

# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.03 16th March 2023

Deadline for 55.04 is 5.00pm on Monday 27th March 2023

## International Women's Day

We had a great day celebrating the Women of the Valley and surrounds at the St Marys Town Hall last week on Wednesday 8th March 2023.

We had 115 people through on the day, which included:

- ⇒ Students and staff from SMDS – Grade 5/6 and Grade 7/8 students
- ⇒ SMCHC Day Centre Clients and Staff
- ⇒ Community members
- ⇒ With One Voice Break O'Day Choir

Services attending

- ⇒ RFDS – youth mental health team
- ⇒ Diabetes Tasmania
- ⇒ BODEC
- ⇒ BODC Wellbeing project
- ⇒ St Marys Upcycling and Repurposing Group (Break O'Day Regional Arts)
- ⇒ FVNH History Group and Building Blocks resources

All workshops on the day from Yoga, singing with the One Voice Choir, repurposing and

recycling clothing into bags and pillows, and the community conversations on wellbeing were well supported, and it was great to see a diverse group of ages attending.

The photos on display looked amazing - Thank you to Big Shed Studio for taking these! The photographs will now be on display at the Fingal Valley Neighbourhood House so that everyone can get a chance to see them.



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## Brian Mitchell MP

Your Federal Member for Lyons

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



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

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**ADVERTISING RATES - 2022**

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

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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.

[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)  
 (03) 6374 2344  
 PO Box 322 Fingal Tasmania 7214

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

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

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

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

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

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

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

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

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

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

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

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

Email me at: valleyvoice@fvnh.org.au  
 Elizabeth  
 Editor - The Valley and East Coast Voice.

## LYMPHOEDEMA – WHAT IS IT, WHAT TREATMENTS ARE AVAILABLE AND WHAT CAN YOU DO?

The Fingal Valley community is fortunate to have the not-for-profit Tasmanian Lymphoedema and Laser Therapy Centre located at the St Marys Community Health Centre. This Lymphoedema Clinic is very well regarded and attracts clients from across the state.

Lymphoedema occurs when the lymphatic system is unable to remove all the fluid that leaks from the blood vessels and then accumulates in the body's tissues.

Lymphoedema may occur when the lymphatic system is damaged by surgery and/or radiotherapy associated with treatment for cancer or when the lymphatic system has not properly formed and appears at birth, puberty or later in life.

Treatments offered at the Tasmanian Lymphoedema Centre include Manual Lymphatic Drainage massage (MLD) and low level laser therapy together with guidance and advice on diet, exercise and skin care.

All treatment protocols have been developed with advice and ongoing support from Professor Neil Piller, Lymphologist from the Flinders University Medical Centre in South Australia.

The Centre's practitioners are contracted by the Tasmanian Lymphoedema and Laser Therapy Centre Association. This Association promotes understanding of lymphoedema and its treatments and maintains and upgrades the Centre's facilities and equipment largely through community grants and fundraising activities.

### The **ANNUAL GENERAL MEETING (AGM)**

of this association will be held on

**Monday 20th March 2023 at 5.30pm** in the Day Room,  
St Marys Community Health Centre.

Business to be conducted is to confirm the minutes of the preceding annual general meeting, to receive the association's financial statements and reports, and to elect officers of the Association and the ordinary members of the committee.

This year, due to the retirement of some members of the committee of management, we are keen for community members to get involved and nominate for the positions of President, Vice President and Secretary/Public Officer, and treasurer.

Members of the community are encouraged and welcome to attend the AGM

Videoconference attendance may be available: to register your interest in attending by Zoom please contact us at [lymphoedemas@gmail.com](mailto:lymphoedemas@gmail.com).

For general enquiries about the AGM or committee vacancies, please contact Rachael Williams (outgoing Secretary) on 0400 255 810 or Bree Piscitelli (Lymphoedema Therapist) on 0484 130 442.



**Tasmanian Lymphoedema  
and Laser Therapy  
Centre Inc.**

## WE HAVE MOVED...

The Fingal Online Access Centre has moved (just over the road) to the Fingal Valley Neighbourhood House.

We offer:

- ◆ Computer Access
- ◆ Emailing
- ◆ Wi-Fi
- ◆ Printing and Scanning services.

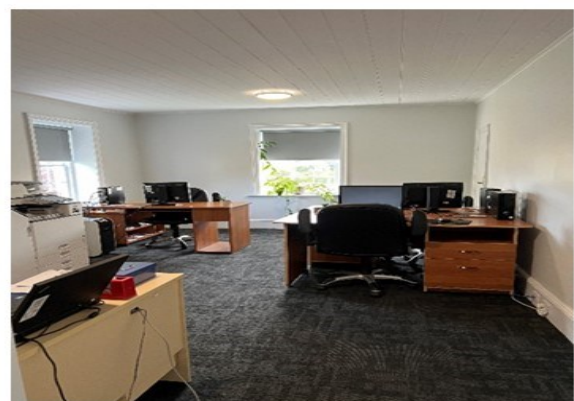
Please call in and we can assist you.

**Opening Hours:** 9am til 3pm (Monday to Friday)

20 Talbot Street, Fingal, Tas, 7214

Phone: (03) 6374 2344

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



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

As The Valley and East Coast Voice is 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 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.

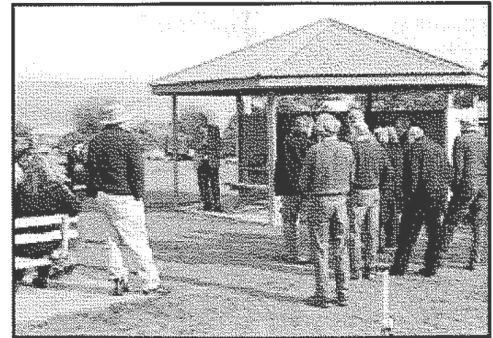
### BBQ OFFICIALLY OPENS AT CORNWALL

Around one hundred Cornwall residents and their guests gathered on Monday the 9<sup>th</sup> June to officially open their latest facility to the Coalminers Heritage Wall Park.

Official guests included Michael Polley MHA, Mayor Robert Legge, Deputy Mayor Margaret Osborne, Councillors John McGiveron, David Clement and Reon Johns.

The facility was funded from a \$700,000 community recovery grant given to Break O'Day communities by the State and Federal Governments after the December 2006 bushfires.

In March 2007 part of this money was set aside for community projects in fire affected areas that would, not only help in the recovery, but be part of the community for generations to come.



Mayor Legge officially opens the BBQ.

A Fire Recovery Reference Group was set up and with the guidance of Fire Recovery Coordinator, Howard Colvin, the group went about consulting the affected communities and at the end of the day coming up with suitable projects. In Cornwall's case it was a BBQ and pergola.

