

THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.12 20th July 2023

Deadline for 55.13 is 5.00pm on Monday 31st July 2023

BREATHE EASIER WITH ASTHMA SMART CLUBS

The Asthma Sports Club staff and volunteers across the state are being invited to take part in the Asthma Smart Clubs Initiative, a partnerships between Asthma Australia and Clubs Tasmania, supported by the Department of Sport and Recreation.

By working in partnership with local organisations who are the lifeblood of towns and neighbourhoods around Tasmania, Asthma Australia and Clubs Tasmania aim to create an asthma-smart clubs sector statewide that will support people with asthma in their own community to live freely and participate fully in social and physical activities – helping their health, wellbeing and social connection.

Asthma Australia Project Coordinator Jess Tyler says, “To meet our shared vision, Asthma Australia and Clubs Tasmania are planning to deliver first aid education and to place first aid resources in every club room in Tasmania. We want Tasmania’s clubs to be aware of asthma symptoms and management amongst their sporting club staff and volunteers, to better support players and club members with asthma to participate safely and fully.”



According to Club Tasmania’s Tom Darke, “Being active is integral for children of all ages to ensure they are happy and healthy, and sporting clubs provide a key social connection for so many people.”

“We are proud to be partnering with Asthma Australia to provide education to members of community sporting clubs around the symptoms and how to manage conditions related to asthma,” he added.

The courses are free, and will provide:

- **Asthma First Aid Education:** Our in-person course provides club administrators, coaches, trainers and instructors and volunteers with up-to-date information on asthma and its management within the sports setting. Most importantly, sports club volunteers will be trained in the national protocol for the first aid treatment of an asthma attack.
- **Asthma Emergency Kits:** Asthma Australia’s Asthma Emergency Kit contains the latest first aid information and instructions, medication, spacers and children’s masks for optimal medication delivery, and incident log sheets to help with administration and record-keeping.

All Clubs will receive an invitation to round one of the program which runs over August and September.

Future rounds will be programmed for later in 2023.

Registration is at: <https://events.humanitix.com/asthma-and-first-aid-education-session>

A VOICE for
RURAL & Regional
 Tasmania

John Tucker MP
 Independent Member for Lyons



- 48 Cecilia Street, St Helens TAS 7216
- 32 Cole Street, Sorell TAS 7172
- john.tucker@parliament.tas.gov.au
- 03) 6212 2383
- JohnTuckerMPLYons

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

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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

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

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

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

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

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

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

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

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

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

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

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer. The Editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary. Whilst we value and welcome community input, the Fingal Valley Neighbourhood House does not provide specific feedback regarding any decision made not to publish a submission.

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

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

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

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

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This site has a map locating all local AEDs

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LIVE4LIFE PROGRAM COMING TO BREAK O'DAY

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

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

Live4Life has begun to roll out across Break O'Day, with an activation workshop held and the new Project Officer - Casey Musicka - appointed to commence on Monday 24th July, 2023. The project will be focusing on increasing mental health knowledge amongst students, parents, school staff and other community members to reduce barriers for young people seeking help.

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

The Live4Life program has four key components of delivery:

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



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

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

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

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

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

There is currently a waitlist of over 20 rural and regional communities through Australia who are wanting to implement Live4Life.



Left: Daisy and Jonnek (Live4Life), and right: Caitlin (YCNECT) and Tahlea at the 2023 Autumn Festival in the St Helens Community Garden.

LABOR’S DISGUSTING FEAR-MONGERING ON ST MARYS MUST STOP

In a recent media release, Acting Minister for Health Michael Ferguson called on the Leader of the Opposition to stop misinforming the residents of St Marys regarding the situation regarding the St Marys Community Health Centre.

“Rebecca White has today “pledged to save” the St Marys Community Health Centre that is not, and never has been, at risk, in what is a new low for the supposed Leader of the Opposition. Ms White is causing careless fear and uncertainty for the elderly, the young and vulnerable who rely on this vital service, and using them as political play things,” the statement read.

The release continued, “Labor are renowned for telling false stories about health funding and patient experiences in a bid for a cheap headline. Ms White made the same ridiculous claim in 2014, and was proven false. Just like the time she also tried to score cheap political points by claiming a patient had been "strapped to a spine board" for seven hours, which she later had to retract because it was wrong. Or the time Labor's Ms Dow said there was a "disturbingly high number of deaths on arrival at our hospitals compared with other states" - which was also untrue. Or the time Labor’s Ms Finlay accused LGH staff of reusing bandages and then went underground when challenged for further details to investigate – also untrue. And now they are spreading unnecessary fear in regional communities by ‘pledging to save’ local health centres.”
 “Unlike Labor, we don’t downgrade rural hospitals, close hospital wards, or sack nursing staff - we invest in them. The only hospitals and wards that have been closed in living memory are by the Labor Party. Under our Government, all district hospitals and community health centres are already safe and will remain open. “This latest stunt is just another attempt at distracting from having to answer the real questions everyone is asking of them: what is their plan and how exactly will they pay for it without sacking staff or raising taxes?”

“Tasmanians know they can't believe anything Labor says when it comes to health, or anything else, and they deserve more than Labor's constant rumour-mongering and fake news,” the statement concluded.

(Information from media release dated 7 July 2023.)



*Minister for Health,
Michael Ferguson MP.*



*children thrive
where families have
access to services
and supports*

Ideas for action - we can all play our part

- invite organisations to come to your service and share what they do with the children and their families
- promote your local services for families and children
- reach out to the community - hold an open day to promote your services
- find a program or service that can help you and your child thrive

Break O'Day

Chamber of Commerce & Tourism

**Expressions of interest
President**

Executive Committee Members

The Break O'Day Chamber of Commerce & Tourism is undergoing a refresh. We are looking for new members to join and who would be interested in taking on the role of President or becoming an Executive Committee member

The Chamber is a volunteer group of local business stakeholders who support and lead our business community through responsible economic growth

Be part of enhancing a vibrant Break O'Day community by sending your expression of interest or enquiries to sthelenscoc@gmail.com

Newcomers welcomed with mentoring available for each role



more info on how you can help build a child friendly community in your area
Tanya M: 0400 002 116 or E: BuildingBlocks@fvnh.org.au

LABOR'S PLEDGE TO SAVE THE ST MARYS COMMUNITY HEALTH CENTRE

State Opposition Leader Rebecca White visited St Marys on Friday 7th July, meeting with members of the Concerned Citizens of the Valley Group, who shared their concerns about the St Marys Community Health Centre, and the support being given the local GP Dr Cyril Latte by the Department of Health.

Each member of the group shared their story of experiences with the St Marys Community Health Centre, then suggested a number of services which would be of benefit to the residents of the area and ease the pressure on Dr Latte.

These included:

- ◆ Having more intensive-care paramedics local to St Marys
- ◆ Providing and maintaining more diagnostic tools and operators
- ◆ Employing nurse practitioners along with allied health professionals to create a multi-disciplinary team
- ◆ Enabling the Community Health Centre to operate 24/7
- ◆ Providing sub-acute beds to be used by patients transferring from the Launceston General Hospital to complete their recovery
- ◆ Providing women's health services, including pregnancy checks
- ◆ Continuing to provide palliative care services

It was noted that chronic health matters such as heart disease and diabetes take valuable time from the doctor, and can be managed by a multi-disciplinary team including such services as dietician, podiatrist, diabetes education etc.

"As a mum with a young family living in rural Tasmania, I understand the importance of all Tasmanians having access to quality healthcare close to where they live. Unfortunately, like many regional hospitals across the state, the future of the St Marys Community Health Centre is in doubt. It is vital that our regional hospitals and health centres are well resourced so people can access their services in their time of need. That's why I am making the pledge that a Labor Government will ensure that the St Marys Community Health Centre remains open under our leadership," Ms White stated.

"The pledge comes as part of Labor's 'Right Priorities Plan', which will see an additional 215 health workers employed statewide, including 18 rural generalists and 90 nurse practitioners. Too often we see towns relying on the dedication and goodwill of one GP. Labor's plan will create multi-disciplinary teams of doctors and nurse practitioners, alongside allied health professionals, registered and enrolled nurses to expand the services available in regional Tasmania, and will be supported by a \$60 million regional hospital infrastructure fund," she continued.

