

THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 54.23 21st December 2022

Deadline for 55.01 is at 5.00pm on Monday 13th February 2023



Merry Christmas

The Management Board, Staff and Volunteers of the Fingal Valley Neighbourhood House, together with The Valley and East Coast Voice team, hope that you have a safe and Happy Christmas, and that 2023 is a year of peace and prosperity for you and your family.

Thank you for supporting us through 2022, and we hope that you have enjoyed reading our production. Thank you also to our advertisers and distributors, and we look forward to working with you next year.

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Brian Mitchell MP
Your Federal Member for Lyons

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Authorised by Brian Mitchell MP (ALP, Tasmania) 45 Green Point Road Bridgewater TAS 7030

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ADVERTISING RATES - 2022

Business Card Size ads \$15	1/2 Page ads \$40
Intermediate ads \$18	Full Page ads \$60
1/4 Page ads \$25	Permanent Classified ads \$20 p.a

Fingal Valley Neighbourhood House
Valley and East Coast Voice
Advertising rates for all community groups

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.

valleyvoice@fvnh.org.au
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Annual posted subscriptions are \$69 and annual online subscriptions are \$20 per year.

24 HOUR EMERGENCY CONTACT NUMBERS

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Ambulance, Fire & Police	000
Crime Stoppers	1800 333 000
Digital Mobile Phone Emergency Service	112
Poisons Information	13 1126
SES: Flood & Storm emergencies	13 2500
TasNetworks	13 2004
TasWater	13 6992

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.

CONCERNS OVER ST MARYS DOCTOR

The Valley and East Coast Voice is aware of the concerns of many residents about the ongoing viability of the private doctor's surgery at St Marys Community Health Centre, and is making enquiries about the matter. As the year is coming to a close and this is our final issue for 2022, we feel that it is not possible to publish a fair and balanced article.

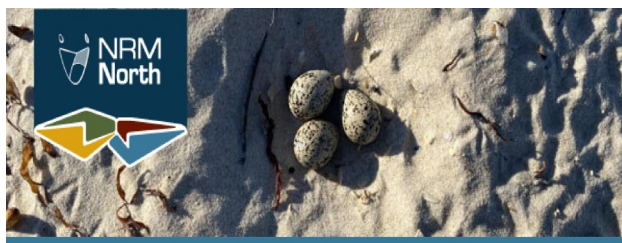
Break O'Day Mayor Mick Tucker, State MP John Tucker and Federal MP Brian Mitchell have all made statements supporting Dr Latt, with Mr Mitchell having spoken about him to the House of Representatives on 5th September 2022.

Facebook also has many postings supporting Dr Latt, and he is a deeply respected and extremely valued doctor and member of the community, with many people praising him for his dedication and compassion.

It is noted that the problem recruiting and keeping doctors in rural and regional areas is an issue affecting many parts of the whole of Australia.

We look forward to reporting on developments in this matter in issue 55.01, which will be published on 16th February 2023.

PROTECTING OUR SHOREBIRDS THIS SUMMER



Did you know half the remaining eastern hooded plover population call Tasmania home? What's more, approximately 20% of these can be found on our north-eastern beaches!

Hooded plovers are small, threatened shorebirds. They live on beaches and rely on these areas to feed and nest. With summer here, hooded plovers are now in their breeding season and will spend the next few months creating their nests. Hooded plovers lay their tiny, speckled eggs in a shallow scrape in the sand above the high-tide mark, and while their eggs are well camouflaged from predators, they are also incredibly difficult to see, and easy to step on.

Some of the greatest threats to hooded plovers are people, dogs, horses, and vehicles on beaches that can inadvertently disturb and crush nests and chicks. Disturbing hooded plover parents can be as deadly as trampling - they spook easily and will abandon eggs and chicks if a perceived threat comes too close. Sadly, eggs and chicks can perish in as little as 15 minutes without the protection of their parents.

So, as you walk on the beach this summer, be mindful of where you tread, keep to the wet sand, and adhere to dog on-leash and exclusion zones. If you see a roped-off area, this means a nest has been identified - please be a good egg and give it a wide berth.

As you enjoy the beach this summer, you may spot some of our other resident shorebirds, such as pied and sooty oystercatchers, red-capped plover, fairy terns and little terns. These birds also depend on the beach for feeding and raising their chicks. You can give these new families the space they need to succeed; sharing the shore responsibly is the best way we can contribute to their survival.

Help protect our beach-nesting birds this summer.

Hooded plover are a small, threatened, beach-nesting bird with only an estimated 3000 individuals remaining in the wild. It is believed that approximately half of the remaining population nest on Tasmania's northeast beaches, above the high tide mark.



Help protect them by:

- staying on the wet sand;
- know and adhere to the dog rules for your local beach; and
- keeping clear of temporary fencing installed to protect nests and chicks.

This project is supported by NRM North, through funding from the Australian Government's National Landcare Program.



From the folks at NRM North, Birdlife Australia and Birdlife Tasmania, the Northeast Bioregional Network, Tasmania Parks and Wildlife, and Break O'Day Council, who are working together for shorebird conservation on our beautiful east coast, we thank you for sharing the shoreline responsibly this summer!

The Hooded Plover Project is supported by NRM North through funding from the Australian Government's National Landcare Program.

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 of Volume 55, Number 22, published Thursday 5th December 2019.

If you have memories to share about the pages we replicate, please share them with us: valleyvoice@fvnh.org.au.

The Valley and East Coast Voice 51.22

5th December 2019

The Last Bell - Avoca Primary School

The school bell at Avoca Primary School has sounded for the last time.

Saturday 30th November 2019 saw over 200 people attend the Last Bell event at Avoca Primary School, marking the end of 160 years of State School Education. Past students, staff and community members reminisced together in the classrooms, corridor and school yard. The history of the school was on display in the form of books, newspaper articles, photographs, project books showcasing camps and events and a video display.

Mayor Mary Knowles OAM spoke to those present about her time at the school as a Teacher Aide, around the time that Launching into Learning was introduced in schools throughout the state. After speaking with the Principal at the time, Nick Finlay, they guessed they'd only have a few children in that age bracket attending. They had up to 22 preschoolers' coming along to the program on a regular basis. Mary also mentioned it was sad to see the areas now being faced with declining populations.

Nick Finlay (Principal from 2000 to 2014) said that it was the students that made the school. In his 14 years as Principal, there were only ever 3 suspensions. There was also a 'time out chair' that was located just outside the main office window. There was a time that the seat hadn't been used for 2 years!



Michele King started working in the area in the 1980's as a District Nurse and following a few job title changes, is a School Nurse in the area. She's attended Launching into Learning conducting health checks and also Prep screenings at the school over many years.

While listening to all the stories and memories drifting throughout the school, Roseanne Gray, a past student said that when the students moved up to the current school building, the children carried the student desks up from the Old School building. Glenda Spencer started her schooling in 1955 and finished here in 1965. She said there were lots of fun times and it was great to be able to catch up with fellow classmates here today.

Due to declining enrolments, students have been transitioning out to Campbell Town District High School this year and from the beginning of term 4, became full time students there.

School Principal, Jenny Walker said "When the School Association announced at the end of last year that Avoca Primary School would close, we decided to have an event to remember all the great things

about the school. The Last Bell committee was formed, with Leeann Phillips as the organiser. Our primary aim was to bring past students, staff and members of the parent community together to reminisce about their experiences and to celebrate Avoca Primary School. We hoped that this would allow people to not only remember and share stories, but to create new memories to take with them after the school closed".

On Saturday, this was definitely achieved. There was such a positive feeling among all the visitors with many activities to keep everyone entertained. The photo displays caused quite a buzz with people finding younger versions of themselves or people they knew. Lots of 'I remember....' were heard throughout the rooms and corridor.

Thanks to the Northern Midlands Council, young people were kept amused with the Jumping Castle, Face Painting and Twisted Balloons; and everyone thoroughly enjoyed the platters of food and supplies of drinks. A very fitting event highlighting Avoca Primary School as a school that cares and celebrates success.

Event organizer Leeann Phillips was overwhelmed – "the day was fantastic and everyone enjoyed catching up!"

As I was leaving the school building, I heard someone's parting words as they walked through the corridor -

"Goodbye Avoca Primary School".



Article contributed by Louisa Rhodes

FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



The History group at the Fingal Valley Neighbourhood House hope that everyone has enjoyed the history articles in the Valley Voice, and we look forward to writing more in the coming year.

Here is a replica of a note from Bill sent to Richard (Dick) Mc Kercher whilst he had the butcher shop at Mathinna in the 1900's.

We wish everyone a very Merry Christmas and a Happy New Year.

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

WHAT BILL WANTED

Dick - Please send goods at wons, want em for Kismis. 6lbs raisints, them butes you sent aint the rite butes, they is 9 I take 7 you must think I got fete like black fellers canoos. Bag flour, 9 lbs sugar, 6 lbs rice, I had a bad fire today. Burned nearly all me grass, and fritened the doos out of the cows. Old womans been sick ever since, pound baking powder, packit corn flower, the cows have gorn orf there milk and sore tits and wont feed. 10lb gud bacon, no dried horse like last time, with hide inch thick. 1lb sugar lollies for kids. It gave particler el to the hares and rabbits and burnt rite out, 6 tins jam. Tell the butcher to send 10lbs rostin mete and the bil I wil settil when I come down, all is well barin the missus and the cows orf there milk and too kids with messuls. Opin you are the same as it leeves me at present. Meiry kismis, box anterbilyus pills, packet spice, tin peper, send coil barb wire, grindstone, 6 pare bute laces, strong ones, 1lb cheese, good cheese this time, last cheese krawled orf table. Send botil korf cure for old rone cow whats delekit. Jim fell orf cart last week and burst his trousis, tin corn befe, 4 bars sope, 4 pares soks all for big fete, that bukit you sent me leeks like el. Wishing you a happy New Year & Kismis.

Yours Bill

FROM THE EDITOR

As the year draws to a close, it's time for the final issue of The Valley and East Coast Voice for 2022, and the traditional letter to you from me.

We have covered some great stories and events, and I hope that you have enjoyed reading all the columns that have been contributed by Kym, Kirsten, Rauni, Peggy, Jayne and Mick, Mary-Anne, Eileen, Bloomin' Iris, Pam, the Happy Hooker, Caitlin, Janet, Rodney and Macca, along with Tanya and Rebecca. Your writings, posters, charts and photographs have made up most of the content of each issue, and are the backbone of this community newspaper. Other members of the staff and volunteers of the Fingal Valley Neighbourhood House have played their invaluable part in production, which has been just as important. Shirley, Keri, Louisa and my wonderful off-sider Mike; thank you for all that you do to help me make each issue the best than I can offer. Thank you also to the Manager of the Fingal Valley Neighbourhood House, Gary, for being the great leader that you are, with your whole-hearted devotion to this community and the wider area where we are read. My husband Shane has stood beside me for another year, and along with my father John, deserves thanks for putting up with me. Thank you also to the businesses and organizations who choose to advertise in each issue, enabling us to promote community events at little cost, and those who sell each issue.

