



THE VALLEY AND EAST COAST VOICE

Established 1968

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Deadline for 55.03 is at 5.00pm on Monday 13th March 2023

'WOMEN OF THE VALLEY' RETURNS TO ST MARYS IN 2023

In 2021, an International Women's Day event was held to acknowledge, inform and celebrate the women in our community. A feature of the event was a number of portraits of women who have shown leadership in our area.

Fingal Valley Neighbourhood House is pleased to bring this event back on Wednesday 8th March at St Marys Town Hall, with a focus on the 2023 theme #EmbraceEquity. There will once again be an opportunity to meet, celebrate and share ideas on how we can all embrace equity for our community. Equity isn't just a nice-to-have, it's a must-have. A focus on gender equity needs to be part of every society's DNA, and it's critical to understand the difference between equity and equality.

International Women's Day will again have a portraits of local women from the Fingal Valley who promote equity in their working, volunteering or community capacity plus a selection of the 2021 images will be on display. The St Marys Repurposing and Upcycling Group will be there plus delicious café fare will be on offer, workshops, information stalls and much more! This is a free event, open to all and we hope to see to see you there.

Imagine a gender-equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive, a world where difference is valued and celebrated.

Together we can forge women's equality. Collectively we can all #EmbraceEquity. Celebrate women's achievement. Raise awareness about discrimination. Take action to drive gender parity. International Women's Day belongs to everyone, everywhere.

For more information, go to: <https://www.internationalwomensday.com/>



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

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

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

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

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

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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.

ALBANESE GOVERNMENT SUPPORTS BREAK O'DAY COUNCIL WITH \$647,406 FOR LOCAL INFRASTRUCTURE

The Albanese Government is supporting north-east Tasmania by providing \$647,406 to Break O'Day Council via the Local Roads and Community Infrastructure Program. The program supports councils to deliver priority local road and community infrastructure projects in their region, creating jobs and long-lasting benefits for communities, such as local road and community infrastructure projects. Councils will be able to access Phase 4 funding allocations from July, with projects to be delivered by June 2025.

In a recent press release, Infrastructure, Transport, Regional Development and Local Government Minister Catherine King stated, "The Albanese Government is committed to standing side-by-side with councils to support them in their crucial role of delivering for communities. We have listened to local councils and are delivering an additional \$250 million in this phase that will prioritise road upgrades in regional, rural and outer urban areas.

Break O'Day Council is pleased to announce that they will receive funding under the Federal Government's Local Roads and Community Infrastructure Program - Phase 4. This funding is provided to all local government areas across Australia with the amount determined by a special formula using population and road networks to calculate how much each Council receives.

Break O'Day Mayor Mick Tucker said, "Now that Council has been advised of the funding amount, we will now start looking at projects around our townships to determine the best value for money and our community. Some of the documents Council will use as a reference for making these decisions includes the local Township Plans which are developed with the community. Once projects have been identified they will go to a Council meeting for formal endorsement, then Council will submit the projects to the Federal Government for approval."

Some of the projects that have been funded through the last LRCI program (Phase 3) were:

- ◆ North Ansons Road - Road sealing - \$539,000 - In progress.
- ◆ Cecilia St, St Helens - Streetscape project - \$320,000 - Start April 2023.
- ◆ Esk Main Road, St Marys - Footpath and kerb and channel (IGA to Newman St) - \$187,755 - Completed
- ◆ Medea Cove Esplanade, St Helens - Footpath - Young Street to Heather Place - \$74,942 - Completed
- ◆ Mount Paris Dam Road and William St, Weldborough - Road sealing - \$50,000 - In progress
- ◆ Young Street, St Helens - New footpath - \$75,812 - In progress
- ◆ Grant Street, Falmouth - Footpath reconstruction - Recreation Ground to beach - \$47,303 - Start May/June 2023.



BODC works trainee Sophie and works team member Murray working on the Young Street footpath.

In the press release announcing the funding, Brian Mitchell MP commented that, "This funding is a big win for road users in the north-east, which carries a lot of local and tourist traffic. The Albanese Labor Government is proud to be supporting Break O'Day council so it can deliver safer, better local roads and infrastructure."

(Information and image courtesy of Catherine King MP and Break O'Day Council.)



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Fingal Valley Neighbourhood House

As The Valley and East Coast Voice will be celebrating 55 years of publication this year, we are replicating a page from a past copy of 'The Valley Voice' in each issue. This issue, we feature page 14 of Volume 41, Number 2, published Thursday 19th June 2008.

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

St Marys 1903 David Clement

This story by David will be published in instalments beginning this issue.

This report on St Marys is written as though it was written in 1903. It is based primarily on two newspaper articles of the time, one published in 1903 and the other in 1906, but these have been supplemented by information from other sources, and with hindsight.

St Marys is ensconced on the north-east corner of an immense basin of good agricultural and grazing land, the Break O'Day Plains, in length about five miles and breadth three miles. On either side rise mountainous rugged ranges, with bluffs and peaks of basalt and sandstone, heavily timbered, their sombre hues throwing into bold relief the brightly green and fertile valley stretching its length at their foot.

Although it has been an exceptionally dry time in the Districts, the country was observed to be far less dried up to the east of Fingal than in the Midlands and South. About two inches of rain has recently fallen, which has served to freshen up the appearance of the whole country. Every rivulet and mountain stream is running, and some excellent crops have been harvested; dairying has not been very severely checked, although the drought has been sufficiently severe this summer in some parts to greatly reduce the flow of milk.

Early Days

St Marys is the township for the surrounding district; but was not always so: the "Cullenswood" property, two and a half miles distant, was regarded as such in former years, when all addresses were given as 'Cullenswood' or "near Cullenswood". Traces of that era may still be seen, remnants of cottages, an old wooden church of the Catholic belief dating from 1859, a diminutive stone structure announcing itself by a tablet over the door as the "Sunday School 1850", and Christchurch, the more commodious stone building erected by adherents of the Church of England.

Before "Cullenswood", the area was known as the St Patricks Head District, in recognition of the dominance over the area of the pyramid mount of St Patricks Head, which gained its appellation from Tobias Fourneau, Captain of the "Adventure" and second-in-command during the second voyage of exploration in 1773 by the great James Cook. The rise and fall of these names as the identification for the district has been reflected by the changing name of the Post Office, "St Patricks Head" from 1 June 1835 to 23 July 1847 when it became "Cullenswood", until 12 April 1869 when it was altered to "St Marys", following the survey of the town site in 1857 and its proclamation as a town in 1864.

The Electoral Roll now shows a total adult population in the district of 678 persons, with 358 enrolled to vote at St Marys, and a further 219 at "Woodlawn" near the mining towns of Cornwall and Mt Nicholas.

The Arcadia of the Coast

Approaching St Marys, from the direction of Fingal, may be seen to the front St Patricks Head and Mt Elephant, and the Island Ranges on the right. To the left you pass Mt Nicholas, South Sister, that used to be called Mt Mary, and Cheeseberry Hill. Reference was made in 1864 in Walch's Almanac to "Mount Elephant", due to its perceived resemblance to the shape of the pachyderm, although officially it still appears on maps as Mt Logie, after the property name of an early settler in the area, Dr Alexander Thompson.

