

THE VALLEY AND EAST COAST VOICE

Established 1968

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Deadline for 55.10 is 5.00pm on Monday 19th June 2023

ANNUAL EVENT SHOWCASING EAST COAST RETURNS FOR 2023

Preparations are well under way for the annual Bay of Fires Winter Arts Festival, which is being held from Friday 9th June to Sunday 11th June 2023, and it promises to be a celebration of art and talent!

The event will once again be showcasing talented East Coast artists, along with the beautiful scenery of the area, and starts with the Annual Exhibition Opening Gala. A Smoking Ceremony commences at 5.00pm on Georges Bay Esplanade, and is followed by the announcement of the winners of the two Art Prizes at the Panorama Hotel in St Helens at 6.46pm. Gala night tickets can be purchased through event rite.

The theme for the Major Art Prize this year is 'Past in Present', and over 100 entries have been received, which has been whittle down to 34. The Local Art Prize is sponsored by The Tasmania Shop, and its theme is 'Still Time'. The artworks will be on display at the Festival Hub at the Panorama Hotel, and are able to be viewed from 10.00am - 4.00pm daily, Saturday 10th June to Monday 12th June. Admission to the exhibition is \$5.00, and includes a catalogue of all exhibits. Voting for the People's Choice Awards for both categories starts at 6.00 on Friday 9th June and concludes at 11.30am on Sunday 11th June. The winner for the Major Art People's choice category, sponsored by Stephen Jones, will be announced at 1.30pm, and the Local Art People's Choice winner, sponsored by St Helens Neighbourhood House, will be announced at 2.00pm.

Entries for the Break O'Day Regional Arts Youth Art Prize will be exhibited at the Portland Hall, 39 Cecilia Street St Helens, from 10.00am to 4.00pm each day from Friday 9th June - Sunday 11th June. Finalists for this category will be announced via social media on the Friday, and the winners will be announced at 10.00am on Saturday 10th June. Voting for People's Choice for all age groups will also be available. This event is sponsored by the Fingal Valley Neighbourhood House and is open to both Primary and Secondary age groups.

Running alongside the exhibitions, the Artisan Market will be held at the Festival Hub at the Panorama Hotel, and features a large variety of stalls. Open from 10.00am - 3.00pm on Saturday 10th and Sunday 11th June, all stock is hand-made and unique.

The Arts Trail is well worth the drive, featuring 12 artists in their studios from Goshen to Elephant Pass. Meet the artists, see them at work and perhaps buy a piece of their work. Included in the Trail is 'Cranks and Tinkerers' on the Esk Main Road at the western entry to St Marys. Check the Bay of Fires Winter Arts Festival for the map and opening details.

For the brave, the Dawn Dash and Splash will take place at the Main Beach, Binalong Bay, at 7.30am on Saturday 10th June, and for those who like things a little warmer, Easy Tiger Cinema and Eatery will be running a number of feature films during the Festival. Details are available on the website, www.easytiger.au

So come to St Helens over the long weekend, and immerse yourself in the world of local unique art and crafts!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

This newspaper is about the Fingal Valley and the East Coast, and the people who live here.

If you have a story you would like to share, or a suggestion for an article or regular column, please contact the Editor. We also like to tell people about your sport clubs and events.

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

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LOCAL PHARMACIES UNDER THREAT OF CLOSING

The Federal Government has changed the way that local pharmacies are funded, and this may mean that up to 10% of them will close.

Under the scheme, pharmacists will be able to dispense enough medication for two months, and the patient would pay the same price as for one month's supply. To some, this would save them money, making their medication cheaper.

Unfortunately, there are over 400 medications which are in short supply or not available at all. "We order what medications we know we need for our customers, but often we don't get enough to fill everyone's prescription," one pharmacist noted.


"So some of our customers don't get the medication they need, and it can be life-threatening. If we had to dispense two month's supply to a patient, we wouldn't have enough stock to fill as many patient's prescriptions, and in some cases, not having those medications can put a life at risk."

To illustrate and the problem, consider going to a pub for a beer. This week, you pay \$5.00 for a glass. Next week, at the same pub, you pay \$5.00, but are given 2 beers. That's great, 2 beers for the price of 1! But....a question that needs to be answered is, how long would the supply of beer last if every pub in Australia did this? How many pubs would go broke if they sold 2 glasses of beer for the price of 1 glass?

As well as dispensing medications, pharmacists also provide advice on a range of health and wellness problems including how to take medications, how to use other health preparations, sealing tablets into easily accessible packaging, conducting cholesterol and blood sugar and bone density tests, and advising when it would be wise to talk to your doctor. They are the backbone of health care, especially in rural and remote areas.

So what can you do to help keep local pharmacies open? You could write a letter to your local Federal member or phone his office and ask to speak with him about this. St Marys Pharmacy has a petition you could sign, and you could also explain to others what the situation is. Or you could use the QR code on the poster, right, and find out more - you will find a list of medications which are in short supply at the moment, and others which are expected to become hard to obtain.

You and your loved ones are at risk of prescription medicine shortages due to the Albanese Labor Government.



Scan here or ask your pharmacist to learn more

FEATURING
Moonshine Whiskey & The Ragged Pony

BREAK O'DAY REGIONAL ARTS PRESENTS



BUSH DANCE

Sat 8th July | 5:00pm to 9:00pm | St Marys Town Hall

LIGHT SUPPER
PLEASE BRING A PLATE TO SHARE

Come by yourself, bring family and bring friends. All Welcome!

Alcohol Sales Cash Only

In support of local arts & Tasmania Lymphoedema and Laser Therapy Centre

COMMUNITY UNEASINESS BEING ADDRESSED

At a meeting of the hospital support group held on Tuesday 6th June, it was resolved that the community be informed that negotiations about the doctor's position at the hospital are ongoing with all the parties concerned.

It has been asked that people not ring the hospital with queries about this matter, as they are not able to answer any questions at all, and it is taking up valuable time which could be spent with patients.

People are encouraged to express their concerns about the present situation, by contacting politicians and the State Government.

Cheryl Hendly
Secretary
St Marys Hospital Support Association Inc



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



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LIVED EXPERIENCE TRAINING AND DEVELOPMENT HUB A WIN FOR TASMANIA'S MENTAL HEALTH SECTOR

The Mental Health Council of Tasmania (MHCT) and the Alcohol Tobacco and other Drug Council of Tasmania (ATDC) have together welcomed the investment announced in the State Budget for a Lived Experience Training and Development Hub (the Hub).

The Hub, which will be jointly funded by the State Government and Primary Health Tasmania, will provide training pathways for people with lived experience of mental health concerns and people with lived experience of alcohol and other drug use, empowering them to effectively apply their unique expertise to support others through their own treatment or recovery journeys.

