

THE VALLEY AND EAST COAST VOICE

Established 1968

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Deadline for 55.02 is at 5.00pm on Monday 27th February 2023

FINGAL COMMEMORATES QUEEN'S PLATINUM JUBILEE

The Fingal community and Break O'Day Council planted four oak trees in honour of Her Majesty the Queen's Platinum Jubilee on Friday 16 December 2022.

Students, community members and dignitaries gathered at 4.00pm at the Fingal Recreation Ground, the same site where trees were planted for Queen Victoria's Diamond Jubilee back in 1897. Re-enacting the Diamond Jubilee planting 125 years ago, four local children, Tarkyn Burn, Asha Woods, Evie Browning and Layla Woods, planted some young new oaks to add to the surviving old ones planted by school students in 1897. Brian Mitchell MP, Federal Member for Lyons unveiled a Platinum Jubilee commemorative plaque at the site.



Watched by Fingal residents, Mayor Mick Tucker plants one of the oak trees, assisted by Tarkyn Burn.

Mayor Mick Tucker said the community and Fingal Neighbourhood House had arranged an amazing event that not just commemorated Her Majesty the Queen but also recognized Fingal's history. "The Fingal community are very proud of their history and this was a wonderful day for the community to show case this. I'm really pleased Council was able to support them with our Break O'Day Communities Queen's Jubilee Trees project. There was a history display provided by the Fingal Valley Neighbourhood House History Society which I really enjoyed exploring and I am sure everyone there did too," Mayor Mick Tucker said. After the trees were planted, attendees enjoyed a BBQ,



Brian Mitchell MP, Tarkyn Burn, Asha Woods, Evie Browning, Layla Woods, Mayor Mick Tucker stand by the commemorative plaque at the end of the ceremony.

The Break O'Day Council's Break O'Day Communities Queen's Jubilee Trees project received funding from the Australian Government's Planting Trees for The Queen's Jubilee Program. The project is providing trees for six other townships in the Break O'Day municipality to honour the Queen's Jubilee in 2022.

ADVERTISEMENT



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

Authorised by Brian Mitchell MP (ALP, Tasmania) 65 Green Point Road Bridgewater TAS 7030

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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.

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Annual posted subscriptions are \$69 and annual online subscriptions are \$20 per year.

24 HOUR EMERGENCY CONTACT NUMBERS

Abuse & Assault Services	1800 737 732
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.

NEW COMMUNICATION SYSTEM MAKES IT EASIER FOR TASMANIANS TO REPORT CRIME

Crime Stoppers Tasmania and Motorola Solutions have teamed up to design an online portal that makes it easier and faster for the public to report information about crime and criminals.

The new technology means Tasmanians can easily attach media files such as photos and video captured on smartphones, greatly increasing the level of quality of information provided anonymously to Police.

The new system includes improved information processing within back-end systems to streamline information sharing to Police in a logical user sequence on the portal, supported by useful prompts. Members of parliament, mayors, and Tasmania Police, attended the launch of the new portal in Hobart in December last year.

Crime Stoppers Tasmania Chair, Mr David Daniels OAM, said the portal enables his organisation and the wider community to provide greater value and support to Tasmania Police, and more broadly law enforcement. "It's a major advance for Crime Stoppers Tasmania. Our purpose is to support policing by providing valuable information that assists investigations and makes the job easier and more effective for police officers," Mr Daniels said. "Now, with Motorola Solutions' technology we are taking the next step to make it even easier for the community to play their part in creating a safer Tasmania."

Motorola Solutions managing director for Australia and New Zealand, Con Balaskas, said providing Crime Stoppers Tasmania and the state's emergency services with better technology is essential to building a safe, secure and prosperous Tasmania for the future. "Crime Stoppers Tasmania is empowering the public to report safety incidents and threats whenever they occur and our new online portal helps citizens to play a greater role in protecting their communities," Mr Balaskas said.

Crime Stoppers Tasmania CEO David Higgins stated that the new system removed obstacles that at times prevent reporting, such as fear, apprehension, or embarrassment. "When providing information about events they see in their communities, the Tasmanian public now has a highly effective, comfortable and secure way to share what they see. As always, the public can report information without the need to leave their details. However, it is important to know that by providing your details when reporting via Crime Stoppers, it gives police the opportunity to clarify points with you to assist in furthering their investigation," he added.

The information provided to police from the community is invaluable to fighting crime, it helps our law enforcement be intelligence driven and proactive in their response, which in turn improves the efficiency and effectiveness of our law enforcement. Every bit of information helps, and the Crime Stoppers portal makes it easier to tell us.

Crime Stoppers Tasmania receives over 6,500 reports a year, or about 18 reports a day. In recent times they have seen over 80% of reports being submitted online and with this improved portal, it is anticipated that the number of reports will increase even more.

Anyone who has information about crime or suspicious activity is asked to contact Crime Stoppers on crimestopperstas.com.au or 1800 333 000. In an emergency contact 000.

(Information from Crime Stoppers media release)



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

As The Valley and East Coast Voice will be celebrating 55 years of publication this year, we will be replicating a page from a past copy of 'The Valley Voice' in each issue. This issue, we feature of Volume 43, Number 16, published Thursday 10th February 2011.

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



www.fingalvalleyhistory.com

In the entrance corridor of the St Marys Heath Centre a significant plaque is embedded in the wall. It is the plaque laid by Robert W. Legge on the 27th September 1928 to mark the commencement of the building of the St Marys District Hospital.

Mr Legge was carrying on the work of his father, Colonel William V. Legge who, until his death in 1918, was a strong advocate for better medical facilities in the Fingal Valley.

The first board of directors of the new hospital were: R.W. Legge (President), C.S.F. Hood, J.E. McKenzie, C.F. Salter, O. Holder, L.J. Steel, R.H. Warren, W. Graham, C.R. Jackson, B.J. Jackson, E.L. Ransom, A.F. Gurr (Secretary) and Dr C.B. Barryman.

At the official opening ceremony on the 25th April 1928, the then Premier of Tasmania, the Honourable Joseph Aloysius Lyons, paid tribute to the public spirit of St Marys and surrounding communities. He went on to say: *"You are fully deserving of this new hospital. It is a fine little institution, constructed on modern lines and equipped in a manner that leaves nothing to be desired. It was opened to patients a few weeks ago and is already recognised as an agency for great good in the district."*

"There is one phase of hospital work that appeals to me, that is the maternity ward. I moved in the House some years ago for an investigation to be held in maternity hospitals throughout the State and I was Chairman of the committee appointed for that purpose. In some country districts we learnt of the great trouble and inconvenience some of the mothers of our future citizens had to contend with. Some heart-rending stories were told of things that happened in the country. Since then everyone has been trying to bring about better conditions. My Government has been able to contribute in this by assisting communities to build more hospitals such as this in country areas."