The town nestles snugly upon a gentle rise of the road leading to Georges Bay. When the traveller pulls up at St Marys Hotel, and has received the cheery welcome of the genial host, "Mick" Cullenan, a great placidity of soul takes possession, and all around is peace. This feeling is irresistible; the environment conduces to its existence, a huge smile of contentment seeming to overspread this arcadia of our coast. We are lost in wonder that the travelling photographer has not flooded the country with views of the place. On enquiring on the merits of the neighbourhood as a holiday resort, you will hear "fishing and shooting is good, at numerous places around here, Falmouth, Scamander River, Four Mile Creek and Seymour. Trout in the Break O'Day River are here at the back door, and duck and kangaroo shooting everywhere". "Beauty Spots?" "Yes, there's St Patricks Head, you can drive part of the way to it, and easily ascend the rest on foot. The view coastwards, seawards and inland is splendid. Then there are the Sisters at Germantown, and many other equally pleasant spots".

Continued next issue if space permits.

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AREA CONNECT IS HELPING PEOPLE LIKE TAYLOR ON THE EAST COAST



Do you, or someone you know, need transport to get to work or training? If so, contact Area Connect to see if they can help. Area Connect is a state-wide free and flexible transport option for people to get to work or training in regional areas where access to private or public transport is limited or unavailable.

Since Area Connect began seven months ago, 785 trips have been completed on the East Coast.

Stephen Woolfe is the local coordinator based on the East Coast. Stephen works with clients, Break O'Day Employment Connect, employment and training providers, employers, and other organisations around the area to help people connect with training and employment opportunities.

Taylor from St Marys is one of the many people who Area Connect has helped. She found employment at the Beachfront Hotel in Bicheno but was unable to get there without regular transport or a drivers licence.

"Area Connect has been absolutely brilliant. They have helped so many people and Steve has been awesome transporting a small group of us to and from work at the hotel each day," said Taylor. "There's not a lot of places to work in St Marys so getting to work in Bicheno and having Area Connect take us there has made a big difference."

Taylor was put in touch with Area Connect by her job provider, Asuria.

"I feel like some people look at Area Connect and say it's not for me. But we need services like these to get to work. I'd encourage people to use this service because it is the difference between having and not having a job. If I didn't have Area Connect I wouldn't be able to get to work, it's as simple as that. It's been brilliant and we couldn't have asked for a better driver."

Area Connect is delivered by Community Transport Services Tasmania (CTST) and supported by the Tasmanian Government through Jobs Tasmania.

"Area Connect is a new initiative in flexible transport and we are here to serve smaller and more remote communities like those found on the East Coast," said Lyndon Stevenson, CEO of Area Connect and CTST.

"Our service doesn't duplicate any existing services but rather expand the services available so that people can connect with training and employment. We work closely with Break O'Day Employment Connect, training and employment providers to break down the barriers to access. We strongly encourage people to contact us to find out how we can help. If you know of a friend or family member who needs transport for work or training, we can help."

For more information on Area Connect, call 1300 651 948, visit the website at www.areaconnect.org.au or email info@areaconnect.org.au.

(Article and image courtesy of CTST)



St Marys resident Taylor uses Area Connect each day to travel and from work at Bicheno.



Clr. Janet Drummond

Break O'Day Council

0404 562 320

janet.drummond@bodc.tas.gov.au

Mat Pilates



Mondays 5:15-6:00pm

Join me for a fun, flowing mat based pilates class. Instil mindfulness and enhance your flexibility as we lengthen and strengthen all the muscles in the body. This class is low impact and suitable for all.

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Free Workshops

- 10:10am Join With One Voice Break O'Day
- 11:10am Women at Work with BODEC
- 12:10pm Yoga with Katrin
- 1:10pm Community Conversation on Wellbeing

Photography Exhibition
 Portraits of Women in the Fingal Valley

FINGAL VALLEY NEIGHBOURHOOD HOUSE INVITES YOU TO

Women of the Valley

Celebrating International Women's Day

ST MARYS TOWN HALL
MARCH 8TH, 10-2PM #EmbraceEquity
FREE EVENT #IWD2023
 FREE CAFE
 WORKSHOPS WELLBEING INFORMATION
 FAMILY FRIENDLY -ACTIVITES FOR CHILDREN



Funded by the Department of Premier and Cabinet
 More info Contact Rebecca: 63742344 or Tanya: 0400 002 116

VOLUNTEERS NEEDED

We Need Help With

- History Room
- Library
- Catering
- Driving
- Op Shop
- Gardening (including Lawns and Car Washing)
- Supermarket
- Online Access Centre

Fingal Valley Neighbourhood House would love you to come and volunteer at the House.

We have many different programs at FVNH that you can become a volunteer in and be a part of our great team.

The hours can be as many as you wish to suit your lifestyle. It can be 1 hour a week, 1 hour a month or an hour each day - it is up to you!

Please contact us on 6374 2344 to discuss how we can help you join our amazing volunteer team.



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



Yoga

St Marys Active4Life Gym
 Thursdays 5:15-6:30



Bring mat & blanket (few mats available)
 \$10 per session
 Any questions? Call Katrin 0402 315 564

'THE LOCALS' OPEN YEAR FOR MUSIC LOVERS

Well, what a start to the year for the Jazz Club when the 'Local Vocals' performed at the Footy Club Rooms in January for the first concert of the year.

Lots of laughter, singing, clapping and audience participation was the order of the day, with Mairi Lester and Sally Pearce bringing the house down with their version of 'Sisters', and then Mairi added in 'Patrick McGinty's Goat' for good measure. Mary Anne did a poem, and the choir were all in fine form with songs like, 'Hey Good Looking' starting off the programme, 'It Had To Be You', 'I Can't Give you Anything But Love Baby', and 'Gonna Build a Mountain' to finish off the first bracket. The men gave their versions of 'Mame', 'When I Take My Sugar To Tea', and 'New York, New York' to finish off their round.....and so the afternoon continued with the singing, accompanied by the band consisting of Mary-Anne on keyboard, Jo King and Ted Thornley on guitars, Bob Brant on bass guitar, and Ashley Morrell on drums.



The 'Local Vocals' entertained guests at the first event for 2023.

You can be assured of a great afternoon when you come to the Lunch and Munch afternoon on the last Friday of every month at the St Helens Footy Club Rooms in Tully Street. Our next afternoon is on Friday 24th March, from 12 midday. This month our guests are 'The Rennies', with Lindy Jackson and her band of wonderful musicians, always popular with the audience.

Annual membership is now due, and Mary will be there with her receipt book waiting to take your subscription of \$20.00 for the year. Don't forget that it is B.Y.O. lunch, but our little tuckshop is always open for sandwiches and cakes, with complimentary tea and coffee....the Footy Club Bar is open as well for drinks.

Members are just \$10.00 and non-members are \$15.00. Hope to see you all there for a wonderful afternoon's entertainment on Friday 24th March from 12.00-2.00pm.

(Article and photograph submitted by Mary-Ann Wadsworth.)

GEORGES BAY MUSIC PRESENTS

LUNCH AND MUNCH

ST HELENS FOOTY CLUB ROOMS
TULLY STREET
FRIDAY 24TH MARCH - 12:00 TO 2:00 PM

\$10 MEMBERS \$15 NON MEMBERS
BYO LUNCH

GUEST ARTISTS
THE RENNIES

A GREAT AFTERNOON'S ENTERTAINMENT

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WALKING FOOTBALL - WHAT'S THAT?

Walking Football is a physical and mental health activity focused toward mature folk but also provides engagement opportunities for a range of age groups who may have limited mobility issues. BOD Walking Football is an increasingly popular fun health activity both Internationally and within other States of Australia, and a roll out is currently being attempted for Communities and Clubs throughout Tasmania. Walking Football can be well-adapted to both indoor and outdoor venues as appropriate, making it possible for year round participation.


Walking Football Tasmania Inc., supported by Reclink Australia, are rolling out GIVE IT A GO Events (and ongoing playing sessions) within a number of Municipalities of the Lyons Electorate. Mayor Michael Tucker is the Community Ambassador for Walking Football in Break O'Day. .