MHCT CEO, Connie Digolis, said the funding was a welcome acknowledgement from the Government of the value that people with lived experience bring to the mental health and alcohol and other drug sectors. "We welcome the funding announced today for a Lived Experience Training and Development Hub in Tasmania. Lived experience is a unique and invaluable qualification that comes from a person having been through mental health challenges of their own, or having supported a loved one through those challenges. Having lived experience embedded in the system leads to better experiences and better outcomes for the people accessing services, as well as their friends and family."

She continued, "People with lived experience have a wealth of knowledge and insights that, due mostly to a lack of training and development opportunities in the state, have been largely overlooked. The Hub will be a place where people can learn how to best harness and apply their experience to help others who are going through many of the same things they have, and who are accessing many of the same supports and services that they have."

Alison Lai, CEO of the ATDC, agreed that a bolstered Lived Experience Workforce will have wide ranging benefits for both sectors. "We echo the Council's praise for the government's decision. There has been a significant increase in demand for the inclusion of lived experience in both the mental health and alcohol and other drug workforces, and the Hub will provide an excellent opportunity for our two health sectors to work together to support the many Tasmanians that are choosing to work in these roles," said Ms Lai. Lived Experience Workers can occupy various roles across the mental health and alcohol and other drug sectors. While the job titles and related tasks can vary widely, their role generally involves developing relationships, sharing personal experiences and knowledge, treatment, harm reduction strategies or recovery.

MHCT has already developed and piloted a four-day course, which introduces people to the fundamentals of Lived Experience Work, with overwhelmingly positive feedback from participants.

In addition to upskilling Lived Experience Workers, the Hub will also provide training to help organisations improve their systems, supports and workplace culture to better understand, value and support Lived Experience roles.

MHCT will be seeking further information about other mental health investments outlined in the budget over the coming weeks.

A Tasmania Lifeline: 1800 984 434 atasmanianlifeline.com.au/

Lifeline: 13 11 14 www.lifeline.org.au

Suicide Call Back Service: 1300 659 467 www.suicidecallbackservice.org.au

Kids Helpline 1800 55 1800 kidshelpline.com.au/





From the Valley to the coast, I'm at your service.

Growing up on apple orchards on the East Tamar gave me an appreciation of living in a beautiful area, just as you have.

Tasmania is quite unique. Beaches and mountains are always a stone's throw away for fishing, diving and surfing, with fantastic bushwalking, camping and breathtaking scenery around every corner. Mix that up with amazing food experiences, and the East Coast has it all.

Real estate is a passion of mine, and working with Kate and her highly skilled and experienced team at LJ Hooker makes me feel fortunate to live and work in such a stunning area. I love hearing people's life stories, and now I can help them fulfill their dreams as they enter, leave or move within the district, from the peaceful and beautiful Fingal Valley to the stunning East Coast. Really, where else would you want to be?

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

Dave Liebmann

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FINGAL FOCUS

Contributed by Mike Brouder

My wife asked if she could have a little peace and quiet while she cooked dinner..... so I took the battery out of the fire alarm.

What is winter to me? Well, apart from being one of the Four Seasons, it is also the one which I do not like. Once upon a time, as a child, I enjoyed winter. It meant snowslides, it meant snowball fights. Summer is full of the growth from Springtime. It has a warmth that seeps into your bones. Summer is also a threat of bushfires. Autumn is the aftermath of summer. It is the slowing-down season getting ready for winter. It has those warm days and cool nights perfect for sleeping. Back to where I started...what is winter? It is that time of year when nights are great for sleeping and some days are like that too....just stay in a warm bed! It is that time for vigorous body contact sports. It brings very, very cold days and the thought of welcoming spring and warm days back again. I'm starting to feel better already!



I grilled a chicken for two hours.....it still wouldn't tell me why it crossed the road.

I found a genie in a bottle. I asked the genie if it could change French positives into Spanish. "Oui, shall si," was the reply.

What do you call a polar bear in the jungle?.....lost.

I saw my father slumped over the lawn mower crying his eyes out. I asked my mother what was wrong. She told me, "He's just going through a rough patch."

What is orange and sounds like a parrot? A carrot.

Two aunts were watching their four year-old niece who was watching television. One said to the other 'What a pity that she isn't very **P-R-E-T-T-Y**.' The little girl turned to them and said "It doesn't matter if she is **C-L-E-V-E-R**."

If everything is coming your way.....you are in the wrong lane.

If you have to choose between two evils.....try the one you haven't done before.

My wife once called me pretentious.....I was so surprised my monocle fell out.

What is small, red and whispers?.....a hoarse radish.

What tastes better than it smells?.....a tongue.

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

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The Say by the "Cage Rattler"

A bit going on at the moment as we all know and has been mentioned here and there....all I'll say on it, is keep the faith, look out for each other, and stick to the job at hand as questions are asked, and answers and solutions are sought to perhaps challenging times ahead. Something small communities have to face on a regular basis, eh?

On a brighter note, let me distract you to happier times. This is prompted by a conversation with a fellow workmate on reading that there may be a future again for a couple of former business premises of the past, which led me to recall a plethora of businesses and services we once had.

Criterion Hotel used to be right where the Main Street home units are now. It was around for a fair while and closed around 1968. Nearby was a warehouse and a butchery, if memory serves me correctly. There were basically two General Stores, Dawborn's and Dawsons. Later on, one became a Four Square Store and the other spent time as a dedicated Hardware business owned by the Rochfords, then became a supermarket, now C&D IGA as we speak. The original Post Office stood where the little park opposite the Bank Teahouse was. Of course, the 'new' Post Office has now been in operation a long time. We've had several banks, including the Commercial, the Commonwealth, the Launceston Bank for Savings later changing names to Trust Bank and Tasmania Bank, and Westpac also set up here. Now no banks at all....

At one time I recall no less than four garages operating at the same time, would you believe. There was Shell, BP, Ampol and Caltex, run in my time by the Faulkner, Spilsbury, Smith, McGee, Quinn, Brown, Evelyn, even Thoralds families, among others of course. Also fuel depot and delivery services such as some mentioned just now and Dale Wright.

We've had a number of dedicated shoe stores, clothing stores, small corner stores, haberdashery, even an electrical and furniture business or two. What about the bakery owners, including some such delights via the St Marys Newsagency courtesy of Gwenda Roberts. Then there were a number of beaut butcheries, not least Toby Spilsbury, Ron Lohrey and Brent Johnson, that I recall...others too of course! Then the numerous cafe's, takeaways and food service stores that have kept us fed and treated, as well as hungry visitors too.

