, Cartage £62, Horse-feed £32, Blacksmith's work £15 and Fencing Scrubbing and Clearing £6. The cost of the horse feed generated some correspondence To the Editor:- "Sir, a report of the St Marys Road Trusts last meeting stated that about four tons of chaff were used in keeping the road horse from January 1 to May 30, a period of five months, for a cost of £11. As the Trust have now disposed of their horse, why do they not purchase one in its place? We are now paying a carter four shillings a day for his horse, amounting to £30 for four months. The carter does not supply his own dray, but is utilising that of the Trust. If we allow eight shillings a month for shoes, or £2 over the four months, there would be a balance of £17 in favour of having a horse of their own, even allowing for blacksmithing work. Yours etc."

### Minerals

With the exception of coal, no other mineral appears to have been seriously prospected for in the district. Why such is the case would be hard to say, for the ranges around have all the indications of auriferous and stanniferous possibilities, and they do not present the same difficulties and hardships which the prospector on the West Coast has to encounter. About 16 years ago a little prospecting work was done close to the town on the Georges Bay Road. It consisted in putting a shaft down and driving an adit (entrance) in, giving prospects of gold and galena, but whether these were payable or not there are no records to show. Probably at that time they were not considered payable, as the efforts of that prospector were contemptuously dubbed "House's Folly".

### Health

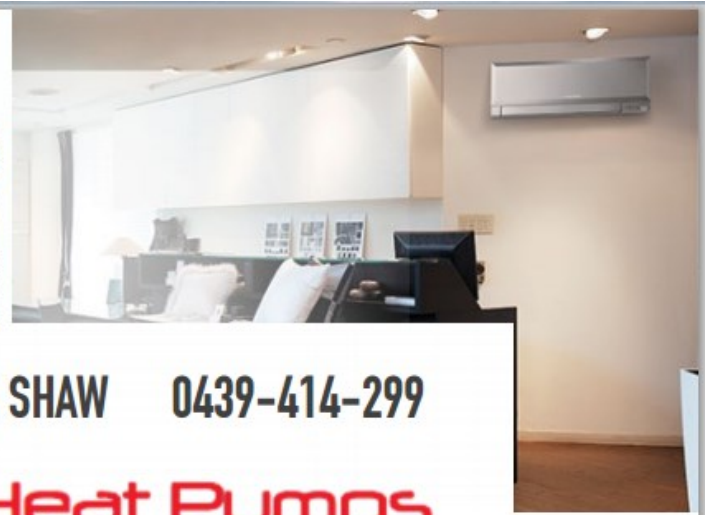
Of course, in any district, no matter how healthy, there are always to be found infantile problems. While, the general salubrity of St Marys would seem to prevent the possibility of a "medico" from earning his salt, should he take his chance here, it is necessary – as disease and accidents are always lurking – for the residents to guard against danger, and have the services of a medical man close at hand. Indeed, whooping cough and influenza have been prevalent in some houses and the winter weather was accompanied by bad colds and sickness. At present, Dr Hoskings of Fingal is the nearest medical man. He was only recently here in the town, engaged in vaccination against smallpox. The residents have been astir, and signatures to a guarantee of a fixed income as an inducement for a doctor to settle in St Marys were obtained by a vigorous canvas organised by Messrs McHugo and Schiers, with the result that Doctor Walker has been obtained for the town. It is to be hoped that he will be happy with the practice, and that his arrival may prevent some of the less happy consequences of self-treatment. An inquest recently found that Miss Mary Davis at Fingal died of congestion of the brain due to an overdose of creosote, as a consequence of placing a wadding dipped in the substance on an aching tooth.

### Gone Before

Some eight years ago there was a public meeting convened to discuss establishing a Public Cemetery for St Marys. A subsequent meeting announced that suitable ground had been found and steps taken to secure it, and the ground in Gray Road was commenced three years back, consecrated firstly by the Methodists in 1899 and the Catholics and Presbyterians two years ago. As yet, the Anglicans have not done so. There are two Undertakers in the township, Mr Mitchell and Mr McHugo, apparently keenly in competition, with rates of ten shillings for a grave and five pounds for a burial. Last year Mr W G Mitchell complained in the "Examiner" that "it is virtually impossible to find vacant ground in Cullenswood cemetery. Sometimes three attempts are necessary to find ground that does not contain other bodies". Mr Mitchell urged that now there was a public cemetery in the area, burials at Cullenswood should be ceased, except for reserved sites. The Accounts for the St Marys Public Cemetery for the year ending 31 December last year (1902) showed receipts of £2-15-6 from fees for private graves and £1-0-0 for public graves, insufficient to meet the £8-0-0 interest on loan, which needed to be met from the balance of the previous year's operations.

*Continued next issue if space permits*





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

Feel Good, Do Good, Sing for Good!



Like all healthy families, With One Voice Break O'Day is continuing to create new connections to community and within its own network. We resumed our regular gatherings for Term 4 at Scamander Sports Complex with mini buses from St Helens and Fingal bringing enthusiastic singers from across our vast municipality. These transport arrangements are available because of the support from the Fingal Valley Neighbourhood House and St Helens Hospital Auxiliary and Tip Shop. We send a huge shout out to both these organisations for your help.

An example of support from within our own network is that Maestro Michael Mathers stepped up to cover for our usual conductor to blast us off to what is going to be an action-packed finale to the year. What a merry dance he took us on in our vocal warm-ups. If you believe that scales are boring, Michael's exploration of them would have irrevocably changed your mind. Thank you Michael for your invaluable and ongoing input into our choir family.

Our first special event for the term is on Sunday, November 13. This will be the fifth of our "Reconnect and Sing" bonanzas, where we take our choir to outlying communities and invite the whole municipality to join us in song and feasting. This time we're off to the Pyengana Recreation Ground. Calows, our trusty coach, will pick up and return everyone from Fingal all the way through to Pyengana for a sing commencing at 12.00pm. At 1.00pm, we will serve a BBQ lunch, and at 2.00pm the bus will depart for home. So, hop aboard with your family and friends for a memorable day.



*Our visit to Pyengana will be enjoyable, so let's make the bus full!*

We ask for a gold coin donation for the bus and another for the sing and feed. Just text Liz Dean on 0439 001 533. Leave your name, number of passengers and your location, and she will get back to you. We thank Break O'Day Council and Calows Coaches for their financial and in-kind support for these events which otherwise would not be possible.