The Break O'Day Municipality Event is being held at St Marys District School Gym on Saturday 18 March from 2.00pm - 3.30pm.

The website wftas.org has much more information, including videos of players from other states. Check it out!

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 School (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 •

EVENT SUPPORTERS • Sponsorship • Community • Municipal •



FREE  

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

SOME OF THE MANY BENEFITS OF WALKING FOOTBALL

No Running & No Contact
Perfect for people still wanting to enjoy football without the stresses of running and physical contact



Walking Football is Inclusive
No matter your ability, gender, or ethnicity there is a place for you



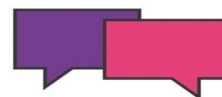
Physical & Mental Health Benefits
The benefits of Walking Football are amazing. Improve fitness, mobility, mental health and reduce stress levels



Small Sided Games
Games are played on smaller pitches with smaller goals and teams made up of 4-6 players



Walking Football is for Adult Folk
Walking Football is an activity for adult men and women and is enjoyed by many mature aged people



Social Benefits
Make new friends, have a chat over a brew and have fun getting active with like-minded people

wftas.org - view playing videos



The Say by the "Cage Rattler"

I am a little confused for the need to have meetings and so on in regard to the new dogs off-lead regulations from Break O'Day Council to be honest. Initially, it came across more as protest that the regulations were implemented, but hoping it's now more for finding suitable locations for a dog park for off-lead activities.... I fervently hope that the latter is the case.

First up, I need to make it known that I am directly involved in my position as President of the major lease holder - St Marys Sports Centre Inc. Our club has the ongoing lease to the majority of the recreation precinct incorporating the golf course, bowls green and horse track zone and accordingly, as our part, as lease-holders, is to carry out all the maintenance of the facility....Council itself maintains the recreation ground and the free camping zone.

Our club is extremely fortunate to have two or three personnel, one who is also our club secretary, who give up countless hours of their time in a totally voluntary capacity to provide our 100 or so members with a golf course and bowls green to be extremely proud of. It is truly so.

Over the past few years though, we have had ongoing problems with dogs and even cats that have caused damage to our greens, fairways and even bunkers because a very small minority of dog owners have let their charges do what comes naturally on the course. Let it be known and acknowledged that this has only been a genuinely small minority.

In our most recent review of the lease, it was agreed between Break O'Day Council and ourselves that accredited signage outlining dog control regulations that are in place in most, if not all, similar municipalities, finally be invoked to try and protect both the Sports Centre, Council and, very importantly, responsible dog owners. Quite frankly it was a no-brainer.

I believe Council is exploring a range of areas and ideas to provide dog owners a safe and well-maintained and fit-for-purpose area for their beloved canine companions. All of us should be hoping this will be a reality soon.

It seems to us that some think that the golf course is a free run and an open community space. It certainly is not, neither is the recreation ground itself. Our lease is not free. It comes with conditions that cost us many, many thousands of dollars a year, as we are responsible out of our own finances for fuel, repairs, horticultural supplies and such, to keep the facility to a suitable standard. Our members also pay fees to see the facility kept well-maintained and usable.

We put this to you if you still have an issue: contact us and we will avail you quite readily, and respectfully outline why dogs that are not under effective control in the precinct are a real problem for our facility, that has been on this site now for 75 years or more. Believe me, and as a dog owner myself including a precious, boisterous and excitable nine year old kelpie and a very elderly border collie, I know how crucial good exercise is for the muttleys, but having it cause issues to others as described above, that need not be the case and it needs to be fixed.

Those of you still not happy with this, I respectfully ask to research this and you will probably find there is no golf course that allows dogs the potential to roam on the course, as much for the protection of the dog as the layout. Please know the dangers of herbicides and chemicals the dogs could easily come in contact with, so it's important for that reason too. Several other matters as well.

Once again, please take a proper look at this, take in to consideration what I have said, and keep an open mind as to why these things have finally happened. Hopefully very soon, a really nice and purpose-built dog facility for St Marys will come to fruition, and the current angst will be a thing of the past...

What do you think?

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



IN THE KITCHEN WITH KIRSTEN



A few ideas for lunches, because we always need some new ideas. These ideas are for anyone, children and grown- up lunch boxes. Challenge the children and get them to think up ideas. **A tip:** don't put too much food in the boxes, as many children bring home uneaten food which then gets wasted.

Variety is the key. Make a plan. Tell the kids to pack their lunch but give them some guidelines. Fruit, veg, dairy, 1 treat and 2 snacks etc.

Go Mexicana: Small container layered with salsa, avocado and sour cream and topped with some grated cheese. Pop in a small container of corn chips.

Quick snacks: Tahini and honey wraps. Roll up and cut into small pieces and pop in a container. Popcorn is fantastic and cheap.

Salads: Pesto pasta salad, chunky potato salad with chopped bacon and herbs through.

Nibble boxes: cherry tomatoes, chunks of cheese, chunks of cucumber.

Cereal treats: Make your own Granola with yogurt and berries in a small container.

Cut up fruit: Put into a small sealed container, so the juice doesn't go everywhere!

Sweet treats: Melt good quality chocolate, drop spoonfulls onto to a piece of baking paper, then add dried fruit and nuts. Delicious...



Funky Sandwiches: Make tiny fairy triangles by cutting the sandwich into 8 triangles.

Use French sticks and cut thin slices, filled with a tasty spread like pesto, slice of cheese, and tomato pesto - anything really!

Use up your leftovers: Slices eg. zucchini slice, but tart it up and change flavour by use of spices etc.

Dietary: So what about some good alternatives to bread, for the celiacs and low carb eaters? Seedy crackers are good for many diets but for everyone as well. Fruit, chopped veg and some good trail mix combinations, with nuts, dried fruit etc.

Gratitude: Put gratitude or love notes in the lunchbox.

Here's a recipe to try:

Corn, Zucchini and Haloumi Fritters

Ingredients

400 gms tinned or frozen sweet corn, or if you have fresh corn, 3 cobs	1/2 medium zucchini
100g haloumi	2 eggs
pinch salt	pinch pepper
1 tbsp milk (if needed)	1 tbsp butter
	150 gms self-raising flour
	150 gm grated cheese (any cheese)
	1 tbsp olive oil

Method

Wash and grate zucchini, and set aside to drain. Drain the corn and discard the liquid. Put flour, salt and pepper in a large bowl. Add the corn and cheese and stir until combined. Add eggs, salt and pepper and combine with a fork, then stir in the zucchini. Add a little milk if necessary; mixture should hold together and drop gently off the spoon.

Put the butter and oil in a frying pan and heat over a medium temperature. When gently sizzling, drop spoonfulls of the mixture into the pan, and cook until golden on each side. Use 2 or 3 spoonfulls of mixture for bigger fritters - for bigger kids - or adults!

Drain on absorbent paper.

Make sure they are cold before you pack them in a lunch box.

Have an awesome day and Thank you.

Don't forget to Subscribe, Like and follow for more exciting food stories.

