

THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.10 22nd June 2023

Deadline for 55.11 is 5.00pm on Monday 3rd July 2023

BIGGEST MORNING TEA FOR CANCER COUNCIL

On Wednesday 7th July, 20 friends of the Fingal Valley Neighbourhood House got together to raise money for cancer by enjoying a fabulous morning tea. Together, we raised \$432.00! This was a fantastic achievement from the whole Fingal Valley Community.

Games were played, great food was shared, and there were lots of laughs and chats.

Thank you so much to everyone who supported this great cause and we hope to see you again next year.



See page 3 for the latest update on the situation regarding the St Marys Community Health Centre, and to find out what YOU can do to make your voice heard!

Thank you

The Valley and East Coast Voice would like to thank Brian Mitchell MP for his kind donation towards the cost of publishing the 55th Anniversary edition in colour.



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

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ADVERTISING RATES - 2023

Business Card Size ads \$16	1/2 Page ads \$42
Intermediate ads \$20	Full Page ads \$65
1/4 Page ads \$27	Permanent Classified ads \$21 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.

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.

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

AED

AUTOMATIC EXTERNAL DEFIBRILLATORS

To locate your nearest AED, go to:
www.dhhs.tas.gov.au/ambulance
 and search for 'AED'

This site has a map locating all local AEDs

IN AN EMERGENCY, CALL 000

URGENT ACTION REQUIRED TO SAVE OUR LOCAL HOSPITAL, DOCTORS, AND PHARMACY

We are writing to you as concerned members of our beloved community, seeking your urgent support and active participation in advocating for our local hospitals, doctors, and pharmacies. It is no secret that our community's healthcare facilities are in dire need of increased support, resources, and attention from our elected representatives.

Our small rural town of St Marys, with its tight-knit community and breathtaking surroundings, has always thrived on resilience and self-sufficiency. However, our healthcare services are reaching a breaking point. We must join forces to ensure the well-being of our community members, both young and old.

The challenges we face are numerous. Our hospital is grappling with a shortage of doctors, nurses, outdated equipment, and a lack of specialized medical staff. This not only puts a burden on our doctors and nurses but also compromises the quality of care we receive. Our hard-working healthcare professionals are stretched thin, working long hours to provide essential services to our community. It is time we recognize their dedication and offer them the support they need. Our local doctor, Dr Cyril Latt, currently has over 1800 patients on his roster, which is a shockingly high number considering there were less than 700 people reported in the town in the most recent census. This clearly speaks volumes about the services provided to the broader community and the need for a second GP.

Now, more than ever, we need to unite and raise our voices to ensure our elected representatives understand the urgent need for increased support for our local healthcare facilities. By joining forces and writing to our politicians collectively, we can create a powerful and persuasive impact that cannot be ignored.

The entire East Coast of Tasmania has a well-documented aging population with some of the highest rates of chronic health conditions requiring regular medical attention.

The social return on investment in localised medical care far outweighs the cost of neglecting this very important part of the population.

Key points to request in your letter:

- ◆ We need at least 2 GP's in the town to handle the large case load.
- ◆ All GP's in the town require access to hospital rights.
- ◆ Our area has a disproportionate number of seniors and individuals with chronic health needs requiring regular medical attention.
- ◆ Additional nursing staff in regional hospitals would remove the pressure on tertiary centres by permitting early transfer after acute medical and surgical admissions. This supports recuperation in community with family support, engages primary healthcare professionals early in the recovery process and may free up acute beds.
- ◆ Long term and end of life care should be done in community, not hours and kilometres from home. With sufficient staff, district hospitals are ideally placed to support individuals and families with both efficiency and compassion.
- ◆ Cost: CTST transport to Launceston costs \$63 per person and that cost, added to the cost of a medical consultation, will prevent people seeking care in a timely fashion.

Please spread the word and encourage others within our community to do the same. Together, we can make a difference and ensure a brighter and healthier future for our beloved town.

Please call, write or email the elected officials covering our area in Council, State Government and Federal Government.

Jeremy Rockliff, Premier and Minister for Health: jeremy.rockliff@parliament.tas.gov.au

Anita Dow, Shadow Minister of Health: anita.dow@parliament.tas.gov.au

John Tucker: john.tucker@parliament.tas.gov.au

There is a major crisis across Australia in healthcare, and we can implement solutions locally and take 1 tiny step towards resolving the issues for the health and benefit of all members of our community.

For more details contact Frank Giles 0419 159 285 or email Concerned Citizens of the Valley Group, fvalleygroup2023@gmail.com

DON'T CALL THE HOSPITAL - CALL THE PREMIER!

Article submitted by Concerned Citizens of the Valley Group, St Marys

NICK HAY REGIONAL SALES



Nick understands the rural community and brings well-rounded specialist knowledge of the Northern and Central Midlands regions to Howell Property Group.

His ability to balance old-fashioned customer service with contemporary expertise in sales has gained him a reputation as a trusted real estate adviser within Tasmania. Nick's talent as a registered auctioneer in property and charity events adds dynamic skills to HPG.

With a background in agriculture and international thoroughbred racing and breeding, Nick's hard-working ethos and professionalism are proven by his determination to achieve the best possible result for his clients.

With no challenge too big, Nick relishes trail running, competing in ultra-marathons including the local gruelling 'Triple Tops' – running Mt. Van Dyke, Mt. Claude and Mt. Roland in a single swoop, and the UTA100km in the Blue Mountains with his partner.

Nick Hay 0408 371 760 | nick@howellpg.com.au

the hay is selling, are you?

© L2 97A York St L'ton

COMMUNITY WELLBEING PROJECT CONTINUES

If you haven't already had a chance to be involved in the Community Wellbeing project, now is a great time to join the fun! Activities and opportunities are free and if you take part in the 8 week training, you can access seed funding for community projects of your own that create wellbeing in our community.

The next course starts on Monday 10th July and lasts 8 weeks. Places are limited, and joining is easy. Face-to-face group sessions are held, lasting 3 hours each week on Mondays in St Helens and Tuesdays in the Fingal Valley.

Our community is amazing and many of you have already been involved in the project. Thanks for your support and your incredible actions and activities that are bringing this project to life. We are excited to keep striving for new ways to reach more people and create more opportunities. Chat with Leah on 6376 7900 or 0439 826 491 or send her an email at wellbeing@bodc.tas.gov.au

It is a fun and supportive way to grow more wellbeing for yourself and those around you. Connect with others, share stories of what *you* know works well in Break O'Day to create wellbeing, then create more of it together by designing simple wellbeing actions for your community.

Apply now at www.wellbeingaction.org

This fabulous project is possible thanks to funding from the Tasmanian Community Fund and the mentoring support of The Wellbeing Lab, and of course, all of you.

Leah Page, Mental Health and Wellbeing Coordinator, Break O'Day Council

JOIN NOW
All Welcome

WELLBEING CERTIFICATE
Wellbeing in Break O'Day

ST HELENS or FINGAL VALLEY

FREE 8-week program to create more wellbeing for others + yourself

Discover and share wellbeing wisdom

Connect with local people

Create wellbeing actions for your community

3 hours each week

Tuesdays Fingal or St Marys 11 JUL-29 AUG afternoons

Mondays St Helens 10 JUL-28 AUG mornings

Want to know more? Chat to Leah at Break O'Day Council or visit the website www.wellbeingaction.org 6376 7900 wellbeing@bodc.tas.gov.au

Thank you Cheryl Mobbs for your fabulous photo of our stunning coast!