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

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

## St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

### CHANGES TO HOW TO ENTER THE ST MARYS COMMUNITY HEALTH CENTER

The entrance to the St Marys Community Health Centre is now **via the tunnel (old entrance)** NOT through the rear entry door near the ambulance bay.

The screening machine is now located at the reception area. Please screen at reception when you have entered. Masks and hand sanitiser are in the tunnel area on the way in. Please practise your hand hygiene when entering.

Please be aware mask wearing is still required on entry to the St Marys Community Health Centre.

Thank you to our community for your patience and cooperation during these changing times.

Information on this page supplied by:

St Marys Community Health Centre, Gardiners Creek Rd, St Marys Tasmania 7215



		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>STAR FM</b></p> <p><b>Program Guide</b></p>  	<b>Brekkie</b>	Start your working week  with Star FM	Fruity and Loopy  with Flashy	I see Stars  with Sandsy	Flashback Retro Breakfast  with The Flash	Muesli and Milk  with Magilla	Saturday's Sunny Side Up  with Manny	Sunday Mornings It's time to get up
	<b>Morning</b>	Get Sand between your toes  with Sandsy	IN THE LAB with Dr Dave Community Interviews at 11.15  with Dr Dave	Mary-Anne's Music Mix PLUS Real Estate Tips and Tricks at 10.30  with Mary-Anne	Rhythm N' Reggae  with Big Daddy Davo	Simply 60's  with PUGS	"Get Happy"  with Angelina	with Magilla
	<b>Arvo</b>	Jackster's MUSIC BOX PLUS "Pet Talk with Dr Andrew after 2pm  with Jackster and Porsche	The Down Under Show  with Jonno	"Around the World" with your hostess  The Tone	In the Shed  with ZEDD	"Fresh and Fruity Friday's"  with Angelina	A dose of Dr Dave PLUS Quizzes at 3 and 4pm  with Dr Dave	Star FM's The 80's Zone
	<b>Late Arvo</b>	In the BACKSEAT  with Astro or JAX	2 For Tuesday Request Show  with Shaun	Something Fishy is going on  with Fyshy	DR DAVES Travelling Medicine Show  with DR DAVE	"Rock On"  with Jonno	"The No 80's Zone" [everything except the 80's]  The Tone	with The Tone
	<b>Evening</b>	Monday Evening  With Star FM	Neville's Country Corner  and more with Neville	That 70's Show  with Star FM	Thursday Nights  with Star FM	It's Friday Night  with Star FM	The Party Pit Playlist  with Star FM	Big Daddy Davo's Blues Mix  hosted by Dave

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St Marys 7215

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Dinner - 5.30pm - 8.00pm

Pasta night every Tuesday

(Bookings preferred for all meals)

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30 October

Alibi

6 November

Katherine Bright

**YOUR FAMILY-FRIENDLY LOCAL HOTEL**





## The Say by the “Cage Rattler”

This is a very personal comment to some of the people out in our community. And yes, I am directly involved with the wonderful people that this refers to. It saddens me greatly that there are people in this very local community who find it necessary to have a bit of a go at people who quite literally provide invaluable contributions to this town. I won't directly embarrass anybody for some very inconsiderate behaviour or ongoing disrespect to an intrepid, and I do mean that literally band of folk, but I will say this. GIVE IT A REST.

Our local Sports Centre, of which I am a proud senior committee person these days, has in the past few years come from almost closing to a vibrant, growing and essential part of St Marys and surrounds. In that period, and in particular the last five or six years, thanks to some exceptional work of a dedicated crew, the club has gone from strength to strength. Not only has the club kept its head above water, but its membership has steadily increased and prospered. Among the people who have worked countless hours voluntarily is our current Secretary, some excellent organisers, amazing caterers and dedicated supporters both on and off the bowls green and golf course. This is previously and currently. It is an intensely proud person like myself that has witnessed all this. Thank you to every single one of you.

For whatever reason though, we have some people who find it necessary to decry our wonderful club and have a go at what they consider its shortcomings. Add in the less than ideal way people let their dogs wander all over the place on what is basically a private members' facility and allowing their animals to defecate where they please. This is not on any more guys.

The golf course itself is actually a private members annual subscription facility, magnificently maintained by three or four regular volunteers. It takes thousands of man-hours a year to mow, spray, weed, water and groom the course. We also have to maintain a fleet of machines to do this. This is done by these same people and some exceptional local mechanics who pitch in as required. We DO NOT receive any financial assistance currently to do that, so a lot of our fundraising is dedicated to keeping our course in the great condition it is becoming renowned for. We do not want any further 'fertilizing' of the facility thanks, so dog walkers please note that it's your responsibility to clean up your dog or cat in one case's impediments.

We have absolutely no problem with people walking their dogs on the precinct that the course winds through. That is, of course, if they can guarantee that they closely monitor the animals the whole time, and do the right thing if the pet relieves itself during the visit. Let's make this quite clear. We love our dogs visiting, but to the few who are known to just let them loose to do what they want....not so much.

To our walkers...this is unprecedentedly wet times and please understand this. We will always do our best to minimise the clippings where ever possible, even to the point of costing us time and money to do so. In my 45 years of membership, a former greenkeeper and so on, I have never before seen the incredible situation we have now. The way that Smithy and Macca have kept things under control is nothing short of phenomenal. Please do not anyone dare to think you know what they have to do to keep things manageable in these extraordinary times. Take it from me, no one could do it much better, and any complaints are unwarranted. Leave it at that.

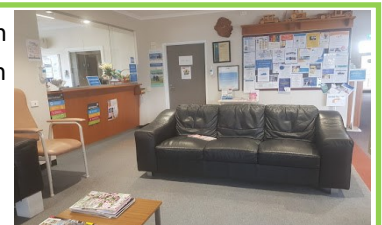
Finally to our friends at Break O Day Council who have provided us with in-kind assistance from time to time, assistance with finding machinery and assistance with support for grants, we appreciate that support and trust it aids the whole community not just the club. It's very appreciated.

To our detractors...please realize that some of the negative comments, some of the pet issues outlined and some of the obviously ill-informed folk would be better served and genuinely surprised if they had a mind to think about how great the St Marys Sports Centre actually is. All we ask is you take a more overarching view of things, and be willing to understand that not everybody can be satisfied or accommodated every day in every way, but we will do our best. It's a two-way street though, and we ask the few that abuse their responsibilities now, should that be fixed, we will greatly appreciate your efforts.