Kirsten Bacon

<https://www.youtube.com/channel/UCs7TNBH6Wi1NjOcY4E929Wg/featured>

<https://www.facebook.com/thekingboroughcook/>



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



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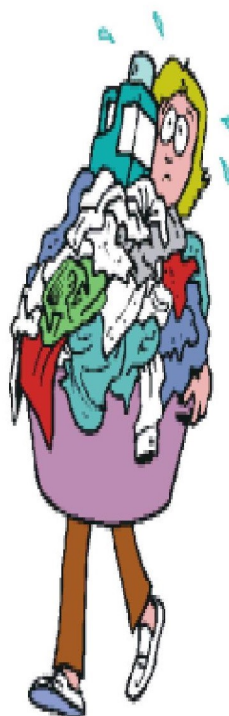
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		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>STAR FM</p> <p>Program Guide</p>  	Brekkie	Start your working week with Star FM	Fruity and Loopy with Flashy	I see Stars with The Sand Man	Breakfast Mania with Star FM	TAZZ on Toast with TAZZ	Saturday's Sunny Side Up 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 with 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] with 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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5th March Puddle Monkeys

12th March Jo King

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Contributed by Mike Brouder

Autumn Leaves, 2023

Well we've reached that time of year again. I promise you that I will not mention that autumn is a season of mists and mellow fruitfulness. I have mentioned this before in previous issues but I won't in this issue. Oops! I've mentioned it already!!! What I will mention this issue is that when I was a child in London, the seasons were not really noticed as one does in the country areas. They were regarded as various times for heating or cooling or, more likely, raincoats. However, my mother used to take me to a local park during autumn. The trees in the parks were all deciduous and therefore had prolific leaf fall. It was my delight when I was small to kick my way through the yellow and brown and golden leaves. It was a marvellous way for me to let off steam without any great effort by my mother, apart from walking me to the park.

The French will only be united under threat of danger. Nobody can bring together a country that has 265 different cheeses. - Charles de Gaulle.

A Maestro was so infuriated by a clarinettist who ruined a whole passage of music which the Maestro was conducting that he took out a gun and shot the clarinettist dead. Of course, he was arrested, convicted and was sent to the electric chair. The lever was pulled three times but had no effect. The Maestro survived simply because he was such a bad conductor.

A man goes into a pub with a pig under his arm. The barman looks up and says, "That's the ugliest looking animal I've ever seen. Where did you get it from?" "I won it in a raffle," says the pig.

A Head of State asked for an economist with one arm to advise his Government. "Why only one arm?" he was asked. "Well, truth is, I'm sick of being told that on one hand, but on the other hand...."

Law of Economics: First law; For every economist view there is an equal and opposite economist view.
Second law; They are both wrong.

A man was lost in Washington and was looking up and down the Street where he was standing. He stopped a passing policeman and said, looking at his road map, "Which side is the State Department on?" The policeman stepped back and said, "Ours, I hope."

How many musicians does it take to change a light bulb? I don't know, but hum a few bars, man, and I'll fake it.

How many magicians does it take to change a light bulb? Depends on what you want change it into.

How many pessimists does it take to change a light bulb? None. Why bother? It's only going to burn out anyway.

What is a lawyer? Someone who can write a 10,000 word document and call it a brief.

A drunk staggers onto a bus and lurches into a seat next to an old lady, breathing alcoholic fumes all over her. She looks at him in contempt and says, "You are going straight to hell." "O God, I'm on the wrong bus!" he yelled as he dived off the bus.

A woman from Warsaw married an Australian. After a while she got worried about her husband. She confided in her best friend that she thought he was trying to kill her. "How do you know?" her friend asked. "Because," she replied, "I found a bottle of Polish Remover in the garage."

A man walks into a psychiatrist's office and says, "Help me Doctor. I think that I'm a dog!" "Well now, just sit on the couch and we'll talk about it." "I can't," the man says, "I'm not allowed on the couch."

How do you plan for the future? Buy two cases of beer instead of one.

What do you give to a friend who has everything? A kilo of penicillin.

If Arnold Schwarzenegger was hired to play a part in a movie about classical composers, who would he want to be? "I'll be Bach," he'd say.

I went to see a psychic, but he was in a bad mood. Then I went to see a clairvoyant and he was really grumpy. I'm just looking for a happy medium.

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



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FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344

History@fvnh.org.au



Hello Readers! Over the next few months we will be running articles related to 'Our Convict Past'. These will start with why Britain sent convicts to Australia from 1788, and continue on where we hope to enlighten you on some of our local convict history. We will also provide you with interesting websites that you may like to use in your own research.

Our History rooms will be open Tuesday & Thursday 12.00pm-3.00pm and Friday 10.00am-3.00pm. Please call the Neighbourhood House prior, to make sure there will be someone available. Any enquiries can be done in person, via email or phone call. We also accept donations that fit our Collection Policy (eg. family photos, family trees, local publications etc.).

Sonya Lanham FVNH History Collections Officer and Volunteer Coordinator

Our convict past: How did we get here? Part 1

From 1718 to 1783 Britain sent around 52 000 convicts to North America. They were dubbed "the King's passengers".

Britain had been sending convicts from about 1615 to the Caribbean Islands, West Africa, Mauritius, Gibraltar, Burma, Singapore, North America, and other British colonies.

Apart from sending 'criminal' convicts, transportation was also deemed useful for dealing with political rebels and those with troublesome religious views.

British convict transportation did not formally cease until around 1920, when the British government of India ceased transporting Indian and Burmese convicts to the penal colony of the Andaman Islands (located in the Bay of Bengal).

The American War of Independence and the resulting abolition of slavery in North America after 1783 created a need to find new colonies to send convicts.

Also, by 1787 British gaols and hulks (decommissioned and converted warships) were overflowing and the convicted of often petty offences lived in appalling conditions.

On May 13th 1787, eleven ships set sail from Portsmouth for Botany Bay. This is commonly known as 'The First Fleet'. Captain Arthur Phillip was chosen to lead the expedition to establish the new colony in New South Wales.

The voyage took over two hundred and fifty days (over eight months).

On board these eleven ships were 570 settlers (including men, women, children and four companies of marines) and 790 convicts (approximately 580 male, 195 female, as well as 15 convicts' children).

The eleven ships consisted of two Royal Navy vessels, three store ships and six convict transport ships.

In February 1788 'HMS Supply' set sail for Norfolk Island (discovered by Captain Cook in the early 1770s), to establish a small settlement. Then in November that same year the 'Golden Grove' sailed to Norfolk Island with the first convicts.



HMS Supply
(Marine artist Frank Allen)

Websites for research:

www.digitalpanopticon.org	<i>"Tracing London Convicts in Britain & Australia, 1780-1925."</i>
wwwFOUNDERSANDSURVIVORS.org	<i>"Founders & Survivors seeks to record and study the founding population of 73 000 men, women and children convicts who were transported to Van"</i>

Sonya Lanham FVNH History Collections Officer and Volunteer Coordinator History@fvnh.org.au


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JOBS HEALTH COMMUNITY



Rebecca White MP

Labor Member for Lyons

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Tasmanian Labor 



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

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The Rule of Three

Omne Trium Perfectum. Literally translated to mean 'Everything that comes in threes is perfect', or, every set of three is complete. For thousands of years, the rule of three has maintained unique significance and is still practised frequently across a variety of domains in life. Just think:

- Rock, paper, scissors.
- Blood, sweat, and tears.
- The good, the bad, the ugly.
- The beginning, the middle, the end.
- Sex, drugs, and rock'n'roll
- *Veni, vidi, vici*
- Past, present, and future.
- Hip-Hip-Hooray
- Live, Laugh, Love
- The Three Little Pigs
- Slip-Slop-Slap
- Breakfast, Lunch, and Dinner
- Lights, Camera, Action!
- Tom, Dick, and Harry
- Mind, body, and soul
- Gold, silver, and bronze
- Egos, Logos, Pathos
- Ready, Set, GO!



I'm sure you could add even more to this list. The point is - the rule of three is present everywhere, and here's why: it's the smallest number necessary to form a pattern and our brains LOVE patterns. We humans have become amazingly proficient at being able to find and focus on them. Plus, the verbal cadence of anything said in threes creates the perfect combination of catchy and concise. It's no wonder this magic number makes our brain tingle.