In addition to making sure Tasmanians can access healthcare closer to where they live, Labor's plan will also ease pressure on Tasmania's major hospitals by reducing avoidable presentations.

Ms White concluded, "The regional health policies announced under Labor's Right Priorities Plan will cost \$98.9 million, and will be funded by a \$120 million saving made by freezing consultant spending at 2020 levels and reducing unnecessary government travel through increased use of technology."

(Article and photograph courtesy Rebecca White, MP.)



l - r: Barbara Longue, Frank Giles, State Leader of the Opposition Rebecca White MP, Wendy Fowler, Sue Christianson and Annette Wines.

ADVERTISEMENT




Brian Mitchell MP

Your Federal Member for Lyons

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

Authorised by Brian Mitchell MP (ALP, Tasmania)
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The Say by the "Cage Rattler"

As we continue to battle, kick and scream to retain health services in the Valley, it reminds me just how important community groups are. These community groups I refer to are all different types. Some have formally elected committees, some are run with the help of government agencies, others have more informal set-ups, but what they all have in common is that they are made up of volunteers with a passion for what they are involved in and, dare I say, love what they do. This not least applies to the hard-working crews behind supporting our doctor/hospital/pharmacy. THANK YOU ALL.

In general terms though, just look at what the volunteer groups provide our amazing community. We have TFS, SES, Ambulance, all very crucial but also extremely rewarding to this community. We have Fingal Valley Neighbourhood House ... look at the incredible service they do. We have the Op Shops, Tip Shop, the wellbeing and fitness groups that also provide wonderful opportunities to better health. What about the Men's Shed at St Marys, yet another incredible activity and mental health outlet, and also Cranks and Tinkerers Museum, same thing... and I know I've missed lots of other groups in the municipality! Not intentional I assure you, but there are so many.

Another one, and one I know intimately, is the St Marys Sports Centre... so proud of what we provide, and with plans to expand on this further over time. The club is completely volunteer-based, and I truly know is integral to the community. Watch this space for further upgrades and services as we go. Two other sports groups also providing great outlets are the Cricket and Tennis Clubs, who also play and mentor these great sports in our area.

To any newcomers to our communities here in the beautiful Fingal Valley, please don't be shy. You'll be amazed what you'll find when you look around, and if you come across a group or two that you like the idea of, please enquire; ask and I know you'll be welcomed with open arms as you become a part of this wonderful community.

That I say with true sincerity.....

What do you think?

LETTER TO THE EDITOR

ADDITIONAL SCHOOLING DISCUSSION

With the population in Break O'Day continuing to grow, discussion has begun around working to attract an additional schooling option in the area. To compliment the current schools, initial proposals are based around learning options for students who struggle to thrive in main-stream learning models, along with providing socialisation and learning resources for families who home-school, using various methods.

Admitting that there is unlikely to be a single solution that will work for all students, the focus is to explore 'bolting on' to suitable education providers as an East Coast Campus, which should expediate the process and provide some additional options even as early as 2024. With the anticipated 'bolt on' options primarily available to students in years 9 and above, this may see fruition in the next school year, with younger grades following when a suitable model can be adopted.

With Indie School, Tier4, STEAM, a learning hub and Big Picture School all touted as possible options, the next step is to secure the support of local students in order to evidence the need in the area, and also ensure there are adequate student numbers to enable the additional learning centre to be funded by the Education Department.

There are many boxes to be ticked and endless conversations, feasibility studies and more to come, but for now, if your family would be interested in keeping up to date with the progress of an additional schooling option, please email: thecoastalcolumn@gmail.com

Industry professionals are invited to register their support or interest confidentially also, with several health professionals and educators already working to move the project forward.

Interested Parent, Scamander

August

NOTES: Phone 0363 742 344

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	9-3 Tues, Thur, Fri
Op Shop	9.30 - 2.30
St Marys Gym	Email: active4life@fvnh.org.au
Fingal Hairdresser	0407 549 678
Leaves 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 History Op Shop Online Centre Library Basket Weaving	2 Morning Tea Op Shop Online Centre Library Walking Group	3 History Op Shop Online Centre Library L&F Book Club Valley Voice	4 History Op Shop Online Centre Library	5
6	7 Op Shop Online centre Library	8 History Op Shop Online Centre Library	9 Morning Tea Op Shop Online Centre Library Walking Group	10 History Op Shop Online Centre Library L&F	11 History Op Shop Online Centre Library	12
13	14 Op Shop Online centre Library	15 History Op Shop Online Centre Library	16 Morning Tea Op Shop Online Centre Library Walking Group	17 History Op Shop Online Centre Library L&F Valley Voice	18 History Op Shop Online Centre Library	19
20	21 Op Shop Online centre Library Ragamuffins	22 History Op Shop Online Centre Library Spinners and Weavers	23 Morning Tea Op Shop Online Centre Library Walking Group	24 History Op Shop Online Centre Library L&F	25 History Op Shop Online Centre Library	26 SAT Crafters
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2023

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We Need Help With

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- Online Access Centre

Fingal Valley Neighbourhood House would love you to come and volunteer at the House.

We have many different programs at FVNH that you can become a volunteer in and be a part of our great team.

The hours can be as many as you wish to suit your lifestyle. It can be 1 hour a week, 1 hour a month or an hour each day - it is up to you!

Please contact us on 6374 2344 to discuss how we can help you join our amazing volunteer team.



Fingal Valley Neighbourhood House if funded by the Crown through the Department of Premier and Cabinet

Irapuna COMMUNITY WEEKEND 2023

You are invited to join Wildcare Friends of Irapuna Coast and partners for four days of big beach walks on the spectacular Irapuna / Bay of Fires coastline in August.

Enjoy walking the beaches between Stumpys Bay (in Wukalina / Mt William National Park) and the Gardens, removing 'sea spurge', a beach weed, and marine litter and debris along the way.

This is a great way to experience the remote Irapuna coastal landscape and help look after it, while also enjoying lots of fresh air and sharing stories with a diverse band of walkers.

There are five walks to choose from over four days, with a free bus from St Helens (except Friday 18).

Policemans Point, Saturday 5: a 13 km walk to The Gardens with free bus from St Helens.

Deep Creek, Friday 18: a 12 km walk along the coast between Stumpys Bay and Deep Creek.

Eddystone Point, Saturday 19: walk along the coast - 6 km from Deep Creek, or 9 km from Ansons Bay - to Eddystone Point, where we'll learn more about the natural and cultural heritage of this special place and share a free evening BBQ.

Abbotsbury Beach, Sunday 20: a 7 km walk on Abbotsbury Beach (opposite Ansons Bay).

For all the details and to book (essential) look up the "Irapuna Community Weekend 2023" Eventbrite webpage at eventbrite.com.au, or see the [National Science Week 2023](https://www.nationalscienceweek.gov.au) program or wildcaretas.org.au Tasmania.



These all-day walks are over soft sand and rocks and the weather may be challenging. A sound level of fitness and good preparation are needed. You'll need to pack lunch and plenty of water, wear appropriate walking boots and carry warm clothing and wind/rain protection. Participants must be registered as volunteers with the Parks and Wildlife Service before the walks (online - link on the Eventbrite page).

Irapuna Community Weekend is proud to be part of National Science Week 2023 and be supported by a grant from Inspiring Australia, an Australian

Government initiative.

The Irapuna Community Weekend is organised by the Wildcare Friends of Irapuna Coast, a branch of Wildcare Tasmania, with the Tasmania Parks and Wildlife Service and other partners, including National Science Week, Aboriginal Land Council of Tasmania, Break O'Day Council, Tasmanian Walking Co., Life's an Adventure, the Friends of Eddystone Lighthouse and NRM North.



For more information see the Eventbrite page or email: eventbrite.com





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.