But, of course, the greatest thanks must go to all who buy and read this 'baby' of ours, and I take this opportunity to wish you all a very Happy Christmas, and a New Year full of good health, happiness and love.

Stay safe, enjoy the holiday season and I look forward to bringing you news, views and pictures in 2023.

Elizabeth

January

NOTES:

Jan 01	New Year's Day
Jan 02	New Year's Day Holiday
Fingal House Number	0363 742 344
Loaves and Fishes	Every Thursday
Fingal Supermarket	7.30-5 Monday- Friday 7.30 till 12 Sat 7.30 till 10.30 Sun
OAC Hours	9 till 2
Library Hours	9 till 3
History	Please note History Room hours on calendar
Op Shop	9.30 to 2.30
St Marys Gym	Email:Active4Life@fvmh.org.au
Phone for Hairdresser	0407 549 678

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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29	30	31				
	OP Shop Online re Library	History 12-3 Op Shop Online Centre Library				



2023

February

NOTES:

Feb 14	Valentine's Day
Fingal House Number	63 742 344
Fingal Supermarket	7.30 till 5 Mon- Friday 7.30 till 12 Sat 7.30 till 10.30
OAC Hours	9 till 2
Library Hours	9 till 3
History	
Op Shop	9.30 to 2.30
ST Marys Gym	email:Active4Life@fvmh.org.au
Phone for Hairdresser	0407 549 678

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2023

WITH ONE VOICE BREAK O'DAY CHOIR

Feel Good, Do Good, Sing for Good!



When reflecting on what With One Voice Choir has achieved in the year 2022, I wonder how on earth we ever packed it all in! We had three main objectives for the year and I can say with great pride that all have been achieved.

With the generous support of **Break O'Day Council** and **Calows Coaches**, we were able to achieve our first aim: to take our singing sessions out from our base in Scamander to St Marys, St Helens, Cornwall, Binalong Bay, Fingal and Pyengana. The purpose of this gigantic task was to share the health and wellbeing effects of community singing with as many of our municipality's community nodes as possible. I describe these events with 2 key words: Fun and Feasting. We sincerely thank all the small businesses throughout the year who helped us with the feasting side of things. Look out for 2 more of these events next year.

Our second goal was to address the problem of accessibility to our weekly sings at the Scamander Sports Complex. Thinking of all the community members living outside of St Helens, St Marys and Fingal, we hatched a plan to run two small busses, one from Fingal and the other from St Helens, to Scamander. So anyone who wanted to come from those outlying areas only had to get themselves to the bus pick-up points and then ride in style on the bus with other singers to and from Scamander back to their original pick-up point. A very ambitious plan indeed! Well, guess what? Thanks to the generosity of **Fingal Valley Neighbourhood House**, we have been able to use their community bus to get Valley folk down to Scamander. Despite the terrible damage to St Marys and Elephant Passes, we were able to get all our Valley people down to Scamander for the Sings. Without the bus, many of our Valley members simply would not have been able to make it. And that would have been a terrible loss, because all of us have come to love and look forward to our sing session each and every week of the school terms. So that was part A of goal number 2 ticked off. And thanks to **St Helens Hospital Auxiliary and Tip Shop**, and our community bank - **Bendigo Bank**, we were able to make Part 2 happen. St Helens folk are all sorted for transport too. A heartfelt thank you from With One Voice Choir to these generous organizations for their support.

The third goal was to make some public appearances. As a community choir, this is a daunting activity. Many of us have never sung in choirs before, and we might not have all the musical skills of traditional performance choirs. We do love to sing though! So we calmed our nerves and rose to the challenge at Bay of Fires Winter Arts Festival. Next, we left town for the Big Smoke and performed at 'Festival of Voices' in Hobart. Extra daunting! Lots of nerves there!!! Back on home ground, we sang at the Lymphoedema Fund Raiser Garden Party.

As I sign out on behalf of With One Voice Choir for 2022, we would like to wish all of Break O 'Day, especially readers of The Valley and East Coast Voice, a happy and safe Christmas and a bright optimistic 2023, full of hopes and dreams and songs in hearts and on lips. Come and join the fun!

**Tania RATTRAY MLC**

**Independent Member for McIntyre
Legislative Council**

*I would like to wish all Valley and East Coast residents
a Merry Christmas and a safe and Happy New Year.*

*Look forward to assisting and supporting those in the McIntyre Electorate in 2023,
Our office will be closed over the Christmas/New Year break from
Friday 23rd December 2022 re-opening on Monday 23rd January 2023.*

Please contact me for any enquiries or assistance -

 0427 523 412 or by email tania.rattray@parliament.tas.gov.au

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.



ALEX GRAHAM LEGAL
YOUR LOCAL LAWYER

Phone: 0407 242 265

Email: alexgrahamlegal@outlook.com

FINGAL VALLEY SUPERMARKET

- Bread and Milk
- Newspapers
- Fruit and Vegetables
- Fresh Meat
- Groceries and more!



OPEN

Monday to Friday
8am to 5pm

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

6311 1743

Fingal Valley Neighbourhood House



We are closed for Christmas

23rd December 2022- 9th January 2023

The Holidays can be a hard time for individuals and families. If you need help during the break these services are available. Look after yourself and your community this festive season!

Counselling Services

1800 RESPECT
Domestic Violence support services
1800 737 732

Beyond Blue
Mental health support services
1300 224 636

Emergency Food Relief

Anglicare
1800 243 232

Vinnies
63 316048

From all of us here at the Fingal Valley Neighbourhood House, we wish you a safe and happy holidays!!



The crown is funded by the Department of Premier and Cabinet



Fingal Valley Supermarket

CHRISTMAS OPENING HOURS

Friday 23rd Dec	7.30am - 5pm
Saturday 24th Dec	7.30am - 12pm
Sunday 25th Dec	CLOSED
Monday 26th Dec	7.30am - 10.30am
Tuesday 27th Dec	7.30am - 10.30am
Wednesday 28th Dec	7.30am - 5pm
Thursday 29th Dec	7.30am - 5pm
Friday 30th Dec	7.30am - 5pm
Saturday 31st Dec	7.30am - 12pm
Sunday 1st January	7.30am - 10.30am
Monday 2nd January	7.30am - 10.30am

Phone: (03) 6311 1743



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

0428 860 047

LJ Hooker

St Marys
CHRISTMAS PARTY

24
DEC

PRIZES | PARADE @ 5PM | SANTA!
FREE ENTRY | BBQ | 3PM- 6PM

ST MARYS COMMUNITY SPACE - (SKATE PARK)
CHRISTMAS STOCKING DRAW

Community Christmas Carols & Sausage Sizzle

DATE: Friday 23rd December
TIME: 6 pm
LOCATION: St Marys Anglican Church
Bring a chair or a blanket

A Service of St Marys Anglican Church

SPRINGTIME GARDEN PARTY FUNDRAISER SUPPORTS LOCAL LYMPHOEDEMA SERVICE

Saturday 26th November dawned bright and sunny in the Fingal valley, providing the perfect backdrop to a Garden Party and Open House at the beautiful Elephant Pass home of well-known locals, Bryon Beggs and Nev Shaw. Guests wandered the beautiful gardens, orchards, and vegetable patches, enjoying the many “garden rooms” and spectacular late spring flowers. Visitors were free to explore Nev and Bryon’s completely off-grid, self-built home which features exquisite glass “bottle” walls, carved mud-brick features, and incredible mosaic art and sculptures. Nev and Bryon bought their treed block about 10 years ago with plans to clear a small area for their house and garden. “It’s taken a long time for this as there was no soil to speak of...and the whole house block is on a sheet of rock so soil [and other materials] for the garden beds had to be brought in,” they said. “Our dream was to create a magical garden with atmosphere, colour abounding, and artistic touches throughout, with scope to expand this through the bush block, creating a trail with unexpected viewing of sculptures along the way. This is getting closer to reality as the home area is all but finished and can be just maintained and grow in stature.” Return visitors were impressed by Nev and Bryon’s continued hard work which has seen them recently extend their spectacular landscaped gardens and food growing areas, and add new feature paths, artworks, and buildings. A crowd favourite was the recently completed artists’ studio, many calling it “The Hobbit Hole” on account of the rounded blue door set into earth walls.



Garden party hosts Bryon Beggs (left) and Nev Shaw (right) in front of their newly completed artists’ studio.



The With One Voice Break O’Day (WOVBOD) Choir performing for delighted partygoers.

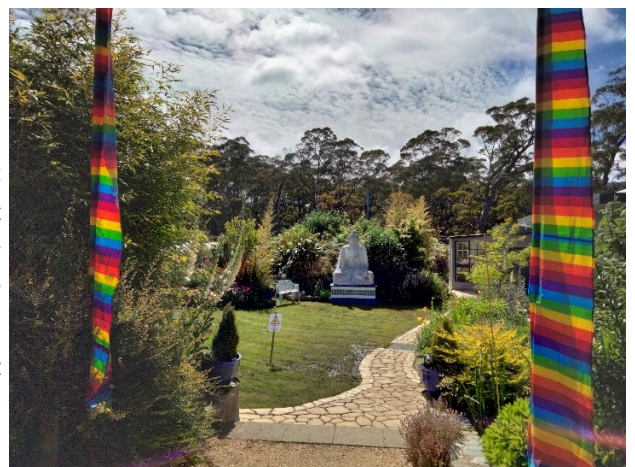
Mid-morning was marked by a performance on the lawns by the With One Voice Break O’Day Choir. Most visitors indulged in the delicious morning teas on offer, each receiving a generous selection of sweet and savoury home-baked delicacies. Many also did a little shopping, taking the opportunity to buy plants, second-hand books, hand-made lavender bags, and other donated items.

Nev and Bryon have often opened their property to the public. “We have in the past opened our home and garden for the Bay of Fires Arts trail, bus tours and garden clubs, and anyone who is interested in living off the grid,” Bryon said. This event was specifically held to raise funds for the St Marys-based Tasmanian Lymphoedema and Laser Therapy

Centre (TLLTC). Nev and Bryon previously sat on the TLLTC Committee for some time and said they saw need to support this very worthwhile cause. “[Hosting the garden party] was a way we could give back and help others benefit from the treatments offered.”

The TLLTC delivers a unique combination of lymphoedema treatment and photobiomodulation (laser) therapy. The two local therapists, Bree Piscitelli and Katrin Alexander, both joined the Centre about 18 months ago and provide information, education, and treatment for lymphoedema and musculoskeletal injuries. As a registered not-for-profit charity, the Centre relies on generous community support and fundraising activities. “The open house and garden is our main fundraiser, it means everything to the centre, and the community support is phenomenal. The funds raised help us to cover our running costs, such as insurance, certifications, rent, and equipment maintenance, Bree and Katrin said.

