



THE VALLEY AND EAST COAST VOICE

Established 1968

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NEW ILLICIT DRUG CAMPAIGN LAUNCHED

Crime Stoppers Tasmania recently launched a campaign to tackle the illicit drug trade across the State. It's part of a nationwide campaign being launched thanks to an Australian Government grant.

This new Crime Stoppers campaign calls on people who know something about the illicit drug trade in Tasmania to report information anonymously. This information will assist Tasmania Police to disrupt the supply of illegal drugs into and around the State, and also work with other law enforcement agencies to break the supply of illicit drugs.

At the launch held on Tuesday 28 March 2023, Crime Stoppers Tasmania Chair, Mr David Daniels OAM, noted that research shows that drugs remain the number one crime concern of Australians. "We need the community's help to disrupt the drug trade and reduce the high harm caused by drugs in our community," said Mr Daniels. "Nearly half of Australians have witnessed or heard about illegal activity, according to Crime Stoppers' research. These members of the community can play a vital role by sharing what they know with Crime Stoppers, and can stay anonymous if they wish," he added.

In some way, every family in Australia has been impacted by drugs; whether it's directly by losing a loved one to addiction, or indirectly because of the significant health and social costs to the community. Tasmania Police Assistant Commissioner Rob Blackwood said that Tasmania Police was committed to preventing the importation and distribution of illicit substances in our state. "That's why Tasmania Police welcomes the opportunity to take part in today's launch of Crime Stoppers National Illicit Drugs Campaign, which aims to encourage and empower the community to report information relating to illicit drugs to Crime Stoppers," he said. "We are well staffed and equipped to target this type of offending - which is demonstrated by our recent seizures and prosecutions, such as the 30-year-old man who was charged with trafficking following an interception at Hobart Airport earlier this month, where \$112,000 worth of methylamphetamine was located. We work closely with Australia Post, airports and the Spirit of Tasmania and other partners such as the Australian Federal Police and Australian Border Force to ensure that our sea, air and mail corridors are not exploited by those wanting to profit from drug distribution."

"We actively investigate any tip offs or intelligence and conduct our operations accordingly, and of course we monitor repeat offenders very closely. Contacting Crime Stoppers anonymously means the criminals will never know who spoke up. "We want to know what you know, not who you are," Mr Daniels concluded.

The Crime Stoppers Illicit Drugs Campaign will continue until September 2023, with advertising across Tasmania to be a major focus.

We encourage Tasmanians to contact Crime Stoppers with any information on criminal activity or suspicious behaviour on crimestopperstas.com.au or 1800 333 000.

This campaign is an Australian Government Initiative.

(Information courtesy Crime Stoppers press release.)

ADVERTISEMENT

Brian Mitchell MP
Your Federal Member for Lyons

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

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

INSIDE THIS EDITION

Emergency Contacts	2, 21
Fingal Focus	7
Cage Rattler	9
Crossword	19
Crossword Solution	34

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ADVERTISING RATES - 2023

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

Fingal Valley Neighbourhood House

Valley and East Coast Voice

Advertising rates for all community groups

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

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

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

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

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

valleyvoice@fvnh.org.au

(03) 6374 2344

PO Box 322 Fingal Tasmania 7214

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

24 HOUR EMERGENCY CONTACT NUMBERS

Abuse & Assault Services	1800 737 732
Ambulance, Fire & Police	000
Crime Stoppers	1800 333 000
Digital Mobile Phone Emergency Service	112
Poisons Information	13 1126
SES: Flood & Storm emergencies	13 2500
TasNetworks	13 2004
TasWater	13 6992

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

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

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

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

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

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

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

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

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

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

Email me at: valleyvoice@fvnh.org.au

Elizabeth

Editor - The Valley and East Coast Voice.

ASTHMA AUSTRALIA'S 'ASTHMA DISCOVERY' SURVEY – TELL US YOUR STORY!

Asthma Australia wants to know what life is like for Tasmanians experiencing breathing problems and asthma, in the 2023 Tasmanian Asthma Discovery Survey.

Everyone experiences asthma differently. What works in managing your asthma? What challenges do you face? How could your quality of life be improved? We want to learn more about personal journeys with asthma in Tasmania.

So what is asthma? It's a condition in which a person's airways (breathing tubes) become inflamed, narrow and swell, and produce extra mucus, which makes it difficult to breathe. Asthma symptoms are the signs, effects or feelings that you may notice as a result of having asthma. They are caused by changes in the airways of your lungs, and they make it harder to breathe.

The most common asthma symptoms are cough, wheezing, shortness of breath, and a tight chest. But not all people with asthma have the same symptoms, and not all people with asthma have all the symptoms. Having asthma can mean you find it hard to do the things you want to do in life. If you think you or someone you care for might have asthma, it's important to see your doctor as soon as possible. Getting a diagnosis will help you to manage your asthma and understand how to prevent symptoms and to live life freely, even with asthma.

"If you have asthma or breathing problems, care for someone who does, or work in this space, we are interested in hearing from you," says Asthma Australia project coordinator Jess Tyler.

"There are many ways you can take part and make your voice heard. We're running a quick and easy online survey, or you can register for one of our community forums. Alternatively, you can simply send us a text or email or even book a call for us to call you back so that the cost is on us."

To take part in the survey visit www.asthma.org.au/tasdiscovery, call or text 0474 654 555, or email jtyler@asthma.org.au



Everyone experiences asthma differently. Tell Asthma Australia your story.

BREAK O'DAY REGIONAL ARTS

BODRA MEETING

Would you like to see more arts and cultural events in the Fingal Valley?

Music, sustainability, visual arts, community events & building connections

Come along and let us know your ideas for a Film Society & the Barn Dance!

April 18th @10am

FVNH St Marys Outreach Room
 More info: Tanya - 0400 002 116
 E: bodregionalarts@gmail.com

YCNECT

APRIL SCHOOL HOLIDAY PROGRAM 2023

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

- 13 APR - FINGAL VALLEY AUTUMN HARVEST FESTIVAL FOOD + SOCIAL CIRCUS (4-6PM)
- 14 APR - ST HELENS COMMUNITY GARDEN AUTUMN HARVEST FESTIVAL FOOD + SOCIAL CIRCUS (11AM-1PM)
- 18 APR - LAUNCESTON BOWLING TRIP
- 19 APR - FISHING CLINIC ST HELENS (11AM-1PM)
- 20 APR - BAY OF FIRES YOUTH ART PRIZE WORKSHOP ST MARYS (10.30AM - 1PM)

All events are free! RSVP essential.
 Transport assistance available.

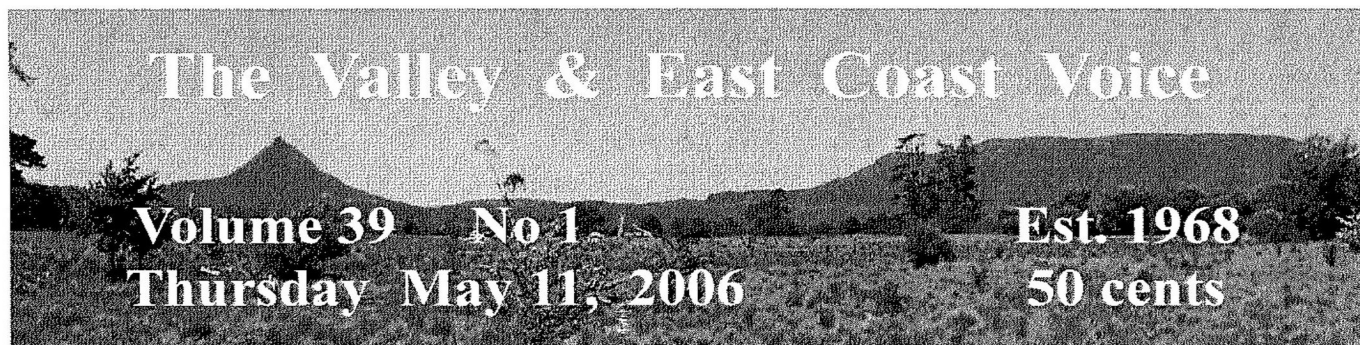
For more information or to sign-up contact youth@sthelensnhh.org.au or 0493152204

Facebook : Youth Collective North East Coast Tasmania
 Instagram: [_yconnect_](https://www.instagram.com/_yconnect_)

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

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 the cover of Volume 39, Number 1, published Thursday 11th May 2006.

