

# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.11 6th July 2023

Deadline for 55.12 is 5.00pm on Monday 17th July 2023

## “SAVE OUR HOSPITAL” PUBLIC MEETING HELD AT ST MARYS

Politicians from both sides of the Tasmanian parliament, and the Mayor of the Break O’Day Council Mick Tucker, along with 3 Council members, Barry LeFevre, Kylie Wright, and Ian Carter, attended a public meeting at St Marys on Saturday 24<sup>th</sup> June 2023. Three representatives from Lyons also came, Jen Butler MP, John Tucker MP, and Speaker of the House of Representatives, Mark Shelton MP.

More than 120 people attended the meeting to share with our local members of parliament concerns around the potential loss of our hospital, Doctor and consequent job losses. **It was noted that although the doctor has signed a contract for 2 years, he is still negotiating the terms with the Dept of Health with an exit clause if he is not satisfied.**

People shared stories of how important the hospital and doctor was in saving lives, and that it services a wide area that relies on agriculture, and coal mining, an industry where work can be dangerous and life threatening and the increase in tourism that has seen people often requiring lifesaving medical support. St Marys Community Hospital covers a relatively large geographical area comprising 9 small towns: St Marys, Cornwall, Fingal, Mathinna, Mangana, Scamander, Four Mile Creek, Falmouth & Chain of Lagoons.

Mr. John Tucker MP, on behalf of the Premier and Minister for Health, advised the meeting that the hospital will not close.

Representatives from the Tasmanian Health Department attended the meeting as well which was highly appreciated. They informed the group that negotiations were ongoing and were hoping to have a positive resolution to keep a doctor on call 24/7 at the hospital. Some of the extreme difficulties a doctor who only bulk bills (like Dr Latt) has trying to recruit new doctors to work in his practice who are willing accept the low payments he personally accepts were explained. This has created an extreme burden on his practice, as patients come from farther away to get the zero-cost-to-them doctor visit. This puts an even greater strain on our local GP.

The community is still asking for nurses’ scope of practice to be reviewed so that nurses with rural training from accredited Australian & New Zealand diplomas can exercise their full skill sets, as well as asking for pay parity with the mainland so that they can attract more nurses. The community is also asking for 2 advanced paramedics who can help with urgent care on the scene.

The politicians and Department of Health were asked to consult and work closely with the community to make sure we can achieve the best medical and health support for our community.

Many thanks to the St Marys Golf Club for holding this event at short notice!

The information in this article was provided by Concerned Citizens of the Valley Group, who hosted the meeting.

Contact Frank Giles 0419 372 192 or Barbara Longue 0448 516 488 for further information.

A VOICE for  
RURAL &  
Regional  
Tasmania

🏠 48 Cecilia Street, St Helens TAS 7216  
🏠 32 Cole Street, Sorell TAS 7172  
✉️ john.tucker@parliament.tas.gov.au  
☎️ 03) 6212 2383  
📘 JohnTuckerMPLyons

**John Tucker MP**  
Independent Member for Lyons



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Authorised By: John Tucker, 32 Cole Street, Sorell TAS 7172

**Editor:** Elizabeth Death  
**Email:** valleyvoice@fvnh.org.au  
**Phone:** (03) 6374 2344 **Website:** www.valleyvoice.com.au  
 Facebook.com/ValleyEastCoastVoice  
 PO Box 322 Fingal Tasmania 7214  
**For all account enquiries, please contact:**  
[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)

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**Valley and East Coast Voice**  
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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.

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

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TasNetworks	13 20 04
TasWater	13 69 92

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

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

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

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

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

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

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

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

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

If you have a story you would like to share, or a suggestion for an article or regular column, please contact the Editor. 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.

**AED**

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This site has a map locating all local AEDs

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## JOHN TUCKER, MP AND LARA ALEXANDER, MP, REAFFIRM THEIR POSITION IS ABOUT TRANSPARENCY, ACCOUNTABILITY, AND DUE DILIGENCE.

In response to recent speculation and misinformation circulating in the public domain, Independent Member for Lyons, John Tucker MP, and Independent Member for Bass, Lara Alexander, MP, reiterate their primary focus is on transparency, accountability, and due diligence; not on destabilising the Rockliff Government. The assertions made by certain public relations companies aligned, with the Rockliff Liberal Government, and sections of the media are nothing more than political mischief or intentional dissemination of misinformation.

Since their initial announcement on May 12, 2023, both Independent MPs have fulfilled their pledge to ensure the continued funding of government operations for a 12-months period, through to the 2024/2025 State Budget.

Quoting from their previous media statement issued on May 12, 2023, the Independent MPs explicitly stated: "While we are moving to the crossbenches, we have assured the Premier that we will guarantee supply for the upcoming [now passed] State Budget, to fund government operations for the next 12 months."

Mr Tucker emphasised: "Our commitment to guaranteeing supply to the Rockliff Government is still current. We are committed to fulfilling our responsibilities, ensuring the smooth functioning of the state's governance, and facilitating the effective implementation of policies. However, our commitment is based on the Government demonstrating far more transparency and working in an open, collaborative manner. Whilst last week I voted against the Government on issues relating to lack of transparency, I did not support the censure motion against the Minister," Mr Tucker said.



Lara Alexander, MP, reiterated the message, stating: "Any suggestion or insinuation that our position is about creating disruption and bringing the Government down is baseless and misleading."

"It is very obvious the well-funded propaganda machine is running full steam ahead to create as much confusion as possible and muddy the waters for Mr Tucker and me," Mrs Alexander said.

"Guaranteeing supply does not mean, nor has it ever meant, voting to support the government on every issue brought to parliament. Those who promulgate this position are either politically ignorant or purposely attempting to mislead voters," Mrs Alexander added.



Both Independent Members urge the public and media outlets to refer to their media statement of May 12, 2023, which explicitly clarifies their position on guaranteeing supply.

They caution against the propagation of false narratives or the dissemination of misinformation that may create unnecessary confusion for voter and uncertainty in the business sector.

*(Statement provided by John Tucker MP and Lara Alexander MP)*

ADVERTISEMENT



# Brian Mitchell MP

Your Federal Member for Lyons

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

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



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## MEALS ON WHEELS LOOKING FOR VOLUNTEERS - AND DINERS!

Meals on Wheels is a voluntary organization, delivering meals to people of all ages, who through sickness, age and/or disability cannot reasonably prepare meals for themselves and who wish to remain in their own home. Eligibility is based on need according to a number of support programs, and clients are able to receive meals on a short or long-term basis.

St Marys Meals on Wheels has volunteers delivering meals to clients as far afield as Mangana and Bicheno, and although there are a core group of volunteers, more are needed to share the load. Volunteers need a current driver's licence and access to a registered and insured car. Potential volunteers are asked to complete an induction course (online or hard copy available) and have a police check that is funded by Meals on Wheels.

Volunteers collect meals from the St Marys Community Health Centre weekly, fortnightly or monthly, on a roster which is prepared and circulated to volunteers.

The St Marys Community Health Centre prepares fresh and frozen meals of soup, main course and sweets, catering to our clients for weekly deliveries to Falmouth/Bicheno, Scamander, Fingal/Mangana and daily deliveries to St Marys and Cornwall. The meals are nutritious and appetizing, catering to all dietary needs, the 5-week menu including beef, lamb, pork, chicken and fish, with vegetables and sauce or gravy, and sweets ranging from Bread and Butter Custard to Apple Pie to Pavlova. Culturally diversity, vegetarian, low-fat, gluten-free and diabetic limitations are also catered for, and the number of courses is flexible. A three-course meal costs under \$15.00 per day, and is usually delivered between 11.45am and 1.30pm, though times may vary according to deliveries. Instructions on storing, thawing and re-heating frozen meals are explained to clients.

Many services, including meals, may be subsidised by State and Federal government, depending on client's needs, to help people remain in their own homes as long as they are able. People can self-refer, or are often referred by hospitals and family.

East Coast Meals and Wheels also sources meals from St Helens Hospital and delivers from Goshen to Binalong Bay and Akaroa.

To join Meals on Wheels as a volunteer, or for more information, call Miriam Deacon or Heather Hill on 0408 841 348 between 11.00am and 2.00pm Monday to Friday, or email [eastcoast@mowtas.org.au](mailto:eastcoast@mowtas.org.au)



Two volunteers load up for their runs; Karl (above) to Fingal and Mangana, and Bron (below), to Scamander.



