



THE VALLEY AND EAST COAST VOICE

Established 1968

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The Valley Voice

First Edition Vol. 1 No. 1 P.O. Box 104, St. Marys 3 May, 1968

EDITORIAL

THE REASON WHY

The purpose of this paper is to serve a community. The participants believe there is a necessity for a local news reporting and comment medium in this district.

They believe there are many purposes such a news-sheet can perform. Mainly it is intended to be a communication between, what is happening and what should be happening in this valley. It is to be a liason between those who do and those who want to know about it. The aim is to be factual in news reporting, critical in out-look and constructive in suggestion.

At times it will be difficult not to be unbiased and if this human error creeps in, we will welcome your; the readers, opinion.

To be successful it will need public acceptance, eventually and public sympathy for its birth pains. To cover costs of production it will be charged and it is hoped advertising fees will add a small profit for future expansion.

If you like it, buy it. If you don't like it, don't tell others, tell us what is wrong.

KATH'S MILK BAR

FINGAL

Pies Pasties

Smallgoods

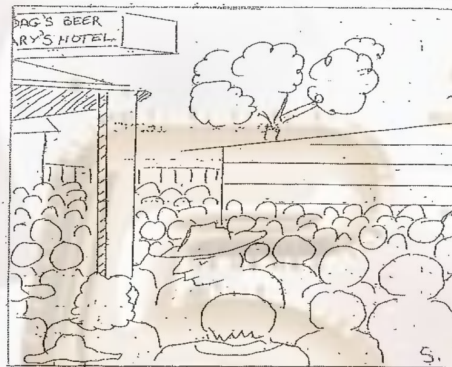
Fruit & Vegetables

Cigarettes

Cordials

Milkshakes

Ice Creams



"Free Beer?" "No, First Edition of the Valley Voice!"

TOUCHE' COLUMN

A Question from a traveller:

"Look," he said, "I over heard in St. Marys last week that cries of drought from some farmers in the valley only damages the district's image." He asked, "what image - image to whom?" Is it an image of unlimited greenery?" "Can't be. A drive through here last February would prove that. Perhaps it is the image that no matter what happens, the district doesn't scream?" "Perhaps that's what it is?"

"If so, God help us if we get an earth quake."

(We said; under our breaths)

Seamander Motel has seen some up and downs during its short history. Mostly under temporary management. Until some permanent arrangement is made we will reserve judgement.

Two Governmental cars met on the middle of Break-O-Day Bridge this week. Quees what? One belonged to the Road Safety Council of Tasmania.

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) 45 Green Point Road Bridgewater TAS 7030

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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 p/a

Fingal Valley Neighbourhood House

Valley and East Coast Voice

Advertising rates for all community groups

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

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

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

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

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

valleyvoice@fvnh.org.au

(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 11 26
SES: Flood & Storm emergencies	13 25 00
TasNetworks	13 20 04
TasWater	13 69 92

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 I 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 your sport clubs and events, along with stories about our sporting history, so tales of sporting prowess and vanished sporting clubs and events are also welcome.

Email me at: valleyvoice@fvnh.org.au

Elizabeth,

Editor, The Valley and East Coast Voice.

55 YEARS OF CONTINUOUS PUBLICATION - WHAT AN ACHEIVEMENT!

This issue is very special. It marks 55 years since a group of people from St Marys gathered around a dining table, discussed creating a newspaper about their local area, then set about getting it composed and printed.

Geoff and Elizabeth Dean, from 'Seaview Farm', along with Dorothy Simpson, Ada Gerie and Sandra Young, had a vision of starting a small local newspaper, and so after typing onto the waxed stencils and cranking the handle of a Gestetner copying machine in the empty Children's Ward at the St Marys Hospital into the small hours of Thursday 3rd May 1968, the first issue of 'The Valley Voice' was printed and went on sale. The crew, which also included Mary Targett and Yvonne Whittaker, then went about their regular jobs, and continued to do the same each fortnight for some years. All this was done on a voluntary basis, and over the years, the volunteers have changed, as have the Editor and location of the office and production areas.

The first issue was 6 pages long, and the front page had an editorial explaining 'The Reason Why', stating "The purpose of this paper is to serve a community. The participants believe there is a necessity for a local news reporting and comment medium in this district...."

Tid-bits about the social life of the residents, community events being held and advertisements for shops and businesses, many of which still exist but have changed owners since then, filled the pages of the small newsletter, sold initially for 5 cents.

By 1987, the size (while still foolscap) had grown to around 14 pages, the new Family Allowance Supplement made the front page, and sport had become a big part of the contents. St Marys District High School gave a wrap-up of the year, thanking parents and the community for their input, as well as advising of the Open Day on 11th December, and book sales in the new year, in the issue dated 11th December. The price had risen to 25 cents.

By 1994, the size of the pages had been reduced to A4, as now, and the price was 50 cents. In the issue dated 5th August, the possibility of the down-grading of the St Marys District Hospital had led to a petition to the State Parliament which was reported on, along with a page about sports injuries supplied by the hospital, 2 pages from the St Marys District High School, and the Meals on Wheels rosters for St Marys, Fingal and Mathinna. Fingal Pistol Club, football and golf were the sports featured in that issue.

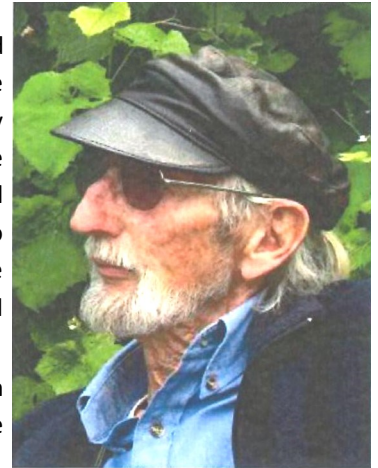
29 years after the first issue, the copy dated 9th May 1997, had a summary of the history of The Valley and East Coast Voice, as it was now known, on the cover, along with the 'Police Report'. Health services, Meals on Wheels roster, the page headed 'Church News', a page from the school about a book grade 10 students had read, a contribution from Una Camplin - who can forget that great lady of Cornwall? - Landcare News and the Footy News, among other articles, was printed, with the usual advertising. There was no mention of the local social life of the Valley, which reflected the slowly-changing social standards.

The issue from the 40th year of The Valley and East Coast Voice dated 8th May, was edited by Judy Spilsbury. With a cover acknowledging ANZAC Day, classified advertising was once again greatly evident, taking up 2 of the 22 pages of the issue. The Woodcraft Guild was thanked by a business owner they had helped, Jim Haas wrote an article about Dame Enid Lyons, and the Op-Shop asked for blankets. Letters to the Editor took two pages, followed by the eulogy for the late Amy Scales who had lived at Cornwall for most of her life, and both St Marys District High and Fingal Primary Schools shared their news. St Marys Sports Centre, St Marys Community Health Centre, Meals on Wheels, St Marys Online Access Centre, the five churches in the town, St Marys Child Care Centre and St Marys Police all told us what was happening. Judy also undertook the mammoth task of preparing and printing a special Souvenir Edition in May of that year.

By 2017, The Valley and East Coast Voice had changed a lot, having grown to an average of 30 pages costing \$1.00. The Committee consisting of Rod Hunt, Wendy Fowler, Kevin Faulkner, and Glyn Johnson, headed by Editor Wendy Dawson, felt it was time to end publication of one of the longest-issued local community newspapers in Tasmania. Efforts to find a replacement committee were unsuccessful, but after a last-minute offer, The Valley and East Coast Voice was taken over by the Fingal Valley Neighbourhood House, with Fingal Online Centre co-ordinator Keri Webb taking on the job of Editor. The cover of her first issue was our featured page last issue.

So after 50 years, The Valley and East Coast Voice changed again, with fresh views and expanded viewpoints, and as Keri wrote in her first issue, "Our aim is to provide the best service to the communitywe want the paper to be entertaining and informative, at time controversial, but above all, useful to the communities...", which I endorse.

Over the next few pages, people share their memories of the beginning and early days, as well as more recent memoirs. We hope you enjoy reading them.



*Geoffrey Dean,
one of the co-founders of this
community paper.*

FINGAL FOCUS

Contributed by Mike Brouder

The secret to getting ahead is.....getting started - Mark Twain

As this issue celebrates the 55th year of the Valley and East Coast Voice, I have tried to find some very funny jokes in order to join the celebration. I hope you find them funny, also I hope that I don't disappear by the next issue Well done Valley Voice.

When the Valley and East Coast Voice was about to close down in 2017, it was apparent that the loss of such a valuable asset to the community would be hard to replace. The Fingal Valley Neighbourhood House, through Gary Barnes, made a determined effort to continue the publication of this asset, and took the task on from the first issue of 2018. Thankfully his determination had a happy outcome.

I was editing a small newsletter at the time, the 'Fingal Focus'. I felt some dismay because I knew that there was not enough room for two publications in Fingal. The 'Valley Voice' had more impact and would, of course, take precedence over the 'Fingal Focus'. Where would I fit in? Would I fit in? I am grateful that my little publication was seen to have enough value, even if it was only for the jokes I insisted on inflicting on the readers of the 'Focus', to be included. The 'Fingal Focus' has been incorporated into 'The Valley and East Coast Voice' in order to continue plaguing you all with more of those Dad (or dead) jokes.

Ah well! Such is life, as someone once said.

Here are a few more of those jokes!!

What do you get if you put ducks in a cement mixer? Quacks in the pavement.

I told my girlfriend that I thought she was cheating on me.....she said I sounded just like her husband.

The computers went down at work today.....It took me ten minutes to shuffle the cards for Solitaire.

An Englishman, an Irishman and an Australian came into a bar. The barman looked up and said, "Is this some kind of a bloody joke?"

A man walked into a bar and ordered six whiskies. He lined them up on the bar and drank the first, third and fifth. As the man turned to leave, the barman said, "Excuse me, Sir, but you've left all the other drinks." The man replied, "Yes, my doctor said it was OK for me to have the odd drink."

I was getting into my car the other day when a man came up and asked me for a lift, so I said, "Sure, you look great, the world is your oyster, go for it!"

An old man was unhappy because he had lost his favourite hat. Instead of buying a new one, he decided to go into the church and steal one from the vestibule. While he was in the act, he was caught by an usher who forced him to listen to the sermon on the Ten Commandments. He thanked the usher very warmly and said, "I came to the church to steal a hat, but after listening to your sermon, I have decided against it." "Do you mean after hearing 'Thou shalt not steal?'" "No, it was after hearing 'Thou shalt not commit adultery'. I remembered where I left my hat."