What do you think?

The **Annual General Meeting** of the **St Marys Hospital Support Association** will be held on **Monday 14th November 2022**, at the **Day Centre Room** at the St Marys Community Health Centre, starting at **7.00pm**.

All welcome.





# TJ ACCOUNTING

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[tjaccounting13@bigpond.com](mailto:tjaccounting13@bigpond.com)

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

**Where: Business Enterprise Centre – Break O Day Shop 1, 34 Quail St, St Helens, TAS. 7216**

**20 Tasman Highway  
Bicheno TAS 7215**

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## TANIA RATTRAY MLC

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MEMBER FOR  
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Contact details - Mobile - 0427 523 412

Office Phone - 6350 5000

Email - [tania.rattray@parliament.tas.gov.au](mailto:tania.rattray@parliament.tas.gov.au)



Join us at Fingal Valley Neighbourhood House for the

# Melbourne Cup Afternoon

Light Refreshments

Ladies and Gents - come along and make your fancy fascinator on the day!!

**Tuesday 1st November 2022**

**Time:** 1pm til 3.30pm

**Cost:** \$5 per person

**RSVP:** Friday 28th October 2022 to the Office - 6374 2344



*The Fingal Valley Neighbourhood House Inc is funded by the Crown through the Department of Premier and Cabinet*





# Digital Help Sessions

What: One to one help sessions

## Help with:

- Phones
- My aged care
- Streaming accounts
- Online forms
- How to set up apps
- Helpful apps

- My gov
- Online accounts
- NDIS
- Form filling
- How to buy online



**Thursday November 17th  
10am, 11am & 12noon  
at St Marys Library**

To book call St Marys Library  
6387 5602

St Marys Library, 31 Main Street, St Marys, TAS







## MOUNT ELEPHANT AND BEYOND BOOK GROUP

### BOOK REVIEW *Written by Pam Bretz*

What a challenge this past month's book brought to our Book Group! Stephen Fry, British actor, broadcaster, comedian and lover of words, wrote 'The Ode Less Travelled' (a play on the title of the poem by American poet, Robert Frost, "The Road Less Travelled.") Its subtitle is 'Unlocking the Poet Within'. An "amateur" poet himself, Fry believes that "if you can speak and read English you can write poetry. But it is no fun if you don't know where to start or have been led to believe that Anything Goes."

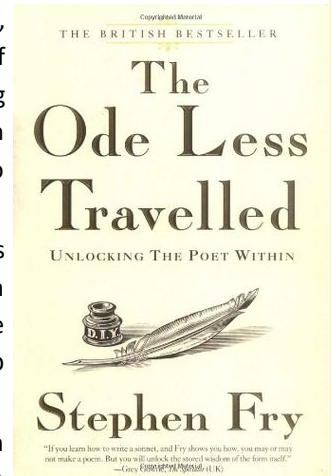
So begins a step-by-step guide to what makes poetry. He starts with metre, the beat or stress given to words in a line, and he encourages us to read aloud his chosen examples, some of them written by the great poets and some of them written by him, often very amusingly, to illustrate his lesson. At the end of each section he sets the reader exercises and some of the group actually attempted one or two of these. We were impressed by their offerings!

Next comes rhyme in all its various patterns, then form, like ballads, odes, sonnets, even limericks and finally diction; the choice of words and language. By this stage, few of the group had found the necessary discipline to continue the exercises or to methodically read the rest of the book!

Love him or hate him, Fry has a way with words and he peppers his writing with hilarious asides, judgements and pronouncements. His pet hate is the belief that poetry is the outpouring of feelings onto the page. He says, "Genuine feeling which isn't pressed into some sort of shape is a tantrum or a sentimental mess." And, "Concentration and total commitment to language are far and away the most important qualities needed for poetry writing." He leavens his 'lessons' with occasional obscenities and double entendre and his individual 'voice' is unmistakable.

Fry equates the writing of poetry to composing a piece of music or painting a picture. This is not something that just happens but, "True ease in writing comes from art, not chance." Working towards becoming an artist, a musician or a poet, it is essential that we become familiar with the work of the great masters, so he urges us to read as much as we can of their poetry.

This would be a helpful and instructive book for anyone who is trying their hand at poetry writing (a good one to have on the shelf) but it is not one suited to a reading group, we decided. It would be an excellent textbook for students of literature.





# FINGAL VALLEY SUPERMARKET

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Fingal Valley Neighbourhood House



# Community Garden Scarecrow Competition


Help Decorate the new Community garden site with a scarecrow creation.

## Entry

Free - open to individuals and community groups!

## Judging

Friday 18th November  
4:30pm - During open day event.

# Community Garden Open Day

- Raffle
- Garden Tours
- Free BBQ
- Kids activities
- Trade Tables
- Scarecrow Competition

**Friday 18th November  
3:00pm - 5:00pm**

Help celebrate the grand re-opening of the St Helens Community Garden on Eagle Street - turn in opposite the waste management facility.

Please **RSVP by 11th November** for catering purposes. (6376 1134)  
Meat free options Available.



*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](mailto:dliebmann.sthelens@ljhooker.com.au)

0428 860 047





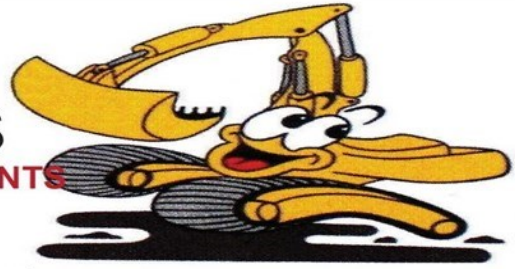
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**PROUDLY SUPPORTING THE LOCAL COMMUNITY**