## FOOTY CLUB MAKES A SPLASH

On Sunday 2nd July, East Coast Swans held a MND Fundraiser day. How did this all come about you ask? Clayton Speers wanted the junior teams to wear MND Big Freeze 9 Socks and that they did! Clayton went out



and got businesses to sponsor the socks for the players. Those sponsors were Cement Australia Cornwall Coal, Mining & Energy Union, St Helens Good Sports and C & D IGA St Marys. The junior sub-committee did some brain-storming and decided to do a raffle, and we are fortunate to live in such a supportive community with businesses helping out with prizes. Community members flocked the football grounds to watch our juniors play football and for the Ice challenge we - the club - would especially like to thank the community members that participated in the ice challenge and everyone that attended our fundraiser day. You all made our day a success, with selling raffle tickets, lucky lotto numbers,



pancakes and our online donations, we were able to raise \$7000. Thank you to Chris & Mandy Turner for coming forward and sharing your MND journey with us all, it was very brave of you both.

Thank you to everyone for a fantastic day and helping us supporting MND.





# Building Blocks News



## 1000 DAYS OF CONNECTION

### BABY CHAT CAFE ST MARYS

Interested in meeting other parents/carers or hearing more about how you can support your baby to thrive and grow?

Do you live in the Fingal Valley? Do you have a baby under 2 years old?

Morning tea provided. Siblings Welcome

**St Marys Tuesdays**  
10.30-11.30am  
(next to Op Shop)

- 13th June
- 11th July
- 8th August
- 5th September
- 17th October
- 14th November
- 12th December

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



[WWW.BUILDINGBLOCKSTAS.COM](http://WWW.BUILDINGBLOCKSTAS.COM)



E: [BuildngBlocks@fvnh.org.au](mailto:BuildngBlocks@fvnh.org.au)

M: Tanya : 0400 002 116

## Winter Lantern Workshop



BICHENO MEMORIAL HALL

14th July

WORKSHOP 1-5PM  
LANTERN PARADE  
5:45PM@BICHENO BEAMS

MORE INFO: TANYA 0400 002 116  
[WWW.BUILDINGBLOCKSTAS.COM](http://WWW.BUILDINGBLOCKSTAS.COM)

all ages free event  
children under 10 years with  
responsible adult

## July 2023

contact Tanya M: 0400 002 116 or Email: [BuildingBlocks@fvnh.org.au](mailto:BuildingBlocks@fvnh.org.au) or  
Facebook: 'tanya building blocks'



Mon	Tue	Wed	Thu	Fri
3 Fingal Play Centre 9.30-2.30pm	4 Read Sing Create! Bicheno Library 11-11.30am  Jetsonville Playgroup 10-12pm, Scottsdale	5	6 ST Marys Play & Learn St Marys Town Hall 10.-11.30 am NAIDOC celebration	7 Read Sing Create! St Helens Library 10.30 11.30am  Dorset Baby Chat Café DCH 10.30am—12pm
10 School holidays start	11 St Marys Baby Chat Café 10.30-11.30am next to ST Marys OP Shop	12	13	14 School Holiday Lantern workshop at Bicheno Memorial Hall 1-5pm + Lantern parade at Bicheno Beams 5:45pm
17	18	19 Winifred Curtis walk 10-12pm Family Friendly Bush Walk Scamander	20	21
24 Pupil Free Day No Fingal Play Centre	25 Read Sing Create! Bicheno Library 11-11.30am	26 Early Learning Matters session at Scottsdale Dorset Community House 10.30-12pm	27 Move & Play Scottsdale 10.30-11.30am Arthur St Scottsdale	28 Read Sing Create! St Helens Library 10.30 11.30am  Dorset Baby Chat Café DCH 10.30am-12pm  Play & Learn Bicheno PS 9.15-10.15 & Bicheno Baby Chat 11-12pm (Hall Annex)
31 Fingal Play Centre 9.30-2.30pm	All Building Blocks sessions are free of charge for all children from 0-8 years old, along with their parents, carers & grandparents. FVNH Play Centre by booking only			

# YCONNECT NEWS

Youth Happenings in the Break O'Day

## JULY SCHOOL HOLIDAY PROGRAM

Movie Nights 5:30 - 8:00pm

12th July - St Marys Hall  
20th July - St Helens  
Neighbourhood House  
Bungalow

Launceston Bowling Trips  
- All day

11th July - St Helens/ Coast  
18th July - St Marys/ Fingal

Games Day 1:30 - 3:30PM

19th July - St Marys activity  
room  
(next to op-shop)



## ALSO FOR YOUNG PEOPLE....

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

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

## ...AND JUST LIKE THAT WE ARE HALF WAY THROUGH 2023!

With the July school holidays coming up we are very excited to announce our holiday program and list of super fun activities we have planned. There are two movie nights in both St Helens and St Marys, a games day in St Marys and back by popular demand: Launceston Bowling trips! Due to the seating limit on our bus restricting numbers we are running two of these trips, with one for any young people from the Valley and one for any young people on the coast. We expect these will fill up quickly though, so make sure you get in touch with us to secure your spot! Feedback from the young people that came along to our last bowling trip was to make sure you bring a drink bottle! The popcorn at the bowling centre is salty! There will also be a chess tournament as part of our games day at St Marys with prizes to winners as well as lots of spot prizes to those who don't play chess. We'll also have some tennis equipment if board games are not your thing. Feel free to get in contact for further info!

We hope to see you there...

*the 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](mailto:youth@sthelensnhh.org.au) or call St Helens Neighbourhood House on 6376 1134

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# Your Voice - Your Council

Have you heard about the proposed changes to our Council area?

Have you thought about how this might affect you?

## LET'S TALK

The Local Government Board (the Board), has recently released its recommendations for Council boundary adjustments proposing three different scenarios for our council area and Council wants to hear from you.

To help Council gather feedback from the community we have engaged local consultant, Sheridan van Asch who will be running community conversations around our area.

### HOW DO I HAVE MY SAY?

**Take our survey:** Scan the QR code to take the survey online or contact Break O'Day Council for a hard copy.

**Get in touch:** Invite Sheridan to your group's meeting or have a one-on-one chat with Sheridan by emailing: [havewaysay@bodc.tas.gov.au](mailto:havewaysay@bodc.tas.gov.au)

**Keep an eye out:** Keep an eye on Council's website for information on Community Chat events around the area.



If you have any questions call the Break O'Day Council Office on 6376 7900



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

For more information, please contact Break O'Day Council's Executive Officer, Jayne Richardson on 0400 454 089 or call the office during work hours, 6376 7900.

# HAVE YOUR SAY

## On the Proposed Fingal Youth Park Project

Break O'Day Council has received Federal funding for a Youth Park in Fingal and we want to hear what the Fingal community thinks about what should be included and hear any other ideas you have.

There are two ways you can have your say...

1. We will be holding an information and consultation session in Fingal on:

**WHEN: Thursday 20 July**

**TIME: 2pm - 4pm**

**WHERE: Fingal Valley Neighbourhood House**

2. Or you can take our survey by using the QR code below or by picking up a hard copy from the Fingal Valley Neighbourhood House or the Council Office. We can also mail one out to you, just give us a call.



Scan this QR code to share your thoughts on the Fingal Youth Park Survey or contact us or the Fingal Neighbourhood House for a hard copy.



Phone: 6376 7900  
Email: [admin@bodc.tas.gov.au](mailto:admin@bodc.tas.gov.au)  
Web: [www.bodc.tas.gov.au](http://www.bodc.tas.gov.au)



### ITP ACCOUNTING PROFESSIONALS

ITP will be visiting FINGAL for Income Tax services,

on the following date:

Thursday 17<sup>th</sup> Aug 2023

at the

Fingal Neighborhood House

Talbot St

Phone: 6344 9433 or Email: [reception@itpkm.com.au](mailto:reception@itpkm.com.au)

for an appointment



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## **The Say by the "Cage Rattler"**

Let's be honest, any one of us with British ancestry has a lot to answer for when it comes to stealing the land and culture from the indigenous people of this country....I mean that quite literally. We should be ashamed of any of our forbears that were involved, not least here in Tasmania. It took a very long time for us to grasp that. Last week was NAIDOC Week and I watched numerous documentaries, read a bit and then thought with much of that in mind of the upcoming referendum on The Voice - it's not just for land rights either, it's the whole thing.

I'd suggest that this referendum is one of the most important in Australia's history. I don't care if I upset anybody here either - we have to vote 'Yes' to giving that voice to our amazing indigenous folk, because they deserve no less. In fact, in reality it's the least we can do. Why anybody wants to vote 'No' beggars belief for me, it's a disgrace if you do in my opinion, particularly when it's clear that the indigenous people that end up representing the issues of the many and numerous mobs spread across our country will be advisors and consultants and will not be able or want to veto government decisions. The members that carry out their roles will surely be a genuine asset with intimate knowledge of making decisions in regard to future policy that may well help try to redress countless mistakes our previous and our current generations have done. Some of those mistakes were tantamount to genocide and out and out blatant racism.

