



# THE VALLEY AND EAST COAST VOICE

Established 1968

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Deadline for 54.21 is at 5.00pm on Monday 21st November 2022

## COMMUNITY ACHIEVEMENT AWARDS 2022

### WINNER OF THE TASPRIINT COMMUNITY GROUP OF THE YEAR AWARD IS FINGAL VALLEY NEIGHBOURHOOD HOUSE

I write this after attending the Gala Presentation on the evening of Friday 28<sup>th</sup> October, where it was with great shock to the crew who attended, that Fingal Valley Neighbourhood House was announced as the winner of the Tasprint Community Group of the Year Award, and it was with great honour that I accepted the prize on behalf of Fingal Valley Neighbourhood House and the team. We had been nominated anonymously for the decision taken to set up our small supermarket in December 2021 when our local IGA had decided to close. It was highlighted that this decision ensured food security for our community.

It is also important that we recognise Finalist nominees in our category, for we all do great work in our communities. These are Just Cats Inc, Mission2aFuture – Launceston City Mission, and Seishin Martial Arts.

It was very humbling to be recognised, nominated and then to go on and win the award at the Gala Dinner in Hobart.

Gary Barnes  
Manager  
Fingal Valley Neighbourhood House



ADVERTISMENT




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

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

Authorised by Brian Mitchell MP (ALP, Tasmania) 40 Green Point Road Bridgewater TAS 7030

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

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

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

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

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

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Opinions in any letters published are not necessarily those of the Editor, staff or volunteers.

Our pages remain open to fair and honest criticism so that, on all questions, both sides may be presented, but any submissions containing personal attacks/libel/slander will not be accepted.

Kindly do not attack the Editor, the paper or the authors of previous articles.

All articles for submission, including letter to the Editor, must bear the author's full name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only. Letter writers will be given the chance to respond over a suitable period of time.

Subjects may be closed at the Editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam. Articles most commonly published are those relating to current community issues.

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

The Editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary. Whilst we value and welcome community input, the Fingal Valley Neighbourhood House does not provide specific feedback regarding any decision made not to publish a submission.

The Fingal Valley Neighbourhood House reserves the right at all times, without notice, to update, change or amend our guidelines. All information is correct at time of printing.

This newspaper is about the Fingal Valley and the East Coast, and the people who live here. If you have a story you would like to share, or a suggestion for an article or regular column, please contact the Editor. You can show off your literary talents and submit it for consideration, or the Editor can write it for you. Photographs are important too, so try to include them, with some information as to where and when it was taken, what the occasion was, and who is in it.

We also like to tell people about our sporting history, and tales of sporting prowess and vanished sporting events are also welcome.

Email me at: valleyvoice@fvnh.org.au

Elizabeth

Editor - The Valley and East Coast Voice.

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 4 of Volume 45, Number 8, published Thursday 9th August 2012 .

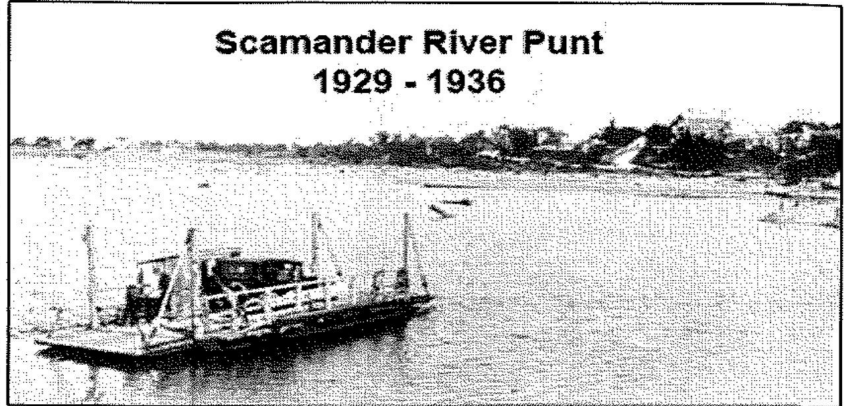
If you have memories to share about the pages we replicate, please share them with us. Contact details are on page 2.



[www.fingalvalleyhistory.com](http://www.fingalvalleyhistory.com)

**The Punts**

One part of our history that has had very little recognition and yet played an important part in the development of our country were the punts. In the early days many rivers around Australia and indeed Tasmania were crossed by punts. They were used extensively before bridges were built and again when floods washed bridges away. They carried everything, from people, livestock, goods, carts, carriages and motor cars. Even today a cable powered punt still operates on the Pieman River on Tasmania's West Coast.



**Scamander River Punt  
1929 - 1936**

Although it has been almost eighty years since a punt operated in our Fingal Valley or East Coast, they were used extensively at different times in our history.

The South Esk River at Fingal, for example, had a number of punts, the latest of which was after the 1929 floods washed the bridge to Mangana and Mathinna away. The punt operated at a site just below the current railway station where the early bridges were situated.

From 1865 until 1936 when the steel framed bridge was opened at Scamander some six bridges had been washed away by floods. This resulted in a numbers of punts being used during the construction of new bridges.

The most famous of these punts was the last and ran across the river from 1929 until 1936. It was the largest of the punts; built and operated by Harry and Henry Cruse, grandfather and great grandfather of Greg Cruse, the manager of St Marys Online Access Centre. Indeed, Greg often proudly displays his photo collection of his grandfathers and their punt sailing backwards and forwards across the river.

There were hundreds of stories connected to the Scamander punts, but one that Greg tells of his great-grandfather, Harry, was when the circus came to the East Coast in 1930. It arrived at St Marys on the train, put on a show at the St Marys Recreation ground; then the horses and elephants pulled the circus wagons down the Pass and headed for St Helens.

Everything went as planned until they reached the Scamander River and asked to be transported across on Harry's punt. But Harry was very much conscious of safety at that time because only months before he had to rescue 11 souls from the depth of the river when the St Helens/St Marys bus plunged off his punt into 9 metres of water.

With this in mind, Harry took one look at the huge elephants and had no hesitation but to refuse their entry onto his punt. Apparently a good argument followed, but Harry was unmoved and the elephants had to be taken to shallower water near the barway and walked through the river.

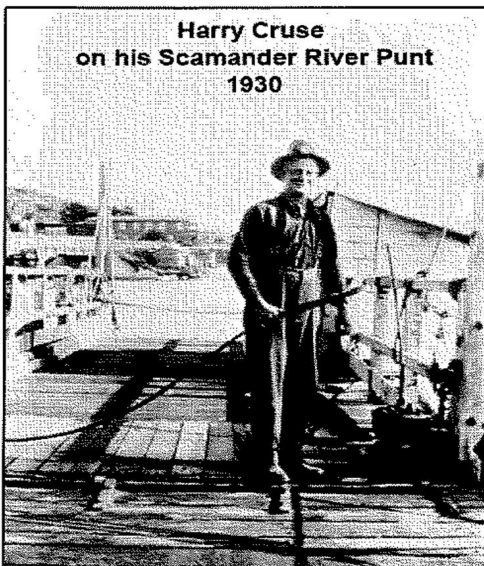
Harry did transport the rest of the circus gear across the river, however, and it went on to perform at St Helens. After which, it was said, it travelled again by road up the Welborough Pass to Herrick, where it was again loaded onto a train bound for Scottsdale.

When we drive across Scamander River these days on its now state of the art concrete bridge, it's hard to imagine a time

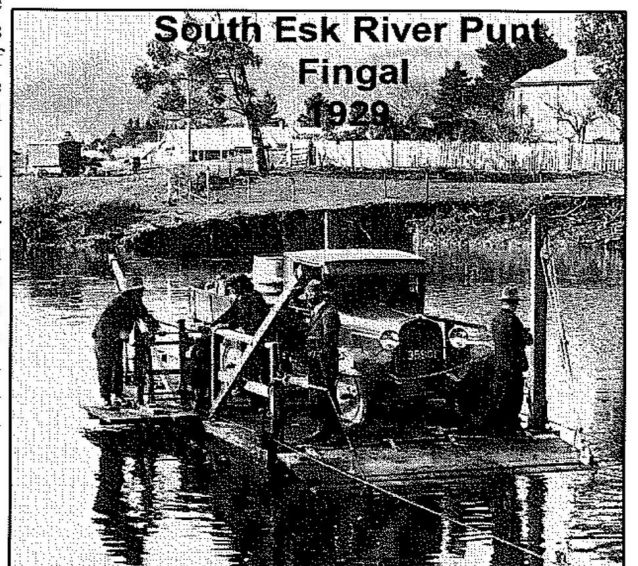
when the only vehicle transport across was by punt. But think of the characters the punt would have had in the 1930s.

Wouldn't it have been a wonderful experience to break up your trip to St Helens with a ride on Cruse's punt? Think of the stories those blokes would have told and the gossip you would have learned from fellow travellers.