ALEX GRAHAM LEGAL
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		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 Angelina	with Star FM
	Arvo	Jackster's MUSIC BOX PLUS "Pet Talk with Dr Andrew after 2pm" with Jackster and Porsche	Get infused with Jonno	"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



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ITP ACCOUNTING PROFESSIONALS

ITP will be visiting FINGAL for Income Tax services,
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at the
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Talbot St
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for an appointment

WITH ONE VOICE BREAK O'DAY CHOIR

Feel Good, Do Good, Sing For Good!



How our choir family has grown! Last year we had 12 participants at 'Festival of Voices'. This year, we had 22 adults, 2 teenagers, 5 primary age children, one toddler and a baby six weeks away from landing on planet Earth. That's one heck of a family! And our musical capacity? Last year, we undertook one performance, this year, 3.

After our long trip down to Hobart and settling into our accommodation, we had a rehearsal in the freezing hotel car park. We then rugged up and made our way to Salamanca Place to take in the experience of 'The Big Sing and Bonfire'. Many of us fuelled up with hot soup before heading to Gig 1, which was scheduled early in the evening session at the Singers Lounge, located in The Long Gallery. This was the most daunting of the three, because the other presenting choirs are all large well-established professional choirs. While we were arranging ourselves on the stage, the Master of Ceremonies was chatting with one of our children, Lily aged 10. He asked her if she could do him a big favour and introduce us to the audience. She took centre stage, microphone in hand as confidently as any professional, introduced us beautifully and than expressed her gratitude for being part of our choir. When being congratulated about it later, she said, "Thanks, it was really hard. I was so worried I would say something wrong." The thunderous applause for her from the audience settled our nerves and we sang our hearts out, doing Lily, ourselves and our community very proud. She and one of our teenagers added another touch of spontaneous effervescence with a little choreographed segment reflecting the words of our next song, 'The Power of Kindness'. All self initiated, I might add! Fortunately, our wonderful conductor, Lila Meleisea, spotted what they were doing and waved them on to centre stage. As it says in the song we were singing, "...we could learn a thing or two..." from our young ones. For your information, here is a link to the song by MaMuse: <https://youtu.be/pfsRSoeC8Lg>



Gig number 2 was 10 o'clock next morning. After another rehearsal (just as freezing) we followed our leader and flag bearer, Bronwyn Zamenek, through the Farmers' Market throng, to the 'Festival of Voices' event space. Empowered by our previous success, we sang 5 songs to an appreciative audience, then followed the flag back to our bus and cars to make our way to The Conservatory at the Botanic Gardens, for our final appearance at 11.00am. We planted our flag outside the Conservatory and ventured into the awesome space. It was a privilege to raise our voices (pictured right), and share our hearts in such a special venue. Our performance singing done, we relaxed and reflected with a picnic lunch in the gardens, then explored the beauty of the gardens. For some of us, it was a first visit.



In summary, as a community choir, we are so grateful for the support of our Break O'Day community and the 'Festival of Voices' community, who have embraced us and provided experiences that have been inspirational, and created life time memories. I would also like to publicly acknowledge, firstly the enormous amount of time and effort expended by our leaders, Lila Meleisea, Bronwyn Zamenek and Liz Dean - without them, this excursion simply could not have happened. And secondly, a big thank you to the Fingal Valley Neighbourhood House for making their mini bus available to us for transport to and from Hobart.

If you would like to view a brief video giving a glimpse of our excursion, search for Lila's Facebook or Instagram page.

ST MARYS REPURPOSING & UPCYCLING

St Marys Repurposing and Upcycling is a community group that breathes new life into old clothing otherwise destined for landfill. Damaged clothing is upcycled with repairs, patches, fabric paint, and other adornments, rendering it wearable. Other items are repurposed into shopping bags, garden ties, woven mats, pet bedding and toys, pouffes, etc. All goods are sold at the St Marys Market, with proceeds used to support group activities.

Working bees will be held on each Monday in August, 7th, 14th, 21st and 28th, from 8.00am - 2.00pm in the module behind the St Marys Community Hall. Everyone is welcome, no skills required, all new ideas happily received, and attendance is free of charge. Drop in any time and stay as long as you like. Tea, coffee and snacks will be available for a gold coin donation.

Contact Diana van Meel on 0488 688 508 and/or look for us on Facebook by searching "St Marys Repurposing & Upcycling".



BREAK O'DAY ANGLICAN CHURCH

SERVICE TIMES

St Helens

St Paul's: 9.00am every Sunday

58 Cecilia Street, St Helens.

St Marys

Holy Trinity: 11.30am every Sunday

13 Main Street, St Marys.

Pyengana

St Michael & All Angels: 7.30pm 4th Sundays only

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod



ST MARYS CATHOLIC PARISH

WEEKEND MASS:

ST HELENS: Saturday 5.00pm

Sunday 4.00pm

ST MARYS: Sunday 9.00am

BICHENO: 1st Sunday 11.00am

FINGAL: 2nd and 4th 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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Regular Services:

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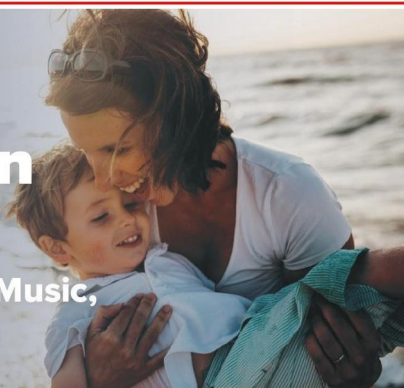
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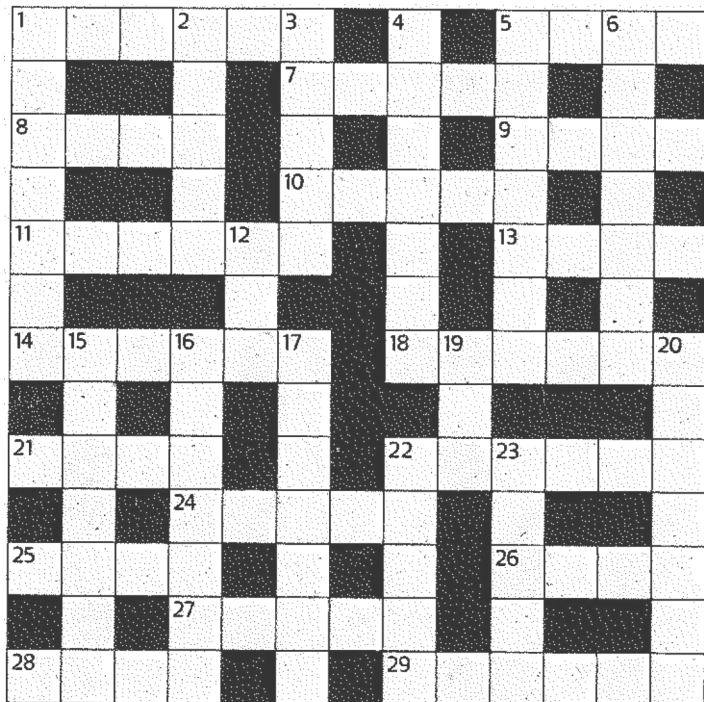


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ST MARYS 88FM
FINGAL 88FM

Crossword 55.12



ACROSS

1. Muscular (6)
5. Broadway musical & film (4)
7. Proportion (5)
8. Stagger (4)
9. Not any (4)
10. *Goodbye, ___ Jean*, film (5)
11. Required (6)
13. Capital of Latvia (4)
14. Set out (6)
18. Garment (1-5)
21. Continent (4)
22. Quick-witted (6)
24. Throb (5)
25. Conspire (4)
26. Musical starring Chevalier, 1958 (4)
27. Premium bond selector (5)
28. Nourish (4)
29. First oarsman (6)

DOWN

1. Hypodermic needle (7)
2. Lubricated (5)
3. Pulverise (5)
4. Lure (7)
5. Ruler (7)
6. Administrator (7)
12. Sin (3)
15. Franco-German river (7)
16. Converted (7)
17. Slaying (7)
19. The Sun personified (3)
20. Rotary engine (7)
22. Yields (5)
23. Sir Edward ____, English composer (5)

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Opening Hours:

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

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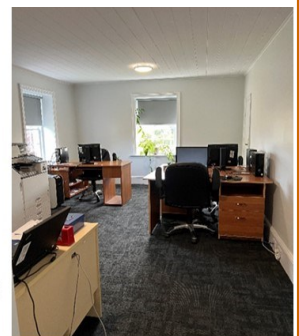
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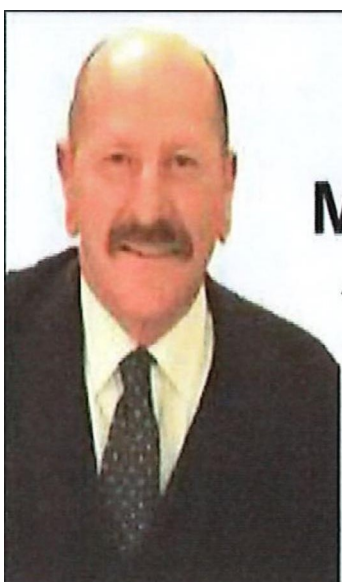
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Fingal Valley Neighbourhood House is funded by The Crown through the Department of Premier and Cabinet.