We can, in my opinion, make steps to finally listen and work with the oldest continuous culture on this big blue orb to make our country that much more respectful to these incredible first Australians...at last.

I cannot wait to vote an emphatic 'Yes'. I hope I have a lot of mates joining me and to heck with those of you who vote 'No'... what the bloody hell are you thinking if you do?



Truly, what do you think?

*(Illustrations, Google.)*



## **LETTER TO THE EDITOR**

Safety is an absolute priority for all Tasmanian schools, and students and families can be assured St Helens District School is a safe and nurturing learning space that the local community can be proud of.

Recent media reports have focussed on some ageing infrastructure and maintenance issues, however, all the issues raised have already been, or are in the process of being, rectified, and there are no concerns for the safety of our students and staff.

While the recent focus has been on facilities, the focus should really be on our students as there is wonderful learning happening at St Helens District School.

While contemporary facilities support good teaching and learning, St Helens District School has a great culture, and students and staff are proud of our school.

Ultimately it is these things that make a school great and set up our students for a happy and successful life.

Maintenance matters occur at schools from time to time, but our community can have confidence that our staff, School Association and Department for Education, Children and Young People are all working together to ensure that our school's facilities support student learning and a safe environment and this will continue to happen.

Anita Haley, Principal, St Helens District High School





# EAST COAST

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## CLINIC OPENING HOURS:

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## FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



During the 1820's and 1830's, the pastoral economy relied on cheap convict labor. The Fingal Valley settlers made complaints with taking their convicts for punishment to Campbell Town and often they went without punishment as the whole farm came to a standstill as the master and witnesses had to accompany the convict. In 1837, a new Sub-Police District was established at Avoca consisting of an Assistant Sub-Police Magistrate, the position being filled by Captain Artur Gardiner, a district constable and 10 constables. By 1841, the police district was being re-organized and the convict department had plans to send 300 convicts to Fingal, where a new probation station was being established. The police office was transferred from Avoca to Fingal and a new Assistant Police Magistrate, William Franks, was to be appointed. By October 1841 an advance party had begun building the huts at Fingal, and temporary barracks were also built for men who were to build their own permanent barracks. The Fingal Probation Station was established to provide labor for infrastructure, road and bridge building, and, prior to 1839, assignment to private landholders. After 1844, it served as a hiring depot for private (paid) work. To help build the roads in the Fingal Valley, there were probation stations at Avoca, Fingal, St Marys and Falmouth as well as smaller stations, and these may have been temporary structures. There was a slab hut on Mr Grant's property at 'Tullochgorum', which held an overseer and 40 men, Mr Sinclair's farm at 'Ormley' which accommodated 60 men, and another at Killymoon Bridge, where huts accommodated 50 men.

Fingal Probation Station was in operation between c.1841 - c.1848, and the station was built in the cruciform shape, with 3 wings for separate classes of prisoners and a administrative wing. It included a chapel used by convicts and the settlers, a hospital for 20 men with a sick room and a surgery, cook and bake house, housekeeper's quarters, store and 2 tool stores, 2 mess rooms to accommodate 100 men each and 26 solitary cells. It was built from timber and designed to accommodate 250 men, but it housed 314 men in 1846 at the station which was situated in the block now bounded by Legge, Russell and Stieglitz Streets. At this time, a police magistrates' house was built and survives today at the end of Short Street. At the end of 1847, the Fingal probation gang were employed in road making and all convicts were withdrawn from roads to help clear and cultivate land and raise their own produce for their own maintenance. A sheep run was fenced in for a government flock, part of which would be killed for the convicts to eat.



*Probation Station Convict Cell Fingal, built in 1842 and now restored.*

By the end of 1848, Avoca bridge was completed and all the probation stations and depots in the Fingal Valley were closed down, but the settlers still relied heavily on cheap convict labor to help work their properties. By 1857, the Fingal station had been divided up into lots for private ownership and by 1887 the majority of the station had been demolished. Some still stand today such as the hospital, the overseers cottage and the superintendent's cottage.



*The Magistrate's Residence, Short Street, Fingal*

*Photo: B Beesley*



*Hospital at Fingal Probation Station c.1850 taken over by the Board of Education after the closure of the station and used as the local primary school c.1855.*

Sources; The Convict Probation System: Van Diemens Land 1839-1859, by Ian Brand

Fingal Valley History Study, by Lindy Scipps

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

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>STAR FM</b></p> <p><b>Program Guide</b></p>  	<b>Brekkie</b>	Start your working week	Fruity and Loopy	I see Stars	Breakfast Mania	TAZZ on Toast	Saturday's Sunny Side Up	Sunday Mornings
		with Star FM	with Flashy	with The Sand Man	with Star FM	with TAZZ	with Manny	
	<b>Morning</b>	Get Sand between your toes	A Taste of TAZZ - Plus Community Interviews at 11.15	Mary-Anne's Music Mix PLUS Real Estate Tips and Trends at 10.30	The True Grit Show	Simply 60's	"Get Happy"	
		with The Sand Man	with TAZZ	with Mary-Anne	with The Sand Man	with Guest Presenters	with Angelina	with Star FM
	<b>Arvo</b>	Jackster's MUSIC BOX PLUS "Pet Talk with Dr Andrew after 2pm with Jackster and Porsche	Get infused	"Rhythm and Soul" with	In the Shed	"Fresh and Fruity Friday's	A dose of Dr Dave PLUS Quizzes at 3 and 4pm with	Star FM's The 80's Zone
	with JAX	with Jonno	with The Tone	with ZEDD	with Angelina	with Dr Dave		
	<b>Late Arvo</b>	Jacksters HOT HITS	2 For Tuesday Request Show	Something Fishy is going on	DR DAVES Travelling Medicine Show	"Rock On"	"The No 80's Zone" [everything except the 80's]	with The Tone
		with JAX	with ASTRO	with Fyshy	with DR DAVE	with Big Daddy Davo	with Tone	Big Daddy Davo's Blues Mix
	<b>Evening</b>	Monday Evening	Neville's Country Corner	That 70's Show	Thursday Nights	The Party Pit with	Let Loose	
		with Star FM	and more with Neville	with Star FM	with Star FM	with Star FM	with Star FM	hosted by Dave




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**SUNDAYS FROM 3.00PM**

9th July Smooth Operators  
 16th July Puddle Monkeys

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### GEORGE'S BAY MUSIC

Well, what a great Lunch and Munch it was for June, with the fabulous Rennies performing for us...talk about toe tapping, and get up and dance music, it was fantastic, played to a small but very appreciative audience.

NOW, THE BIG ONE FOR JULY. We are so lucky to have performing for us this month the ONE AND ONLY 'CROON', WITH BACKING MUSIC BY THE MATTHEW IVES BIG BAND.

This will be one concert that you do not want to miss. 'Croon' performed for us last July, with the theme, of course it has to be, CHRISTMAS IN JULY. For those of you that were there, you must admit that it was a performance and a half, and the boys said they had the best time here, so don't disappoint them, get dressed in your finest Christmas gear and come and celebrate with us on FRIDAY 28th JULY, at the St Helens Footy Club Rooms from 12.00pm-2.00pm.

It is BYO lunch, but as usual the tuckshop will be open for sandwiches and cakes, with free tea and coffee, but the Footy Club Bar is open for alcoholic drinks, and they now have a coffee machine, for those that want a cappuccino or brewed coffee.

The price for this concert is \$20.00 a ticket, and bookings are essential, but there will be tickets at the door. If you would like to book a ticket, please ring Helen on 0417 393 341, or Mary Anne on 0407 812 768, and this concert is being sponsored by Bendigo Community Bank, so a huge thank you to them, so please, tell your friends, and bring them along, even better! AUGUST sees Chris and Viv Boys coming to us, and those of you who know this wonderful duo can be sure of another entertaining afternoon....that will be Friday 25th August.

So, hopefully catch you all on Friday 28th July, St Helens Footy Club Rooms Tully Street, at 12pm...For The Fantaastic 'CROON', with backing by the Matthew Ives big band.

Remember, admission is \$20.00 for this special concert.

GEORGES BAY MUSIC PRESENTS  
**Christmas in July**  
with  
**ANDREW COLRAIN  
JOHN X  
COLIN DEAN**  
**CROON**

Friday 28th July  
St Helens Football Club Rooms  
Tully Street  
12:00 noon - 2:00pm  
\$20.00 Admission  
Tickets available at door

**Bendigo Bank** Community Bank St Helens-St Marys

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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

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Norwegian Coastal Express

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# Bicheno Beams

**SATURDAY 1 JULY  
FROM 5:15PM**

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SOFT DRINK \$2.50**

**EFTPOS AVAILABLE**



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Mary - Carer

Mary is a carer for her husband, Bruce, who has Huntington’s disease.