Where do we start on the numerous blacksmiths, farriers, saddlers, fencing contractors, plumbers, electricians and builders, so many great trades-people that have served us well. Hair dressers, barbers, bookmakers, specialty cakes and pancakes, coffee shops, tea houses, bike shops, insurance agents, the ice cream depot, cheese factory.... the list is endless, and this doesn't even touch on the incredible and diverse agriculture, livestock and vegetable and orchard farms that employed hundreds of people over the decades and now.

Medical services from the Community Hospital to dentistry to masseurs, to even a local vet or two very close by. Then the doctors I can recall, such as Drs Lawson, Gardiner, Roddick, Marwood, John, Naidoo, De Jong, Geniola, Shah, Singh and our Dr Latt, of course ...we have been blessed in that way, not forgetting the pharmaceutical proprietors, not least the Forsythe's and Jackson's in my time and currently Andrew, who provides an incredible chemist service as we speak now. Just fantastic.

The Police headquarters were here, PMG/Telecom/Telstra too, we even had a telephone exchange. We had a large Forestry Depot here too and local sawmills, and a number of coal mine sites as well. Of course, Cornwall Coal still operates, thankfully. The DMR depot was here. At least we still have the HEC now Aurora/Transend here, which is great

The Railway Station employed at least 16-17 people at one time, including the track maintenance crews. My Dad was one of them, even passenger services existed for a long time. Then there were the bus services operating from here, including Redline Coaches, and depots also for others including Kings Bus Service that was based in St Helens. We even had local taxi services; yes we did!

All this, we had and I haven't even touched upon the various churches, sports clubs, volunteer and service groups we have had the privilege of being a part of St Marys' rich history. Maybe a future Cagerattler article...maybe.

I guess the point of all this too, is that there are some very crucial things actually mentioned in among the lists here we may or may not lose in the near future, so all I ask is that you stay vigilant, stay forthright, and help and support these wonderful institutions if you possibly can, because if they go, we may find it very difficult to get them back. Keep supporting them and all local businesses please.

We need them and they need us....

What do you think?



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CONVICTS PART 4

Under the Assignment System, the convicts were handled by the Assignment Board, which included the police magistrate and principle superintendent, and convicts were sent to work clearing land, making roads, buildings and to the free settlers. It was a cheap method of convict management that provided labour to the free settlers and all employers paid for the cost of food, clothing, bedding, medical care and accommodation of men and women assigned to them. The government only paid for administering the system and the cost of maintaining the government gangs, chain gangs, goals and penal settlements. Designed for rewarding the convict for good behaviour, a ticket of leave was the first step to freedom. Those transported for 7 years could get a ticket of leave after 4 years of acceptable service with one master or 5 years with 2 masters. Convicts sentenced to 14 years needed to work satisfactorily with 1 master for 6 years, 8 years with 2 masters and 12 years with 3 masters. Those sentenced for life could be free in 8 years with 1 master, 10 years with 2 masters and 12 years with 3 masters. A ticket of leave was not a right, but issued at the Lieutenant Governor's pleasure. It could be withdrawn or suspended for bad behaviour and the convict was returned to assigned service. Pardons were granted by the Governor, and many ex-convicts left Van Diemen's Land. A conditional pardon meant they were not to leave VDL and return to their home country, but it also removed restrictions placed on a ticket of leave holder. Absolute pardon meant the governors decision was irrevocable. Some masters were good, others exploited the convicts and they were harshly treated. If they chose not to reform, severe punishment awaited them. Colonists found it a great benefit, providing a low-cost labour force without having to pay wages. It was garnished as an 'unfair lottery' system

The Probation System was initiated in October 1837 and implemented in 1839. Government had resolved the assignment system was unsatisfactory and should be abolished, as it was considered slavery and degraded the convicts and master. It was proposed that reform could be achieved by separate confinement, hard labour, religious instruction and education. Also proposed was that transported convicts could be employed in building their own prisons in selected areas, cultivating the land and felling timber until the new probation stations were built. Prisoners were classified according to the severity of their crime, with separation of individuals and classes from the hardened criminals. There were various stages of punishments, starting with confinement and labour in gangs at a penal settlement for lifers or at a probation station for others. If they progressed satisfactorily, they received a probation pass and became available for hire to the settlers. Continued good behaviour led to a ticket of leave or a pardon.

Females in their time of probation underwent moral and religious instruction. They were taught domestic skills such as cooking, laundry and to become servants. Depending on their original sentence and their behaviour in the program (usually a mandatory 6 months), the program could be extended for bad behaviour with or without punishments such as hard labour, solitary confinement etc. Most females spent their probation term on the hulk 'Anson' and later at the New Town Farm Station. In May 1853, the last convicts arrived in Van Diemen's Land on board the St Vincent, and the convict status was repealed in January 1854 and the probation system was dismantled also at this time. The probation system was a failure due to poor planning and administration, not enough funding, huge numbers of convicts and an economic depression. There was little demand for labour of the pass holders at this time. For the convicts, it was a misery and for the settlers, the convicts were no longer a benefit but a burden.

Source: Libraries Tasmania - www.libraries.tas.gov.au

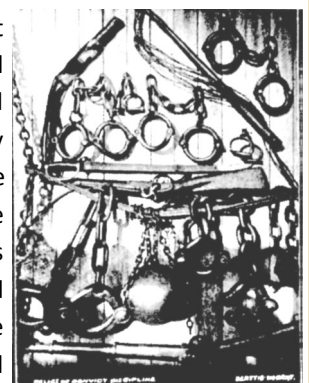
"The Convict Probation system: Van Dieman's Land, 1839 - 1854" by Ian Brand.

(Article written by Rauni Paloniemi, Fingal Valley Neighbourhood House History Group.)





A convict being flogged in Van Diemen's Land (AOT, PH30/1/2720B)

Caption reads: "A convict being flogged in Van



A variety of devices were used to restrain and control convicts.


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<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
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	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 with The Tone
	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	Big Daddy Davo's Blues Mix
	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	hosted by Dave

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SUNDAYS FROM 3.00PM
28th May Brooke Banderas
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GEORGE'S BAY MUSIC

COVID struck it's mighty blow again this month, not only for a lot of local people, but also for our performers Chris and Viv Boys, who were coming down from Wynyard to entertain us, texting on Wednesday to say that Viv had tested positive to COVID, and because of the ages of our regular audience that come to Lunch and Munch, Chris decided that it was too risky to come and perform for us. So, unfortunately, we had to cancel our May concert. But, all being well, they have promised to come back in August to perform for us....