We can employ the rule of three to a powerful effect in our own lives, too. By utilising the brain's principal processing feature, pattern seeking, we can subconsciously 'prime' our mind to prioritise progress towards our goals. The beginning of a new year is a time where many of us want to start fresh with resolutions or goals that will allow us to live happier, healthier, and more fulfilling lives (see what I did there?). But, where do we start? How do we decide what to focus on when we've already got so much already going on? The feeling that you have to do it all can lead to paralysing overwhelm and permanent procrastination.

So, for twenty-twenty *three*, I'd like to propose a challenge. Start by choosing 3 areas of your life that are the most important - areas that you most want movement in. Once you decide the three things you want development and improvement on in your life, for the next 3 months (yes - 3 again), take just one small action each day to move the needle in those areas in a forward direction.

What this may look like is saying "For the next 3 months, I want to develop my brain, my body, and my business." To take steps towards those goals, one day, I might listen to a podcast on parenting, go for a swim in the ocean, or update my LinkedIn profile. The next day, I might learn 5 new words in Japanese, drink 2 glasses of water, or sort out my overflowing email inbox. This is just my own example - yours might be 'Music, Money, and Mobility' where you focus on finding groovy new tunes, saving money for a holiday, and improving your flexibility, or it might be 'Read, Rest, and Relationship' where you focus on getting through your unread book collection, going to sleep at a more reasonable time, and improving communication in your relationship.

Of course, you don't have to use the same starting letter for all three. I just like it - it makes it cute and catchy, but the main objective is to make it into a kind of a personal motto for the way you want to live your life, at least for the next 3 months. It can shine a light onto the things that matter most and help us to remember that if we want change, action is necessary. The rule of three can help inspire movement towards your mission in a memorable and meaningful way.

Once you've decided on your three for 2023, put it on a vision board or write it on your bathroom mirror. Post it on a sticky note beside your phone charger or have it printed on a custom coffee cup. You often hear 'out of sight, out of mind' but the opposite is also true. If we can move the needle just a little bit in one of those 3 areas everyday, I wonder how things will be in 3 months?

Mind Matters is a regular submission focused mainly on topics relating to mental health, well-being, and personal development. I hope that it will challenge your perspectives, inspire compassion towards yourself and others, and help you navigate this crazy thing called 'life' with a bit more intention.

Written by Hollie Lightsey @ CCSTAS. Comments and feedback on *Mind Matters'* submissions are welcome through our new and improved website at www.ccstas.com.au/contact. © 2023 Counselling & Consulting Services Tasmania

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

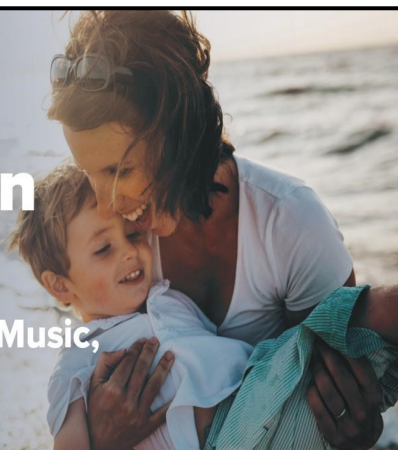
2nd and 4th Sunday of month: 11.15am

For further information, contact Joan on 0458 598 870.



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EASTER SERVICES - Break O'Day Anglican Church

Palm Sunday - 2nd April

St Helens	9.30am
St Marys	10.00am
Pyengana	7.00pm

Maundy Thursday - 6th April

St Helens	7.00pm
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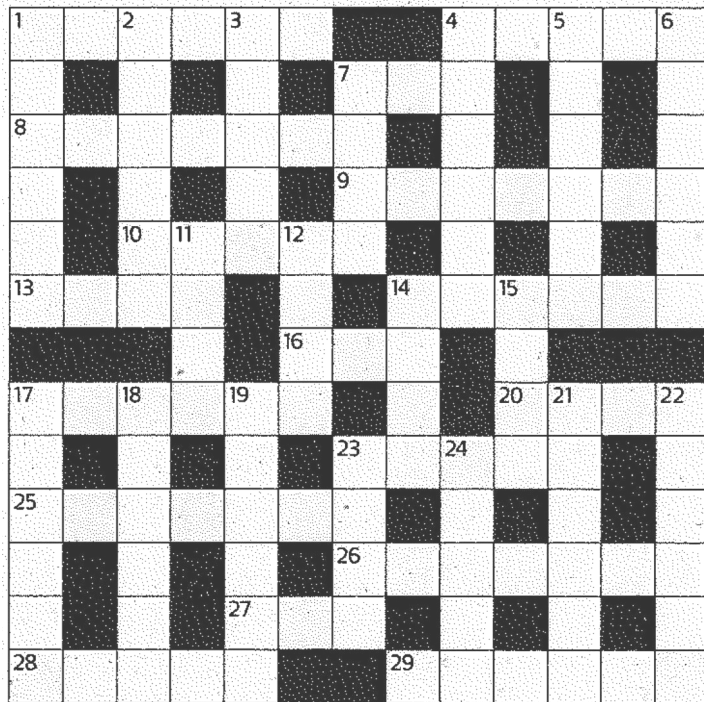
Good Friday - 7th April

St Helens	9.30am
St Marys	10.00am

Easter Day 9th April Holy Communion

Binalong Bay	6.00am
St Helens	9.30am
St Marys	10.00am

Crossword 55.02



ACROSS

1. Capital of Massachusetts, USA (6)
4. Insect mass (5)
7. Equipment (3)
8. Point of view (7)
9. Japanese paper-sculpture (7)
10. Oust (5)
13. Long-eared animal (4)
14. Brook (6)
16. Weaken (3)
17. Lady's hat (6)
20. Long tooth (4)
23. Product of tobacco (5)
25. Exact copy (7)
26. Immediate (7)
27. Texas gold! (3)
28. Male voice (5)
29. Recording room (6)

DOWN

1. Item of jewellery (6)
2. Piece sliced off (6)
3. Oily fruit (5)
4. Stern (6)
5. Shopping precinct (6)
6. Spiritualist (6)
7. Cluster (4)
11. Irish actress, ___ Boht (4)
12. List of players (4)
14. Twirl (4)
15. Elizabethan collar (4)
17. Brigitte ____, French actress (6)
18. Serviette (6)
19. Newspaper chief (6)
21. Scared (6)
22. Small cave (6)
23. Ship's canvas (4)
24. Spilled (5)

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	
	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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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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Floodplain Fencing Workshops

Workshops aim to assist all landholders in flood prone areas to better understand riverine processes, and design fences that minimise the risk of damage due to flooding and are easy to repair/replace when the water recedes.

DATES & VENUES

Wednesday 22 March – ‘Cluan Homestead’, 462 Cluan Rd, Cluan

Thursday 23 March – ‘Milford’, 523 Esk Main Rd, Conara

Saturday 25 March – ‘Wenlock’, 1395 Bridgenorth Rd, Rosevale (Small Farm Living focus)

TIME

9:30 am – 1:00 pm

RSVP

Friday 17 March 2023

CONTACT

admin@nrmnorth.org.au

(03) 6333 7777

Lunch provided

Please BYO chair if required

PRESENTERS

Water Technology - Julian Martin

Habitat Plants - Herbert Staubmann

Wenlock Enterprises - Tim Reed (22 & 25)

Griffiths Fencing Solutions - Stephen Griffiths (23)

State Emergency Service – Duane Richardson (22 & 23)

Land Management North – Denis Gaisli

REPRESENTATION FROM

Rural Alive and Well – Lauren Harper

Rural Business Tasmania - TBC



This workshop is supported through funding as part of the Tamar Estuary River Health Action Plan, an initiative of the Launceston City Deal.