Jim Haas, President of the Cornwall Community Group, opened the official part of the day by welcoming guests and residents and saying how appreciative Cornwall was for this grand asset to our town. He went on to say he hoped it would be a reminder of the way in which the whole community stood together when our town, and indeed, our lives were threatened. How we sorted each other out and gave comfort as well as courage to fight against an enemy that was out of control.



Wayne Squires, Darlene Wright (Squires) Ray Squires and Dean Squires.



Cornwall Community Secretary Kim Chappell.

It should remind us of the gratitude we felt for those who came to stand beside us. The firies, Forestry workers, bulldozers drivers and helicopter pilots, without whom, I'm sure, many homes would have been lost.

It should also remind us that living in the bush, bushfires are always a threat; if not next summer, the summer after, and we should always be prepared.



Wayne Squires, Darlene Wright (Squires) Ray Squires and Dean Squires.

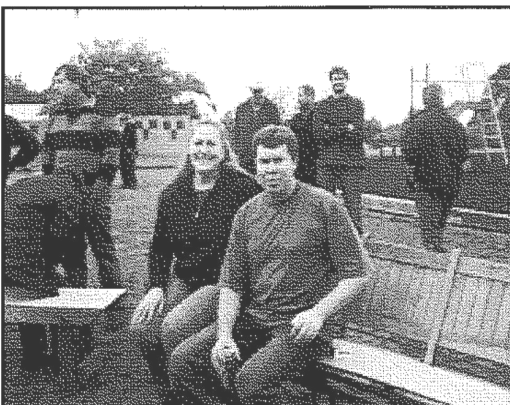
Finally Jim thanked the Break O'Day Council, in particular Community Development Officer Chris Hughes, who had coordinated the project and today's celebration.

Mayor Legge then officially opened the BBQ and he, along with Michael Polley MHA, congratulated the Cornwall Community on their wonderful effort in recent years to enhance their town.

At the end of the day the event was a huge success with everyone enjoying good food and plenty of good conversation. The kids too had a ball with face painting and a jumping castle.



Tyson Haas and friends wait to have their face painted.



Tamatha and Shane Mahoney

Story and photos: Jim & Beth Haas.

## ARE YOU THE GOLF CHAMPION OF THE FABULOUS FINGAL VALLEY?

The month of May will be a big one for Golf in the Fingal Valley as golfers compete in the inaugural 'Champion of the Fabulous Fingal Valley' tournament. The competition starts with 18 holes at St Marys on Saturday 6 May, and concludes with 18 holes at Malahide on Saturday 13 May.

The major sponsor for this event is Tasmanian Hikes and we thank Stan Ellerm, CEO of Tassie Hikes for his generous support.

The prize pool for the event exceeds \$9000, and prizes will be awarded for the first, second and third gross scores and the first, second and third net scores at St Marys, at Malahide and for the overall tournament.

First prizes (Gross and Net) will win a catered and guided bushwalk to the value of \$1950 from Tasmanian Hikes, a \$200 Drummond Golf voucher and other goodies. Second prizes will include a \$125 Drummond Gift Voucher and Tassie Wine, plus other goodies. Third prizes will include a Drummond Gift Voucher of \$75 value, wine and other rewards. All Drummond Gift Vouchers have been supplied by Tasmanian Hikes. Ampol St Marys is also supplying prizes.

Individual Gross and Net winners, and second and third placegetters at St Marys and Malahide will win a selection of Tassie Wine and other rewards. The tournament will also feature a St Marys v Malahide competition. The best six stableford scores from each club on each day of competition will be added to find the overall winning club. The triumphant club will receive the Eastern Valley Trophy donated by Malahide Golf Club Licensee John Vincent.

We have received huge support from the following politicians:

- |                          |                     |
|--------------------------|---------------------|
| ◆ Rebecca White MP       | ◆ Mark Shelton MHA  |
| ◆ Senator Jacquie Lambie | ◆ Guy Barnett MHA   |
| ◆ Senator Clare Chandler | ◆ John Tucker MHA   |
| ◆ Brian Mitchell MP      | ◆ Tania Rattray MLC |

The tournament is open to all. Players who are members of both clubs must nominate which club they are playing for.

Entry on each day will cost \$15.00 per player, and a barbecue will be held after play.

This event promises to be a great competition – already there are wild and sometimes well-founded rumours, many originating on the Malahide Deck, about who will play for which club.

Thank you Tasmanian Hikes for your generous support.

For more information, contact Rod Hunt, Secretary of the Malahide Golf Club at [rodhunt@netspace.net.au](mailto:rodhunt@netspace.net.au) or phone 0428 998 144.



## FINGAL VALLEY SUPERMARKET

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



### OPEN

Monday to Friday  
7.30am to 5.30pm

Saturday - 7.30am to 12pm  
Sunday - 7.30am to 10.30am  
(including public holidays)

# 6311 1743

Fingal Valley Neighbourhood House

## EMERGING LEADERS COMMUNITY CELEBRATE GRADUATING

Participants in the 2022 Emerging Community Leaders Program celebrated their graduation at the magnificent Government House in Hobart on Friday 10th February, in the presence of Her Excellence the Honourable Barbara Baker AC, the Governor of Tasmania.

Two of the graduates were local residents Casey Musika and Bronwyn Zemanek.

Casey Musicka has been the Project Officer for the Break O'Day and Bicheno Suicide Prevention Trial for the last three years, and is passionate about her community and helping people to live their best lives. She was a member of the 'CEEDM' team



Casey Musicka



Bronwyn Zemanek

Bronwyn is the Chairperson of the 'With One Voice' Break O'Day Community Choir. She adores how singing and supper creates connections and supports mental health and wellbeing, and thrives on being challenged.

The Emerging Community Leaders program recognizes the value of developing leadership skills, particularly those that will empower and enable participants to help their community prosper. Funded by a grant from the Tasmanian Community Fund, up to 24 participants are engaged in a year-long course, developing skills in governance, finance, leadership, management, communication and project management. Participants in the program design, develop and implement a community project as part of their commitment to the Tasmanian community, and to put into practice the learnings from the program.

Working in teams of two to six people, they are responsible for all aspects of the project's development and implementation. The focus is on building leadership skills and understanding of self and others whilst achieving outcomes for the Tasmanian community. Sessions are both online and at specified residential workshops, which are compulsory.