LETTER TO THE EDITOR

My name is Amanda I have lived in St Marys since 2011.

I would like to begin by thanking Dr Cyril Latt for his services, care and devotion to our community.

I attended a community meeting two weeks ago discussing how to save our GP, Hospital and Pharmacy by emailing members of parliament with our concerns.

I have given copies of all my correspondence to a committee that has been formed to help organise our voices.

I have received several responses each from:

Jeremy Rockliff - Minister for Health & The Premier

Anita Dow - Shadow Minister for Health

Brian Mitchell - Federal labour for Lyons

Jacque Lambie - Federal Senator

Mick Tucker - Break O' Day Mayor

Jeremy Rockliff stated, "...your correspondence is currently being considered..."

I have since then received an in-depth letter from the Premier Jeremy Rockliff.

Anita Dow stated she is "...aware of the concerns of the community as are Rebecca White MP and Jen Butler MP. During parliament we are asking further questions of the Minister..." She then attached the questions and responses that were discussed in parliament.

Brian Mitchell stated, "The THS will be required to find a new doctor to meet its obligations at the hospital, but there is no guarantee a new doctor will provide private GP services to the wider community." "The Australian government is open to the allowed scope of practise for qualified health professionals, such as pharmacists, paramedics and nurse practitioners, to take some of the strain off our over-stretched GP network." "I will be sure to keep you updated as we make progress on these vital matters for St Marys."

All of these emails show our parliament is aware of our Valley's medical care crisis, and also the rural care crisis across Tasmania.

Please keep writing emails to keep attention on our Valley's medical care crisis!

Many thanks,

Amanda Secombe

St Marys



St Marys Market

1st Saturday of the month, 9am-12pm*
St Marys Community Hall

- Beautiful hand-crafted artisan and eco-friendly items
- Fresh produce, plants, and fresh cut flowers
- Fresh baked breads, cakes, cookies and other treats
- Preserves, dried fruits, jams & sauces
- Tarot readings
- ...and more!

Contact: bodregionalarts@gmail.com Facebook: @BODregionalArts

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

2023 NAIDOC Week Film Showcase

Regional Tour
Bicheno July 2
Scottsdale July 4
Smithton July 6
New Norfolk July 7

The theme for NAIDOC Week 2023 is **For Our Elders** who have guided generations of First Nations and continue to do so.

We are taking the film **Ablaze** on the road. The film follows Yorta Yorta man, opera singer and Senior Lecturer in Indigenous Arts and Culture at the Victorian College of the Arts **Tiriki Onus** on a journey to discover if his grandfather **Bill Onus** was the first Aboriginal film maker. Bill was an **entrepreneur, performer and activist**, being particularly active during the **1967 Referendum**.

www.ablazethefilm.com

www.rectas.com.au -
Events page



Don't let anyone tell you



you can't be a Unicorn!

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

Break o'Day/Bicheno Suicide Prevention Trial

The Say by the “Cage Rattler”

Now for something a bit different to some serious topics we've touched on recently....our school days of the past. Hopefully someone will respond and add to some of my recollections. It'd be great if others would.

Our local school was where I went and the rest of my immediate family of course, although Mum and Dad were on the different site before the 'new school' that started in 1948 took over. That is now 75 years old this year, would you believe?

I can recall all my primary school teachers - I didn't go to kindergarten because we lived at Mt Nicholas and had no way of being enrolled then. Grade 1 was Mrs Lodge, Grade 2 Mrs Binns, Grade 3 Mrs Saunders, Grade 4 Mr Camplin, Grade 5 Mrs Berwick and Grade 6 was Mr Ken Williams, who was the Deputy Headmaster (yes Headmaster, not Principal, in those days in the mid-1960's.) There weren't crossover classes in those days. We had milk in primary school at recess every day. We had polio vaccinations, dental visits via Dr Lim who lived in the town then. We had four school houses all through my Grade 1 to Grade 10 at St Marys Area School. I recall in Grade 6 being the Esk House Captain along with Tamara Gillies when we won the Primary Athletics in 1971. The other three houses were Jubilee, St Pats and St Pauls.

We also had sports afternoons every week in summer and winter sports between the houses on a rotation. The footy and cricket games used the 8th and 9th fairways of the golf course for one game and the school oval for the other in Primary School. In High School some of us played one of the two games on the town recreation ground. In the days before calculators and ultimately computers, maths, science, English, history and composition were taught very differently to today, and handwriting and spelling were subjects on their own. I had great difficulty with long division in Grade 5, so Mrs Pauline Berwick kept me in at recess for a week to do one-on-one with me and with great frustration, she finally made me see the light on that. Didn't like it at the time but I appreciated it later on....

High School was a different world and although the four houses were still the same, we had many new subjects and buildings to use. I recall Soc Studs (Social Studies) which none had done in primary, woodwork, metalwork, technical drawing, home economics, typing and, ugh, French were others we never did before Grade 7. We also had kids from other towns, heaven forbid, including St Helens would you believe? Anyone recall the big yellow bus that Jack Bullock drove to bring the St Helens students up every day, also Tony Davis with Scamander students, Alan Smith with the Fingal crew, way back. Lots of kids from Bicheno, Mathinna, Mangana, Rossarden, Storeys Creek and Avoca and so on. A bit of town rivalry early on as I recall, but many of us became lifelong friends of course....

So many other memories from school, familiar buildings to this day, fabulous new buildings not least in the past decade or two, so many big changes in lots of ways with the advent of new technologies and such, but it's essentially the same St Marys school to this old not-so-brilliant student...

Haven't even touched on some of the incredible staff I fondly remember as a student; that's a subject all on its own!

I remember Dad telling us kids more than once when we whinged about school, "Treasure your school days. They are some of the best years of your life." You know, I think he might have been right...

Now, I ask again; will one or two readers add your school days memories to mine at whatever school you attended?

What do you think?



July

NOTES: Phone: 63742344

Fingal Supermarket	Mon-Friday 7.30-5.30 Sat 7.30 - 12pm Sunday 7.30-10.30v
Online Centre	Monday - Friday 9-3
Library	Monday - Friday 9-3
History	Hours on Calendar
Op Shop	9.30 - 2.30
St Marys Gym	Email: active4life@fvnh.org.au
Fingal Hairdresser	0407 549 678
Loaves and Fishes	Every Thursday
Ragamuffins	17 th July
Spinners and Weavers	18 th July
Basket Weaving	6 th July
Saturday Crafters	29 th July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Op Shop Online centre Library	4 History 12-3 Op Shop Online Centre Library Basket weaving	5 Morning Tea 10am Op Shop Online Centre Library Walking Group	6 History 12-3 Op Shop Online Centre Library L&F Book Club Valley Voice	7 History 10-3 Op Shop Online Centre Library	8
9	10 Op Shop Online centre Library	11 History 12-3 Op Shop Online Centre Library	12 Morning Tea 10am Op Shop Online Centre Library Walking Group	13 History 12-3 Op Shop Online Centre Library L&F	14 History 10-3 Op Shop Online Centre Library	15
16	17 Op Shop Online centre Library Ragamuffins	18 History 12-3 Op Shop Online Centre Library Spinners and Weavers	19 Morning Tea 10am Op Shop Online Centre Library Walking Group	20 History 12-3 Op Shop Online Centre Library L&F Valley Voice	21 History 10-3 Op Shop Online Centre Library	22
23	24 Op Shop Online centre Library	25 History 12-3 Op Shop Online Centre Library	26 Morning Tea 10am Op Shop Online Centre Library Walking Group	27 History 12-3 Op Shop Online Centre Library L&	28 History 10-3 Op Shop Online Centre Library	29 Sat Crafters
30	31 Op Shop Online centre Library					



2023

Template © calendarlabs.com

GET IN 2 GEAR

THE LEARNER CAR IS HERE

Fingal Valley Neighbourhood House, Break O'Day Council and Driver Mentoring Tasmania are excited to announce that the Learner Driver Automatic car will be in Fingal Every Wednesday from 9am - 3pm

If you are a learner and are interested in being a part of this program at Fingal please contact Bec at the House on 6374 2344



Bring along your craft projects

Last Saturday of the month
9am-12pm
April 29th 2023
May 27th 2023
June 24th 2023



Cost \$5 incl tea/coffee
All welcome!