‘Working together for a healthy estuary’

WITH STUDENT SCHOLARSHIP - APPLICATIONS NOW OPEN

The Women In Tourism & Hospitality TAS association (WITH) offer an annual scholarship which is now open for application. The \$1,000 scholarship is open to young women studying tourism/hospitality subjects throughout 2023 and planning a career in the tourism/hospitality industry.



Women in Tourism & Hospitality Tasmania was founded in 2009 to provide support, mentoring and networking opportunities for women in the tourism and hospitality sectors, facilitating connecting, sharing and friendship with other women working in the industry, in a welcoming, supportive environment. WITH events are all aimed to inspire, motivate and inform in a welcoming atmosphere, for connecting and sharing information and professional experiences.

Over the past 10 years, the scholarship program has supported 13 talented young women in following their dreams.

Applications close 5.00pm on Monday, 27 March 2023 and eligibility criteria are explained in the online application form at: <https://www.surveymonkey.com/r/D9H2C9T> >

Applications are welcome from around Tasmania, indeed the 2021 WITH Student Scholarship winner was from Strahan and completed a diploma course online via a registered training organisation.

More information is available at <https://withtas.com/scholarship/> or e-mail info@withtas.com



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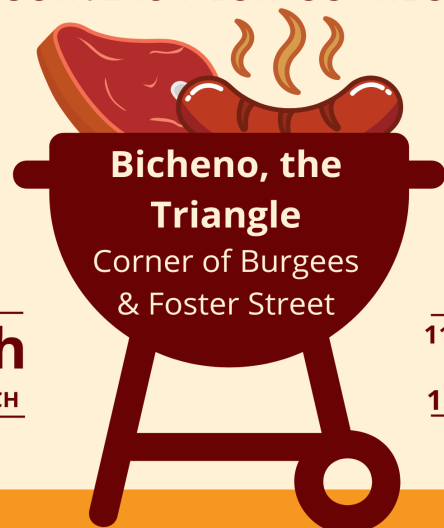


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FREE BICHENO COMMUNITY BARBECUE

BBQ-CONVERSATION-CONNECTION



**Bicheno, the
Triangle**

Corner of Burgees
& Foster Street

**7th
MARCH**

**11.30am
to
1.30pm**

This **FREE** event is delivered through support from Primary Health Tasmania under the Australian Government's Primary Health Network and Department of Premier and Cabinet. For more information contact St Helens Neighbourhood House on 6376 1134 or admin@sthelensnhh.org.au
We thank Break O'Day, Glamorgan Spring Bay and Lions for their support.

Community is the answer



to loneliness.

[🔍 Break O'Day Mental Health Directory](#)

Break o'Day/Bicheno Suicide Prevention Trial



Building Blocks News



1000 DAYS OF CONNECTION

BABY CHAT CAFE ST MARYS

Interested in meeting other parents/carers or hearing more about how you can support your baby to thrive and grow?

Do you live in the Fingal Valley ?
Do you have a baby under 2 years old?

Morning tea provided.
Siblings Welcome

St Marys 10.30-11.30am
(next to Op Shop, rear of
Town Hall)

14th February

14th March

4th April

9th May

13th June

Online sessions via ZOOM

29th March 12.30-1.30pm

26th April

31st May

28th June

get in touch for the link via
email, PM or text



WWW.BUILDINGBLOCKSTAS.COM



E: BuildngBlocks@fvnh.org.au

M: Tanya : 0400 002 116

BEETROOT TZATZIKI



Makes 2
small bowls



Can be
frozen



Prep time: 5mins
+ fridge time

What you need

- 1 cup of Greek or natural yoghurt
- 1 x 450g can of baby beetroots, drained and grated (or 2 medium beetroots, cooked, cooled and grated).
- 2 tbsp fresh mint, chopped
- 1 clove of garlic, peeled and finely chopped
- Juice of 1/2 lemon
- 1 tsp ground cumin
- 2 tsp olive oil

How to make



1. Place all the ingredients in a large mixing bowl and stir together until well combined.



2. Pop in the fridge for 15 mins and serve with toasted pita bread, fruit and veggie sticks.

familiestasmania.org.au



Read Sing Create!

Building Blocks early learning literacy and numeracy program for children 0 - 8 years will be back at St Marys Library from Tuesday 21st February from 11.00 - 11.30am each fortnight during term time.

Join us for a free fun session of music, songs and stories to share with all ages. Sessions are interactive and perfect for busy children who love to explore sounds and rhymes. **All welcome.**

Building Blocks is a free, mobile early learning and parenting support program which provides services across the NE from Coles Bay/Bicheno through Break O'Day, and across Dorset as far as Bridport. We aim to:

Help build effective parenting skills in families with children 0 - 8 years

Strengthen support to families and communities by delivering better services and addressing unmet needs through the building of partnerships between local services

Support children to grow and thrive in their local communities

Do you have a child aged 0 - 8 years? Join us at a Building Blocks session near you. Sessions are free, fun and open to anyone who cares for a young child. We have lots of helpful parenting information on our website: www.buildingblockstas.com or check our Facebook page for more info on family friendly community events or email: BuildingBlocks@fvnh.org.au

IN OUR SCAMANDER GARDEN

My Floral Art "Surprise" came first in the Scamander Garden Club February meeting. It was arranged with dahlias and roses from our garden. I added a ring as it was also to celebrate our 24th Wedding Anniversary.

Steve made a chain archway which caused a few headaches with soldering the links so it would stand. He often has to invent ways having no formal training. He calls the garden his church. He says someone or something above helps him create this beautiful and calming garden. Steve built a native beehive, while I cooked up a storm in the kitchen, making tomato relish, sauce, and bottling cucumbers, and beans.



Steve soldered chain to make an archway for the garden.

Now we are picking sweetcorn. I have never picked so many Scarlet Runners and other beans before. It has been a pleasure to drop off some cucumbers and tomatoes to mum and dad, who are in their nineties. "What's that you've got there, Peg? Not another jar of relish is it?" and the reply, "Sure is dad, got a wide beam."



Our native beehive.

So till next time, Peg.

Libraries are for everyone. Whether you are:

- a family with young children
- a jobseeker
- looking for free access to Wi-Fi and computers
- needing help with technology
- researching your family history
- a keen reader
- needing help with reading and writing
- looking to connect with your local community.

Your library is so much more than you imagine.

Borrowing books, including online resources, is at the heart of public libraries. Your library provides community spaces, literacy support, and many other programs and services as well.

www.libraries.tas.gov.au



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



Mayor Mick Tucker
- serving all of
Break O'Day

mick.tucker@bodc.tas.gov.au

0419 372 813



Fingal Valley Arts and Culture



BODRA Summer Celebration in St Marys

Around 300 people enjoyed a night of music, markets and community connections on Saturday 21st January at St Marys Recreation Ground. Organised by BODRA and the Fingal Valley Neighbourhood House, it was an opportunity to bring a family-friendly, fun, free event to the Fingal Valley. A big shout out to everyone who attended or helped - we had an amazing band (The Rennies), 15 stall holders, an incredible kitchen that sold out and we went for more food (go Dianna) plus well supported activities such as Building Blocks, hula hooping and mindful movement. It was wonderful to see so many families, people connecting and sharing a beautiful evening.



A Night for takayna

BODRA hosted a film night on the 11th February as part of a national day of action to support protection of the Tarkine. Over 30 people enjoyed delicious cake, photos over our local area and a short film by the Bob Brown Foundation. Thanks to Break O'Day Council for the instillation of a roof mounted projector in St Marys Town Hall. BODRA hope to start a film society in the winter months, so stay tuned or email us for more info: bodregionalarts@gmail.com

What's on in the local area?