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



WELCOME TO ISSUE NO. 1 OF OUR 39TH YEAR

WHAT ANZAC DAY MEANS TO ME

by Shannon Rosskelly

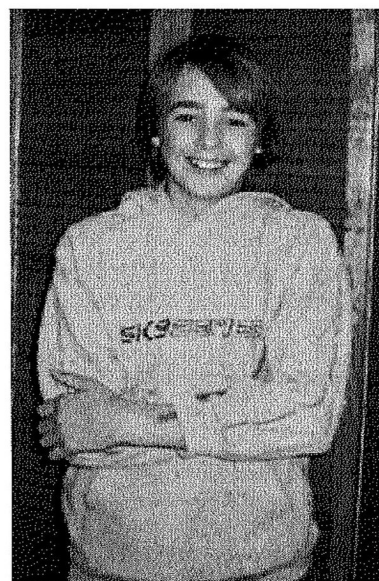
I have to admit, when I was young I hated ANZAC Day, just like most young children do. Of course back then, I didn't know what it meant.

I thought it was just a silly, pointless waste of my free weekend time. I sat there and listened to some men talk about what I thought was nonsense. Now I know why my dad got angry when I said I thought ANZAC Day was boring and stupid.

So every ANZAC Day we would go into town to the ceremony. I always moaned about having to go to something I didn't want to go to. I hated having to sit through the trumpet blowing and not being able to talk, then the one minute silence. I guess it's because I am a talkative person.

The image and sounds of the men talking, the National Anthem, the salutes and the laying of the wreaths are all etched in my mind over the years. The faces of those old men and women, and every year there are fewer of those faces.

Now I am older I begin to see the loss is more than just one hour in one day. It started to become more clear to me.



And after watching the Australian film "Gallipoli", I realised what ANZAC Day was all about.

I tried to put myself in the ANZAC'S shoes. Young men joined up thinking the war would be fun. They did it for grand reasons. They did it for Australia!. Only a few men had the common sense to realise that joining up would be the last time they would see this sunburnt land. Some joined up because it was the thing to do when you were with your mates.

On the way to Gallipoli, in Turkey, they had a lot of fun training and playing around, visiting Egypt and all that kind of stuff. When they arrived they thought, "She'll be right, we'll fix Johnny Turk and be off home."

But when they got into the trenches they were forced to fire, climb up over the walls with nothing but a gun, dodge the bullets and shoot.

Other men saw what happened. They were so frightened, knowing that they were next. Next to die. They knew as soon as they got up, they would fall straight back down again. Leaving quick scribbled messages saying their last goodbyes, before they ran and died.

Now I know why ANZAC Day is so important. All those men who gave their lives for us. So when I attend the next ceremony I won't be bored or miserable. I will bow my head in silence and pray.

LEST WE FORGET

Shannon, pictured above, who is a Year 7 student at the St Marys District High School, was one of the winners of the RSL essay competition. He read this essay at the ANZAC Day Service.

Passing of Stephen Salter

It is with much regret that we as a town and community mourn the sad passing and loss of one of our well known and respected citizens.

Stephen lost his hard fought and long battle with debilitating health issues on Sunday 7th May.

If any fragment of consolation can be had from this sad issue, it is that it occurred in his own town, a place he and his families before him called home and of which the Salter name has been synonymous through generations past.

His association as Mayor, Past Politician, Hospital board member, Senior and local footballer, Past Lions Club member and numerous other involvements, made him well known in circles far beyond this local area and state in which we live, and of which will be poorer as a result of his passing.

Our love, thoughts, prayers and support go at this time to his wife Yvonne, Son Roger, Daughter Debbie and their families.

He will long be remembered.

Kevin Faulkner.

NORTHERN MIDLANDS RSL SUB-BRANCH



AVOCA ANZAC DAY SERVICE 2023

11.00am Tuesday 25th April

Cenotaph, Boucher Park, Avoca

The march will commence at 10:45am in front of the old Post Office.

Those in Service, emergency services and students, please come in uniform.
BBQ lunch afterwards, live music and an Anzac Day meat raffle.



LEST WE FORGET
ANZAC DAY
TUESDAY 25TH APRIL 2023

Please join us to commemorate ANZAC Day with the Fingal/Mathinna RSL Sub-Branch

6am Dawn Service - Fingal Cenotaph
Followed by a 'Gunfire' Breakfast at Fingal Valley Neighbourhood House

11am Main Service - Mathinna Cenotaph

ANZAC DAY

2023

The St Marys Memorial Association would like to invite all members of the community to attend this year's ANZAC DAY SERVICES conducted at the Cenotaph in front of the hall.

DAWN SERVICE: COMMENCES AT 6:00AM

Followed by a 'Gunfire Breakfast', tea, coffee and toast, served in the hall - ALL WELCOME

MORNING SERVICE: COMMENCES AT 11:00AM

Followed by tea and coffee served in the hall - ALL WELCOME

Please note: any persons, businesses or associations wishing to lay a wreath at the 11:00am service will be very welcome to do so. If you would like your wreath to be acknowledged at the wreath laying ceremony by way of announcement, please let me know by phoning: 0418 564 710 (Rick Lohrey)

LEST WE FORGET

ST HELENS – ST MARYS RSL SUB-BRANCH



President: Wayne Cubitt ph. 6376 8318

Secretary: Leonie Snadden ph. 6376 3061

ANZAC DAY 2023

DAWN SERVICE

5.45am - Form up at Hilly's Supermarket

5.50am - March to St Helens Cenotaph

6.00am - Dawn Service

Followed by breakfast and refreshments at the St Helens RSL Ex-servicemen's and Citizens Club, \$5.00 donation for breakfast would be appreciated.

MORNING SERVICE

10.45am - Form up at Hilly's Supermarket

10.55am - March to St Helens Cenotaph

11.00am - Morning Service

VETERANS AND INTERESTED PARTIES ARE INVITED TO LAY A WREATH

LEST WE FORGET

TASMANIAN LYMPHOEDEMA AND LASER THERAPY ANNUAL GENERAL MEETING HELD

On Monday 20th March, the TLLTC held its Annual General Meeting at the St Marys Community Health Centre. The outgoing committee were thanked on behalf of members, with a special thank you to Pamela O’Hara, outgoing President, who has done a considerable amount of advocacy work for the organisation in the last year, and Lyn Piscitelli, who had been a very effective Treasurer.



Outgoing President Pamela O’Hara with TLLTC therapists Katrin and Bree.

A new committee were elected as follows:

- President - Tanya Greenwood
- Secretary/Public Officer - Sarah Coulson
- Treasurer - Rachel Williams
- General Committee Members - Lyn Piscitelli & Susan Lever

We have a couple of committee vacancies if you are interested in supporting this fantastic group of volunteers. Email: lymphoedemas@gmail.com for more information or to volunteer.



Outgoing Treasurer, Lyn Piscitelli with former TLLTC therapist and committee member Jak.



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

BAY OF FIRES YOUTH ART PRIZE 2023 ART WORKSHOPS

Create an entry for the 2023 exhibition or just make something fabulous! all materials supplied

WEDNESDAY 19TH APRIL 10.30-IPM
 BREAK O'DAY CHILD & FAMILY LEARNING CENTRE, ST HELENS

THURSDAY 20TH APRIL 10.30-IPM ST MARYS (NEXT TO OP SHOP - REAR OF TOWN HALL)

FRIDAY 21ST APRIL 10.30-IPM BICHENO TOWN HALL

"LOOKING FORWARD, LOOKING BACK"
 TASMANIAN COMMUNITY - EXPLORE OUR DIVERSE CULTURES, UNIQUE HERITAGE, PEOPLE'S CONNECTION TO PLACE (ANIMALS / LANDSCAPE/ENVIRONMENT) AND TO EACH OTHER



FOR CHILDREN AND YOUNG PEOPLE AGED 4-18 YEARS. CHILDREN UNDER 10 YEARS WITH RESPONSIBLE ADULT. FREE SESSION MORE INFO: BUILDINGBLOCKS@FVNH.ORG.AU OR WWW.BAYOFFIRESYOUTHARTPRIZE.COM

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FINGAL FOCUS

Contributed by Mike Brouder

If you are going to do something tonight that you'll be sorry for in the morning.....sleep late.