Saturday Crafters

At the Fingal Valley Neighbourhood House



For further details contact Sonya Lanham at FVNH 6374 2344

The crown is funded by the Department of Premier and Cabinet



Visit this must-stay destination for two nights and see two different light shows

BICHENO BEAMS

SWITCHING IT ON
IN THE OFF SEASON

1 July - 22 July 2023

WHAT: Bicheno Beams
Laser Light Show

WHEN: Every night at 5.30pm
check-in for a 6:00pm show

SHOW LENGTH: 15 minutes

WHERE: Bicheno Lions Park,
78 Burgess Street entrance
Bicheno, East Coast Tasmania

FREE EVENT

 **HURTIGRUTEN**
Norwegian Coastal Express



  #bichenobeams

Visit bichenobeams.com to find out how to experience this magnificent event

Brought to you by the Bicheno Destination Management Group a sub-committee of the Bicheno Community Development Association Inc.

BICHENO BEAMS LASER LIGHT SHOW IS BACK FOR 2023

The spectacular laser show set to atmospheric music returns to Bicheno for its third year. This unique and FREE family-friendly event attracted over 10,600 visitors in 2022.

Two shows have been choreographed for this season and will alternate each night. Bring your warm woollies, a torch and a thermos of hot choccy, say hello to our friendly volunteers and enjoy the synchronised soundtrack live through our very own sound system.

Check out the 2021 video for a taste of Bicheno's unique event - and of course, the wonders and charm of Bicheno!

Bicheno Beams can be followed on Facebook and Instagram, or head over to www.bichenobeams.com for other additional information

And check out our exciting 2023 competition - win the world's most beautiful voyage with Hurtigruten Express! The prize includes \$2000.00 towards flights to Norway and 12 days cruising the coast, which features more than 100 fjords and 1000 mountains.

Bicheno Beams is an initiative of the Bicheno Community Development Association. This project received grant funding under the Recovery for Regional Tourism program administered by Austrade.

SAVE OUR HOSPITAL



**2 PM SAT 24 JUNE 2023
ST MARYS GOLF CLUB**

**PUBLIC MEETING
INCLUDING LOCAL
POLITICIANS TO ANSWER
YOUR QUESTIONS:**

We need more doctors, nurses,
paramedics and support for our
pharmacists.

		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	The True Grit Show with The Sand Man	Simply 60's with Guest Presenters	"Get Happy"	with Star FM
	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 Big Daddy Davo	"The No 80's Zone" [everything except the 80's] with Tone	with The 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



**48 Main Street
St Marys 7215**



Phone (03) 6372 2181
Hosts: Tony and Bronwyn

**OPEN FROM 11.00AM
7 DAYS A WEEK**

NEW MENU NOW AVAILABLE


Dine-in and takeaway meals available

Lunch: Wednesday - Sunday: 12.00pm - 2.00pm
Dinner: 5.30pm - 7.30pm
Pasta night every Tuesday
(Bookings preferred for all meals)

**GUEST ARTISTS
SUNDAYS FROM 3.00PM**

25th June The Rennies
2nd July The Busking Magpies

YOUR FAMILY-FRIENDLY LOCAL HOTEL



ITP ACCOUNTING PROFESSIONALS

ITP will be visiting FINGAL for Income Tax services,
on the following date:
Thursday 17th Aug 2023
at the
Fingal Neighborhood House
Talbot St
Phone: 6344 9433 or Email: reception@itpkm.com.au
for an appointment

CHEAPER MEDICINES AND SUPPORTING OUR COMMUNITY PHARMACIES

The Pharmacy Guild has launched a massive nationwide campaign opposing the Albanese Government's reforms to bring down the cost of accessing regular medications.

The campaign is causing concern in regional communities, with claims by the Guild that moving from 30-day dispensing to 60-day dispensing will result in pharmacies closing.

The Government is confident the policy changes, announced in the May 9 budget, will result in savings of hundreds of dollars a year for people who require regular medicines. The Government is also confident the changes will not result in pharmacy closures.

The changes are completely in line with advice from the Pharmaceutical Benefits Advisory Review Committee and have the support of the National Rural Health Alliance, the Rural Doctors' Association, the College of Rural and Remote Medicine, the Australian Medical Association and the Australian Health Consumers Forum. That's a lot of medical experts backing the Government's plan and only the Guild standing in opposition.

60-day dispensing is normal in a number of countries with similar health systems to Australia, including Canada and the UK. The sky hasn't fallen in there, and there's no reason to think the experience will be different here.

A number of pharmacists across the electorate have shared with me their concerns about potential impacts on their businesses, and I've ensured the Minister is aware of those concerns, that questions are answered and that support is made available where necessary.

It's important that we take the concerns seriously, and that people's concerns are treated respectfully. The Government absolutely recognises the essential role pharmacies like many throughout Lyons play in regional Tasmania, and wonderful pharmacists are rightly treasured for the critical role they play, both as health professionals and as community members.

Anticipating the revenue impacts on pharmacies the Government announced the doubling of the Rural Pharmacy Maintenance Allowance ahead of the introduction of this policy, and is looking to extend pharmacists' scope of practice so they can offer more services, opening up more revenue stream opportunities. This policy change isn't an attempt to save the Government money: every single dollar saved by the Government in dispensing fees will be reinvested back into the community pharmacy sector. This is a policy change that saves Australians' money.

There are some important caveats: GPs still have the choice of prescribing medicines in the quantity they consider clinically appropriate, and not all medicines will be able to be dispensed for 60 days.

This is a sensible policy change that follows independent, expert advice, and will result in Australians saving hundreds of dollars a year in unnecessary medical fees and charges.

The Government will continue to work with the community pharmacy sector, and I will ensure any unanticipated consequences are dealt with swiftly so we can ensure the ongoing health and strength of our vital rural and regional community pharmacies.

For more information about the scheme, visit Consumer Health Forum of Australia website, www.60dayscripts.com.au

(Information from press release by Brian Mitchell MP, photograph from Google)





FRINGAL VALLEY SUPERMARKET

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



OPEN

Monday to Friday
7.30am to 5.30pm

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

6311 1743

Fingal Valley Neighbourhood House



Gazzman's

FLOORING AND FURNISHINGS

Come in and check out our sensational showroom!