Now to June. Our guests are the wonderfully popular group 'The Rennies', Lindy Jackson's group of very talented musicians. They will be performing on Friday 30th June, at the St Helens Footy Club Rooms from 12.00-2.00pm. Don't forget it's BYO lunch, but our little tuckshop will be open for sandwiches and cakes, with tea and coffee as usual being free. The Footy Club Bar will be open for alcoholic drinks, and don't forget there is the \$2.00 lucky card, lucky door prize and raffle to be won. All this for just \$10.00 for members, and \$15.00 for non-members. Mary is there at the door table to take membership fees for people who wish to Join for just \$20.00 per year.

DON'T FORGET OUR BIG, HUGE CONCERT IN JULY, with 'CROON' who will be performing once again for us on FRIDAY 28TH JULY AT 12.00pm...they were so popular last year when they performed for us, with backing by the Matthew Ives Big Band, with the audience asking for more, that they promised to come back again, so here they will be. Put it in your diary, tell everybody how wonderful they are, bring your friends along. Book your tickets this time by ringing Helen on 0417 393 341, or Mary Anne on 0407 812 768. Ticket for this concert are just a one-off \$20.00, so an exciting time coming up.

See you all there for 'The Rennies' on Friday June 30th, and 'Croon' on the 28th July - you can get your tickets for them at our June Lunch and Munch concert.



GEORGE'S BAY MUSIC PRESENTS

LUNCH AND MUNCH



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\$10 MEMBERS \$15 NON MEMBERS
BYO LUNCH

GUEST ARTISTS
THE RENNIES

A GREAT AFTERNOON'S ENTERTAINMENT

ANNUAL CAR SHOW RETURNS

If the arts are not your scene, why not enjoy a winter day in St Marys by visiting the St Marys Car, Bike and Pedal Car Show on Sunday 11 June 2023 from 8.00am to 2.00 pm. Sadly, this year's change includes no road closure or allocated car spots, but organizers are hopeful that this feature will return next year. If you have a car to display, just park your pride and joy along Main Street, Faulkner's Green or the grassed area near the Cranks & Tinker Museum. Trophies will be awarded in various categories.

St Marys will provide options to keep everyone entertained with local shops and eateries open for the day, plus the market stallholders inside the St Marys Hall.

Hope you will join us and enjoy the day.



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IN THE KITCHEN WITH KIRSTEN



WHAT'S IN SEASON?

It's May and its Autumn, winter is a few days away and while the sun is starting to set lower, the leaves are turn brown, red and orange, the glorious Tasmanian Fagus has turned and the cool winds start to tickle our skins. So have a think about those fabulous autumnal foods that you can use. If you are not sure what is in season, check out EAT WELL, Tasmania's fantastic what's in season recipes, guides and information on their website. Using food that is seasonal is so important. Only purchase what you need, and source food from your local growers as often as you can. Its not always possible, but you can ask where it's from, and if you see a road stall selling fresh produce, check it out ! If we use food in season, we get the food cheaper, it's in better condition and it's readily available. It's also great fun thinking up recipes to use up the food like, you know, the giant zucchini etc, but what about for this season?

First of all, a quick tip, if you have leftover cheese from cheese platters etc, freeze it then grate it up for things like this cheesy pie, a good way to not waste the cheese, and it lends a fabulous flavour hit. If you are going for kids, maybe stick to the cheddar.

CHEESY SPINACH PIE

Ingredients

250 gms greens, I use whatever is in the garden, kale, spinach, chard...	30g butter	150g grated cheese
½ cup grated good parmesan cheese	4 eggs, lightly beaten	¼ teaspoon ground nutmeg
8 sheets filo pastry	100g butter, melted (to go between the pastry sheets)	

Method

Wash the greens thoroughly, pat dry. Trim away stems. Don't throw them away, slice them very thinly and toss them in with the leaves. Place leaves and stems in large saucepan, with a small amount of olive oil. Cover, and simmer for about 3 minutes or until greens are tender. When cooked, place greens in a sieve to remove excess moisture. Don't throw that moisture out though, freeze it and save it for the soup another time, a lush stock! Once strained, chop the greens finely and place in a medium bowl.

Heat the butter in small frying pan, add onions, cook over medium heat for about 3 minutes or until onions are soft. Add to green with cheeses, nutmeg and eggs, and stir well.

Unfold pastry from packet, carefully remove 8 sheets, wrap pastry and return to packet. Place the 8 sheets flat on the bench, cover as described above. Place one of these sheets separately on bench, brush with some of the extra butter. Place another layer on first sheet, brush with butter. Repeat layers with two more sheets of pastry and butter.

Grease 13cm x 23cm ovenproof dish or baking tray, a slice tray is really good actually.

Place the sheets carefully into the dish, fold the pastry in from the edge of dish. Spread green mixture evenly into dish.

Layer remaining 4 sheets pastry with some of the remaining butter, fold pastry in half.

Lightly moisten edges of pastry in dish with water, place folded pastry on top of spinach mixture, trim edges, if necessary, to fit dish. Gently fold edges of pastry together, brush top with butter.

Bake in moderately hot oven for about 40 minutes, or until golden brown. If you don't want to use pastry you can cook it without the pastry.

I serve it with a lovely tomato and red onion salad, simple but delicious, not many tomatoes still around so make the most of the last ones.

Filo pastry

Filo pastry is obtainable from grocers and most supermarkets. Some is refrigerated and some frozen but if you use frozen make sure you take it out of the fridge overnight to thaw properly.

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

Cheers, Kirsten

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

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

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



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Thank you,

Len Miles, President

Murray Bennett, Treasurer

Phone 0447 958 660



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Fingal Valley Neighbourhood House

YCONNECT NEWS

Youth Happenings in the Break O'Day

GET READY FOR WINTER WITH THESE COOKING CREATIONS

As suggested by the YCONNECT crew:

- Cheese and Ham toasties (real crowd pleaser!)
- Hot Milo (with added marshmallows)
- Cheese twists (only two ingredients!)
- Hot Nutella (yes you read that right... instead of a hot milo... we havent tried this one, but it comes highly recommended)



STAY TUNED FOR OUR JULY HOLIDAY PROGRAM COMING OUT SOON!

ALSO FOR YOUNG PEOPLE....

Wednesdays 3pm - 4.30pm:
Free2b Girls Group
Thursdays 3pm - 4.30pm:
Skittles LGBTQI+ Group
Both at SHNHH Bungalow

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

ARTY CRAFTY APRIL KEEPS ON GOING INTO MAY AND JUNE..