**Jim Haas**



**Harry Cruse  
on his Scamander River Punt  
1930**



**South Esk River Punt  
Fingal  
1929**

# When bushfire threatens. What will you do?

**Local knowledge can save your life**

Download your *Community Bushfire Protection Plan* NOW. Or freecall for a free copy.



Tasmania Fire Service



**We urge you to:**

- Visit our website to download your Plan.
- Learn about local safety options, including locations of nearby safer places.
- Apply the advice - develop a personal *Bushfire Survival Plan* (download a *Survival Plan* from our website).
- Check the website regularly - additional Plans are being added.

**Freecall: 1800 000 699**  
**planning@fire.tas.gov.au**  
**www.fire.tas.gov.au**

 TasmaniaFireService

 @TasFireService

 **TAS ALERT**  
alert.tas.gov.au



*Get to know your Community Bushfire Protection Plan.*



## DO YOU KNOW WHAT TO DO WHEN A BUSHFIRE THREATENS YOUR AREA?

As the Tasmanian fire season approaches, it's important to have a plan and know your options.

Community Bushfire Protection Planning is a national initiative that helps to identify safety options during a bushfire threat.

Tasmania Fire Service works closely with communities, local government, service providers, and other government agencies to create Community Bushfire Protection Plans and implement risk management strategies.

Each plan is tailored to individual communities to best suit their needs.

Tasmania Fire Service Chief Officer, Dermot Barry said it was important for people to be prepared, regardless of whether they choose to stay or leave if a bushfire threatens their community.

"Understanding risks and taking steps to mitigate them is important for everyone, but especially those living in bushfire prone areas," he said. "We want to make sure people are informed, prepared and ready for when a bushfire strikes."

Community Bushfire Protection Plans provide advice on what to do:

- ◆ Before the fire
- ◆ When fires are likely or nearby; and
- ◆ After the fire.

There are currently 139 Community Bushfire Protection Plans in place across Tasmania, with nine new plans for Murdunna, Heybridge, Redpa, Marrawah, Ringarooma, Bakers Beach, Penguin, Beechford and Deviot due to be added soon. Additionally, 11 existing plans have been updated in Strahan, Zeehan, Molesworth, Tinderbox, Campania, Eagle Hawk Neck, Ansons Bay, Claude Road, Taranna, Cradle Mountain and South Hobart.

To see your local area's Community Bushfire Protection Plan, visit the TFS website at <http://www.fire.tas.gov.au/>

### REMEMBRANCE DAY 2022 - Mike Brouder

When I was very small, I did not have any idea of what the First World War or the "Great War" was about.

My Dad, who was in the trenches in the Battle of the Somme, never spoke to me about the war. One day, he came home and found me hammering his war medals. It makes me shudder with embarrassment to this day when I occasionally remember it. Dad wasn't angry. He didn't say a word to me. I imagine that he was very disappointed but not angry....I can only speculate that he felt in his own mind that such an occurrence was miniscule compared to the conflict itself. In it's own way that is true, but I still feel very sorry for what I unknowingly did. I suppose that some people with psychology solutions would attribute some deep and meaningful reasons for my actions. Myself? I think it was just unfortunate that there was a hammer left lying around for a small boy to experiment with.

Having said all that, it brings me to the point of this note. Even though our men and women went through some horrible times, which so many of them kept to themselves, the ordinary or mundane things which occurred everyday were just the things for which they fought. The families at home continued on with their ordinary lives, but every year we, as their descendants, turn out in our thousands to remember and thank those men and women for the efforts they made.

Remembrance Day

**LEST WE FORGET**



Illustrations, Google

## FINGAL FOCUS

*Contributed by Mike Brouder*

The older I get, the better I was....

### ONCE I WAS A LEADER

The other day I discovered that I was a leader.

Maybe it was by default, but I was a leader nonetheless. I was driving to Launceston when I noticed a line of traffic behind me, my followers. I was driving at a steady pace. I must inform you that none of the cars I have owned have been regarded as anything like racing stock. My first car was a very used little Austin. I have had a Vauxhall, two Holdens, a fully automatic Nissan 2300, a Mitsubishi Mirage and my current car, the Honda Civic, none of which could be thought of as potential speedy cars. The Nissan 2300 was beautiful to drive, particularly for my wife who had a lot of trouble with arthritis. The car was fully automatic - I'm still not too sure what 'fully' meant in that case, except it had a few gadgets which I tried, but couldn't see much difference they made. However, back to the line of cars. As I was saying, I was travelling at a steady pace and when I got to a fairly long straight stretch of road with no oncoming traffic, a few of the cars started to overtake me and, as they passed me, they gave a toot of the horn. I guess it was an acknowledgement of some kind. Eventually, all the cars overtook me and I was no longer a leader, I had no followers..... all the way into town.

\*\*\*\*\*

**Two football-playing** brothers played for different teams. Once, both teams reached the finals. In an elimination match, one of the brothers was given a free kick with a chance to win the game for his team. His brother was his opponent and had to stand on the mark from where the free kick would be taken. Just as the kicking brother was running forward to take his kick, his opposing brother said, "My Dad slept with your Mum!" The kicking brother missed the shot at goal, of course....

**Women will never** be equal to men until they can walk down the street with a bald head and a beer gut and still think they are sexy.

**"Doctor, I can't stop singing** 'The Green, Green Grass of Home'!" "Oh, that sounds like Tom Jones Syndrome."

"Is it common?" "Well, it's not unusual."

**I went to a 'Seafood Disco'** the other day and pulled a mussel...

**Buy a tank full of petrol** and get a car free!

**Ten Commandments** have been modernised to Ten Lifestyle Options.

**Don't argue with** an idiot; some people may not be able to tell the difference.

**A lorry carrying a batch** of brand new file folders was hijacked, later a van carrying a load of Post-it notes was stolen. Police believe it is the work of a highly-organised crime gang.

**Caesar was watching** the lions eating the Christians. "Well," he said, "we don't have to worry about spectators running onto the pitch, do we?"

**A man pushed to the** front of a queue waiting to see "Titanic". "I'm sorry sir," said the usher, "women and children first."

**A woman came into a pharmacy** shop and asked the pharmacist if he had anything g for hiccups. He immediately slapped her face. "There," he said, "I'll bet that cured them." "No," she replied, "my sister outside in the car has them."

**I installed a skylight** in my apartment. The people above me are furious.

**I've had a perfectly** wonderful evening, but this wasn't it. - Groucho Marx

**The boss said to his secretary,** "What a wonderful weekend that was. How could we forget it?" The secretary replied, "What's it worth?"

**Creativity is** praiseworthy but plagiarism is much faster.

**Live every day** as if it was your last, and one day it will be.

**The only thing** better than a lie is a true story that no one will believe.

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

## 5 MINUTES WITH THE MAYOR



What an honour it is to have been voted in as Mayor for another term! Words cannot express how grateful I am for the community's support.

But I have to say that it's not all about me, I have a great team behind me at Council and I would like to thank staff and my fellow Councillors for their hard work over the last four years – look at what we achieved together!

I would like to also take some time to thank our outgoing Councillors, John McGiveron, Glenn McGuinness, Marg Osborne and Lesa Whittaker for their support and dedication to their community.

It is easy to be critical of what Council does, it is not so easy to put your hand up to try and make change. It really does take a special kind of person to put their communities first.

We now have four new Councillors and I look forward to getting to know them, working with them and achieving great things for our community.

The new Councillors include Fingal's own Gary Barnes, Ian Carter, Liz Johnstone and Vaughan Oldham.

As you can see the new Council has a broad range of people representing many of our communities. This is a good thing! Diversity in Council means broad representation but also means that deeper discussions can be had around what is best for our community. The world would be a boring place if we were all the same!

Thank you for returning me as Mayor for another 4 years and I look forward to proudly representing the Break O'Day Community.

# Councillor Farewell and Welcome

**You are invited to join us in farewelling our outgoing Councillors and welcoming our new Councillors.**

**WHEN: Tuesday 22 November**

**TIME: 5:30 - 6:30**

**WHERE: Panorama Hotel, Quail Street, St Helens**

On behalf of Council Staff and the community, please join us in sharing our gratitude and appreciation for our outgoing Councillors:

**Lesla Whittaker, Marg Osborne, Glen McGuinness and John McGiveron.**

And officially welcome our new Councillors:

**Ian Carter, Gary Barnes, Liz Johnstone, Vaughan Oldham** as well as our returning Councillors, **Kylie Wright, Barry Lefevre, Kristi Chapple, Janet Drummond and Mick Tucker.**

**Nibbles and drinks will be provided**

Please register for this event for catering purposes by using this QR code or call the office on 6376 7900.



from the mountains to the sea | [www.bodc.tas.gov.au](http://www.bodc.tas.gov.au)

# Hey St Marys,



we're taking our services on the road through parts of regional Tasmania, including **your town!**

Service Tasmania has joined the Services Australia Mobile Service Centre through September to November 2022, and our final leg of the journey will be in St Marys. Come and find us at:



**📍 St Marys - Next to Town Hall on Main St**  
**Wednesday 16 November, 9am to 4pm**  
**Thursday 17 November 9am to 2pm**

Our pilot mobile service centre offers you access to most Tasmanian government services, information and payments\*, which can be accessed in our service centres, but right here in your town.