## TIP SHOPS NOW OPEN

### St Helens Tip Shop

Sunday to Friday

11am - 2pm

Saturday 11am - 4pm

### St Marys Tip Shop

Tuesday and Thursday

11am - 3pm

Sunday 2pm - 4pm



## WASTE TRANSFER STATIONS

### BREAK O'DAY MUNICIPALITY

#### ANSONS BAY - North Ansons Bay Road

Open: Wednesday 12pm to 4pm

Sunday 10am to 4pm

12pm to 4pm on Mondays of long weekends

#### PYENGANA - Tasman Highway

Open: Wednesday 9am to 12pm

Sunday 2pm to 5pm

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

Open: 10am to 4pm every day

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

Open: Tuesday 10am to 4pm

Thursday 10am to 4pm

Sunday 2pm to 5pm

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

Open: Tuesday 10am to 4pm

Thursday 10am to 4pm

Sunday 2pm to 5pm

#### FINGAL - Rossarden Road

Open: Tuesday 10am to 4pm

Thursday 10am to 4pm

Sunday 2pm to 5pm

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

### BLACK WATER DUMP POINTS

St Helens - 117 Tully Street, St Helens

St Marys - Harefield Road, St Marys

Fingal - Talbot Street, Fingal

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





## SCAMANDER GARDEN CLUB



Hello Readers,

For October, we had a meeting with a difference, as we met at Sue Gofton's place, and we got to run around her garden finding what was on the 'Find This' list. There was a cosy shed in which we held our raucous meeting. To be honest, some of us are at a stage where we need the good old walking stick to accompany us. All are welcome. We decided in advance that we would not hold the usual competitions, but for our final meeting this year on 21st November, Flower of the Month will be a Rose or a Lilium, and the floral arrangement will have a Christmas theme. It may include ornaments such as tinsel, figurines, and pinecones. Would you like to have a go? Come along and see if you like it. We have a short questions and answers segment too, so maybe there is a hint you can pass on, or maybe you have a problem in your garden.

An invitation has been proffered that we attend to celebrate the Opening Day of Thrive Community Garden in St Helens on Friday 18<sup>th</sup> November. As we don't meet before then, I am spreading the word that, along with a free BBQ, they want people or organisations to create a scarecrow. That will be judged. I know they used to have some beauties in the old patch. We have also been told that we can have a trade table, but I have told members to have a personal one if they want to. I think it will be a good day. We did donate a fruit tree in the past.

We had a space at the Festival of Wellbeing where Sandra Flannery gave her time and love for arranging flowers in the cutest of ways. I fell flat on my face while rushing in with a large arrangement that blocked the view of my pathway. As I came crashing down, my thought was to save the floor! We got the flowers pieced back together as best we could and I was bruised and sore for a couple of days and then, just like when Mother Dearest would kiss a grazed knee and put some antiseptic and a band-aid on and say "All Better!", I had recovered, with perhaps a little more humility than before. Many members provided beautiful flowers and foliage from their gardens. We give a huge thank you to Sandra, who supported those in the community to have a go. Many enjoyed this experience. It was a gift from the Scamander Garden Club, in support of Mental Health Week, as well as a way to get our club known. As a result, we have been invited to do a similar workshop on Thursday 1<sup>st</sup> December for International Disability Day, for people with disabilities and or their carers, so look out for upcoming posts about this. We hope you enjoy the photos.

Next meeting:	Monday 21 <sup>st</sup> November at 1.30pm
November flower:	Rose or Lilium
November Floral arrangement:	Christmas Theme, may include tinsel, figurines, pinecones etc.

*Peggy Bogar, Secretary*

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



*The 'fence of pencils' at Sue's house.*



*Sandra kindly manned our stall at the 'Festival of Wellbeing'.*



*It was nice to see some young people having a go!*



**BREAK O'DAY**

**ANGLICAN CHURCH**

**SERVICE TIMES**

**St Helens**

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens.

**St Marys**

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

**Pyengana**

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

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod



**ST MARYS CATHOLIC PARISH**

**WEEKEND MASS:**

<b>ST HELENS:</b>	Saturday	5.00pm
	Sunday	4.00pm
<b>ST MARYS:</b>	Sunday	9.00am
<b>BICHENO:</b>	1 <sup>st</sup> Sunday	11.00am
<b>FINGAL:</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Sunday	10.30am

**WEEKDAY MASS:**

<b>ST MARYS:</b>	Friday	10.00am
<b>ST HELENS:</b>	Thursday	10.00am

**Parish Administrator:**

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fr.bitz51@gmail.com

**UNITING CHURCH**

Corner Grant Street and Seymour Street, FINGAL

Regular Services:

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2nd and 4th Sunday of month: 11.15am

For further information, contact Joan on 0458 598 870.



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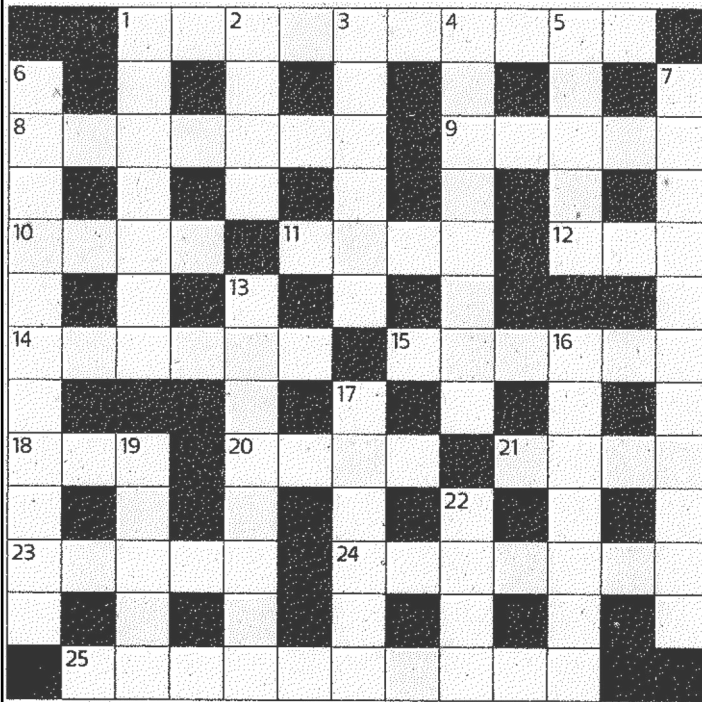
Visit [www.assistancetas.com.au](http://www.assistancetas.com.au)

If you can't find what you are looking for, try  
[www.findhelptas.org.au](http://www.findhelptas.org.au)