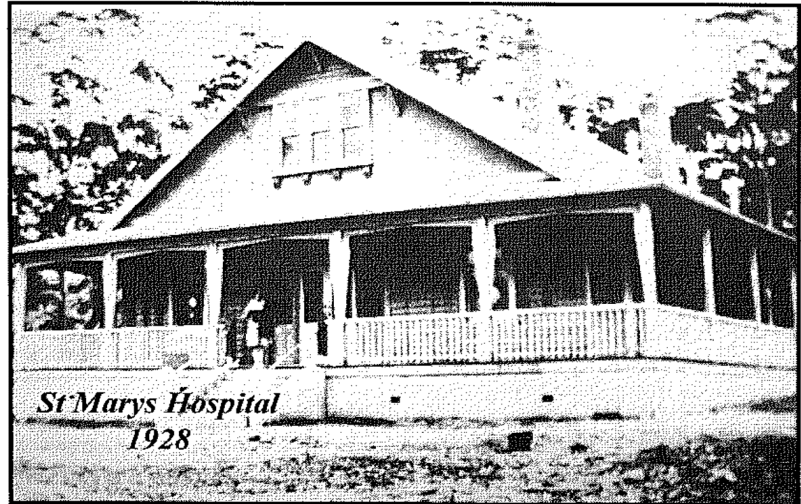
Spokesman for the board of directors of the new hospital Mr C.S.F. Hood, the Superintendent of Cornwall Coal Company, made mention of the generous response the board had received from the people of the district when they were asked for support. He also thanked the Government for their contribution of two thousand pounds which had been given on a pound for pound basis. Whilst he said it would be doubtful the hospital would run at a profit, the highest dividend of such a facility was the health of the people.

In 1928 the hospital accommodated for five patients, with cots for three children. The original staff members were Matron A.N. Morgan, Sister A.E. Harrison and Probationer Miss Dawson. Another Probationer was engaged a few months after the opening.

Over the years, improvements and extensions, which have continued to upgrade St Marys Health Centre to a modern state of the art facility, have seen most of the original hospital disappear. But the foundation plaque remains as a significant reminder of the Centre's history.

So next time you walk through the main corridor, pause a moment at the plaque and spare a thought for those dedicated people some eighty odd years ago, all of whom were dedicated to improving the health system in the Fingal Valley.

Jim Haas



SUPPORTING WOMEN IN SCIENCE & TECHNOLOGY

Saturday 11th February 2023 was the International Day of Women and Girls in Science – a day to celebrate the contributions of Australian women across Science, Technology, Engineering and Mathematics (STEM).

In a press statement, Member for Lyons, Brian Mitchell MP, stated, “I was proud to stand in the national parliament this week and speak in support of a motion that enjoyed bi-partisan support for getting more girls and women into STEM. Across Lyons, STEM plays a vital part in our salmon industry, at the UTAS Greenhill Observatory, and across modern agriculture and manufacturing.”

Science, technology, engineering, and mathematics is an umbrella term used to group together the distinct but related technical disciplines of science, technology, engineering, and mathematics. The term is typically used in the context of education policy or curriculum choices in schools, and is widely promoted in Tasmanian schools. Through STEM, students develop key skills including: problem solving and creativity.

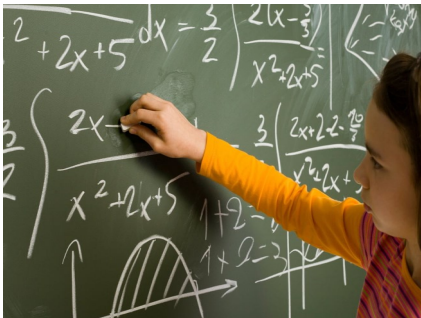
STEM is an interdisciplinary approach to learning. Concepts from the disciplines of science, technology, engineering, and mathematics are coupled with real-world projects enabling students to develop STEM literacy. (Source: stem.education.tas.gov.au)

“It is a simple fact of life that science, technology and mathematics are going to play bigger roles in our lives in the years ahead, and we must ensure women are part of that story. Nationally, women make up just 16 per cent of people with STEM qualifications and that is frankly not good enough. It wasn’t good enough 30 years ago, let alone 23 years into the 21st century.”

He continued, “The Albanese Labor Government’s actions to drive gender equality in the workplace will continue our support of women in STEM. We invested \$5.8 million from the October budget to support a more diverse STEM workforce, and funding to support industry-led projects like the Women in STEM & Entrepreneurship (WISE) Program. Just last month, Industry Minister Ed Husic announced \$15.9 million in new WISE program grants that are supporting more women to study and build careers in science, technology, engineering and mathematics.

Here in Lyons, organisations like the volunteer-run STEM for Girls in St Helens run workshops and encourage girls and young women in our community become critical thinkers, problem solvers and innovators of the upcoming generation.

Mr Mitchell concluded, “People become what they can see and our government is determined to ensure girls and young women see more women in STEM. We will provide opportunities to give girls and young women the confidence to pursue further study and careers in fields they may not have otherwise considered.”



A WORD FROM THE EDITOR....

Welcome back to The Valley and East Coast Voice for 2023!

I hope that you have all enjoyed time with your family and loved ones over the break, and are refreshed and ready for another year. The team are ready to bring you stories, articles, photographs and pictures to keep you informed and entertained each fortnight.

With a couple of new contributors, we are looking forward to what 2023 has in store for us. If you would like to give your point of view about something, please send us a Letter to the Editor, so that we can start a conversation about it. Similarly, if you would like to read a regular column about a subject which we don’t cover, just let us know, and we will see what we can do.

As we approach the 55th anniversary of the first issue of The Valley and East Coast Voice in May, here’s to another great year, so keep an eye out for our fortnightly publication at your regular outlet!

Elizabeth, Editor.

March

NOTES:

Fingal House Number	0363 742 344
Fingal Supermarket	Mon-Friday 7.30-5.30 Sat 7.30 - 12pm Sunday 7.30-10.30
Online Centre	Monday - Wed and Fri 9 till 1 Thursday 9 - 12
Library	Monday - Friday 9-3
History	Hours on Calendar
Op Shop	9.30 - 2.30
St Marys Gym	Email: active4life@fvnh.org.au
Fingal Hairdresser	0407 549 678
L&F =	Loaves and Fishes
Raggamuffins	20 th March
Spinners and Weavers	21 st March


Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2023

Fingal Valley Neighbourhood House Book Club Group

BOOK CLUB

Meetings every 1st Thursday of the month at 11am



Fingal Valley Neighbourhood House
20 Talbot Street, Fingal TAS 7214

The crown is funded by the Department of Premier and cabinet.

Fingal Valley Neighbourhood House



Eating with Friends



Main
Sweet and Sour
chicken with
veg



Dessert
Fruit Salad or
Apple Crumble

15th March 2023
12 noon
\$7.50 per person
Please RSVP by the 8th March 2023 6374 2344

When you RSVP please advise if you have any dietary requirements or food allergies and your dessert choice.

Transport is available for a gold coin donation

Funded by the crown through the Department of Premier and Cabinet Tasmania

ST MARYS HOSPITAL AUXILIARY TIP SHOP

The St Marys Hospital Auxiliary Tip Shop has completed another year of reuse of goods. The St Marys community has been generous in dropping off a huge range of goods that are surplus to their needs or no longer wanted. All funds raised go to the St Marys Hospital.

St Marys Tip Shop would like to thank the local community and visitors for their support in 2022 helping the Tip Shop to raise \$21,527.10 for St Marys Hospital.

And what have the funds raised been put towards?

These funds are going towards a 'Cuddle/Bariatric' bed to support palliative care patients and their families, which costs around \$33,000 and an ECG Machine, which costs around \$9,000.

Tip Shop improvements are underway. You may have noticed that the entrance area and behind the Tip Shop has been cleared ready for improvements to the shed and surrounds. The rear area is to be levelled and filled with two polytunnels for storage. The entrance will have a concrete slab and cover.

What can you do to support this worthwhile cause to continue?

- ◆ Volunteer for 1 or more hours whenever you can
- ◆ Let us know what you are looking for so we can move goods on more quickly.
- ◆ Talk to the Tip Shop volunteers about your upcycling ideas or help with recycling.