When I arrived in Tasmania and experienced my first autumn, I didn't realise that it was autumn. It was almost like finding two springs, one in London and one in Tasmania. The autumns which I remember in London were certainly less warm. There was always a 'bite' in the air which reminded us that winter was in the offing. By comparison, those early autumns I lived in Tasmania were mild and reminiscent of a London spring, with bursts of lovely sunshine. These days I take autumn for granted. I guess that means that I have become 'Tasmanianised'. That makes me feel very contented.....

What do you call an old Greek who is just a bit, well, average? Mediocrates

What's worse than a male chauvinist? A woman who won't do as she's told.

Scientific Phrases and what they mean:

(a) Three of the samples were chosen for detailed study.....*All the other results didn't make any sense...*

(b) In my experience.....*Once....*

(c) It is generally believed.....*A couple of us think so....*

New World Order.....'Ten Commandments' revised to 'Ten Lifestyle Options'.

New sign for suburban speed zones - 'Buggered if we know either!'

How to suck up to your wife: (1) Darling, there's nothing on TV but footy. Let's go shopping."

(2) "Who wants to play golf when I can see how good the lawn looks when it's freshly mowed?"

Salesman in furniture store says, "This sofa is so spacious, it can seat five people without any problem." "Where am I going to find five people without a problem?" replies the customer.

My girl friend says that I don't smile anymore....she's the one who wanted a serious relationship.

I went to a bookshop and saw a book called "How To Solve 50% of Your Problems." I bought two copies....

It doesn't matter if you are the King of England or a child, at the end of the day, it's night....

Old man going to bed was told by his wife that the light was on in the garage, as she could see it through the bedroom window. So he got out of bed and went to turn the light off, but he saw that there were people stealing things from the garage. He went back to the house and called the police. "Is there any body in the house?" he was asked. "No," he replied. "Well I suggest that you go back inside and lock your door and we'll send a car as soon as one is available." The old man went inside and counted to thirty and rang the police again. "I rang a short while ago to report some people stealing from my garage. Well, don't worry about it. I just shot them." Within a couple of minutes, a couple of patrol cars, a SWAT car and a fire truck had arrived. "I thought you said you had shot them," a police captain said to the old man. "I thought you said you had no one available," replied the old man.

A man is told that his local bank is offering mortgages with no interest. He hurries to the bank and says to the manager, "I've come to enquire about mortgages with no interest." "I just don't care," said the manager.

The day he walked out was awful. That day she went through hell. His absence wasn't a problem, but the corkscrew had gone as well.....

An old English gentleman checked into a hotel in Mexico. The desk clerk asked him "Are you a foreigner?" "Of course not," the old gentleman replied, "I'm English."

The race is not always to the swift or the strong.....but that's the way to bet.

If you drink, don't drive.....don't even putt!

Behind every great man is a woman.....rolling her eyes.

On rainy days, my wife thinks that I am pathetic the way I just stare through the window. It would be less pathetic if she let me in.

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

Two Keys and a Door

I want you, for a moment, to imagine your ideal life. Be realistic - we both know that winning the lotto isn't likely, nor is turning into a mermaid or finding an elixir of eternal youth. An ideal life isn't perfect or free of hardship, but it's one that consists of the things that bring you joy, the people that lift you up, and experiences that are rich and meaningful.

Now, imagine that this life is behind a door. I'd like you to try to envision this door, and look upon it with your mind's eye. Yours may be an ivory french door with wide, double panes. Perhaps it's a timber door with decorative arch grilles. It may even be a japanese-inspired sliding shoji door. Whatever it may be, let your imagination go wild. In case you're wondering, mine just happens to be a large mahogany double-door with a stained-glass crescent in the centre. Can you see it? Good.



I'd like you to add in just one more detail. The door is locked and needs two keys to open it. I like to imagine a pair of ornate skeleton keys, but yours may be different - electronic keycards, perhaps? This lock cannot be picked, and it cannot be undone with a whisper of magic "*Alohomora*". It requires these unique, but universal keys - both of them. The first key is Awareness, and second is Action.

You may be thinking.... "Wait, you're telling me that the only thing I need to live my dream life are these two things?" Well, yes! At least, that's all you need to start.

Awareness, or self-awareness, is required to learn and to grow. It can help you gain insight into patterns that are no longer helpful, and achieve better understanding of yourself and others. When you are able to objectively evaluate yourself, you can begin to align your behaviour with your beliefs, values, and goals. Without awareness, we can remain stuck and become complacent in life. Luckily, self-awareness is a skill that can be tempered and trained. This 'key' is a malleable one.

The other key is not. It is tough and uncompromising because no matter how much you want something, how much you plead, or cry, or scream, or even feel that you deserve it....you cannot get there without forward movement. When you want to manifest something in your life, whether that be a good relationship, a stable financial situation, or mastery over a certain skill, it requires an intention and at least some amount of effort. It means you have to be willing to take a step towards change and making things different, and that is not to say that some steps aren't really steep or scary - they certainly can be. But, perhaps when those steps are broken down into smaller ones, it becomes possible.

Awareness and Action are the keys to unlocking a life filled with meaning and joy, and you need both to open that door. If you act without awareness, it means that you go through life on autopilot not understanding what you are doing and why (thus no meaning). If you have Awareness but choose to remain idle, you may grow bitter and miss out on the sweetness of life. Lack of either and the result is the same - your door will remain shut.

The good news in all of this is.... you already have both keys. They exist within each and every one of us. Sometimes we may need to dig deep for them, and build up the courage to stick them in the door and turn the key, but they are inside of us, and no one else. By shifting the way we approach our circumstances and remembering that we already have everything we need to make a difference in our own lives, we can change the way we think about ourselves and the story we're living - we can transform our vision into reality.



Written by Hollie Lightsey @ CCSTAS. Hollie sees clients (adults, adolescents, and children) for individual counselling in the Break O'Day area and Bicheno. Bookings and more information via www.ccstas.com.au.

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. Comments and feedback on *Mind Matters'* submissions are most welcome.

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The Say by the “Cage Rattler”

Notwithstanding another tardy start by my Tigers to the AFL season, I'm still enjoying the footy again. I'm not alone and most of us follow one of the 18 teams and take note of aspects of them and the game itself that is so ingrained in our culture.

Then there is the proposed 19th licence Tasmanian team that has been talked about now for decades. That team is sitting there as we speak simmering away, and it has to happen. Let me elaborate why in my humble opinion. The argument is when, not if, that licence is issued, and all in the football community know that. With this in mind though, there is the row over the funding and the stadium and infrastructure the AFL Commission 'need' to secure that elusive licence. They are not making it easy and they are putting demands on the State that no other expansion team has had to deal with.

The main and very expensive sticking point is the new stadium requires a roof. Metricon didn't, Olympic Park didn't, and Optus Stadium in Perth that hosts both established WA teams - Eagles and Dockers - doesn't require a roof to host AFL games. Apparently in Tassie's case though, it's contingent as part of the licence. We are looking at around seven hundred million dollars all up to get that team. I can understand the huge concerns that nearly three quarters of a billion dollars brings.

That said, there is another side to spending this sort of money. The nay-sayers argue that this money should be spent on hospitals, schools and roads. Sounds a reasonable argument, and I also get that on the surface as a good point and no doubt these crucial services need huge money to work. What people forget though, is this is already largely budgeted for and allowed for in forward estimates, albeit probably especially in health, it needs more as time goes on.

The stadium, roof or not, is the main issue because the stadium will not be just for Aussie Rules football. All the other AFL stadiums don't just do football. They all host multiple sports, major music events and other big events. These continue to provide extra revenue to sustain and support the venues.

Tasmania is also literally and constantly left off the map because we don't have a suitable size and up-to-date amenities-wise venue to host major events like the other States do. Blundstone Arena is limited capacity, as is Aurora in Launceston, and I believe there is limited space to greatly improve either of the grounds to meet the minimum requirements to host football as the licence requires. Muddying this now though, are recent reports that the ICC (International Cricket Council) are not as keen for Test and ODI cricket to be played in a fully-roofed stadium which, if true, would rule out the occasional Test match and the odd ODI game for Tassie, if that's correct and if a new stadium can't have a retractable roof, of course. And where does this leave Blundstone and Aurora as otherwise great venues, of course. A very serious question.

The AFL licence for Tasmania is practically a certainty, the experts claim, only the eventual timeline and nuts-and-bolts details to be worked out, and the cost is substantial initially. No-one can deny that, but if we don't get it, the cost in real terms for the State is much, much greater, I truly believe. We will continue to be left off the map. It's more than just footy, but footy is the key and let's not forget that the ongoing work and income stream an AFL teams spurs will just expand more and more, both directly and through tourism and hospitality once we have a proper Tasmanian AFL identity in the national game.