The CEEDM team called their project 'Purposeful Planting', and its aim was; 'To repair the loss of community connectedness for our seniors, by implementing inclusive activities.' 4 events were held in both the north and the south of Tasmania during Seniors Week. At Okines Community House, students from the local primary school joined community members to plant herbs, flowers and tomatoes. The event at Glenorchy focused on gardening, sustainability and providing senior support services. Lunch was provided, guests from Landcare and Zero Waste spoke and guests decorated pots and were given seeds to plant in their pots to take home. The day at St Helens Community garden was supported by St Helens Neighbourhood House and Storm Disability Service, who brought clients to the day, encouraging interaction with members of the local community. The final function was held at the Northern Suburbs Community Centre. Migrant Resource Centre and community members planted herbs, flowers and fruit trees, then a memorial cherry tree was planted with a plaque to commemorate the day. Lunch featuring dishes from a number of different cultures, followed by singing and dancing from those cultures.

"I saw the growth of fellow staff-members at St Helens Neighbourhood House who had done the course, and as soon as applications opened last year, I jumped in," Casey said. "The course built my self-confidence, both personally and in my role. I made mistakes, but I used these to learn and to refine skills, and I met people from a wide range of situations, all working towards the same goals in different ways. Life experiences were shared and it was interesting to see things through the eyes of people from different cultures," she added.

Casey strongly recommends people joining the emerging Community Leaders course, as there so many areas to learn from and people to work with, all contributing using their strengths and learning how to develop weaknesses and be better at their job. "And I made some great friends and network connections, too," she concluded.

The team of which Bronwyn is a member was called lutruwita ekatha which in English means 'Tasmania together'. They called their project 'People of lutruwita', and its aim was: 'To bring the people of *Lutruwita* together through story, and raise awareness that, despite our differences, we are all connected through the love of our Island home and to reinforce that, as humans, we all have similar needs, wants, and goals for family, security, love and support.' "We created a book called "People of Lutruwita," Bronwyn stated. "We interviewed many diverse people of all ages and backgrounds, asking them 20 questions about their life and thoughts, then brought it together in a way to showcase the similarity and diversity of the people who make up our wonderful home." The questions included, 'What makes you laugh the most', 'What did you want to do when you were small?' and "What do you look for in friendship?", and the replies share what we have in common and what differences we have. The page are illustrated with beautiful photographs of Tasmanian landscapes. The team are hopeful that they will be able to publish and sell the book to the public.

*(Continued next page)*

Bronwyn volunteers in the community, and wanted to improve leadership skills so she could do the best for the With One Voice Break O'Day Choir. "Knowledge I have gained from the Emerging Community Leaders Programme has given me confidence to pursue community programs and ideas, and I hope it will lead me to support my community to be the best it can," she continued. "I would also like to say a profound "Thank You" to the Tasmanian Community Fund for giving me the opportunity to take the course. I would not have been able to pay the full cost of such a course, and the learning, experience and connections I made has already made a huge difference to my life and directly benefited my choir team. It has given me skills and confidence to get out and do good for, and within, my community."



*The graduates of the Emerging Community Leaders Program of 2022 proudly display their certificates..*

Each team provided a presentation about their project at the graduation ceremony before receiving their certificates.

The program for 2023 is already underway, with Rebecca Tuck, Community Care Adviser at the Fingal Valley Neighbourhood House, participating.

For more information about the Emerging Community Leaders, contact the Tasmanian Community Fund on 6270 5843, or email [admin@tascomfund.org](mailto:admin@tascomfund.org) or visit [www.emergingcommunityleaders.org](http://www.emergingcommunityleaders.org)

## This is for you.

Mental Health Families and Friends Tasmania are partnering with St Helens and Fingal Neighbourhood Houses to provide an information session about who we are, what we do, and how we can support you!

These sessions are for anyone who:

- supports a family member or friend living with mental ill health and or alcohol and other drug use,
- who knows someone who is an informal support person,
- is in the community and would like to know more about us.

For more information, call us on 6228 7448, or email us at [admin@mhff.org.au](mailto:admin@mhff.org.au)

If you are interested in attending these 1.5 hour information sessions, please follow the relevant link:

**27th of March from 10am -  
11:30am at St Helens  
Neighbourhood House**

Register:

<https://events.humanitix.com/mental-health-families-and-friends-tas-st-helens-information-session>

**29th of March from 10am -  
11:30am at Fingal Valley  
Neighbourhood House**

Register:

<https://events.humanitix.com/mental-health-families-and-friends-tas-st-marys-information-session>

**29th of March from 1pm -  
2:30am at St Mary's  
Community Hall**

Register:

<https://events.humanitix.com/mental-health-families-and-friends-tas-st-marys-information-session>



# A problem shared

## Impacted by Suicide?

**Local, confidential help is available**

**Psychological support**

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**Cooking, shopping, lawn mowing and more.**

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

25 Circassian Street

St Helens TAS 7216

Phone: 6376 1134

Email: [admin@sthelensnhh.org.au](mailto:admin@sthelensnhh.org.au)

Weekdays 9am—3pm



**St Helens Neighbourhood House**

# is a problem halved.



## The Say by the “Cage Rattler”

Do you recall the hysteria surrounding the Y2K Bug In the year 2000? So many, including experts, thought that banking systems and systems heavily reliant on computer control might shut down, leaving the world in crisis. It turned out to be a non issue... Later that year though, I fondly recall the Sydney Olympics and the hype matched by delivery of one of the greatest of Olympics. A week or so ago, I stumbled on a video that recalled the XXII Olympiad held in the Harbour City in a great way, and it rekindled for me memories and excitement of the night of the Opening Ceremony on Friday September 15th that year.

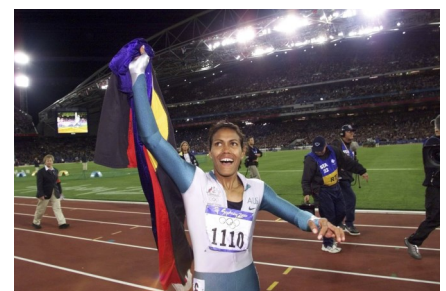
They say it's just sport, but it's more than that I'd say. Over the 16 days of the games, Australia as a whole swelled with pride and wonder. No doubt every other host venue before and since has been the same. Others are critical of the massive cost to put on the Games, and this is already being pointed at Brisbane hosting in 2032. What is often not mentioned though, is the employment and skills that are value-added for years before and after the event, the opportunities for a vast number of businesses, contactors, supply tenders and manufacturers, and the inspiration to young athletes to live healthier. It's not all about the cost centre numbers.

Australia's third hosting of the Olympics seems a long nine years distant right now, but I'm betting the people in charge will use the next year or two leading up to the former seven year announcement period that Sydney had, wisely. No-one around 30 years ago (1993) will forget Juan Antonio Samaranch 's famous words, "And the winner is Sydney". Total euphoria tempered with a reality that seven short years stood between the announcement and the actual event. Now it's 10 years...

The other night, as I watched bits and pieces of the Sydney Olympics recounted in the video, not least the very famous Cathy Freeman gold medal win, it was proof beyond any doubt that this country could do it then, and can do it in 2032.