CARPETS - WOOL & NYLON

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U GOTTA GO, U GOTTA GO TO GAZZMANS



MOUNT ELEPHANT AND BEYOND BOOK GROUP

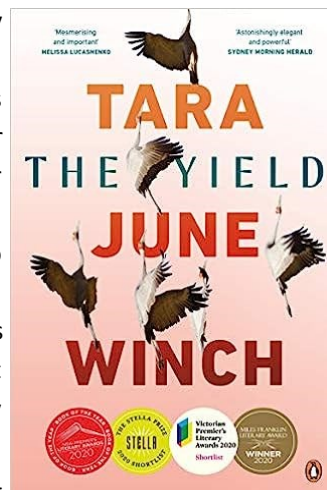
BOOK REVIEW

Written by Pam Bretz

Our book for May, Tara June Winch's 2019 novel *The Yield*, was a particularly timely and relevant read. This book won seven national awards including the 2020 Miles Franklin and the Prime Minister's Literary Award. Winch, who identifies as a First Nations person, fictionalises a sorry part of Australian history and shows the ongoing and terrible cost of European settlement on First Nations peoples. To do this she creates a character called August Gondiwindi who, together with her sister Jedda, has been raised by her grandparents following the incarceration of their dysfunctional parents. August's story is one of three strands to the narrative. Another is in letter form, written by Reverend Ferdinand Greenleaf, a Lutheran missionary who fought to establish a safe haven for the abused and persecuted First Nations people of the fictional Massacre Creek during the late nineteenth and early twentieth century. The third thread is August's grandfather's dictionary of language which he had been putting together in the last years of his life to explain the meanings of many First Nation words in English, thereby revealing the complexity and nuance of the culture that he comes from.

We first meet August as she returns from a ten year self-imposed exile in Europe having received the news of the death of her beloved grandfather, Albert Gondiwindi. August and her sister were sexually abused by a relative and Jedda disappeared, never to be found. The loss of her sister has lasting effects on August who as a young adult finds it impossible to remain and flees to Europe to somehow escape her and her people's past. It is her return that Winch uses as a catalyst for the discovery of the dark secrets of the past. Over the course of the next few days during the funeral ceremonies for her grandfather. August is reunited with some of the people from her past and slowly begins to see that she might have a place and a role here. Activists are protesting the establishment of the mine by the ironically-named Rinepalm company. Eddie, the white "heir" to the wryly titled farm Prosperous, the ninety nine year lease of which has expired, has to leave the property and Elsie is to be evicted from the only "home" she has known. Only August has the key to a possible last ditch stand, making for an urgency as well as a glimmer of hope in this otherwise disturbing and insightful story.

No, it is not an easy read, dealing as it does with violence, generational despair and exile but it is an important contribution to the discussion we are having now around the Voice to Parliament, and most members felt it added to their understanding of the ongoing trauma of First Nations people.



B.O.N.E. - Bird Observers of the North East

On Wednesday 7th June, Bird Observers of the North East spent a beautiful, still and sunny morning walking around the township of Falmouth to spot shorebirds and bush birds. All up we sighted and/or heard 28 species - a good tally. The standout was a Purple Swamphen lurking about in the reeds. Four introduced species were noted - the House Sparrow, the Common Blackbird, the European Goldfinch and the Common Starling. This is not unusual around human habitation, all brought to Australia by nostalgic early European settlers.

Our next outing will be on Wednesday 5th July, when we will go to Horseshoe Shoals at Dora Point on Georges Bay, St Helens. There we will be doing the Winter Shorebird Observations with scopes. Meet at St Helens Bayside car park at 8.15am for an 8.30am departure. Bring morning tea to share and wear warm clothes!

Ring Nat on 0400 750 364 to register your interest or for further information.



The purple swamphen is prevalent in Australia, New Zealand and much of Papua New Guinea. and is known as the 'pukeko' in New Zealand.

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GAZING OUT ACROSS THE TRACK OF TIME AND TIDES, SCULPTURE FINDS NEW HOME IN ST HELENS

Break O'Day Council are excited to announce that the Sculpture, "Gazing Out Across the Track of Time and Tides" created by Anita Denhlom, has now been installed on the Georges Bay Multi-User Track, St Helens.



The statute of a human face made of grey granite is located at Beauty Bay and was be officially unveiled at the Bay of Arts Winter Arts Festival gala dinner on Friday 9th June 2023.

This piece, affectionately dubbed the 'Lady of the Bay', joins two other sculptures on the Georges Bay track and forms part of the St Helens Destination Action Plan (DAP) group project – Off the Trail, Sculpture Walk.

The aim of the sculpture walk is to enhance the experience of walking around the bay. The five-to-seven-tonne granite block was quarried on the East Coast of Tasmania and stands over 2 metres tall. The stone sculptor Anita Denholm said that her work pays homage to the people of the east coast, past and present and was designed to look out across the bay. "This piece will outlast all of us, being the granite that it is – it's one of the hardest stones in the world," Anita said.

The DAP group plans to continue to add to the trail as more funding is secured.

Break O'Day Mayor Mick Tucker said, "We are lucky as a community, to live in an area that is surrounded by a natural environment and this beautiful lady of the bay is a perfect complement to the natural landscape."

Break O'Day Council is proud to support the Off the Trail, Sculpture Walk project, and would like to thank Anita for her time and effort in producing such a beautiful piece of work that locals and tourists alike can enjoy. Council would also like to acknowledge the DAP group and their hard work for introducing this sculpture and others to our area.

(Information supplied by Break O'Day Council, photographs by Sebasti-Ann Mitaros)



WITH ONE VOICE BREAK O'DAY CHOIR

Feel Good, Do Good, Sing For Good!



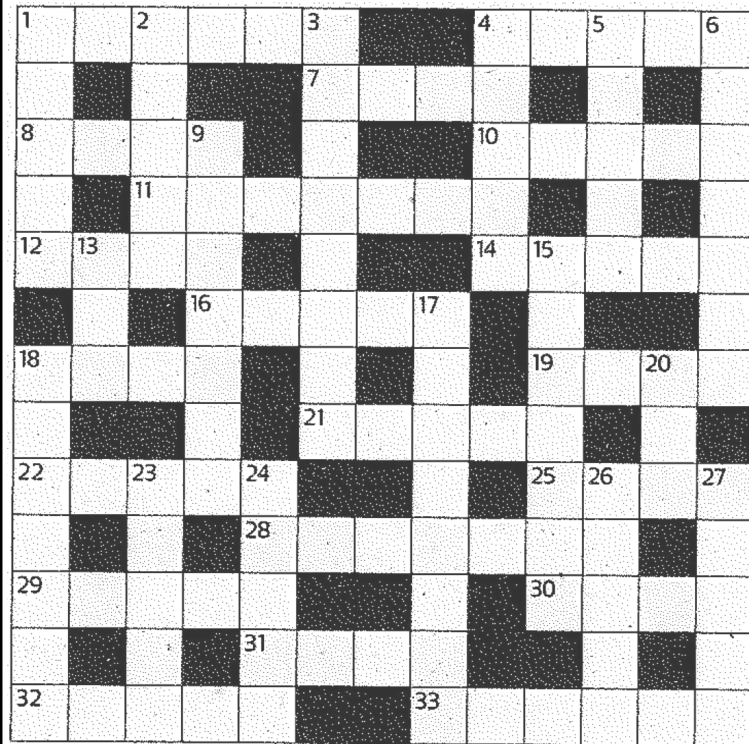
The Bay of Fires Winter Arts Festival has become a favourite on our calendar. This one started at sunrise on Saturday 10th June with a dash and a splash into the freezing ocean waters of Binalong Bay. Hardy members flew our flag and lived to tell the tale. They had defrosted, but were still exhilarated by the time they were joined by the less hardy of us. We took to the stage at the Portland Hall prior to the announcement of the winner of the Junior Art Prize, and again down at Panorama Hotel. At both venues we had the audiences singing and bopping along with us. Thanks Maestro Michael Mathers for all your input over the 5 weeks that you worked with us.