For the record, whether we get a Tasmanian AFL licence or not, whether we see a new built-for-purpose stadium to host footy, and a myriad of other events we currently miss out on or not, I will still barrack for the mighty Tigers 'til I fall off the perch, but it'd be nice to see our young folk born now and later grow up to see a really Tasmanian identity on the national stage and get involved in an industry that provides jobs in a big way ... and it does .. and it's only getting bigger every year.....

What do you think?



Clr. Janet Drummond

Break O'Day Council

0404 562 320

janet.drummond@bodc.tas.gov.au



Visiting Lawyer Free Legal Advice

Fingal Valley Neighbourhood House
20 Talbot Street, Fingal

Monday	13 th February 2023
Wednesday	12 th April 2023
Monday	5 th June 2023

General Law Family Law
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Welfare Rights

For more information and to book an appointment
please ring **6334 1577** or **1800 066 019**



There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.

Join your local walking group at the date and time below:

Group: Fingal Valley Neighbourhood House

When: Wednesday 19th April 10.30am

Where: Fingal Valley Neighbourhood House, around recreation ground
back to the Neighbourhood House

Organiser: Fingal Valley Neighbourhood House - Rebecca Tuck

[Visit walking.heartfoundation.org.au](http://walking.heartfoundation.org.au) to register or for more information



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- improve balance and coordination, reducing your risk of falls and other injuries
- improve our daily mood which cumulatively leads to better mental health

Ready to take your first step?

Heart Foundation Walking offers many types of walking groups all over Australia. Our program includes everyone regardless of age, fitness level, and location. If this sounds like something that you would like to be apart of the Fingal Valley Neighbourhood House has registered with the Heart Foundation to become a host group for walks.

Every Wednesday - 10.30am

Leaving from - Fingal Valley Neighbourhood House

Call us on (03) 6374 2344 or visit the house to receive a Walker Registration form.

We look forward to seeing you!

FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



Our convict past: How did we get here? Part 2

Between 1788 and 1868, eight hundred and six ships transported over 162 000 convicts to Australia (New South Wales, Van Diemen’s Land and Western Australia). Around 80% of convicts were male, and 20% female.

During 1787-1800 there was no systematic approach to detailing the convicts transported to New South Wales. Some lists provide considerable information, while others are less informative. At times, this led to difficulties for colonial authorities to determine when a convict’s sentence had in fact expired.

Children as young as nine years of age were transported to Australia. Around 20% of those transported were under the age of twenty.

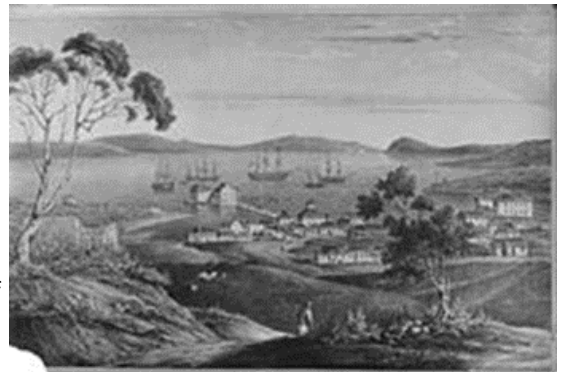
Over 72 500 convicts served time in Van Diemen’s Land (VDL). Approximately 7 500 were relocated from Sydney, Norfolk Island and several other British colonies. Almost 67 000 came directly from Britain and Ireland. Around 44% of convicts transported to Australia served their time in Van Diemen’s Land. It is thought that up to 74% of Tasmanians are descended from convicts (Alison Alexander: 2010).

The first convicts, along with soldiers and free settlers, arrived in VDL in September 1803. They had set sail from Sydney for Port Phillip to establish a settlement, but this site was found to be unsuitable. It was decided that they sail on to Van Diemen’s Land and after discounting Risdon Cove they settled on Sullivan’s Cove.

In 1812 the ‘Indefatigable’ arrived in Hobart, directly from England. Until then, Van Diemen’s Land convicts arrived from NSW. This was the first of many ships to sail directly to Van Diemen’s Land.

The final convicts to Van Diemen’s Land disembarked on 26th May 1853 from the ‘St Vincent’.

Websites for research:





A view of Hobart Town by Irish born convict artist Alan Carswell (1823), showing the colony establishing itself around the mouth of Sullivan’s Cove in the early 1820s.

www.femaleconvicts.org.au	<i>“The Female Convicts Research Centre promotes interest in the female convicts of Van Diemen’s Land (Tasmania), by encouraging and facilitating research.”</i>
www.bda-online.org.au	<i>“BDA is a new research tool for historians and genealogists comprising transcripts and indexes of original records, and published biographies of deceased individuals who arrived, or were born in, Australia.”</i>

The Fingal Valley Neighbourhood House History Group have started to put together an ANZAC display. The small exhibition will be in place until late May.



Article written by Sonya Lanham and edited by Ruth Miller on behalf of the Fingal Valley Neighbourhood House History Group.

		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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GUEST ARTISTS, SUNDAYS FROM 3.00PM

2nd April The Rennies
9th April Smooth Operators

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GEORGE'S BAY MUSIC

What can I say about March's Lunch and Munch? Ian and Rita Summers from St Marys were our guest artists, and they certainly didn't disappoint our audience. With Rita on guitar and vocals and Ian on guitar and banjo, they brought a mixture of Folk, Gospel and Country music to everybody's delight it's a sure sign that they are good when you can hear a pin drop.

This month our guest artists are "Smooth Operators", featuring Kylie Wright and Nigel Wallace, another popular duo.

MAY brings us Chris and Viv Boys, coming down from Wynyard to be our Guests.

JUNE we have the Rennies back again.

JULY we have "Croon" with backing by the Matthew Ives Big Band. That will be a 'Christmas In July' theme. We had such fun last year with them, can't believe that another year will have gone by so quickly. Entrance for that Concert will be a one off \$20.00. So put your pennies away for that one, and bring all your friends along.

The Footy Club Rooms at the end of Tully Street is the venue, and of course it's always the last Friday of the month, so Friday April 28th from 12.00pm—2.00pm is the day that hopefully we will see you there for some great entertainment.

Lucky door prize, \$50 Card and the raffle is always popular, as is the tuckshop selling sandwiches and cakes, but you have to be quick to purchase those items! Tea and coffee is free, with the Footy Club Bar open for alcoholic drinks.... Don't forget it is B.Y.O. lunch as well..... Members are just \$10.00 and non-members, \$15.00 - membership is just \$20 a year, and Mary is always happy to take your money for that.

So remember to keep Friday 28th April 12.00pm free to come along to the Footy Club Rooms and enjoy a musical afternoon with 'Smooth Operators' entertaining.

See you there.



GEORGES BAY MUSIC PRESENTS
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TULLY STREET
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\$10 MEMBERS \$15 NON MEMBERS
BYO LUNCH

GUEST ARTISTS
SMOOTH OPERATORS

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



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U GOTTA GO, U GOTTA GO TO GAZZMANS

FIND OUT HOW TO REPURPOSE AND UPCYCLE

The St Marys Repurposing and Upcycling group ran some weekend workshops last year, and they were received very well by the public. “We got invited to the St Helens Library to do a workshop there in the school holidays, and we also were invited to the Pangea Festival in Bucklands to do two 3-hour workshops which went really well,” said organizer Diana Van Meel, adding, “We are planning on doing more workshops and were approached by the Break O’Day Council with a few ideas for permanent spots, but unfortunately they weren’t feasible for us.”

Repurposing is the use of something for a purpose other than its original intended use. Repurposing an item can be done by modifying it to fit a new use, or by using the item, as is, in a new way. A good example is using old tyres as tree surrounds or boat fenders, or a old plastic drum as a plant pot. Recycling is the process of taking waste materials and using them to make something else. Using a old pair of jeans to make a bag, or an woman’s old dress to make a shirt for a child are common ways of recycling practised by many ladies in the past. Traditional quilting is also a good example of recycling, often given as presents or used as part of a home’s décor.

“We are trying to limit the amount and type of waste which is being put into landfill, especially at the St Marys tip, and advertise on our Instagram and Facebook sites when we hold smaller workshops in the Fingal Valley Neighbourhood House outreach room in St Marys at the old Op Shop,” she continued. “We really hope we can continue our work and get more people involved.”