Mayor
Mick Tucker

Serving all of Break O'Day

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MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz

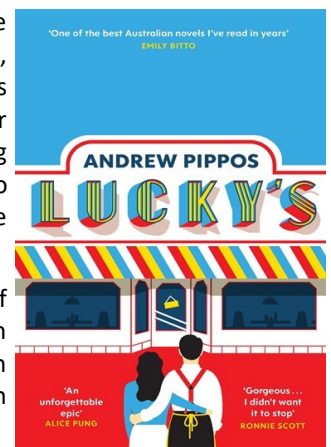
'*Lucky's*' was the rather unusual title of the 2020 debut novel by Andrew Pippos, shortlisted for the Miles Franklin Literary Award, and our Book Group selection for June. The title refers to a chain of Greek restaurants, set up in Sydney in the late 1940's by an American/Greek immigrant called Vasili Mallios but generally known, somewhat ironically as events prove, as "Lucky". In 1945 he is working on an American army base in Sydney as a cook, but when he is told that he resembles the American clarinetist and swing band leader Benny Goodman, and having a little experience playing the clarinet back in Chicago, he sees an opportunity to break out of the boring life he is leading. With the help of a mate who sees a money-making chance, he impersonates the famous musician and gives a concert. Unsurprisingly, this is not a great success, but in the course of the evening he meets Valia, another Greek migrant, whose father, Achilles, owns a restaurant. Lucky and Valia marry and Lucky begins working in the Achillion. That fateful night, he also meets an Englishman called Ian Asquith, working reluctantly at the British High Commission, and who comes to play a pivotal role in Lucky's and Valia's life in the next year.

Achilles is a disappointed and violent man who takes to customers who annoy him with an olive wood club. He begrudgingly admires Lucky's work ethic but oversteps the bounds one night, when he attacks his younger daughter, Penelope, with his club, breaking her arm because she has been associating with a German migrant. Achilles is sent packing by Lucky and Valia and together they continue to run the Achillion until the night it is burnt down in an arson attack, killing Penelope. Ian Asquith mysteriously turns up with a large sum of money and Lucky is thus able to fulfil his dream of opening a chain of Lucky's restaurants. And this is just the beginning of the story!

'*Lucky's*' is a rollercoaster of a read, leaping backwards and forwards in time as the back stories of these extraordinary characters are revealed. There are three main strands to the novel, the main story being Lucky's, but Ian Asquith is also extremely important to the plot, and when we land in 2002, we meet his daughter, Emily Main, who is trying to write a piece for the New York Times on the rise and fall of Lucky's restaurants.

It is difficult to sum up such a novel, covering as it does so much time, so many colourful characters and diverse plot twists such as a pet python and Lucky's participation in 'Wheel of Fortune'. Pippos's own family were Greek migrants and ran a restaurant, and obviously Pippos has mined that experience for inspiration. It offers a snap-shot in time exploring the phenomenon of the Greek restaurants of the 40's and 50's, where you were more likely to eat a mixed grill than a Greek meal. Interest in other cuisines did not start to happen till later. Suspicion of "the other" did not stop at food, but it was Lucky's sturdy self-belief that enabled him to make a success in business. Through larger-than-life characters, Pippos shows us the universal desire to fit in, succeed and find love in a new country. Some critics have called the novel an homage to the migrant experience.

Most members enjoyed the novel, but some found the time switches confusing. This is an ambitious first novel, full of colour and action and best read at longer sittings in order to keep track of characters and their connections through frequent time shifts.



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

Our last birding outing took us to Horseshoe Shoals on Georges Bay at Dora Point. Always a good place to observe shorebirds, it did not disappoint. This time we had two scopes with us, enabling us to pick up details at a distance and to identify double banded plovers, the only shorebirds that migrate between Australia and New Zealand. Lots of Australian Pelicans at rest, a pair of Whitefaced Herons, a pair of Hooded Plovers, Australian Black Swans, Redcapped Plovers and the list goes on. We even spotted a juvenile sea eagle perched on a dead tree.

On Wednesday 2nd August, we revisit Winifred Curtis Reserve at Scamander, a NE coastal treasure, where we will see coastal waterbirds and bushbirds. Hendersons Lagoon and the remnant heathland provide a variety of habitats, with easy walking on formed tracks.

Meet at St Helens Bayside carpark at 8.15am for an 8.30am departure or 9.00am at Winifred Curtis car park.

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



Double Banded Plovers have long legs, which allow them to wade in shallow waters.



ST HELENS WALKING GROUP



Wednesday 10th May

We had a perfect autumn morning for our walk on Blanche Beach and Peron Dunes. We had sixteen walkers who enjoyed the wonderful views and coffee afterwards at Parkside Bar and Kitchen. Thank you, Fran and Stewart.

Wednesday 17th May

This Wednesday walk was along the coast, northwards from The Gardens to the seal hides, led by Ian. Some of the walking was on sandy beach and some on stony beach. It was after midday by the time we arrived back in St Helens. The weather was sunny. Walkers were privileged to do a bit of whale watching whilst near the seal hides, with up to 3 spouts at a time being seen. It continued for about 10 mins or more. It must have been a fairly large pod going north. Very special.

Saturday 20th May

Saturday's walk was up to Cube Rock, high on the side of South Mt Cameron behind Little Blue Lake, south-west of Gladstone. We walked through stands of sheoaks to get to the Cube Rock track, where we crossed Saffire Creek then started the uphill climb. We walked through a fairly dry forest of Black Peppermint, Stringy Bark and wattle trees. We passed amazing huge granite rock formations, fungi, ferns and some shrubs in flower. A valley was crossed to where we could see Windy Ridge, with Cube Rock sitting on top all alone against the skyline.



Cube Rock

When we came to the fork on the track, we all decided we would like to attempt to walk up South Mt Cameron. We walked through scrub and around and over large rock formations and tried to make our way there. We came across some rare species of plants which Alex pointed out and some wonderful rock shapes. As

there wasn't a marked track, it just took too long and we realized we would run out of time and light for the return walk.

So with the trig on South Mt Cameron in sight, we turned around and made our way back to Cube Rock. The wind had come up on the ridge but no one was blown off. We had amazing views, albeit a bit hazy, across to the Musselroe Wind Farm and Cape Barren Island and Mt Munro on one side, and views across to Ben Nevis on the other side.

It was truly amazing and great to see some new faces in the walking group. Josi took some incredible photographs as per usual. Thank you Alex for another amazing walk.

Wednesday 24th May

Twenty-one walkers attended the sandstone overhangs on Irish Town Road, St Marys! Marvellous turn out - proves that a new location can be very popular. Thank you Jooles for organising this walk.



Skeleton Bay

Wednesday 31st May

For those who decided not to come on this scheduled Halls Falls walk because of the wind, we went to Skeleton Bay instead, and Halls Falls will be rescheduled later in the winter. Skeleton Bay is always a great walk.