With the days getting shorter and the weather getting cooler our recent activities have been a little more inside, but no less exciting (or messy!) During the April holidays we teamed up with Fingal Valley NHH and Building Blocks to help any interested young people create a masterpiece to enter into the BOF winter arts prize. We also had help from the lovely Tash visiting the Free2b girls who had a go at creating 3D art. During this term we've also been getting in some local artists to do workshops with the St Helens Free2b girls. Over the easter break we also had a much anticipated day trip to Launceston to go bowling. Dont worry if you missed out on that trip - we'll be offering it again next holidays!

Stay warm!
YCONNECT team.



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

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St Marys

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

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WEEKDAY MASS:

ST MARYS: Friday 10.00am

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fr.bitz51@gmail.com

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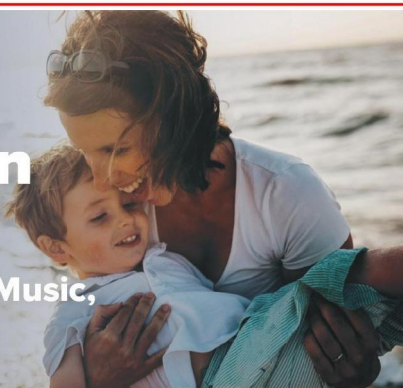
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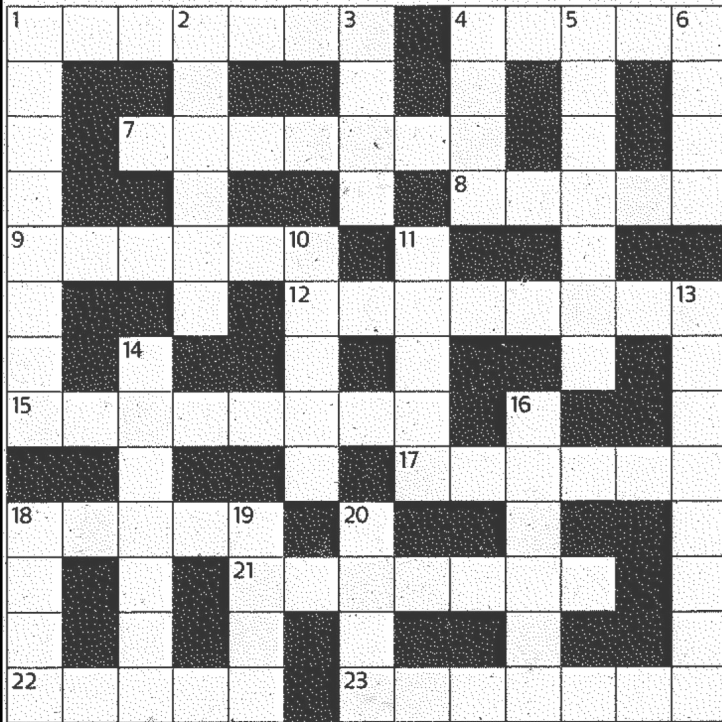


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ACROSS

- 1. Shortcoming (7)
- 4. Pioneer of television (5)
- 7. Boorish (7)
- 8. Bonnie ____, singer (5)
- 9. Skiing discipline (6)
- 12. Abandon (8)
- 15. Identify, pinpoint (8)
- 17. Criticise severely (6)
- 18. Erect (5)
- 21. Hypersensitivity (7)
- 22. Hazy (5)
- 23. Long-eared dog (7)

DOWN

- 1. Ravenous (8)
- 2. Isolated (6)
- 3. Downcast (4)
- 4. Irish actress, Jean ____ (4)
- 5. Nationality of Mussolini (7)
- 6. Gloomy (4)
- 10. Juicy gourd (5)
- 11. Kathy ____, US actress (5)
- 13. Outside (8)
- 14. Sundry (7)
- 16. Slang talk (6)
- 18. Explosive sound (4)
- 19. US frontiersman, ____ Crockett (4)
- 20. Cry of woe (4)

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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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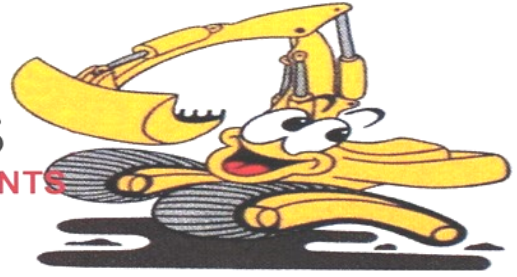
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IN OUR SCAMANDER GARDEN

Hi Everyone,

I did say I'd tell you about our making a worm composting area. We used Nanny Pike's old blue bathtub, given to us by cousin Jenni Hutchison. It is heavy, but by placing it on bricks we got it to a good working height for us to fit a bucket under to get the worm liquid, which needs to be diluted before use in the garden. Steve put a bit of chicken wire over the plughole. Then we added some small rocks and pebbles and some leftover shade cloth on the bottom, and we did layers of torn newspaper from Mum's place and then layered soil, compost, and leaves mixed with chicken manure and strayer. Mmm, delicious... In go the worms, throw in some kitchen scraps, and voila!

The lettuce seedlings look vibrant as they flash their heads above the other greenery in the nearby containers. Pink and white roses are standing tall and the bare silver birch is smothered in rain droplets. A kookaburra visits. It rests on the trampoline before alighting and finding its seat atop the lady statue holding her arm high as the torchbearer.

The large white magnolia has many buds waiting to show me their majesty, and the smaller pink camellia is in full bud-burst, trying ever so hard to win the prize of best dressed in the garden.

There are ever so many tiny birds a-fluttering, and now their tiny nests are revealed in the Japanese Maple.

We think we have dug up the last of the potatoes. Weeding has taken the front place on the list of priorities and we have not finished yet. Steve decided to transplant the raspberries out of the enclosure where I begged him to never plant them in the first place. Oh husbands, listen to your wives!

Well, I'd better end with a Happy 80th Birthday greeting to my husband Steve for 8th June. He is a darling and has been burning off some of our clusters of past pruning and helping make the area safer.

'till next time, Peg



Can you see the kookaburra sitting on the statue?



Happy Birthday, Steve!

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

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

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

In the Break O'Day area, asthma rates are higher than the national average and higher than the Tasmanian average.

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

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

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

This project is being delivered in partnership with Healthy Tasmania Pty Ltd and is supported by funding from Primary Health Tasmania (Tasmania PHN) through the Australian Government's Primary Health Networks Program.

**What's your life like
with breathing problems
and asthma in Tasmania?**

Share your thoughts at
asthma.org.au/tasdiscovery

ONLINE SERVICES FOR SCRIPTS, MEDICAL CERTIFICATES AND GP APPOINTMENTS.