So now it's off to Hobart we go for Festival of Voices! At this stage, 22 of us will be travelling to Hobart on Saturday 1st July to participate in this inspirational event. The Big Sing Bonfire is our first port of call. After that, we will make our way to the Long Gallery in Salamanca Place for our first pop-up performance. Sunday will be action packed. It starts bright and early with our second pop-up performance, at The Farmers Market, then we head on down to the Botanical Gardens where we will perform our last pop-up at 11.00am in the Conservatory! What a venue to be able to sing in! In the evening, some of us are attending a workshop with The Angry Women's Choir, while some of us are taking the opportunity to attend an intimate evening of songs and stories with Mark Seymour of 'Hunters and Collectors' fame. We will travel home on Monday, totally exhausted I expect, but thoroughly inspired, knowing that we will have our last sing session for term 2 the next day and then a couple of weeks over the school holidays to rest and rejuvenate before choir reconvenes for Term 3 on Tuesday 25th July.



The Hardy Ones, from left to right: Bron Z, Adam, Heather, Bron G and Anne. Gold Medals to all!

Crossword 55.10



- | | |
|---|--|
| <p>ACROSS</p> <ol style="list-style-type: none"> 1. Dreary (6) 4. Card game (5) 7. Farmland unit (4) 8. Foray (4) 10. Accumulate (5) 11. Double-crosser (7) 12. Resound (4) 14. Abandon (5) 16. Expend (3,2) 18. Branchlet (4) 19. Roof space (4) 21. Late Grand Prix driver, Ayrton ___ (5) 22. Dried flour paste (5) 25. Cheers actresses, ___ Perlman (4) 28. Cars of 1919-1930 (7) 29. Fruit (5) 30. Compass point (4) 31. Wreck (4) 32. Brewing ingredient (5) 33. Tie up (6) | <p>DOWN</p> <ol style="list-style-type: none"> 1. Mournful tune (5) 2. Mel ___ comedian/actor (5) 3. Sloth (8) 4. Sea-gem (5) 5. Australian marsupial (5) 6. Admiration (7) 9. Lack of rain (7) 13. Female elephant (3) 15. Magnify (7) 17. Contrite (8) 18. Ornamental shrub-clipping (7) 20. Charge (3) 23. Brown pigment (5) 24. Stave off (5) 26. Former Tory PM (5) 27. Tall perennial plant (5) |
|---|--|

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<p>eLibrary: www.libraries.tas.gov.au</p>		

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<p>We offer:</p> <ul style="list-style-type: none"> ◆ Computer Access ◆ Emailing ◆ Wi-Fi ◆ Printing and Scanning services. <p>Please call in and we can assist you.</p> <p>Opening Hours: 9am til 3pm (Monday to Friday) 20 Talbot Street, Fingal, Tas, 7214 Phone: (03) 6374 2344 Email: fingal.oac@decyp.tas.gov.au</p> <p style="font-size: small; text-align: center;">Fingal Valley Neighbourhood House is funded by The Crown through the Department of Premier and Cabinet.</p>	

St Marys District Hospital Support Association Inc.

We advise members that subscriptions of \$5.00 are now due, and payable to the Treasurer by June 30, 2023. For your convenience, payments can be left at the St Marys Post Office.

Thank you,

Len Miles, President

Murray Bennett, Treasurer
Phone 0447 958 660

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5 MINUTES WITH THE MAYOR



Winter in Break O'Day

It is getting to that time of the year when the air becomes crisp and the frost starts to settle across Break O' Day.

We are now in the throes of the winter season but that does not stop locals and tourists alike from enjoying our area, which really is an all-year-round destination.

Our summer season thrives with a range of things for people to explore, but Break O'Day is also the perfect winter destination and our natural environment is a sight to behold this time of year.

Every year we are fortunate enough to celebrate the extraordinary artistic talent of our community through the Bay of Fires Winter Arts Festival and this year was another phenomenal and successful event.

The festival is held over the long weekend and features many events for the community and visitors to attend. This includes the announcement of the major art prize winner. The Bay of Fires Art prize is worth \$20,000 and attracts local and national artists alike. There is also the Youth Art Prize and Local Art Prize as well as the Local Arts Trail, which sees artists in our area open the doors of their studios to the public.

It is a joy to experience our community coming together to celebrate the arts annually and it is a real credit to the community members who volunteer their time to make this happen every year.

I was honoured to be able to officially launch the "Gazing Out Across the Track of Time and Tides" Sculpture at the Bay of Fires Winter Arts Festival gala dinner. Standing at over 2 metres tall and weighing 5 tonne, the "Lady of The Bay" as she is being called locally, has been installed on the Georges Bay Multi-User Track in St Helens. The sculpture pays tribute to the people of the east coast and this beautiful lady looks out across the bay, a perfect complement to our natural landscape we are lucky to call home. Next time you are in St Helens, make sure you check it out.

Break O'Day Council are proud to sponsor the Bay of Fire Winter Arts Festival and would like to thank Anita Denholm and the Destination Action Plan for their contribution to the Off the Trail Sculpture Walk Project as well as the Bay of Fires Winter Arts Festival committee, all the volunteers and artists who ensures this event is a fun-filled long weekend.



*Judge Birgitta Magnussen-Reid, winner Robyn Harman, judge Greg Leong.
(Photograph from BOFWAF website)*



Mayor Mick Tucker
- serving all of
Break O'Day

mick.tucker@bodc.tas.gov.au

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



ST HELENS WALKING GROUP



Wednesday 3rd May

This Wednesday's walk headed to Ironhouse Point, so it was a bit longer drive than usual. Carpooling was arranged at the St Helens Neighbourhood House whilst Wendy waited for the walking group to arrive at Winifred Curtis carpark. Those coming from St Marys met Wendy at the Winifred Curtis Reserve whilst some walkers met at the carpark on the right just before the sign pointing to the coast road south (Tasman Highway, direction Falmouth). The group stopped briefly at the scenic lookout carpark just before Four Mile Creek turnoff, meeting up with any walkers there as well.

From the Scenic Lookout carpark to White Sands turnoff is about 15 minutes' drive - past the grape vines which made quite a show with their autumn colours. There was plenty of parking at White Sands/Ironhouse Brewery. We walked past the resort and on up the hill, on a grassy track and then turned at the gate, proceeding to the breakwater. We walked west to the end of the beach and back. There were a few spots where walkers had to negotiate the rocky shore however as an alternative, clambering up the bank, or paddling through the shallow water but, on the whole, it was a relatively easy walk. There were heaps of shorebirds there and the views were great of the sea through to Scamander (and further north on a clear day). Coffee (or a beer!) was had at the restaurant. Walkers were back at St Helens after midday, Thank you Wendy for a most enjoyable outing.

Saturday 6th May

This Saturday's walk saw a small group of us ascend The Huntsman's Cap. The Huntsman is situated at the back of Mt Nicholas behind St Marys. It was led by Ashley through scrubby eucalypt forest, steep rocky sections and along a rocky ridge to the top.

Gorgeous 360 degree views greeted us at the top. For those that haven't done this walk, from the top you can see from the coast right around encompassing so many of the mountains and ridges we have climbed as a walking group. Pretty spectacular!

Last time we were greeted by wedge tailed eagles flying above while we ate lunch, but this time we were treated to a family of Peregrine falcons, 2 adults and a juvenile making a lot of noise and treating us to a playful show in the sky. Truly amazing. After our descent we stopped and marvelled at the large boulders along the side of the road home.