Marriage teaches you loyalty, patience and understanding, and a whole lot of other things you wouldn't need if you stayed single.

A tourist in England was heard to ask, "Why did they build Windsor Castle so close to the Airport?"

A naïve man was set upon by two muggers. He fought them desperately but was subdued. After they had gone through his pockets, all they found was fifty-five cents. "You mean that you fought like that just for fifty-five cents?" one of the muggers asked. "Is that all you wanted?" the naïve man asked, "I thought you wanted the four hundred dollars in my shoe...."

My Dad told me that I should marry an Ancient Egyptian....they make great mummies

It is said that about 30% of pet owners allow their pets to sleep in their bed. I tried it, but my goldfish died....

When I asked a German friend if he knew to square root of 81, he said, "Nein."

I'd like to have kids one day.....I don't think I could last any longer than that!

My therapist told me to write letters to everyone who had hurt me, then burn them. I've done that, now what do I do with the letters?

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

MORE 'RECOLLECTIONS OF THE BIRTH OF THE VALLEY VOICE'

In the issue celebrating 40 years' publication of The Valley and East Coast Voice in May 2007, Mary Targett penned an article, reflecting on her role in the birth of the Valley Voice. She wrote, "On the evening of May 2, 1968, we gathered in the Children's Ward of our hospital, (obviously no patients) and proceeded to create our first edition. The latest technology was used.....the ward was abuzz with activity, and lots of laughter, courtesy of the green ginger wine, which was enjoyed by all. This continued into the wee small hours of the next morning, when finally our first issue was ready for delivery to the outlets. Some of us managed a few hours' sleep, other not so lucky, before heading off to our regular jobs.....In conclusion, I would like to say we have come a long way thanks to the many volunteers we have had over the past 40 years."



Mary moved on to other things, but when asked if she had anything to add to her previous article, Mary wrote, "The last fifteen years have passed so quickly since The Valley Voice celebrated its 40 years of publication. A huge thank you to the current editor, Elizabeth Death and her band of volunteers and to the many, many members of our community who over this time have enabled our local paper to be celebrating 55 years of publication."

REFLECTIONS - KERI WEBB

When there was a possibility the paper would fold at the end of 2017, the Fingal Valley Neighbourhood House stepped up to the plate to continue the publication. It was very daunting to be a part of this project, but with the know-how of Mike Brouder, who had been editor of the Fingal Focus for over 10 years, we gave it a go. There were many teething problems but the community continued to support the newsletter by way of advertising and purchasing, and the Neighbourhood House committee and manager were also very supportive.

The Valley and East Coast Voice has become a staple within the community for information on current and future events, local topics and an avenue to get the message out and about. To be celebrating having been published for 55 years is a commendation to the volunteers and editors who have given time to the newsletter.

I tip my hat to the current editor, Elizabeth Death for the exemplary work she is doing and to the FVNH for allowing us to continue to stay informed and have a voice when required.

Keep up the good work!

Keri Webb

FROM THE EDITOR

I took over from Keri at the beginning of 2019, and I am proud of my efforts, supported by a fantastic team, to continue to publish an informative and entertaining publication, carrying on the intention of the founders: "The purpose of this paper is to serve a community. The participants believe there is a necessity for a local news reporting and comment medium in this district....", to which I add, "This newspaper is about the Fingal Valley and the East Coast, and the people who live here...."

The team who now produce our fortnightly publication are mostly locals who share this aim and write their columns voluntarily, and I would like to thank each and every one of them for their input. Many people have submitted stories and written to the Editor, and the subjects of these letters have been as wide and varied as the opinions they have espoused. If YOU have a story you would like to share, or a suggestion for an article or regular column, please contact us; we welcome ideas and submissions.

To everyone who has ever been involved in the production of this 'dream' of those who met for a meal and discussion in 1968, thank you! There are too many to mention, but include anyone who ever typed the stencil, loaded the ink, cranked the copier, pressed the button on the printer, loaded the paper, counted, packaged, or delivered the issues, you have been a part of history for over 55 years.

Of course, we need also to thank those who have advertised in The Valley and East Coast Voice over the years, as they have been the source of a large part of the funding for production. Some businesses have been advertising almost from the beginning, and the variety of types of advertising has changed, too. Not just shops have made us aware of their stock. Support services and Government entities now play their part in telling our readers of programs available, and local and regional not-for-profit and community groups advertise events and celebrations. This enables residents to support worthy causes and be united as a community.

And the businesses who sell our printed copies are an important part of the tale of The Valley and East Coast Voice - thank you to each of you!

Here's to another 55 years of advertising, stories, pictures, articles, poetry, sports results, Letters to the Editor and puzzles!

PAPER DELIVERY GIRL - MY MEMORIES

I remember every second Thursday afternoon after school being the day that I rode my bike around the eastern side of St Marys, delivering the Valley Voice to houses. The cost was 50c. I started my delivery job in 1991, taking over from my sister who moved to Launceston for College.

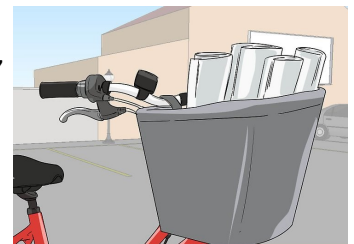
I would head into the old shoe store in St Marys to Mrs Davern, who would give me my papers and I would head off on my bike. It was quite a few years ago that I got this job, and to this day I can still remember the route that I took and the people I met while delivering. I would receive a tip, cake or some very wise words from the adorable people I delivered to. My parents would drive me in the car on rainy days.

I spoke with my Mum about this the other day, and she was saying that if I received \$2.00 in tips for the delivery, I was so excited. I am sure I used to be able to head to the local shop and purchase 4 lollies (red skins and Alexander the Grape lollypop) for 20 cents.

I have been reading the names of the delivery children before and after me, and it is a lovely memory to think of growing up in St Marys and knowing these people. I'm sure if we could get together, we would all have a story to tell of our time as delivery boys and girls of the local Valley Voice Newspaper in St Marys.

Congratulations on 55 years, and thank you to the many editors, volunteers, columnists, delivery persons and everyone that has contributed to the Valley Voice over the years.

Rebecca Tuck



Other delivery boys and girls listed in the 40th Anniversary edition included:

Kyle Bean, Kirk Bean, Tiana Bean, Drew Berwick, Jason and Sean Costain, Alyssa Morris, Jane, Mark and Matthew Spilsbury, Todd and Emma Spilsbury, Hannah, Jacob and Jackson Spilsbury, Todd and Narelle summers, Danielle and Georgie Williams, and Michael, Andrew and Julie Wright.

**Do you
or
does someone you know***

have a vacant space or building in the Fingal township,
suitable for use as a

Makers - Creators - Repurposing - Artisans & Muso Hub?

We have an idea that will require careful and considered nurturing to bring it to its full potential, an idea that first and foremost supports and benefits our local communities, providing locally made wares and practical services, whilst also creating a very unique experience for those who are passing by or touring through the Fingal Valley / Northern Midlands.

Could a 'Guild of Creative Hubs', one in each township, all working together with their own unique and varied offerings, bring something very special into existence?

The possibility is certainly there!

For the present though, our focus is on what we can do in Fingal, so if you have (or know of someone who does have*) a space or building and would like to discuss how you or they might be able to help in nurturing and growing this tiny seedling of an idea into something much more, please call Andy Stretton on 0492 961 691 or Karen Monson on 0409 934 494.

(*If you would like to pass on someone else's contact details, please make sure that they are happy for you to do so first!)



55-YEAR LONG TASMANIAN RESPIRATORY HEALTH STUDY SEARCHES FOR ORIGINAL 1968 PARTICIPANTS

Back in 1968, 8,583 Tasmanian school children were recruited into what is now the world's largest and longest running study of asthma and respiratory health - The Tasmanian Longitudinal Health Study (TAHS). One participant has a vivid recollection of "standing in line at Punchbowl Primary School in my bloomers and singlet, blowing into a tube which looked like a hairdryer."

The study has followed these participants from the age of 7, via health questionnaires and lung function tests, for 55 years. So far, the data collected has informed over 80 research articles and 140 conference presentations, influencing new scientific knowledge, clinical practice and Australian policy around respiratory health. The study has just begun its latest follow-up, which is critical for investigating the impact of previous health and environmental factors on the later-life respiratory health of their participants, now aged around 60 years old.

Keeping track of more than 8,000 children as they grow up, have families of their own, and age, is no easy task. Many participants have moved interstate or overseas. In previous decades, the study team utilized individual matching with Electoral rolls, Marriage Registries, and Medicare databases to find participants at each follow-up stage of the study. At one time, Aurora Energy even printed a message from the TAHS on their power bills, encouraging participants in Tasmania to get in touch.

Nowadays, things are significantly more challenging. Privacy laws, important for protecting individual safety and liberties, prevent the study team from utilizing Medicare or any other Commonwealth databases to find their original participants. With the rise in email and phone scams, people are understandably less willing to engage when we reach out to them. "We respect our participants' privacy and confidentiality, and we understand why people must be cautious when they are contacted. We always work within the bounds of research ethics and try to balance our respect for privacy with the need to trace our participants for this important health research," said Professor Shyamali Dharmage, TAHS Principal Investigator. To reach as many participants as possible for the latest follow-up, the study team is exploring modern strategies for tracking down their participants, including Social Media tiles on local community Facebook pages and stories in local newspapers. "We are really counting on local Tasmanian media in all its forms to spread the word and help find our participants, so the study can maintain its standard as world-class research into respiratory health," Prof Dharmage continued.



For more information, or if you were a member of the initial study, please contact Mia Zentari of the TAHS Project Team on m.zentari@unimelb.edu.au or 1800 110 711. You can also view our website at www.tahs.com.au

(Article courtesy of Mia Zentari, TAHS Cohort Management Coordinator)

From the Editor

I have similar memories to those mentioned above, as I am part of this study. I have been told that some of the additional studies I have participated in have led to more information about strokes in young people, leading to better treatment and therapy.

If you were involved in this study which began in 1968, please contact Mia and register your contact details.

TIP SHOP TALES

Making the most of household recycling.

Expand your household recycling starting with your next trip to St Marys Tip.