Saturday 3rd June 2023

This Saturday's walk was a combination of 2 bike tracks at Weldborough, Little Chook & Big Chook, named after the emus that once populated the area. The trail within the trail Big Chook is described by mountain bikers as 'Little Chook's big brother' - about the same length but tougher and meaner. Big Chook makes up the second half of the Blue Tier descent. We walked in a loop up Emu Flats Rd on the Little Chook Trail then back down the Big Chook Trail. We walked through Myrtle Beech trees and the most magnificent mossy fern canopy. The trail was filled with so much fungi, a couple of old tin shanties and old water races.

Thanks to Fran for taking us to a truly magic walk.



A rock on the Weldborough walk



ST HELENS WALKING GROUP



Wednesday 7th June

This Wednesday walk was at the Peron Dunes. Pip was hoping for enough kite-flying helpers and enough wind to christen her three Balinese kites as well as launch her faithful diamond kite and two-string acrobatic kite. As the kite-flying winds failed us, we went for a wander in the dunes and returned via the beach. Small group this time.

Wednesday 14th June

Some of you will remember, at the last AGM there was talk of the pond at the foot of Flagstaff. Well, just to prove that there is a pond at the foot of Flagstaff, Alex led a walk there for this Wednesday walk. Most of the walk was on tracks that members already knew fairly well, but a very short section was a 'duck through the bush' to connect with another track. There were a few small up-hills and down-hills, but most of the walk was on undulating tracks and it was a loop walk to boot (excuse the pun!)



Clambering up the dunes.

Wednesday 21st June

This week's walk was a town walk. We started from Lions Park and proceeded along the bay track till the end of new track. From here, there was a short scramble up the bank to return via Treloggens Track. On our return way, we called into the Parkside Bar and Kitchen for a coffee. The walk was about 5km. The weather was beautiful blue sunny skies.

Fran and Stewart Taylor (Leaders).



The pool at Flagstaff.

Wednesday 28th June

Wednesday's walk was a magical walk through Evercreech Forest Reserve, a gorgeous rainforest filled with fungi, ferns and water under a canopy of trees. We crossed Evercreech Rivulet by rock-hopping and using a secured rope, then walked up to the Evercreech Falls. The falls are a part of the headwaters of the South Esk River. We walked back alongside the rivulet, sighting magnificent fungi.

The second trail we walked was a loop track to the base of the magnificent massive 'White Knights'. These giants of the *Eucalyptus viminalis* species are the tallest of their type in Australia, they reach over 90m in height. Some of these magnificent trees have died; very sad to see but still stunning trees.

Thank you Alanna, it was another great walk.



Rope crossing at Evercreech.



Dead White Knight, 2023

Bryan Edhouse, former Group Co-ordinator:

"I recall an occasion a few years ago when I was leading this walk after a ruinous flood; no problems crossing the creek on waterfall trail, but on the downstream crossing, the balance rope had been washed away and the creek was a bit higher than usual. Being leader, I tried to find a safe crossing and fell over - head and shoulders submerged - saved by Henry's strong right arm! Needless to say, no one else crossed at that point, ha ha ha."

Bryan's image of the White Knight, right, was taken circa 2015.



Delve into your past with free National Family History Month events in August

Celebrate National Family History Month with a packed program of talks, workshops and tours for everyone to enjoy.

August is National Family History Month (NFHM). The State Library of Tasmania and Tasmanian Archives are presenting a full program of free events suitable for newcomers and seasoned history buffs.

Is this your first dip into researching your family tree? Do you have an interest in social history? Are you an experienced investigator of all things genealogical?

There are lots of free family history events including public talks, practical workshops – even guided tours behind the scenes of the new Tasmanian Archives storage at Geilston Bay – presented by local historians, authors, researchers, and staff from the State Library of Tasmania and Tasmanian Archives.

Get curious and register now for free National Family History Month events to avoid disappointment.

More resources:

- State Library and Tasmanian Archives on Facebook
- Family history – Libraries Tasmania
- Tasmanian Names Index
- Libraries Tasmania on YouTube
- State Library, Tasmanian Archives & Allport (@statelibrary.archives.tas) on Instagram
- Tasmanian Archives and State Library on Flickr
- Allport Library and Museum of Fine Arts webpage
- Libraries Tasmania on SoundCloud



Tasmanian Archives: Hop Industry – Hop-pickers in hop fields (1900-20)

Libraries Tasmania Bookmark Competition

Libraries Tasmania is reading, growing and feeling inspired for Book Week this year

Can you create a winning bookmark?

As part of the Children's Book Council of Australia's (CBCA) Book Week, Libraries Tasmania is again running the popular 'Design a Bookmark' competition. Last year Tasmania's talented young people submitted 2,400 amazing entries.

The Design a Bookmark competition is open to all children and young people statewide in five age groups:

- 4-6 years
- 7-9 years
- 10-12 years
- 13-15 years
- 16-18 years

The competition will begin on 31 July during Library and Information Week.

East Coast Motocross Club Day
Sunday 13th August 2023

BAR 20 GOSHEN
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 Camping Available Saturday night

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Online entries ONLY via Ridernet - closes 11th August 6pm, Online self scrutineering form
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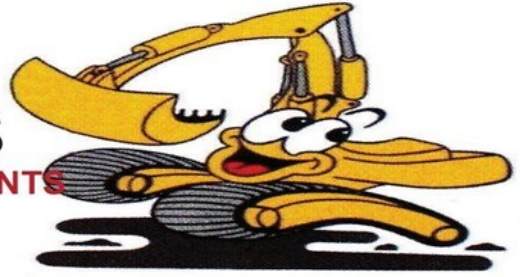


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St Marys Tip Shop

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
Monday of long weekends.

Tasman Highway, PYENGANA: OPEN 9 am - 12 pm
Wednesday, and 2 pm - 5 pm Sunday.

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

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

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

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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



Scamander Garden Club meet again with great ripples of excitement. We are like children on Christmas morning. Our new President, Sandra Flannery, had asked us to wear flowers in our hair, and we do not defy her decree. The ladies in the Scamander Post Office thought it fun that we do such things. We change a few of our old rules and prepare to revitalize future meetings to be a little shorter, so we have more time for gardening questions and answers and interesting facts. Today we heard that by putting whole avocados in water in the fridge they will keep much longer, and an organic fix for white fly and other undesirables is to mix a teaspoon of dishwashing liquid, 1 teaspoon of olive oil, and 1 teaspoon of Bicarbonate of Soda in 1 litre of water and spray yourself silly, no, spray the plants. A third tip is to put your pineapple upside down for 12 hours before cutting, and the sugary juices will run all through it, giving a sweeter taste. Last one, lay bay leaves down to stop ants in their tracks. I am told that came all the way from Scotland via the Mackenzie Family. Ok, one more: if chooks need help to lay again, give protein, and spoil them with porridge every few days. It is natural for some chooks to have a couple of months off egg-laying. They should have new feathers now.

We thank Marj Aulich for the cards she makes and sends out to those who are unwell. At the moment, we have a few away sick and some just sunning themselves in another country. They assure us they will be back.

Competition results:

Flower of the Month: Protea, Leucospermum or Leucadendron

1st Sally McQueen 2nd Margaret Forsyth 3rd Sandra Krstic

Any Flower: 1st Sally McQueen, Sandra Flannery 2nd Lyn Leary 3rd Christine Bowkett, Di Curtis, Byron Beggs, Margaret Forsyth

Novice Floral Art: 1st Nicci Livings 2nd Katrina Busk

Senior Floral Art - Unusual container with a 'Breaking The Rules' arrangement:

1st Lyn Leary 2nd Di Curtis, Sandra Flannery 3rd Peggy Bogar

Fruit and Vegetables: 1st Nicci Livings 2nd Andrew Simes 3rd Tennice Ticehurst

Next Meeting: Monday 14th August.

August Flower: Camellia

Floral Arrangement: Miniature Arrangement

Peggy Bogar, Secretary



First place in Senior Floral Art was awarded to Lyn Leary.



We had flowers in our hair.

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

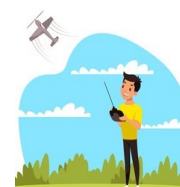


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Doctors on Demand

www.doctorsondemand.com.au

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

Instant Consult

www.13-doctor.com.au/

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

InstantScripts

www.instantscripts.com.au

Price \$19 - \$49.