Thanks Ashley, it was fantastic.

Wednesday 10th May

This walk included the barway, Blanche Beach and a visit to a high point on Peron Dunes. Meeting place was the usual St Helens Neighbourhood House or the Stieglitz carpark. The weather forecast was fine but cloudy.

Easy walk that included walking on dunes and a short section of light scrub. We stopped for coffee at Parkside Bar and Kitchen after the walk.

Thank you to Fran and Stewart for organising this walk.



Teapot rocks, from Huntsman.



Rock formations, Huntsman.

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(Information supplied by St Marys Community Health Centre)

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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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Building Blocks News



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11th July

8th August

5th September

17th October

14th November

12th December

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12.30-1.30pm 28th June
get in touch for the link via email, PM or text



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E: BuildngBlocks@fvnh.org.au

M: Tanya : 0400 002 116

Read Sing Create!

Building Blocks early learning literacy and numeracy program for children 0 - 8 years will be back at St Marys Library 11.00am - 11.30am each fortnight during term time. Next session is on **27th June**.

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



Bay of Fires Youth Art Prize

Building Blocks was very proud to support another successful year of the Youth Art Prize. With over 300 entries, 750+ people attending the exhibition and over 3000 visits to our social media and website, this year was bigger than ever.

Congratulations to the first-place winners:

Grade K-2: Victoria Rubenach-Quinn—SMDS

Grade 3-5: Sophie Curran - SHDHS

Grade 6-8: Nina Stevens - Bicheno PS

Grade 9-12: Alice Daveney - Riverside HS (above)

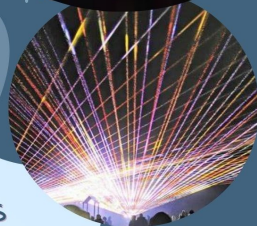
People's Choice (Gr 6-12): Elka Crossingham - SHDHS

People's Choice (Gr K-5): Cortess Lucchese - SMDS

Arts works on show at St Marys July Market

www.bayoffiresyouthartprize.com

Winter Lantern Workshop



BICHENO
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14th July

WORKSHOP 1-5PM
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MORE INFO: TANYA 0400 002 116
WWW.BUILDINGBLOCKSTAS.COM

all ages free event
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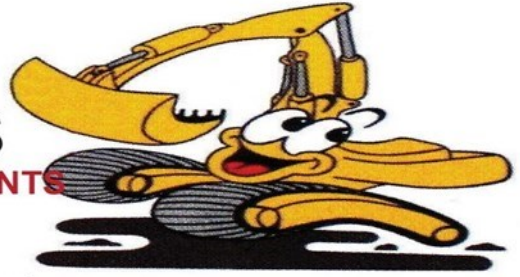
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Saturday 11am - 4pm

St Marys Tip Shop

Tuesday and Thursday
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Sunday 2pm - 4.45pm



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BREAK O'DAY MUNICIPALITY

North Ansons Bay Road, ANSONS BAY: OPEN 12 pm - 4 pm
Wednesday, 10 am - 4 pm, Sunday and 12 pm - 4 pm on
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Tasman Highway, PYENGANA: OPEN 9 am - 12 pm
Wednesday, and 2 pm - 5 pm Sunday.

Eagle Street, ST HELENS, includes recycling: OPEN 10 am - 4
pm every day.

Coach Road, SCAMANDER, includes recycling: OPEN 10 am -
4 pm Tuesday and Thursday and 2 pm - 5 pm, Sunday.

Gray Road, ST MARYS, includes recycling: OPEN 10 am - 4 pm
Tuesday and Thursday and 2 pm - 5 pm Sunday.

Rossarden Road, FINGAL: OPEN 10 am - 4 pm Tuesday and
Thursday and 2 pm - 5 pm Sunday.

Charges apply at all waste transfer station; see sign at
entrance.

BLACK WATER DUMP POINTS

St Helens - 117 Tully Street, St Helens

St Marys — Harefield Road, St Marys

Fingal - Talbot Street, Fingal

No charges apply to use black water dump points.



SCAMANDER GARDEN CLUB



President Marjory Aulich has hung up her hat as our President and we thank her for her 16 or so years here and there as president of the club. I nominated Marj for Volunteer of the Year last year, but she was unable to travel to Hobart, so they sent her a certificate in acknowledgment, thanking her for her many volunteering roles in various clubs and activities. Well done, Marj.

We welcome Sandra Flannery from Goshen as incoming President, Nev Shaw as Vice President, Peggy Bogar as Secretary and Public Officer, and Val Ikin as Treasurer and Trip Adviser. We thank all members of the committee who will help in various roles as needed. A few made a quick escape to get to the post-Winter Arts Festival; thank you to the volunteers, with a handful being from our club.

We moved along, changing a few of the themes for arrangements to come. A new list will be printed and handed out at the July meeting. My husband, who turned 80 recently, was delighted to receive a bar of his favourite Old Gold. I am smiling with my birthday gift of a pretty pot and a packet of seeds. The raffle went well with many walking away with a prize.

There were lots of entries in the various competitions and here are the results:

Flower of the Month, any shrub branch:

	1 st Peg Ryan	2 nd Lynn Leary, Margaret Forsyth	3 rd Christine Bowkett, Steve Bogar
Any Flower:	1 st Nicci Livings	2 nd Christine Bowkett	3 rd Sally McQueen
Floral Art:	1 st Byron Beggs	2 nd Peg Ryan, Steve Bogar	3 rd Peggy Bogar
Fruit and Vegetables:	1 st Peggy Bogar	2 nd Nicci Livings	3 rd Andrew and Pip

July Flower of the Month: a stem of Protea, Leucospermum, or Leucadendron.

Floral Arrangement: Think outside the box and break the rules. Have fun with it.

Next Meeting: Monday 17th July.

See you there.

Peggy Bogar, Secretary



Retiring President, Marjory Aulich and incoming President, Sandra Flannery, looking through a book with messages from club members, thanking Marj for her service to the Club.



Some of the lovely entries.



Marj Aulich cuts the cake.

We meet at the Scamander Sports Centre, on the third Monday of each month. Doors open at 1.00pm for a 1.30pm start. Cost per meeting is \$2.00, with raffle tickets being 50 cents each. Please bring a plate of finger food to share. Judging of flowers, fruit and vegetables each meeting.

Enquiries - Peggy Bogar, Secretary. Phone 0459 027 306

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**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
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STRICTLY NO DOOR SALES

\$15 Adult
\$40 Family (2 Adults + 2 Children)
\$5 Child Under 12 yrs
\$15 Child Over 12 yrs

Please share this with your friends!

Are you ready to get your country on? St Marys Bush Dance is back and better than ever. We've got some exciting news that'll have you hootin' and hollerin' with excitement!

Mark your calendars for 8th July because we're throwing the wildest Bush Dance this side of the Outback at St Marys Hall!

Get ready to bust out your best dance moves because we've got the incredible Moonshine Whiskey & Ragged Pony Band bringing their foot-stompin', knee-slappin' tunes to keep you on your feet all night long. Trust us, you won't be able to resist the urge to do-si-do and spin around that dance floor!

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

We are looking for volunteer assistance for set up (from 3pm) or pack up after would be gratefully received, plus bring a plate of supper to share on the night.

What's on in the local area?

With One Voice Break O'Day

Community choir for all residents of Break O'Day. Meets each Tuesday from 5.15pm @ Scamander Sports Centre.