The Garden Party and Open House was previously held annually, but due to several Covid-19 and rain-related cancellations, this event was the first since 2019. It was a huge success, raising well over \$3000 from entry fees, and sales of raffle tickets, plants, lavender bags, and books. A large team of volunteers banded together with Nev and Bryon to make the event so successful. “This event was a lot of work behind the scenes by a lot of people. We all worked together as a team to raise important funds needed for the clinic and having fun along the way,” Bryon said.



A beautiful gateway welcomed visitors to the garden party.

In addition to their enormous thanks to Nev and Bryon, the TLLTC thanked the following people for their extremely generous contributions of raffle prizes, plants, books, lavender bags, entertainment, and food:

With One Voice Break O’Day Choir	Wendy Aulich	Sally Shaw
Mel Norton	Paul and Sharon McLay	St Marys District School
Rick Lohrey and Rachel Hodge	Break O’Day Stitches	Sonya Lanham
Karen Heald	Pauls Horticulture,	Dana Smith (C&D’s IGA)
	Charles and Lucy Smith	St Helens Garden Club



TLLTC practitioners Katrin Alexander (left) and Bree Piscitelli (right), with Committee Secretary Rachael Williams (centre), keeping visitors well-fed by serving up delicious morning teas.

Many thanks also to all the volunteers who helped with planning, setting up and running the event, and selling raffle tickets.

The TLLTC is supported by a very active Committee, currently comprised of Pamela O’Hara (Vice President/acting President), Rachael Williams (Secretary), Lyn Piscitelli (Treasurer). **The committee is looking for new members** to fill general roles and the positions of President and Vice President in 2023, and would welcome the opportunity to discuss these roles and the Centre activities with anyone interested in nominating. All inquiries can be directed to lymphoedemas@gmail.com.

GEORGES BAY MUSIC

On behalf of the George’s Bay Music Committee, we would like to wish all our Patrons and Audiences who have supported Lunch and Munch over the past year, a very Merry Christmas and a wonderful 2023, with lots of festive cheer, music, and good friends to celebrate the season....

We look forward to seeing you all again in January, when the Local Vocals will be our first guest artists for 2023. Mary-Anne has lined up a cracking lot of artists for the coming year, so be sure to take notice of all the advertising. Take care, drive safely on the roads, and we hope to see you on the 27th January 2023, the last Friday in January.

Your hard working Committee: Jude, Norm, Lorraine, Mary-Anne, Helen, Mary, Ash, Jo, Jan and John.

Merry Christmas



Brian Mitchell MP
Your Federal Member for Lyons

*Works Hard.
Gets Results!*

This is a time of year we love to spend with our loved ones.

But we also remember and pay tribute to the people who give up their Christmas - in health care, aged care, in defence, retail, or as volunteers who choose to spend their Christmas helping others. To you all – thank you.

We also think of those who struggle at this time of year, who perhaps are lonely, away from family, or facing difficult health or financial circumstances.

While we all love to see the smiles on our children’s faces as they open their presents we know the real meaning of Christmas is much deeper than tinsel: it’s really about family, love, kindness, caring, and looking out for each other.

I wish you and your loved ones a beautiful Christmas and new year and if you’re on the roads or in the water, take care and stay safe.

Brian Mitchell MP, Federal Member for Lyons.

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

YCNECT

SUMMER SCHOOL HOLIDAY PROGRAM 2023

ACTIVITIES FOR YOUNG PEOPLE AGED 10-17 IN THE BREAK O'DAY REGION

12 JAN - ST MARYS SKATEPARK
 16, 23, 30 JAN - ST MARYS POOL DAYS
 17 - 18 JAN - FREE2B GIRLS CAMP
 25 JAN & 1ST FEB - SURFING DAYS
 31 JAN - MTB COACHING DAY ST HELENS
 FISHING CLINIC DATES TBA

All events are free! RSVP essential.
 Transport assistance available.
 For more information or to sign-up contact youth@sthelensnhh.org.au or 0493152204

Facebook: Youth Collective North East Coast Tasmania
 Instagram: _yconnect_





YCNECT IS SUPPORTED BY THE TASMANIAN GOVERNMENT AND FUNDED BY THE AUSTRALIAN GOVERNMENT DEPARTMENT OF SOCIAL SERVICES. GO TO WWW.DSS.GOV.AU FOR MORE INFORMATION




48 Main Street Phone 03 6372 2181
St Marys 7215 Hosts: Tony and Bronwyn

OPEN FROM 11.00AM
7 DAYS A WEEK
NEW MENU NOW AVAILABLE

Dine-in and takeaway meals available
 Lunch - 12.00pm - 2.00pm
 Dinner - 5.30pm - 8.00pm
 Pasta night every Tuesday
 (Bookings preferred for all meals)

GUEST ARTISTS, SUNDAYS FROM 3.00PM
 31 December Brooke Banderas and Alan

YOUR FAMILY-FRIENDLY LOCAL HOTEL



The Say by the “Cage Rattler”

You bloody beauty! The Pass is open .. how cool is that. It's a huge congratulations and thanks to the engineers, the work crews, the council, and the politicians (yes I know I must be mad), but to the polities who from all sides helped speed up the process...a very special thanks to our Federal Labor member Brian Mitchell MHR and also to Michael Ferguson our Liberal State Minister...also to people like Dana Smith who put a fire under everybody. Thanks Dana, you done great. It's a huge weight lifted off our shoulders in quicker than expected time. Now on to the Elephant Pass, with perhaps even greater issues which I believe will be closing for an extended period soon for major remediation works. Hopefully this will be a fast as possible turn around also. We, of course, have clearly identified the need to explore alternatives for the long-term future of the area and hopefully through work and the determination of key stakeholders, this one day will happen. There are only ever going to be more need for reliable transport links as the area continues to grow, so whether it be incumbent governments or future ones, let's trust they are prepared to look at feasible ways to safeguard the coast and Valley road links....that truly would be good to know.

Very briefly also, there has been some talk about Dr. Latt and that there is a chance we might lose him. I am not a patient of him, but even so, this incredibly dedicated practitioner has offered this community immense and high quality medical services for so long now that the thought he might leave is unthinkable. He is known to be way too much overworked and probably totally exhausted, yet he continues to give so many great assistance. I have no idea if he is considering moving on or not, but the plain and simple truth is that he needs our support and vast thanks. Something tells me he will get that. I hope he is to remain with us for a while yet, and to a person I wouldn't be alone in that hope..

Thank you to you all, a special thanks to Elizabeth our intrepid editor, and to the volunteers of the Fingal Valley Neighbourhood House and Valley and East Coast Voice for allowing me to indulge in Cage Rattler. All being well, I hope to do the same in 2023 and please all have a happy and safe Christmas and New Year.

What do you think?

All Welcome

Not sure what to do this Christmas?
Home alone? Or Just have no plans?

Come & JOIN US for

Christmas Lunch

When: December 25th at 12:30 Cost: Gold Coin

*Venue: St Marys Anglican Church
13 Main Street, St Marys.*

Info: To Book Call Andrew On 0439 130 088
assistance with transport available

Bookings Essential

*We look forward to sharing
Christmas with You!*

This is an Alcohol Free Event
An initiative of St Marys Anglican Church

From my Scrapbook #3

He who knows and knows that he
knows, is a man -
follow him.

He who knows and knows not that he
knows, is asleep -
wake him up.

He who knows not, and knows that
he knows not, is a student -
teach him.

He who knows not and knows not
that he knows not, is a fool -
keep away from him.

TIM AND FIREY

This Christmas story is dedicated to all pet lovers and for our pets who reciprocate love.

I extend empathy to all who have lost a beloved pet. This is our family's story.

Christmas Eve 2008

Headlights from the steady stream of cars pierce the darkness of Christmas Eve night 2008, as travellers journey to their respective destinations. As an anxious mother, I pace the verandah, looking for the car that will turn into Dalmayne Road, Gray. This will mean all our family will be safely gathered home for "Christmas. Finally, at 11.30pm, the long-awaited car comes up our driveway. Our home has been quiet for a while as each family member has retired to their rooms, but now there is a stirring as they emerge to welcome James home. Of course, we are all very happy to greet him, but tonight there is added excitement, for he is about to introduce us to a new addition to the family. I hope our youngest son, Tim, will continue to sleep through this excitement, for he is destined to meet this new arrival come morning.

I'm so thankful my prayer for a safe and happy family reunion have been answered, but I must pray for one more thing. "Please, God, grant Tim his special Christmas request." For many years whenever we ask Tim, "What do you want for Christmas?", he replies, "Just to feel well for Christmas Day!" For over twenty years, Tim has lived in an almost constant 'seizure state'. As a result of contracting meningitis as an infant, he suffered acquired brain injury, resulting in epilepsy. For him to have an almost seizure-free day is a rare and special blessing. Tim remains asleep during James' arrival, so all seven of us troop out to James' car to greet the newcomer. There on a blanket on the front seat is a gorgeous 10-week-old golden Labrador! For us all, it's love at first sight. However, puppy doesn't share our joy. This is understandable - he has been wrenched from the only home he has ever known. He is separated from his mother and siblings in the dark of night. His dog-breeder owner has handed him over to a complete stranger. He is fearful of his first car trip, so he whines all the long trip from Perth to Gray. All he wants is to feel the warmth of snuggling up to his dog family, but instead he is saturated with affectionate pats from unfamiliar humans. So as not to awaken Tim with puppy's 'I-miss-my-mother' barking, Hannah has agreed to care for Tim's special Christmas present. She takes the confused little puppy to her nearby cottage. She knows both she and the dog will have a sleepless night, but the sacrifice will be worth it to see the surprise and delight on Tim's face.

Christmas morning 2008, 5.30am

Tim stirs. "Is it Christmas Day?" he sleepily enquires. "It is," I assure him. Immediately he jumps out of bed and heads to the Christmas tree. He scans the presents. As his present is not yet under the tree, Peter and I suggest he takes an early morning bath to be sparkly clean for Christmas. Thankfully, he agrees. While Peter assists him, I hastily awaken everyone and race to Hannah's place to collect her and the puppy. We hurriedly place puppy behind the tree before Tim enters the room. Puppy emerges from his hiding place right on cue. Tim stares in awe! "Is he real?" he finally manages to ask. Puppy instinctively runs to Tim. There is an unexplainable instant bonding.



Photo: Google

And so begins an amazing heart-warming totally connected life journey for a special little puppy and a very special 22-year old young man!