- Sort your load and consider how many of your unwanted goods can be dropped off for recycling at the Tip Shop and saved from landfill. St Marys Tip Shop is located at the tip on Gray Road St Marys heading to Elephant Pass
- Visit the Tip Shop and purchase goods you may (or may not) need. All funds raised go to the St Marys Community Hospital
- Follow the Tip Shop on Facebook at St Marys Hospital Auxiliary Tip Shop
- Learn more about recycling by visiting the Tip Shop Stall at St Marys Market on the 1st Saturday of the month.
-

The Tip Shop volunteers look forward to welcoming you and 'talking rubbish'.

New volunteers are always needed.

You are always welcome at the Tip Shop.

ON THE SPORTING FRONT...

Well, well, well, our one and only 'Valerie Volice' is turning 55! Cheers and Happy Birthday, and congratulations to the hard-working staff members, both past and present, for all the news, views and procrastinations over those years.

I have been asked to have some sort of input into the past and present writings over the period, and as my forte is around sport, here it is. I remember in the earliest days that golf news was done by Ruth Gill under the pen-name of 'Tee Up', a no-fuss and comprehensive account of the week's golf news, taken over every now and again by Tee Up's mate Rodney McGiveron, whenever Geoff and Ruth went on a sojourn around the state. Tee Up's mate soon became 'Kack Hander', when Rodney took over full-time when Ruth retired in the mid-1980's, then somewhat revised as the new 'Volun Tier', these days by yours truly. Just like the years, the input has changed dramatically, as the scenery around and about the club and the town's demographic has changed. I also by chance had a crack at the Footy News, in the Tigers' hey-days, taking over from Gordon 'Spot' Salter, who wrote from the late 1970's under the pen-name 'Ol' One Eye', which he definitely was - Gordon lived and breathed only black and yellow, and with the culmination of his column around the time of the Tiger's Grand Final win in 1983, the story he wrote about the team on the eve of the Final was an absolute pearly; a blow-by-blow description of every player; hope it can be found and published again. Then I took over the position as 'Old Tige', never quite emulating my predecessor's quick wit and keen eye, that news that also went in the EDFA and NTFAs Footy Record every week. Then, I took on what I think was the only regular cricket report in the summer, under the pen-name "Miss Field", regular team updates and stories, usually about the trips home, as we weren't the most successful team on the field in those days. But as usual, a quick embellishment would take a huge loss into a close game every week! There has been the odd bit of nonsense in the days when names did not have to be printed with an article. I remember a trip to my parent's house in the early 1990's and I came across Greg Cooper, about to rescue his lunch box from his work vehicle outside his house, in his undies and taking off very quickly when he heard a vehicle coming. As we were in the middle of a drought at the time, I penned this for the Voice, "Rare albino frog seen leaping across Gray Road, sure sign the drought is about to break." Not only did it rain for many days after, but I ended up with a very sore arm when I next met Frog at the Club.

Fantastic memories, provided by all who have contributed over the years; thanks Valley Voice and all staff for giving us the chance over the years to print our messages, insights and nonsense.

Glenn McDonald

Fifty-five years ago, Geoff Dean, a St Marys farmer, came up with an idea. That idea was a local periodical that was called the Valley Voice. It's now 2023 and that little paper is still going strong. It reaches out to a lot of locals, it keeps long-distance subscribers in the loop of what's going on in the beautiful Fingal Valley, and it is a tangible record of what's happened around us since 1968. It's entertaining, informative and dare I say vital to us all?

Personally I have had the privilege to be a contributor for a fair bit of that 55 years so far. It was fun to write the occasional 'Remember When' article, standing in for Ruth Gill (Tee Up), as Tee Up's Mate for the news from the St Marys Sports Centre, and then later as 'Kackhander' for the same purpose and over many years since as 'Cage Rattler'. I truly love being involved with the Valley Voice ... and a special thanks to the Fingal Valley Neighbourhood House that played a major role a few years ago that saved the day when it may well have finished up.

To the amazing volunteers over 55 years that printed collated, and delivered our iconic paper, a huge THANK YOU. You are incredible. To all the fellow contributors, exactly the same thanks and a special mention to people like Ron Sumner, Audrey Wright, Judy Spilsbury, Wendy Dawson and Elizabeth Death as the incumbent and dedicated Editor. Apologies to whoever I have forgotten ...and also of course to Mr Geoff Dean who began it all. Geoff, of course, is no longer with us, but thank you to him and his family .

It'd be nice to think that our little paper will be part of the Valley for a long time yet....

Rodney McGiveron



Photographs from 40th Anniversary Edition

MEMORIES - ANNABEL DEAN

My mother Elizabeth (Betty) Dean and father Geoffrey were dairy farmers at 'Seaview' farm. They both worked exceptionally long hours so they didn't have much time for socializing or anything else. Both my parents were extremely creative people. My mother was, amongst other creative talents, an exceptional cook - I still miss her cooking today. There was never a time I don't remember my father not being a writer. If I couldn't sleep, sometimes I would get up and sit with him in silence while he wrote. He would wait until the fire almost became mere coals before he stopped and went to bed.

As we became older, my parents had a little more time to pursue other creative endeavors. One of my mother's efforts was tanning sheep skins. All friends and relatives were either given yellow, blue or red sheepskins. She gave this up because of the reaction to the harsh chemicals that are used in the tanning process. Next was summer wines. My parents began to host dinner parties to try my mother's latest food or wine creations.

Although we had been sent to bed before the guests arrived, my brother and I would sit in the cold at the closed door and listen for conversation about ourselves. One night we heard that although the season's wine was awful and our names were not even on the agenda, a new plan had been hatched.

They began to talk about a local newspaper that would represent the people and events on the East Coast and in the Fingal Valley. Creating a notice board for everyone. From memory, Ada Gerry, Yvonne Whitaker, Sandra Young and Dorothy Simpson were present this night. Dorothy (Dot) was the Matron at St Mary's hospital and I believe Sandra Young was Head of Nursing. There didn't seem to be a strict hierarchy between the Matron and nurses, which for the time was unusual, so I believe the environment to start the Valley Voice was one of the reason it was able to be started.

The Valley Voice was published once a fortnight, and sometimes it was all hands on deck. Hospital emergencies, cows birthing unexpectedly in the middle of the night, lambing season; all served to create a very flexible timeline for production of the paper. The core volunteer staff of the Valley Voice was my mother, father, Sandra Young, Ada Gerry and occasionally Yvonne Whitaker, when things got really tight with the publishing deadlines. Sandra Young was an accomplished artist and did the cartoons 'Clem and Lily' and the layout with my father. 'Clem and Lily' were cartoons about the escapades of a farmer, Clem, and his cow, Lily. My mother and father did the main writing and editing as well as getting sponsorship/ads so the paper could be produced.

The Valley Voice was set up on a shoe-string budget and continued this way until we left the Fingal Valley. I remember my parents using their own money sometimes as they hadn't made enough money in sales or advertising. There were discussions about whether to increase advertising rates and sale prices, but both my parents were adamant that the paper be accessible to everyone.

I remember going regularly to the Valley Voice office to meet one or both my parents to get a lift home. The office was two rooms above the shoe shop in the main street of St Marys, now inhabited by 'Feed the Dragon'. It was not unusual for my brother, sister and I to bring our sleeping bags and be told it's going to be a long night, as they had to get the Valley Voice edition out that night. After annoying our parents by running around too much or sliding down the steep stairs in our sleeping bags or pillows, we were quite often put to work until bed time. I remember loving using the Gestetner to print out page runs, and loved the smell of the ink. It was unusual for these print-runs to go smoothly for anyone, as the Gestetner was second-hand and prone to breaking down or jamming. Possibly it was donated from the school or Hospital. I recollect the Valley Voice running out of wax paper one night, which was a disaster because they couldn't put the cartoon in or a planned article. On one occasion, Sandra couldn't think of a new idea for the cartoon so they put in an old one. I recall it was like a tag team between my parents, Ada, Sandra and Yvonne on occasion.

After my parents left the Fingal Valley, my father continued to write and became a published short story writer, recognised around the world for his work. My parents continued to be involved in publishing throughout their lives on a voluntary and paid positions with association such as the Fellowship of Australian Writers, the Tasmanian Writers Centre and union. My mother established Macquarie Press to publish little known Tasmanian writers, as well as writing her own works over the years some of which were published.

I would like to offer a sincere congratulations on behalf of my parents and the original founders to the hard-working individuals who helped carry on the legacy of the Valley Voice. It is truly remarkable that it has grown and continued to this day. A huge thank you to all the past and present contributors, with their continued input we can enjoy the Valley Voice well into the future.



Sheep-skin tanner, wine maker and exceptional cook, my Mum, Elizabeth Dean.

AWARD-WINNING YOUTH MENTAL HEALTH PROGRAM COMING TO TASMANIA

The award-winning Live4Life program is the only mental health education and youth suicide prevention model designed specifically for rural and regional communities, and Break O'Day will be Live4Life's first regional community based outside Victoria.

Youth Live4Life, a not-for-profit health promotion charity, last year received a grant from the Federal Government's National Suicide Prevention Leadership and Support Program (NSPLSP) to pilot Live4Life interstate, and after an extensive 'Expression of Interest' process, Break O'Day was selected as the successful community.

Live4Life will roll out in schools across Break O'Day in the coming months, focusing on increasing mental health knowledge amongst students, parents, school staff and other community members to reduce barriers for young people seeking help. Live4Life is featured in the Royal Commission into Victoria's Mental Health System's final report as a case study 'highlighting innovation in community-led mental health solutions for young people'.

The Fingal Valley Neighbourhood House is working closely with representatives from local youth, school and community agencies as part of the Live4Life Break O'Day Partnership Group.

The Live4Life program has four key components of delivery:

- Evidence-based mental health education in schools
- Partnership of schools and community organisations
- Mentoring support from Youth Live4Life
- Youth participation and leadership via 'Youth Crew'

Year 8 students at St Helens District High School and St Marys District School will be involved in the 2023 implementation of Break O'Day Live4Life. In 2024, Break O'Day Live4Life program will be delivered to both the Years 8 and 10 students.

Fingal Valley Neighbourhood House Manager Gary Barnes, said, "the Live4Life initiative was more than just a response to youth mental health within the school environment, it is a whole-community approach. It is about the entire Break O'Day community working together to improve outcomes for young people and to save lives."