NO EXPERIENCE IN SINGING NEEDED

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

Spinners and Weavers

3rd Tuesday of each month at FVNH.

New members welcome, no need to book.

Fingal History Group

Preserving the historical, social and cultural heritage of the Fingal community and surrounding areas:

history@fvnh.org.au

Rustic Ragamuffins' Stitching Group

Homemade goodies, a cuppa and stitching; a recipe for a lovely escape doing what you love with like-minded people.

\$10 per session; bring your current hand stitching project. morning tea provided, BYO lunch. At Fingal Valley Neighbourhood House.

10.00am - 3.00pm on the 3rd Monday of each month (except public holidays)

St Marys Repurposing and Upcycling

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

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

Bay of Fires Youth Art Prize 1st Place K-2, Victoria Rubenach-Quinn.



EAST COAST SWANS FOOTBALL CLUB



UNDER 12

(Photos by Jessie Groves)

No game was played on Sunday 11th June

Game 10, played on Sunday, 18th June at Beaconsfield.

RESULTS: East Coast Swans 1.2 (8) defeated by Tamar 8. 9 (57)
SWANS GOALS: Flynn Bidgood
SWANS BEST: Levi Woods, Macklan Hays, Noah Man, George Austin, Bryce McKimmie, Leo Bellchambers



UNDER 14 BOYS

(Photos by Jazz Snooks)

No game was played on Sunday 11th June

Game 10 played on Sunday, 18th June at NTCA Ground, Launceston

RESULTS: East Coast Swans 8.10 (58) defeated East Launceston 5. 8 (32)
SWANS GOALS: Riley Jordan 3, Conor French 2, Cooper Griffiths 1, Jaxon Harrison 1, Tyler Speers 1
SWANS BEST: Riley Jordan, Ned Blunt, Tibs Foley, Jaxon Harrison, Tyler Speers, Cooper Griffiths



UNDER 14 GIRLS

(Photos by Jazz Snooks)

No game was played on Sunday 11th June

Game 10 played on Sunday 18th June at Beaconsfield.

RESULTS: East Coast Swans 4.8 (32) defeated by Tamar 7. 8 (50)
SWANS GOALS: Laena Singline 2, Nikki Gable 2
SWANS BEST: Laena Singleine, Hayley McLennan, Ariella de Graca, Isla be Boer, Ava Howorka, Chloe Martin



UNDER 16

(Photos by Jazz Snooks)

No game was played on Sunday 11th June

Game 10 on Sunday 18th June was a forfeit.

RESULTS:
SWANS GOALS:
SWANS BEST:

EAST COAST SWANS FOOTBALL CLUB**GAMES PLAYED 17TH JUNE***Game reports by Nick Fysh***RESERVES NOW OUTSIDE TOP 5**

It was a disappointing day for the Swans reserves, with a loss leaving them a game outside the top 5 with 2 difficult games to follow. Although the scores were close all day, the Swans were never able to truly wrest the ascendancy from the Eagles. It was a tough day for forwards, with the Swans only having single goal scorers. Big Ben Arnold was a tower of strength in the ruck for his team, consistently giving his small players plenty of opportunities. Short, Kearnes and Doust were midfielders to do well for the Swans, while down the back, Chapple and Roberts stood tall, along with young player Axel Bannister, who continues to be consistent for his side.

RESULTS: East Coast Swans 4. 5 (29) defeated by Evandale 5.6 (36)
SWANS GOALS: Doust, Redman, Kearnes, Goulden
SWANS BEST: Short, Arnold, Doust, Bannister, Chapple, Roberts, Kearnes

**SWANS FLY IN GALE**

The East Coast Swans survived a last-quarter comeback by Evandale to run out narrow 9 point winners.

The game was played in atrociously windy conditions, with the ball spending most of the time on the eastern side of the ground. The Swans were off to an unusually quick start, with the agile Ty Ponting notching an early running goal, followed immediately by a major to Jack Taylor-Evans, courtesy of a free kick. Jackson Davey looked dangerous deep in Evandale's forward line and he was rewarded with a 6-pointer after a strong mark. Beshir, in the ruck for the Swan, gave good early drive to his team, assisted by co-captain Marcus Haley, who has taken his game to a new level this year. When Taylor-Evans kicked an amazing 50-metre goal from the boundary after the siren, the Swans has opened up a 15 point lead, having had some assistance from the unpredictable wind. The second term was rather forgettable, with the teams scoring a grand total of 5 behinds between them. Although the 'Bay' had plenty of forward entries, too often it was run out of defense by their Eagles opponents. Veteran Hutton gained plenty of possessions for Evandale, ably assisted by Smith, who was in the thick of the action. Wingman Tully Watts continues to improve for the Swans and had some clever moments in the quarter, while Ritchie, Tuck and Aaron Mason were resolute in defense for their team. The third quarter belonged to Taylor-Evans, who kicked 3 goals to take his tally for the day to 5, which in the conditions was a great effort. Wade Garth was an unlikely scorer for the Swans, and although Smith and Marshall booted majors for the Eagles, they faced a difficult 30-point deficit at the last change. With the cue seemingly in the rack, the Swans were powerless to counter some sensational centre clearances by the Eagles as they gained all the momentum. Davey took two towering marks in the early stages and converted, followed quickly by another to Lockhart, with alarm bells starting to chime at the St Helens oval. To their credit, the Swans were able to stem the flow and create multiple stoppages, with players such as Mason instrumental in steadying the ship.

In a game which will not have a long highlights reel, the Swans were happy to come away with the 4 points, keeping them in touch with the top 5.

RESULTS: East Coast Swans 7.8 (50) defeated Evandale 6.5 (41)
SWANS GOALS: Taylor-Evans 5, Ponting, Garth
SWANS BEST: Taylor-Evans, Haley, Beshir, Tuck, Madden, Ponting, A Mason

**WOMEN***(Photos by Jazz Snooks)*

No games played on Saturday 11th June or Saturday 18th June.

SCAMANDER RIVER GOLF CLUB



Wednesday 7th June - Mid-Week Jackpot

Some great scores. Tim took the jackpot that had been building for a few months.

1st	Tim Upton	41 points
2nd	Nigel Wallace	38
3rd	Rodney Macbeth	36
4th	Dick Swanson	36

Nearest the Pin 6th:
8th:

Carter Award Graham Little

Wednesday 14th June - Mid-week Competition

We played the short course off the yellow tees. It was an enjoyable day and must do it more often.

1st	Rose King	38 points (on c/b)
2nd	Brad Ennis (played off 2)	38
3rd	Tim Upton (played off 3)	37 (on c/b)
4th	Dick Swanson (played off 2)	37
5th	Tony Swanson (played off 4)	36

Nearest the Pin 6th: Rose King
8th: Tony Swanson
Longest Putt Dean Richardson
Carter Award Dean Graham

Saturday 10th June - L J Hooker Stableford

The wild weather deterred a few players, but there were some great scores in the conditions.