Why not pop in to see us so we can help you connect with Government?

For the full list of our pop-up locations and for more information, just visit our website at:

[www.service.tas.gov.au/popup](http://www.service.tas.gov.au/popup)

 /ServiceTasmania  
 @ServiceTasmania

*\*eftpos only*

**Service Tasmania**



1300 13 55 13 | [service.tas.gov.au](http://service.tas.gov.au)



INFORMATION FOR CUSTOMERS

# Australian Government Mobile Service Centre



## Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

### ST MARYS

Adjacent to the Memorial Hall, Main Street

Wednesday 16 November 2022 9 am to 4 pm

Thursday 17 November 2022 9 am to 2 pm

For more information, go to [servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)



INFORMATION FOR CUSTOMERS

# Australian Government Mobile Service Centre



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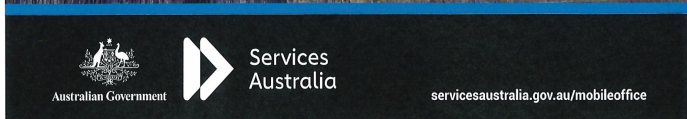
### Friday 25 November 2022

9:30 am to 2:30 pm

In front of Fingal Valley Neighbourhood House, Talbot St

FINGAL

For more information, go to [servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)



The Board of Governance of  
**FINGAL VALLEY NEIGHBOURHOOD HOUSE INC**

cordially invites you to their

# ANNUAL GENERAL MEETING

Date: Tuesday 29th November 2022

Time: 4.00pm

Venue: Fingal Valley Neighbourhood House  
20 Talbot Street, Fingal

**IMPORTANT: RSVP is essential**

RSVP by Friday 25th November 2022  
(03) 63 742 344

Signed: L Rhodes, Secretary, FVNH



## NOTICE OF ANNUAL GENERAL MEETING

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.

Len Miles, President  
6372 2285



# ANNUAL GENERAL MEETING

Tuesday 15th November 2022

at 6pm

at

Fingal Valley Neighbourhood House

Signed: D Bean (President)

		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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13 November

Smooth Operators

20 November

Alan Archer

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## **The Say by the “Cage Rattler”**

Between the Valley and the Coast are two bands of tarmac that are pretty darn important to us all. These two stretches of road combined have a total distance of less than three quarters of the distance between St Marys and Fingal, but they cut through the mountains and come out with brilliant views of the Tasman Sea, and ultimately the Pacific Ocean, I guess you could say. The St Marys Pass and Elephant Pass are also the route for many of us to work, to play and to carry out some very necessary duties, including seeing kids getting schooled. Add in a vital path for medical and critical emergency services, and truly, how much more important are these roads?

In the past fortnight since the last Valley Voice, we find ourselves with one Pass (St Marys) now completely closed and not likely to be open again for a decent period, suggested as being 4-6 weeks from when remediation begins, while the other Pass (Elephant) is badly compromised, with at least 150 metres of it one lane only, and with deep cracking and rutting very evident to the users on the lane nearest to the edge. The road surface is one thing, but the embankment landslips and rock falls are another matter of deep concern....

So how are we served for alternate routes? We have one only as we speak, which is the forestry road that eventually links up with Upper Scamander Road. Whilst this is way better than nothing, it is far from ideal, given it's entirely gravel surface, hilly, and with no real safety barriers where they may be of great benefit. Don't get me wrong; we should be extremely grateful it's there at all for when St Marys Pass has to close on safety grounds just like now. It is and was only really meant for forestry access and industry, and not so much for long periods as a public road. It has done that in the past though.

Here's the nuts and bolts of all this as I see it, and I really hope some of the readers of this article will write in and agree or disagree with me. As I and many I have spoken to on this see it, the two Passes have deep historical reasons to stay viable and indeed operational in the future, but we must stress to our State and Federal Governments that perhaps two key factors really have to be seriously considered. The first one is no patch up jobs. We really can't afford any 'quick fixes to get the road open' anymore. Maybe it's time to approach this in a long-term plan perspective. Maybe it's time to bite the bullet.

We all say it here every time there's anything like 'rain event', the new term; "I hope St Marys Pass and Elephant Pass are okay". In this day and age, why do we need that to be said at all? Maybe it's time for a proper two-stage plan, even if it takes a few years to implement.

How about this - one stage might be to engineer a plan to address extreme rainfall like we are now experiencing and to make the Passes as 'rain secure' as is humanly possible. If that requires substantially more or vastly improved drainage, then so be it. Stage closure or limited access periods over a few years to achieve the necessary work to facilitate that. To a degree, this has already been done of course, but evidenced by the predicament we find ourselves in now, there is still a lot more to get done. The other (and crucial stage) is to, as a minimum, have a much more purposeful alternate route available for periods when major remediation of either Pass is taking place, or in crisis times like floods or bushfires, to minimise as much as possible the impact on so many that need this access to and from the coast.

There was the Old Coach Road, the 'M' Road, the Hydro and Telstra roads and such other than the above-mentioned alternate way, and some have said that one of these might one day provide a realistic back up to one or both Passes. Either that, or some further modifications to be made on the forestry 'S' Road and Upper Scamander Road for readiness when needed.

Is it worth investigating by our Local Government, State and/or Federal representatives? I hope so.

With our politicians - just letting you all know, whatever your party is, in power or in opposition, ministerial or backbencher, that we as Valley and Coasters want some real action on this, and we don't want to still be going through all this in ten years time after we have a rain event. We pay our taxes like everybody else and deserve roads like everybody else. Here's another sobering thought for those with power to decide on all this. Tasmania is fast becoming a tourism mecca on the back of your efforts in many ways. In our region, we have Freycinet Peninsula, Bay of Fires, all sorts of biking, fishing, rock climbing, hiking and a myriad of great things going on that will be greatly hampered both now and into the future if incidents like this aren't all but eliminated. By definition, that will adversely affect business opportunity and development as well. There is also a cause-and-effect on educational opportunities and impacts also, which requires huge consideration.

This 14km or so of windy roads combined, that all this is based on, is a vital part of our lives. Maybe it's time we formed a 'Friends of the Passes' group to collectively lobby and help our politicians to finally achieve outcomes that'll benefit both our Break O'Day community and also them, so if any of you find merit in that idea, please feel free to contact me to see if that has merit. This was suggested to me actually by one of our politicians over the phone the other day. Give me a ring or text on 0428 114 999 if you like that idea. With the festive/holiday period on our doorstep, let's hope we see some really good outcomes on the two bits of twisty stuff referred to here. It's bloody important!

Congratulations to our new councillor Gary Barnes, also an integral person as part of Fingal Valley Neighbourhood House and we know he'll do a great job. Also great to see Councillor Janet Drummond still in there and fighting for us, and she gave the Mayoral position a great run. Well done to you both and the newly elected Council as a whole.

What do you think?

## LUNCH AND MUNCH AND SING-ALONG ENTERTAIN THE CROWD

Another successful Lunch and Munch by Georges Bay Music for October saw Jo King, amazing singer, guitarist and song-writer entertain a most appreciative audience, with sing-alongs for them to sing to as well, including 'Four Strong Winds', 'Hallelujah' and more.

While Jo was having her break, we had entertainment by the Local Vocals, a small group of singers, accompanied by Ash Morrell on drums, Bob Grant on bass guitar with Ted Thornley on guitar, and Mary-Anne Wadsworth on keyboard, with rollicking songs to have the audience singing along with them as well, such as 'Alexander's Rag Time Band', 'You're 16', 'Walk Right In', plus a few more, with Des Charles doing a solo singing 'Bad Habits'. It was a fun-filled afternoon, so Lunch and Munch is an event not to be missed, and of course it is on every month for a great lunch time entertainment for everybody with a variety of great musical acts.

For our last concert for the year, we have the amazing duo Keith and Pearl Treasure to entertain us, backed by Don Ives on piano and Steve Hill on drums. Keith and Pearl bring with them a wealth of experience in singing and performing around Tasmania for many years, and they are always popular and welcome guests here in St Helen, so keep Friday 25th November marked in your calendar, at the St Helens Footy Club Room, at the end of Tully Street, from midday to around 2.00pm for a fantastic afternoon of musical entertainment.

Remember it's BYO lunch, but there are sandwiches and cakes to be bought at our little tuck shop, although last month they were so popular we sold out, so you need to be in quick or remember to bring your own lunch. Tea and coffee are free, and the Footy Club bar is open for alcoholic drinks. Raffles are ongoing, the \$50.00 card is on deck and lucky door prize also. We do ask that if you could get there at about 11.45 to get your lunch, drinks, and raffles and be seated ready for a 12.00 midday start.

Members are just \$10.00 and non-members \$15.00. Remember, this is our last concert for the year, so let's make it a good one.