Break O'Day Mayor, Councillor Mick Tucker said, "We want to ensure that young people, teachers, parents and the wider community are better informed about mental health. We want them to be able to spot the signs of poor mental health before a crisis occurs. We are really happy to see that this mental health training is delivered by local trained instructors who understand our community and are therefore best placed to help."

Delivery of Live4Life Break O'Day is being supported by partnering community agencies Fingal Valley Neighbourhood House, Break O'Day Council, St Helens Neighbourhood House (YCNECT) and Department of Education, Children and Young People.

"It is really exciting to be expanding the Live4Life model into Break O'Day as our first interstate Live4Life community," Youth Live4Life CEO, Bernard Galbally said. "The Live4Life model has been proven to create more highly-networked communities, which enhances community resilience during hard times and helps to support young people living in regional and rural communities."

In 2023 there will be 11 Live4Life communities throughout both regional Victoria and also interstate, including Ballarat, Bass Coast, Baw Baw, Benalla, Break O'Day, Central Goldfields, Glenelg, Moira, Southern Grampians, and South Gippsland, and foundation community Macedon Ranges. There is currently a waitlist of over 20 rural and regional communities throughout Australia who are wanting to implement Live4Life.

(Information and photographs courtesy of press release.)



Daisy and Jonnek at the recent Autumn Festival in the St Helens Community Garden.



**Empowering rural communities
to improve youth mental health
and reduce youth suicide**



live4life.org.au



The Say by the "Cage Rattler"

"And the winner is Sydney." Those famous words uttered by Juan Antonio Samaranch, IOC President in 1993, announcing Sydney as the host city of the 2000 Olympic Games, was met pretty enthusiastically by most Australians, cautiousness by some, and with anger by a minority. Of course it turned out to be rated as one of the greatest Games ever. Roll on to early May 2023. Not the IOC President but the AFL CEO who announced that Tasmania's bid to become the 19th AFL licence holder had been successful. Gillon McLachlan, along with the Premier and Prime Minister, made that announcement. Once again, the large majority of the population were thrilled, some were cautious and others were angry, particularly on the back of several hundreds of millions of dollars to be spent that they believe would be better spent on other important things. The biggest single component of that is a new built-for-purpose and indeed multi-purpose Macquarie Point Stadium in Hobart. Of course that would be contingent on whether that money was available from treasury outside the already budgeted allocations for such things as health, housing and education that critics claim are those uses. Extremely important, dare I say crucially important, but already scheduled for funding in forward estimates and funding notwithstanding...

The proposed new stadium is just part of the projected precinct that will include a variety of Arts, other sports, development and training, and ancillary business opportunities, and is scheduled to include 120 affordable housing opportunities. It will also see 4200 jobs during the construction phase and hundreds of jobs directly and indirectly from the new Tasmanian AFL licence once they actually enter the competition. That's got to be a great economic boost for the State...


Let's be honest. Hobart, as beautiful as it is, (it's a great city by any measure) is not known to get much of what the other state capitals get in regard to a variety of entertainment and other sports hosting opportunities. We really don't have an outright fit-for-purpose venue other than a limited amount of AFL games, the odd Test match or One Day International/T20 cricket match. We all know that. A new modern and multi-purpose stadium will not only host 11-12 home AFL games a year, but also projected another 40 or so other events that all other AFL stadiums already do as a requirement to help pay for themselves over time. Then there is TV/sponsorship/merchandise and memberships income streams that will contribute to the Tasmanian economy. It's not big money, no return, not at all. That is why a business case is a basic requirement of this 19th AFL licence before any consideration was given by the AFL commission.

On a smaller scale, the success of the newest NBL (National Basketball League) Tasmanian franchise called the JackJumpers is amazing. Within their first two seasons, they have proven they can financially and performance-wise stack up with the established clubs ...


I am fully on the side of all this taking place and I make no apology for that. I am seeing a forest of opportunity, not just a few trees. I fully respect and understand why some are skeptical, unsure, disappointed and angry, probably mostly on the back of the initial cost, the frustration with housing shortages, health services, maybe even highway and transport or education they believe this money should be spent on....on the face of it that makes sense. But in my view, the reality is the long-term big picture look. If we didn't get this, and we've been trying for a long time, our young people now or yet to be born will continue to find the need to pack up and leave for opportunities this wonderful State of ours just doesn't have. It's happened way too much already. This opportunity will eventually way more than pay for itself over coming decades, and the potential to only enhance those opportunities across a wide scope is a key reason to inspire our young ones to remain at home. Maybe even play for their home state at the highest level possible one day.....

There are certainly a lot of potential problems to solve, there will be rows and fights over that, but for once it'd be nice to see a certain few whining politicians put their self importance aside and help work through all that...that would be great. Who knows, a new exciting thing for this gorgeous state we call home might help generate stronger income streams to encourage doctors, nurses, builders, teachers etc to join us and help solve some of these other problems....you never know...it just might. It's way, way more than just footy and a new stadium; way more.....

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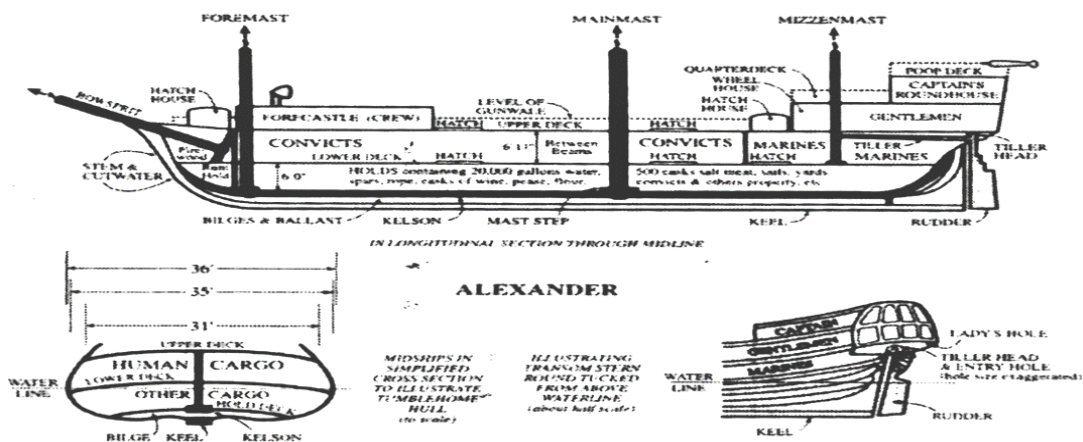
CONVICTS PART 3

After the first convict ship 'Indefatigable' arrived, it wasn't until 1818 that the next ship, 'Minerva', arrived directly from Ireland to Tasmania. Minerva departed on 22nd December 1817 and arrived on 6th July 1818, with 167 male convicts on board. Prior to 1812, all Van Dieman's Land arrivals came via New South Wales.

The ships master was responsible for all convicts, Royal Navy officers manned the ships, a surgeon was on board to treat the sick and injured, and by 1840 they carried a religious instructor. Convicts were kept below decks and only allowed on deck for fresh air and exercise in fine weather. Dangerous prisoners were kept in chains. On ships with both male and female convicts, they were kept securely segregated. They slept in hammocks or wide bunks which held several convicts. Conditions were cramped and unhygienic.

Seasickness and injuries were common, along with diseases such as typhoid, dysentery and scurvy, which led to death. They also had the fear of being shipwrecked.

The Surgeon Superintendent made land first and delivered the indentures to the Colonel Governor, which he delivered to the Colonel



This cross-section of the 'Alexander' shows the layout of the boats, and where the convicts were quartered.

Secretaries office, and this indenture provided proof of each convict and their crime. Colonel Secretary would deliver these to the Muster Master who transcribed this information. Today these are known as 'indents', which include ship, master, surgeon, ship's place of origin, date of departure, port of arrival and arrival date.

Within a day or two, the Muster Master and principal superintendent would board the ship and examine each prisoner on board for any distinguishing marks. They also identified skilled workers and separated them into trades, and extra care was taken with agricultural workers. Within two days, the convicts were allowed to disembark, males marched to the prison barracks and females to the Cascade Female Factory, and kept there until they were assigned their allocated work. Prior to 1840 convicts were assigned to private settlers, while other skilled workers were sent to the public sector such as clerks, blacksmiths, masons, carpenters, seamen and flagellators. If a convict broke the rules they were brought before the magistrate's bench and punishment consisted of fines, floggings of up to 100 lashes, prison, treadwheel or the public stocks. Two or more magistrates had to sit at the bench for a prisoner to be sent to the road and chain gangs. Under the assignment system between 1804 and 1840, 53 % of male convicts were sent to gangs - 18% of male convicts were sent to road and chain gangs in 1836 alone.



Superintendent's residence, Campbell Street, Hobart.



Prisoner's barracks and Chapel, Campbell Street, Hobart, built c1821.

		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	A Taste of TAZZ - Plus Community Interviews at 11.15 with TAZZ	Mary-Anne's Music Mix PLUS Real Estate Tips and Trends at 10.30 with Mary-Anne	Rhythm N' Reggae with Big Daddy Davo	Simply 60's with Guest Presenters	"Get Happy" with Angelina	
	Arvo	Jackster's MUSIC BOX PLUS "Pet Talk with Dr Andrew after 2pm" with Jackster and Porsche	Get infused with Jonno	"Rhythm and Soul" with The Tone	In the Shed with ZEDD	"Fresh and Fruity Friday's" with Angelina	A dose of Dr Dave PLUS Quizzes at 3 and 4pm with Dr Dave	Star FM's The 80's Zone
	Late Arvo	Jacksters HOT HITS with JAX	2 For Tuesday Request Show with ASTRO	Something Fishy is going on with Fyshy	DR DAVES Travelling Medicine Show with DR DAVE	"Rock On" with Star FM	"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 Star FM	Let Loose with Star FM	Big DaddyDavo's Blues Mix hosted by Dave



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14th May Michael Bailey

21st May Smooth Operators

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A great toe-tapping afternoon of music was performed by our April guest artists 'Smooth Operators'.. aka Kylie Wright and Nigel Wallace, with a wide variety of music to entertain a very appreciative audience.

This month our guest artists are the very talented duo from Wynyard, 'Chris and Viv Boys', also popular, and a treat for those of us in St Helens as this duo used to live in St Helens before moving to Wynyard. With Chris on guitar and vocals, and Viv performing on keyboard, you can guarantee a great afternoon of musical entertainment. That is on Friday May 26th. Footy Club Rooms, Tully Street. Lunch is BYO, but the tuckshop will be open for sandwiches and cakes, tea and coffee are free, and the Footy Club Bar will be open for alcoholic drinks.