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## IN THE KITCHEN WITH KIRSTEN



Seriously, it's the time for lush winter stews and soups. I love a good braise and I love a good chowder. There is so much awesome locally, sustainable caught seafood around, it's a feast.

The most wonderful thing about a chowder is that really once you make that thick soupy base, you can add anything you want into it. Of course, like many stories of where food originated, there are many stories about chowder, but it seems the most common one is that it started with a clam chowder, which most believe was first developed by the French settlers who came to North America in the 17th century. The settlers were trying to find a way to use the abundant clams found so readily in the local waters. This developed a thick stew-like soup, which then turned into more commonly known seafood and corn chowders that we see a lot of today. Served with fresh crunchy bread this is one you must try.

### Tassie Seafood Chowder

1 tbsp olive oil	1 large onion, chopped	100g streaky bacon, chopped	1 tablespoon plain flour
600ml fish or chicken or fish stock	225g new potato, halved	good pinch nutmeg	pinch cayenne pepper
300ml milk	320g mixed Tassie-caught fish; flathead, blue eye trevalla, gummy shark etc		
4 tablespoons single cream	250g shellfish, eg, scallops, mussels, oysters	small bunch parsley, chopped	

crusty bread, to serve

Heat the oil in a large saucepan over a medium heat, then add the onion and bacon. Cook for 8-10 minutes until the onion is soft and the bacon is cooked. Stir in the flour, then cook for a further 2 minutes.

Pour in the fish or chicken stock and bring it up to a gentle simmer. Add the potatoes, cover, then simmer for 10-12 minutes until the potatoes are cooked through.

Add the nutmeg, cayenne pepper and some seasoning, then stir in the milk.

Tip the fish mix into the pan, gently simmer for 2 minutes. Add the cream and shellfish, then simmer for 1 minute more. Check the seasoning. Sprinkle with the parsley and serve with some crusty bread.

My biggest tip - don't overcook the shellfish!

Enjoy!



Finish off with Simple Lemon Drip Cake. So delicious, and a great way to use all those abundant lemons. It keeps well and can be frozen.

250g unsalted butter	250g caster sugar	4 eggs, medium, room temperature
250g self-raising flour	zest of 3 lemons (reserve the zested fruit for the juice for the drizzle)	

Preheat the oven to 160°C and grease your loaf tin and line it with baking paper.

Put all of the cake ingredients into a large bowl and beat until smooth.

Spoon into the prepared tin and smooth out. Bake for 40-50 minutes or until a skewer comes out clean.

For the drizzle: 100g icing sugar                      lemon juice

While the cake is still warm in the tin, use a skewer or thin sharp knife to poke holes all over it.

Mix the icing sugar with enough of the juice of the lemons to make a thin paste. This is normally 1<sup>1/2</sup> lemons, but will depend on how big and juicy they were! Add the liquid gradually so it stays nice and smooth. Pour all over the cake and allow to sink in. Allow to cool in the tin for about 30 minutes, then turn onto a cooling rack.

*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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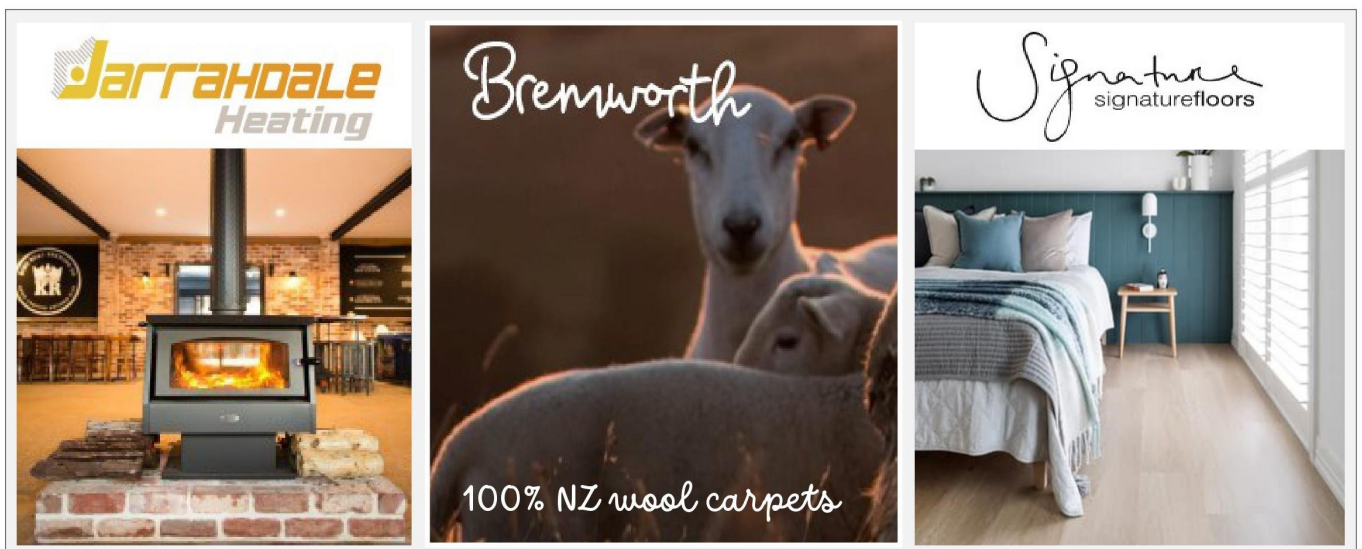
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## FINGAL FOCUS

*Contributed by Mike Brouder*

*It is better to have loved and lost than to have to do forty pounds of laundry a week.....Laurence Peter*

**What's the difference** between a literalist and a kleptomaniac? A literalist takes things literally and a kleptomaniac takes things, literally.

**When I was a little kid**, I used to pray for a bicycle. My Sunday School teacher told me that that is not the way prayer works, so I stole a bike and prayed for forgiveness.

**I haven't sold a single** copy of my autobiography - that's the story of my life!!

**My girlfriend treats** me like a god; she ignores my existence until she needs something.

**I recently came into** a lot of money.....I guess that's why the bank fired me.

**"I've really had it with my dog.** He just chases anyone on a bike," a man said to his friend. "Well, what are you going to do with him? Take him to a dog's home or sell him?" " Good Heavens! No, I shall simply confiscate his bike."

**It's a ten minute walk** from my house to the pub. Funnily enough, it's a two hour walk from the pub to my house....

**A traffic light buzzes when** it's safe to cross. A friend asked what the buzzer was for, and I explained that it was to let blind people know when the light was red. The friend was shocked. "What are blind people doing driving?"

**At dawn the telephone rings.** "Hello, is that Senor Rod ? This is Ernesto the caretaker of your country house."

"Ah yes , Ernesto. What can I do for you? Is there a problem?"

"Si Senor, I am ringing to advise you, Senor Rod, that your parrot is dead."

"My parrot? Dead? The one that won the international competition?"

"Si, Senor that's the one."

"Damn, that's a pity! I spent a small fortune on that bird. What did he die from?"

"He died from eating rotten meat, Senor."

"Rotten meat? Who the hell fed him rotten meat?"

"Nobody, Senor, he ate the meat from the dead horse."

"Dead horse? What dead horse?"

"The thoroughbred, Senor,"

"My prize thoroughbred is dead?"

"Yes, Senor, he died from all that work pulling the water cart."

"Are you insane? What water cart?"

"The one we used to put out the fire, Senor."

"Good lord, what fire are you talking about?"

"The one at your house, Senor. A candle fell and the curtains caught fire."

"What the hell? Are you saying that my mansion is destroyed because of a candle?"

"Yes, Senor Rod."

"There's electricity at the house! What was the candle for?"

"For the funeral, Senor."

"WHAT BLOODY FUNERAL?"

"Your wife, Senor She showed up very late one night and I thought she was a thief, so I hit her with your new 'Taylor Made Super Quad 460' golf club."

SILENCE.....LONG SILENCE ..... "Ernesto, if you broke that driver, you're in deep s....!!"

*Well I thought they were funny, anyway....Mike B*

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St Marys

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**WEEKEND MASS:**

ST HELENS: Saturday 5.00pm

Sunday 4.00pm

ST MARYS: Sunday 9.00am

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

FINGAL: 2<sup>nd</sup> and 4<sup>th</sup> Sunday 10.30am

**WEEKDAY MASS:**

ST MARYS: Friday 10.00am

ST HELENS: Thursday 10.00am

Parish Administrator:

Fr. Norbert Z Ochoa 0437 324 227

fr.bitz51@gmail.com

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2nd and 4th Sunday of month: 11.15am

For further information,

contact Joan on 0458 598 870.