With One Voice Break O'Day

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

Info, email: contact@wovbod@gmail.com or call 0439 001 533.

Spinners and Weavers

3rd Tuesday of each month @FVNH.

New Members welcome. No need to book.

Fingal History Group

Preserving the historical, social and cultural heritage of the Fingal community and surrounding areas. history@fvnh.org.au

Rustic Ragamuffins' Stitching Group

Homemade goodies, a cuppa and stitching; a recipe for a lovely escape doing what you love with like-minded people. \$10 per session; bring your current hand stitching project. Morning tea provided; byo lunch. At Fingal Valley Neighbourhood House, Talbot Steet, Fingal. 10.00am - 3.00pm on the 3rd Monday of each month (except public holidays).

St Marys Repurposing and Upcycling

Getting like-minded people together to limit waste and be creative. Ideas welcome. Weave a mat from T-shirt fabric and much more. Text Diana 0488 688 508 to join.

Break O'Day Regional Arts (BODRA)

New members welcome.

St Marys Markets, First Saturday of the month. Arts and Cultural Activities bodregionalarts@gmail.com

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

C&D EXCAVATIONS

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Dana: **0437 248 033**

Email: cdexcavations@bigpond.com



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For prompt and reliable service

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Email: dana@cndexcavations.com.au



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.



RAINBOWS AND RADISHES

By Bloomin' Iris



Autumn is upon us, Happy Gardeners!

Welcome back after a long break. We have all been busy in our gardens over the break I think, and red, gold, yellow & green is the tone set for my garden at present.

I have been picking beans, enough each day to have with my dinner, the nectarines are so sweet and juicy, and the flavour is just beautiful. My peaches were tiny this year but sweet and delicious.

Because it rained so much throughout the year, I lost a couple of trees, as did many people. They could not survive the wetness in the ground, so we just have to keep trying, and make sure any fruit trees are in raised beds especially if the ground is clay, as most of us have here in the Valley. Outside the Valley, further up the coast, they are blessed with sandy loam in some places; a little easier to till and keep well-drained.

Autumn is a time to harvest your beautiful produce, but be aware of keeping your garden sanitary. Place any fallen mouldy fruit in the bin, and your golden leaf-drop is a wonderful mulch, or add it to the compost bin. I get so much each year, but I love it. Same deal, clean up your garden beds where you want to grow new things, and enjoy your garden produce and flowers.

It is time to think of planting other veges now that it is nearly the end of harvest time. It will keep you in a good place come winter-time. The ground is still warm, so prepare any beds, add your lovely compost, rake away old mulch and put it in the compost bin. Rotate your crops; a good way is to keep a little diary with what was growing where.

Grow: *Broad beans, beetroot, broccoli, cabbage, cauliflower, celery, English spinach, lettuce, parsnip, carrots, peas, radish, silver beet and spinach.* A nice addition is Chard, it is colourful and sweet. That will keep you busy in the vegie garden for some time to come.



Be aware there are still many snails around, so lay snail pellets (pet-safe ones) or dishes of beer. They will go into them and drown. I have cut small half circles in an old ice-cream container, put snail pellets under it and a heavy rock on top for safety for pets they so cannot get at them.

You can grow a variety of flowers too at this time of the year.

Grow: *ageratum, alyssum, candytuft, carnation, cornflower, cyclamen, delphinium, dianthus, everlasting daisy, Iceland poppy, marigolds, sweet pea and viola.*

I think that should keep you all busy for a while.

I'm looking forward to talking to you all this year through this column when we take our seeds and bulbs and grow them. The joy one gets from putting your hands in the soil is really special! If you do not know what it is like to taste your own home-grown produce, try it; you may even like it! Put the hat on, slip slop slap, gather the tools, crank up the music and get stuck in, you may even get to enjoy yourself!



Until next time, keep eating those radishes with your salad and always look out for the rainbows, you never know what they may bring.....



Pregnancy Counselling & Support

Someone to Listen – Caring Support – Information – Practical Help

A free, confidential service for women, men and families experiencing distress or difficulties as a result of pregnancy or pregnancy loss.

- Information on pregnancy and support services
- Baby clothes (up to size 00)
- Pregnancy testing
- Help and support in the home
- Telephone and face-to-face counselling
- Post-natal support for grief and trauma
- Decision making; exploring the full range of pregnancy options
- After hours telephone support

Supported by the Crown through the Department of Health.

PHONE: 6224 2290 | WEB: WWW.PCSTAS.ORG.AU | OFFICE HOURS: 10AM TO 2PM WEEKDAYS



SCAMANDER RIVER GOLF CLUB

Wednesday 15th February - Mid-Week Competition - Stableford

A shorter course, but losing 10 off your handicap on average means a good short game is essential. Well played Rose!

1st	Rose King	39 points
2nd	Brad Ennis	38
3rd	Jens Kalisch	37 (on c/b)
4th	Scott Saunders	37

Nearest the Pin	6th and 15th:	Tony Swanson
	8th and 17th:	Tony Swanson
Longest Putt on 9th:		Darrel Thurley

Saturday 18th February - Men's Annual Foursome Championship

Held over from last year, but a perfect day today.

1st	Matt Cross, Tim Upton	78 gross
2nd	Rodney McBeth, Darren Bramich	82
3rd	Steve Austin, Mattie Miller	85

Sunday 19th February - Mixed Foursome Championship

A great day had by all in very warm conditions. The playoff was exciting.

1st	Sarah Tatnell, Stan Wilmot	95/68 (play off)
2nd	Maryanne and Brad Ennis	95/76
3rd	Jill Couch and Tim Upton	97/74 ^{1/8}

Tuesday 21st February - Final Day of Ladies' Championships

Overall Club Champion: Maryanne Ennis

C Grade Champion: Sarah Tatnell

Day Winners:

Sarah Tatnell	107 - 68 - 40 Stableford
Lesley Kellaway	100 - 69 - 38 Stableford
Maryanne Ennis	99 - 73 - 35 Stableford

Wednesday 22nd February - Mid-week Competition -

1st
2nd
3rd
4th
5th
Nearest the Pin

NO SCORES AVAILABLE

6th:
8th:

Saturday 25th February - Men's Club Championship - Day 1

A Grade

Matthew Cross	77
Joyden Longfield	83
Steve Austin	85
Mattie Miller	86
Darrell Thurley	86
Brad Ennis	87
David Paix	88

B Grade

Tim Upton	85
Darren Bramich	86
Jens Kalisch	88
Shan Wilmot	88
Dean Richardson	89
Tony Swanson	95

C Grade

Mark Bywater	93
John Tatnell	94
Graham Little	98
David Cannon	106
A Swanson	111
Barry Munro	118

Nearest the Pin:

A Grade: Jodan Longfield
B Grade: Tony Swanson

Sunday 26th February - Men's Club Championship

<u>A Grade:</u>	Matthew Cross	157 gross/149 nett
Runner up	Brad Ennis	168/146
<u>B Grade:</u>	Dean Richardson	171/145
Runner up	Darren Bramich	175/147
<u>C Grade:</u>	Graham Little	193/147
Runner up	Mark Bywater	195/151

Club Champion: Matthew Cross

Tuesday 28th February - Stableford

Lovely cool conditions today, with the course looking fantastic, thanks to our hard-working volunteers. You know who you are...