Finally, happy to see the Main Street repairs have happened; will be interesting to see if they hold longer than a few months this time, but at least we won't need to drive like dodgem cars trying to avoid the ruts, for a while. That said, I still hope plans are afoot for a proper remake, something akin to the western side of the pub, in the not too distant future....it's certainly way overdue.

What do you think?



### FOR SALE

#### Five white Maltese/Poodle puppies, now ready for “forever” homes!

There are three boys and two girls.

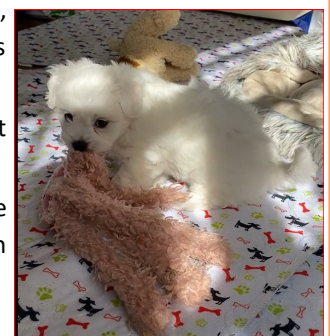
Mum is pure white Maltese, and Dad is pure white Poodle. The fur of the Maltese is straight, while the Poodle is curly. Both need to be groomed regularly, so a clear preference is for owners who have owned similar dog breeds before.

Mum and Dad weigh about four and a half kilograms each so this will be the ballpark adult weight.

Both the Maltese and Poodle are family-friendly ‘lap-dogs’, safe with children, and are affectionate by nature. They crave companionship. For this reason I am looking for homes with children or folk who will be there most of the time.

Price: \$1000 negotiable.

Please email me for further photos, mini movies, etc at: [colin.stone@live.com.au](mailto:colin.stone@live.com.au).





# Ask. Listen. Link.

We all know someone who might be struggling with life's challenges, and we encourage people to reach out and ask for help.

But...would you know what to say and what to do if someone reached out to you?

Learn how to see the warning signs and how to respond and link the person to most appropriate support that is available.

Join Wendy French for this enjoyable and informative 2-hour workshop.

## Facilitator

**Wendy French**

Managing Consultant  
Talking About  
[www.talkingabout.net.au](http://www.talkingabout.net.au)



**Talking About ...Training**

## Schedule

Monday 3rd April 2023  
1:00 pm - 3:00 pm  
at the Bicheno Community  
Health Centre

**This session is available, FREE, for public through funding from the following organisations**



RSVP on:  6376 1134  [admin@sthelensnhh.org.au](mailto:admin@sthelensnhh.org.au)

### ANGLICAN PARISH WELCOMES NEW MINISTER

The Break O'Day Anglican church family have been praying for a new leader. And the good news is they are arriving after Easter. Reverend John Mahoney and his family will arrive in Break O'Day early April 2023. John will be inducted at the St Paul's Church in St Helens on 12<sup>th</sup> April.

On 25 February nine people were ordained at the 10.00am service at St David's Cathedral in Hobart, including Reverend John Mahoney. Several members of the Break O'Day Anglican community travelled to Hobart for this wonderful occasion and witness this great event.

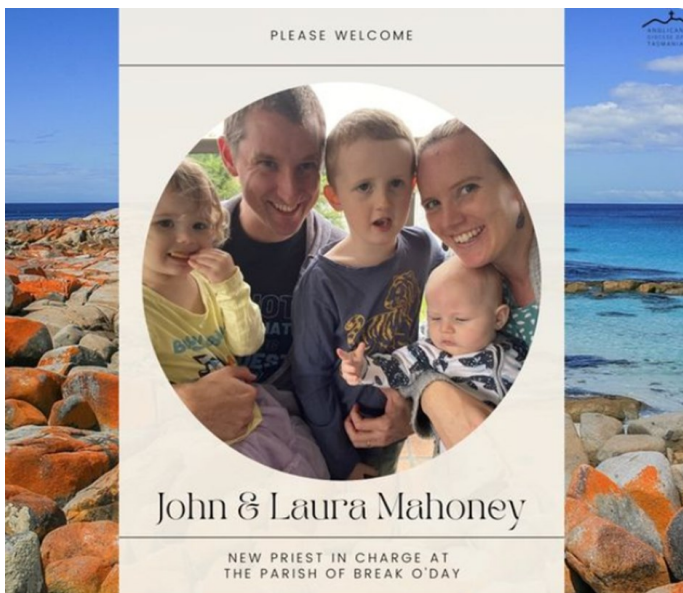
As Christians prepare for Easter, think about this; what concerns you, concerns God. "Give all your worries and cares to God" - 1 Peter 5: 7

A trucker who always took his dog on his road trips had stopped for a break and was throwing a ball around when something caught the dog's eye, and he shot into the bush. When the dog didn't return, the trucker searched frantically, without success. He alerted other truckers at the truck stop, and they searched until dark. They eventually left and told the trucker they would pray for him.

The trucker doubted God was listening or particularly concerned about his dog, as he had been praying and searching for hours to no avail. He posted about his dilemma on Facebook before getting back on the road, distressed that it would be weeks before he was assigned to return. On his next break, he checked Facebook, and it was filled with comments saying: "we're praying for you", "Hang in there", "Trust God". It was such a comfort to him that someone besides him was worried about his dog. As if that wasn't enough, his company assigned him a return trip the next day!! Could prayer be working? On his way back, he stopped in the same spot his dog had gone missing and started searching for him again, This time, he prayed with confidence. After searching for hours, to no avail, he returned to his truck disillusioned, only to find his dog sitting next to his truck waiting for him!

The Bible says: "Give all your worries and cares to God, for He cares about you."

Reflection taken from "The Word for Today, which is published by Vision Christian Media. A free introductory copy of the devotional may be obtained from Vision Christian Media; 1800 007 770 or admin@vision.org.au"



### Are you seeking assistance with any of the following?

Financial (criteria apply)	Food	Housing	No Interest Loans
SCAN ME	Household Items	Domestic Violence	

OR

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

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




## MANGANA COMMUNITY INFORMATION DROP-IN

Council staff will be visiting the Mangana community to provide information and answer questions about the installation of a Small Cell Telecommunications Tower and Fire Water Tanks.

**WHEN: Saturday 1 April, 2023**  
**TIME: 10am - 12pm**  
**WHERE: Elizabeth Street Mangana**  
 (See Map Below)

**Break O'Day COUNCIL**  
 Phone: 6376 7900  
 Email: admin@bodc.tas.gov.au

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

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>STAR FM</b></p> <p><b>Program Guide</b></p>  	<b>Brekkie</b>	Start your working week with Star FM	Fruity and Loopy with Flashy	I see Stars with The Sand Man	Breakfast Mania with Star FM	<b>TAZZ on Toast</b> with TAZZ	Saturday's Sunny Side Up with Manny	Sunday Mornings
	<b>Morning</b>	<b>Get Sand between your toes</b> 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
	<b>Arvo</b>	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
	<b>Late Arvo</b>	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 The Tone	with The Tone
	<b>Evening</b>	Monday Evening with Star FM	Neville's Country Corner and more with Neville	That 70's Show with Star FM	Thursday Nights with Star FM	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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19th March Brooke Banderas  
26th March Alan Archer

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## GEORGE'S BAY MUSIC

Another successful afternoon was held for our February Lunch and Munch by 'The Rennies', always a crowd pleaser, and audiences will be looking forward to them appearing again for our June concert..