For January Lunch and Munch, we have the Local Vocals back again in all their glory for a full concert this time; that should be a fun day. And the Annual General Meeting is in February....if anyone would like to be on the Committee, now is a good time to let Helen our Secretary know at our November gig.

See you there, Friday 25th November at midday!

GEORGES BAY MUSIC PRESENTS

# LUNCH AND MUNCH

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TULLY STREET  
FRIDAY 25TH NOVEMBER 12-2PM



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**GUEST ARTISTS**  
**DON IVES BAND**  
**PEARL AND KEITH TREASURE**

**A GREAT AFTERNOON'S ENTERTAINMENT**

## SENIORS WEEK CELEBRATED WITH TRIP TO WOOLMERS ESTATE

To celebrate seniors week for 2022, in conjunction with the Break O'Day Council the Fingal Valley Neighbourhood House organised a bus trip to Woolmers Estate at Longford.

The weather was perfect and we had seniors join us from throughout the Break O'Day area.

On arrival at Woolmers, everyone was divided into 4 groups to do the guided tours. The Homestead was amazing and the gardens were lovely. There were not many flowers out on our visit but it still looked amazing.



We enjoyed lunch from JJ's Bakery at Longford, and made our way home. We had some singing on the bus on the way home and the chat between the group was about what a lovely day it had been.



A big 'Thank You' to Break O'Day Council, Fingal Valley Neighbourhood House and St Helens Neighbourhood House. It was an absolute pleasure to celebrate these extraordinary people in our community, and we all look forward to Seniors Week again next year.

Rebecca Tuck, Community Care Advisor  
Fingal Valley Neighbourhood House



## WITH ONE VOICE BREAK O'DAY CHOIR

Feel Good, Do Good, Sing for Good!



The days leading up to our much-anticipated 'Reconnect and Sing' in Fingal on Tuesday 25th of October were overshadowed by an appalling weather forecast. Would the Pass be open? What are we going to do if it isn't? But the rain and wind held off and we had dry, safe driving conditions all the way from St Helens up through the Pass, and into Fingal, where 22 very excited singers tumbled out of the bus to be greeted by the alluring aroma of home-baked winter comfort food. Another group of singers, including a young mum and dad and their gorgeous little baby boy, were already assembled in the beautiful Fingal Valley Neighbourhood



House, ready for a big sing. We extend our thanks to the Fingal Valley Neighbour House catering team for the delicious and copious food they prepared for us, and also to our members who supplied very tasty sweets. The forecast rain and winds held off long enough for us all to pile back into the bus. It was pouring by the time we got back to St Marys. Special thanks go to Michael for the safe journey all the way back to St Helens.



*The catering crew at FVNH - Keri, Rebecca and Michelle.*

Our next "Reconnect and Sing" event will be held on Sunday 13th November. This time we're off to the Pyengana Recreation Ground. Our trusty Calows 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. 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, and leave your name, number of passengers and your location, and she will get back to you.

We thank Break O'Day Council, Calows Coaches, St Helens Hospital Auxiliary and Fingal Valley Neighbourhood House for their financial and in-kind support for these events which otherwise would not be possible.

Another date for your calendars: we are looking forward to singing at the **Open House and Garden Party on Saturday 26th November at St Marys** - a fundraiser for the Tasmanian Lymphoedema Centre. Hope to see you there!

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

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

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(including public holidays)

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Fingal Valley Neighbourhood House

## IN OUR SCAMANDER GARDEN ....

The build-up to our Open Garden had us pulling weeds, painting rocks, recoating statues, and putting some extra seating out. The dragon statue got moved and now resides near the mushroom and magnolias. We were not expecting a 40-seater bus to pull in, but that's what happened. Everyone was excited and I was told they had shopped at Paul's Nursery and all the cases had to be unloaded so purchases could be safely stored before rearranging the suitcases.

We ambled past the apple, cherry, peach, and nectarine trees to admire the old Japanese plum trees. Some of the red and orange proteas were blooming, and although small, were spectacular. The Mole Creek party remarked on how lovely the courtyard looked and could see a lot of work had gone into making it. The pond, with Steve's favourite lady - after me - stood concretely still in the centre of the fishpond, twirling her hair as I sometimes do.

Looking over the fence, our black, grey, and red chooks had gathered to see what the commotion was. Never have so many visitors appeared at once. I pointed out the Nashi and Chinese pear trees along with the red pears and fig. The potatoes were a bed of green, poking their heads above the hay. 'The peas need weeding,' I wrote in my mental notebook.

Back to the second fishpond, we began counting the orange, white and black fish. I saw a snail, 'I'll be back for you later,' I thought, but then forgot to carry that out.

Over there are apricot trees, but sadly they did not give any fruit last year. Maybe they need a hard prune. Along the next fence were grapes, and in front of them, some magical purple cauliflowers and cabbages. 'Success!' I whispered. I must come back and cut their heads off.

Through the gate, we entered the main garden. The mermaid sat in her fountain, with an almond tree branch hanging overhead. The shells around her sparkled with droplets of water. I didn't tell them Steve fixed her broken arm a few days beforehand. We looked up at the olive tree, and meandered towards the avocado and lemon trees and into the little chapel, which was quite emotional for some. I pointed out the bird's nest below the crucifix outside.

We scooted around the side and saw the blueberry patch and an enclosure with tomatoes and green leafy things up the back. 'Lots of soup, salad, and sauces in the future,' I thought.

Around the back of the chapel, we passed the greengage, quince, cherry, and mulberry trees. Many admired the little red temple Steve made with no pattern. A small Buddha sits nearby and there are clumps of bamboo hanging over it.

In the back garden, we explained how Steve had brought all the soil here and that he transplanted the mature silver birches. We had travelled to Wish-Wilson Road (Springfield) to buy tiny plants which have grown into those hedges, and we planted all of the other trees, including magnolias, sycamores, and elderflowers. There is a young walnut tree, we might name that 'Hopeful'. On entering the property, we have macrocarpa, grevilleas, hazelnuts, and quite a few natives.

I got the bus to turn in the paddock where the dam is, and they could see the two upside-down tree stumps painted blue for Beyond Blue, as well as the many natives. We were impressed that the dam had filled out about 5 metres sideways, looking like a lake.

Off they went and we had a sigh of relief as I put the kettle on and up went our tired feet, never to move again. Want a bet?

So till next time, Peg.



*We are picking strawberries once again.*



# **east coast tasmania**

## *tourism update*

We are delighted to announce that Grace Keath will be joining East Coast Tasmania Tourism as the new CEO from November onwards.

Grace describes herself as a Hospitality and Tourism professional. She has over 15 years' experience in hotel operations, events management, strategic brand and business development, and professional training & coaching. This includes managing large teams and budgets, connecting with stakeholders and reporting to boards and management teams.

Many of you may know Grace already, as she is a local East Coaster. Living in Beaumaris, she will be joining the team in our journey to work with the tourism industry, communities and our key stakeholders to advocate, partner, promote and support so that visitors to the East Coast enjoy an excellent experience and our East Coast tourism industry is thriving and sustainable.

Over the past three years I have been honoured and privileged to work with the East Coast Tasmania tourism industry and communities. I leave this role extremely proud of the many digital and innovative solutions and projects we have delivered, during a time of great upheaval and change.

I have been very fortunate to have a great team, Chair, Board, Strategic Stakeholders, Industry partners and the communities, who have supported me and I am sincerely thankful to you all.

I have loved being part of the East Coast community and will miss you all.

Warmest regards  
Rhonda Taylor - CEO  
East Coast Tasmania Tourism



For more information, please contact  
**[ceo@eastcoasttasmania.com.au](mailto:ceo@eastcoasttasmania.com.au)**  
or visit **[www.eastcoasttourism.com.au](http://www.eastcoasttourism.com.au)**

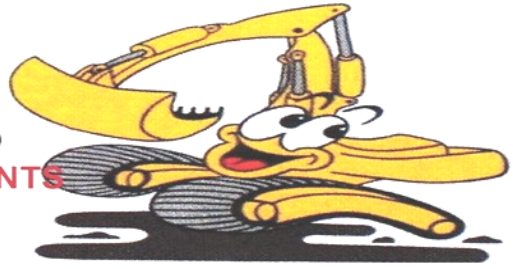
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Sunday to Friday

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

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Open: Wednesday 9am to 12pm

Sunday 2pm to 5pm

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

Open: 10am to 4pm every day

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

Open: Tuesday 10am to 4pm

Thursday 10am to 4pm

Sunday 2pm to 5pm

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

Open: Tuesday 10am to 4pm

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.*





## RAINBOWS AND RADISHES

By Bloomin' Iris



### GARDENING FOR CHRISTMAS

Christmas is nearly upon us, and as it has been a very wet year, and depending what area you live in, you may not get as many crops in that you would like. But despair not, we can still get a few bits happening in our vegetable beds.