There are many options for accessing GP's online, you can Google-search Online GP consults, Online scripts, Online medical certificates etc. Most services offer similar services and have varying fees.

The follow list is a few of the available options:

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www.instantscripts.com.au

Price \$19 - \$49.

13 Doctors

www.13-doctor.com.au

Price from \$69.

Holat Health

<https://hola.health/gp-consult>

Price \$35-\$45.

(Information supplied by St Marys Community Health Centre)

FREE LEGAL ADVICE AND FINANCIAL COUNSELLING

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

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



HELPLINES AND INFORMATION

In emergencies call Police on 000

For non-emergencies call 131 444

Tasmanian Government Family Violence Response and Referral Line - 1800 633 937

To stay up to date with emergency warnings in Tasmania - www.alert.tas.gov.au

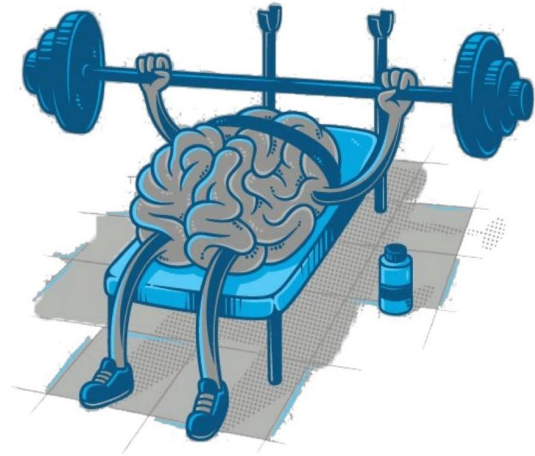
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<p>Carer Gateway 1800 422 737 www.carergateway.gov.au If you know someone that is a carer</p>	<p>Disability Information Hotline 1800 643 787 www.dss.gov.au/disabilityhelp If you or someone you know has a disability</p>	<p>Fingal Valley Neighbourhood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

How to Train Your Brain

Have you ever bought a new car or bike, and then suddenly started recognising the same one everywhere you went? Have you ever learned a new word only to hear it again the very next day in a completely unrelated conversation? Have you ever been in a noisy bar that drowned out the sound of everything, except your name being spoken by a friend across the room?

It may seem like a coincidence, but it's actually your Reticular Activating System (RAS) at work. The RAS is a bundle of nerves that sits in your brain stem and its job is to act as a filter of sorts between your mind and the outside world. We are constantly inundated with more information than our brains can handle, and the RAS is responsible for picking out what's important enough to get through. The rest is sent to spam.

The neat part is, all of this happens without you having to do anything - the RAS is like your personal autopilot mode. It runs in the background of your subconscious mind, looking out for the things that are relevant and important to you. It also tends to look out for information that will validate your beliefs and worldviews. So, if you tend to believe that most people drive like lunatics, you'll probably notice a lot of people who fit into that category (while ignoring the ones that don't). If you hold the belief that your twin flame exists somewhere out there, you'll likely be a lot more open to finding someone that matches your vibe. The RAS can influence not only what you see, but your behaviour, too.



The RAS is an amazing piece of equipment. Unfortunately, it can't tell the difference between what might be helpful to you or what will send you into a downward spiral of self-doubt. It only looks for what you program it to pay attention to - that is to say, whatever you're focusing on. When we dwell on the irritating or disappointing things that could happen, our minds tend to stay on the lookout for any signs of trouble. It often ends up that we find what we're looking for, which only confirms the existing biases we hold. However, when we focus on what is going well or what outcome we want, our RAS will find even more things that are going well. It will highlight the opportunities, solutions, and silver linings in front of us.

When you consider the potential power of the brain, things like superstition, karma, prayer, and the law of attraction make sense. "With our thoughts, we make the world," said Buddha (apparently), and even without having a background in brain science, it seems like he was onto something real!

I'm not trying to say that miracles don't happen, or that you can just simply and quickly 'manifest your dreams' to get whatever you want in life. But, I do believe that by using the RAS to our advantage, we can program our minds to be more positive, resilient, and open to seeing the possibilities that life has to offer. Would you like to give it a try?

For the next 30 days, before you fall asleep at night, think about the 3 best things that happened in your day and write them down. It could be something that you did, or something that happened to you. It could be something that you saw or heard. Any moments that made you smile or laugh or feel warm inside, write them down. (Bonus points if you can share this with a partner or your children!) Then as soon as you wake up in the morning, read what you wrote down the night before. That's all.

Do this, for 30 days, and let me know how you feel. What have you got to lose?

Not only will you be ending your day, and starting your next one, on a positive note - doing this will help train your RAS to be on the lookout for even more things that can bring joy into your life.



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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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				Active4Life 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 9, played on Sunday 28th May at St Helens

RESULTS: East Coast Swans 4.3 (27) defeated South Launceston 4. 2 (26)**SWANS GOALS:** Flynn Bidgood 2, Hunter Collins 1, George Austin 1**SWANS BEST:** Macklan Hayes, Alexander Kovacs, Fergus French, George Austin, Bryce McKimmie

Game 10, played on Sunday 4th June at Invermay Park

RESULTS: East Coast Swans 11. 15 (81) defeated North Launceston 0. 0 (0)**SWANS GOALS:** Not available**SWANS BEST:** Axel Fullbrook Levi Woods, George Austin, Flynn Bidgood, Floyd Groves**UNDER 14 BOYS***(Photos by Andrea Davenport)*

Game 9, played on Sunday 28th May at St Helens

RESULTS: East Coast Swans 8.4 (52) defeated South Launceston 2. 9 (21)**SWANS GOALS:** Connor French 4, Tyler Speers 2, Jaxon Harrison 2**SWANS BEST:** Connor French, Tyler Speers, Jaxon Harrison, Ned Blunt, Riley Jordan, Byron Woods

Game 10 played on Sunday 4th June at Scottsdale

Congratulations to Paul Taylor on playing his 50th game! Unfortunately, we have no photograph.

This team had 3 sets of brothers playing together this game!