Here are two pictures of our volunteer Terry with his Tip Shop-sourced winch – total cost \$30. It consists of a trailer axle and hub, the centre piece of a tyre rim, 90ml of tubing into 100ml of tubing, a car jack and a boat trailer winch. It looks strong!

Whatever you need it pays to check at the Tip Shop first. Follow the 'St Marys District Hospital Auxiliary Tip Shop' Facebook page for new items in store.

Of course, none of this would be possible without the work of our dedicated team of volunteers finding space in the shed for goods, arranging and rearranging the container, covering furniture to keep it dry. A big thanks to Chrissie Hall Pascoe supported by Guy Pascoe who arrange the shed so it feels more spacious. Thanks to the other volunteers for keeping the shop running during this major rearrangement.

Tip Shop Location: Gray Road, St Marys

Tip Shop hours: Tuesday and Thursday 10am - 3.45pm and Sunday 2.00pm - 4.45pm.



You are always welcome at the Tip Shop.

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

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Fingal Valley Neighbourhood House

EAST COAST TASMANIA TOURISM INC.

Regional Tourism Organisation



Board Directors - Call for applications

East Coast Tasmania Tourism is looking for two highly motivated and skilled Directors to join our Board. Our small team of highly skilled staff and Board, work alongside the East Coast tourism industry, leading and driving the development of sustainable tourism and a strong visitor economy.

Funded and supported by Tourism Tasmania, Dept of State Growth and our two local councils, Break O' Day and Glamorgan Spring Bay, we work in partnership with our local industry to ensure their voice is heard, working collaboratively to achieve recognition of the industry as a key economic driver of the East Coast of Tasmania.

Our voluntary Board is skills based and is specifically looking for Directors with experience and skills in economic and regional development, major projects, large-scale tourism operations and/or a strong background in either the tourism or hospitality industries.

The Directors who are recommended by the interview panel and approved by the Board, will serve a two-year term, commencing April 2023.

Applicants should send a covering letter of no more than 200 words, describing their relevant skills and experience, accompanied by a CV. For more information or a confidential discussion, please phone Jen Fry (Chair) on 0429 822 338.

Documents should be forwarded to:

East Coast Tasmania Tourism Inc

Chair

PO Box 115, BICHENO TAS 7215

or email: chair@eastcoasttasmania.com.au

Applications close 5pm on Thursday 2nd March 2023.

For further information about the position and Board, please go to this link: www.eastcoasttourism.com.au/about/positions-vacant

East Coast Tasmania Tourism | ABN: 20 205 382 807 | PO Box 115, Bicheno TAS, 7215
info@eastcoasttasmania.com.au | www.eastcoasttasmania.com.au

The Say by the "Cage Rattler"

So, hoping everyone had a great festive season and a safe one.

First edition of the Valley Voice for 2023 but disappointing to begin with a subject that's been mentioned here numerous times.... the eastern end of Main Street St Marys. From the pub corner to Newman Street, guessing 250 to 300 metres, is nothing short of being in a very poor state yet again. It's been patched on patches several times and yet it remains a constant point of frustration, and quite frankly whoever is in charge of maintaining it needs perhaps to finally and expediently fix it properly. Trying to think of any other main throughfare that has this problem, given the traffic that needs to travel on it, and I am struggling. It'd be bad enough if it was a back street, but for the main road through town it is really disappointing.

On the western end of Main Street it's a totally different story and being upgraded and done properly quite a few years ago proves that it can be done and sustained extremely well. Just wondering if they tallied up the materials, workers' hours and time that has been spent on the bad end, and whether it would have gone a long way to having that end look and function as good by now .

What I'm simply asking is this; Can our Council or whatever agency who has control over this piece of tarmac please fast forward proper remediation and upgrading of the road section in question, so we can drive along it without fear of damaging our vehicles, because at times the ruts have been substantial. Not that good at present. I'd venture to say it's also potentially a risk of causing accidents if a person was distracted trying to miss the worst of the ruts.

I think the vast majority, if not all, of the locals could bear days of disruption while this is remedied because the current patch-on-patch fixes are just not good enough. Try and find someone who would disagree with me, I dare you. Please fix it properly this time

On a similar vein and once again something mentioned a few times before, the diabolical road section from the bottom of St Marys Pass to Upper Scamander turn off. Not unlike St Marys Main Street, this bit of road has been patched up numerous times over recent decades, but with ever increasing tourist traffic, not least motor homes, large caravans, big boats, larger trucks and so on, this road is just not sufficient any more. It's narrow and shoulders are limited, and safe passing is just not an option. Even worse is growing areas of damaged and broken tarmac. Would not be surprised if car damage has occurred from this. This has to be a priority.



The thing is that our governing bodies involved with maintaining our roads have proven they can do a great job. Case in point is the Diana's Basin to St Helens upgrade. This is a major plus and deserves lots of kudos and thanks, but this sort of work MUST go further, and I'm imploring our agencies to look after more sections of our long suffering roads sooner, not later.

We pay the same taxes, we deserve the same facilities, surely.....

What do you think?

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

A small but enthusiastic group of 4 made February's outing- a lovely walk through the bush behind Stieglitz and up to the sewerage ponds. It's always worth checking in at the ponds, as sometimes sightings of unusual waterfowl have been made. This time musk ducks, Australasian shelducks, grey teal, Pacific black ducks and chestnut teal were seen.



Australian shelducks communicate using honks, grunts and whistles.

Next month on Wed 1st March we will walk along Treloggens Track - an urban walk around Georges Bay - to see mainly bushbirds but some waterbirds.

Meet at Bayside carpark at 8.15am or 8.45am at the Scout Hut at Connors Beach. Morning tea will be at the shelter there near the toilets.



The glossy green head is a distinctive of feature of male Chestnut Teal ducks.

A problem shared

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<http://www.sthelensnhh.org.au/directory>

25 Circassian Street

St Helens TAS 7216

Phone: 6376 1134

Email: admin@sthelensnhh.org.au

Weekdays 9am—3pm



St Helens Neighbourhood House

is a problem halved.

WITH ONE VOICE BREAK O'DAY CHOIR

Feel Good, Do Good, Sing For Good!



Look out, we're back into it! If you heard bit of a rumble from down Scamander way on Tuesday 7th February, between 5.00 and 6.30pm, it was us. What a blast off into 2023!

We're hoping to welcome many more bodies and voices to our roof-raising and heartfelt renditions as our 2023 circuit around the sun proceeds. What a journey it's going to be. During school terms we will be gathering at the Scamander Sports Complex at our new time of 5.00pm, for checking in and catch up chatting, ready for concentration on our conductor, the wonderful Lila Meleisea as she works her musical magic. We run busses from Fingal and St Helens to Scamander to make it easier for everyone to gather at this central meeting point. The busses leave Fingal Valley Neighbourhood House and Raida carpark at 4.00 and 4.40 respectively. We are able to run this busses thanks to The Fingal Valley Neighbour House, St Helen's Hospital Auxiliary and Bendigo Bank. If you would like to jump aboard or need further information, please follow booking arrangements below.