You can find the group on Instagram: [st-marys-repurposing-upcycling](#) and Facebook: [St Marys Repurposing and Upcycling](#) for more information, and to see some of the results of working bees and workshops.



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Labor Member for Lyons

✉️ rebecca.white@parliament.tas.gov.au
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IN THE KITCHEN WITH KIRSTEN



Its pear time and I have some lovely ideas .

I have made this pudding many times as a wonderful winter pudding with a lovely rich custard. Pears are in season as well, so it makes perfect sense to make it while they are plentiful and cheap. I also make it with poached quinces and apples. The beauty about this is you can use gluten-free self-raising flour which makes it a gluten-free dessert. People often ask what the difference is between cacao and cocoa. Essentially, cacao is the raw, unprocessed version of cocoa. Raw cacao can take some getting used to. It tastes a little different than cocoa products, and can be slightly bitter, which is perfect for a sweet pudding, as its not to sweet. If you don't have cacao, cocoa is absolutely fine. 😊 If you don't have hazelnuts you can substitute with almonds.

Cacao, Almond and Chocolate Cake

Ingredients

2 large pears. sliced lengthways into ½ cm slices, skin on

3 tablespoons. blanched almonds

300g caster sugar

300g hazelnut meal

2 tablespoons dark organic cacao

1 teaspoon soft brown sugar

300g butter

5 large eggs (room temperature is good)

2 tablespoons self-raising flour

Method

Line really well a round cake tin approximately 20 cms across with baking paper, and lightly sprinkle the brown sugar over the base of the pan.

Place the pears in the tin in a nice design, as this will be the top of your cake when you turn it out. I like to cut them lengthwise. Sprinkle the blanched almonds in between the cracks.

Next, cream together the butter with caster sugar to create a smooth creamy mixture, with all the sugar dissolved. Add eggs and beat in. Stir in hazelnut meal, cocoa and self-raising flour and fold in well.

Spread over the pears gently, as you don't want the pears to move.

Bake in preheated oven at 180C for 40 minutes or so, until the filling feels firm at the centre.

Remove and allow to cool for around 15 minutes, then place a large serving plate on top and turn flan over.

If all goes to plan the pudding should tip out nicely onto the plate. Place the plate on top of the cake and hold the tin firmly against and gently turn over so the pudding land on the plate.

This is not a dessert that you serve boiling hot, just warm is perfect, and it reheats the next day super well too.

For the custard:

Ingredients

2 whole eggs

3 tbs cornflour

3 cups milk

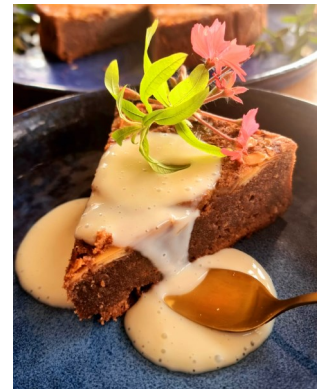
3 tbs sugar to taste

1 tsp vanilla extract

Method

Whisk the eggs, cornflour and milk together in a saucepan until smooth. Do not leave. Continue whisking on stovetop until custard becomes thick and creamy. Remove from heat, then whisk in sugar and vanilla.

If you like a runnier custard, add some cream into the custard at the end.



I would love you to check out my socials, subscribe and share!

Cheers, Kirsten.

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

Instagram <https://www.instagram.com/thekingboroughcook/>

Youtube <https://www.youtube.com/channel/UCs7TNBH6Ww1NjOcY4E929Wg/featured>



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BICHENO:	1 st Sunday	11.00am
FINGAL:	2 nd and 4 th Sunday	10.30am

WEEKDAY MASS:

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ST HELENS:	Thursday	10.00am

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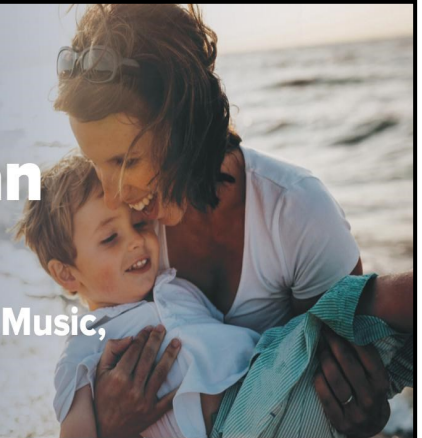
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29th April 2023

3 Person Ambrose

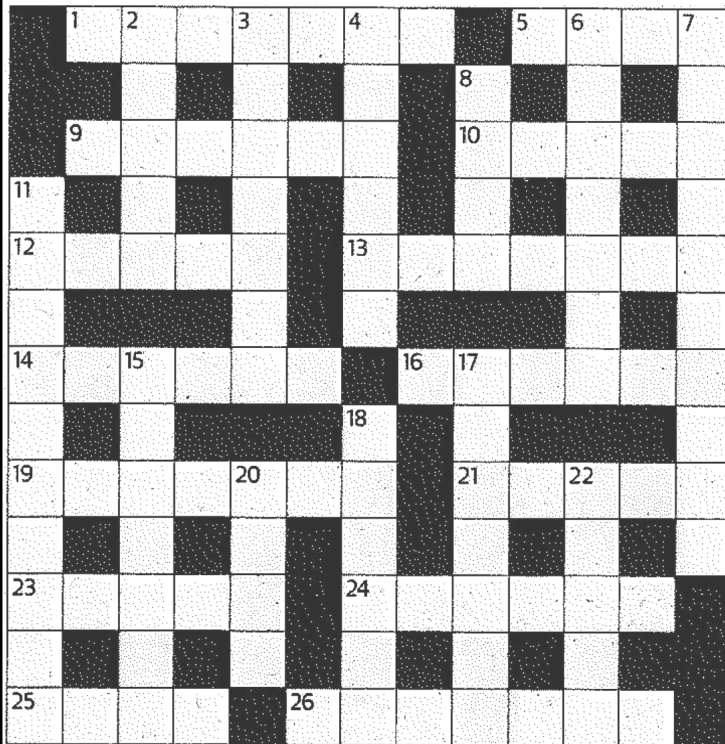
9.30am -10.00 Start

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Crossword 55.05



- | ACROSS | DOWN |
|---|----------------------------|
| 1. Pasta dish (7) | 2. Sky-blue (5) |
| 5. Pace (4) | 3. Amount of land (7) |
| 9. Minimum number for a meeting (6) | 4. Agile (6) |
| 10. Abbot's subordinate (5) | 6. Three rhyming lines (7) |
| 12. African wild dog (5) | 7. Legislative body (10) |
| 13. Legendary Rhine rock! (7) | 8. Strut (4) |
| 14. Comfort (6) | 11. Type of pastry (10) |
| 16. Sound pattern (6) | 15. Maniac (7) |
| 19. Hundred years (7) | 17. Brave woman (7) |
| 21. Gas, symbol Rn (5) | 18. Short-sightedness (6) |
| 23. To such time as (5) | 20. Hideous (4) |
| 24. Gripping tool (6) | 22. Funeral hymn (5) |
| 25. Small nail (4) | |
| 26. Richard ____, late TV presenter (7) | |

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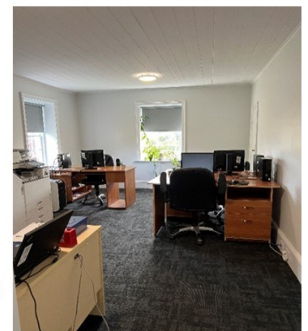
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Fingal Valley Neighbourhood House is funded by The Crown through the Department of Premier and Cabinet.



 <p>Free Wi-Fi</p> <p>6.00am - 9.00pm</p>	<p>St Marys Library</p> <p>31 Main Street, St Marys (03) 6387 5602</p> 
	<p>Opening Hours:</p> <p>Monday: 12.30 - 4.00pm</p> <p>Tuesday: 10.00am - 12.45pm</p> <p>Wednesday: 12.30 - 4.00pm</p> <p>Thursday: 10.00am - 12.45pm</p> <p>Friday: 12.30 - 4.00pm</p>
<p>eLibrary: www.libraries.tas.gov.au</p>	

HOUSING PROJECT FINGAL

PUBLIC INFORMATION FORUM

Centacare Evolve Housing with Council support, will be constructing eight Social Housing units in Fingal.

Join Council and Centacare Evolve Housing staff at our public information session where we will explain in detail the project and why it is so important for our community.