RESULTS: East Coast Swans 10.6 (66) defeated Scottsdale 3.4 (22)**SWANS GOALS:** Tyler Speers 3, Jaxon Harrison 3, Connor French 2, Dakota Davenport 1, Charlie Taylor 1**SWANS BEST:** Tyler Speers, Jaxon Harrison, Connor French, Byron Woods, Riley Jordan*(Photograph by Natasha Speers)***UNDER 14 GIRLS***(Photos by Jazz Snooks)*

Game 9, played on Sunday 28th May at St Helens

RESULTS: East Coast Swans 2.7 (19) defeated by Prospect 6.4 (40)**SWANS GOALS:** Savannah Singline 1, Nikki Gamble 1**SWANS BEST:** Chloe Martin, Arielle de Graca, Shelby Gamble, Lily Brinsmead, Narliah Freeman, Laena Singline

Game 10, played on Sunday 4th June at Invermay Park

RESULTS: Swans 3.5 (23) defeated North Launceston 3.3 (21)**SWANS GOALS:** Nikki Gamble 2, Arielle de Graca 1**SWANS BEST:** Nikki Gamble, Chelsea Brown, Ava Howorka, Chloe Martin, Arielle da Graca, Olivia Smith

EAST COAST SWANS FOOTBALL CLUB**UNDER 16***(Photos by Jazz Snooks)*

Game 9 played on Sunday 28th May at St Helens

Congratulations to Spencer Marshall on kicking his first goal.

RESULTS: East Coast Swans 25.19 (169) defeated Prospect 1. 2 (8)

SWANS GOALS: Tully Watts 8, Hamish McIntosh 5, Ashton Gillies 3, Lachlan Woods 2, Daniel Cook 2, Jarvis Hill 2, Jaxon Harrison 1, Spencer Marshall 1, Kobe Medcraft 1

SWANS BEST:



Game 10 played on Sunday 4th June at NTCA Ground, Launceston

RESULTS: East Coast Swans 10.12 (72) defeated East Launceston 3.1 (10)

SWANS GOALS: Daniel Cook 3, Jakih Curtis 2, Tully Watts 2, Tysen Gamble 2, Lachlan Woods 1

SWANS BEST: Tully Watts, Nate Love, Dakota Singline, Jarvis Hill, Daniel Cook, Oscar Pallier

**EAST COAST WOMEN**

Round 1, played on Saturday 22nd April at St Helens

RESULTS: East Coast Women 0.2 (2) defeated by George Town 11. 22 (88)

Round 2, played on Saturday 27th April at Westbury

RESULTS: East Coast Women 0. 0 (0) defeated by Meander Valley 23.22 (160)

Round 3, played on Saturday 6th May at Deloraine

RESULTS: East Coast Swans 0. 0 (0) forfeited against Deloraine 0. 0 (0)

Round 4, BYE

Round 5, played on Saturday 20th May at George Town

RESULTS: East Coast Women 0. 0 (0) defeated by Hillwood Senior Women 8. 11 (59)

Round 6, played on Saturday 27th May at St Helens

RESULTS: East Coast Women 1.2 (8) defeated by Longford Senior Women 10. 12 (72)

Round 7, played on Saturday 3rd June at Evandale

RESULTS: East Coast Women 0.0 (0) defeated by Evandale Women 18.19 (127)

EAST COAST SWANS FOOTBALL CLUB

GAMES PLAYED 27TH MAY



RESERVES HAVE PROBLEMS WITH CONSISTENCY

Despite their best efforts, the Swans reserves were well beaten by an experienced Lilydale outfit. The team found goals difficult to come by and managed just four for the match. The revolving door of players available each week is making it increasingly hard for the team to find cohesiveness and consistency. A feature of the team however, is the improvement of many of the Swans young players such as Axel Bannister, Max Salter and Joe Short. All 6 of the Swans best players for the game are no more than 20 years old, which augers well for the future.



RESULTS: East Coast Swans 4.5 (29) defeated by Lilydale 10.13 (73)
SWANS GOALS: Salter, Teasdale, Roberts, Cubitt
SWANS BEST: Bannister, Redman, Short, Hill, Cubitt, Webb



DEMONS PUT THE FOOT DOWN

Lilydale proved too strong for the East Coast Swans, eventually winning by 42 points at the Swan's home ground. There were good early signs from the Swans, kicking the first two goals of the game, and heading into the first break with a 5 point lead. Swans midfielders Evans and Ponting were prominent for their team, profiting from some excellent ruck work by Ben Arnold, who played a fine game. The powerful Demons team began to exert its dominance in the second quarter, led by ex-North Launceston star Mark Walsh, who was an influential player around the mid-field. The competitions' leading goal kicker, Demon Trent Griggs, had a great battle with Lewis Ritchie, with the latter probably taking the chocolates, although Griggs managed three majors for the day. Young Swans backman Jayden Blunt continues to catch the eye and has shown terrific form recently, despite being tasked with minding some of the competitions' best players- his marking and spoiling a highlight of his game. Once again, the East Coast struggled to find consistent connection in the forward line. Nick Child bobbed up with 2 goals, but his team will need to find other avenues to the big sticks if they are going to notch up bigger scores. Marcus Haley's game was a highlight for the Swans fans as he continues to dominate games - many pundits consider he was best afield. In the final stanza, Lilydale flexed their muscle in the last quarter, booting 5 goals to the Swans single major, to run out comfortable winners.

RESULTS: East Coast Swans 5.4 (34) defeated by Lilydale 11.10 (76)
SWANS GOALS: N Child 2, J Mason, T Blunt, A Tate
SWANS BEST: Haley, Ritchie, Ponting, Evans, Arnold, J Blunt



EAST COAST SWANS FOOTBALL CLUB

GAMES PLAYED 3RD JUNE

Photographs by Jazz Snooks**RESERVES HANG ON TO 5TH PLACE ON LADDER**

A loss by the Swans reserves team sees them hanging on precariously to 5th spot on the Division 1 ladder.

The Swans, minus a number of regular players, were no match for a well-drilled OL's outfit. It is a similar story to the senior side, with an absence of goal-kickers hurting the side badly. Once again the Swans were good in the early stages, before being blown away in the second half of the match. A shining light for the team was the first game by southerner Riley McDonald, who was easily his team's best player. The consistent Doust and Beshir were also prominent for their team, while veteran Corey Richards was solid down back, but will probably need a fortnight to get over his sore spots. Gus Redman did well to kick 2 goals and second-gamer Teasdale was another good player for the Swans.

The team will need to regroup before facing Evandale at home in a match which will decide 5th game on the ladder.

RESULTS: East Coast Swans 5.5 (35) defeated by Old Launcestonians 16.14 (110)

SWANS GOALS: Redman 2, Fowler, Davern, Short

SWANS BEST: McDonald, Doust, Richards, Teasdale, Beshir, Redman

**WINTER BLUES FOR SWANS**

It was another disappointing outing for the East Coast Swans as they went down to the OL's Blues by 51 points on Saturday.