But for our March Lunch and Munch, we have Ian and Rita Summers from St Marys performing, with Rita on vocals, and Ian on guitar and he may just give us a performance on his banjo...another popular duo.

So don't forget to be there at the St Helens Footy Club rooms Tully Street on Friday 31st March from 12 midday till 2.00pm. It's BYO lunch, although we do have the tuckshop operating for sandwiches and cakes if you want a treat. Tea and coffee are free, and the Footy Club Bar is open for drinks as well. Try your luck with a raffle, lucky \$50, and lucky door prize..

Members are just \$10.00, and non-members \$15.00.

See you there, bring along a friend for a great afternoon of musical entertainment, on Friday 31st March at 12 Midday.



## Chewy Chocolate Gingerbread Cookies

### Ingredients

1 ½ cups plus 1 tablespoon unbleached all-purpose flour	1 ¼ teaspoons ground ginger
¼ teaspoon ground cloves	1 teaspoon ground cinnamon
¼ teaspoon freshly grated nutmeg	1 tablespoon unsweetened Dutch-process cocoa powder
½ cup unsalted butter, room temperature	1 tablespoon grated peeled fresh ginger
½ cup dark-brown sugar, packed	¼ cup molasses
1 teaspoon baking soda	1 ½ teaspoons boiling water
210 gms bitter 70% chocolate, cut into 1/4-inch chunks	¼ cup granulated sugar

### Method

Line two baking trays with baking paper. In a medium bowl, sift together flour, ground ginger, cinnamon, cloves, nutmeg, and cocoa.

Beat butter and grated ginger until lightened, about 4 minutes. Add brown sugar and beat until combined. Add molasses and beat until combined.

In a cup or small jug, dissolve baking soda in boiling water. Beat half of the flour mixture into butter mixture. Beat in baking-soda mixture, then remaining half of flour mixture. Mix in chocolate, then turn out onto a piece of plastic wrap. Pat dough out to about 1 inch thick; and seal with wrap. Refrigerate until firm, 2 hours or overnight.

Heat oven to 180° C. Roll dough into 1 1/2- inch balls and place 2 inches apart on prepared baking trays.

Refrigerate for 20 minutes, then roll in granulated sugar.

Bake until the surfaces crack slightly, 10 to 12 minutes, rotating halfway through. Let cool on sheets 5 minutes, then transfer cookies to a wire rack and let cool completely.

Cookies are best the day they are made, but can be stored in an airtight container at room temperature up to 5 days.



## “WHO ARE YOU”

James Thomas loved the peace and isolation of his architecturally-designed beach house, so perfectly suited to the wild East Coast of Tasmania... It was designed to blend into its environment among the ever-shifting pure white sand dunes that were being gradually stabilized by the planting of dune grasses. Its majestic sea views out over the Tasman Sea were unrestricted. So secluded, it nestled just far enough back into the landscape to be almost hidden completely from view. Totally self-sufficient and off the grid, it captured solar energy from the sun and rain water from its rooftop.

Winters on the East coast could be harsh, blasted by the south-easterly gale-force winds that roared in from Antarctic, driving the huge, white topped breakers crashing in onto the beach of Mermaid Cove Inlet. James preferred the isolation and the solitude. He couldn't remember ever seeing another soul on this secluded beach during the winter months, not that he had ever really walked down there much.

But there she was, barefoot, walking along water's edge, not bothered by the foam topped waves as they raced up the slick, wet sand to clutch at her feet and legs, soaking the hemline of her flowing dress. He had been scanning the sea for the Southern Right Whales reported to be making their migratory journey up the Coast to give birth in the warmer waters of the mainland.

He was momentarily distracted by a lone seagull as the wind carried it in an updraft towards the huge glass window, over the house out of sight. When his eyes went back to the surf line where he last saw her, she was gone. He re-focused his binoculars up and down the beach, searching for this elusive female, to no avail. Had his eyes deceived him? Did he really see her, or was she a figment of his imagination?

The new day dawned dark, with ominous storm clouds hanging heavily over the horizon to the south east, turning the sea a deep navy blue, the southerly wind whipping up the tops of the surf and churning them into lines of raging white foam.

Would she be there today? James was drawn away from his work, to the window, to scan the beach for her. What was it with him and his sudden interest in this wraith like creature on his beach?

It was the winds blustery act of catching her long floral skirt that alerted him to her presence on the beach again. There she was. She seemed to be almost drifting along the beach with the wind behind her, barefoot again. Did she sense him watching her? She lifted her gaze up toward where he was watching her; did she see him there behind his glass wall? He jumped back, feeling like he was spying on her but realizing full well she couldn't have seen him through the reflective coating of the glass. Confidently he returned to his place at the window, his eyes sweeping the beach for her. She was gone again.

As the days grew warmer, she seemed to stay a little longer, searching for shells along the tide line. Without realizing it, he had begun a ritual, he felt compelled to stay longer just watching her, hidden behind his glass wall. He had become comfortable with the sight of her presence in his outside space, in fact he found himself just craving a glimpse of her there on his beach... “Who are you”????

James's question hung, unanswered in his personal silent space. He marveled at the unrestricted freedom of the bare-foot creature. He felt he knew her so intimately now. Her every fluid movement was like a dance, the gentle toss of her head when the wind blew her long dark hair over her face, the curve of her back as she bent to check a beach treasure, those slender fingers, gathering up each delicate shell, the firmness of her youthful body as the wind moulded her dress in gentle folds around her.

Then came that day she didn't come.

A week went by. He was compelled to a daily vigil now, searching for her on the beach. Moving back and forth from his work at the computer to the window to watch for her. As the days slipped into weeks, he began to accept the fact she may not return. He became more aware of his surroundings, things he had not noticed before. Between the sunrises and the sunsets was that ever-changing miracle of nature, playing out before his eyes daily.

It was more of an awakening really. He began to wonder just how many sunrises and sunsets he had missed, or how many of those magnificent changing seascapes he had not experienced, those silvery reflected paths of the moon on the ocean as it had raced to the shore on the calm still nights, or those magical awe-inspiring strikes of lightening that lit up the sky on a dark stormy night as they danced on the sea. And the moments those magnificent, migrating whales breached along the horizon. His senses were now awakened to this truly amazing a theatre of life being played out before his very eyes every day.