Members are \$10.00 and non members \$15.00.

A little heads up for you all as well, this years sees the Jazz Club's 40th Anniversary...and to celebrate this event 'CROON' , backed by the Matthew Ives Big Band, is coming back for the festivities on Friday July 28th at the St Helens Footy Club rooms, Tully Street. The entrance for this wonderful event will be \$20.00.

So, see you there at 12.00pm on Friday May 26th for Chris and Viv Boys, and a wonderful afternoon of music.



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FRIDAY 26TH MAY 12-2PM

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IN THE KITCHEN WITH KIRSTEN



Anzac biscuits: what's your bag, chewy or crunchy, choc chips or not, shredded coconut or desiccated, even muesli instead of oats. I like to add a pinch of ginger, truly delicious. Well, there is not many a person who can go past a good Anzac whatever type you like. I'm a big fan of them and crunchy is my bag. People often ask how you make them crunchy or chewy, what is in the recipe that changes the texture, and that's a really good question.



The crunchy Anzac biscuit you want requires more sugar and complete baking. The chewier requires less sugar and coconut and less baking. The more sugar in a biscuit, the crunchier it is basically. It's also interesting to note that apparently, original Anzac biscuits were actually very crunchy, as they needed to store well in rucksacks etc. Stacking and storing a pile of chewy Anzacs does not as keep well, as they are moister and underbaked, therefore the risk of going bad is higher. A drier biscuit can last for ages and is great for dunking in TEA.

Super Crunchalicious Anzacs

1 cup rolled oats	1 cup plain flour	1 cup brown sugar	1 cup shredded coconut
125g butter	2 tablespoon golden syrup	½ teaspoon bicarb soda	2 tablespoons boiling water

Preheat the oven to 160C and line two baking trays with baking paper.

Combine oats, flour, sugar and coconut in a mixing bowl.

Place butter and golden syrup in a saucepan over medium heat. Stir for 2 minutes, or until the butter has melted. Mix bicarb with boiling water, then add to the saucepan. The mixture should become frothy.

Mix wet ingredients into the mixing bowl and stir to combine. Grab a teaspoon of the mixture and roll it into a ball, then place on the prepared baking tray. Press down to flatten slightly. Repeat with the remaining mixture, leaving a gap between the biscuits as they will spread.

Place the trays in the oven and bake for 15-20 minutes or until golden brown. When you remove the biscuits, they'll still be soft to touch, but will harden while cooling. Leave on the trays to cool for 15 minutes, then move to a cooling rack.

Chewy Anzacs

1 cup rolled oats	1 cup plain flour	½ cup brown sugar	¾ cup desiccated coconut
125g butter	2 tablespoon golden syrup	½ teaspoon bicarb soda	2 tablespoons boiling water

Preheat the oven to 160C and line two baking trays with baking paper.

Combine oats, flour, sugar and coconut in a mixing bowl.

Place butter and golden syrup in a saucepan over medium heat. Stir for 2 minutes, or until the butter has melted. Mix bicarb with boiling water, then add to the saucepan. The mixture should become frothy.

Mix wet ingredients into the mixing bowl and stir to combine. Grab a teaspoon of the mixture and roll it into a ball, then place on the prepared baking tray. Press down to flatten slightly. Repeat with the remaining mixture, leaving a gap between the biscuits as they will spread.

Place the trays in the oven and bake for 10-15 minutes or until light golden brown. When you remove the biscuits, they'll still be soft to touch, but will harden while cooling. Leave on the trays to cool for 15 minutes, then move to a cooling rack.

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

Cheers, Kirsten.

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

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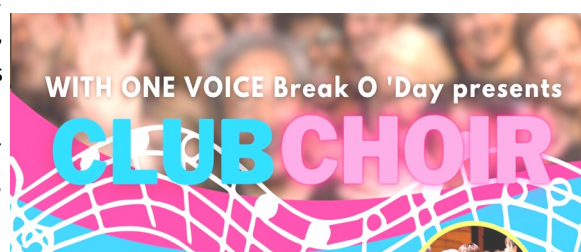
Anzac Day will have passed by the time you get to read this issue of our fabulous "Valley and East Coast Voice". The St Helens Hospital Auxiliary and Tip Shop are raising funds to purchase a heart monitor to be housed permanently at our hospital. This will enormously improve the treatment of heart health in our local area. So, With One Voice Community Choir returned the support that the auxiliary gave us when we were scrambling to run a bus to our rehearsals. 18 of us enjoyed a wonderful lunch and sang a couple of songs at the fund-raising ANZAC Day luncheon held by the Auxiliary. We extend a huge thank you to the auxiliary for their amazing contribution to our community.

We resume our regular sessions for Term 2 on Tuesday 2nd May. Lila will be away for the beginning of this term, so Maestro Michael Mathers will be working with us as her replacement. Many of you will know Michael, and know that we are in extremely capable hands. He is going to prepare us for our next grand event 'Club Choir'. This is a fund-raiser to help get us to Hobart to represent our community at Festival of Voices. Put it on your calendar right now, **Saturday 27 May, 6.00pm at St Marys Sports Centre**. In between rollicking pub-style songs and sea chanties, we will be serving up a delicious Mexican Feast and heaps of fun, lucky door prize, and raffles. The Club will have their bar open. Start rounding up your family and friends now, so no one misses out. The Early Bird Deal ticket is \$30.00 and covers entry, your meal and the chance to win the lucky door prize. We will be running a bus from St Helens, so if you have friends on the coast that you would like to include in your night out, why not encourage them to climb aboard our "FREEDOM TO SING" bus for a cost of \$10.00 return. That way nobody has to worry about driving that pesky Pass. Tickets for the event can be purchased online on Eventbrite, using this link: <https://www.eventbrite.com/e/club-choir-tickets-619589106697> or if you prefer, you can make a direct debit to our bank account, With One Voice Break O'Day, BSB 633000 ACC 165907858, including your name and email address so we can email your receipt, which will serve as your ticket.

If you have any enquiries about this exciting event, message Liz Dean on 0439 001 533 and she will get back to you. Have a memorable night out and know you're supporting a hard working not for profit community group. But if you are unable to attend, you can always support us by making a tax-deductible donation to the bank details above, leaving your name and email address so we can email you a receipt for tax purposes. See you there!



Tuning up for Anzac Day performance, Portland Hall.

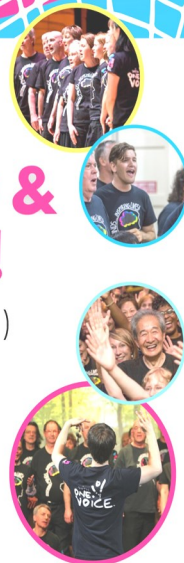


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WEEKEND MASS:

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

WEEKDAY MASS:

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

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fr.bitz51@gmail.com

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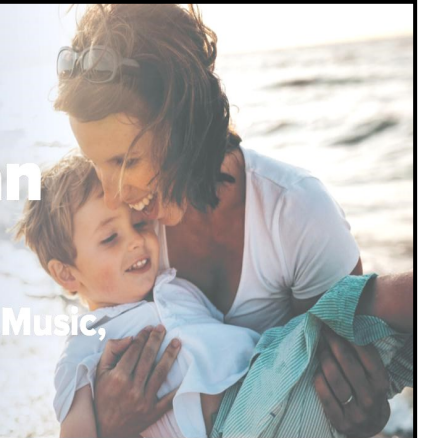
2nd and 4th Sunday of month: 11.15am

For further information, contact Joan on 0458 598 870.



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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.

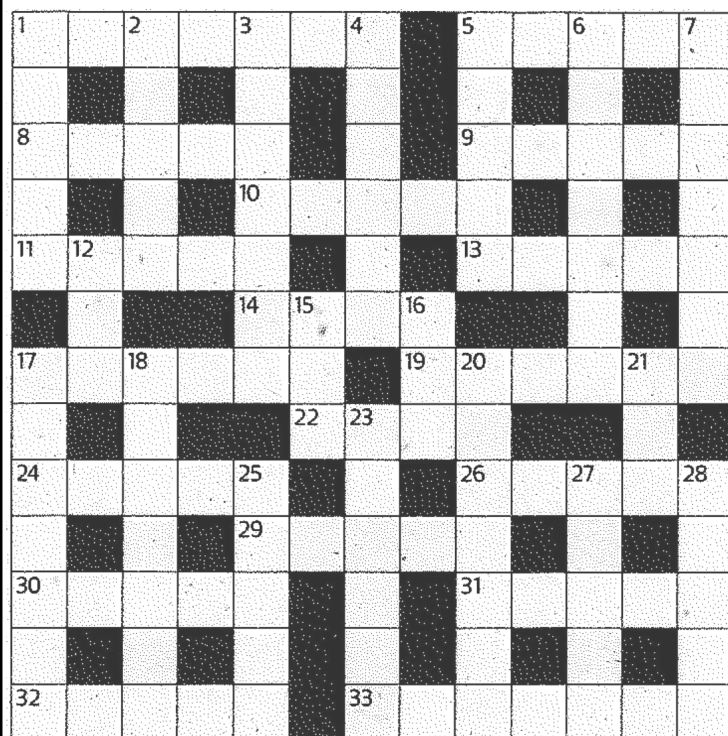


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YOUR LOCAL LAWYER

Phone: 0407 242 265

Email: alexgrahamlegal@outlook.com

Crossword 55.07



ACROSS

1. Lower back pain (7)
5. Dummy bullet (5)
8. Dizzy (5)
9. Former racing-driver, ___ Prost (5)
10. Shoe-covers (5)
11. Salad ingredient (5)
13. Holiday accommodation (5)
14. Not new (4)
17. System of government (6)
19. ___ Bergman, late movie star (6)
22. Docile (4)
24. Family emblem (5)
26. Crooked (5)
29. Body organ (5)
30. Foot-leg joint (5)
31. Went astray (5)
32. Jeans material (5)
33. Powerful (7)

DOWN

1. Deductive reasoning (5)
2. Gnat (5)
3. Yellow-flowering plant (7)
4. Petrol rating (6)
5. Brazen (5)
6. Converter (7)
7. Set alight (7)
12. Grain (3)
15. Collection (3)
16. Gloomy (3)
17. Actor, ___ Dreyfuss (7)
18. Small cucumber (7)
20. Best-kept (7)
21. Eisenhower's nickname (3)
23. Andre ___, tennis star (6)
25. Unit of gas (5)
27. Sacred book of Islam (5)
28. Golf club (5)

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6.00am - 9.00pm

Opening Hours:

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

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CONNECTING LITTLE TASMANIANS WITH LIBRARY MEMBERSHIP

Libraries Tasmania has been working with Brand Tasmania on a project called *Little Tasmanian*.