It was a familiar tale for the East Coast boys as they were once again competitive in the first half before falling away in the second, unable to maintain their pressure. The Swans midfield, led by the consistent Haley, is proving to be a strong point for the Swans, with the captain receiving solid support from players such as Madden and Evans, but the lack of goal scorers is costing them dearly. The returning Taylor-Evans was a decent target for the Swans, and he capped off a good day at the office with 3 goals. The 'Bay Boys' chances were certainly not enhanced when Nick Child went off in the third term with a head injury. Down back, Lewis Ritchie was his usual solid self, with Connor Tuck providing able support, but ultimately the class of the OL's forwards proved irresistible, with the Blues scoring an impressive 5 goals to one in the second half.

With the upcoming bye, the Swans will have a fortnight to ready themselves for an important home game against Evandale, with the hope of a couple of big names returning to the side.

RESULTS: East Coast Swans 5.4 (34) defeated by Old Launcestonians 12.13 (85)

SWANS GOALS: Taylor-Evans 3, Haley, Riley

SWANS BEST: Madden, Halye, Taylor-Evans, Tuck, J Mason, Ritchie, Evans





MALAHIDE GOLF CLUB

Friday 26th May - Chicken Run

1st	David Duthie	26.5 points
2nd	DB Lowe	30
3rd	Randall Wadley	33
4th	Mike Prewer	36
5th	John Vincent	37
6th	Robert Matthews	37
7th	Stan Ellerm	39
8th	Gary Lanham	45

Nearest the Pin 4th: Club
 8th Robert Matthews

Friday 2nd June - Chicken Run

1st	Ashley Stone	31.5 points
2nd	DB Lowe	32.5
3rd	Stan Ellerm	34.5
4th	Bill Swann	36
5th	John Vincent	36.5
6th	Robert Matthews	37.5
7th	Rod Hunt	38

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

Saturday 27th May - Quamby Shield

Congratulations to Malahide Golf Club for winning the Quamby Shield! Our thanks to Quamby Golf Club for travelling to Malahide for the day. Thank you also to Craig Woods and Robert Matthews for assisting with the food.

Malahide, 272.5, Quamby 288.5

Malahide

Andrew Johns, Grant Richardson	65
Randall Wadley, DB Lowe	68
Peter Sorenson, Neil Sorenson	68.5
Ashley Stone, John Vincent	<u>71</u>
	272.5

Quamby

C Brown, D Singline	68.75
A Wood, C Lawrence	71
R Harris, J Green	73.5
L Burridge, S Hampton	<u>72.25</u>
	288.5

Nearest the Pin 4th and 13th: Craig Woods
 8th and 17th: Peter Sorenson



Saturday 3rd June - Monthly Medal-

1st	Randall Wadley	91/76
2nd	Ashley Stone	97/78
3rd	John Vincent	100/83
4th	DB Lowe	106/89

Nearest the Pin 4th: Randall Wadley
 8th: John Vincent

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:

10th June	Red Marker Day
17th June	Par
24th June	Stableford
1st July	Monthly Medal



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ST MARYS SPORTS CENTRE

By Volun Tier



Well the weather has cooled off and with a few frosts on the ground, the place sure looks and feels like winter, time to put the bowls rink to sleep and open up the golf greens for the cooler weather and better growth in the Spring. Things have also slowed a bit around the club. After such a busy couple of months, we can take a breath and go about the task of getting a few things up and running, like our golf days, Winter Warning Meals and, of course, crib and euchre competitions. We began last Friday with the first Cooke Challenge Crib Night, and lo and behold, he took out the major prize! No surprise to Cookie as he maintains he is the best player going round. To him be the spoils, but the challenge is on every second Friday night at the club at 7.00pm, starting this Friday 9th June. Come along and try to topple the King of Crib. Better still, book in for a \$20.00 meal, see notice below, and make a night of it.

Golf continues to go well, the format of playing either Saturday or Sunday at 10.00am benefitting those who play. Numbers have been good and the club has decided to change the format to an 18-hole competition every weekend to accommodate the now-serious golfers among us. Last weekend saw the re-establishment of the Black Rock Trophy, an original idea of Graham 'Wizard' Saunders some 20 years ago back then for a social competition of hit and giggle between a few mates - great to see it back again, played for on the last weekend of every month. Graham was pretty pleased when he heard the news and also how well golf is going at present. Winners are listed below. Shout out to a few regulars who are out of sorts at present in Jim Haas, Speed Maher and Jeanette Parsons, hope to see you all fit and well and about the club again soon. Special mention for our Annual General Meeting which will be held on Sunday 23rd July; nomination forms are on the board, so be quick and put your name up for a position, they close within a few weeks. Sad to hear that the midweek bowls competition looks like folding - we are one club that has a player base that takes advantage of these days as they can't play in our regular Pennant competition on Saturdays, due to work commitments. The club is looking at scheduling a social competition on Tuesdays if there is enough interest and the midweek comp folds

Just a small note again about people still walking their dogs on the golf course and the recreation ground,. After a couple of warnings that Council is about the police the area, the volunteers have again copped some flack from owners who think that this is a public dog walking area, This is wrong. You are, however, allowed to walk your friend around the horse track, until the new dog walking area is constructed somewhere else. You must keep your dog under effective control and NOT ON THE GOLF GREENS. Two things are for sure, the hard-working volunteers of the club will neither be issuing the fines nor paying them.

Golf: Black Rock Trophy Day scores were: Macca 71 on a countback from Keith Gillies 71, Jason Gledhill 72, Rod McGiveron 72, Dave Cannon 73, Nick Child 74 and Mick Kringle 76, nearest the pin was Rodney. This week saw a few with other commitments, hole comp, Mick Kringle 29, Craig Freiboth 32, Jimmy Freiboth 33 and Macca 36.

Member Draw: Last week Jeanette Parsons, this week Nathan Secombe; no winner so fuel jackpots to \$90.00. Be there on Friday nights around 8.00pm for the draw to win.

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

St Marys Sports Centre Inc.

CRIB NIGHT

Friday 9th June at 7:00pm

(Come along and knock King Cookie from his perch)

St Marys Sports Centre Inc.

NOTICE OF AGM

Sunday 23rd of July at 1:00pm

Election of Office Bearers 2023-24

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Hope to see you there

Until next time, good hitting, rolling and socializing.

C & D's

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CROSSWORD ISSUE 55.08

CROSSWORD 108

Across: 1. Mexico, 3. Survey, 6. Manual, 7. Parish, 8. Roses, 10. Wrecked, 14. Stephen King, 17. Arrange, 19. Crane, 20. Bigamy, 21. Joyous, 22. Tom-tom, 23. Deputy.

Down: 1. Memory, 2. Crass, 4. Usage, 5. Yehudi, 9. Satyr, 11. Runt, 12. Kenya, 13. Thug, 15. Talbot, 16. Jersey, 18. Nimmo, 19. Choke.