In that moment he realized he had answered that unanswered question...

He spoke to the silence.

“I know who you are. YOU ARE MY AWAKENING.”

*Written by Annette Clark.*

# YCONNECT NEWS

Youth Happenings in the Break O'Day

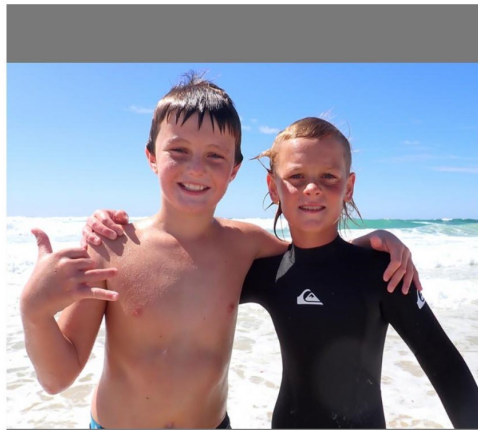
## SUMMER HOLIDAY FUN!

The team at YCONNECT are still buzzing after an incredible summer school holiday program. We had a couple of days at the St Mary's pool, two mountain biking trips and coaching days, two surfing days and a collaboration with Free2b Girls to run an overnight girls camp to Gumleaves Bush Holidays! Thankyou to all participants and people who have supported the program, planning for the Easter Holidays is already underway!

We also wanted to give a shout out to Hillys IGA and The Providore for their generous donations towards the camp that keep our energy levels up! If you are interested in volunteering and getting involved in our programs we are currently taking expressions of interest and would love to hear from you!



YCONNECT's services and programs are for young people aged 10-17 living in the Break O'Day area. For more information contact Youth Program Manager Caitlin [youth@sthelensnhh.org.au](mailto:youth@sthelensnhh.org.au) or call St Helens Neighbourhood House on 6376 1134



## A JAM PACKED JANUARY..

Our activities included:

St Marys Skatepark session  
Free2b Girls Camp  
Mountain Bike Coaching Day  
St Marys Pool days  
Learn to Surf sessions

**STAY TUNED  
FOR OUR EASTER  
HOLIDAY PROGRAM  
COMING OUT SOON!**

## ALSO FOR YOUNG PEOPLE....

Wednesdays 3pm - 4.30pm:

Free2b Girls Group

Thursdays 3pm - 4.30pm:

Skittles LGBTQI+ Group

Both at SHNH Bungalow

YCONNECT is support by the Tasmanian Government and funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

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**Office Phone - 6350 5000**

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**FREE LEGAL ADVICE AND  
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Women's Legal Service Tasmania are now visiting Fingal Neighbourhood House monthly, offering FREE confidential general legal advice, referrals and financial counselling services.

If you are a woman in need of legal assistance, make an appointment with our visiting Solicitor and Financial Counsellor for their next visit to Fingal

Appointments can be made by contacting the Women's Legal Service on 1800 682 468 or Fingal Neighbourhood House on 6374 2344.



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So, when you're ready to buy or sell in the local area, feel free to give me a call. I'm just down the road.

*Dave Liebmann*

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

0428 860 047







## ST HELENS WALKING GROUP



### Wednesday 1<sup>st</sup> February

Six of us went to Littlechild Creek, including a new member Debbie and a visitor, Eva. The weather was warm and although it was windy on the coast it was very protected along the walk. The walk was 1.2 Km (and return) along an easy vehicular track through open forest to pretty Littlechild Creek along the Ansons Bay Road. Eva and Christa swam. Cool but so refreshing. Someone had left two plastic chairs by the creek which were put to good use. Perfect picnic spot.

Thank you Christa for leading this walk.

### Sunday 5<sup>th</sup> February

This Saturday walk turned into a Sunday walk, as it promised better weather; well, the 4 walkers that climbed Sphinx Bluff, part of the NE Highlands in the Ben Lomond range, got what they wished for. The weather was clear and hot with not a cloud in the sky. This was a long, hard walk with lots of scrambling over scree and the only way was up! However, once achieving the top, the views were spectacular – right over the Fingal Valley.

This walk was led by Susan B and Alex – many thanks to them both.

### Wednesday 8<sup>th</sup> February

This Wednesday walk in the Winifred Curtis Reserve at Scamander saw some of the walking group in one of their favourite places. Weather was kind and company was good as always. Hats, solid shoes and water bottles were essential accessories. Coffee at Swims followed, which always proves popular amongst members. Thank you Pam for leading this walk.

### Wednesday 15<sup>th</sup> February

This Wednesday walk saw members heading up to the hills on Lottah Road to walk the Duco/ Crystal Creek/Don Mine. The walk was approx. 1.5 hrs, plus travel time, through medium undulating forest predominantly downhill. The walk was easy to medium grade, sturdy footwear required and for those who don't like leeches, gaiters needed to be worn. This was a very interesting walk with lots of relics to explore from the Blue Tier tin mining days. Thank you Ian for organising this walk.

### Saturday 18<sup>th</sup> February

This Saturday's walk was led by Fran C. where she took walkers to an area of rainforest almost in her backyard, the Star of Peace, near Weldborough. The walk began with a 45 minute climb, then gently up and down through ancient myrtle rainforest, taking an hour or so. There were great things to see - a massive myrtle and other trees, and a lovely glade - a good place for a cuppa or lunch. Lovely walking. Thank you Fran C for leading this walk.

### Wednesday 22<sup>nd</sup> February

This Wednesday's Walk was led by Tim (thank you Tim for filling the gap), it was a gentle walk along the dune from the Grants Lagoon foot bridge (Binalong Bay) to and around the point at the north end of the beach, then returning along the beach.