Puppy has brief moments of sadness throughout the day, as he misses his former life, but somehow he seems to sense his new home and new life is the fulfillment of his destiny: he was born and bred to be an Assistance Dog! Puppy is showered with love by us and our Christmas dinner guests. He enjoys roast turkey, gravy and vegies. While the humans indulge in Christmas pudding dessert, he decides to sample his own unique treat - tinsel from the Christmas tree (He chucks it up an hour or so later - oh the delight of having a new puppy!) "What are you going to name your new puppy, Tim?" everyone asks. "I'll think of something by night-time," he confidently replies.

Christmas Day draws to a close. It's been a wonderful day full of love shared with family and friends. Prayers have been wonderfully answered, for Tim has spent the day with only a few minor seizures. Tim is ready for bed. He reaches and pats puppy. "I'm calling him 'Firefighter'," he declares. We all nod our head in approval. 'Firefighter' is so appropriate. We know exactly why Tim has chosen this name. The proximity of the 2006 East Coast bushfires caused Tim much trauma. Compounded by his acquired brain injury, the extreme anxiety caused him to lose much of his communication skills. Tim's great hope and comfort at that time was the fact that his sister Hannah was one of the fire-fighters protecting our communities. By giving his puppy the name 'Firefighter', he is saying - "This dog is my protector." Healing has begun! "Firefighter is a great name for your dog, Tim," Hannah says, "but perhaps it a rather big name for such a small puppy. People call fire-fighters 'Fireys' for short." Tim beams. "Let's go to bed Firey," he calls, and Firey obeys. He and his inseparable companion conclude this perfect day with puppy curled up content at the foot of Tim's bed.

TIM AND FIREY *continued*27 December 2008

Tim is having a tonic clonic (grand mal) seizure. Firey turns to us with questioning eyes, so we place him near Tim so he can observe. We know he instantly understands he is to always be Tim's support and protector. He will be an amazing assistance Dog!

December 2022, Gray

For over 10 years, Firey and Tim had an amazing total connectedness. Without any training, Firey automatically knew his role. He quickly know how to detect and respond to the thousand of seizures Tim endured. He would frequently forewarn us of impending seizures by standing beside Tim and gazing into his eyes. One day, using his nose and paw, he tried pushing the oxygen mask onto Tim's face - he obviously thought we were too slow responding in our duty of care...

When Tim died on 22 May 2018, Firey shared the family's deep loss and grief. His health began to decline as a result of the special bond being broken. We would often find him lying near Tim's grave.

Sadly, on 14 April this year, we had Firey 'put to sleep'. He rests beside Tim at 'Peaceful Place', our private burial site on our property. Both Tim and Firey delighted in beach excursions. Now both lie where there is a wonderful view of the distant ocean. Like Tim, Firey loved the little blue fairy wrens. He would let them come and sit on his back while Tim fed them. Now the bushland surrounding the two graves is a haven for these little birds.

Christmas 2018 was as sad a time for Firey as it was for us. We all knew Christmas would never be the same again, for a vital link was missing from the family circle. We first noticed the extent of Firey's anguish when we put up our Christmas tree. Previously, Firey would sleep beneath the Christmas tree. Every night, throughout the night, he would spend on hour or so beside Tim's bed, then move to sleep under the tree for an hour or so. This year, he made no attempt to sleep under the tree, preferring to spend all night by our bed. Christmas morning, he sniffed the presents, then went to Tim's old bedroom searching for him. That year, when he was 'first cab off the rank' to receive his present, there was only the barest wag of his tail. Traditionally, Tim received his presents first, then he would give Firey his present (a new ball and lots of doggie treats). Firey would quiver with excitement of anticipation. That dog loved Christmas as much as any human could! Like us, he still made the most of the festive season, loving the company of other family members. He still loved roast turkey, gravy and vegies, and a sliver of Christmas pudding, (instead of tinsel!) After all, he was a Labrador - the great lover of food as well as the great lover of people.

Firey came to us at Christmas as a little puppy and brought us joy and love. That reminds me of the true meaning of Christmas. On that first Christmas, the angel told the shepherds, "Don't be afraid. I'm here to announce a great and joyful event that is mean for everyone, worldwide. A Saviour has just been born in David's town; a Saviour who is Messiah and Master. This is what you are to look for; a baby wrapped in a blanket and lying in a manger."

As Firey grew, he became a carer, a friend and a protector. And so it is with Jesus!

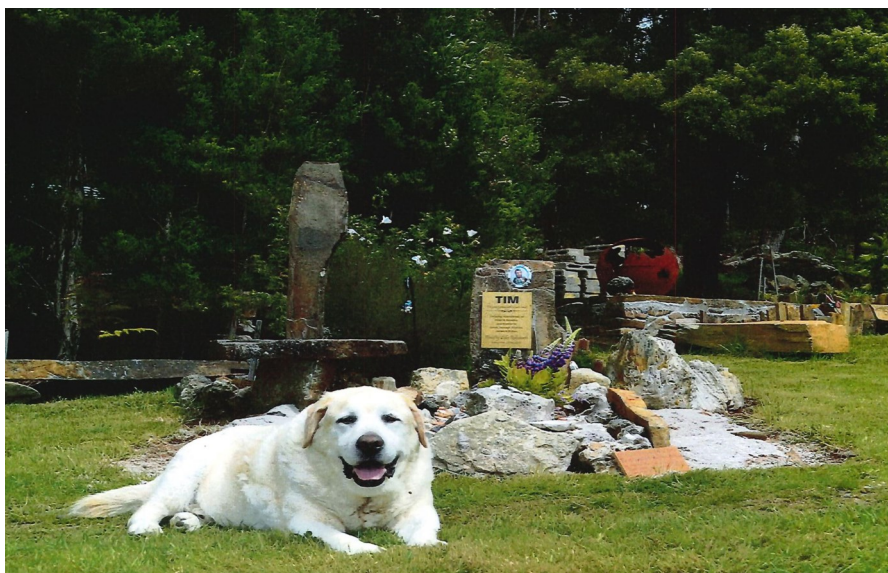
Sadness, emptiness and grief from suffering loss lessen with time, for LOVE is all-powerful and constant. This year, we will still have a huge empty 'Tim' space in our hearts and 'miss-you-Firey' space, but we will rejoice: rejoice because Christmas is all about the giving and receiving of joy and LOVE. Tim and Firey knew this and delighted in Christmas.

May you all also be blessed.

Joy to the world, the LORD has come!

Beverly Rubenach, Gray

December 2022



Firey often visited Tim's grave.



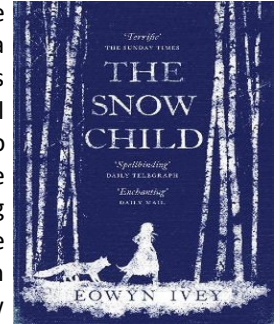
MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz

The Snow Child, published in 2013 and the debut novel of Alaskan writer Eowyn Ivey, was well received by the entire Book Group. Very unusual! Set in 1920 in remote Alaska the story was inspired by an old Russian fairy tale retold by Freya Littledale in a children's picture book which the author came across in the bookshop where she works. In Ivey's version of the tale, Mabel and Jack, a childless couple, decide to leave their old life in Pennsylvania to become "homesteaders" in the wilds of Alaska. They are attempting to leave behind their grief at losing a child in miscarriage ten years before by carving out a living in the harsh but beautiful environment, building a cabin and ploughing the land to raise vegetables. Thanks to the most wonderful neighbours, George and Esther and their sons, they slowly learn how to survive this most trying of climates.

Rousing themselves from the depressed exhaustion that weighs heavily on their relationship, at the first snowfall they build a small snowperson, decorating it with mittens, scarf and hat. Jack carves a delicate face onto the figure. Next morning the figure has disappeared and a set of small footprints lead away from where it had stood and into the forest. Jack is the first to catch sight of a small girl flitting between the trees and hesitates to mention it to the vulnerable Mabel, but soon she too makes contact with the child, Faina. Now begins for the reader, and indeed, for Mabel and Jack, the enigma of the origin of the child. Is she real or some kind of manifestation brought on by the longing for a child that plagues both Mabel and Jack? Slowly they begin to interact with Faina but the question remains as to how a human child could survive in the wilds and the extreme cold of an Alaskan winter. The reader must suspend disbelief, accept the fiction and go with the story of how this child restores life and love to this couple.



The story largely escapes sentimentality because of the author's unflinching account of the harshness of this life. As someone raised in Alaska and familiar with the landscape, the changing seasons, the wildlife and also the brutal reality of survival in this environment she confronts the reader with graphic descriptions of hunting, killing, gutting and skinning, that bring what could have been a fey and fanciful tale back to stark reality. George, Esther and their youngest son, Garrett, are grounded, experienced survivors in this land and their cheerful, earthy household provides a sense of the everyday and of hope for the future for the struggling Jack and Mabel.

The book raises such psychological issues as the longing for a child, the potentially smothering effects of domesticity, the difficulty of physical and emotional isolation and it plays with questions of the supernatural. It hovers between fairy tale and reality and eventually the reader must simply accept the fantasy as enchanting, bewitching and intriguing.

I wish you all a happy and healthy Christmas and New Year and hope that you find lots of good books in your Christmas stockings! They make wonderful presents. One writer to look out for is young Tasmanian writer, Robbie Arnott, whose latest novel, *Limberlost*, is an impressive coming-of-age story of a boy growing up in the war years on an orchard in the Tamar Valley.

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

Welcome to Bird Lovers.

Our last Birding Outing for the year was to Binalong Bay. We were hoping to see the endangered swift parrots in the blue gums along the foreshore as we have done in the past but not one did we see. The highlight of the day was seeing two spotted pardalotes which emerged from their nest hole in the bank on the roadside and sat in the casuarinas waiting for us to move on. They are little jewels of birds, tiny with bright yellow chests and bright white spots on their dark wing edges. We also saw a grey fantail's delicate, cup-shaped nest in the same she-oak where the pardalotes had perched.



No meeting in January, so the next chance to join us will be on Wednesday 1st February. We'll go to the Stieglitz Sewerage ponds and environs (water birds LOVE such places!) for a gentle walk with coastal and bush birds and the visitors to the ponds. Meet at Bayside carpark, St Helens, at 8.15 for an 8.30 departure. Please ring Nat on 0400 750 364 for information and to let her know you are coming.

Happy Christmas and good bird spotting and listening!



It starts with you

If you are passionate about your local community and want to make it more dementia-friendly then this session is for you.

You will understand common myths and stereotypes and discuss the many ways people can live well with dementia everyday. You will learn what a dementia-friendly community is and how it benefits the whole community. You will explore practical examples and identify a process for 'getting started' as an individual or as a community, to enable your community to be dementia-friendly.



When: Wednesday, 25th January
10.30am-11.30am

Where: Fingal Valley
Neighbourhood House

Cost: FREE

Additional information:
You will also become a Dementia Friend, if you are not already. There will be the opportunity to ask any questions you might have about dementia afterwards..

Find out more
Pat Baines 0499 158 729

or Pat.Baines@dementia.org.au

This program and the National Dementia Helpline are funded by the Australian Government.