13 Doctors

www.13-doctor.com.au

Price from \$69.

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CONTACT STEPH 0481832894 FOR INFO



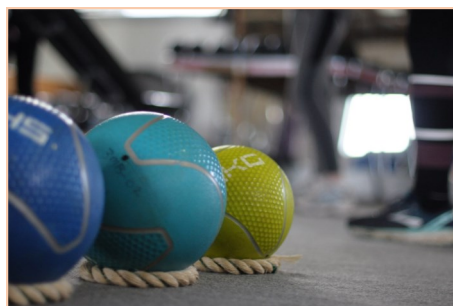
Active4Life Break O'Day

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

St Marys Active4Life is based in the community gym at St Marys Recreation Ground. The Operating Hours are 6.00am—10.00pm, 7 days per week, 365 days a year. New members always welcome.

St Helens Active4Life programs are held Monday and Thursday mornings with fitness circuit classes. New participants welcome - subject to availability.

Email Active4Life@fvnh.org.au for more information on how to book an induction or to join any of our sessions.



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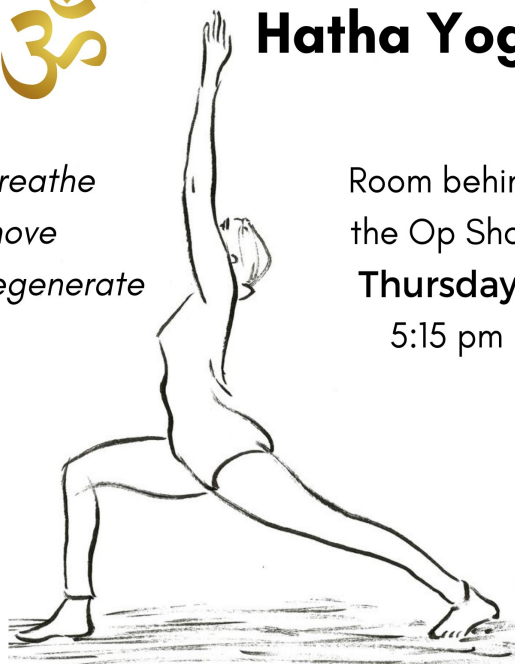
Any questions? Call Katrin: 0402 315 564



Hatha Yoga

*breathe
move
regenerate*

Room behind
the Op Shop
Thursdays
5:15 pm



Bring mat & blanket (few mats available)
\$10 per session

Any questions? Call Katrin 0402 315 564

Venue generously sponsored by Fingal Valley Neighbourhood House



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

Game 13, played on Sunday 9th July at St Helens

RESULTS: East Coast Swans 3.6 (24) defeated George Town 3.4 (22)**SWANS GOALS:** Hamish Bean 2, Bryce McKimmie 1**SWANS BEST:** Noah Martin, Floyd Groves, Levi Woods, Flynn Bidgood, Macklan Hays, Hamish Bean**UNDER 14 BOYS***(Photos by Jazz Snooks)*

Game 13, played on Sunday 9th July at St Helens

Congratulations to Tyler Speers, who played his 50th junior game!

RESULTS: East Coast Swans 8.5 (56) defeated Launceston 1.2 (8)**SWANS GOALS:** Byron Woods 2, Dakota Davenport 2, Ryan Gorham 2, Thomas Kelleher 1, Lochlan Brinsmead 1**SWANS BEST:** Lochlan Brinsmead, Ned Blunt, Jaxon Harrison, Byron Woods, Tyler Speers, Connor French**UNDER 14 GIRLS***(Photos by Jazz Snooks)*

Game 13, played on Sunday 9th July at St Helens

RESULTS: East Coast Swans 0.0 (00) defeated by George Town 12.12 (84)**SWANS GOALS:****SWANS BEST:** Chloe Martin, Lily Brinsmead, Chelsea Brown, Addison Statton, Tara Felmingham, Arielle de Graca**UNDER 16***(Photos by Jazz Snooks)*

Game 13, played on Sunday 9th July at St Helens

RESULTS: Deloraine forfeited the game.**SWANS GOALS:****SWANS BEST:****WOMEN***Game Report by Nick Fysh*

Game 11, played at on Saturday 15th July

The inexperienced Swans women's team was no match for a well-drilled Suns outfit, going down by 143 points. To their credit, the team never threw in the towel and must be encouraged by the improvement that its players have shown in their inaugural season. The Suns are to be congratulated for the spirit in which they played the game, even passing on some tips to their opponents.

RESULTS: East Coast Swans 0.0 (0) defeated by Meander Suns 22.11 (143)**SWANS GOALS:****SWANS BEST:** Amy Browning, Kendall Peters, Josie Jenkinson, Emily LeFevre, Anna Williams, April Bosworth

5 MINUTES WITH THE MAYOR



Many of you will have now received your rates notice and have maybe noticed that this year we have made a few changes to our rating system.

When setting the rates, we must balance the expectations of you, our community, our service levels, legislated responsibilities, our capital works projects and our community's capacity to pay. It is important to Council that we keep any increases to a minimum.

We are aware many households are experiencing increased costs of living, but like households, we too have been experiencing these cost increases which ultimately affect our ability to deliver services to our community. To combat these rising costs we have raised the General Rate by 5.95 % this year. Over the last few years, we have been absorbing the rising costs as much as possible and keeping the rate increases down, but we could only do this for so long. For more information on your rates, please make sure you check out the rates brochure included with your rates notice.

In coming months, we will publish our Annual Plan which has a list of all the things Council plan to do during the 2023-2024 financial year. Some of the things we have planned for the Valley include:

- ◆ Black Summer Bushfire Recovery Projects
- ◆ The Fingal Community Shed - \$350,000.
- ◆ St Marys Multi-Purpose Building - \$1,000,000.
- ◆ Cornwall Soldiers Park Track and Stormwater - \$20,000 - This project was asked for by the Cornwall community during the development of the Cornwall Township Plan.

You can find information on Council's budgets, our Annual Plan, and township plans on our website:

<https://www.bodc.tas.gov.au>

The Future of Government Review is still a hot topic, and in May, the Board doing the review of Local Government released recommendations for boundary adjustments. This included three scenarios for our area. We want to hear what you think about these scenarios as well as any other thoughts you have, so we included with your rates notice a flyer with a QR code link to a survey. You can also find a link on our website, or contact the office for a hard copy.

On a final note – we also have a survey out asking Fingal residents for their ideas and feedback for a redevelopment of the Fingal Park – so make sure you take five minutes to share your ideas with us.

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(including public holidays)

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Fingal Valley Neighbourhood House

EAST COAST SWANS FOOTBALL CLUB**GAMES PLAYED 8TH JULY***Game reports by Nick Fysh***RESERVES OVERCOME IN TOUGH CONDITIONS**

Although battling manfully, the Swans Reserves were eventually over-run by a strong Scotch side which featured many experienced ex-seniors players. All players found the going tough in the trying conditions, but it was Scotch who were able to hit the scoreboard regularly, with George Walker a strong contributor, kicking 4 majors. Young player Axel Bannister played a great game for the Swans in limiting ex-Launceston star Dan Ellis to few possessions, while gathering plenty of his own. Ben Arnold toiled strongly in the ruck all day, winning the majority of hit-outs, giving his smaller players plenty of opportunities. There was an abundance of young faces in the Swans team, with players such as Hill, McDonald, Teasdale and Curtis doing well for their team, while a couple of old stagers in 'Zippy' and 'Gadget' patrolled the forward line with menace and took the average age of the players upwards by a considerable margin.