# Crossword 54.19



### ACROSS

- 1. Recovery retrieval (10)
- 8. Establish (7)
- 9. Cured meat (5)
- 10. Prune (4)
- 11. Group of larks (4)
- 12. However (3)
- 14. Hungarian (6)
- 15. Educated (6)
- 18. Church seat (3)
- 20. Pull (4)
- 21. Brisk pace (4)
- 23. Cauliflower heads (5)
- 24. False courage (7)
- 25. Fortress (10)

### DOWN

- 1. Reposing (7)
- 2. Church dignitary (4)
- 3. Arthur \_ \_ \_ , US playwright (6)
- 4. Popular pet (5,3)
- 5. Baroness \_ \_ \_ , author of *The Scarlet Pimpernel* (5)
- 6. Cautious, canny (11)
- 7. Mental hospital (11)
- 13. Exaggerated maleness (8)
- 16. Floral wreath (7)
- 17. Striped sweet (6)
- 19. Most unfavourable (5)
- 22. Starchy pudding (4)

## Fingal Online Access Centre

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

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

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

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Free Wi-Fi

6.00am - 9.00pm

### St Marys Library

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(03) 6387 5602



#### Opening Hours:

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

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

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

## B.O.N.E. - Bird Observers of the North East

Welcome to Bird Lovers.

Our excursion for October was to Canham's Road, just north of St Helens, always a great place to see and hear birds as there is a good mixture of habitat with farmland, forest and marshy areas. We identified 26 species by sight or sound, the highlight being the beautiful Golden Whistler. The forest ravens were having a party and often drowned out the calls of other birds!

We meet on the 1st Wednesday of each month, and our November gathering will be on Wednesday 2nd November, when we explore the North/South Sister area near St Marys. New members are welcome as well as visitors to the East Coast.

If you are coming from St Helens, meet at St Helens Bayside Hotel car park at 8.15am for an 8.30am departure, otherwise be outside the St Marys hotel by 9.00am. Wear sturdy shoes, bring binoculars (we have spares if you don't own any) and morning tea to share at the end of our excursion.

For further information contact Nat Walter: 0400 750 364



The male Golden Whistler is a colourful bird.





# 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

*Available for out of hours emergencies all hours*

67 Quail Street, St Helens

Ph 6376 1577

# Mental Health Week

St Helens Neighbourhood House in association with the Fingal Valley Neighbourhood House, held a barbeque to celebrate Mental Health Week on Tuesday 11th October.

The venue, the Community Garden in Eagle Street, offered wide open spaces for wandering, game playing and sharing a bite to eat.

They had an amazing turn out from many areas of the community including Building Blocks, St Helens Men’s Shed, Storms Disability Service, St Helens Neighbourhood House Op Shop and many more. The day was breezy but warm and the food was plentiful, and good conversation was flowing, with many laughs shared.

Here are a couple of photographs from the day.



Event hosted by:



## EASTCOAST REMOTE CONTROL FLYERS

Remote-control flying every Sunday at 145 Reids Road, Priory (St Helens) from 9.00am.

Visitors welcome.

Phone Paul on 6372 2529 for more details.



## From my Scrapbook #2

People are like swans -  
proud and serene  
and holding their head  
high above water.

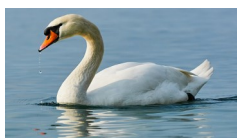
Underneath the water  
we are all paddling furiously  
to just keep it all together  
and survive.

*(source unknown)*

I might compare nowadays perhaps to be more like a duck  
as I age, but underneath the water I feel that I am a swan,  
still paddling 'furiously'!!

Toni Brewster,

*(Chain of Lagoons)*



## East Coast Swans Womens Football Team

Are you interested in playing football this season?



St Helen’s East Coast Swans is looking for women to join our team for our 2023 season, come along and join us On Wednesdays nights at 6pm-7pm at St Helens football ground and meet our awesome coaches and players.



## STUDENTS CHECK OUT CAREER CHOICES

The BODEC Job & Education Fair was held on the 8<sup>th</sup> September 2022 at the Bendigo Bank Community Stadium and was well attended by years 9 - 12 students from both St Marys and St Helens District Schools. It was a pleasant surprise to have a healthy number of the home-schooling community also in attendance. Sponsored by Jobs Tasmania, BODEC's focus this year was to provide as many hands-on learning experiences for the students. Twelve groups of approximately ten students each, rotated around a series of experiences, discovering activities such as sheep shearing, car tyre changing, panel beating, construction drone flying, and a variety in hospitality experiences.

The support of the local businesses was greatly appreciated and their commitment to leading the way with these planned experiences was an excellent opportunity for students to meet employers, discussing potential opportunities for their futures and explore these industries. Many of these hands-on experiences were held on site, allowing the students exposure to the real-life environment and working behind the scenes. Taking a moment to individually thank the businesses that planned the activities; Blunts Garage, East Coast Motorcycles, St Helens Bodyworks, Panorama, Akaroa Construction, Primary Employers, Taz Drone Solutions, Running on Empty, Bitlink & Department of Education - thank you.

TED Talks are a modern way for people to gain inspiration and education around any type of topic, and we at BODEC thought it would be a great opportunity to bring this straight to the event. TED Talkers Andi Lucas, founder of X-Hemp, and our very own local entrepreneur Carly Astley shared their wealth of worldly experiences, property development and their journeys into how they became founders and leaders.

Bay of Fires Luxury Apartments were extremely generous in donating funds to go towards the DJi Drone valued at \$459.00, of which Jai from St Helens was the lucky winner.

UTAS bought along their massive educational MILE truck for students to experience Virtual Reality, and learn from lecturers themselves about Uni courses and Uni life. They also held a movie that evening with over 65 people attending the film on the Wharf. A great success!

BODEC would like to thank the many businesses that travelled for the fair that was also held inside the Stadium and that gave their time to also make this a huge success.

*Cindy Kurtukoff*

*Break O'Day Employment Connect.*



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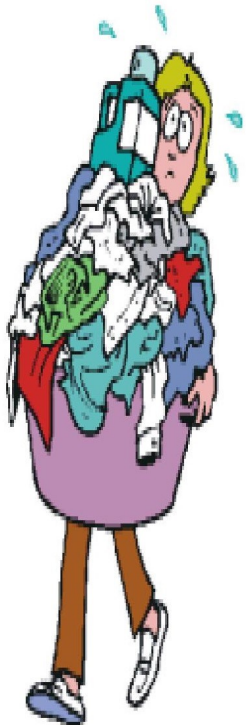
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Opening hours from Monday 3<sup>rd</sup> October  
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St Helens Supa IGA

Wall mounted inside the foyer, available during open hours.