National Dementia Helpline **1800 100 500**

Find us online dementia.org.au



Fingal Valley Neighbourhood House Christmas Party

Come join us and help celebrate Christmas.
There will be give-aways for the kids
Best Bike, Best Costume prizes
BBQ
Children Activities
Raffle
Friday December 23rd 2022
at the Fingal Recreation Ground
5 pm



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



What's every elf's favourite type of music?

Wrap

Where do you find reindeer?

It depends on where you leave them!

Why did the choir have to cancel their carol concert?

They caught tinsel-itis

Who says "Oh, oh, oh"?

Santa walking backwards!

What beats his chest and swings from Christmas cake to Christmas cake?

Tarzipan!

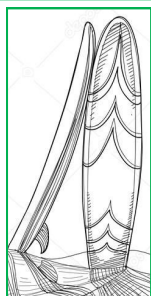
What do you call an old snowman?

Water



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Timber or Fiberglass**
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AND THE WINNERS OF OUR COLOURING COMPETITION ARE:

Division 1	Kate Neyland	Mia Baldwin
Division 2	Luka Woods	Layla Woods
Division 3	Chester Terry	Annie Terry

Thank you to everyone who entered, and watch out for our Easter colouring-in competition!



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Bicheno TAS 7215

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Bay of Fires Arts Presents...

Mini Fest 23

FULL PROGRAM COMING SOON

CABARET NIGHT

MYSTERY TOURS

LIVE MUSIC

FOOD & DRINKS

ACTIVITIES FOR EVERYONE

ARTS WORKSHOPS

FAMOUS SUMMER AUCTION

COMPETITIONS



KEEP UPDATED



bayoffireswinterartsfestival

DONT MISS OUT
Save the dates **Fri 3rd to Sun 5th February**



Fingal Valley Arts and Culture



Break O'Day Regional Arts (BODRA)

Thanks to everyone who has supported Break O'Day Regional Arts workshops, markets and planning for 2023. We are looking forward to our Summer Celebration, Film Night (save the date) **11th Feb @ 5.30pm** for a Night for takayana Film Screening and Photo Exhibition.

Next Break O'Day Regional Arts (BODRA) meeting is on **31st January, 10am @ FVNH Outreach Office** (next to the SMDSA Op Shop to the rear of the St Marys Town Hall). All welcome.

bodregionalarts@gmail.com or text Tanya: 0400 002 116 for more info or to sign up to our mailing list.

What's on in the local area?

With One Voice Break O'Day

Back for choir rehearsals on Tuesday 7th February. Meets each Tuesday from 5.15pm @ Scamander Sports Centre during school terms

NO EXPERIENCE IN SINGING NEEDED

For info, email:

contact@wovbod@gmail.com or mobile: 0439 001 533

Spinners and Weavers

3rd Tuesday of each month @ Fingal Valley Neighbourhood House.

New members welcome, no need to book.

Fingal History Group

Preserving the historical, social and cultural heritage of the Fingal community and surrounding areas.

Email: 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.

10 am - 3 pm on the 3rd Monday of each month (except public holidays)

St Marys Repurposing and Upcycling

Getting likeminded 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.

Break O'Day Regional Arts

Arts workshops, theatre group and more.

Break O'Day Regional Arts BODRA Facebook for more info or

bodregionalarts@gmail.com

Membership is \$25 per person/year.

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

BREAK O'DAY REGIONAL ARTS PRESENTS

Summer Celebration

KIDS ACTIVITIES · LIVE MUSIC · MARKET STALLS · FOOD

LIVE MUSIC THE RENNIES

Free Entry

January 20th 2023
4-7pm

ST MARYS RECREATION GROUND

Harefield Rd, St Marys
bodregionalarts@gmail.com

BYO Chair/PICNIC MAT

Interested in having a market stall or food truck?
E:bodregionalarts@gmail.com or Tanya: 0400002116 by the 15th December



Welcome 4pm

4-5pm Hoola Hoop Workshop & Yoga/Mindfulness session (BYO Mat) with Jacqueline

5-7pm Music and Market Stalls

Barbeque & tasty snacks available to buy

BREAK O'DAY

ANGLICAN CHURCH

SERVICE TIMES

St Helens

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens.

St Marys

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

Pyengana

St Michael & All Angels: 7.30pm 4th Sundays only

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod



ST MARYS CATHOLIC PARISH

WEEKEND MASS:

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

WEEKDAY MASS:

ST MARYS:	Friday	10.00am
ST HELENS:	Thursday	10.00am

Parish Administrator:

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

UNITING CHURCH

Corner Grant Street and Seymour Street, FINGAL

Regular Services:

1st and 3rd Sunday of month: 10.00am

2nd and 4th Sunday of month: 11.15am

For further information, contact Joan on 0458 598 870.



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Life Changing Music,
Uplifting Talk



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ST MARYS	88FM
FINGAL	88FM

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Break O'Day Anglican Church Christmas Activities

24th December St Helens 11.15pm Midnight Service at St. Pauls
followed by refreshments

25th December Christmas Day

St. Helens	9.30 am. Family Christmas Service at St. Pauls
St. Marys	9.30 am. Family Christmas Service at Holy Trinity
	12.30pm. Christmas lunch at Holy Trinity - gold coin donation

Catholic Parish Christmas Mass Times - Break O'Day

24th December

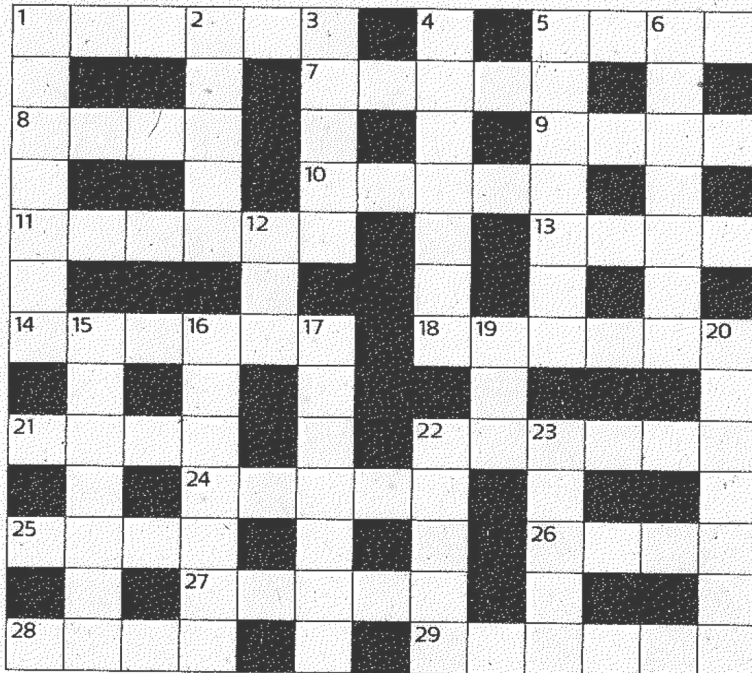
St Marys	7.30pm
St Helens	9.30 pm

25th December

Bicheno	9.00am
Fingal	11.00am
St Helens	4.00pm



Crossword 54.23



ACROSS

1. Half a diameter (6)
5. Type of saxophone (4)
7. Squeeze (5)
8. Crippled (4)
9. Golfing stroke (4)
10. Two-masted boat (5)
11. Walk warily (6)
13. Skin complaint (4)
14. Hazard (6)
18. Lure (6)
21. Blaze (4)
22. Motionless (6)
24. Chris ____, US tennis star (5)
25. Sign of affection (4)
26. Jumping parasite (4)
27. The Muhammadan religion (5)
28. Disarray (4)
29. Solemn promise (6)

DOWN

1. Connected (7)
2. Lifeless (5)
3. Sharp metal point (5)
4. Roman sea god (7)
5. Pavement material (7)
6. Ill-fated liner (7)
12. Mining extract (3)
15. Offensive (7)
16. Old Testament book (7)
17. Divulges (7)
19. Singer, ___ 'King' Cole (3)
20. Minority group (7)
22. Terence ____, British actor (5)
23. Michael Caine film of 1966 (5)

Fingal Online Access Centre

Enquires & Appointments

29 Talbot St, Fingal Tas. 7214

Phone /Fax: 6374 2222

E mail: fingal.oac@decyp.tas.gov.au

- Monday: 9am to 2pm
- Tuesday: 9am to 2pm
- Wednesday: 9am to 2pm
- Thursday: 9am to 2pm
- Friday: 9am to 2pm

Closed December 23rd 2022
to January 3rd 2023.

I would like to personally thank all patrons who have utilised the centre over the year and volunteers who have enabled us to remain open by giving their time - Keri.

Stay Safe and Enjoy the Holidays



Free Wi-Fi
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St Marys Library

31 Main Street, St Marys

(03) 6387 5602

Opening Hours:

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

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It's all free!

eLibrary: www.libraries.tas.gov.au

DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 FIND DECORATIONS	2 CLEAN SANTA SUIT	3 UPDATE GREETING CARD LIST	4 BUY CARDS AND STAMPS	5 MAKE GIFT LIST	6 PUT UP LIGHTS
7 START CARDS	8 GET TREE-- DECORATE TREE	9 GIFT SHOPPING	10 FINISH CARDS	11 MAIL CARDS	12 FRANCINE'S XMAS PARTY	13 MORE GIFT SHOPPING
14 MAKE XMAS CANDY	15 MORE GIFT SHOPPING	16 CAROLING WITH NEIGHBOURS	17 WRAP GIFTS	18 PLAN XMAS DINNER	19 GO TO LET	20 PLAY SANTA AT PARTY

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Libraries Tasmania **CHRISTMAS HOLIDAY**

ST MARYS LIBRARY will be closed from

4.00pm Friday 23rd December 2022

and re-open 10.00am Tuesday 3rd January 2023

Season's Greetings

We wish you a happy and safe time with your family and friends over the festive season.

Thank you for all your support in 2022.

From everyone at Libraries Tasmania.

Happy may your Christmas be.



ST HELENS WALKING GROUP



The walk on **Wednesday 2nd November** from Taylors Beach to Scotsmans Creek via Margery's Corner was a repeat of a walk that received positive feedback when undertaken last year. Everyone, on that occasion, was able to clamber over a short slightly tricky headland, so advisedly the grade should be ranked as medium. Even with an extension to include more foreshore to the north, the length barely exceeded 4 km.

Thank you Revel for leading this walk.

On **Saturday 5th November**, Alana's intention to guide intrepid members of the group to the Sphinx Bluff on the Ben Lomond Plateau had to be postponed, primarily on account of closed roads and highways. Access to the NE was still reasonable, so a replacement proposed by Revel followed a 4km section of the Briseis Water Race. We returned to the cars along a 4.5km of Ruby Flat road, thus a loop walk. Revel knows about this historical structure very well. All the traverse was level. It is understood that some track maintenance has occurred but trees may have fallen since. Reasonably easy walk expected, but be prepared for slippery surfaces. The meeting point was Branxholm, with a car pool from St Helens Neighbourhood House car park.