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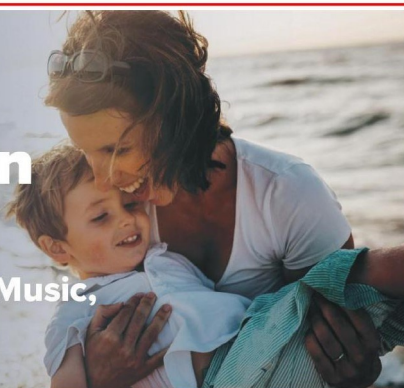
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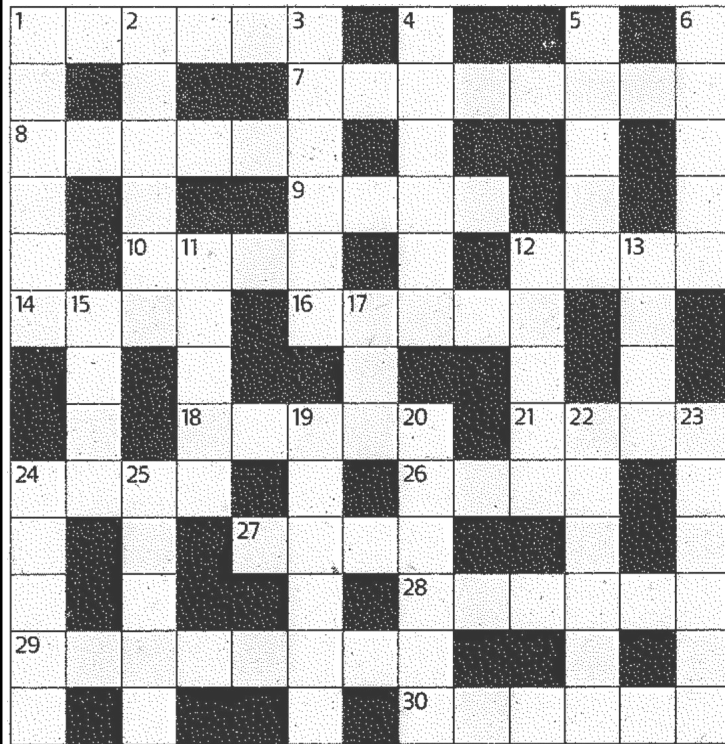


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ST HELENS	88FM
ST MARYS	88FM
FINGAL	88FM

# Crossword 55.11



- | ACROSS                            | DOWN                        |
|-----------------------------------|-----------------------------|
| 1. Sturdy (6)                     | 1. Meal (6)                 |
| 7. Capital of South Australia (8) | 2. Zodiacal twins (6)       |
| 8. Cosset (6)                     | 3. Brave (6)                |
| 9. False god (4)                  | 4. Consume (6)              |
| 10. Midday (4)                    | 5. Leg bone (5)             |
| 12. Wise man (4)                  | 6. Enthusiasm (5)           |
| 14. Prune (4)                     | 11. Last Greek letter (5)   |
| 16. Circumference (5)             | 12. Quota (5)               |
| 18. Donor (5)                     | 13. Official robe (4)       |
| 21. Tear (4)                      | 15. Actress, ___ Lenska (4) |
| 24. Facts and figures (4)         | 17. Wrath (3)               |
| 26. Locality (4)                  | 19. Coarse (6)              |
| 27. Groove (4)                    | 20. Baby's toy (6)          |
| 28. Plaid (6)                     | 22. Religious festival (6)  |
| 29. Unexpected good fortune (8)   | 23. Delicate (6)            |
| 30. Vigour (6)                    | 24. Speak slowly (5)        |
|                                   | 25. Tendency (5)            |

## FINGAL ONLINE ACCESS CENTRE

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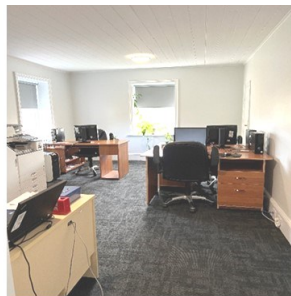
Please call in and we can assist you.

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

20 Talbot Street, Fingal, Tas, 7214

Phone: (03) 6374 2344

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



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



Free  
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### St Marys Library

31 Main Street, St Marys  
(03) 6387 5602



6.00am - 9.00pm

#### Opening Hours:

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

We have more than books.

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eLibrary: [www.libraries.tas.gov.au](http://www.libraries.tas.gov.au)

## BUSH DANCE

Break O'Day Regional Arts would like to advise that the Bush Dance planned for Saturday 8<sup>th</sup> July has been postponed due to poor ticket sales.

We hope to have this event back on the calendar again for 2024.

A film night is in the planning for August - stay tuned!

For more information or to join BODRA, email: [bodregionalarts@gmail.com](mailto:bodregionalarts@gmail.com)



## TANIA RATTRAY MLC

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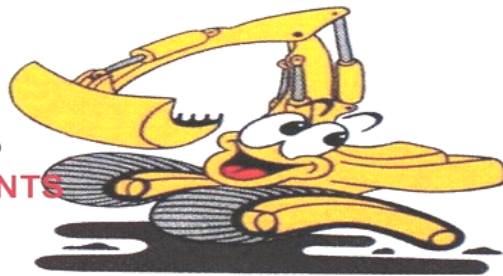
Contact details - Mobile - 0427 523 412

Office Phone - 6350 5000

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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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### IN OUR SCAMANDER GARDEN ....

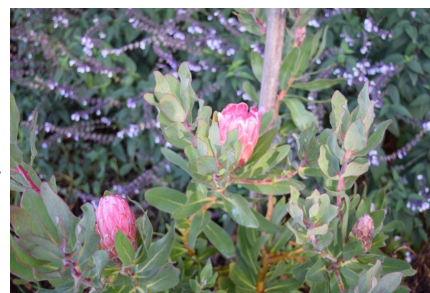
Steve has been working furiously getting the raspberry canes out of the enclosure and setting up a different area for a couple of rows. We have prepared an outside area by digging four posts in and assembling a couple of corrugated raised beds, by cutting one bigger one in half. We've filled them with a mixture of not-too-rich soil, as we don't want all foliage and no fruit. We added some ash from our burn-off. We still have to fill in the holes to anchor the posts, but we have put up a frame so that it can be netted as needed.



Our new raspberry beds.

The goldfish love it when we get a lot of rain and their ponds look clean. They can dart into hiding when feeling threatened and I have seen some babies in both ponds. Someone asked if the water freezes over, and I said the one in the front courtyard has never frozen and it is shallower, but the one that gets a lot of shade did have sheets of ice on a couple of occasions, but frosts don't last long at our place. I heard it is because we are up a hill. The fish do not die, I suppose it is because they cope with the cold.

We have another two corrugated beds ready for asparagus. We should have planted them by now. I know the ones without the red berries are better for thicker asparagus, yet we need both males and females for a good crop. The purple ones are twice as dear, and my husband prefers the pale ones.



Proteas and Silvia brighten a spot.

One of my sisters gave me money for my birthday and so I will be buying something from Paul's Horticulture and Nursery. He is at 23219 Tasman Highway, so practically next door. I do love supporting local businesses where possible. It is good to know people's names too. When they give you friendly advice and are genuine, that is a bonus.

I look out the window and see so much weeding calling to me, and I reply, go away, it is too cold to venture out yet. I know I have to do it; we can put off hard things, but that doesn't stop them growing. Best to attend to worries while they are manageable. Time, time, if only I had more time! I have just as much time as everybody else and it is a matter of prioritising, and don't forget to breathe.

One last thing, the chooks are laying eggs again.

'till next time, Peg

### RUSTIC RAGAMUFFINS Stitching Group – July 17



Bring your stitching, quilting, knitting, crochet, embroidery, mending etc. and spend a day with like-minded friends!

Join us on the 3<sup>rd</sup> Monday each month for a cuppa, chat + stitching! Morning tea included; please BYO lunch. **Venue:** Fingal Valley Neighbourhood House, Fingal, Tasmania (\$10)

**ALL WELCOME**  
10 am to 3 pm

HOSTED BY RITA SUMMERS OF GONE RUSTIC – 0417 027 424

## YCONNECT SCHOOL HOLIDAY PROGRAM

Activities for young people in the  
Break O'Day Area

**Movie Nights 5:30 - 8:00pm**

12th July - St Marys Hall

20th July - St Helens Neighbourhood House Bungalow



**Launceston Bowling Trips- All day**

11th July - St Helens/ Coast

18th July - St Marys/ Fingal Valley



**Games Day 1:30 - 3:30PM**

19th July - St Marys activity room

(next to op-shop)



All events are free! RSVP essential, places are limited.