St Helens Football Club

Located inside the club rooms.

Scamander Sports Complex

On the wall just inside the dining room doors.

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance.

Four Mile Creek - 24hr access

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

St Marys District School

In the swimming pool enclosure, available during pool hours.

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ACTIVE4LIFE BREAK O'DAY



### Active4Life Break O'Day

Fingal Valley Neighbourhood House Inc supports a range of activities to promote health and wellbeing across the local area.

St Marys Active4Life is based in the community gym at St Marys Recreation Ground. The Operating Hours are 6.00am - 10.00pm, 7 days per week, 365 days a year.

New members always welcome.

St Helens Active4Life programs are held Monday and Thursday mornings, with fitness circuit classes. New participants welcome - subject to availability. Email

Active4Life@fvnh.org.au for more info.



### St Marys Active4Life Timetable version 7.2.2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am				Group Fitness Session 1 9-10.30am			
10am		Fitness Training 10—11.30 Session 1				Body Pump 10-11am	
11am				Group Fitness Session 2 11-12.30pm			
12pm		Fitness Training 11.30-1pm Session 2					
1pm		Fitness Recovery 1-2pm					
2pm		RFDS Exercise Physiology 2-4pm		RFDS Exercise Physiology 2-4pm			
3pm							
4pm			Body Pump 3:30pm—5.00pm				
5pm							
6pm		Youth & Adult Boxing 5:30-7pm		Yoga 5.15-6.30-pm	Strength & Fitness 5:30pm -7pm	<b>Contact us</b> E: <a href="mailto:Active4Life@fvnh.org.au">Active4Life@fvnh.org.au</a> Or  Find us on: <a href="#">facebook.</a>  <a href="#">(5) Active4Life Gym Break O'Day  </a>	
7pm							



**EAST COAST SWANS FOOTBALL CLUB**

The Annual Dinner, Vote Count and Presentation Night was held at Panorama St Helens recently, with about 100 in attendance. Music was by Jerome Hillier.

Award winners included:

**SENIORS**

Best and Fairest, Walter and Des Bailey Memorial: donated by Darren Bailey

Runner-up, donated by Michael and Carol Lefevre

Most Consistent, Paul Hume Memorial

Best Backman, David Semmens Memorial

Leading Goal Kicker, donated by Angus and Donna Dwyer

Best Player in Finals, donated by Brooke Emery Wise Move Conveyancing

Coach's Trophy, donated by Ned Hyland

Most Improved

Most Potential, Greg Halliday Memorial

Most Valuable Player, voted by players, donated by Brooke Emery

Most committed to Training, donated by Anthony and Jacki Blunt

Best at training

Congratulations also to Corey on being runner-up in the NTFA Division 1 Best and Fairest. An outstanding consistent performer for many years, including the 2022 season.

Corey Bosworth

Will Stoltenberg

Sam Madden

Byron Johnson

Michael Murfet

Corey Bosworth

Jordan King

Jared Mason

Aaron Mason

Shaun Cannon

Angus Tate

Hamish Tate

After six years of coaching our senior team, Ned has decided to step back a little. We have been extremely fortunate to have had such a quality character and coach for so many years. Ned was awarded the northern region coach of the year in 2017 following our senior team making the NTFA Division 2 Grand Final in our first year playing in the NTFA. In the following year, Ned coached us to the NTFA Premiership win, and participation in finals in each year he has coached. Ned has left a legacy of developing significant emerging leadership capacity within our list, and has fast tracked the development of many of our juniors, several of whom have now consolidated positions in our senior team. Ned is highly regarded within the Swans footy community as well as across the broader northern footy community. An extremely loyal club person, Ned intends to be around in what ever capacity he can contribute to in 2023 and beyond. Thank you Ned.



It is with great pleasure the Swans announce the appointment of Kodie Joseph as our senior coach for 2023. Kodie commenced his playing career in our junior team in 2010, progressing through to playing senior footy, and he knows our club and community well. A natural leader, Kodie has coached our Reserves team for five years, as well as being mentored by Ned in an assistant coaching role for a couple of seasons. Kodie brings many outstanding qualities to the role; he has demonstrated outstanding capability to develop sound relationships and to develop players, especially our younger crew. Kodie will be announcing his assistant coaches and support team in coming weeks.



2022 Seniors Team

## EAST COAST SWANS FOOTBALL CLUB



### RESERVES

Best and Fairest, Grady Riley memorial donated by Robert and Steph Breen  
 Runner-up, donated by Peter and Katrina Dakin  
 Most Dedicated, donated by Nick Fysh  
 Best Backman, Wayne Rowling Memorial donated by George and Kim Rowling  
 Goal kicking, Adam Payne Memorial  
 Best Player in Finals  
 Coach's Trophy, donated by Kodie Joseph  
 Most Improved, donated by Georges Bay Electrical (Phil Garth)  
 Most Consistent, donated by Sun Coast Engineering  
 Most Valuable Player, voted by players  
 Best Club Person, donated by Michael and Cheryl Richards  
 President Trophy, donated by Reg  
 Maccas Medal, Most Promising Young Local

Ethan Crossingham  
 Andrew Zammit  
 Jayden Blunt  
 Tarkyn Webb  
 Chris Oakenfall  
 Brad Goodyer and Connah Tuck  
 Jak Elmer  
 Nelson Cubit  
 Wade Garth  
 Heath Szczypka  
 Gary Lefevre  
 Shane Duke  
 Tadgh Blunt

The Swans are delighted to announce Ethan Crossingham as our Reserves team coach for 2023. After experiencing a little junior footy coaching, Ethan is excited about the opportunity to commence his venture in to senior men's coaching. Being quite young, Ethan has enlisted the support of two of our most experienced players. Brad Goodyer and Ricky (Gadget) Crossingham pictured below, will be Ethan's assistant coaches, and between them they have clocked up an amazing 800 club games. This coaching panel typifies the direction our club is taking, a huge investment in our youth with guidance of our more experienced personnel.