Greens always grow well nearly any time of the year, and what a good way to get lots of the required essential vitamins in our diet, with your Asian greens for stir fries, spinach for your quiches, and lettuce - all varieties - for your salads. Any herbs will flourish now with the rain and sun we have to look forward to, so try oregano, thyme (all varieties), coriander for your curries and of course, curry plant too, along with chives and mint for your potato salads and mint sauce and mint jellies, and don't forget the beautiful mint teas you can make, which are great for the tummy, and parsley for soups and salads etc.

My garden is popping up pumpkin plants, corn, and tomato seeds from scraps thrown in the garden, and it will be a surprise to find out what variety they are, potatoes are coming through too. It is always suggested to buy certified seed stock for your potatoes, as they are guaranteed to be disease free, but we all get potatoes popping up somewhere I guess, and mine do ok, very rarely do I get duds!

Please keep regularly feeding those vegetables. Greens like to be well-fed, they are quick growers if they are fed properly. Always check your garden centres for which fertilizers to use, most vege plants require just a good all-round liquid fertilizer and benefit with a dose of 'Seasol' or fish emulsion when you feed them.

Don't forget to get those tomatoes in, but be aware we may still get some frosts in the Valley. If you do not have any newspaper on frosty nights or old sheets, buy some plastic sleeves to protect them till we get our really warm weather, they are available at Bunnings for less than a dollar, and any of these things are generally effective.

No salad is as colourful if you forget the radishes, so dress your salads up with colourful petals from your garden; rose petals for deserts, pansies, violas, borage, with its beautiful flowers that taste like cucumber, violets, and also try eating the flowers from the chives in your garden. They are a lovely alternative to onion, and look so pretty sprinkled on tomato-and-cheese-topped biscuits.

We can be so creative with these beautiful blooms and don't forget the calendula petals with the beautiful splash of gold in your salads - all these are edible blooms.

Happy gardening guys, and what is even better, happy eating with your beautiful bounty from that garden of yours. Nothing like home-grown is there?

Next article we will discuss alternative Christmas trees.



*Edible flowers can be used in both savoury (above), and sweet, (below) dishes.*

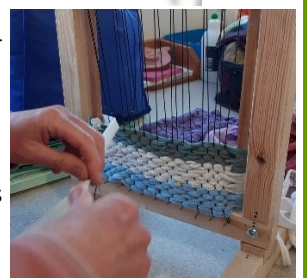


### ST MARYS REPURPOSING & UPCYCLING WORKING BEES

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 final weekend working bee will be held on Saturday 19<sup>th</sup> and Sunday 20<sup>th</sup> November from 9.00am - 4.00pm in the St Marys Community Hall. 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".



**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:**

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

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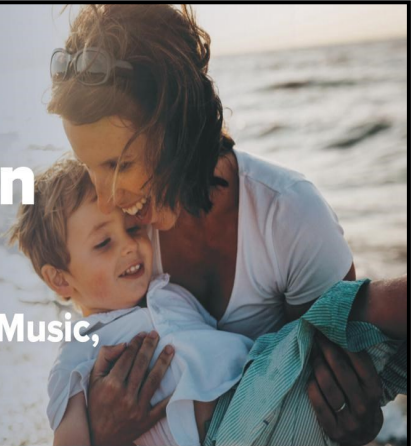
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Alex lives locally in Bicheno and is available to assist clients with all legal matters. Appointments are by arrangement in Swansea, Bicheno, St Marys and St Helens. With nearly 15 years' experience working as a Barrister & Solicitor in Tasmania and Western Australia, Alex is your local lawyer on the East Coast of Tasmania.

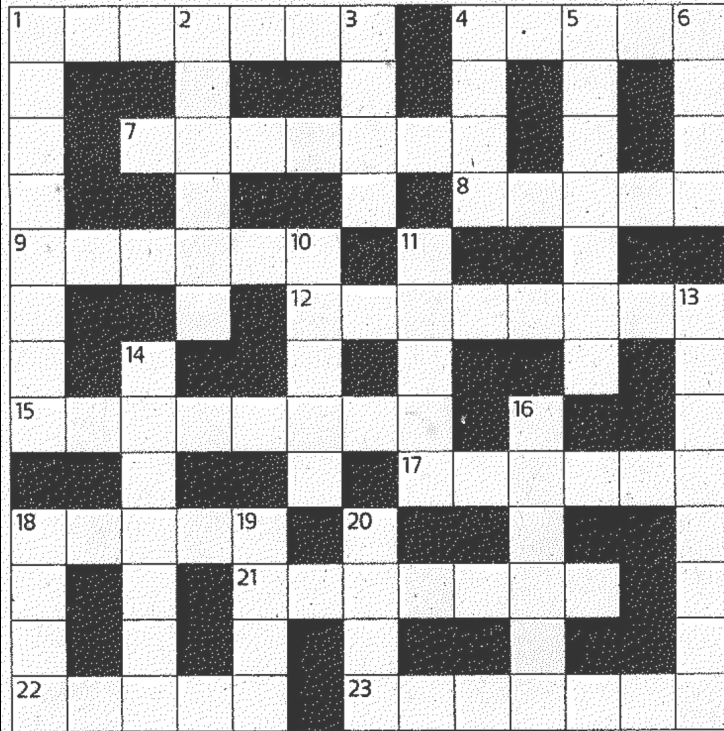


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# Crossword 54.20



### ACROSS

- 1. Ipswich's county (7)
- 4. Held dear (5)
- 7. Anchorage (7)
- 8. Fear (5)
- 9. Accumulated supplies (6)
- 12. Draw near (8)
- 15. Seat at the front! (8)
- 17. More costly (6)
- 18. Low seat (5)
- 21. European country (7)
- 22. Comedian, \_\_\_ Grayson (5)
- 23. Floating wreckage (7)

### DOWN

- 1. Unmarried woman (8)
- 2. Gallic country (6)
- 3. Fort \_\_\_\_, US gold depository (4)
- 4. Pig-fat (4)
- 5. Pre-1905 car (7)
- 6. Ken \_\_\_\_, comedian (4)
- 10. Indian title of respect (5)
- 11. Swiftiness (5)
- 13. Family treasure (8)
- 14. Reveal (7)
- 16. Attractive object? (6)
- 18. Tarnish (4)
- 19. Pond flower (4)
- 20. Slave (4)

## Fingal Online Access Centre

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

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## FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



### REMEMBER OUR NURSES

On 4th August 1914, Great Britain declared war on Germany and Australia sent a complete division of infantry and 1 brigade of light horse, 20,758 troops and 7,479 horses to fight in the war. Tasmanian women also played a significant role in Australian military history at home and abroad as nurses. Approximately 3000 Australian nurses served between 1914 and 1919, and 79 were from Tasmania. The nurses served in Egypt, Lemnos, England, France, Belgium, Greece, Palestine and India. Seven women received a military medal in World War 1. On the home front, women 'kept the home fires burning', managing the household and raising the children. They also took on



*A group of Tasmanian nurses, June 1917.*

some of the tasks that men usually carried out, such as planting and harvesting crops, repairing machinery and working in the factories. Women were encouraged to join voluntary organizations such as the 'Patriotic Funds Movement' and 'On Active Service', they knitted socks, vests, and balaclavas, packed parcels and wrote letters. They sent parcels overseas to the troops with items they needed such as soap, handkerchiefs and notebooks. The Red Cross began in Tasmania in 1914, and they raised money, made clothing, equipped 400 beds and provided 3000 kit bags for the first voluntary hospital sent from Australia. The Red

Cross Information Bureau was established in 1915, with a card index of every soldier who left Tasmania. Returned soldiers who were maimed or injured were cared for at hospitals, convalescent homes and hostels. By World War 2, they trained staff to look after the injured, raised money, opened hospitals, sent 14 ambulances overseas, re-established the Information Bureau and sent large shipments of clothing and food stuffs to overseas victims.

In 1902, an Army Nursing Service had been formed as part of the medical corps, but it only consisted of men, as it had been decided that women had no place in the war, they were better off at home. In 1914, to join the Medical Corps, a nurse was required to have no less than 3 years training in medical and surgical nursing in a recognized civil hospital, and this excluded nurses from country areas. She had to be aged 21 to 40, unmarried or a widow, and a resident of the metropolitan area. It was unpaid work, a voluntary body of very experienced nurses. These were the first nurses who left with the first contingent of the AIF (Australian Imperial Force). The AIF were supposed to go to Britain, but were diverted to Egypt to train. Men, horses, vehicles and equipment were unloaded at Alexandria docks, and from there they moved to Cairo to train at a desert camp at the pyramids, and they stayed there for 4 months. Base hospitals were situated well away from the front line,



*Grevillers, France, May 1917*

whereas the Casualty Clearing Stations (CCS) were situated only 5 miles or less from the front line, well in the danger zone. Mena House Hotel at Cairo was taken over for a hospital and staffed by British medical personnel to look after the Australians. On 21st December 1914, Australian personnel from field ambulances, along with 21 Australian nursing sisters, would take over the hospital. Prior to going to hospital, the first stop for the wounded was the CCS, and these stations saw the worst of the wounded. A nurse that arrived at the CCS, usually at night after a long trip in a cold ambulance from a base hospital, was put straight to work to relieve someone who had already done a 12-hour or more shift. The wards consisted of mostly stretchers on the ground, with 1 or 2 bed wards for the most collapsed cases, and all under the shelter of tents erected with no flooring and minimal equipment. If the bombing or fighting was coming closer and they were given the order, the field hospital was packed up, moved, re-built and received patients again within 3 days. Equipment, as many tents as possible and the duckboards were loaded in the first truck on day 1. The following morning, patients were fed, wounds dressed and labelled and then evacuated. The remainder of the hospital was packed in about 10 hours, which left the sisters free for 36 hours. During this time, they would wash their uniforms and wait in an empty hospital.

## FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



1,942 women's units were formed across all arms of the defence forces, the Women's Auxiliary Air Force (WAAF), Women's Royal Australian Naval Service (WRANS), Australian Women's Army Service (AWAS) and Australian Army Medical Women's Service (AAMWS), and by the end of World War 2, 50,000 Australian women had served in these units, and women were employed in over 70 different occupations in the WAAF alone.

Some of the women that served in WW2 who were from the Fingal Valley are :

Prudence Brodribb from Avoca - AWAS

Irene D. Davis from Ormley - WAAF

Olive Freeman a signal-woman from Avoca - AWAS

Sister R. Young, St Marys - RAAF

Mary Hughes, St Marys, driver - AWAS

Sister Ruth Perger, St Marys - RAAF

Anne Ransom, Mt Nicholas, driver - AWAS

Pte Gladys Stearne, St Marys

Lieutenant Mollie Martin Gunton, Mangana - AAMWS, pictured right.



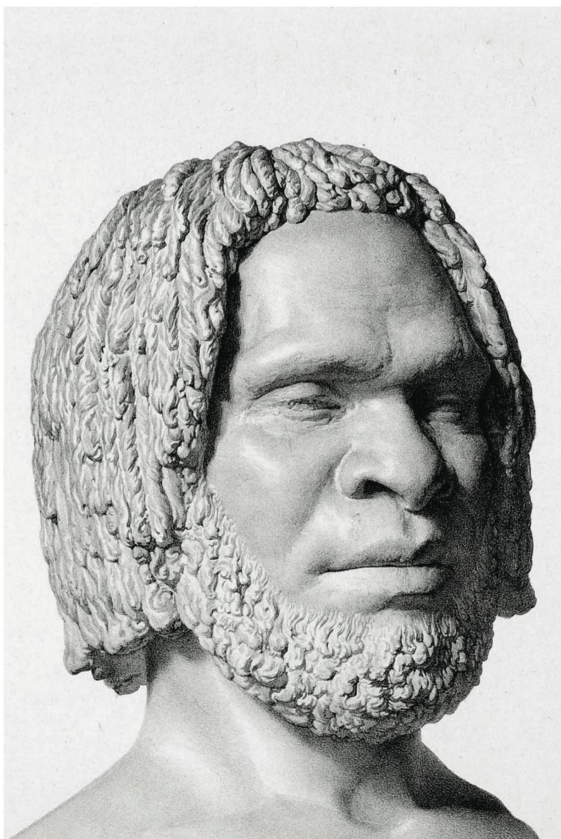
Lieut. M. M. Gunton.

World War 1 was a major learning curve for our nurses, and by the time of World War 2, they were better trained with better equipment, but they were still dealing with the same horrors of war!

If anyone knows of any women from the Fingal Valley that did enlist and would like to share the story with Fingal Valley Neighbourhood House History Group, we would like to hear from you, as I have only managed to find a few names and we would like to add them to our list.

Nurses in the Defence Services, our Unsung Heroes!

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



## Mannalargenna Day Festival

The Directors and Circle of Elders of Melythina Tiakana Warrana Aboriginal Corporation are delighted to invite you and your family to join us

On **Saturday 3<sup>rd</sup> December 2022**

at Tebrakunna/ Little Musselroe Bay – please note the location is towards the Little Musselroe beach, venue on the left hand side just prior to the turning circle.

Taster plates will be available but please consider bringing other options, as there will be limitations, particularly to special dietary requirements.

This is a respectful, family-friendly and culturally safe event. All are welcome. No alcohol or drugs permitted.

Further information will be available: MTWAC Facebook page and via website by mid November, 2022. Ph: Jo 0488008999 (south) or Melissa 0499518536 (north)



### Bicheno Community Market

October Market was attended well considering all the rain we have been having. Great to see locals and visitors alike meandering around the stalls, having a chat and taking home some wonderful gifts.

Being held on 16th November, the next Market should see an increase in stallholders, as we have had some beautiful weather and anticipate more visitors. We are fortunate to be able to offer a variety of new stalls including hand-made timber products, plants and professional photographic gifts. A great chance to shop for Christmas.

We also will be holding our popular Twilight Market prior to Christmas on Saturday December 17th 2.00pm to 7.00pm at Lions Park, an ideal opportunity for last minute special gifts.



If you are interested in holding a stall at any of these markets please phone Jennie on 0417 590 851 or email [harbourbeach@bigpond.com](mailto:harbourbeach@bigpond.com)

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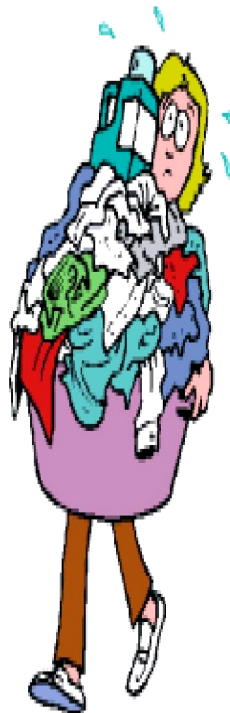
**St Marys**

**OPENING HOURS,**

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**HOUSE RESTAURANT**



*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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**NEW WELLNESS DIRECTORY DESIGNED FOR LOCALS, BY A LOCAL**

A new Wellness Directory is now available to help people find businesses and services to support their wellbeing in St Marys and Fingal. Local resident Jan West designed and compiled the Directory as part of her participation in the Break O’Day Community Wellbeing Project.

“The directory came about from an idea to share around and let people know about all the fabulous wellbeing activities happening in St Marys and the Fingal Valley,” Jan said. “After deciding to do one as part of, and funded through, the Wellbeing Project with Break O’Day Council, I discovered there was one in Bicheno, so for uniformity of recognition of Wellbeing Directories, I kept the format similar, though it was what I originally decided to do anyway. A lot is done for St Helens, and I wanted to promote the St Marys community and Valley,” Jan continued.

Jan reached out to the communities of St Marys and Fingal and asked people to be part of the first edition of the directory, “so everyone knows all the fabulous activities and services in the area. I put up notices on noticeboards that it would be launched soon and called for submissions, as well as personally contacting those I knew who had a business. I worked on the project with Lila Meleisea, who assisted with Canva and the layout of the directory.” Jan now has plans to create and compile one for St Helens and surrounds.

“The Break O’Day Community Wellbeing Project involves a training opportunity for people in our community to learn about wellbeing in a supported group,” Leah Page, Mental Health and Wellbeing coordinator for the Break O’Day Council, commented. “A positive approach encourages participants to reflect on their strengths and the strengths of those around them and to identify the things that work well so that they can do more of it. Participants explore the focus areas of wellbeing of Positive Emotions, Engagement, Relationships, Meaning, Accomplishment and Health. Jan’s involvement in the training gave her access to tools and resources from The Wellbeing Lab to try new ways to create wellbeing for herself and others. Participants in the training earn a Certificate in Creating Wellbeing from The Wellbeing Lab,” Leah concluded.

Speaking about the Wellbeing Project, Jan stated, “The Wellbeing Project is to promote wellbeing in the Break O’Day area to help with generating positive activities and services to the area by sponsoring people to do the course and come up with a project idea and improve their own wellbeing too. Put your name down for next intake if you are interested in promoting wellbeing in the area. Contact Leah Page at Council,” Jan concluded

There are many more exciting wellbeing initiatives emerging from the project that are continuing to grow. Keep updated and find out more about the Break O’Day Community Wellbeing Project on Council’s website: [www.bodc.tas.gov.au/community/health-and-wellbeing](http://www.bodc.tas.gov.au/community/health-and-wellbeing)

Printed copies of the St Marys and Fingal Wellness Directory are available from Fingal Valley Neighbourhood House, and you can also view the directory on the Fingal Valley Neighbourhood House website.