For more information or to sign-up contact:

email: youth@sthelensnhh.org.au ph: 0493 152 204

Facebook - Youth Collective North East Coast Tasmania

Instagram: \_ycnect\_

YCONNECT IS SUPPORTED BY THE TASMANIAN GOVERNMENT AND FUNDED BY THE AUSTRALIAN GOVERNMENT  
DEPARTMENT OF SOCIAL SERVICES



**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:

**Chemist Warehouse**

[www.chemistwarehouse.com.au/instant-consult](http://www.chemistwarehouse.com.au/instant-consult)

Price \$45-\$55.

**Doctors on Demand**

[www.doctorsondemand.com.au](http://www.doctorsondemand.com.au)

Price \$60 consults, \$90 after hours.

**Instant Consult**

[www.13-doctor.com.au/](http://www.13-doctor.com.au/)

Price from \$45. Bulk billed for patients under 12 months old.

**InstantScripts**

[www.instantscripts.com.au](http://www.instantscripts.com.au)

Price \$19 - \$49.

**13 Doctors**

[www.13-doctor.com.au](http://www.13-doctor.com.au)

Price from \$69.

**Hola Health**

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

Price \$35-\$45.

**PATHOLOGY HOURS at St Marys Community Health Centre:**

8:30am - 12:00pm Monday to Friday only.

No weekend pathology services.

*(Information supplied by St Marys Community Health Centre)*



**Visiting Lawyer**  
**Free Legal Advice**

**Fingal Valley Neighbourhood House**

20 Talbot Street, Fingal

Monday	31 July 2023
Monday	25 September 2023
Monday	20 November 2023

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**Welfare Rights**

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**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](http://www.alert.tas.gov.au)

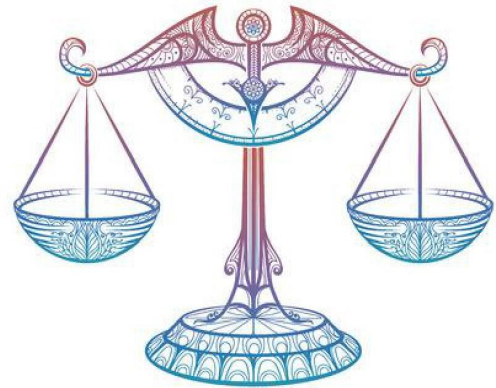
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<b>Lifeline Tasmania</b> 1800 984 434 <a href="mailto:taslifeline@lifelinetasmania.org.au">taslifeline@lifelinetasmania.org.au</a>	<b>Kids Helpline</b> 1800 551 800 <a href="http://www.kidshelpline.org.au">www.kidshelpline.org.au</a>	<b>Find Help Tas</b> A central online directory of community services across Tasmania. Supported by TasCOSS and member organisations. <a href="http://www.findhelptas.org.au">www.findhelptas.org.au</a>	
<b>Lifeline</b> 131 114 <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	<b>Beyond Blue</b> 1800 243 232 <a href="http://www.beyondblue.com.au">www.beyondblue.com.au</a>	<b>Financial Counselling Support</b> If you or someone you know requires financial counselling support <a href="http://www.anglicare-tas.org.au/financial-counselling">www.anglicare-tas.org.au/financial-counselling</a>	
<b>NDIS</b> 1800 800 110 <a href="http://www.ndis.gov.au">www.ndis.gov.au</a>	<b>Anglicare</b> 1800 243 232 <a href="http://www.anglicare-tas.org.au">www.anglicare-tas.org.au</a>	<b>National Debt Helpline</b> 1800 007 007 <a href="http://www.ndh.org.au">www.ndh.org.au</a>	<b>Gambling Helpline</b> 1800 858 858 <a href="http://www.gamblinghelpline.org.au">www.gamblinghelpline.org.au</a>
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## ***Parenting Without Punishment***

I'd like you to think about how you were disciplined growing up. Did your parents often yell at you or send you to your room? Did they 'ground' you and not allow you to go out or see friends for a period of time? Perhaps you had to write sentences or do extra chores? Or perhaps, corporal punishment was standard protocol. If so, do you think it was effective in helping you learn, or was it just unfair?

The truth is, punishment as discipline is just a form of intimidation. It's dished out, not to teach, but to shame, guilt, coerce, and condemn. It comes from a place of frustration and a desire to maintain control, rather than a desire to connect. Understandably, it tends to backfire. Instead of encouraging self-awareness, it can develop defensiveness and fear of getting close to others, not to mention poor self-esteem. In some cases, it can provoke retaliation and revenge. When it comes to discipline, there is a much better way.

The first step is to never make a decision on discipline when you are triggered, angry, or upset. When we are in this heightened emotional state, it can be very difficult to think logically and reasonably, and we can be influenced by our emotions to react instead of respond. If we feel out of control, we are much more likely to lash out in an attempt to remain in control. We can say or do things that seem harsh and unfair, only to feel pangs of regret when the storm has passed. If we give ourselves some distance from the situation, we can think more objectively about how to handle what comes next with compassion and care. I wonder what would happen if we could say "I'm quite upset right now. I need some time to think about how we should handle this. Let's talk about it tomorrow, okay?" Waiting until we are calmer can give us the chance to parent based on our values and principles, rather than from a place of frustration or disappointment.



The next step is to set a consequence, rather than a punishment. A consequence is a result of an action - which means it has to be related. If a child has stolen money, an appropriate consequence might be that they have to sell something of theirs to earn that money back. If they have failed to do their homework, cutting back tv or game time for an hour or two each night so that they have time to get it done, is reasonable. Unlike punishment, which aims to inflict shame or suffering, consequences provide a direct link between actions and their outcomes. When we set consequences that are related and reasonable (or logical), children gain the opportunity to cultivate a sense of accountability as they learn to consider the cause-and-effect relationship of their choices and actions.

Teaching children that there are real-life consequences to their behaviour, and not just arbitrary punishments that only parents will impose, can help them become more prepared for life as an adult. It allows them to learn empathy and a greater understanding of how their choices impact on others and themselves. They'll be empowered to learn from their mistakes and develop a strong inner-compass, which they can use to practise making better decisions. They won't always make the decision you want, but you'll be sending the message that they are trusted enough to handle the outcome, good or bad. By facing appropriate consequences, they'll also be able to learn resilience and coping skills necessary to navigate challenges, problem-solve, and bounce back from setbacks.

More importantly, when relationships are based on mutual respect, rather than fear and compliance, parents can become trusted sources of guidance and support. It builds secure relationships and also shows children what good boundaries and open communication look like. By embracing this approach to discipline, it means parents can create an environment that promotes emotional safety, connection, and growth - they can break the cycle of ineffective parenting practices that were passed on to them and transform the way they love, and lead.



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](http://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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# Rebecca White MP

Labor Member for Lyons

✉️ rebecca.white@parliament.tas.gov.au

☎️ 6212 2225

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# SENATOR WENDY ASKEW

LIBERAL SENATOR FOR TASMANIA

*Please contact me if I can be of any assistance.*

📍 46 Cameron Street, Launceston TAS 7250

☎️ 6331 8501 ✉️ senator.askew@aph.gov.au

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### EAST COAST SWANS FOOTBALL CLUB

#### UNDER 12

*(Photos by Jessie Groves)*

Game 11, played on Sunday 25th June at St Helens

**RESULTS:** East Coast Swans 6.9 (45) defeated Prospect 0.0 (00)

**SWANS GOALS:** George Austin 2, Hamish Bean 2, Flynn Bidgood 1, Hamish Davenport 1

**SWANS BEST:** George Austin, Bryce McKimmie, Floyd Groves, Levi Woods, Noah Martin, Kurtis Raines



Game 12, played on Sunday 2nd July at St Helens

Congratulations to Noah Martin, who played his 50th game!

**RESULTS:** East Coast Swans 9.13 (67) defeated North Launceston 2.0 (12)

**SWANS GOALS:** Flynn Bidgood 2, James Toms 2, Hamish Bean 1, Wyatt Davies 1, Levi Woods 1, Sava Bennett 1, George Austin 1

**SWANS BEST:** Floyd Groves, Noah Martin, James Toms, Flynn Bidgood, Lennox Bennett, Bryce McKimmie



With 3 rostered games to go, the team are 2nd on the roster.

#### UNDER 14 BOYS

*(Photos by Andrea Davenport)*

Game 11, played on Sunday 25th June at St Helens

**RESULTS:** East Coast Swans 20.19 (139) defeated Prospect 0.0 (00)

**SWANS GOALS:** Ryan Gorham 4, Noah Bourke 3, Tiberius Foley 3, Tyler Speers 2, Paul Taylor 2, Lochlan Brinsmead 2, Connor French 1, Cooper Griffiths 1, Wally Freiboth 1, Callum Hays 1

**SWANS BEST:** Lochlan Brinsmead, Ryan Gorham, Noah Bourke, Tiberius Foley, Wally Freiboth, Callum Hays



Game 12 played on Sunday 2nd July at St Helens

**RESULTS:** East Coast Swans 4.6 (30) defeated by Longford 4.8 (32)

**SWANS GOALS:** Cooper Griffith 1, Dakota Davenport 1, Lochlan Brinsmead 1, Jaxon Harrison 1

**SWANS BEST:** Tyler Speers, Ned Blunt, Jaxon Harrison, Wally Freiboth, Ryan Gorham, Lochlan Brinsmead

With 3 rostered games to go, the team is 2nd on the ladder.