Our first special event is a re-run of what was arguably one our most exciting for 2022. Remember the Reconnect and Sing at the Portland Hall bonanza on a wet, windy, winter Sunday in June? Well, its on again on **Sunday 19th of February**. It has been renamed "Reconnect and Sing For Your Supper" (or lunch on this occasion), to remind everyone that these are events at which everyone sings or at least mimes. Our soup and sandwiches and sweet treats are sure to delight. We have a bus running from Fingal, departing 10.30am to pick up anyone and everyone who would like to jump aboard for the return trip. **For more information and to book a seat, text Liz Dean on 0439 001 533. Leave your name and she will get back to you.** The schedule for the day is: doors open 11 o'clock for registration and chat. 12-1 Sing for your Supper, 1.00 - 2.00ish a well earned "supper", ready for bus return home. We ask only for a donation, thanks to the financial support received last year from the Break O'Day Council.



Our two Bronwyns adding a touch of spontaneous effervescence.

The next special event on our calendar is an appearance at the fabulous St Marys Market on Saturday 4th March. You shouldn't have any trouble spotting or hearing us. We will be singing at 11.00am. Come along and experience 'With One Voice Community Choir', a goodly dose of spontaneous effervescence.

One more date for your March calendars: Wednesday 8th: International Women's Day is being celebrated at St Marys Town Hall, where we will be holding a Singing Workshop from 10.00am -11.00am. As with all our events, everyone is welcome. Come along, male, female, whoever or whatever age. It is our aim that you will go home feeling good, doing good and singing for good.

ST MARYS COMMUNITY HEALTH CENTRE



PHONE APPOINTMENTS ARE NO LONGER AVAILABLE.


As appointment waiting times are now up to three weeks in advance, all patients need to book face to face appointments if they require medication on a monthly basis.

We ask that patients book their appointments in advance for monthly scripts at the end of each visit.

SCRIPTS WILL NO LONGER BE ISSUED BY PHONE - PLEASE BOOK APPOINTMENTS IN ADVANCE PRIOR TO YOUR PRESCRIPTION EXPIRING - APPROXIMATE WAIT TIME CAN BE UP TO 4 WEEKS, SO PLEASE PLAN ACCORDINGLY.

THANK YOU


		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 The Sand Man	Breakfast Mania with Star FM	TAZZ on Toast with TAZZ	Saturday's Sunny Side Up with Manny	Sunday Mornings
	Morning	Get Sand between your toes with The Sand Man	Tazz on Tuesday - Plus Community Interviews at 11.15 with TAZZ	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 Guest Presenters	"Get Happy" with Angelina	with Star FM
	Arvo	Jackster's MUSIC BOX PLUS "Pet Talk with Dr Andrew after 2pm with Jackster and Porsche	Get infused with Jonno	"Around the World" with your hostess The Tone	In the Shed with ZEDD	"Fresh and Fruity Fridays" 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	You're in the Lab for 2 on Tuesday Request Show with Dr Dave	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	The Party Pit with with Jeanymaree and Mezza	Let Loose with Star FM	Big Daddy Davo's Blues Mix hosted by Dave



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18th February Michael Bailey
25th February Brooke Banderas

YOUR FAMILY-FRIENDLY LOCAL HOTEL

WALKING GROUP PLANS FOR CLEAN UP AUSTRALIA DAY AND WELCOMES ADDITIONAL VOLUNTEERS

Once again, the St Helens Walking Group is planning several clean-up activities around the time of Clean Up Australia Day which, this year, is Sunday 5th March. The Group has already been given approval for these activities by both BODC and NPWS, and BODC has waived tip fees for the rubbish collected.

The clean up began last week. Here we see John Paterson and Todd Dudley with tyres and sheet metal collected from an old quarry site on Ansons Bay Road. 34 tyres were delivered to St Helens Tip. The St Helens Wednesday Walking Group will have a Clean Up Australia Day event at Cozy Corner on Gardens Road on Wednesday 8th March, led by Ian Matthews. We will meet at Neighbourhood House at 9:00 am, or at Cozy Corner South at 9:30 am. Everyone is welcome to join us. We ask all to bring gloves and a rubbish collection bag.



The group has also identified two other sites where household rubbish has been dumped. These are at Goshen, off Terry Hills Road and at another site off Ansons Bay Road.

We will collect this rubbish and take it to the tip during March, on dates yet to be decided. If you have a ute or trailer and wish to join us on either of these two clean-up activities, please leave your contact details with the coordinators, Ian and Kym Matthews on 0419 731 452 or by email to kymmattews@hotmail.com.

Over the last five years, the Group has cleared many tons of rubbish from the region, including on Schiers Track off Upper Scamander Road and along Argonaut Road. Thankfully, there are now not so many rubbish dumps to be cleared. However, if you

know of other sites within 10 km of St Helens where significant amounts of household or industrial rubbish have been dumped, please let us know by contacting Ian and Kym.

Check <https://photos.app.goo.gl/PQMxbGJJUt45KyPJA> for more images of rubbish which needs to be collected.





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Libraries Tasmania

Workplace Computing (TASMSS0189)
A TasTAFE NO FEE SKILL UP course

Technology changes quickly, do you feel like you're being left behind? If you need to update your computing skills, this is a great place to start!

The Workplace Computing course will take you through using a computer and other digital devices. You learn about the common software used in workplaces to create written documents, spreadsheets, and presentations.

You will also learn how work with files and folders, as well as basic cloud-based computing, including storage.

The course will also cover tools which allow people to work together online. Tools like these are used in many workplaces and are used by employees who work away from the office.

Cost – No Fees!

Workplace Computing (TASMSS0189) is a TasTAFE NO FEE SKILL UP course funded by the Tasmanian State Government.

Dates and Duration

- The course is delivered over 10 weeks.
- Start dates are frequent throughout the year. Please check the TasTAFE website or your library/OAC coordinator or staff member
- Students need to allow for 12 hours per week study time to complete the course.

Delivery

This is a fully online course however face to face learning support may be available at your local TasTAFE campus, as well as your Libraries Tasmania location.

Please check in with your Centre Coordinator or TasTAFE teacher for further information.

Eligibility

To study a SKILL UP course, you must be:

Tasmanian Resident

- A resident of Tasmania or working in Tasmania.

Citizenship

- an Australian citizen, or
- an Australian permanent resident, or
- a New Zealand citizen

Visa

If not a citizen as above, on a state sponsored visa on a pathway to permanent residence.

Note: It is "mandatory for all TasTAFE students to be fully vaccinated. COVID-19 vaccination evidence (first and second dose) will be required at time of enrolment:

***Exemptions:**

- Evidence of a medical exemption, or
- if your SKILL UP course is delivery fully online.

To find out more about SKILL UP visit our website at www.tastafe.tas.edu.au



Qualification / Units

The Workplace Computing course is a skill set using of three units from the BSB20120 Certificate II in Workplace Skills qualification.

The three units are:

Workplace Computing Units

- BSBTEC101 Operate digital devices
- BSBTEC201 Use business software applications
- BSBTEC202 Use digital technologies to communicate in a work environment

Completed units from the Workplace Computing course can be used as credit for the full BSB20120 Certificate II in Workplace Skills.

Interested?

Please register your interest by either scanning in the QR code or using the URL link provided below:

<https://bit.ly/tastafewcp>



Once completed, you will be contacted via email for the next step in the enrolment process. Please speak with your Centre Coordinator for any further information.

Places are limited, so be quick!

1300 655 307
www.tastafe.tas.edu.au
RTO 6342 | CRICOS 0304PH

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RTO 6342 | CRICOS 0304PH

Are you seeking assistance with any of the following?