1st	Tim Upton	38 points
2nd	Matthew Miller	37
3rd	Michael Holmes	35
4th	Jodan Longfield	35

Nearest the Pin 6th and 15th: Tim Upton
8th and 17th: Michael Holmes
Carter Award Nigel Wallace

Saturday 17th June - Goodsports St Helens 2-Person Ambrose

1st
2nd
3rd
NO SCORES AVAILABLE

Nearest the Pin 6th:
8th:

Longest Putt on 9th:

Tuesday 13th June - St Helens Harcourt Stroke and Putting

1st	Sarah Tatnell	110/77
2nd	Lesley Kellaway	107/78
3rd	Beth Haas	115/83
4th	Maryanne Ennis	110/85
5th	Margaret Thompson	129/90
6th	Rhonda Hopkins	155/101

Putting: Maryanne Ennis

Tuesday 20th June - Ladies' Stableford

1st	Bobby Harwood	32 points (on c/b)
2nd	Rose King	32
3rd	Maryanne Ennis	29
4th	Sarah Tatnell	29
5th	Beth Haas	28
6th		

Longest Putt: Beth Haas

Upcoming games:

21st June	Midweek Competition
24th June	
27th June	Ladies
1st July	Midweek Competition
4rd July	
8th July	Ladies

MALAHIDE GOLF CLUB



Friday 9th June - Chicken Run

1st	DB Lowe	31 points
2nd	Stan Ellerm	33
3rd	David Duthie	34.5
4th	Ashley Stone	35.5
5th	Bill Swann	38
6th	Gary Lanham	38
7th	Rod Hunt	39
8th	John Vincent	40

Nearest the Pin	4th:	Club
	8th	David Duthie

Friday 16th June - Chicken Run

1st	Randall Wadley	30.5 points
2nd	John Vincent	31.5
3rd	Robert Matthews	33
Nearest the Pin	4th:	Randall Wadley
	8th:	Stan Ellerm

Saturday 10th June - Red Marker Day

1st	DB Lowe	38 points
2nd	Peter Sorenson	33
3rd	David Duthie	31
4th	Randall Wadley	29
5th	Stan Ellerm	28

Nearest the Pin	4th:	Club
	8th:	Club

Saturday 17th June - Monthly Medal

1st	Randall Wadley	71 points
2nd	Neil Sorenson	82
3rd	Ashley Stone	84
Nearest the Pin	4th:	Club
	8th:	Neil Sorenson

Interested in taking up golf?

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

Friday Nights at Malahide Golf Club

The Committee of Malahide Golf Club invites you to enjoy a convivial Friday night get together at the Malahide Golf Club - just across the South Esk River from Fingal. Join us to connect with friends and enjoy light refreshments and good fun every Friday from 4pm. You don't have to be a golfer!

Upcoming Games:

24th June	
1st July	Monthly Medal
8th July	Red Marker Day
15th July	Red Marker Day

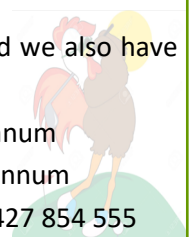
Malahide Golf Club hold a Chicken Run on each Friday starting at 1.00pm, \$4.00 entry.

Saturday competition starts at 10.00am and we also have a Facebook page that is updated regularly.

⇒ Full membership is \$235 per annum

⇒ Social Membership is \$50 per annum

Contact Andrew Johns - Club Captain on 0427 854 555





EAST COAST

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

CLINIC OPENING HOURS:

Mon-Fri 9:00 - 5:00

Saturday 9:00 - 2:00

Closed Sunday and public holidays

Available for out of hours emergencies all hours

67 Quail Street, St Helens

Ph 6376 1577



ST MARYS SPORTS CENTRE

By Volun Tier



Well, hasn't winter hit with a vengeance, but there is still a lot going on at the Centre amongst the wind and rain, and this morning, a good coating of snow on the mountain. The golfers continue to turn up in numbers and taking advantage of some great events on offer, this week saw the return of the Freiboth Bash and wonderful seafood pies on offer after the game and desserts, with the compliments of Craig and Hayley and families, what a fantastic effort and much appreciated by all at the club. Final scores and winners are listed below. The junior golf clinic was also held at Malahide last Friday, with St Marys and Campbell Town schools competing in an inaugural challenge, with many volunteers keeping a close watch on the event, and teaching chipping, putting and driving skills, ending with a 3-hole Ambrose challenge. Special thanks to Jason Gledhill who hosted the event and to Neil Sorrenson, who travelled from Hobart to give some coaching advice to the children, much appreciated. Also to the host of volunteer on the day from Campbell Town, Malahide St Marys and Scamander, who unselfishly gave up their day to feed the throng and keep the day running so smoothly, thank you all, a huge success, hope to see another one soon and of course, also be great to see any of the children having a hit as regulars at our clubs.

Our Winter Warmers are going well again, thanks to a small but dedicated crew who put on these evenings every Friday night, fantastic food on offer for just \$20.00 for main and dessert, check out our next couple of weeks on the poster, right. Cheers to Leanne, Valerie and Jeanette for doing the bulk of the work for these nights.

It is a shame to report again the amount of theft and damage going on around the Club, we haven't seen this for quite a while but it is certainly on the increase. Last couple of months, we have lost 2 of our flags and pins off our greens, these cost around \$100.00 each, and it certainly gets under the volunteers' skins every time it happens. If there is anyone out there with information, it would be much appreciated. Also, two golf buggies went missing from the barbeque area recently, police will be contacted about these issues.

Golf: Saturday 10th June, Stableford won by Mick Kringle on 24 points from Nick Child 20, Nick Kringle 19, Craig Freiboth and Rod McGiveron 16 and Macca 14. Nearest the Pin was Rodney. The Freiboth Bash, a 2-person Ambrose on Saturday 17th June saw Shan Wilmot and Craig 71, from Jason Gledhill and Rod McGiveron 72, Nick Child and Keith Gillies 73, Brett and Lesley Kellaway 81, Brad and Macca, Mick and Nick Kringle 82, and Hayley and Jimmy 90. Nett scores were Shan and Craig 62, Jason and Rod 65, Nick and Keith 66, Macca and Brad, Mick and Nick 68, Brett and Lesley 70, Hayley and Jimmy 80. Pictures below taken after the game. Well done to all, next weekend see the return of the Black Rock on Sunday over 18 holes. Hope to see you all there.

Member Draw: Last week Russell Harwood and this week Graeme Bean, neither present, so fuel jackpots to \$90. Be there at 8.00pm on Friday to win the prize.

Crib Night: Jack Foreman coming out on top last fortnight in the final over Cookie, who said the cards didn't fall his way. Why not join in the fun this Friday 23rd June, make a night of it and book in for a meal as well?

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 issue, good hitting, rolling and socializing.

ST MARYS SPORTS CENTRE INC.

WINTER WARMER NIGHT

EVERY FRIDAY AT THE CENTRE
BETWEEN 5:30 & 7pm

Call in for a hearty Autumn feed

FRIDAY 23rd June, Main & Dessert \$20
Roast Chicken and Vegies
& Traditional Steam Pudding

FRIDAY 30th June, Main & Dessert \$20
Bacon & Mushroom Risotto
Traditional Banana Split

Great food, good company and a warm fire

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Or See Leanne at the shop
Hope to see you there

St Marys Sports Centre

CRIB NIGHT

This Friday Night the 23rd June
7pm Start
\$10 entry winner takes all
See You There



C & D's

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CROSSWORD ISSUE 09

Across: 1. Failing, 4. Baird, 7. Uncouth, 8. Tyler, 9. Slalom, 12. Evacuate, 15. Diagnose, 17. Scathe, 18. Build, 21. Allergy, 22. Misty, 23. Spaniel.

Down: 1. Famished, 2. Lonely, 3. Glum, 4. Boht, 5. Italian, 6. Dour, 10. Meion, 11. Bates, 13. External, 14. Various, 16. Jargon, 18. Boom, 19. Davy, 20. Alas.