#### UNDER 14 GIRLS

*(Photos by Jazz Snooks)*

Game 11, played on Sunday 25th June at St Helens

**RESULTS:** East Coast Swans 2.7 (19) defeated by East Launceston 3.6 (24)

**SWANS GOALS:** Shelby Gamble 1, Laena Singline 1

**SWANS BEST:** Chloe Martin, Isla de Boer, Hayley McLennan, Savannah Singline, Indi Howorka, Narlah Freeman



Game 12, played on Sunday 2nd July at St Helens

**RESULTS:** Swans 3.1 (19) defeated by North Launceston 3.3 (21)

**SWANS GOALS:** Nikki Gamble 2, Isla de Boer 1

**SWANS BEST:** Chloe Martin, Isla de Boer, Neve Jordan, Ava Howorka, Nikki Gamble, Addison Statton

With 3 rostered games to go, the team are equal 5th on the roster.



## EAST COAST SWANS FOOTBALL CLUB



### UNDER 16

(Photos by Jazz Snooks)

Game 11 played on Sunday 25th June at St Helens

Congratulations to Lachlan Woods, who played his 50th club game!

**RESULTS:** East Coast Swans 0.2 (2) defeated by South Launceston 17. 19 (121)

**SWANS GOALS:**

**SWANS BEST:** Byron Ball, Oscar Pallier, Finn Montauban, Jimmy Freiboth, Paul Taylor, Lachlan Woods



Game 12 played on Sunday 2nd July at St Helens

**RESULTS:** East Coast Swans 6.7 (43) defeated by Longford 9.10 (64)

**SWANS GOALS:** Daniel Cook 2, Tully Watts 2, Lachlan Woods 1, Hamish McIntosh 1

**SWANS BEST:** Maxwell Tolley, Lachlan Woods, Daniel Cook, Hamish McIntosh, Connor French, Tyler Speers



With 2 rostered games to go, the team is 6th on the ladder.

### EAST COAST WOMEN

Game 8 played on Saturday 24th June at St Helens

**RESULTS:** Forfeit

Game 9 played on Saturday 1st July at Longford

**Results:** East Coast Women 2.2 (14) were defeated by Longford 8.8 (56)



### LEADERSHIP IN CLUBS SESSIONS

KEY TOPICS WILL INCLUDE

- The role of the committee and members of the committee
  - Planning for the organisation
  - Financial oversight of the organisation
- Setting goals and objectives for the organisation
  - Effective communication strategies
    - Managing conflict
    - Building a strong team
    - Strategic planning

26th July	10am – 1pm	Hobart	Hobart Athletics Centre
27th July	6pm – 9pm	Launceston	Invermay Bowls Club
31st July	6pm – 9pm	Devonport	East Devonport Football Club
1st August	6pm – 9pm	Burnie	Mckenna Park Hockey Centre
7th August	6pm – 9pm	Hobart	Hobart Athletics Centre
8th August	2pm – 5pm	Launceston	Invermay Bowls Club

To Register for the session please do so at the link below:

<https://events.humanitix.com/leadership-in-clubs>

INCLUSIVITY AND DIVERSITY IN SPORT FORUM

LAUNCESTON Tuesday 18th July Tallrace Centre

HOBART Tuesday 25th July Blundstone Arena

10AM TO 2.30PM

LOCAL ORGANISATIONS SPEAKERS

ABOUT THE EVENT

These sessions are designed to help sports people, clubs and organisations make inclusion happen and look at ways to remove the barriers and to create opportunities by making inclusion part of what you do within your club or organisation that reflects to better diversity within your local community.

### OUR KEYNOTE SPEAKERS



Shelley Ware (MC)



Darryl White



Sam Bramham

## EAST COAST SWANS FOOTBALL CLUB

GAMES PLAYED SATURDAY 24TH JUNE

*Photographs by Jazz Snooks*



### RESERVES

The always-powerful St Pats reserves proved far too strong for the Swans in a one-sided reserves match. The Saints had winners all over the field and multiple goal kickers as opposed to the Swans who could only manage 3 scoring shots for the day. New recruit Riley McDonald was once again the best player for the Swans and Gus Redman played his most consistent match for the season. Big Ben Arnold has been a fantastic acquisition for the Swans this year, always giving his best in the taxing ruck position. Other players to do well for the Swans on a difficult day were Liam Davern, Kyle Roberts and the player with the world's most difficult name to spell - Dylan Szczyпка.

**RESULTS:** East Coast Swans 3.0 (18) defeated by St Pats 16.18 (114)

**SWANS GOALS:** Redman, Stocks, Doust

**SWANS BEST:** McDonald, Redman, Arnold, Davern, Roberts, D Szczyпка



### SWANS ARE BATTERED AND BRUISED

St Pats showed why they are one of the top teams in Division 1 with an easy 103-point win against an injury-depleted Swans team. The Saints showed that they were in no mood for a slugfest in the heavy conditions by booting 5 goals to one in the first term. Giant ruckman Kilby was dominant at the stoppages, giving smaller players such as Jordan Tepper an armchair ride. Angus Tate continued his improvement in defence to be one of the Swans better players, while the ever-reliable midfielders, Sam Maddern and Marcus tried valiantly against huge odds. Brayden Claridge proved to be a dangerous forward for the St Pats team, kicking 5 majors for the day, while his team had too many avenues to goal for the Swans team to negate. The Saints were able to kick 11 goals to 1 after half-time to easily account for the East Coast side, whose cause was not helped when co-captain Lewis Ritchie left the field with a serious shoulder injury. Young Swans first year player Tadgh Blunt played his best game for the season and continues to show plenty of promise with his sure ball handling.

The Swans will have the bye to lick their wounds and prepare for another tough encounter against the all-conquering Scotch side.

**RESULTS:** East Coast Swans 2.5 (17) defeated by St Pats 18.12 (120)

**SWANS GOALS:** Short, Webb

**SWANS BEST:** Maddern, Tate, Haley, Child, Riley, T Blunt



### TIP SHOP TALES

Greetings from the Tip Shop,

The Tip Shop upgrade is well underway and what a difference it makes! The site has been partially levelled and filled and the shed is now extended with an awning that provides more storage space and more room to display the goods donated to our Hospital Auxiliary Tip Shop. We're sure these improvements will make your visits more comfortable during the cold winter months and in the coming summer months, too.

Still to come is further levelling and filling for poly tunnels to be used for sorting, cleaning and goods storage. Once the tunnels are complete, outdoor items will return from their current temporary location back to behind the shed for a more convenient Tip Shop cruise. So, we hope you'll keep those items coming in for their new lease on life, keep visiting to see what has come in, and keep those ideas coming for recycling and upcycling. Volunteer staff can help you map out your project, find key components, discuss options....or maybe just get enthusiastic with you because they're learning something, too.

Like just the other day, a resident of the area came in and purchased a bag of marbles. No, they hadn't lost theirs - they planned to put the marbles into holes drilled into the fence so sunlight could come through the green, blue, and yellow glass and sprinkle coloured light across the garden. Such creative people coming through, with such delightful and interesting projects! \*

Finally, thank you to those who donate and those who purchase; those with ideas to enact, and those with questions. We might not be able to answer all of them, but we're excited to share our new renovations with you and as ever, all are welcome!



\*Our new Monthly Feature: Tip Shop Projects - this could be a project that YOU are doing!!

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## SCAMANDER RIVER GOLF CLUB



### Wednesday 21st June - Mid-Week Competition

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

Nearest the Pin    6th:  
                                 8th:

### Saturday 24th June -

1st  
2nd  
3rd                    **COURSE CLOSED**  
                                 **NO GAME PLAYED**

Nearest the Pin    6th:  
                                 8th:

Longest Putt on 9th:  
Carter Award:

### Wednesday 28th June - Mid-week Competition

1st  
2nd  
3rd                    **NO SCORES AVAILABLE**  
4th

Nearest the Pin    6th:  
                                 8th:

### Saturday 1st July - East Coast Surf Monthly Medal

1st	Tim Upton	88/75
2nd	Matthew Cross	79/76
3rd	Jodan Longfield	87/76
4th	Michael Holmes	95/77
5th	Nigel Wallace	97/77
6th	Dick Swanson	90/79
7th	Shan Wilmot	93/80

Nearest the Pin    6th and 15th:    Jodan Longfield  
                                 8th and 17th:    Shan Wilmot  
Carter- Stan Award:    Graeme Little  
Best Gross:    Matthew Gross    79  
Longest Putt: Shan Wilmot

### Tuesday 27th June - Ladies Foursome Championship

Winning Teams below to represent our Club at North West Bay Golf Club later in the year - go get 'em, girls!