1st	Carolyn Stingel	36 (c/b 3 points)
2nd	Beth Haas	36 (c/b 2 points)
3rd	Mary Thompson	36 (c/b 1 point)

Longest Putt: Carolyn Stingel

Upcoming games:

1st March	Jackpot Stableford
4th March	East Coast Surf Monthly Medal
7th March	Harcourt Brooch and Putting/Stroke
8th March	Midweek Competition
11th March	Annual Tournament - Stroke
12th March	Annual Tournament - 2-person
	Ambrose
14th March	Flag/Stroke



MALAHIDE GOLF CLUB

Friday 17th February - Chicken Run

1st	Rod Hunt	30 points (on c/b)
2nd	Robert Matthews	30
3rd	Grant Richardson	32
4th	Stan Ellerm	32.5
5th	Ashley Stone	34.5
6th	Mick Prewer	34.5
7th	DB Lowe	37
8th	David Duthie	37.5
9th	Klaus Kobylinski	37.5
10th	Bill Swann	38
11th	Garry Lanham	42
12th	Alex Davenport	62

Nearest the Pin 4th: David Duthie
8th Club

Friday 24th February - Chicken Run

1st	Grant Richardson	27.5 points
2nd	DB Lowe	30.5
3rd	Bill Swann	32
4th	Mike Prewer	33
5th	Randall Wadley	34
6th	John Vincent	34
7th	David Duthie	34
8th	James Gurbiel	35
9th	Robert Matthews	38
10th	Warrick Lowe	38.5
11th	Rod Hunt	39
12th	Alex Davenport	60
13th	Rebecca Hoegberg	DNF

Nearest the Pin 4th: Sammy Bosworth
8th: John Vincent

Saturday 18th February - Par

1st	Riley Plummer	-1 (on c/b)
2nd	DB Lowe	-1
3rd	Klaus Kobylinski	-1
4th	Andrew Johns	-2
5th	David Duthie	-3
6th	Ashley Stone	-7
7th		

Nearest the Pin 4th: Riley Plummer
8th Ashley Stone

Saturday 25th February - Red Marker Day Par Event

1st	James Gurbiel	+6
2nd	Randall Wadley	+3
3rd	DB Lowe	-2
4th	Riley Plummer	-3
5th	David Duthie	-3

Nearest the Pin 4th: Randall Wadley
8th: Club

Upcoming Games:

4th March	Monthly Medal
11th March	Stableford Multiplier
18th March	Red Marker Day Stableford
25th March	2-person Ambrose

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

Interested in taking up golf?

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

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!

EAST COAST SWANS FOOTBALL CLUB



East Coast Swans MONSTER AUCTION



Saturday
March 11 2023
St Helens Football
Ground



For more information please
contact

Michael Le Fevre 6373 6128

Gary Le Fevre 0488 949 851

Nick Fysh 0474 820 222

Michael Richards 0419 376 112

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/afl/org/east-coast-swans-ntifa/8fd295c7/register>

Players will be able to register for under 12's, under 14 boys, under 14 girls and under 16 boys.

The season starts on Sunday 26th March, and training is held on Tuesdays and Thursdays. It takes place at the St Helens Football ground, starting at 4.00pm.



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





ST MARYS SPORTS CENTRE

By Volun Tier



Great to see so many people at the club; a couple of weeks of great golf and bowls, with a number of new members out and about. Our bowls season is drawing to a close and as it does, many club games to get through before the frost settles on the ground. We have our new mixed pairs champions settled, with Garry Laycock and Liz Baldwin winning from Ian Johnston and Barb Davern - well done to all that competed. This week saw the culmination of the East Coast Singles, with Julie Keane and Sue Bean making the ladies' semi-final, unfortunately going down in close games. Congratulations to Pat Hough from Bicheno for winning her first title. Well done also to Shane Pollington for taking out the men's title for the third year in a row. Last issue I reported on a great golfing initiative in the Championship of the Fantastic Fingal Valley Golf Tournament being organized between Malahide and St Marys. I can now confirm, hot off the press, dates set are Saturday 6th May, first round at St Marys and Saturday 13th May, second and final round at Malahide. Individual winners will be decided on gross and nett scores, whilst the winning team will be decided on each club's best 5 stableford scores after the 2 rounds. Exciting times, and I am sure there will be some steady recruiting done over the next couple of months. More in the next issue. Meal nights are kicking off again on Saturday 18th March with Pete the Pieman doing a gourmet pie night, with trimmings, check out the poster below. It was nice to catch up with a good mate and former school teacher in Mick Curry this week, he is a former member and achieved a hole in one way back in 1974. Great to see him having a round and enjoying the course.

Bowls: A loss to the all-conquering Scamander team and a win against Bicheno last week filled this fortnight's news, the latter gaining us the coveted Madsen Family Shield, proudly supplied by Ian and his family, accepted by Jim Rankin, and how nice it was to see him back having a game. One of our regular and coveted bowlers, Sue Bean, is having a short spell from the game, and the club and friends wish her a speedy recovery from surgery and hope to see her on the rink soon.

Golf: Two well-supported chicken runs over the session on Wednesdays went as follows; Wednesday 15th February, Stableford won by Dave Cannon 19, from Mick Kringle and Jimmy Freiboth 17, Nick Child 15, Macca and Rodney 13. Nearest the pin was Nick Child. Wednesday 22nd February, Stroke, won again by Dave Cannon 35 nett, Macca 36, Nick Child 41, Mick Kringle 42 and Nick Kringle 48. Great to see some new faces enjoying a hit and walk around, no nearest the pin, must have been a gale blowing over the course.

Member Draw: Last week Mark Carrick and this week Michael Cooke, neither were present and the fuel jackpots to \$65.00.

Monthly Raffle: Winner Sue Bean, second Macca and third Vicky Whatley from Swansea.

Opening Hours:

Thursday - 5.30pm.

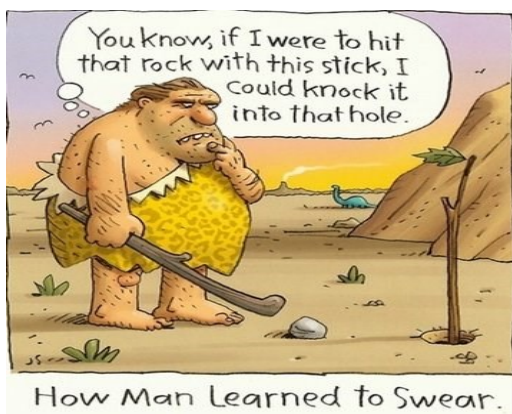
Friday - 5.30pm,

- ◇ **Spring Specials Meal 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 socializing.



ST MARY SPORTS CENTRE Inc.
&
GORDON BLUE CHEF PETE THE PIEMAN

PRESENT



A GORMET PIE NIGHT:

SATURDAY 18th MARCH 5:30pm ONWARDS

COST JUST \$20 Per Person

CHOICE of MAIN

- Slow cooked pork shoulder with secret spices or:
- Fricassee of Chicken in white wine & mixed herbs

With Chef's own mash, pee puree & tomato farl

PUDDIN'

Vanilla & honey pannacotta
with cardamon & almond bread

BOOK WITH MACCA 0457498641 or SEE LEANNE AT THE SHOP



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is available at the following outlets:

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

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CROSSWORD ISSUE 55.01

Across: 1. Collateral, 8. Nominal, 9. Prone, 10. Eros, 11. Here, 12. Too, 14. Extend, 15. Assign, 18. S.O.S., 20. Roar, 21. Dani, 23. Risen, 24. Terrier, 25. Dependable.

Down: 1. Comfort, 2. Lint, 3. Allies, 4. Espresso, 5. About, 6. Unnecessary, 7. Reconnoitre, 13. Entrance, 16. Imagine, 17. Wanted, 19. Susie, 22. Arab.