RESULTS: East Coast Swans 3.5 (23) defeated by Old Scotch 10.11 (71)

SWANS GOALS: J. Blunt, Johnston, Oakenfell

SWANS BEST: Bannister, Hill, Arnold, Teasdale, McDonald, Curtis

**FUN IN THE MUD AT SCOTCH**

The East Coast Swans were greeted with cold, wet and muddy conditions when they faced off against ladder leaders Old Scotch at the NTCA. Without the likes of Child, Ritchie, and Jarrod Mason in the team, it was always going to be tough for the Swans to kick a winning score against such a well-drilled opposition, however the young Swans were a desperate bunch in the opening minutes. The dangerous Eastoe kicked the first major of the match after marking, but the East Coast defence did a commendable job of holding their opposition. John McKenzie was a powerhouse in the middle for the Thistles, the heavy conditions suiting his style of play. Swans captain Marcus Haley continued his sublime form, handling the ball cleanly when many others struggled. The 'Bay' managed a number of forays into attack, but their efforts were stymied by a solid Scotch defence. At the half time break, Scotch held a 27-point lead, having squandered many chances at goal, kicking 1.8 for the term, after holding the ball in their forward half for most of the quarter.

Young Swans Aaron Mason and Jayden Blunt were terrific in the back half, showing a willingness to mix it with their more fancied opponents. Usual forward the laconic Jack Taylor-Evans was switched to full back, with good effect, using his long kicking to repel a number of attacks. Although the Swans managed to surge the ball into their forward line on a few occasions, they were unable to penetrate the Thistles' half-back line, who took repeated intercept marks. Sam Maddern and Ty Ponting were serviceable in the midfield for the Swans, while young ruckman Max Salter had some good moments and looks to be a player to watch in the future. The only real point of interest in the last term was whether the Swans could find the big sticks and not have a goalless match - unfortunately for their shivering supporters, Scotch dominated possession and the scoring, managing 3.8 for the quarter, while holding the Swans scoreless. While it was a lop-sided scoreboard, the Swans lost no friends in their performance, battling hard until the final siren.

RESULTS: East Coast Swans 0.2 (2) defeated by Old Scotch 10.19 (79)

SWANS GOALS:

SWANS BEST: Haley, Maddern, J Blunt, A Mason, Ponting, Taylor-Evans



EAST COAST SWANS FOOTBALL CLUB**GAMES PLAYED 15TH JULY***Game reports by Nick Fysh***RESERVES VICTORIOUS IN MUST-WIN GAME**

The Swans Reserves finally prevailed by 100 points in a must-win game. Coach Ethan Crossingham was less than impressed with his team's first half performance, even though they led by 35 points at the long break. He saw his team put in a much more polished performance in the last half as they stormed home, kicking 8 goals to nil in the final quarter. Doust was an excellent player for the Swans, booting 3 goals, as did Crossingham, while captain Webb was the stand-out forward with 4 majors. As usual, ruckman Ben Arnold was a tower of strength for the Swans, even setting off for a few sprints into the forward line. His dominance enabled players such as Kearnes and Davern to dominate around the packs, giving good delivery to players further up the field. Crossingham set the target of a 100-point win at the last huddle, and would have been pleased that his team were able to reach that goal.

RESULTS: East Coast Swans 18.12 (120) defeated Meander 3.2 (20)
SWANS GOALS: Webb 4, Crossingham 3, Doust 3, Redman 2, Kearnes, Stocks, Short, Barfoot, Hill, Oakenfall
SWANS BEST: Arnold, Kearnes, Doust, Crossingham, Roberts, Davern, Webb

**CLOUDY FINISH FOR SUNS AS SWANS PREVAIL.**

In front of a large crowd, the East Coast Swans and Meander Suns played a highly entertaining match, with the Swans dominating the last quarter to run out 18-point winners. The Swans were caught on the hop in the first term as the Suns dominated the centre clearances and were able to hit the scoreboard with 4 majors. De Bomford was a worry for the Swans defence, while his captain, Will Stoltenberg, roamed the ground with his usual influence. On the flip side, Angus Tate, playing on the back flank for the home side, was terrific, consistently taking on his opponents and delivering the ball with his trademark piercing left-footers. At the first break, the Suns had opened up a substantial 19 point lead, denying the 'Bay' any time in their forward half. Young Swan Tully Watts majored for his team in the opening minutes of the second, but it was once again matched by the Suns through De Bomford. A long goal by Sam Child, playing his best game of the season, was soon negated by the visitors, who seemed to have more effective options in attack. Late goals by last-minute inclusion Michael Murfet and Riley Goulden narrowed the gap to a manageable 13 point margin at half time.

An old-fashioned spray by coach Kodie Joseph seemed to stir the Swans out of their sluggishness as they came out after the long break with far greater intent. After a mediocre first half by his lofty standards, Swans captain Marcus Haley, although hampered by a niggling shoulder injury, began to have a huge influence on play and he was rewarded with the first and only goal of the quarter. Small Swans Coby Evans and the consistent Sam Maddern found plenty of the ball as their team began to gradually wrest control from the plucky Suns. At the last break, the Suns still grasped a narrow 6-point lead, having only been able to add a behind to their half-time score. The ball spent the majority of the last quarter in the Swans' forward half as they began to attack relentlessly, any Suns forays into their forward line being effectively dealt with by a more confident Swans defence. It was a quarter to remember for tall Swans forward Jarrod Mason as he marked with consistency, kicking 2 great goals from sensational marks, putting his team on track for victory. A great snap for goal by Haley was the icing on the cake as the Swans eventually prevailed, having booted 5 goals to nil in the last half.

RESULTS: East Coast Swans 10.5 (65) defeated Meander 7.5 (47)
SWANS GOALS: J Mason 2, Murfet 2, Haley 2, Goulden, Child, Watts
SWANS BEST: Haley, J Mason, Goulden, Reid, Evans, Murfet, Tate, Maddern





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FISHING REPORT

By The Happy Hooker



Hi all,

The fishing news has been quiet to say the least.

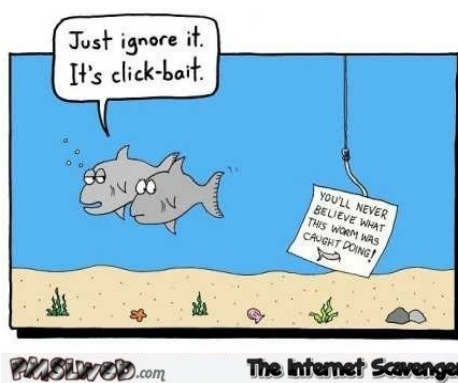
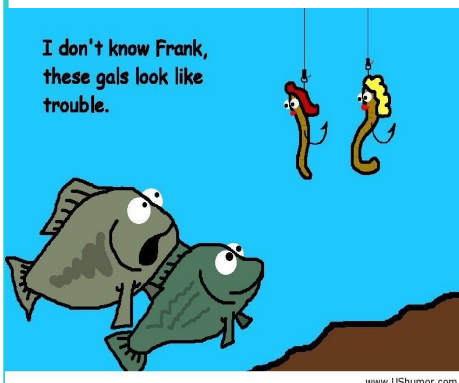
The trout season is quickly coming around and will open on Saturday 5th August. The South Esk River should fish OK early; with the river running a nice banker at the moment, there should be plenty of worms and food being flushed into the river. A social trip to St Helens on a calm afternoon resulting in the Bay being flat, it was noticeable that several flocks of birds were working out in the middle, feeding off the baitfish scraps from the schools of Salmon and Mackerel. On the trip past the main boat ramp, a crew of one boat were unloading a swordfish from their boat. I'm sure a great deal of effort went into that swordfish capture and there should have plenty of swordfish flesh to take home. The bream fishing in the Scamander River should be starting to improve, soft plastics and hard body lure would do the trick.