Thank you Revel for coming to the party due to the postponement of the Bluff Walk.

Wednesday 9th November

This Wednesday's walk is an easy stroll to look at the profusion of wildflowers along Beaumaris. If you feel like a shorter, undemanding walk with lots of flowers and morning tea afterwards, this is the walk for you!

We'll begin at the playground in Beaumaris Avenue and amble along the footpath to the Beaumaris Beach B&B on Tasman Highway. Stuart and Judy of Beaumaris Beach B&B have kindly allowed us to wander over their front "yard" where the flowers are in a semi-natural state, with mown paths for easy walking and spotting. We're free to go off the mown paths, but try not to walk on any flowers if you do. We'll then proceed a little way up the bush track alongside Reedy Creek, then back to the Tasman Highway. We'll cross the highway and walk back to the playground via the beach. There we can check out the flowers between the BBQ area and the fence along the footpath, as it still has plenty of wildflowers. The BBQ area is shady, so we can have morning tea after the walk for those who would like it. I'll bring juice and cake, dips, etc. and you can bring your own thermos (or a mug for juice). Toilets and water are available at the playground as well.



*Twining Fringe Lily;
Thyssanotas petersonni*

Thank you Wendy for organising this walk.

During the last year, sections of the 28km-long Wurrawa timber tramway, [circa 1926] have been traversed by the group in the vicinity of The Gardens. We remember walks behind Taylors Beach and also at Sloop Point along the tramline.

For the walk on **Wednesday 16th November**, the plan was to follow this old rail formation further inland. A section about 1.5km in length starting from Big Lagoon was the next instalment. With no evidence that this section had been walked in recent years and never by the group, this walk was "adventurous" in nature. The route was free of major obstacles but somewhat rough and ferny, suited only to those with bushwalking gear eg, stout boots, long trousers or gaiters etc.

A very interesting walk and many thanks to Revel for leading it.

Saturday 19th November saw a group of walkers explore Seymour and Long Point. We included the Seymour and Templestowe beaches as well as the rocky headland, where we saw the remains of a jetty built to transport coal. We had to walk through a bit of water from excess rain but overall managed to stay quite dry.

This was a great day and very informative thank you to Ian, Revel & a special thank you to Andie who didn't manage to stay dry! The rain held off until we finished our walk - another amazing day.



*Moulting Bay walks are always
popular - see next page.*

St Marys Community Health Centre

15–17 Gardiners Creek Rd St Marys Tasmania 7215

Phone: (03) 6387 5555 Fax: (03) 6372 2559

Hospital Services within the centre operate 24 hours a day, 7 days a week.

The St Marys Community Health Centre provides 8 acute/palliative care beds, an Outpatient and Emergency service, physiotherapy and visiting services. Other services provided by the Centre include Community Nursing, Day Centre, Social Work and Home Help/Personal Care. On site is St Marys Medical Practice and the Tasmanian Lymphoedema Centre.

Pathology Service:

8:30am– 12:00 noon daily

After Hours contact numbers

Emergency 000

GP Assist 1800 780 011

Ambulance 1800 008 008 non-emergency

Lifeline 131 114

If possible, please ring before presenting after hours at the St Marys Community Health Centre, on **6387 5555**

GP Surgery hours:

Monday – Friday: 8:30–17:00

Saturday – Sunday: Closed

Please phone: 6387 5555 for appointments

GP appointments can only made during GP Surgery hours.

Information on this page supplied by:

St Marys Community Health Centre, 15-17 Gardiners Creek Rd, St Marys Tasmania 7215

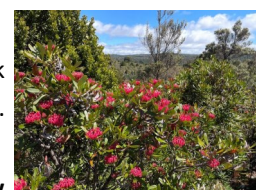
St Helens Walking Group *continued*

Ordinarily, and certainly when Wendy and Susan scouted it on Friday, the Humbug Point coastline walk is a doddle - along some seaweed encrusted beach, over the bridge, along an easy well-worn track, more beach, track, down to rocks on the water's edge to contemplate how good life is and back. Not so on **Wednesday, 23rd November!** The ten of us were greeted by a full tide, which meant an extra half hour's intrepid scrounging through tea tree and watery sedge to get to rocks at the end of the main beach for a welcome morning tea, including warm back-packed banana bread. Rather than revisit hazards encountered, it was decided to head up to the ridge above the main coastline track then traverse the vegetation to the transverse track leading back to the bridge. Under Alex and Revel's careful navigation, on what was a brilliant fair day, this was easily achieved. A bit more adventurous than was contemplated, but another successful Wednesday group bush walk.

Thank you Susan!

Wednesday 30th November: Apart from a cool breeze, we had a perfect day for the Moon Rim Walk at the Blue Tier. Fifteen walkers enjoyed great views and saw plenty of Tasmanian Waratah in bloom. Thank you Fran and Stewart for leading this lovely walk.

St Helens Walking Group wishes all readers a very Merry Christmas and a safe and prosperous New Year. We would love to see new faces in the New Year come walking with us!



Waratah on Blue Tier



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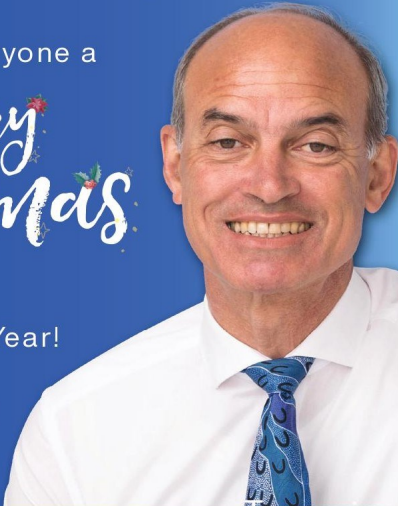
Guy Barnett

Liberal Member for Lyons MP

Wishing everyone a

Merry Christmas

and a Happy New Year!



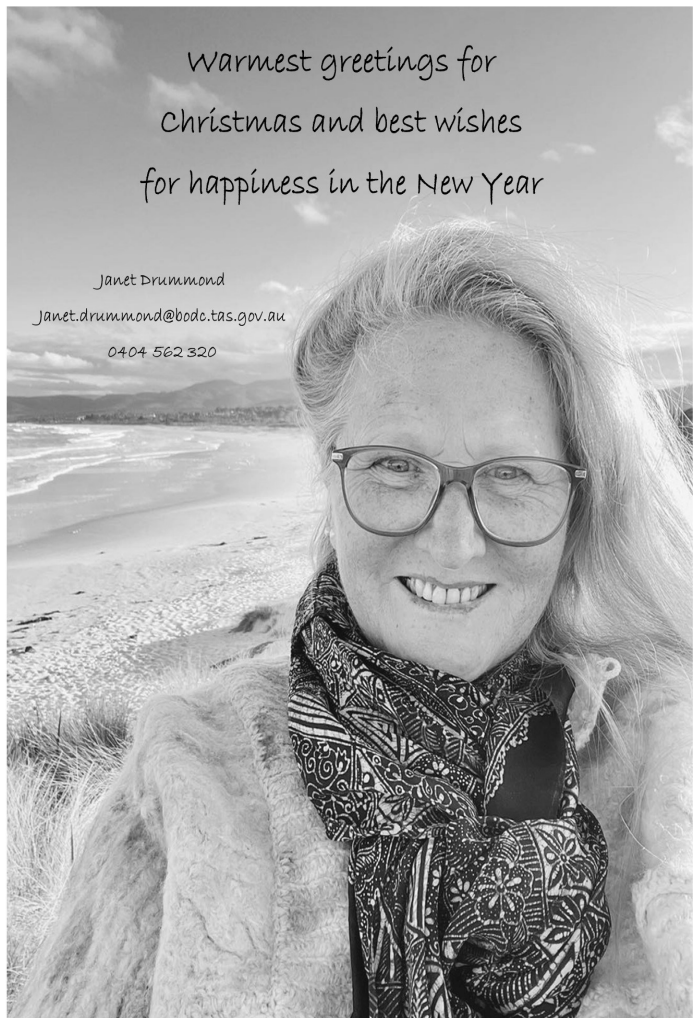
Tasmanian Liberals

76 Emu Bay Road, Deloraine TAS 7304
 (03) 67012170 GuyBarnettMP
 guy.barnett@dpac.tas.gov.au

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

Warmest greetings for
 Christmas and best wishes
 for happiness in the New Year

Janet Drummond
 Janet.drummond@bodec.tas.gov.au
 0404 562 320



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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

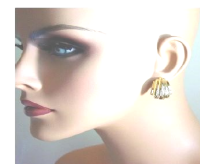
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Tasmanian Government Family Violence Response and Referral Line - 1800 633 937

To stay up to date with emergency warnings in Tasmania - www.alert.tas.gov.au

<p>1800RESPECT</p> <p>1800 737 732</p> <p>www.1800respect.org.au</p>	<p>Mensline Australia</p> <p>1300 789 978</p> <p>www.mensline.org.au</p>	<p>COTA</p> <p>(03) 6231 3265</p> <p>www.cota.org.au</p>	
<p>Lifeline Tasmania</p> <p>1800 984 434</p> <p>taslifeline@lifelinetasmania.org.au</p>	<p>Kids Helpline</p> <p>1800 551 800</p> <p>www.kidshelpline.org.au</p>	<p>Find Help Tas</p> <p>A central online directory of community services across Tasmania.</p> <p>Supported by TasCOSS and member organisations.</p> <p>www.findhelptas.org.au</p>	
<p>Lifeline</p> <p>131 114</p> <p>www.lifeline.org.au</p>	<p>Beyond Blue</p> <p>1800 243 232</p> <p>www.beyondblue.com.au</p>	<p>Financial Counselling Support</p> <p>If you or someone you know requires financial counselling support</p> <p>www.anglicare-tas.org.au/financial-counselling</p>	
<p>NDIS</p> <p>1800 800 110</p> <p>www.ndis.gov.au</p>	<p>Anglicare</p> <p>1800 243 232</p> <p>www.anglicare-tas.org.au</p>	<p>National Debt Helpline</p> <p>1800 007 007</p> <p>www.ndh.org.au</p>	<p>Gambling Helpline</p> <p>1800 858 858</p> <p>www.gamblinghelpline.org.au</p>
<p>Carer Gateway</p> <p>1800 422 737</p> <p>www.carergateway.gov.au</p> <p>If you know someone that is a carer</p>	<p>Disability Information Hotline</p> <p>1800 643 787</p> <p>www.dss.gov.au/disabilityhelp</p> <p>If you or someone you know has a disability</p>	<p>Fingal Valley Neighbourhood House</p> <p>(03) 6374 2344</p> <p>admin@fvnh.org.au</p>	<p>St Helens Neighbourhood House</p> <p>(03) 6376 1134</p> <p>admin@sthelensnhh.org.au</p>