*Jan presenting her concept at the Project Showcase in October.*


  
**Wellness  
Directory**  
**St Marys & Fingal Valley**  
  
 Sponsored by:  
 The Break O’Day Community  
 Wellbeing Project  
 Funded by the Tasmanian Community Fund  
 Supported by Break O’Day Council  





**Break O’Day**  
 COUNCIL  
**Kylie Wright**  
 Councillor  
 0439 742 946  
[kylie.wright@bodc.tas.gov.au](mailto:kylie.wright@bodc.tas.gov.au)

**TANIA RATTRAY MLC**  
  
**INDEPENDENT  
MEMBER FOR  
MCINTYRE**

  
**Your full-time Independent  
Legislative Council Member  
representing the Fingal Valley and East  
Coast community**  
  
 Contact details - Mobile - 0427 523 412  
 Office Phone - 6350 5000  
 Email - [tania.rattray@parliament.tas.gov.au](mailto:tania.rattray@parliament.tas.gov.au)

### 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.

**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.

**Fingal Valley Neighbourhood House - 24hr access**

On the wall outside the front door.

**IN AN EMERGENCY CALL 000**



**44 MAIN STREET, ST MARYS**

**Ph 6372 2844**

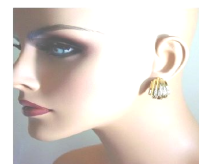
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### EMERGENCY RELIEF

#### 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.

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

#### FINANCIAL COUNSELLING SUPPORT

If you or someone you know requires financial counselling support:

**National Debt Helpline**

**1800 007 007**

www.ndh.org.au

**Gambling Helpline**

**1800 858 858**

www.gamblinghelponline.org.au

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

**Housing Connect**

**1800 800 588**

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

A one-stop shop for all your housing and support needs.

### HELPLINES & INFORMATION

**In all emergencies call the Police 000 line**

**Tasmanian Government Family Violence Response and Referral Line**

**1800 633 937**

**1800RESPECT**

**1800737732**

www.1800respect.org.au

**Mensline Australia**

**1300 78 99 78**

www.mensline.org.au

**A Tasmanian Lifeline**

**1800 98 44 34**

taslifeline@lifelinetasmania.org.au

**Kids Helpline**

**1800 551 800**

www.kidshelpline.com.au

**Lifeline**

**131 114**

www.lifeline.org.au

**Beyond Blue**

**1800 512 348**

www.beyondblue.org.au

**Carer Gateway**

**1800 422 737**

https://www.carergateway.gov.au/

If you or someone you know is a carer

**Disability Information Helpline**

**1800 643 787**

www.dss.gov.au/disabilityhelp

If you or someone you know has a disability

**Older Australians and Carers COVID-19 Support Line**

**1800 171 866**

Older people and their carers are encouraged to call

**Tasmania Public Health Hotline**

**1800 671 738**

www.coronavirus.tas.gov.au

For the latest information about the coronavirus (COVID-19) in Tasmania

**Find Help Tas**

A central online directory of community services across Tasmania.

Supported by TasCOSS and member organisations

www.findhelptas.org.au

**National Coronavirus Helpline**

**1800 020 080**

www.australia.gov.au

Information on coronavirus (COVID-19) and help with the COVIDSafe app

24 hours a day, seven days a week

## 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



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*Fingal Primary School*

WITH A WALK DOWN MEMORY LANE  
MEMORABILIA, PHOTOS, TROPHIES AND REMINISCING.



SATURDAY 12 NOVEMBER 2022  
1.00PM – 4.00PM  
AT FINGAL PRIMARY SCHOOL

REFRESHMENTS WILL BE PROVIDED.  
PLEASE RSVP BY FRIDAY 4TH NOVEMBER 2022  
FOR CATERING PURPOSES.

BOOK TICKETS ONLINE:  
[HTTPS://STMARYSDISTRICTS.SCHOOLZINEPLUS.COM/EVENT/2195](https://stmarysdistricts.schoolzineplus.com/event/2195)  
OR (03) 6372 3900

*THIS EVENT IS SUPPORTED BY THE ST MARYS DISTRICT SCHOOL ASSOCIATION*

A problem shared



is a problem halved.

**Q Break O'Day Mental Health Directory**

*Break o'Day/Bicheno Suicide Prevention Trial*

**OUTING TO ST MARYS CAMEL FARM CELEBRATES CHILDREN'S WEEK**

Children's Week is an annual event celebrated in Australia, held around the fourth Wednesday in October. A diverse range of events and activities are organised at national, state and local levels. These focus the attention of the wider community on children, their rights and achievements. Children's Week celebrates the right of children to enjoy childhood.

The theme of this year's Children's Week was 'Children have a right to a standard of living that supports their wellbeing and healthy development', which is based on Article 27 of the United Nations Convention on the Rights of the Child. Held from October 22 to 30, Children's Week was a national celebration of children and the special role they play in our lives and communities.

Building Blocks was pleased to support Children's Week with activities in St Marys and St Helens. We had a song and story-time session at St Helens Library with favourite nursery rhymes and books, and 20 parents/carers and children braved a damp morning to visit the St Marys Camel Farm. Many thanks to Ros and Jeff for hosting our visit despite the wet weather - everyone had a wonderful time meeting the camels and hearing all about the camel farm. We know a few people could not come along, so we hope to have another visit during our summer holiday program; more details of this in a future issue.

For more information about Children's Week, go to: <https://childrens-week.org.au/>





# Building Blocks News



children thrive in communities where they have opportunities for play and discovery



**Ideas for action - we can all play our part**

- offer families and children play ideas
- talk about what is happening in your local area
- jump, run, sing, walk, dance and read together
- share links on activities and events for children



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



FAMILIES/CARERS OF CHILDREN AGED 0-5 YEARS ARE INVITED TO

## FALMOUTH PLAYGROUP

Fun friendly session run by parents for parents at Falmouth Community Centre

**WEDNESDAYS 10-12PM  
ALL WELCOME**

MORE INFO KAYLA: 0431 770 402

# November 2022



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

MON	TUE	WED	THU	FRI
	<b>1</b> Read Sing Create! St Marys Library 11- 11.30	<b>2</b> Ringarooma Launching into Learning 9-10am @ Ledgerwood Park (or Ledgerwood hall Wet Weather)	<b>3</b> St Marys Play & Learn @ St Marys Community Space 10.30-11.30am	<b>4</b> Read Sing Create! St Helens Library 10.30-11.30am <b>5</b> Ringarooma Show @ RPS
<b>7</b> Public Holiday	<b>8</b> Read Sing Create! Bicheno Library 11-11.30am Jetsonville Playgroup 10-12pm, Scottsdale	<b>9</b> Coles Bay Play & Learn @Coles Bay Muirs Beach 10.30-12pm	<b>10</b>	<b>11</b> Read Sing Create! St Helens Library 10.30-11.30am
<b>14</b> Fingal Play Centre 9.30-2.30pm	<b>15</b> Read Sing Create! St Marys Library 11- 11.30	<b>16</b>	<b>17</b> Fingal Play & Learn @ FVNH- 10.30-11.30am	<b>18</b> Read Sing Create! St Helens Library 10.30-11.30am <b>Bicheno PS LiL 9.15-10.15 Beach Play—Waub's Bay</b> St Helens NH Community Garden 3-5 pm Eagle St, Open Afternoon
<b>21</b> Fingal Play Centre 9.30-2.30pm + playgroup 10.30-11.30am for children attending in Winnaleah DS LiL 1.40- 3pm	<b>22</b> Read Sing Create! Bicheno Library 11-11.30am	<b>23</b> Falmouth Playgroup 10-12pm @ Falmouth Beach	<b>24</b> Move & Play 10.30-11.30am Scottsdale Indoor Active Centre, Arthur St	<b>25</b> Read Sing Create! St Helens Library 10.30-11.30am
<b>28</b> Fingal Play Centre 9.30-2.30pm	<b>29</b> Read Sing Create! St Marys Library 11- 11.30	<b>30</b> Gladstone Play & Learn 10.30-12pm @ Gladstone Hall	contact Tanya M: 0400 002 116 or Email: BuildingBlocks@fvnh.org.au or Facebook: 'tanya building blocks'	


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## JOBS HEALTH COMMUNITY



# Rebecca White MP

Labor Member for Lyons

✉️ rebecca.white@parliament.tas.gov.au  
 📞 6212 2225

Authorised by REBECCA WHITE,  
33 COLE ST, SORELL

Tasmanian  
**Labor**

## BICHENO COMMUNITY CHURCH

1882 - 2022



# 140<sup>th</sup> Anniversary

CELEBRATION

SATURDAY, 10<sup>TH</sup> DECEMBER  
OFFICIAL WELCOME - 11.00am

*Please Join Us for our Open Day*

- \*Inside Church - Bicheno & Church History Boards
- \*Church Grounds - Devonshire Teas & Lemonade Stand  
Children's Games & Activities

## Thank you !

I would like to express my heartfelt thanks for your confidence in re-electing me as a councillor for Break O'Day.  
I look forward to continuing my service and will do my very best to represent you.