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(criteria apply)

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No Interest Loans

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

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GIVE IT A GO

BREAK O'DAY

WALKING FOOTBALL

COME & TRY INVITATION
Men and Women all ages 20-80+
Saturday 18 March 2023 • 2pm-3.30pm
St Marys District Shool (gym)

- it's the walking version of soccer •
(no jogging or running allowed)
- play or learn the game in a social environment •
- a fun way to help keep fit •

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ST. MARYS DISTRICT SCHOOL

Break O'Day

• 'GIVE IT A GO' • PLAYING SESSIONS •
playing videos and much more information at

wftas.org

facebook.com/wftas



ST HELENS WALKING GROUP



The St Helens Walking Group have enjoyed walking to a number of places already this year.

Wednesday 18th January 2023

AGM – Cerise Brook

Many thanks to all of you who attended the AGM and especially those who offered to lead walks this year. Member emails have been updated. All new members are now required to register themselves through the St Helens Neighbourhood House. Forms need to be completed and returned to the St Helens Neighbourhood House before joining the group on walks. Registration forms can be obtained for the group by contacting the St Helens Neighbourhood House either by phone or email. A new walks program has now been circulated. There are still some missing slots, so please help out by either leading a walk or suggesting areas where we can go walking! It was resolved to increase the passenger petrol contribution to \$5.00 and \$10.00 for short and long rides respectively. Two new committee members were appointed: Christa who will take care of our First Aid Kit, and Ian who will assist Kym with Facebook and publicity matters.

Thank you to Cerise Brook for letting us use their space - very convivial!



Wednesday 25th January

This walk was relatively easy - Grade 2 for 7.5 km. A pleasant, sunny morning welcomed eight of us to this walk, which wound its way about 4km South from Flagstaff Hill through ironbark regrowth to the quarry near Basin Creek Road. A direct return of about 3km saw us back at the MTB Hub cafe for a round of iced coffees. Thank you John P for organizing this first walk for the year. The flowers pictured were photographed on this walk.

Saturday 28th January

This Saturday's walk was up Paddys Head. The track was quite steep in parts. However steep it may be, Alex carried a short length of ladder so that all walkers could get up the final steps to the summit. Stirling effort! Thank you Alex for leading this walk.



*Hyacinth Orchid,
'Dipodium punctatum'.*

*Flying Duck Orchid,
'Caleana major'.*

St Helens Walking Group - Residents and travellers in St Helens and surrounding districts are welcome to join in the walks. Have \$5.00 ready for the driver if you want to car-pool, and be at St Helens Neighbourhood House carpark beside the Men's Shed, by 9.00am on a Wednesday or on the 3rd Saturday of the month for a longer walk. (\$10.00 for carpooling on Saturday walks). For more information contact **Pam Bretz on 0439 547 529 or Alex Buchanan on 0428 287 753**



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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



HELPLINES AND INFORMATION

In emergencies call Police on 000

For non-emergencies call 131 444

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>

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

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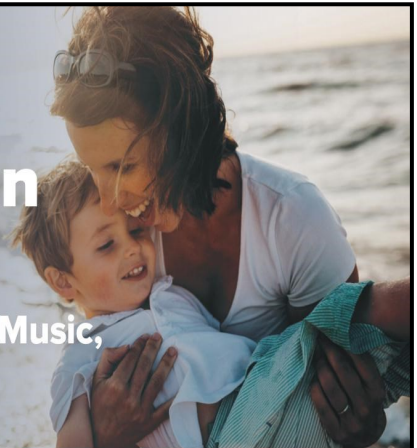
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Text: 04 9848 7515 (please note that there may be a delay in responding to texts)



St Marys Market

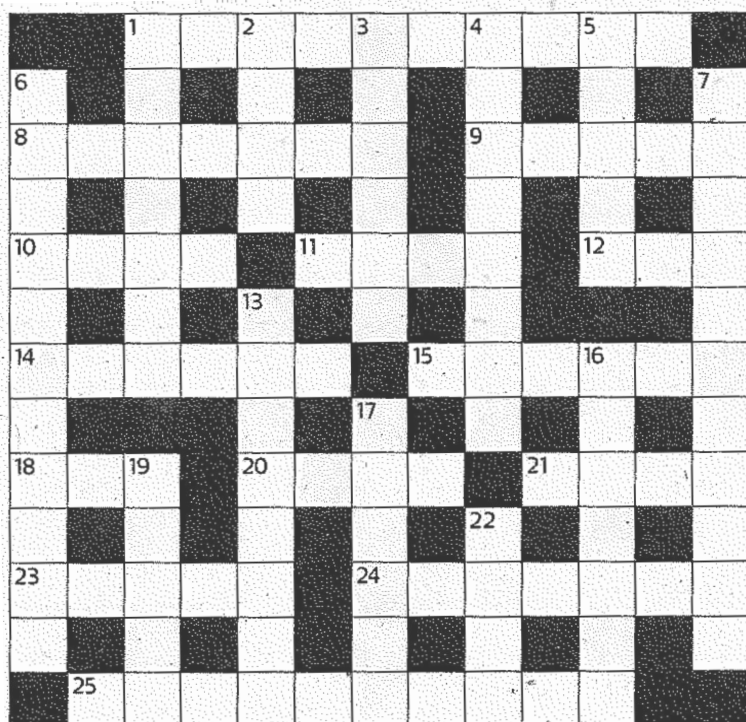
1st Saturday of the month, 9am-12pm*
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Contact: bodregionalarts@gmail.com Facebook: @BODregionalArts

*Subject to COVID-19 restrictions changing. Social distancing, hand sanitisation & attendance recording conditions apply.

Crossword 55.01



- | | |
|-------------------------------|---------------------------------|
| ACROSS | DOWN |
| 1. Security on a loan (10) | 1. Console (7) |
| 8. Lion man [anag] (7) | 2. Surgical linen (4) |
| 9. Susceptible (5) | 3. Friends (6) |
| 10. Son of Aphrodite (4) | 4. Strong, Italian coffee (8) |
| 11. Present (4) | 5. Approximately (5) |
| 12. Also (3) | 6. Needless (11) |
| 14. Lengthen (6) | 7. Scout ahead (11) |
| 15. Delegate (6) | 13. Captivate (8) |
| 18. Distress call (1.1.1.) | 16. Visualise (7) |
| 20. Bellow (4) | 17. Desired (6) |
| 21. TV presenter, ___ Behr(4) | 19. Wake Up Little ___ song (5) |
| 23. Ascended (5) | 22. Saracen (4) |
| 24. Small dog (7) | |
| 25. Reliable (10) | |

EASTER SERVICES - Catholic Parish of St Helens and St Marys

Stations of the Cross before Mass

St Helens	Thursdays	9.40am
St Marys	Sundays	8.30am

22 February - Ash Wednesday
 Mass St Helens 6.00pm
 St Marys 9.00am

Second Rite of Reconciliation

23 March	St Helens	10.00am
24 March	St Marys	10.00am

Palm Sunday

1st April	St Helens	5.00pm
2nd April	St Helens	4.00pm
	St Marys	9.00am

Holy Thursday - 6 April

Washing of Feet and Adoration

St Helens	6.00pm
St Marys	4.00pm

Good Friday - 7th April

Stations of the Cross

St Helens	10.00am
St Marys	10.00am

Lord's Passion

St Helens	3.00pm
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Holy Saturday - 8th April

St Helens	7.00pm
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Easter Sunday - 9th April

St Marys	9.00am
Bicheno	11.00am
St Helens	4.00pm

 Free Wi-Fi 6.00am - 9.00pm	St Marys Library 31 Main Street, St Marys (03) 6387 5602	 LIBRARIES TASMANIA
	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	
eLibrary: www.libraries.tas.gov.au		

FINGAL ONLINE ACCESS CENTRE

OPENING HOURS

Monday	9.00am - 1.00pm
Tuesday	9.00am - 1.00pm
Wednesday	9.00am - 1.00pm
Thursday	9.00am - 12.00pm
Friday	9.00am - 1.00pm

We offer computer access, emailing, Wi-Fi, printing and scanning services, please call in and we can assist you.