WHEN: Wednesday 26 April

TIME: 5:30pm

WHERE: Fingal Valley Neighbourhood House

No need for RSVP - just drop-in
Light refreshments provided.



IN OUR SCAMANDER GARDEN

Our magnificent sweet corn, which grew taller than our raised hands, has finally had its last cob picked. We had three patches in all and one was just for the chick-a-dees. Our beans still have a few hangers-on, but are now too stringy and we are leaving them to pick later, for their seeds. A mass of white swirls around in the wind as the skirts of the carrot tops ready their seeds for my harvesting. There is one other surprise that befalls me. Several avocados have sprung up from seeds that were thrown in our compost bin and ended up showing life when they arose from sleep, to find themselves almost hidden in the corn patch. They have been transplanted and look very healthy. In fact, some have grown taller than our \$90+ bought one. I know they will take longer to fruit, so therein lies the patience of the grower.

I made roast pork and boiled potatoes from our patch and took them to Mum and Dad’s for Easter lunch. A great-niece was among the visitors from the mainland and her mum said she doesn’t eat babies. I replied, “I only cooked the adult potatoes.” They laughed. My sister Lucylle had made some lovely quiches as she couldn’t be there and there was also a crayfish and lettuce. George made the cocktail sauce and commented that it was the best sauce ever, my brother, Pete said my crackling was the best he has ever tasted, and big sister Sally, and Iluwka loved the pork. There was also pork from Greg Lynd and that was very nice too. What a good fellow he is. Mother Dearest finished the meal off by dispersing all the Easter eggs to young and old.



“I brought the tulips,” said Arthur.

We commented on all the pretty flowers that adorned the house. Mum thought I had brought them all, when I was only responsible for picking and arranging dahlias from our garden. We asked, “Did you bring those flowers?” and received many no’s. Mum asked Dad if he knew who bought the two vases of tulips, one yellow, the other, pink, and to our amusement, he said “I did.” Well, how lovely is that? There were also magnificent lilioms in the corner. Perhaps from Jayne. Brother Joseph had not turned up by the time I left, so that was disappointing, and we also missed another brother, Bryan who had an awful fall recently, so we hope he heals well.

The latest job in the garden was Steve creating and me painting some mushrooms, as he said one would be lonely and they do grow in groups. Then we went for an early morning walk in the whistling wind and there were a couple of huge reddish ones, we saw that one particular kind of native seedlings have died everywhere we planted them, so that is in three areas, but thankfully everything else has grown and survived the munching of the wallabies and rabbits.



So till next time, Peg.

HELPLINES AND INFORMATION

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<p>Carer Gateway 1800 422 737 www.carergateway.gov.au If you know someone that is a carer</p>	<p>Disability Information Hotline 1800 643 787 www.dss.gov.au/disabilityhelp If you or someone you know has a disability</p>	<p>Fingal Valley Neighbourhood House (03) 6374 2344 admin@fvnh.org.au</p>	<p>St Helens Neighbourhood House (03) 6376 1134 admin@sthelensnhh.org.au</p>



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Email: admin@sthelensnhh.org.au

Weekdays 9am—3pm



St Helens Neighbourhood House

is a problem halved.

YCONNECT NEWS

Youth Happenings in the Break O'Day

WHATS ON:

AUTUMN HOLIDAY PROGRAM

13 APR- FINGAL VALLEY AUTUMN HARVEST FESTIVAL FOOD + SOCIAL CIRCUS (4-6PM)

14 APR- ST HELENS COMMUNITY GARDEN AUTUMN HARVEST FESTIVAL FOOD + SOCIAL CIRCUS (11AM-1PM)

18 APR - LAUNCESTON BOWLING TRIP

19 APR - FISHING CLINIC ST HELENS (11AM-1PM)

20 APR - BAY OF FIRES YOUTH ART PRIZE WORKSHOP ST MARYS (10.30AM - 1PM)

YOUTH WEEK MAY 1-7TH

2 MAY - ST HELENS AFTER SCHOOL TTC MEET-UP - YOUTH VOICE!

3 MAY - FREE2B GIRLS ART SESSION, ST HELENS NHH

4 MAY - FINGAL REC GROUND BBQ - MORE DETAILS TBA

7 MAY - SCOOTER JAM, ST MARYS SKATEPARK



ALL ACTIVITES ARE FREE!!

YCONNECT is support by the Tasmanian Government and funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Adjusting to getting back into the swing of things at the start of the school year can be tough! But just when those memories of summer school holidays are starting to fade and seem too far away, we have some hope! April school holidays arrive before we know it and with them come another jam packed itinerary from the YCONNECT and St Helens NHH team. We're super excited to announce some artsy and crafty collaborations with Fingal Valley Neighbourhood House, St Helens Thrive community garden, and the BOF Winter Arts Festival - lots of opportunities to get creative. We are also collaborating with Fishing Tasmania to run a youth specific fishing clinic where participants will learn basic fishing skills including casting, knot tying and rigging as well as responsible fishing such as measuring, handling and releasing fish. We're also offering a much requested day trip into Launceston to go bowling at Launceston Lanes. This activity will have limited space available, but don't worry too much - we've got plans to run this again in the winter holidays for any young people who miss out on this round!

Hot on the heels of the holidays is YOUTH WEEK (May 1-7th). We'll be at the St Helens Trade Training Centre on the afternoon of the 2nd, so feel free to pop by and say hi; there'll be games, food and even a brainstorming session for young people to get their voices heard in council. We'll have a creative arts workshop at Free2b Girls on Wednesday 3rd, and a BBQ partnering with FVNH on Thursday 4th. On Sunday May 7th we'll be teaming up with Break O-Day Council to host another much anticipated Scooter Jam held at the St Marys skate park. Not much of a skater? No problem! There'll be something for everyone. Wow - think that's it! For more information please feel free to reach out to us, contact details below.

*We hope to see you there!
Pip, Youth Program Co-ordinator :)*

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 or call St Helens Neighbourhood House on 6376 1134

SUPPORTED BY



ACTIVE4LIFE BREAK O'DAY

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

St Marys Active4Life is based in the community gym at St Marys Recreation Ground. The Operating Hours are 6am - 10pm, 7 days per week, 365 days a year. New members always welcome. NO classes ANZAC Day (25th April)

St Helens Active4Life programs are held Monday and Thursday mornings with fitness circuit classes.

New participants welcome at all programs
Email : Active4Life@fvnh.org.au for more info.



ACTIVE4LIFE BREAK O'DAY

ACTIVE4LIFE BREAK O'DAY

Looking for a program to help meet your health & wellbeing goals?

WE HAVE PROGRAMS IN ST MARYS (COMMUNITY GYM) AND ST HELENS (FITNESS CLASSES)

Our programs are for all ages and abilities 16+ years

More info:

E: Active4Life@fvnh.org.au for a program to suit your needs



St Marys Active4Life Timetable version 05/03/2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am						Boxing 8-9am	
9am				Group Fitness 9-10.30am			
10am		Fitness Training 10-11.30 Session 1		Storm Disability 10.30-11.30am		Body Pump 10-11am	
11am		Fitness Training 11.30-1pm Session 2					
12pm							
1pm		Fitness Recovery 1-2pm					
2pm							
3pm			Body Pump 3:30pm-5.00pm				
4pm						Active4Life Gym Opening Hours 6am-10pm. Members Only Class members only for Yoga/ Pilates and Kalari Contact us : 6374 2344 E: Active4Life@fvnh.org.au Or  Find us on: facebook. 	
5pm	Pilates 5.15-6pm			Yoga 5.15-6.30pm	Strength & Fitness 5:30pm-7pm		
6pm		Youth & Adult Boxing 5:30-7pm	Kalari 5.30-7pm				
7pm							

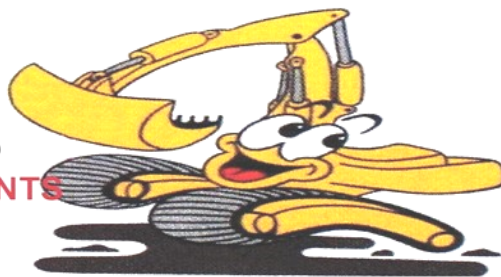
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PROUDLY SUPPORTING THE LOCAL COMMUNITY



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 COLOUR & PRUNING

Autumn is a wonderful time of beauty and colour! I just love the spectacular displays of the trees and deciduous shrubs.