Janet Drummond  
janet.drummond@bodo.gov.tas.au  
0404 562 320

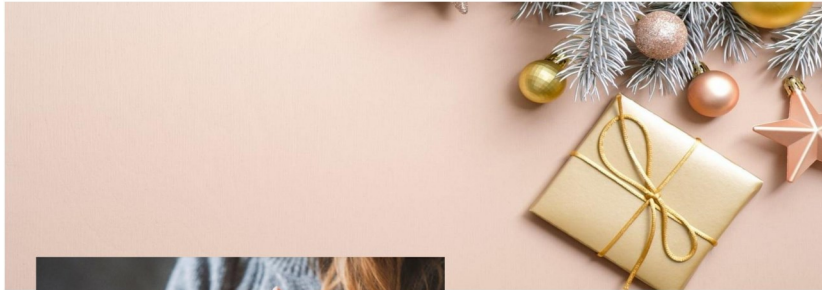




# Fingal Valley Arts and Culture



## RUSTIC RAGAMUFFINS Stitching Group – Nov 15



Decorate your work table however you like for Christmas!  
Also bring your stitching, knitting, mending etc.

Join us at our CHRISTMAS BREAKUP for a cuppa, chat + stitching! Please bring a plate to share for either morning tea OR lunch.

Venue: Fingal Valley Neighbourhood House, Fingal, Tasmania

### Last session for the year! FREE - 10 am to 3 pm

HOSTED BY RITA SUMMERS OF GONE RUSTIC – 0417 027 424

#### 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, enjoying 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 6376 2185.



Combined Probus Club of Scamander Inc.

#### 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](mailto: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](mailto:history@fvnh.org.au)

##### **Rustic Ragamuffins' Stitching Group**

Homemade goodies, a cuppa and stitching; a recipe for a lovely escape doing what you love with likeminded people.

\$10 per session; bring your current hand stitching project. Morning tea provided; byo lunch. At Fingal Valley Neighbourhood House, Talbot Steet, Fingal. 10.00am - 3.00pm on the 3rd Monday of each month (except public holidays).

##### **St Marys Repurposing and Upcycling**

Getting like-minded people together to limit waste and be creative. Ideas welcome.

Weave a mat from T-shirt fabric and much more.

Text Diana 0488 688 508 to join.

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

#### HISTORY GROUP IS LOOKING FOR VOLUNTEERS

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

# SCAMANDER RIVER GOLF CLUB



## Wednesday 26th October - Mid-Week Competition -

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

Nearest the Pin 6th:  
8th:

Longest Putt

## Saturday 29th October - Club Championship Round 1

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

Nearest the Pin 6th:  
8th:

## Tuesday 1st November - Melbourne up Fun Day

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

Putting:

Nearest the Pin on 9th:  
Longest Putt on 9th:

## 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.

## Wednesday 3rd November - Mid-week Competition—

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

Nearest the Pin 6th:

## Saturday 5th November - Iron House Brewery 2-person

**Ambrose**  
1st Matty Miller, Steve Austin 67 gross, 64 nett  
2nd Matthew Cross, J James 66.5 points  
3rd Jens Kalisch, Rod Tolput 68  
4th Patrick Heyward, Mitch Whitney 68.25

Nearest the Pin 6th: Matty Miller  
8th: Darren Bramich

Longest Putt Shaun Heyward  
Carter Award John Tatnell and D Dew  
Eagle on 14th Matt and Norm

## Tuesday 8th November - Harcourts Brooch and Putting

1st  
2nd  
3rd **NO RESULTS**  
4th  
5th

Putting:

## Upcoming games:

9th November Mid-week Competition Monthly  
Jackpot  
12th November Monthly Medal  
13th November Mixed Foursome Championship  
15th November Single Stableford  
16th November Mid-Week Competition  
19th November East Coast Surf Monthly Medal -  
Stroke Gold Medal Playoff  
12th November Harcourts Playoff - Brooch and





## MALAHIDE GOLF CLUB

### Friday 28th October - Chicken Run

A few people played today even though the conditions were very difficult, it was therefore decided to cancel any future games on the course until further notice.

1st	Ashley Stone	31.5 points
2nd	Craig Woods	34
3rd	Rod Hunt	37
4th	DB Lowe	39.5
5th	Mike Prewer	41

Nearest the Pin            4th: Rod Hunt  
   8th: Club

### Saturday 29th October - Quamby Visit

1st	
2nd	<b>COURSE CLOSED</b>
3rd	<b>NO GAME PLAYED</b>
4th	
5th	

Nearest the Pin            4th:  
   8th:

### ANNUAL CHRISTMAS DINNER

If you are thinking of attending the Annual Christmas Dinner at the Malahide Golf Club, you need to let us know soon. Only a few spots remain available, as last year was such a good event there is strong demand.

The Dinner will be held on Saturday 3rd December, starting at 6.00pm for 6.30pm.

Cost is \$25.00 a head.

Don't miss out this year! Get your name on the list in the clubhouse.

**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

### Friday 4th November - Chicken Run

1st	Stan Ellerm	32.5 points
2nd	David Duthie	35.5
3rd	DB Lowe	36
4th	Ashley Stone	38.5
5th	Rod Hunt	40
6th	Rebecca Moles (visitor, Hobart)	49
7th	Terry Moles (visitor, Hobart)	51

Best Gross                    Ashley Stone            44

Nearest the Pin            4th: Ashley Stone (birdie)  
   8th: Rebecca Moles

### Saturday 6th November - Monthly Medal

1st	Randall Wadley	89/71
2nd	Shan Wilmot	87/73
3rd	Andrew Johns	78/76
4th	DB Lowe	97/78
5th	Stephen Lowe	94/80
6th	David Duthie	101/81
7th	Ashley Stone	101/83

Nearest the Pin            4th: Shan Wilmot  
   8th: Randall Wadley

### Upcoming Games:

12th November - Foursome Championships

19th November - Red Tee Day





# 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



## ST MARYS SPORTS CENTRE

By Volun Tier



Another busy fortnight at the Centre, with rain, hail, snow and beautiful sunshine, welcome to Spring!

We finally got a game of Pennant bowls in. We travelled to Swansea for a very narrow defeat by six shots over all, but it was great to see both teams blowing some cobwebs out, as neither hardly had a chance to practice, let alone play Pennant over the last few months. It was great to see two young faces on the rink in Ping, who was ready to go, and Russell Harwood, who too enjoyed the day out. Well done to the team on such a good game first up, to gain four points on the longest trip was a great effort. There were a few hiccups before the game started, and can we just remind intending players that if they can, let the selectors know by 5.00pm on Thursday, the night of selection, if you are unavailable. We know there are circumstances where late notice is required, but putting your name up early on the unavailable sheet in the club house, or letting someone know prior to selection, would be a great help. This week we are at home to the highly-rated Scamander team, who may turn up jet-lagged after the long trip up the Elephant Pass. Just a shout-out this issue to Kirsten Viney, a former local bowler, who has been representing Tassie over previous months on the national scenes, last month against Victoria and at present in Queensland at the BPL, our version of cricket's BBL, and the latest news in, is that the Trevallyn team has won it's first game; well done and continue the great work, it's good to hear of everyone's recent achievements.

What is nice to see is how the rink and golf course have come up after all the deluges we have had over the previous 12 months. We were finally able to get to work and straighten a few things out over the long weekend, with a working bee suggested. What a surprise to see 8 hardy souls turn up to lend a hand, maybe due to the fact that they haven't had a hit for a couple of months. To Michael, Peter, Jason, Steve, Craig, Jimmy, Rodney and Macca, thanks so much for the quick response and making the course playable again, a race to have the course ready for locals and Veterans at the end of the month. What a fantastic effort and so much ground covered in a short period of time, you all should be very proud of your efforts, and Wally, get better soon after your bingle on the bike, or should I say off the bike!

Spring Specials going great guns still, with 30 people enjoying roast pork and veges this week, and rissoles in gravy and veges last week, and also the scrumptious desserts; well done Jeannette, Valerie and Leanne. New menu below, and don't forget that vegan and vegetarian menus are available on request.

**Member Draw:** Last week Julie Keane, and this week, would you believe, Peter Le Fevre, who was there for tea but left half an hour before the draw. Anyway, it was great to see him out and about after a recent operation, and on the subject, we hope Dean Squires has recovered soon and back on the rink. Fuel jackpot this week is \$90.00.

### 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.

## 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.

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*

CHICKEN LASAGNA 'N' SALAD

AND CHOCOLATE MOUSSE

*Next Friday: \$20*

TOMATO SAUSAGE HOT POT

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Great food, good company and a warm fire

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Or Valerie on 0429122299

Or See Leanne at the shop

Hope to see you there

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**THE VALLEY AND EAST COAST VOICE**

is available at the following outlets:

- |                                     |                           |
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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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**CROSSWORD ISSUE 54.19**

**Across:** 1. Redemption, 8. Install, 9. Bacon, 10. Clip, 11. Bevy, 12. Yet, 14. Magyar, 15. Taught, 18. Pew, 20. Haul, 21. Trot, 23. Curds, 24. Bravado, 25. Stronghold.

**Down:** 1. Resting, 2. Dean, 3. Miller, 4. Tabby cat, 5. Orczy, 6. Circumspect, 7. Institution, 13. Machismo, 16. Garland, 17. Humbug, 19. Worst, 22. Sago.