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Fingal TAS 7214
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Email: fingal.oac@decyp.tas.gov.au



East Coast Swans MONSTER AUCTION



Saturday
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Ground



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Gary Le Fevre 0488 949 851

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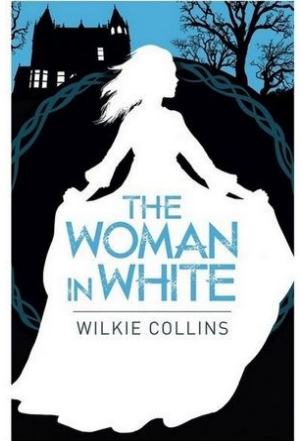
MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz

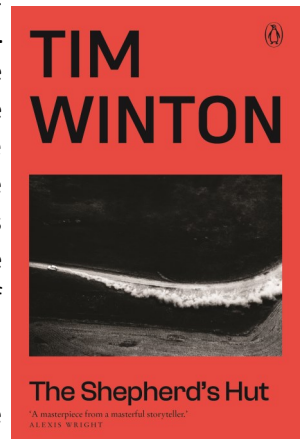
Over December and January our group read 2 novels that couldn't be more different, one being written in the 19th century in England and one in 2018 in Western Australia.

The first one was *The Woman in White* by Wilkie Collins, an early example of detective fiction and quite recently made into a TV series. It was a highly popular novel at the time and was serialised, like those of his contemporary and friend, Charles Dickens. It is always a challenge to read the prose from the 19th century, the language seeming to the modern reader very elaborate and requiring dedicated time and attention, but most of the group actually read the 600+ pages and enjoyed the visit to another place and time. The story concerns two half sisters, the beautiful and vulnerable Laura Fairlie and the independent-minded and non-conformist Marian Halcombe. Living with their self-indulgent and perpetually ailing uncle, Frederick Fairlie, Laura has been promised to a man in marriage by her late father. The story has multiple narrators but the main one is their art tutor, Walter Hartright, who on his way to take up his post with them meets the mysterious woman in white. She is being pursued by two men who are bent on returning her to a lunatic asylum from which she has escaped. She will play an important role in the unfolding drama. Over time he and Laura fall in love, but of course this cannot be allowed to continue and he is dismissed from his position. He goes overseas on explorations but is eventually called back after a shock death occurs. He then turns detective and painstakingly collects witness reports, which make up quite a large part of the story.



There are some stock 19th century characters and the novel fits the then-popular genre of "sensation" novel, full of melodrama and helpless females and evil men, but the narration bowls along at a good pace and kept our interest. The social mores of the time are, of course, so different from our own but that's what makes delving into the literature of the past so interesting.

The second novel was *The Shepherd's Hut* by our own much loved and admired Tim Winton. His story tells of a 15 year old boy, brutalised by a drunken father, who beats both his wife and son, and who is fleeing from his home town on the northern edge of the wheat belt in Western Australia in a stolen car. Jaxie Clackton is the boy, a foulmouthed, abused teenager but who has the strongest survival skills and determination to get away from the horrors of his life. It is his voice we hear as he narrates his journey and what a powerful and confronting voice it is. Winton is a master of the vernacular and once the reader becomes accustomed to the limitations and crudity of his language, one is carried along into his world of struggle. After some days, and on the point of collapse, he comes across a sheepless shepherd's hut on the edge of the saltpan desert country. It is inhabited by an old Irish priest, who appears to be in exile after some misdeed. They make an odd pair but over the weeks learn a certain respect for each other. This is the first adult male who has ever treated the boy with decency, and Fintan MacGillis proves to be a saviour of sorts for Jaxie, while Jaxie eventually becomes the means to the bloody redemption of the priest.



Winton's themes are big. He is interested in the nature of maleness in Australia, often toxic and brutal, in the influence of family violence on the individual. Redemption and salvation are the overarching concerns of this story. Winton's characters are often outsiders and the landscape is not just a backdrop; it shapes the lives of the characters. It is harsh and yet has a beauty in its sparseness, and the reader is right there in their world, however uncomfortable that makes us feel. This could be described as a coming of age story. The boy is certainly opened up to a wider world by the priest, whose loquaciousness drives Jaxie mad but whose language is so different from that of the boy who is exposed, perhaps for the first time, to the beauty and power of abstract thought and its expression. The ending is not definitive, and we are left to wonder how this boy's journey will end. Many readers enjoy this and despise a neat "happy ever after ending". Such writing does not belong to Winton. He wants to challenge us and make us think. The novel was almost universally admired by the group.

EAST COAST SWANS FOOTBALL CLUB**SENIOR WOMEN'S FOOTBALL – HISTORY IN THE MAKING.**

After two years of preparation, the East Coast Swans senior women's team will take to the field in the Northern Tasmanian Women's Football Association in 2023. Training has recommenced and new players and support volunteers will be welcomed, with no prior experience required.

Newly appointed Senior Coach Steve Dodd said, "The east coast region is a really important part of football in northern Tasmania and needs to have pathways from Auskick through to senior and elite football for girls and women. It will be fantastic to see our locals have a chance to play their first full roster of NTWFA." Steve joins the Swans for 2023 having been instrumental in establishing junior girls football at Longford and coaching their senior women's team in their first two years.

Assistant Coach Sophie Richards said, "After two years of training in preparation, I can't wait for the first official roster game. Training has been great fun, and players have developed their skills quite significantly." Sophie went on to say, "It is a really welcoming environment and there is still room for new players, you don't have to have any prior experience, just come along and see if it is for you."

Chelsea Wells, an experienced player from Longford, has been appointed as Assistant Coach in Launceston, taking training for our players based in Launceston through the week.

Anyone interested in finding out more can contact assistant coach Sophie Richards 0482 452 436 or Steve Dodd 0400 211 366, or just come along to training.

Training on the coast recommenced on Wednesday 18th January and is held on each following Wednesday starting at 6.00pm, at the club premises in St Helens.



Assistant Coach Launceston, Chelsea Wells, Coach Steve Dodd, East Coast Swans Vice-President Brooke Emery, and Assistant Coach Sophie Richards are ready to lead the East Coast Swans Ladies team as they make history on the football field.

JUNIOR FOOTBALL REGISTRATIONS OPEN

With the football season almost upon us, junior registrations for the East Coast Swans are now open on playHq, <https://www.playhq.com/afi/org/east-coast-swans-ntjfa/8fd295c7/register>

The season starts on Sunday 26th March, and at the moment, training is held on Tuesdays until 2nd March, when it will be on both Tuesdays and Thursdays. It takes place at the St Helens Football ground, starting at 4.00pm. Players will be able to register for under 12's, under 14 boys, under 14 girls and under 16 boys.




East Coast Swans—Season Launch

Saturday 25th March
At the clubroom 6.00pm
MC Rick Fontyn

Guest Speaker Jason Akermanis, 2001 Brownlow Medalist
3xBrisbane Lions Premiership Player

Canapes
\$20.00 per person
Sports memorabilia auction





SCAMANDER GARDEN CLUB



There was no meeting in January, but members of the Scamander Garden Club enjoyed facilitating a floral arranging workshop at the Mini Arts Festival 2023, held at the Panorama Hotel deck area on Saturday 4th February. After scavenging flowers and foliage from our gardens, we arrived armed with bucket-loads of colourful plants that delighted our participants. Check out some photos.