2022 Reserves team



# East Coast Swans

## Annual General Meeting

Wednesday 9th November

6.00pm Clubrooms

Enquiries and nominations for committee roles most welcome,

Contact public officer; Nick Fysh [fyshy59@gmail.com](mailto:fyshy59@gmail.com)



# SCAMANDER RIVER GOLF CLUB



## Wednesday 12th October - Mid-Week Competition -

1st  
2nd  
**COURSE CLOSED**  
**NO GAME PLAYED**

Nearest the Pin 6th:  
8th:

Longest Putt

## Saturday 15th October - Tony Swanson Bash

1st  
2nd  
3rd  
**COURSE CLOSED**  
**NO GAME PLAYED**

Nearest the Pin 6th:  
8th:

## Tuesday 18th October - Stroke and Flag

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

Putting:

## The following Office Bearers were elected at the Annual

### General Meeting:

Club Captain Jodan Longfield  
Vice-Captain Rodney Macbeth  
President Rod Shaw  
Vice-President Margaret Thompson  
Treasurer Carolyn Stingle

### Upcoming games:

26th October Mid-week Competition  
29th & 30th October Club Championship - POSTPONED  
1st November Melbourne Cup Fun Day  
2nd November Mid-Week Competition  
5th November East Coast Masters - Women  
6th November East Coast Masters - Men  
8th November Brooch and Putting

## Wednesday 19th October - Mid-week Competition -

**Jackpot Stableford**  
1st Tim Upton 33 points  
2nd Rodney Macbeth 32 (on c/b)  
3rd Shan Wilmot 32  
4th Dean Richardson 32  
5th Tony Swanson 32

Nearest the Pin 6th: Tim Upton  
8th: Shan Wilmot  
Longest Putt Shan Wilmot

## Saturday 22nd October - Marilyn Ridges 3-ball Ambrose

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

Longest Putt

## Tuesday 25th October - Multiplier Stableford

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

Putting:

## SCAMANDER RIVER GOLF CLUB MEMBERSHIP FEES

Full Membership: \$350.00  
Country Membership: \$200.00  
Yearly Green Fee Membership \$230.00  
Daily Green Fee: \$20.00  
Juniors: Free

Fees are due in November.

All memberships require your details for our records. Send to: scamandergolf@gmail.com, and we will get membership tag to you.

Contact us by email if you need instalment plan.

For your convenience, you can pay yearly membership subs and green fees straight into account. Account details are on Facebook.

# MALAHIDE GOLF CLUB



## Friday 14th October - Chicken Run

1st	Ashley Stone	33.5 points
2nd	Andrew Johns	35.5
3rd	DB Lowe	37.5
4th	David Duthie	37.5
5th		
Nearest the Pin		4th: Club

## Friday 21st October - Chicken Run

1st	Ashley Stone	34.5 points
2nd	DB Lowe	36
3rd	David Duthie	41
4th	Mike Prewer	43.5
5th	Rod Hunt	44.5
Nearest the Pin		4th: Club
		8th: DB Lowe

## Saturday 15th October - Red Tee Day

Thank you to members of Scamander River Golf club, who made the trip up the pass and played at Malahide today.

Congratulations to Tony, Jens and Josh on your good scores.

1st	Tony Swanson	40 points
2nd	Jens Kalisch	37
3rd	Josh Longfield	34
4th	Dean Richardson	33
5th	Tim Upton	33
6th	Craig Woods	31
7th	Peter Sorenson	31
8th	Ashley Stone	30
9th	Darren Bramich	30
10th	DB Lowe	28
11th	David Duthie	24
12th	Klaus Kobylinski	19

## 9 Hole Competition

1st	Rod Hunt	12.5 points
2nd	Garry Lanham	8
Nearest the Pin		4th: Josh Longfield

## Saturday 22nd October - BBB

1st	
2nd	
3rd	<b>COURSE CLOSED</b>
4th	<b>NO GAME PLAYED</b>
5th	
Nearest the Pin	4th:
	8th:

## Friday Nights at Malahide Golf Club

The Committee of Malahide Golf Club invites you to enjoy a convivial Friday night get together at the Malahide Golf Club - just across the South Esk River from Fingal. Join us to connect with friends and enjoy light refreshments and good fun every Friday from 4.00pm.

You don't have to be a golfer!

## Interested in taking up golf?

We'd love to see you on the course - you can choose how often and when you want to play. You can choose social events or play competitively - its up to you. Come along on a Friday night and have a chat to us.

**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.

⇒ Full membership is \$235 per annum

⇒ Social Membership is \$50 per annum

Contact Andrew Johns - Club Captain on 0427 854 555

## **Upcoming Games:**

29th October - Visit to Quamby - **postponed to early 2023**

5th November - Monthly Medal

12th November - Foursome Championships

19th November - Red Tee Day





## FISHING REPORT

### By The Happy Hooker



October is here and the fishing is starting to get real, with some nice species being caught in both fresh and salt water. Some nice salmon have been caught off the east coast beaches despite the fresh dirty water, salmon and nice-sized trevally from Georges Bay, and bream from the Scamander River.

Some great catches of trout from the fresh-water lakes and rivers have been taken by anglers from around the state. Lake Crescent is one lake that is producing some trophy-sized trout. This lake has made an exciting recovery from the years of being closed due to the European carp infestation and their eradication process.

The East Coast Fishing Club held their annual Bream Competition on Saturday 21<sup>st</sup> October, and some lovely-sized bream were caught and weighed in; the winning bream weighed in a whopping 1.570kg, a magnificent specimen to come out of the Scamander River and a Black Bream that would be the envy of any sports fisherman worldwide.

October is time for fly-fishing for trout on a dry fly. Fly-fishers look forward to this time of year all winter, as October/November is when the insects begin their lifecycle activities with the warmer weather. Mayflies, spinners, midges, and caddis, just to name a few, will hatch given the right conditions, and the trout will be waiting (hopefully). I have been spending a bit of time at the fly-tying bench over the last few weeks to replenish the fly boxes with flies to represent these insects ready to attack once the conditions are right. Flies like shaving brushes, Possum tail emergers, black and red spinners, brown nymphs in various sizes and weight, smaller deadly buzzer nymphs - which are the most plain-looking fly tied out of a piece of red darn for the body and a strip of peacock herl as a head, the easiest fly to tie but one of the most deadliest of flies in the right moment - used mainly in the morning wind lanes when the fish are feeding on small fly life sitting on the surface. The set-up I use is a dry fly of some sort to float on the surface and to act as an indicator, with the buzzer on a dropper around six inches underneath the surface, then find a fish feeding, and with long casts so as to not spook the fish, set a trap by casting the flies in the trout's feeding path and watch the flies. The fish will either eat the dry fly or the dry fly will disappear underneath the water, indicating the trout has taken the buzzer, and hang on for a fight. Some mornings, the fish are a bit more cunning, and these mornings it sometimes pays to give the flies a small twitch as the trout approaches, to imitate a bit of life. The buzzer flies represent small pre-hatched nymphs like the mosquito wrigglers we all see in stagnant water.