Little Tasmanian aims to bring the Tasmanian story into the lives of new Tasmanians in their early years. This project connects parents and carers with relevant information about the first 1 000 days and encourages pride and confidence in children from the very beginning.

All new parents who visit their child health nurse will receive a library bag full of goodies. This includes a voucher inviting parents to come into their local library to join their child as a member.

Keep an eye out for the special edition *Little Tasmanian* library membership cards illustrated by local artist Shiloh Longbottom. These will be available from the end of April for parents giving their little one their very first library card and a lifetime of reading joy!

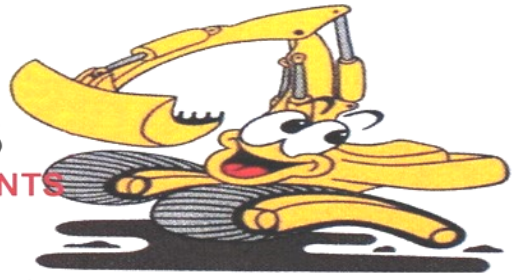
For more information visit the [Little Tasmanian website](http://www.libraries.tas.gov.au).

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By Bloomin' Iris

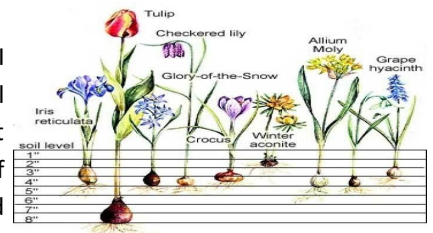


PREPARING FOR OUR SPRING BULBS

Spring is a beautiful time of the year with lovely flowering bulbs, and now is the time to prepare your area designated for your beautiful display.

Daffodils, Jonquils, hyacinths, tulips, are some of the many beautifully showy & perfumed bulbs with tulips being an exception for the perfume, but the upside is the flowers of the tulips are edible and may be used, in deserts, remove the stamen & pipe your desert Mousse into the flower cup, gorgeous. The petals can be cooked but lose their colour. White, pink & peach blossoms are the sweetest, whilst the many reds and yellows have the most flavour, indeed, even the bulbs are edible, but who would want to eat their tulip bulbs, they are a bit expensive for that. Do NOT eat any of the others, as they are extremely poisonous to both humans and pets.

April to May is generally the best time for our bulb planting so it is not too late to grow I have even grown some in June here in the valley with good success. Prepare your soil well dig the bed over remove any weed, break up any clods of soil dig in some compost and add some, and scatter some good general fertiliser. Grow the bulbs at the depth of twice the width of the bulb, but tiny bulbs such as crocus, freesias, grape hyacinths need to be grown close to the surface.



If you do not have a garden big enough or just want to use pots, Osmocote brand bulb premium potting mix is great and has enough fertiliser for 6 months added, enough to keep any bulbs happy until they die down. Please remove them from the pot and store in a cool dry place after they have flowered and died back.

You may choose to grow in a shallow pot or layer your bulbs in a deeper one, for a beautiful pot of gorgeous varied colour in spring. Do not forget to water, bulbs in pots may dry out quickly, but do not over-water or they will rot. In winter, once a week should do it. Depending on the size of your pot, shallow pots will need more moisture. Water more often when it warms up; if the foliage starts to wilt you have left them a bit long between watering, so just gauge it according to where you have put them. A very sunny position will always require a little more water.

Enjoy your beautiful spring colour, next time we will talk about our winter greens. Keep eating those beautiful colourful salads over winter, the capsicums are so sweet now and full of Vitamin C, the avocados are yummy and don't forget the radishes!



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

**ST. MARYS HIGH SCHOOL
CLASS OF 1963
EXPRESSION OF INTEREST
FOR A 60-YEAR REUNION**

Roslyn Spaulding and Don Singline are putting some ideas together for a 60 year Reunion for class members and partners, to be held possibly early October in Launceston.

This group were the were the first class to go through as 'High School Students' under the newly named St Marys High School (or was it District High School!!!!)

For more information, or to register, phone
Ros - 0409 253 503,
or
Don - 03 6425 1989 or 0408 462 537

Lessons in Rock Climbing

I want you to think about failure for a moment, and how you have related to it throughout your life. Has it been that failure typically meant you were less than? Has it ever made you feel shame? Has it been that failure, or fear of it rather, has caused you discomfort and distress?

It's not uncommon for that to be the case for many of us, and it's completely understandable why. We are hard-wired for connection and when we fail, we often take that to mean that we aren't worthy or deserving of love and acceptance. Unfortunately, when self-worth depends on each success, it can become fragile and we stop taking chances or risks because a fumble might cause us to break. But, what if we looked at it from another perspective?

Perhaps failure can be seen through the lens of a rock climbing metaphor. Let's imagine that any new thing you try, any challenge you attempt, or any life change you want to make is a bit like one of those colourful rock climbing walls you might see at a posh sporting centre.

There are routes of graded difficulties marked by various rock colours that you can challenge, or you can just go at it freestyle if you want. Some rocks are larger and more convex than others, so they're easier to grapple. Others are small and concave, and spaced further apart.

Everyone who tries rock climbing is bound to fall off sooner or later. Your foot might slip or you may simply lose the strength to go on. You might also get stuck at some points and be unable to continue the path you started out on. Falling, and failing, is expected - and a huge part of actually figuring out how to climb.

When we misstep or lose our grip, it doesn't mean that we're not cut out for climbing or that we're too weak. It just means that maybe we need to plan a little better and try out another path. Falling off is a learning experience. You learn which grips are slippery and which rocks are easier to get your foot a hold in. You also gain strength and flexibility so that with practice, you can start to reach for rocks that you couldn't before. Rock climbing is about working out which path works best for you with your current capabilities and capacities, and understanding that the next time you have a go, it will be with the experience and knowledge of what you've tried so far.

I wonder if we could look at failure the same way? What if instead of allowing ourselves to feel shame or blame for having tried and failed, we look at the situation a bit like that wall of rocks and ask ourselves:

- What did I learn from this attempt?
- What could I do differently next time?
- Do I need to change my approach?
- Do I have the proper tools for this job? (proper rock-climbing shoes and chalk help!)
- Do I just need some more practice?
- Do I need more support?

It's helpful to remember that there are people and things to protect climbers when they do fall. A diligent belay-buddy can help manage the rope and prevent you from tumbling too far. They also often have a wider view and can shout up helpful directions or words or encouragement. A foam mat will prevent you from breaking any bones. Who or what might those things be for you in the challenges you face everyday?

Life isn't always going to be an easy or straightforward path, but changing your perspective on failure can be one way to build up the resilience and confidence to use the learnings you've acquired and try again.



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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IN OUR SCAMANDER GARDEN

How quickly his consent flowed forth to my suggestion: "Let's stay inside a bit longer, it is very cold out there." I wonder if Winter has popped in for a quick visit and dropped her wet fur coat at my feet, deciding whether she will venture back out, sitting by the fire's glow, for a gentle reminder that she once had a heart as warm as the sun's rays. Friends tell me they have had frosts at St Marys and Fingal. Thankfully, Steve gathered in the last of the Butternut Pumpkins and I have them lined up on the garden bench nodding their little heads, although one has put on a bit of weight and could feed a family of ten.



What a harvest blessing!

Last time I told you Steve was busy making another mushroom, well now he has added two more to the bunch. Just to look ahead of the crowd, he sprayed the giraffe-like necked one yellow, and now he has a short flatter-topped mushroom ready for my attention. "Make this one brown," he calls over his shoulder.

To begin the process, a fruit tree that has had the biscuit is uprooted and cleaned. All of the side branches are removed, and the top is shaped a bit. A long hole is drilled up the middle of the trunk and a metal rod is inserted so that at least 40 cm can go into the ground, leaving the rest running up through the structure to hold it in place against strong winds. Cleaning the outside



THIS is how you make a mushroom!

bark off and painting with an undercoat is another thing that needs to be done when it is dry. For the top, Steve mixes sand, cement, and water and has a bucket that he shapes chicken wire in to form the mushroom head. Remember to keep shaping the slabs of cement firmly upwards as you go around and watch for bits that drop off and redo them with smaller amounts, making sure you press firmly enough to anchor it. Let it dry completely before you paint it, or the paint can wash off and you will have to start again. It is up to you what shapes and colours you use.

We are making a worm composting area, I'll tell you about that next time.

So till then, Peg.

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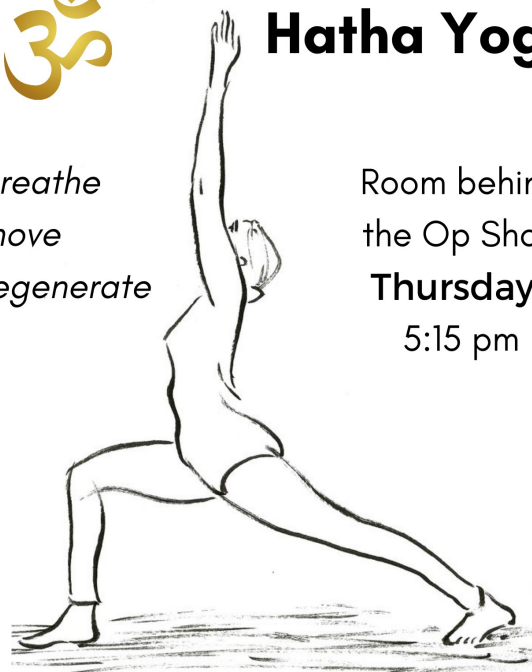
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Any questions? Call Katrin: 0402 315 564



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Thursdays
5:15 pm



Bring mat & blanket (few mats available)
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Any questions? Call Katrin 0402 315 564

Venue generously sponsored by Fingal Valley Neighbourhood House



St Marys Active4Life Timetable version 08/05/2023

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							
4pm			Body Pump 3:30pm—5.00pm				Acitve4Life Gym Opening Hours 6am—10pm. Members Only Class members only for Yoga/ Pilates and Kalari Contact us : 63742344 E: Active4Life@fvnh.org.au Or  Find us on: facebook. 
5pm							
6pm		Youth & Adult Boxing 5:30-7pm			Strength & Fitness 5:30pm—7pm		
7pm							