*The views from the top of Sphinx Bluff are spectacular.*



*Walkers make their way through the rainforest along the Star of Peace walk.*

## 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

**BREAK O'DAY**

**ANGLICAN CHURCH**

**SERVICE TIMES**

**St Helens**

**St Paul's: 9.30am every Sunday**

**58 Cecilia Street, St Helens.**

**St Marys**

**Holy Trinity: 10.00am every Sunday**

**13 Main Street, St Marys.**

**Pyengana**

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

**28007 Tasman Highway, Pyengana.**

Enquiries: 6376 1144 or Facebook: anglicanbod



**ST MARYS CATHOLIC PARISH**

**WEEKEND MASS:**

**ST HELENS:** Saturday 5.00pm

Sunday 4.00pm

**ST MARYS:** Sunday 9.00am

**BICHENO:** 1<sup>st</sup> Sunday 11.00am

**FINGAL:** 2<sup>nd</sup> and 4<sup>th</sup> 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**

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2nd and 4th Sunday of month: 11.15am

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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

Good Friday - 7th April

St Helens 9.30am

St Marys 10.00am

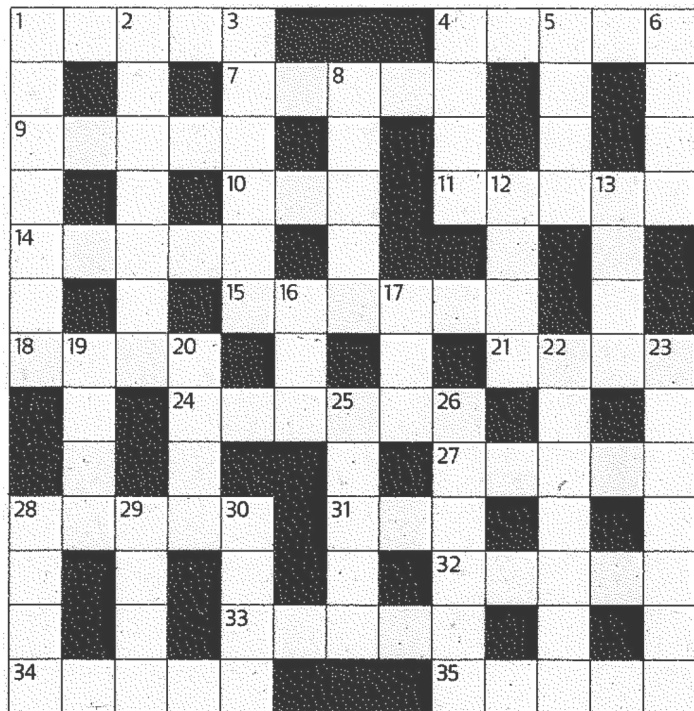
Easter Day 9th April Holy Communion

Binalong Bay 6.00am

St Helens 9.30am

St Marys 10.00am

# Crossword 55.03



**ACROSS**

- 1. Snake-poison (5)
- 4. Ship's room (5)
- 7. Actress and cake maker  
Jane \_\_\_ l (5)
- 9. Desert ruminant (5)
- 10. Meadow (3)
- 11. Creature (5)
- 14. Shooting area (5)
- 15. Skin picture (6)
- 18. Type of door lock (4)
- 21. Sporting side (4)
- 24. Crave (6)
- 27. *Perry \_\_\_*, TV lawyer (5)
- 28. Sickly (5)
- 31. Watch-pocket (3)
- 32. Parasitic worm (5)
- 33. Swear (5)
- 34. Flour grain (5)
- 35. Mineral element (5)

**DOWN**

- 1. Colonial governor (7)
- 2. Token, insignificant (7)
- 3. Wooden hammer (6)
- 4. Child's bed (4)
- 5. Second-class mark (4)
- 6. Undiluted (4)
- 8. *Wooden \_\_\_*, Elvis song (5)
- 12. River island (4)
- 13. Couch (4)
- 16. Mule (3)
- 17. Rocky peak (3)
- 19. Declare (4)
- 20. Fringe (4)
- 22. Simplest (7)
- 23. Mint-oil (7)
- 25. Imply (5)
- 26. Symbolic badge (6)
- 28. Cabaret (4)
- 29. Irish Gaelic (4)
- 30. Discretion (4)

**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

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	<b>St Marys Library</b> 31 Main Street, St Marys (03) 6387 5602	 We have more than books. Borrow a DVD, CD or magazine. Search our website and order a title from anywhere in the state. Check out our e-resources too. It's all free!
	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	
<b>eLibrary:</b> <a href="http://www.libraries.tas.gov.au">www.libraries.tas.gov.au</a>		





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[kylie.wright@bodc.tas.gov.au](mailto: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.

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To stay up to date with emergency warnings in Tasmania - [www.alert.tas.gov.au](http://www.alert.tas.gov.au)

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

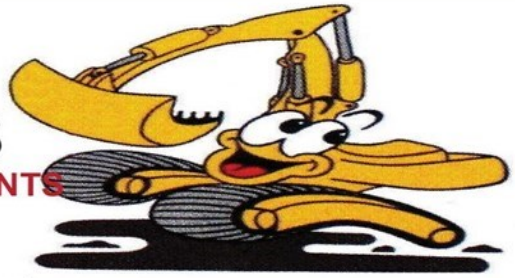
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**Email: [dana@cndexcavations.com.au](mailto:dana@cndexcavations.com.au)**

**PROUDLY SUPPORTING THE LOCAL COMMUNITY**

## 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.



## 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





# EAST COAST

V E T E R I N A R Y  
C L I N I C

## CLINIC OPENING HOURS:

Mon-Fri 9:00 - 5:00

Saturday 9:00 - 2:00

Closed Sunday and public holidays

*Available for out of hours emergencies all hours*

67 Quail Street, St Helens

Ph 6376 1577

## SCAMANDER RIVER GOLF CLUB



### Wednesday 1st March - Mid-Week Competition - Jackpot Stableford

1st	Tony Swanson	34 points
2nd	Graham Little	31
3rd	Brad Ennis	30
Nearest the Pin	6th:	Brad Ennis
	8th:	Tony Swanson

### Saturday 4th March - East Coast Surf Monthly Medal

1st	David Paix	81/69
2nd	Mark Bywater	92/69
3rd	Dean Richardson	63/70
Nearest the Pin	6th:	David Paix
	8th:	Mark Bywater
Longest Putt		David Paix
Best Gross		David Paix (on c/b) Rodney MacBeth

### Tuesday 7th March - Harcourts Brooch and Putting - Stroke

1st	Beth Haas	77 Nett
2nd	Rose King	78
3rd	Caroline Stingel	80
Longest Putt:		Jill Couch

### Wednesday 8th March - Mid-week Competition - Stableford

1st	Dick Swanson	36 points
2nd	Darren Bramich	31
3rd	Jodan Longfield	30
Nearest the Pin	6th:	N/A
	8th:	N/A

### Upcoming games:

15th March	Midweek Competition
18th March	Ironhouse Brewery Stableford
21st March	Ladies' Stableford
22nd March	Midweek Competition
23rd March	Veterans Golf @ Malahide - Stableford Longford visit
25th March	Mitre 10 Stableford

### Saturday 11th March - Annual Competition - Men, Stroke

<u>Division 1</u>		
Champion, Gross and Nett	Tim Elliott	81/73
2nd	Jens Kalisch	86/73
3rd	Dean Richardson	86/73
<u>Division 2</u>		
Champion, Gross and Nett	Tony Swanson	92/77
2nd	Nigel Wallace	96/77
<u>Division 3</u>		
Champion, Gross and Nett	Graham Little	89/66
2nd	Mark Bywater	95/72