Our local rivers have been flooded the past few weeks with the above-average rainfall we have experienced, and although this will slow the fishing for now, the trout should be in great condition later in the season, which is just what the river system needed after the past few seasons of drought which decimated the trout population of the upper South Esk and Break O'Day Rivers, along with an overpopulation of cormorants, however the trout would have successfully spawned with good flows in the spawning creeks over the winter to replenish the systems.

#### Fishing Reports

On 16th October, at Evercreech Dam, I went for a walk around the edge of the dam looking for signs of any fly-life at evening time, and was pleased to find a few red spinners flying along the sheltered shore line. No fish were on them, but it was encouraging to see that the world of nature is once again doing its thing, as the red spinners hatch around the middle of October every year. One smaller fish was ringing around on dark, looking for stick caddis I'd presumed, and as it was too dark for my poor eyesight to change flies, I sent out a trap of a small black wooly bugger that I had on. I quickly cast it near the trout feeding and slowly stripped the fly a couple of times, then the little fellow obliged and ate the fly. To myself and fishing companions it doesn't matter on the size of the fish big or small or the number caught, they are all the same (as we let most, if not all, the fish go), it's the challenge and being with nature that makes being in the outdoors so enjoyable.

Scamander River was the destination on 19th October, and we went down after work on a Thursday evening to do a bit of a reconnaissance mission for the upcoming fishing competition. We put the boat in at the bottom boat ramp and picked up fish on hardbody lures here and there, we then pushed up to the section of the river where the bitumen and the gravel meet along the Upper Scamander Road. By watching the sounder, we found schools of fish sitting on the bottom and caught some nice fish by dropping plastics down and working around the fish.



## ST MARYS SPORTS CENTRE

By Volun Tier



Just another rain-drenched week at the club with more inches of rain falling and the course remaining closed due to us being unable to cut the grass. A few hardy souls have braved it and played the last three at the top end of the course, just to keep their hands in, but the first 6 fairways remain a complete bog as we await a little more fine weather to dry things out a bit. This doesn't mean the crew hasn't been busy in their attempts to keep the reserve in great shape, but it is certainly frustrating at present. Lake St Marys on the last fairway is constantly full and becoming a regular haunt for a pair of mountain ducks who must be seeking higher ground themselves. We should be considering running a boating regatta rather than golf or bowls. No better news on the bowls front either, as the rink has been open since the first week in September and as yet we have only managed two training runs on our regular Thursday nights. Just mention training or working bee, and down the rain falls, and our first Pennant match against Bicheno also became a victim of the weather and had to be called a wash-out, and both clubs shared the points. Among the disappointed people was our first-time junior player in Ping, who was all fitted out and raring to go, we will see him on a rink very soon, we hope. Whilst on bowls, congratulations to Deb Maher (nee Cooper) who won the women's singles at the recent Australian National Titles in Queensland last month, demonstrating great skills, and well done on her win. Frog always said the girls had more sporting ability than him! Also, I must correct a mistake in the last issue, where the Southern RSL went down to the East Coast RSL at St Marys, and not North as reported; evidently Dean Squires' rink the stars of the day, winning by 12 shots over all, as reliably reported to me by Dean. So, all we can do a present, is sit back and wait for some of the fine weather to set in and we will be away...come on sunshine! Our Spring Specials are still being well-supported, and you can book in on the number supplied on the poster below.

On a not-so-happy note, it pains me to go to print and remind everyone that as volunteers, we try our best to keep the reserve in great condition for EVERYONE to use, and know that it is appreciated by most locals. This means that at times we have to shake our heads at some of the things that happen over there, but finding a decent-sized piece of wood that was obviously purposefully placed on the horse track, whilst one of our volunteers was mowing it, is not great news. Not only a dangerous thing for the intrepid crew member, but it could have damaged our machinery as well, an act of complete stupidity. A very sad thing to happen.

**Member Draw:** Last week Jim Rankin, this week Kath Blair, neither present to collect, so the fuel jackpots to \$80.00. Remember, be there on Fridays at 8.00pm for the draw, to collect.

### 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.

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Hope to see you there



## FISHING REPORT

By The Happy Hooker



Scamander River 21<sup>st</sup> October The fishing competition saw us on the water while it was still dark. Thankfully, the rain had stopped and the morning was quite mild, and we started fishing the same places as the previous trip, and as you would expect, the fish were not playing the game in those spots. My fishing companion was having some success and had five nice fish boated before I'd even touched anything. Some serious self-doubts started to creep into the mind and thoughts of 'I must have been doing something wrong'. Thankfully, we started finding a fish here or there at different spots. The stop time for the competition was 12.00pm, and at 11.30pm we decided to head back down the river to the area around Green Island and cast hardbody lures into a bank that had a bit of current running with the outgoing tide, and as you'd expect with these frustrating fish, they turned on and we had some good fishing with no time left!

Until next time, stay safe and tight lines!



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| ◆ 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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FINGAL 7214



**CROSSWORD ISSUE 54.18**

**Across:** 1. Perch, 4. Catch, 7. Ingle, 9. Talon, 10. Die, 11. Elmer, 14. Abate, 15. Roster, 18. Leek, 21. Kent, 24. Oxford, 27. Ratio, 28. Chalk, 31. Ivy, 32. Reels, 33. Nimmo, 34. Knead, 35. There.

**Down:** 1. Pitfall, 2. Release, 3. Hinder, 4. Cede, 5. Trim, 6. Hour, 8. Guess, 12. Lark, 13. Erin, 16. Oaf, 17. Tor, 19. Each, 20. Kohl, 22. Extreme, 23. Tootsie, 25. Opium, 26. Dry-rot, 28. Cork, 29. Ague, 30. Kind.