Miranda Sloane featured hydrangeas and roses in her arrangement.



Sandra Flannery with her 'The Power of Flowers' display.



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



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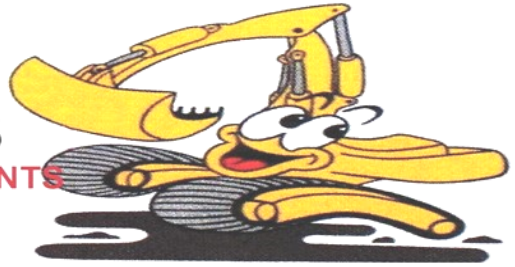
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TIP SHOPS NOW OPEN

St Helens Tip Shop

Sunday to Friday
11am - 2pm

Saturday 11am - 4pm

St Marys Tip Shop

Tuesday and Thursday
10am - 3.45pm

Sunday 2pm - 4.45pm



WASTE TRANSFER STATIONS

BREAK O'DAY MUNICIPALITY

North Ansons Bay Road, ANSONS BAY: OPEN 12 pm - 4 pm
Wednesday, 10 am - 4 pm, Sunday and 12 pm - 4 pm on
Monday of long weekends.

Tasman Highway, PYENGANA: OPEN 9 am - 12 pm
Wednesday, and 2 pm - 5 pm Sunday.

Eagle Street, ST HELENS, includes recycling: OPEN 10 am - 4
pm every day.

Coach Road, SCAMANDER, includes recycling: OPEN 10 am -
4 pm Tuesday and Thursday and 2 pm - 5 pm, Sunday.

Gray Road, ST MARYS, includes recycling: OPEN 10 am - 4 pm
Tuesday and Thursday and 2 pm - 5 pm Sunday.

Rossarden Road, FINGAL: OPEN 10 am - 4 pm Tuesday and
Thursday and 2 pm - 5 pm Sunday.

Charges apply at all waste transfer station; 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.



ACTIVE4LIFE BREAK O'DAY



Active4Life Break O'Day

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

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

New members always welcome.

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

Active4Life@fvnh.org.au for more info.



St Marys Active4Life Timetable version 7.2.2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am				Group Fitness Session 1 9-10.30am			
10am		Fitness Training 10—11.30 Session 1				Body Pump 10-11am	
11am				Group Fitness Session 2 11-12.30pm			
12pm		Fitness Training 11.30-1pm Session 2					
1pm		Fitness Recovery 1-2pm					
2pm		RFDS Exercise Physiology 2-4pm		RFDS Exercise Physiology 2-4pm			
3pm							
4pm			Body Pump 3:30pm—5.00pm				
5pm							
6pm		Youth & Adult Boxing 5:30-7pm		Yoga 5.15-6.30-pm			
7pm					Strength & Fitness 5:30pm -7pm		

Contact us
 E: Active4Life@fvnh.org.au
 Or Find us on: [facebook.](#)

[\(5\) Active4Life Gym Break O'Day |](#)

SCAMANDER RIVER GOLF CLUB



Wednesday 1st February - Mid-Week Competition -

Jackpot Stableford

Typical Tasmanian day, temperature 28 degrees, 10 minutes later its 14 degrees and wet....

1st	Tony Swanson	37 points
2nd	Beth Haas	35
3rd	Shan Wilmot	34

Nearest the Pin	6th:	Tony Swanson
	8th:	Dick Swanson
Longest Putt on 9th:		Nigel Wallace

Wednesday 8th February - Mid-week Competition -

1st	
2nd	
3rd	NO SCORES AVAILABLE
4th	
5th	

Nearest the Pin	6th:
	8th:

Saturday 11th February - Club Day - Stableford

Some good scores were had.

Saturday 4th February - East Coast Surf Monthly Medal -

Great turn out and some good scores.

1st	Tony Swanson	78/59 nett
2nd	Mark Bywater	90/67
3rd	Steve Austin	77/68
4th	Shan Wilmot	84/69

Nearest the Pin	6th and 15th:	Jens Kalisch
	8th and 17th:	Steve Austin
Best Gross:	Norm Austin	

1st	Brad Ennis	38 points (on c/b)
2nd	Dick Swanson	38
3rd	Sarah Tatnell	37 (on c/b)
4th	Mattie Miller	37
5th	Tim Upton	37

Nearest the pin	6th:	Brad Ennis
	8th:	Tony Swanson

Tuesday 15th February - Hidden Nine

1st	
2nd	
3rd	NO SCORES AVAILABLE
4th	

Tuesday 7th February - Single Stableford

1st	
2nd	
3rd	
4th	NO SCORES AVAILABLE

Longest Putt

Longest Putt

Upcoming games:

18th February	Men's Foursome Championship
19th February	Mixed foursome Championship
25th February	Day 1, Men's 36-hole championship
26th February	Day 2, Men's 36-hole Championship

MALAHIDE GOLF CLUB



Friday 3rd February - Chicken Run

We welcome Mal Perkins as Full Member and Murray Bennett as Social Member. Good to see new faces at the club, Locky Woods and A Mihler.

1st	David Duthie	28.5 points
2nd	Klaus Kobylinski	29.5
3rd	Ashley Stone	33.5
4th	Grant Richardson	33.5
5th	Randall Wadley	36.5
6th	Bill Swann	38
7th	DB Lowe	38.5
8th	John Vincent	41
9th	Rod Hunt	41
10th	Mal Perkins	62
	Murray Bennett	score not recorded
	Locky Woods	score not recorded
	A Mihler	score not recorded

Nearest the Pin 4th: Club
 8th Rod Hunt

Hole in One: David Duthie on 8th

Saturday 4th February - Monthly Medal

Wet conditions for the front nine, back nine was a bit more pleasant and, of course, the sun made an appearance after we had finished.

1st	Randall Wadley	88/72
2nd	DB Lowe	95/74
3rd	David Duthie	97/76
4th	Andrew Johns	81/79
5th	Peter Sorenson	101/79
6th	Klaus Kobylinski	108/82
7th	Grant Richardson	99/83

Nearest the Pin 4th: Grant Richardson
 8th Peter Sorenson

Upcoming Games:

18th February	Par
25th February	Red Marker Day
4th March	Monthly Medal
11th March	Stableford Multiplier

Friday 10th February - Chicken Run

1st	Warwick Lowe	32.5 points (on c/b)
2nd	David Duthie	32.5
3rd	Klaus Kobylinski	34
4th	John Vincent	34.5
5th	Ashley Stone	36
6th	Bruce Edwards (Qld)	42
7th	Craig Richardson	43
Retired after 5 holes -		
	Robert Matthews	
	Gerald Hall	
	Sam Bosworth	
	DB Lowe	
	Grant Richardson	
	Rod Hunt	
	Jim Rankin	
	Bill Swann	

Saturday 11th February - Quamby Shield

Malahide travelled to Quamby to play for the Shield which has no name as yet. It was a brilliant day, and everyone had a ball. The end result was Quamby 412.65 to Malahide 420.25

Malahide

Peter Sorenson and N Sorenson	66.25
A Johns and D Lowe	68.75
S Lowe and M McSwain	69.25

Quamby

C Brown and J Green	63.25
M Routledge and L Burrige	64.00
C Andrews and R Lonergan	97.42

We look forward to the return match on 27th May.