EAST COAST SWANS FOOTBALL CLUB**UNDER 12***(Photos by Jessie Groves)*

Game 5, played on Sunday 30th April at St Helens

RESULTS: East Coast Swans 7.9 (51) defeated Longford 1. 1 (7)**SWANS GOALS:** Hamish Bean 3, Flynn Bidgood 1, Levi Woods 1**SWANS BEST:** George Austin, Noah Martin, Alexander Kovacs, Levi Woods, Bryce McKimmie, Oliver Purcell

Game 6, played on Sunday 7th May at George Town

RESULTS: East Coast Swans 6. 8 (44) defeated Launceston 5. 3 (33)**SWANS GOALS:** Flynn Bidgood 3, Noah Martin 1, Floyd Groves 1, Hamish Bean 1**SWANS BEST:** Bryce McKimmie, Charlie Taylor, Flynn Bidgood, Levi Woods, Kurtis Raines, Taz Bryant**UNDER 14 BOYS***(Photos by Andrea Davenport)*

Game 5, played on Sunday 30th April at St Helens

RESULTS: East Coast Swans 11.10 (76) defeated Scottsdale 6. 3 (39)**SWANS GOALS:** Cooper Griffith 9, Connor French 2**SWANS BEST:** Cooper Griffith, Connor French, Tyler Speers, Callum Hays, Noah Bourke, Wally Freiboth

Game 6, played on Sunday 7th May at George Town

RESULTS: East Coast Swans 12.21 (93) defeated Launceston 3.4 (22)**SWANS GOALS:** Cooper Griffith 4, Noah Martin 2, Byron Woods 2, Jaxon Harrison 1, Tyler Speers 1, Lochlan Brinsmead 1, Dakota Davenport 1**SWANS BEST:** Jaxon Harrison, Ned Blunt, Tyler Speers, Noah Bourke, Cooper Griffiths, Connor French**UNDER 14 GIRLS***(Photos by Jazz Snooks, Alicia Martin)*

Game 5, played on Sunday 30th April at St Helens

RESULTS: East Coast Swans 11.10 (76) defeated Evandale 0.0 (0)**SWANS GOALS:** Laena Singline 2, Addison Statton 2, Arelle de Graca 1, Hayley McLennan 1, Chelsea Brown 1, Isla de Boer 1, Shelby Gamble 1**SWANS BEST:** Chelsea Brown, Savannah Singline, Addison Statton, Jayarna Curtis, Mia Clark, Ariella de Graca

Game 6, played on Sunday 7th May at Scottsdale

RESULTS: Swans 0.5 (5) defeated by Scottsdale 3.2 (20)**SWANS GOALS:****SWANS BEST:** Chloe Martin, Chelsea Brown, Hayley McLennan, Neve Jordan, Izabella Bourke, Nikki Gamble

EAST COAST SWANS FOOTBALL CLUB



UNDER 16

(Photos by Jazz Snooks)

Game 5, played on Sunday 30th April at St Helens

Ashton Gillies and Hamish McIntosh played in their 50th games - congratulations to both!

RESULTS: East Coast Swans 7.6 (48) defeated by North Launceston 10.7 (67)

SWANS GOALS: Hamish McIntosh 2, Daniel Cook 2, Tysen Gamble 2, Jaxon Harrison (U/14 player) 1

SWANS BEST: Dakota Singline, Oscar Pallier, Jaxon Harrison, Hamish McIntosh, Jakih Curtis, Jimmy Freiboth

Game 6, on Sunday 7th May - BYE

RESULTS:

SWANS GOALS:

SWANS BEST:



STHNA Seniors Pyengana Game Day!

Saturday 13th May

Netball Game Times

- 9am: BOF v GB opens Div 1
- 10am: SS v Clovers opens Div 1
- 11am: GB v BOF opens Div 2
- 12pm: Clovers v SS opens Div 2

East Coast Swans will be kicking off from 10:30 with Auskick, Reserves & Seniors



Family friendly day

Events to follow: Spitroast, Guernsey Auction & music by The Smoking Elmores



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EAST COAST SWANS VS BRIDPORT



PYENGANA RECREATION GROUNDS



SATURDAY 13TH MAY 2023



KICK OFF AT 10:30AM

AUS KICK, RESERVES, SENIORS

This year, honouring past local football associations, East Coast Swans will wear the guernsey of **FDFA** combined team, and Bridport will be wearing the **NEFU** combined team jumper.

We invite all past players supporters, and communities of the teams that once made up these associations to come along and see their associations on the ground again at PYENGANA!

EVENING EVENTS FOLLOW! AWARDS, SPIT ROAST & GUERNSEY AUCTION, CAMPING FACILITIES AVAILABLE!

MUSIC by *The Smoking Elmores*

EAST COAST SWANS FOOTBALL CLUB

GAMES PLAYED 29TH APRIL

Photographs by Jazz Snooks



RESERVES CONTINUE TO BUILD THE TEAM

Although going down by 14 points, the Swans reserves can take plenty of positives out of their match against Scotch.



A very inexperienced team, the Swans took the match right up to their more fancied opponents and should look forward to future matches with a degree of confidence. Hunter Robinson was outstanding for the Swans and received fantastic support from the veteran Brad Goodyer, who rarely plays a poor game. Jaxon Poole bobbed up with 2 goals, while new players Voss, Fowler and Short were all prominent for the 'Bay'. Ben Arnold was a tower of strength in the ruck for the Swans, giving his smaller players plenty of opportunities at the stoppages and 'E-Bot' (Ethan) Hill provided plenty of run.



With players still to come into their side, the reserves will continue to gain confidence in their ability to challenge the stronger teams as the season progresses.

RESULTS: East Coast Swans 5.8 (38) defeated by Old Scotch 7.10 (52)

SWANS GOALS: Poole 2, Fowler, Roberts, Z Curtis

SWANS BEST: Robinson, Voss, Short, Goodyer, Hill, Fowler, Chapple, Arnold

SHARP THISTLES DEFLATE SWANS

Despite battling hard all day, the East Coast Swans were soundly beaten by a slick Old Scotch outfit. Conditions could not have been better for the two teams, with Scotch wanting to continue their winning ways and the Swans hoping for a more impressive effort after their last lack-lustre performance against Uni. After a relatively even opening, Scotch soon had two majors on the board, the second coming from ex-TSL star Fletcher Seymour, who proved to be a bullocking mid-fielder all day. The Swans had their chances, and inaccuracy proved costly as they missed 3 set shots early in the game. Hamish Tate was prolific for the home team, given plenty of assistance by the consistent Sam Madden and Lewis Ritchie who tried hard to keep structure in the Swans' defense. Despite having the majority of the play early in the second term, the "Bay" found avenues to goal difficult to find, with the Scotch defense able to repel their attacks and run the ball fluently around the far wing with relative ease. The dangerous Eastoe was proving to be a difficult match-up for the Swans and chipped in with 2 clever goals in the quarter. Aaron Mason did well on the back flank for the Swans, but it was the visitors who took a comfortable 35 point lead into the long break, with the Swans still unable to find the big opening.



Connor Bryant was proving to be a thorn in the side for the Swans, and kicked truly after 'clunking' a big mark. The Swans first (and only) major came from a scrambled kick in the goal square by Jack Taylor Evans, but it was Scotch who looked winners, with Seymour, Darke and McKenzie dominating around the ground. It was all Scotch in the last quarter as the game became a carbon copy of the Swans' first game against St Pats, with their lack of fitness proving to be problematic. Bryant continued his goal-kicking to be the best forward on the ground, finishing with 7 majors for the day as his team piled on 6 goals to run out 93 point winners. There were some good signs for the beleaguered Swans, but until they can find some consistent goal-kickers they are going to struggle against the powerhouse teams of the competition.

RESULTS: East Coast Swans 1.6 (12) defeated by Old Scotch 15.15 (105)

SWANS GOALS: Taylor-Evans

SWANS BEST: H Tate, Madden, Ritchie, Haley, Riley, A Mason, Maynard



EAST COAST SWANS FOOTBALL CLUB

GAMES PLAYED 6TH MAY

**RESERVES PLAYERS CONTINUING FAMILY FAME**

The Swans reserves side had a comfortable win against the Suns. From the opening bounce, the Swans looked the more impressive team, with a number of strong additions to the team list. Ben Arnold controlled the rucks and was the most dominant big man on the ground, while Connor Tuck was sensational for the Swans, continually running the ball through the midfield and giving his team deep penetration into the forward line. Brad Goodyer continues to be one of the best players in this division and capped off his work with a number of goals. Max Salter, whose father and grandfather were both great players in the FDFA, was a tower of strength in the backline and it wouldn't be surprising to see him make a senior appearance this season. The Swans continued to be well-served by new players to the club, Fowler, Doust and Bishop, who have fitted in well to their new surroundings.



RESULTS: East Coast Swans 18.13 (121) defeated Meander Valley Suns 2.5 (17)
SWANS GOALS: Not Available
SWANS BEST: Goodyer, Salter, Arnold, Chapple, Tuck, Bishop, Doust, Fowler

SUNS COOLED BY SWANS

The East Coast Swans were greeted by unusually fine weather when they tackled the Meander Valley Suns at Westbury, having endured a couple of "horror" weather days over the last few years. The Swans hit the board after only a minute of play, when tall forward Jarrod Mason marked and kicked truly. Andrew Latham quickly added another as the visitors made the most of some effective centre clearances. Ex-Swan star Will Stoltenberg, now coaching the Suns, was prominent early, with young Swan Jayden Blunt given the task of curbing his influence. The Tate brothers, Hamish and Angus, were both great contributors for the 'Bay', in the mid-field and on the wing respectively. 3 late goals to the Suns ensured that it was not going to be one-way traffic for their opponents and reduced the margin to just 7 points at the first break. Following an early major by the Suns, the Swans attacked relentlessly, with shots at goal sailing left, right, but rarely centre, as they added 2.9 for the term. Sam Madden continued his terrific form for the Swans, rarely wasting a possession and moving quietly through traffic like a Tesla electric vehicle. A player to continually impress is Aaron "Azza" Mason, who is playing his role on the back flank to perfection, backing his judgement and delivering the ball with precision with a trusty left foot. At the long break, it was the Swans who had increased their lead to just 22 points, ensuring that the contest was far from over.