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with Lifeguard Randle & YCONNECT

16TH, 23RD AND 30TH JANUARY
6TH FEBRUARY 2023

10-2PM GOLD COIN DONATION PER FAMILY

MORE INFO
E: BUILDINGBLOCKS@FVNH.ORG.AU

Building Blocks

SCHOOL HOLIDAY PROGRAM

FREE EVENT
bookings required EVENTBRITE
families and children 0-8 years

VISIT TO ST MARYS CAMEL FARM

25th January 11-12.30pm

Gray Rd, St Marys

Contact us for more information: 0400002116 BUILDINGBLOCKS@FVNH.ORG.AU

Full School Holiday Program and booking links at www.buildingblockstas.com or Tanya Build Blocks Facebook

Active4Life Gym



Active4Life Gym Treadmill Guide

Please follow this guide when using our treadmill

- read the instructions (hanging to side) if using for the first time
- You **must** use the safety clip at all times
- Step onto the treadmill from the side—do not touch the yellow sections
- If the treadmill is not functioning correctly in any way **DO NOT** adjust—add the out of order sign and contact us on T: 63742344 or E: active4life@fvnh.org.au



On behalf of the Fingal Valley Neighbourhood House we would like to thank you all for your support of the Active4Life Program in St Marys in 2022. We would particularly like to thank everyone who completed our survey and note that no fee changes are proposed as yet, but that all members will be given advance notice of any changes in 2023. Jason will not be at the gym on the 27th December but will be back on the 3rd of January – note that there will be no fob renewals between the 21st December 2022 and 18th January 2023.

We look forward to building works commencing in February/ March 2023 on the new St Marys Multi-use Space with Break O’Day Council leading this project. Merry Christmas and Best Wishes for a safe and enjoyable holiday season.

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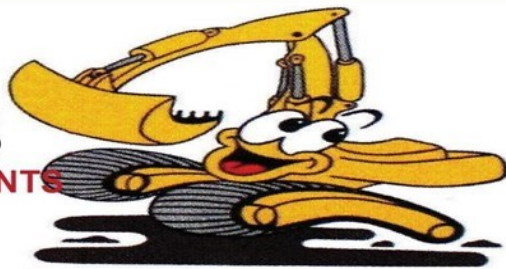
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12pm to 4pm on Mondays of long weekends

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.



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





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C L I N I C

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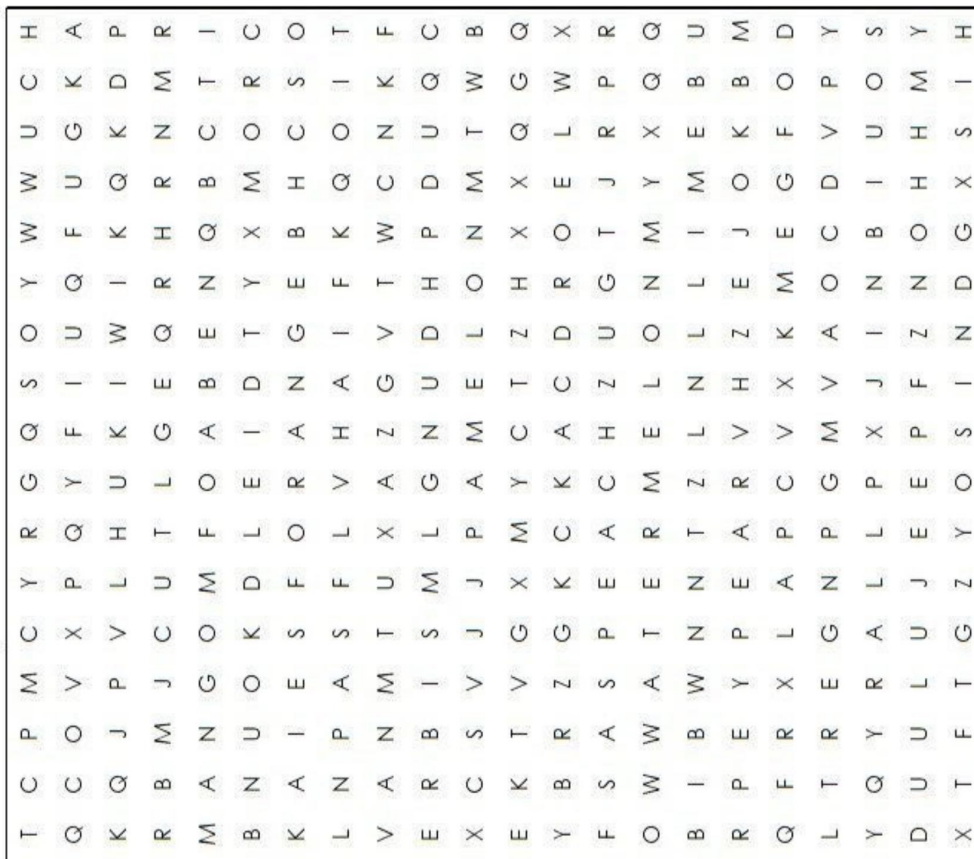
Closed Sunday and public holidays

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Ph 6376 1577

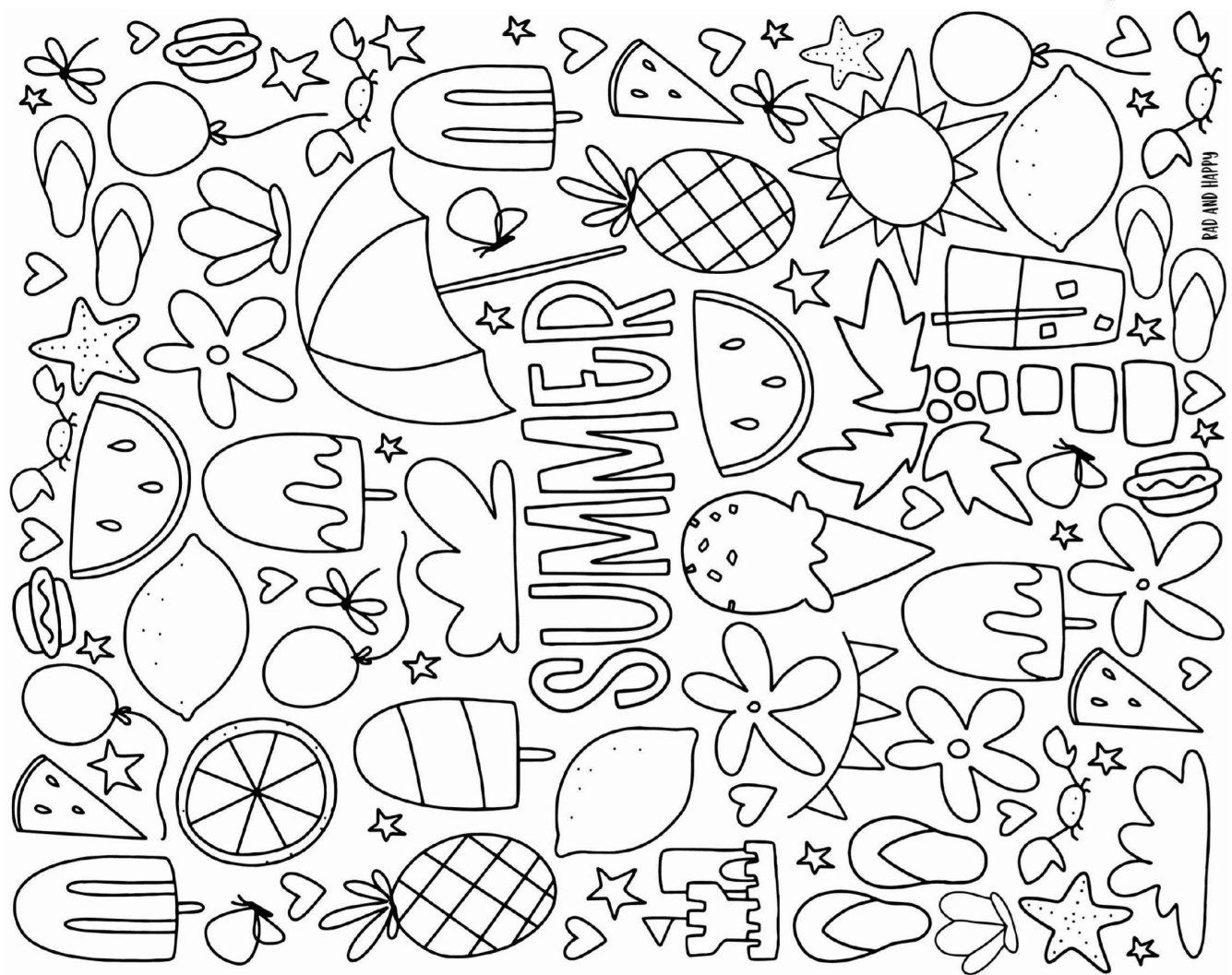
PUZZLE PAGE!



- PLUM
- PEACH
- STRAWBERRY
- WATERMELON
- COCONUT

- MELON
- APRICOT
- LIME
- LEMON
- KIWI

- ORANGE
- APPLE
- PEAR
- BANANA
- MANGO



SCAMANDER RIVER GOLF CLUB



Wednesday 7th December - Mid-Week Competition - Jackpot Stableford

Beautiful Day, jackpot didn't go off, not sure why in ideal conditions.

1st	Tim Upton	37 points
2nd	Tony Swanson	34
3rd	Dick Swanson	33 (on countback)
4th	Rose King	33

Nearest the Pin	6th and 15th:	Nigel Wallace
	8th and 17th:	Tony Swanson

Saturday 10th December - Scamander Rivermouth Café 2- ball Ambrose

It was a good turnout on a lovely day - we always enjoy having visitors.

1st	Tim Upton, Dean Richardson	64 nett
2nd	Rodney MacBeth, Darren Bramich	66.75
3rd	Jens Kalisch, Jill Couch	67

Nearest the Pin	6th:	Nigel Wallace
	8th:	Darren Bramich

Longest Putt	2nd	Rodney MacBeth
	9th	Jens Kalisch

Upcoming games:

24th December
Jackson Motor Company Christmas Competition
28th December
Wilson Cup - 2-person Ambrose
31st December
New Years Eve
4th January
Midweek Competition - Jackpot Stableford
7th January
East Coast Surf Monthly Medal

Wednesday 14th December - Mid-week Competition - Sponsored by Steve and Danny

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

Nearest the Pin	6th:
	8th:

Saturday 17th December - Jim and Beth Haas Lefties v John Denman Righties - Includes Annual Presentation

Lefties were lacking in number this year; maybe they were tired of the drubbing they've been getting over many years...