Nearest the Pin	6th:	Tony Swanson
	8th:	Rod Shaw
Longest Drive		Jens Kalisch

### Ladies, Stableford

<u>Division 1</u>		
Champion, Gross and Nett	Maryanne Ennis	34 points
2nd	Jill Couch	
<u>Division 2</u>		
Champion, Gross and Nett	Sarah Tatnell	41 points
2nd	Beth Haas	34
Nearest the Pin on 6th	Jill Couch	
Longest Drive	Maryanne Ennis	
2nd shot on 2nd	Jens Kalisch	
3rd shot on 3rd	Marianne Ennis	
Longest Putt on 9th	David Paix	

### Sunday 12th March - Annual Tournament - 2 Person Ambrose

Mixed:		
1st	David Paix, Jill Couch	73/65
2nd	P Loring, J Loring	73/66.5
Men:		
1st	Darren Bramich, Jodan Longfield	74/67.25
2nd	Dick Swanson, Tony Swanson	75/68.25
3rd	Sean Heyward, Rod Shaw	78/69.25

Nearest the Pin	6th:	D Bramich
	8th:	David Paix

### Tuesday 14th March - Ladies' - Stableford

1st	Sarah Tatnell	36 points
2nd	Beth Haas	35
3rd	Maryanne Ennis	32

Longest Putt:	Sarah Tatnell
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## MALAHIDE GOLF CLUB

### Friday 3rd March - Chicken Run

1st	Klaus Kobylinski	24 points
2nd	Sam Bosworth	29
3rd	Ashley Stone	32
4th	Bill Swann	32
5th	Gerald Hall	32.5
6th	John Vincent	33.5
7th	Jim Rankin	35
8th	DB Lowe	37.5
9th	Grant Richardson	41.5
10th	Mike Prewer	

Nearest the Pin            4th:        Sam Bosworth  
   8th        Club

### Friday 10th March - Chicken Run

1st	DB Lowe	35 points
2nd	David Duthie	36
4th	Rod Hunt	36
5th	John Vincent	38
6th	Warrick Lowe	40
7th	Robert Matthews	43
8th	Mal Perkins	46
9th	Sam Bosworth	45
	Alex Davenport	DNF

Nearest the Pin            4th:        Club  
   8th:        DB Lowe

### Saturday 4th March - Monthly Medal

1st	Ashley Stone	88/70
2nd	DB Lowe	90/71
3rd	Peter Sorenson	99/79
4th	Klaus Kobylinski	100/79

Nearest the Pin            4th:        Ashley Stone  
   8th        Klaus Kobylinski

### Saturday 11th March - Stableford Multiplier

1st	David Duthie	97/76
2nd	DB Lowe	97/78
3rd	John Vincent	101/86

Nearest the Pin            4th:        David Duthie  
   8th:        Club

### 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!

### **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

**EAST COAST SWANS FOOTBALL CLUB****How it works**

**\$20.00 each number, runs for 11 weeks.**  
**Numbers drawn from Saturdays Tatts lotto draw.**

**Week 1-10 1st, 2nd, 3rd numbers drawn win \$20, \$10 & \$5**

**Week 11, 2 supplementary numbers win \$50.00 each.**

**Numbers will be randomly drawn once all 45 numbers are SOLD the lotto will commence!**

**East Coast Swans Football Club**



**Mini Lotto**

**\$20.00**

Contact Natasha Speers  
 on FB - messenger  
 or  
 0419 591 905

**Money raised will help fund the Fingal Valley Bus!**

**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-ntjfa/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



Welcome to another fortnight at the Centre, all action as we draw close to the end of the bowls season and already a big build-up to the much-vaunted Champion of the Fabulous Fingal Valley golf challenge, recent scores listed below. Whilst on the subject, Rod Hunt has left no stone unturned in his pursuit of some fantastic prizes over the two weekends, 6th and 13th May. I am reliably informed that they total not in the hundreds but thousands of dollars in value, well done Rod for his approach and dedication to the first of what should be a long-lasting golf tournament between Malahide and the Sports Centre. It is also nice to see so many visitors using the course, many enjoying the easy walk around and ending up at the 19th hole to celebrate; just a reminder to all who wish to participate in the game, that we are a registered club and therefore, if you are not a member, just put some money in the green fees box, that will go towards the expensive maintenance of the course. Fees are just \$10.00 a day or \$20.00 for the week, or simply ask about our very cheap membership to save you some dollars.

For the first time in recent history, we have had some of our things go missing around the club, a bit sad to report as our volunteers work hard to put it there in the first place, the local police have been informed and will be keeping an eye on the facility regularly.

**Bowls:** Just one game to report with the bye last weekend, and that was a loss to Swansea down there, so close on three rinks, even a win on a couple would have been great, but unfortunately no points. We tackle Scamander at home for the last game of the season and I dare say the visitors know only too well our great record against them over recent years in the final game. Great job to Danni Turner for some great bowls and winning our club's Ladies' Single final against Tamatha last week, only a few games to go to wrap up these events. Whilst on the subject, there have been some cracking games on display in these tussles and very much appreciated by those who have come long to watch, well done to all. Meal night on Saturday 18th March, with Pete the Pieman; poster this issue, see below. On 8th April, Jun and Feng cook up a storm, poster next issue.

**Golf:** Chicken Run 1st March, Nick Child 21 points, Jimmy Freiboth 19, Sam Child and Rod McGiveron 18, Nick Kringle 16, Judy Freiboth and Macca 14 and Glenn Ford 12. Nearest the pin was Glenn Ford. On 8th March, windy enough to blow a dog off the chain... Nick Child and Rod McGiveron 16 points, Mick Kringle 15, Matt Miller and Nick Kringle 14, Murray Bennett and Macca 12. Nearest the pin was Matty Miller (almost an ace). Come along on Wednesday nights at 4.00pm, cost's just \$5.00 and have a feed and refreshments afterwards.

**Member Draw:** Last week Craig Freiboth and no cigar, this week to next issue.

**Funny:** My wife's budgie passed away last week, so I bought her an identical one. She said, "That's great, what am I going to do with two dead budgies?"

### 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**



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SATURDAY 18<sup>th</sup> MARCH 5:30pm ONWARDS

**COST JUST \$20 Per Person**

CHOICE of MAIN

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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 Post Office - Bicheno   |

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**CROSSWORD ISSUE 55.02**

**CROSSWORD 102**

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**Down:** 1. Brooch, 2. Sliver, 3. Olive, 4. Strict, 5. Arcade, 6. Medium, 7. Knot, 11. Jean, 12. Cast, 14. Spin, 15. Ruff, 17. Bardot, 18. Napkin, 19. Editor, 21. Afraid, 22. Grotto, 23. Sail, 24. Upset.