The Coast boys lifted their intensity in the premiership quarter, booting 5 goals to one and straightening up their kicking in front of goals. Ned Hyland kicked his 2nd and 3rd for the match and proved to be a valuable target, and first year players Tadgh "Tiggy" Blunt and Lachie Maynard scored their first goals in senior football for the club. Jayden Blunt is to be commended for his efforts on the dangerous Stoltenberg, limiting "big Will's" opportunities to run rampant like he did so often for the Swans. By the last break, the Swans had the match in their keeping, leading by 48 points. The final term proved to be a formality as the inevitable rain set in and made scoring more difficult. Jarrod Mason kicked his 5th for the day, to be the most effective forward on the ground, but the Suns ran the game to the final siren and managed 2 majors of their own to narrow the margin to 44 points at the game's conclusion.



It is interesting to note that the Swans have 3 sets of brothers in their senior team this year – the Tates, Masons and Blunts – all local products.

RESULTS: East Coast Swans 12.19 (91) defeated Meander Valley Suns 7.5 (47)
SWANS GOALS: J Mason, Hyland 3, Latham 2, T Blunt, Maynard
SWANS BEST: H Tate, J Mason, A Tate, A Mason, J Blunt, S Madden, Haley

SCAMANDER RIVER GOLF CLUB



Wednesday 26th April - Mid-Week Competition -

1st
2nd
3rd **NO SCORES AVAILABLE**

Nearest the Pin 6th:
 8th:

Wednesday 3rd May - Mid-week Competition - Jackpot

The leaders were tied, but countback doesn't count on Jackpot Days, so the pot builds up till next month.

1st Dean Richardson 39 points (on c/b)
2nd Jens Kalisch 39
3rd Darrell Thurley 38

Nearest the Pin 6th Dick Swanson
 8th: Jens Kalisch

Longest Putt on 9th Nigel Wallace

Saturday 29th April - Drummond Golf 3-Person Ambrose

The East coast put on perfect conditions for the day. It was a great turn-out and a ripper day was had by all. Thanks again to Jason Russell and his team at Drummond Golf Launceston.

1st Brad Clayton, Trent Buscher, John Radford 60
2nd Ashton Shearing, John Morgan, Roger Morgan 60^{1/6}
3rd Jodan Longfield, Dick Swanson, Darren Bramich 60^{2/3}

Nearest the Pin 6th and 15th: Rodney MacBeth
 8th and 17th: Rodney MacBeth

Longest Drive Men - S Ward
 Women - Jill Couch

Longest Putt Pearce Robinson

Saturday 6th May - East Coast Surf Monthly Medal

Congratulations to our Captain Joe on his win today. Well earned for the work he puts into the course and the club.

1st Jodan Longfield 83/69
2nd Dick Swanson 83/71
3rd Brad Ennis 85/74

Nearest the Pin 6th and 15th: Brad Ennis
 8th and 17th: Michael Holmes:

Tuesday 2nd May - Harcourt Brooch and Putting/Stroke

1st Bobby Harwood 99/73
2nd Lesley Kellaway 107/77
3rd Rose King 118/77
4th Maryanne Ennis 104/79
5th Sarah Tatnell 112/79

Longest Putt: Maryanne Ennis

Tuesday 9th May - Ladies' Golf Hidden 9

1st Rose King 20 points
2nd Maryanne Ennis 17
3rd Bobby Harwood 15

Longest Putt: Bobby Harwood

Upcoming games:

10th May Midweek Competition
13th May Bay of Fires IGA Butchers Day - Stableford
16th May Ladies' Golf - Stableford
17th May Midweek Competition
20th May Cense Consulting - 2-Person Ambrose
23rd May Ladies' Golf - Stableford

MALAHIDE GOLF CLUB



Friday 28th April - Chicken Run

1st	Rod Hunt	31 points
2nd	David Duthie	32
3rd	Stan Ellerm	34.5
4th	DB Lowe	35
5th	Klaus Kobylinski	36.5
6th	Mike Prewer	43
7th	John Vincent	DNF

Nearest the Pin	4th:	Stan Ellerm
	8th	David Duthie

Friday 5th May - Chicken Run

1st	Robert Matthews	27 points
2nd	Stan Ellerm	28
3rd	Randal Wadley	32.5
4th	Ashley Stone	33
5th	Bill Swan	33
6th	DB Lowe	33.5
7th	Rod Hunt	35
8th	David Duthie	36
9th	Mike Prewer	48.5

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

Saturday 29th April - Joe Ellis Memorial Day - 3 Person Ambrose

Perfect Autumn weather for the day, attended by 54 players. The course was in excellent condition, a big thanks to Andrew Johns, Ashley Stone and DB Lowe. Special thanks to the ladies and gents for providing a fantastic food spread, and not forgetting the hard-working people behind the bar, Robert Matthews, John Vincent and Ashley Stone.

1st	DB Lowe, A Lowe, S Hendrey	58.4
2nd	G Woods, D Lynch, C Dazeley	58.9
3rd	P Ellis, D Ellis, J Coulson	61.3
4th	R Davis, C Walker, D Duthie	61.5
5th	A Lohrey, D Waldron, M Rak	63.4

Nearest the Pin	4th:	M Rak
	8th	R Plummer
2nd Shot on 1st		P Ellis
2nd Shot on 6th		E Lohrey

Saturday 6th May - The Tasmanian Hikes Fabulous Fingal Valley Challenge - St Marys round.

Over 40 players turned up. Gross Stroke Leader is Andrew Wright.

Nett scores so far

1st	David Duthie	88/65
2nd	Stan Ellerm	91/66 (on c/b)
3rd	Diane Chellew	94/66
5th	Peter Sorenson	90/68
6th	Nicholas Sweet	75/69
7th	Lesley Calloway	94/69
8th	Racquel Walker	117/69
9th	Nick Childs	84/70
10th	Rod McGiveron	85/71
11th	Riley Plummer	87/71
12th	Shan Wilmot	84/71
13th	Jimmy Freiboth	101/71
14th	DB Lowe	91/72
15th	Jason Gledhill	81/72
16th	Randal Wadley	90/73
17th	Mick Prewer	103/73
18th	Phillip Chellew	105/73
19th	Craig Freiboth	98/75
20th	Bradley Davidson	85/75

Nearest the Pin	5th and 14th:	Rod Hunt
	7th and 16th:	Rod McGiveron

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

Upcoming Games:

13th May	Champion of the Fingal Valley - Fingal
20th May	Monthly Medal
27th May	Quamby Malahide Shield
3rd June	Monthly Medal



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ST MARYS SPORTS CENTRE

By Volun Tier



We have just completed an absolutely amazing week at the Centre, with functions galore, catering, cleaning and course work to all add up to some great times and even better promotion for our Club. Firstly, to Jack and Melita Viney, what a great couple of days celebrating Jack's 50th birthday, starting on Friday with our meal night and ending with the main bash on Saturday with around 80 invited guests. The food preparation and presentations were amazing, as was the clean-up at the Centre on Sunday, mostly I expect, with heavy heads and bleary eyes, but a job well done. On the Monday and Tuesday, we hosted the Cremorne Bowls Club on their annual jaunt, with some great bowling, and I am sure that those of us who joined in on the second day thoroughly enjoyed the company. Plans already in the making for next year's visit, what a wonderful and friendly bunch of people, we hope they enjoyed their stay. Friday night saw us host our Annual Bowls and Club Dinner, with 40 guests partaking in an absolutely beautiful meal, prepared by chef Peter and desserts by Valerie, clean plates all round and fantastic comments about the evening; what more can we say except thanks again Pete for your exemplary work. Trophy winners were, Ladies Singles - Danni Turner, Ladies Pairs - Julie Kean and Bobby Harwood, Mixed Pairs - Garry Laycock and Liz Baldwin, Men's Pairs - Ping Li and Macca. What a great effort by Ping in winning his first - ever trophy and making a great speech as well, maybe a political future there.... Bowler of the Year was Macca, who accepted the Graeme Hayes Trophy and lastly but never leastly, Bobby Harwood accepted her well-deserved Life Member badge, for many year of dedicated service to the Club. President Rodney then went on to thank our visitors on the night from Scamander and Swansea who travelled to the event.

Then on Saturday, we hosted our leg of the inaugural Champion of the Fabulous Fingal Valley Golf Challenge and what a sensational roll-up. 44 golfers and several helpers in the kitchen made for a great day, everyone enjoying the weather and the course itself and playing some fine golf as well. Winner of the nett was David Duthie, the gross was Andrew 'Charlie' Wright, great to see him and others that travelled, Kodie Donald from Hobart and a crew of 6 from St Helens Golf Club. Nearest the pin on the 5th and 14th was super MC Rod Hunt and on the 7th and 16th was Rodney McGiveron. A huge thank you to the major sponsor in Stan Ellerm and his company Tasmanian Hikes for prizes and the food on the day, as well as the other major sponsor, C & D IGA, for their food donations and Ampol St Marys, yes Blackie, again to the fore with fuel vouchers. Then, all through this, I must say a huge chunk of gratitude to the behind-the-scenes workers, who maintained the course, prepared and dished out meal and cleaned up afterwards, nothing of the above happens without your input and dedication. Now on to Malahide next Saturday for the second part of the Challenge, and what a great day it will be, we sincerely hope that all players can do the return game and make it as huge a success as the first leg at our club. To Rod Hunt, or should we just say 'Legend', who managed to get a dozen politicians to donate to the day and end up with over \$9,000.00 in prizes, and finally, John Vincent, who managed to turn water into wine for they day, but he always told everyone he had that ability!

Member Draw: Last week Julie Keane, this week Blairy; absent and no collect, so fuel now \$80.00.

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.

AUTUMN SPECIALS NIGHT

EVERY FRIDAY AT THE CENTRE

BETWEEN 5:30 & 7pm

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Across: 1. Constant, 5. Pass, 7. Roan, 8. Canberra, 9. Infect, 12. Decency, 15. Minimum, 19. Bestow, 21. Sequence, 22. Open, 23. Duet, 24. Suddenly.

Down: 1. Currie, 2. Sense, 3. Ascot, 4. Tangle, 5. Please, 6. Shanty, 10. Flan, 11. Clam, 12. Dim, 13. Cane, 14. Neat, 15. Missed, 16. insult, 17. Uranus, 18. Twenty, 19. Breed, 20. Stone.