Best Rightie	Barry Harrison	36 points
Best Lefty	Graham Little	31 points

Barry was also best for the day, with John Tatnell a close second on 35 points.

Nearest the Pin	6th	Tony Swanson - what a great shot it was off the back!
-----------------	-----	---

8th Tim Upton

Longest Putt Jodan Longfield

Carter Award Dick Swanson



SCAMANDER RIVER GOLF CLUB
PRESENTS

THE WILSON CUP

2 person ambrose, visitors and non
handicap golfers welcome

Wednesday December 28th
9.30 registration 10am shotgun start

BBQ LUNCH PROVIDED, GREAT PRIZES UP
FOR GRABS.
ONLY THE BRAVEST WILL TRIUMPH TO
WIN THE WILSON CUP

MALAHIDE GOLF CLUB



Friday 9th December - Chicken Run

1st	Rod Hunt	31 points
2nd	Craig Woods	33
3rd	Bill Swann	34
4th	David Duthie	34.5
5th	Grant Richardson	35.5
6th	Ashley Stone	37
7th	John Vincent	38
8th	DB Lowe	39.5
9th	L Petrie (Avoca)	53
10th	F Cozub (Avoca)	69

Nearest the Pin	4th:	DB Lowe
	8th	Ashley Stone

Friday 16th December - Chicken Run

1st	David Duthie	32 points
2nd	Andrew Johns	34
3rd	Bill Swann	35?
4th	Robert Mathews	38
5th	DB Lowe	38?
6th	Mike Prewer	39
7th	Ashley Stone	40.5
8th	John Vincent	41.5

Nearest the Pin	4th:	Rod Hunt
	8th:	Andrew Johns

Saturday 10th December - Monthly Medal

1st	Riley Plummer	90/75
2nd	Ashley Stone	96/78
3rd	David Duthie	101/81
4th	Peter Sorenson	104/82
5th	DB Lowe	102/83

Nearest the Pin	4th:	David Duthie
	8th	Club

Saturday 17th December - Ham Day

1st	Shan Wilmot	38 points
2nd	Ashley Stone	27
3rd	DB Lowe	24
4th	David Duthie	23
5th	Robert Mathews	13

Nearest the Pin	4th:	Shan Wilmot
	8th:	Club

Upcoming Games:

Friday 24th December	9 Hole Run
January 2023	7th Monthly Medal
	14th Red Marker Day
	21st Malander Cup @ Scamander 10.00am start
	28th Stroke

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 4pm.

You don't have to be a golfer!

MERRY CHRISTMAS! SEE YOU IN THE NEW YEAR!

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





FISHING REPORT

By The Happy Hooker



The fishing the last month has been very challenging to say the least, the weather has been very inconsistent and changing from one day to the next in typical Tassie climate style. Those families chasing a crayfish have had mixed bags at times and reports of people doing well for a few days and then days of hardship. Fresh water anglers are continuing to have success for the time put in, and the salt water reports are starting to improve, with the waters clearing and returning to normal. The Break O'Day and the South Esk Rivers have continued to run high and were clearing nicely until we had the heavy rain on the 14th December, which has again flooded the river and will make lure fishing difficult over the Christmas break.

Fishing Reports

25th November: headed up to Lake Leake for a couple of days fishing, arrived around noon and was met with a strong NW wind blowing, headed across the lake to more sheltered waters on the lee shore. A few red spinners were flying along the shoreline and a few smaller trout were jumping for their feed. Every now and then, larger trout would poke their noses up and take the spent fly life off the top, you just had to be ready to cast in front quickly because they only gave you a quick window to put the flies in front of them.

26th November: up before daylight and on the water while it was still dark. I slowly headed across the lake looking for fish in the small wind-lanes that had been created, but only the occasional fish would appear and a lack of food in the wind-lanes resulted in an early morning failure. The boat was loaded and headed for breakfast with the plan to head down the hill for a hit and reconnaissance mission at the Swan River. We found the Swan River very dirty, like most rivers, and started the search for schools of bream on the sounder. We couldn't say we found anything and had a couple hours blind casting before calling it quits and heading back to the lake, anticipating a dun hatch with the day turning into a warm muggy day. Arrived back at the lake around noon and had a quick lunch and recomposed myself after the disappointing Swan River attempt. I headed up into the snowy area of the lake where a couple of my Kalangadoo friends were already up there waiting for the duns to start hatching. I decided to set one of my flyrods with two Orange Bead Head nymphs and slowly search the water until the duns started; this method resulted in some smaller Rainbow Trout boated. One of my friends was having trouble with the set-up of flies he was using and wasn't having much luck. I asked him if he'd like to try a couple of my Orange Bead Head nymphs and then he started to catch fish as well. I must say it is nice to catch a fish on a fly that you have tied yourself, but it's much more satisfying to help someone else having a struggling day and for them to catch a fish on one of your tied flies. Around 2.00pm the duns started hatching, so a set-up of two possum fur emergers and a brown nymph dropper were cast to the fish rising and feeding well. A great afternoon fishing when everything played their part - for once!



Orange Bead Head nymphs above, and Possum Fur Emergers, below, are useful flies to have.



31st November: Lake Leake - the day didn't start too good as I moved into a small bay, first up I noticed a fish moving along a shoreline and turned the boat off and proceeded to make a cast, this fish was coming straight for the boat and sitting down in my seat so as to not spook this fish, I tried a fancy cast that was a total disaster, even more so on the back-cast, when one of the flies lodged into my fishing companion Ollie the dog's head. I must say he wasn't too thrilled with his new jewellery item stuck in his head! A quick in-boat hook removal operation was performed and we continued with our day's fishing. The plan was to find some dun Feeders, however, despite duns on the water, not a lot of fish feeding and struggled for the afternoon. Later in the afternoon I snuck into a quiet shoreline and noticed a lot of fly-life floating on the water and thought surely a fish must be lurking somewhere. I positioned the boat a good cast from shore and just sat and waited, and surely enough, along came a green nose, sipping insects off the water; I ended up saving the afternoon by using this stealth method, waiting, watching the water and only casting when a fish appeared and presenting the flies quickly in front of the fish's feeding path.

1st December: Lake Leake, out at daybreak and picked up the occasional small rainbow in the wind-lanes. A quick breakfast and back out at 10.00am, searching for fish. I had a friend come up for the afternoon and I was sitting just off Kalangadoo Bay boat ramp waiting for him to arrive with nothing feeding and a stiff southerly breeze blowing, when the wind stopped and the lake glassed off and up the trout come feeding on whatever was on the water! The windless time only lasted for a short time but it was frantic fishing trying to trick one of these fish into eating the flies. I picked my friend up and headed up into the snowy area, fishing a team of nymphs to start with and then trying a dry fly, and we were lucky enough to pick up a few fish, mostly all rainbow trout caught during the afternoon.



ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to another busy fortnight at the Centre, a few highlights and unfortunately a major stumble for our bowls rink and Pennant bowls team last weekend. Firstly to some good news, the four-wheel drive mower has arrived and been in use, and as the crew test out it's many features, there is one thing we have learnt all ready; you can still get bogged. The ground that has been cut though has not seen a mower for several months, so we drive and learn at the same time. The course is starting to take shape again and golf has resumed, despite another 3" of rain falling last week. Sadly, also last week, a large tree decided to fall down through the back fence of the bowls rink, badly damaging a panel, smashing a seat, but also going through one end of our new shade cloth, breaking poles, wire and stays to the ground. We have been on to this quickly and repairs are due to happen as soon as the new gear arrives from Queensland. Also happening last week was a productive meeting with Council about the club and the reserve, and setting a five-year plan for more beneficial involvement from both parties to secure our future. This resulted in a walk-around of the course with Council members and some discussion on improving drainage, bridges, buildings and taking care of the trees we have on the reserve, the latter a message from Murphy's Law, given what happened a couple of days later.

Bowls: We have some great news on the bowls front with the Maurice Hill Memorial Day at Scamander being taken out by the St Marys Landslides, consisting of Julie Keane, Graham and Sue Bean by one shot over our other St Marys team, the Mountain Goats, consisting of Peter Le Fevre, Rod McGiveron and Macca. Not only the first time we have won the event, but well done to all for getting both teams through to the final. Pennant bowls last week saw a loss on all rinks to Scamander. After leading on two rinks and being close on another at half time, we again faltered after our lunch - maybe we eat too well. This week, unfortunately, ended up a forfeit to Bicheno, just when we needed a few points, an unprecedented 14 players out, most with Christmas commitments. What was disappointing was the fact that we were supposed to play for the Madsen Shield, which the family put up as a trophy once a year between the two teams, and also that our friends down there put on a lovely spread for us after the game, to celebrate the upcoming break. A huge shout out to the 12 intrepid players from all over the place, who still went down for a practice match, it was thoroughly enjoy able amongst great friends and showed a huge commitment to this club and the competition. Thank you Mark and John and the Bicheno players.

Golf: Chicken run the previous week, Peter Sorenson, Jimmy Freiboth and Macca a three-way tie, on 13 points. Rodney, Brendan and Murray Bennett a DNF as the thunder clouds loomed and torrential rain fell. No golf last week thanks again to the weather.

Member Draw: Last week Brendan Berecary, and this week Brett Kellaway; both missing out on the fuel jackpot, this Friday \$110.00, thanks to Ampol St Marys and the Sport Center.

Lastly, a big shout out to the Valley Voice staff, readers, members of our club and others in the competition, for a Merry Christmas and safe and happy New Year, hope everyone has a nice break and come back refreshed after the break.

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.

See you all in 2023.

The Happy Hooker *continued*

2nd December: same stories as the previous day. I had my father-in-law come up for a day of fishing. The day's weather was better, but no duns hatched to any great effect and it was a quite poor day and very hard fishing. We ended up with a few fish, but a lot of casting went into them.

We would like to wish everybody a Merry Christmas and Happy New Year, and remember that no fishing trip is worth a life. Stay safe, happy hooking and catch up next year.



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THE MANAGEMENT AND STAFF WISH EVERYONE A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR,
AND LOOK FORWARD TO SERVING YOU IN 2023.

THE VALLEY AND EAST COAST VOICE

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Across: 1. Mascot, 4. Stoop, 7. Eric, 8. Roar, 10. Robot, 11. Layette, 12. Heed, 14. Witch, 16. Ideal, 18. Aria, 19. Pear, 21. Toper, 22. Darts, 25. East, 28. Protest, 29. Media, 30. Slow, 31. Talc, 32. Norse, 33. Kaiser.

Down: 1. Marsh, 2. Scale, 3. Tenement, 4. Screw, 5. Orbit, 6. Pitcher, 9. Radiant, 13. Ear, 15. Impress, 17. Lipstick, 18. Abdomen, 20. Ass, 23. Radar, 24. Spate, 26. Atlas, 27. Tower.