Fishing report: It's a bit hard to catch a fish when you spend a lot of your time this time of year sitting in front of the fire, but we did have a trip down to Four Mile Creek beach on a lovely winter's day on Sunday 25th June. Two days before, we had a day of rain and atrocious weather, and sometimes a couple days after such weather, the sea gets stirred up and I have found that the salmon seem to be hungry, and normally the fishing is quite good. We found a nice gutter on the southern side of the rocks in the middle of Four Mile Creek beach which looked like fish should be there. The sea still had a bit of a belly-ache, with some nice sets of waves. The tide was coming in, and at first a southerly sidewash current was causing some grief with the line wanting to wash around. As the tide slackened off, the side drift wasn't such a nuisance and the fish started to bite, and we ended up with around a dozen salmon for the couple hours we were there before the frosty air was starting to come down. The salmon were not fussy on what they wanted to eat. The set-up was a popping bug on top with two dropper hooks of squid as bait underneath. The popping bugs were ones we made up quite a while ago now, as sometime fishermen do when they have to improvise with things, and the popping bugs we made were out of a car seat cover I found and bought from 'Chickenfeed' back in the day. The car seat cover was made of small round wooden beads, and when I noticed it, I thought straight away they would make great popping bugs, so the car seat cover was destroyed and the beads were cut off and painted white, the loyal but grumpy old white Australorp rooster was caught again and was relieved of some tail feathers, much to his complaining, and then the process was to glue in a hook and tie in the feathers. The next step was to doctor them up a bit just to make you feel warm and fuzzy, paint some eyes on and a few blue, red or green dots with a permanent marker and they were good to go. It's quite interesting and satisfying when you catch a fish on one of your home-made inventions, then you also have an excuse when you don't catch anything that, "them useless home-made bugs don't catch".



Many salmon species breed in fresh water, but live in salt water.

Until next time, stay safe.



SCAMANDER RIVER GOLF CLUB



Wednesday 5th July - Stableford Jackpot

1st
2nd
3rd
4th

NO SCORES AVAILABLE

Nearest the Pin 6th:
8th:

Carter Award

Wednesday 12th July - Mid-week Competition

1st
2nd
3rd
4th
5th

NO SCORES AVAILABLE

Nearest the Pin 6th:
8th:

Longest Putt
Carter Award

Saturday 8th July - Scamander Beach Resort 2-Person

Ambrose

1st
2nd

COURSE CLOSED
NO GAME PLAYED

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

Carter Award
Longest Putt

Tuesday 11th July - Ladies' Stableford

1st	Jill Couch	34 points
2nd	Maryanne Ennis	32
3rd	Rose King	30
4th	Beth Haas	29
5th	Sarah Tatnell	26
6th	Margaret Thompson	25
7th	Kelly Thomas	17

Putting: Kelly Thomas

Upcoming games:

19th July	Midweek Competition
22nd July	Shell Scamander - Miss and Out
25th July	Ladies
26th July	Midweek Competition
29th July	CHECK DETAIL
1st August	Ladies

Saturday 15th July - St Helens Electrical Stableford

Great turn-out, it was a great day and the weather was good to us.

Men

1st	Brad Ennis	37
2nd	Dick Swanson	36 (on c/b)
3rd	David Paix	36
4th	Graham Little	33
5th	Darren Bramich	32
6th	Darrell Thurley	31
7th	Nigel Wallace	30
8th	Tony Swanson	30
9th	Brett Kellaway	29
10th	Rod Shaw	28

Ladies

1st	Rose King	33
2nd	Maryanne Ennis	32
3rd	Kellie Thomas	28
4th	Carolyn Stingel	16

Nearest the Pin 6th: David Paix
8th: Rod Shaw

Longest Putt on 9th:

Tuesday 18th July - Ladies' Stableford

1st	Beth Haas	28 points
2nd	Maryanne Ennis	26
3rd	Rhonda Hopkins	26
4th	Sarah Tatnell	26
5th	Lesley Kellaway	25
6th	Kelly Thomas	21

Longest Putt: Maryanne Ennis

MALAHIDE GOLF CLUB



Friday 7th July - 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

Friday 14th July - Chicken Run

1st	NO SCORES AVAILABLE	
2nd		
3rd		
Nearest the Pin	4th:	
	8th:	

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

Saturday 8th July - Red Marker Day

1st	COURSE CLOSED NO GAME PLAYED
2nd	
3rd	
4th	
5th	

Saturday 15th July - Single Stableford

1st	Ashely Stone	36 points (on c/b)
2nd	Grant Richardson	326
3rd	Randall Wadley	32
4th	John Vincent	29 (on c/b)
5th	DB Lowe	26

Nearest the Pin	4th:	Club
	8th:	Grant Richardson

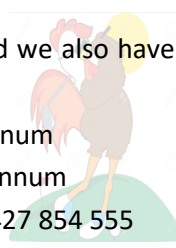
Nearest the Pin	4th:	Club
	8th:	Club



Upcoming Games:

22nd July	Club Championship - 1st round
29th July	Club Championship - 2nd round
5th August	Monthly Medal
12th August	Par

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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ST MARYS SPORTS CENTRE

By Volun Tier



Hello and welcome to another winter edition of the Sports Centre News. Finally the grass has stopped growing as fast, giving the course crew a bit of a break and time to repair and service some of our machinery. The only thing that seems to be growing this time of year is the moss in and around the course, requiring constant spraying and the odd corby grub or two that have endured the frosty mornings. Nice to see so many people about on the course, including our members and also the amount of visitors having a hit. This Tuesday will see a group from Quamby golf club travelling out to test their skills on the course, let's hope the weather is kind to them, as it has been a little breezy lately. Whilst on golf, we have finalised the date for our revamped Club Championship, to be held on Saturday 16th and Saturday 23rd September, open to any club member with a Golf Australia handicap, over 36 holes. Due to our numbers, it has been decided to split the playing group into two handicap sections, A and B grade, the cut-off point will be decided by our golf handicapper, Jason Gledhill, who will average out all players and come up with a magic number to see which section you will be playing in. This is the first time we have played the Championship since 2010, well done to all involved in getting our golf back off the ground again and generating the numbers so we can have these competitions. There are other events in the pipeline, including Highlanders v Lowlanders, Lefties v Righties, Night golf and many more, everyone enjoying the diversity in the competitions so far. Last weekend's scores are listed below. Also Bradley McDonald is on to some sponsorship for a three-person Ambrose event in mid-October called 'Family and Friends of the Centre Day', he has already gained over \$1,000 in prizes, well done to him, more details next issue.

Our Winter Warmers are still travelling well, thanks to our catering crew, with this fortnight's fare on the poster below, the roast lamb sounds fantastic! We have a major raffle going at present with the winner getting a gallon of Jameson's Whiskey, pictured right, and second prize a \$50.00 voucher to spend at the Centre, over \$450.00 worth of prizes, tickets \$10.00 each with only 1000 to be sold, so be quick as they are already selling fast. Get yours from Grant's garage or the Coach House Takeaway. The Bowls season is now well and truly in our sights, meetings happening at present to finalize rosters and everything else. Our Bowls Club Annual General Meeting will be later in August, which will be advertised at a later date. Our Club Annual General Meeting is this Sunday, 23rd July, at 1.00pm as advertised, hope to see a few members there.



Golf: Hidden 9 holes on 9th July: Keith Gillies gross 75 nett 59, hidden 9, 24 points. Macca gross 98 nett 73, 17 points, David Cannon gross 95 nett 67, 16 points, Nick Kringle gross 108 nett 81, 14 points, Mick Kringle gross 109 nett 82, 13 points and Bradley McDonald gross 108 nett 78, 11 points. Nearest the pin was Keith, and what a wonderful round he played, long time since we have seen scores of 39 and 36 for two rounds of golf, well done. This week, 15th July, a novelty 3-club event, as if golf isn't hard enough, winner was Nick Kringle nett 68, from Nick Child 69, Mick Kringle 72, David Cannon 73, Macca 74 and Rodney McGiveron 75, very close golf indeed, nearest the pin was Rodney. Next week is a single stroke/Stableford event commencing at 10.00am, with a great feed afterwards, cost \$10.00.

Come and join in the fun.

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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

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Printed and published by:

Fingal Valley Neighbourhood House Inc.
PO Box 322
Fingal Tasmania 7214



CROSSWORD ISSUE 11

Across: 1. Rugged, 7. Adelaide, 8. Pamper, 9. Idol, 10. Noon, 12. Sage, 14. Trim, 16. Girth, 18. Giver, 21. Ren, 24. Data, 26. Area, 27. Slot, 28. Tartan, 29. Windfall, 30. Energy.

Down: 1. Repast, 2. Gemini, 3. Daring, 4. Devour, 5. Tibia, 6. Verve, 11. Omega, 12. Share, 13. Gown, 15. Ruia, 17. Ire, 19. Vulgar, 20. Rattle, 22. Easter, 23. Dainty, 24. Drawl, 25. Trend.