It is also a time to pick up some of your leaves and add them to the compost to get all those lovely worms to work for a lovely addition to your garden come spring.

Meanwhile it may be time to prune a few trees in your garden that have been fruiting that have gone a bit wild. I have lots of new growth on mine some of which I do not want. Prune off all the little new shoots that appear to be unwanted with clean secateurs. Be a bit fastidious about this, as there can be a lot of mealy bug and other things at this time of year as it has been a damp year all round.

For those that are not sure what mealy bugs are, they look like a woolly mouldy thing that infests the branches or leaves, usually on the underside but not always. They suck the goodness out of the trees or plants. It takes a little longer with trees, but small trees or shrubbery will get sick looking reasonably quickly, so don't ignore them. Treat them with white oil.

When pruning, look for any crossing branches - they will only rub on the others. Windy days can cause wounds that will be a good place for infections, so remove these and take out any branches that have grown in the middle of your tree. The shape should look like a vase, open in the middle, so that good air-flow is maintained. This makes your tree less prone to disease. Do not remove all the small fruiting branches on your apple trees, leave at least a couple of fruit buds on the branches you want to keep, otherwise there will be no fruit next season.

Put all diseased fruit that has fallen off the trees in the bin, the same goes for any diseased rose leaves. Bin them when pruning; rake all these up from around your roses and when you clean up around the fruit trees. Good garden hygiene is important, so clean those secateurs well between each tree. Wipe the blades with disinfectant and allow to dry for a few minutes before going to the next plant.

My bulbs are starting to emerge, so it is time to get some of our beautiful bulbs in; we will talk about that next time.

Meanwhile, enjoy our beautiful Autumn weather and all the array of gorgeous colour Mother Nature puts on for us.

You can still grow radishes and lots of lovely leafy greens, we will chat about that, too, in my next article.

Until next time, enjoy your radishes, and with our bit of rain, your beautiful rainbows.



Mealy bugs suck the sap out of plants, and need quick attention.



Spring bulbs are not harmed by sprouting early.

Ian MACCA McDonald

- General Boilermaking
- Welding

- Steel Fabrication
- All Site work

Phone: 0417 661 893 Email: maccametal50@gmail.com

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www.dhhs.tas.gov.au/ambulance

and search for 'AED'

This site has a map locating all local AEDs



EAST COAST SWANS FOOTBALL CLUB

UNDER 12 BOYS

(Photos by Jessie Groves)

Game 1, played Sunday 26th March

RESULTS: East Coast Swans 9.1 (55) defeated Deloraine 4.0 (24)
SWANS GOALS: Flynn Bidgood 3, George Austin 2, Leo Bellchambers 2, Hamish Davenport 1, Hamish Bean 1
SWANS BEST: Flynn Bidgood, Bryce McKimmie, Leo Bellchambers, Lennox Bennett, George Austin, Noah Martin



Game 2, played Sunday 2 April

RESULTS: East Coast Swans 4.8 (32) defeated Prospect 2.4 (16)
SWANS GOALS: George Austin 1, Flynn Bidgood 1, Lennox Bennett 1, James Toms 1
SWANS BEST: Leo Bellchambers, Oliver Purcell, Lennox Bennett, Fergus French, Macklan Hays, Riley Griffiths



The under 12 team listens to the coach.

UNDER 14 BOYS

(Photos by Andrea Davenport)

Game 1, played Sunday 26th March

RESULTS: East Coast Swans 11.5 (77) defeated Longford 4.3 (27)
SWANS GOALS: Tyler Speers 4, Connor French 3, Cooper Griffiths 2, Noah Bourke 1, Jaxon Harrison 1
SWANS BEST: Tyler Speers, Byron Woods, Connor French, Jaxon Harrison, Ned Blunt, Riley Jordan



RESULTS: East Coast Swans 13.15 (93) defeated Prospect 2.2 (14)
SWANS GOALS: Jaxon Harrison 3, Cooper Griffiths 2, Lochlan Brinsmead 2, Riley Jordan 1, Tyler Speers 1
SWANS BEST: Jaxon Harrison, Byron Woods, Tyler Speers, Ned Blunt, Callum Hays, Cooper Griffiths



Noah Bourke gets the ball away, defended by Lochie Brinsmead.



EAST COAST SWANS FOOTBALL CLUB

UNDER 14 GIRLS

(Photos by Jazz Snooks)

Game 1, played Sunday 26th March

RESULTS: East Coast Swans 1.3 (9) defeated by Tamar 6. 13 (49)

SWANS GOALS: Nikki Gamble 1

SWANS BEST: Charlize Speers, Arielle da Graca, Hayley McLennan, Isla de Boer, Shelby Gamble



Game 2, played Sunday 2nd April

RESULTS: East Coast Swans 6.3 (39) defeated Prospect 5.3 (33)

SWANS GOALS: Nikki Gamble 2, Shelby Gamble 1, Isla de Boer 1, Laena Singline 1, Charlize Speers 1

SWANS BEST: Lily Brinsmead, Isla de Boer, Ava Howarka, Chloe Martin, Nikki Gamble, Addison Statton



Ava Howarka puts her best foot forward.

UNDER 16

(Photos by Jazz Snooks)

Game 1, played Sunday 26th March

RESULTS: East Coast Swans 2.4 (16) defeated by Longford 23. 14 (152)

SWANS GOALS: Oscar Pallier 2

SWANS BEST: Ashton Gillies, Tysen Gamble, Jarvis Hill, Dakota Singline, Finn Montauban



Game 2, played Sunday 2nd April

RESULTS: East Coast Swans 10.7 (67) defeated Prospect 7.9 (51)

SWANS GOALS: Lachlan Woods 3, Alex Kelleher 2, Tysen Gamble 2, Daniel Cook 1, Kobie Medcraft 1

SWANS BEST: Daniel Cook, Ashton Gillies, Tysen Gamble, Lachlan Woods, Dakota Singline, Jimmy Freiboth



Ashton Gillies soars for the ball.

SCAMANDER RIVER GOLF CLUB



Wednesday 29th March - Mid-Week Competition - 3-ball Ambrose

1st	Darrell Thurley, Brad Ennis, Graham Little	68/60 ^{2/3}
2nd	Dean Richardson, Dick Swanson, Rose King	72/61 ^{1/5}

Nearest the Pin 6th: Darrel Thurley
 8th: Brad Ennis

Saturday 1st April - East Coast Electrical Monthly Medal

1st	Dean Richardson	83/70
2nd	Shan Wilmot	86/71 (on c/b)
3rd	Mark Bywater	86/71 (on c/b)
4th	Darren Bramich	85/71 (on c/b)
Best Gross:	Matthew Cross	73

Nearest the Pin 6th: Darren Bramich
 8th: Shan Wilmot
 Carter Award Jens Kalisch

Wednesday 5th April - Mid-week Competition - Jackpot Stableford

1st	Nigel Wallace	34 points
2nd	Dean Richardson	32 (on c/b)
3rd	Rose King	32
Honourable Mention:	Tony Swanson, 21 points on front nine	

Nearest the Pin 6th: Tony Swanson
 8th: Nigel Wallace

Saturday 7th April - Tilford 3-Person Ambrose

Men's

1st	Wagner, Viney and Viney	62 ^{1/3} points
2nd	Dean Richardson, Dick Swanson, Tim Upton	63 ^{1/2}
3rd	Steve Austin, Matt Miller, Brodie Frost	65

Mixed

1st	Darren Bramich, Rod MacBeth, Caroline Stingel	63
2nd	Sandy Bywater, Mark Bywater, Jens Kalisch	63 ^{1/2}

Nearest the Pin 6th: Matt Cross
 8th: Rodney MacBeth
 Longest Putt Troy Scott

Tuesday 11th April -

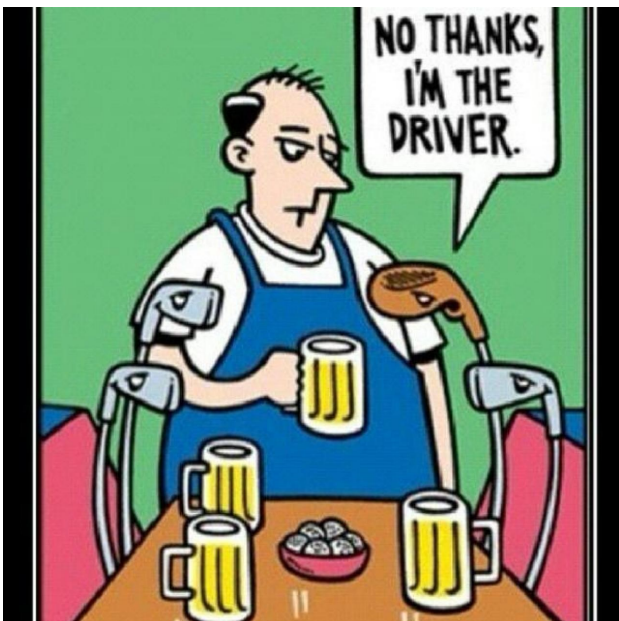
1st
 2nd
 3rd

NO SCORES AVAILABLE

Longest Putt:

Upcoming games:

12th April	Midweek Competition
15th April	Rivermouth Café Stableford
18th April	Ladies' Stableford
19th April	Midweek competition
22nd April	Tubby Freiboth Memorial Day
25th April	ANZAC DAY





MALAHIDE GOLF CLUB

Friday 17th March - Chicken Run

1st	David Duthie	31.5 points (on c/b)
2nd	Mike Prewer	31.5
3rd	DB Lowe	32.5 (on c/b)
4th	Bill Swann	32.5
5th	Stan Ellerm	32.5
6th	Rod Hunt	33
7th	Randall Wadley	33.5
8th	Robert Matthews	34.5

Nearest the Pin	4th:	Randall Wadley
	8th	David Duthie

Friday 24th March - Chicken Run

Congratulations Andrew - consecutive pars!

1st	Andrew Johns	32 points
2nd	David Duthie	32.5
3rd	DB Lowe	34
4th	Rod Hunt	36.5

Nearest the Pin	4th:	Andrew Johns
	8th:	David Duthie

Saturday 1st April - Monthly Medal

1st	David Duthie	94/73
2nd	Klaus Kobylinski	105/77
3rd	Stan Ellerm	103/79
4th	DB Lowe	98/90
5th	Randall Wadley	98/83
6th	Peter Sorenson	110/89

Nearest the Pin	4th:	Stan Ellerm
	8th	Randall Wadley

Saturday 8th April - Par

1st	DB Lowe	-3 (on c/b)
2nd	David Duthie	-3
3rd	Randall Wadley	-5
4th	Peter Sorenson	-8

Nearest the Pin	4th:	DB Lowe
	8th:	Randall Wadley

Upcoming Games:

15th April	Captain versus President Day
22nd April	Canadian Foursome
29th April	Joe Ellis Memorial Day
6th May	Champion of the Fabulous Fingal Valley - St Marys

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!

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

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(including public holidays)

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Fingal Valley Neighbourhood House



ST MARYS SPORTS CENTRE

By Volun Tier



Well, all the pennant bowls season has now been completed. Congratulation to Scamander, who just squeaked over the line against Swansea last weekend to claim the East Coast flag, they now go on to represent the Coast in the Division 3 final at the North West Coast. Also just completed over the Easter was a very successful Bicheno Easter Carnival with teams from all over the state and the mainland competing for the spoils. Congratulations to Ian Johnson, Graeme Bean, Liz Baldwin and Garry Laycock for making the finals, and to wind down all bowls in area, next weekend sees the Swansea Carnival on the go, with all entries full – should be a great weekend as well. We have just about completed our club games, only the men's pairs to go and unfortunately, due to a couple of hold-ups, we may not see the men's singles completed.

Our well-supported meal nights start again this Friday night, see the post below for details, and make sure you book in by Thursday evening. Where else would you get a great home-cooked meal including dessert for just \$20.00? Thanks to Valerie and the crew for their contribution. Saturday 22nd April sees Jun and Feng do a wonderful meal, poster is below.

Once again, I have to sadly report that the flag on the 8th green has gone missing again, only seems to happen when there is a holiday break on. A search of the area has yielded nothing, but if you may know where it has gone, please contact the Centre, as they are very expensive to replace.... perhaps it may be found next to our two golf buggies that also went missing a few weeks back. Police again have been notified. Coming up in the next couple of weeks will be the commencement of our weekend golf now daylight savings has left us and the mid-week chicken run is finished. You will be able to have a hit either Saturday or Sunday in our competition, as long as you have someone to mark your card. The Champion of the Fantastic Fingal Valley is well and truly organized, commencing at the Centre on Saturday 6th May, then to Malahide on Saturday 13th May; please book in with Rod Hunt so we can arrange catering for the two days. Cremorne Bowlers are here on Monday 1st and Tuesday 2nd May. The first day is their stand-alone competition and the second is open to whoever wishes to join them, last chance to bowl before the rink goes to sleep for the winter. Let's hope for some fine weather over the next few weeks.

Golf: Last chicken run was hotly contested, well done to Nick Kringle for his first win, 22 points, from Mark on 21, Rod McGiveron 20, Matty Miller and Nick Child 19, Maca and Keith 18, Glenn Ford and Sam Child 16. Good scoring from all the players, and a great warm-up for future events. Nearest the pin was Matty.

Member Draw: Last week Glenn Lodge and this week Helen Hayes, no collect, so jackpot in fuel goes to \$70.00

Opening Hours:

Thursday - 5.30pm

Friday - 5.30pm

◇ **Autumn 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 MARYS SPORTS CENTRE INC.

PRESENTS: (They Are Back !!!!)

AUTUMN SPECIALS NIGHT

FRIDAY 14th APRIL at THE CENTRE

BETWEEN 5:30 & 7pm

Call in for a hearty Autumn feed

FRIDAY 14th, Main & Dessert \$20

Chicken, Leek & Mustard Hot Pot With Veggies

Two Tone Chocolate Mousse

SATURDAY 22nd APRIL \$25 Main \$5 DESSERT

JUN & FENG'S CHINESES NIGHT

SEE POSTER FOR BOOKINGS

Great food, good company and a warm fire

You Must Book With Macca on 0457498641

Or Valerie on 0429122299

Or See Leanne at the shop

Hope to see you there

St.Marys Sports Centre Inc.

PRESENTS

A CHINESE MEAL NIGHT

PREPARED BY

JUN & FENG

SATURDAY 22nd April 5:30pm

AT THE SPORTS CENTRE

Entree and Main – \$25

Dessert – \$5

1 entrees, Choice of 4 Mains and 2 Desserts

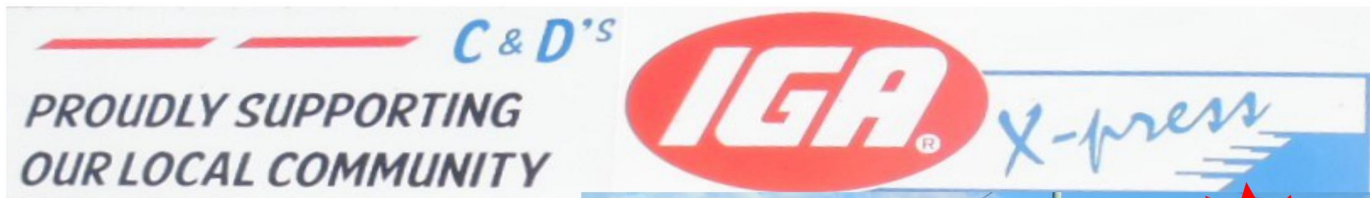
Make Your Booking By Tuesday 18th April.

Call Macca - 0457498641

Or Jun - 0411186573

Or See Leanne at the shop

BUT HURRY AS SEATS ARE LIMITED!!!



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- Hilly's IGA - St Marys
- Maple on Main - St Marys
- Scamander Supermarket
- Rivermouth Café - Scamander
- Hilly's IGA - St Helens
- St Helens Newsagency

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Fingal Tasmania 7214



CROSSWORD ISSUE 55.04

Across: 1. Bland, 5. Pecan, 8. Arc, 9. Raise, 10. Ghoul, 11. Ark, 12. Dress, 15. Tartan, 19. Heal, 21. Ann; 22. Saga, 24. Kidney, 28. Elver, 31. Oar, 32. Ditto, 33. Bluff, 34. Log, 35. Pilot, 36. Organ.
Down: 1. Budget, 2. Arbour, 3. Dahlia, 4. Acrid, 5. Pride, 6. Crease, 7. Nicket, 13. Rank, 14. Shed, 16. Aga, 17. Teal, 18. Name, 20. Age, 22. Slow up, 23. Gerbil, 25. Indigo, 26. Nutmeg, 27. Yeoman, 29. Vault, 30. Rifle.