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 along the East coast has been very consistent over the Christmas and New Year period. Beach fishing has been rewarding with some nice-sized salmon and flathead coming off beaches such as Four Mile Creek and the Chain of Lagoons. Georges Bay at St Helens has been rewarding for holiday-makers with the usual schools of salmon and taylor. There have been reports of small kingfish mixed up below the schools. Schools of bream have been found feeding on sand patches at the Stockman's Flat area of the bay at Akaroa, and fishermen casting hard body lures have been rewarded for their hard work with some nicely sized bream.

Fresh water fishing is continuing to be productive at different waters around the state. Great Lake fly fisherman have had terrific sport out in the middle on bright sunny days, with a northerly breeze chasing trout cruising the waves looking for food of any sort. This type of fishing is known as 'shark fishing' and there have been reports of some special days with the fish up and cruising about. Other waters such as Little Pine Lagoon and Penstock Lagoon are fishing well and it is pleasing to see many mainland number-plated vehicles back on the Highland roads, spending their money at the local businesses. The South Esk River in the Fingal Valley has really come back from the sad state it was a few years ago after a few years of drought and low water, where the inability to spawn and an over-population of cormorants really decimated the trout population. After the higher rainfall these past years the trout have been able to grow and return this fabulous fishery to somewhat its former state, as there has been some really nice-sized trout being taken using lures and fly. Lures such as the ever-reliable Celta type lures are lures that I don't know what they represent, but during the summer months the trout can't resist the temptation of a humble Celta lure.

26th December: Left Fingal at 3.30am to be at Lake Leake before daybreak, the expectation in my mind was it going to be a morning of trout feeding everywhere due to the previous day being quite hot and a big insect hatch must have occurred. I was on the water while it was still dark, and once out on the water while slowly cruising across the lake looking for that ring or sign of a fish feeding, a nice wind lane was showing in the increasing light. Right, game time, turn the motor off, set up the electric motor, get the fly rods prepared, check water for food...yes, plenty of food, ok now find the fish.. And that's where the fairy tale ended, with not a sign of a trout feeding all over the lake; wow, disappointing to say the least. The highlight of the morning was a meeting in the middle of the lake with my fishing friends in their boats, having a cup of coffee and a biscuit and listening to some dreadful music one friend thought may bring the fish up. That may have been the problem? Score 0!

2nd January: Walking along the banks of the South Esk River, casting 'Celta' lures like we have many times since our childhood, we had great afternoon catching 13 nice sized trout casting between the gaps in the willow branches. It was a windy afternoon but the fish were on, with many other hook-ups and fish dropping the hooks. The 'Mepps Celta' that I was first using had quite big hooks, so a bank-side hook changeout to smaller trebles seemed to improve the hook-ups.

13 and 14th January: Decided on a late afternoon trip up to Lake Leake on the Friday to be on-site Saturday morning expecting a good hatch. Arrived Friday around 7.00pm and headed straight out on the lake. A stiff easterly breeze was blowing and not a lot of fly life was evident on the water, so I decided to fish on the eastern shore with a few small trout jumping after spinners, with the spinners slowly making their way out over the deeper water. The breeze started to die out and a wind lane was forming out in the middle, so as the line in the movie 'Field of Dreams' goes, "If you build it they will come," I went out and sat on the edge of the wind lane and watched and waited, and sure enough, green noses started to sip food on the top when the sun went down behind the hills. A frantic hour of fishing produced nine trout to the boat. On Saturday morning, despite the calm morning, a few trout showed but were very spooky and you had to cast a full-length line with a long leader to be in with a chance.

27th and 28th January: Went up to Lake Leake with a friend for the weekend, but the fishing was very tough with not a lot of fly life. Our day started off well with my fishing companion snagging a nice-sized brown trout within the first five minutes and a thought of what may be, but that was the only decent fish boated. The next morning, we woke to the sound of a strong wind so a decision was made to head to the Swan River to catch a bream. We arrived to a calm river which was unbelievable considering the wind up the hill. We tried up the river and down the river but couldn't tempt a bream with any lure, so we packed up with our tails between our legs and returned to the lake for a trout, and as the fishing gods were not on our side that day, we never caught a trout either, so back to the camp and enjoyed a cold beer and a nice feed and watched some Big Bash Cricket.

Until next time, tight lines.



ST MARYS SPORTS CENTRE

By Volun Tier



Well, here we are, back from a break and how quickly it went, the children back at school and time to put the feet up and have a coffee, maybe...

Busy at the Centre as usual, with our Pennant and Midweek bowls winding down and our club matches and RSL games on the go. Golf, too, has been well supported with one major event and our Wednesday chicken run going well. We also had a visit from Niel Sorrenson, who held a golf coaching clinic at Fingal and St Marys; only a small turn out, maybe due to the school holiday break and some of our junior with work commitments, but a chance of great golfing tips and we have already seen Jimmy Freiboth and George Rhodes benefit from some one-on-one coaching. Niel will be back in a month or so, remember these clinics are free of charge and a great chance to introduce everyone to golf and maybe improve some older players at the same time. We are currently negotiating with Malahide Golf Club for a Valley challenge match, where one Saturday we play at St Marys and the next at Malahide, to determine best score between the two clubs and also the best player in the Valley; more information at a later date, sometime in May I have heard on the grapevine.

After a meeting with Council some months ago, where all agreed we needed some clarity around the responsibility of both parties for the reserve, it was decided that there should be a focus on the management of dog 'walking' on the grounds. The club committee put forward the suggestion that signage go up so people can still walk their dogs around the horse track, under effective control, in the interim prior to the dog exercise area to be built at the reserve. We have been left to answer the questions from the public about the changes, which we are quite so happy to do if you don't understand why it has happened. It is nice though, to see so many people walking around the track, with their dogs on a lead, well done to you all.

Bowls: In our Pennant competition, we have had some success during the break, a win on three rinks against Bicheno and some narrow losses on a couple of rinks against Swansea and Scamander. Whilst our chances of finals bowls this season are slim, we are still giving it a go and everyone available getting a game where possible. RSL held their State pairs finals this week at St Marys, resulting in a win for North West over North, South and East Coast. Well done to all that played for some entertaining bowls.

Golf: During the break, it has been the Jimmy Freiboth show, winning the two chicken runs and the Harold and Tom Newton trophy, great to see a junior doing so well. Scores were;

- Best net score, Jimmy Freiboth 63, Judy Freiboth 70, Jason Gledhill 78
- Least putts, nearest the pin on the 7th and 16, Jimmy Freiboth
- Nearest second shot on 8th and 17, Macca
- Lucky card Beth Haas.

Great day out followed by a BBQ and tall stories. We are going to incorporate an 18-hole event once a month when we go back to Saturday golf.

Member Draw: Graeme Banks who won the \$110.00 of fuel at Ampol St Marys, recent draws are Jason Gledhill, Jeanette Parsons, Doug Singline and Will Rhodes, but no cigars I'm afraid, jackpots to \$60.00, drawn Friday nights at 8.00pm, you have to be there to win.

Opening Hours:

Thursday - 5.30pm.

Friday - 5.30pm, Spring Specials Night, Happy Hour 6.30pm till 7.30pm, Members Draw 8.00pm.

Saturday - 1.30pm after golf.

Sunday - 2.30pm.

Until next time, good hitting, rolling and exercising..





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CROSSWORD ISSUE 54.23

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Down: 1: Related, 2. Inert, 3. Spike, 4. Neptune, 5. Asphalt, 6. Titanic, 12. Ore, 15. Abusive, 16. Genesis, 17. Reveals,