Bobby Harwood and Margaret Thompson  
Lesley Kellaway and Jill Couch

### Tuesday 4th July - St Helens Harcourts Brooch and Putting Stoke:

1st	Beth Haas	109/77
2nd	Rose King	119/81
3rd	Kelly Thomas	119/86

Putting:    Beth Haas            31 (on c/b)  
                         Kelly Thomas



### Upcoming games:

5th July	Midweek Competition - Jackpot Stableford
8th July	Scamander Beach Resort 2-person Ambrose
11th July	Ladies' Golf - Stableford
12th July	Midweek Competition
15th July	St Helens Electrical - Stableford
18th July	Ladies' Golf - Stableford

# MALAHIDE GOLF CLUB



## Friday 23rd June - Chicken Run

1st	David Duthie	26.5 points
2nd		
3rd	<b>COURSE CLOSED</b>	
4th	<b>NO GAME PLAYED</b>	
5th		
6th		
7th		
8th		

Nearest the Pin      4th:  
8th:

## Friday 30th June - Chicken Run

1st	Robert Matthews	27.5 points
2nd	Stan Ellerm	29
3rd	John Vincent	31
4th	Randall Wadley	32.5
5th	David Duthie	37
6th	DB Lowe	37.5
7th	Tony Weterings	38.5
8th	Grant Richardson	39.5
9th	Rod Hunt	46
10th	Mike Prewer	46

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

## Saturday 24th June - Par

1st	Andrew Johns	-5 (on c/b)
2nd	David Duthie	-5
3rd	Grant Richardson	-6
4th	DB Lowe	-7
5th	Randall Wadley	-11
6th	Doug Knowles	-13

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

## Saturday 1st July - Monthly Medal-

1st	Andrew Johns	75/73
2nd	Randall Wadley	92/76
3rd	Robert Matthews	99/77
4th	Jens Kalisch	90/78 (on c/b)
5th	Peter Sorenson	98/78
6th	Ashley Stone	99/80
7th	John Vincent	103/85

Nearest the Pin      4th and 13th:      Andrew Johns  
8th and 17th:      Jens Kalisch

### 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:**

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

**Malahide Golf Club** hold a Chicken Run on each Friday starting at 1.00pm, \$4.00 entry. Saturday competition starts at 10.00am and we also have a Facebook page that is updated regularly.

⇒ Full membership is \$235 per annum

⇒ Social Membership is \$50 per annum

Contact Andrew Johns - Club Captain on 0427 854 555



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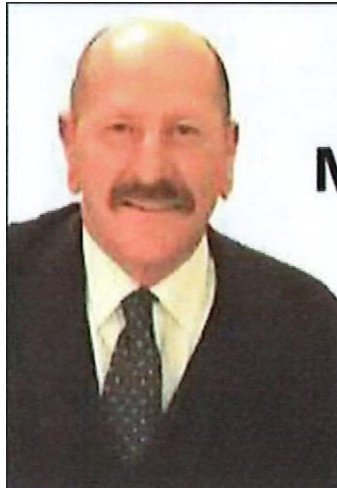


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## ST MARYS SPORTS CENTRE

By Volun Tier



Ah, Winter, what a wonderful time of the year, fresh mornings and evenings with mostly lovely weather in the middle of the day, perfect for a wander and a game of gold. Last week we hosted the Veterans for a round and what a great turn-out for this time of year. 31 hearty souls gathered to compete and enjoy the day, although a little damp later in the day, thanks to David and the Vets crew who enjoyed their golf, warm fire and a wonderful feed afterwards. Also thanks to Jeanette for her help in the kitchen. Whilst on golf, it is nice to see the resurgence in our golf numbers and the amount of people on the course, our regular weekend events are being well-supported too. Last week we were a little washed out after 4 inches of rain fell, so just a couple of regulars had a hit, this week we ran the Black Rock Day after it was postponed the week prior, a small but competitive field turned out, with quite a number of absentees due to other commitments, scores also listed below. All of our regular golf competitions have now reverted to 18 holes and have been well-received by participants and the crows, as we now lose twice as many balls to them than before... This now gives us a chance to revamp some of our old trophies into regular events again, for instance Highlanders versus Lowlanders, Lefties versus Righties and a few other events like the Reverse Course and Harold and Tom Newman Trophy. Well done to our lady caterers for their Winter Warmer contributions, keeping people around the club and serving some wonderful food, you really are great contributors to the cause, this week's dishes on the poster below. The card evenings have also been well-supported, the crib night the previous week taken out by Jack Foreman again, this week saw Cookie in a massive turnaround to his fortunes, just pipping Bluey Spilsbury for the prize, this week we will revert to euchre for a change of pace, come along for a cheap meal at 5.30pm and stay for the cards, or turn up at 7.30pm for a game. It was heartening to see around 140 people turn out for a discussion with our parliamentary members about the future of our Doctor, Hospital and Pharmacy, many concerns raised and mostly answered by our learned friends, nice to see the support and as well to see so many people at the Centre who haven't been there previously. For some the meeting didn't finish till around 8.30pm, they may have needed the services of a doctor the next day.

**Golf:** Black Rock Weekend scores; Nick Child with a fantastic 77 off the stick and net 61 cleaned up from Keith Gillies and Nick Kringle 70, Brad Davison 71, Rod McGiveron 73 and Stan Ellerm 74. Nearest the pin on the 7th and 16th was our new member Brad Davison. Well done to all, and with a great feed afterwards of chicken and mushroom casserole and banana split for just \$10.00, what more could you ask for? This Saturday coming will be a hidden 9 holes, the next weekend will be a three club event, where that is all you will be allowed to take round with our putter.

**Member Draw:** Last week Maxine Matters and this week Melita Viney, neither were at the club at the time of the draw, so fuel jackpots to \$90.00, well worth being there for.

### Opening Hours:

Thursday - 5.30pm

Friday - 5.30pm

◇ Autumn Specials Meal Night

◇ Happy Hour 6.30pm till 7.30pm

◇ Members Draw 8.00pm

Saturday - 1.30pm after golf

Sunday - 2.30pm

Until next time, good hitting, rolling and socializing.

St Marys Sports Centre Inc.

## NOTICE OF AGM

Sunday 23<sup>rd</sup> of July at 1:00pm

Election of Office Bearers 2023-24

St Marys Sports Centre

## PRESENTS

Our Next Card Night

## EUCHRE

Friday 7<sup>th</sup> July: Commencing at 7pm

Cookie on Top Again

Come and Topple the King

ST MARYS SPORTS CENTRE INC.

## WINTER WARMER NIGHT

EVERY FRIDAY AT THE CENTRE

BETWEEN 5:30 & 7pm

Call in for a hearty Winter feed

**FRIDAY 7<sup>th</sup> July, Main & Dessert \$20**

1 X Chicken & 1 X Beef Pie with Wedges

With Lemon & Coconut Delight

**FRIDAY 14<sup>th</sup> July, Main & Dessert \$20**

Slow Cooker Chicken Paprika and Veg

With Traditional Sticky Date Pud

Great food, good company and a warm fire

**PLEASE PLEASE PLEASE, BOOK BY**

**THURSDAY LUNCH TIME!!!!**

Please enquire about vegan, vegetarian or gluten free options

With Macca on 0457498641

Or Valerie on 0429122299

Or See Leanne at the shop

Hope to see you there

**C & D's**

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Friday 6.30am - 7.30pm  
Saturday 6.30am - 6.30pm  
Sunday 7.30am - 6.00pm

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- Scamander Supermarket
- Rivermouth Café - Scamander
- Hilly's IGA - St Helens
- St Helens Newsagency

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**CROSSWORD ISSUE 55.10**

**Across:** 1. Dismal, 4. Poker, 7. Acre, 8. Raid, 10. Amass, 11. Traitor, 12. Echo, 14. Leave, 16. Use up, 18 Twig, 19. Loft, 21. Senna, 22. Pasta, 25. Rhea, 28. Vintage, 29. Apple, 30. East, 31. Ruin, 32. Yeast, 33. Tether.

**Down:** 1. Dirge, 2. Smith, 3. Laziness, 4. Pearl, 5. Koala, 6. Respect, 9. Drought, 13. Cow, 15. Enlarge, 17. Penitent, 18. Topiary, 20. Fee, 23. Sepia, 24. Avert, 26. Heath, 27. Aster