

THE VALLEY AND EAST COAST VOICE

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EAST COAST LEGENDS RECOGNISED FOR THEIR VOLUNTEERING

As part of National Volunteer Week celebrations in May, Community Transport Services Tasmania acknowledged the service given to the community by St Helens resident Graeme Chandler, and Cheryl and Bill Hodgetts from Swansea. Graeme has provided 15 years' service, while Cheryl and Bill have given 10 years of transporting members of the community.

Graeme joined CTST in 2008 and knows first-hand the service that CTST provides the community. After a serious motorbike accident that put him out of the workforce, Graeme and his wife relied on CTST and taxis to get to rehabilitation. "At the time I was going through counselling, and it was recommended to me that I should volunteer in some area. My wife and I both realised how essential community transport was for us and I wanted to do something. I love it," Graeme said.

"We live in a small community ourselves and it's central to have access in a small community. Getting older people out is essential for their wellbeing too. Volunteering is good for my mental wellbeing. I would stay home otherwise. I need it as much for myself as the people I help. It makes me feel useful." Graeme regularly drives for CTST's group social outings program, 'Out and Abouts', which includes trips to locations such as Hobart, New Norfolk, and Launceston. Graeme also helps with personal transport, driving people to medical appointments, shopping, social events, and outings.

For Cheryl and Bill Hodgetts, who have each given 10 years of service to CTST, volunteering was a way to help older people in their community. "It's good talking to older people and helping them out, because a lot of people would be completely lost without the service," Cheryl said. "We thought by giving our time to CTST, that when we're too old to drive, there might be someone around who could drive us too."

Chief Executive Officer of CTST, Lyndon Stevenson, believes it is important to recognise the service volunteers have played in their community and the organisation.

"We are grateful to have Graeme, Bill and Cheryl volunteer with us and they have provided a great deal to keeping their community connected," Lyndon said. "They display all the characteristics we are looking for in being a volunteer – friendliness, commitment and a willingness to help their community stay connected. We thank them, and all our volunteers right around the state for the work they do. These awards are our way to reflect, acknowledge and thank them for their service."

(Article and photographs courtesy of CTST)



St Helens volunteer Graeme Chandler was recognized for 15 years of service.



Swansea couple Cheryl and Bill Hodgetts.

A VOICE for
RURAL & Regional
Tasmania

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Independent Member for Lyons



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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.

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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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To locate your nearest AED, go to:
www.dhhs.tas.gov.au/ambulance
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This site has a map locating all local AEDs

IN AN EMERGENCY, CALL 000

STAR FM ANNOUNCER CELEBRATES 20 YEARS ON AIR

David Barker, host of one of the longest-running blues shows in Australia, Dave's Blues Mix, is celebrating 20 years on air with Star FM.

Starting in July 2003, Dave is humble about his contribution to Star FM. Born in the UK, he dabbled as a DJ in Cornwall before migrating to Australia. Moving from Northern Territory to look after his Mum then staying on, he volunteered with a number of organizations, including Community Cars and St Helens Neighbourhood House, but it was Star FM that really caught his eye, starting in July 2003. "I really enjoyed working there, so I decided that this was where I wanted to be," he said.

Station Manager Blitz Greig says that Dave has been a tireless volunteer in nearly every department at Star FM. "He has sat on our committee in various positions for many, many years. He volunteers at all our fundraisers, fixes things around the studio, and helps us up in our remote broadcast transmission sites," he said.

He not only presents Dave's Blue Mix on Sunday afternoon, he also presents a rock show every Friday afternoon after 3.00pm.

When asked how he chose tracks to play, Dave explained that while in the early days he played each track manually, now he pre-programs the music, live commenting between the tracks. "Distributors from all over the world send material to radio stations to gain exposure for their artists. I listen to it, and do some research. I see part of my role is to educate the listeners and encourage them to add to their own library. I have done segments featuring 'Artist of the Week' and 'Album of the Week', and have occasionally played artists or tracks that listeners have requested."

David feels that there are many benefits to being a volunteer at a radio station. "You meet many people who usually have similar tastes, and there is the opportunity to meet artists. In my blues show a few years ago, a well-known artist from Launceston came in unexpectedly, and played live on air. That was fantastic - one of my best experiences at Star FM."

When asked how much longer he will be at Star FM, his reply was, "Until I get dragged out in a box!"

He added, "As with every other organization, we need more volunteers. Give it a try, think positive. If I can, anyone can. "We are like a happy family, we have lots of laughs, and I enjoy being part of it. It's the number 1 streamed radio station in Australia, with listeners from all over world."

Blitz summed up Dave's contribution, saying "Dave has been invaluable to Star FM."

If you are interested in volunteering with Star FM, contact the station: starfm@intas.net.au or call 6376 1306 and chat with



Safely in the arms of Jesus

We wish to inform the community of the passing of

Marie Joy Alexander

on Wednesday, the 26th of July 2023.

A Service of Thanks and Praise to God
will be held on
Saturday, 5th of August at 11 am in the Anglican
Church in St Marys.

Her children
Robert and Cheryl
and families

Would you like to volunteer?

Would you like to help out at your local community radio station ?

Star FM would love to hear from you....

We are looking for people who might want to volunteer some time to help us out here at Star FM

Perhaps you'd like to help out on air presenting your own show....or maybe behind the scenes is more your thing...

To find out more about how you can get involved in Star FM.....give Blitz a call at the station during business hours Or pop on in...and take a tour.

We offer full training...and at your own pace !!!

Give the station a call on 6376 1306 for more info



DAMNING INACTION: MINISTER ELLIS AND TASMANIAN GOVERNMENT FAIL TO PROTECT TASMANIAN TIMBER INDUSTRY.

The Tasmanian Timber Industry is facing a dire crisis while the ineptitude of Minister and the Tasmanian Government become increasingly apparent. Independent Member for Lyons, John Tucker MP, has sounded the alarm, highlighting the damaging actions of the Victorian Government and the lacklustre response from Tasmania.

Speaking about the crisis in a statement released last week, Mr Tucker said: "While we acknowledge and support the beneficial collaboration between Victorian and Tasmanian companies, which creates jobs and bolsters the local economy, we vehemently condemn the underhanded tactics being employed by Victorian companies, in collaboration with the Tasmanian government owned entity, Sustainable Timbers Tasmania. These companies, bolstered by close to one billion dollars paid to them by the Victorian government to stop logging their own forests, are wreaking havoc on Tasmanian contractors. Fuelled by the funds they have already secured, thanks to Dan Andrews and Victorian taxpayers, they are engaging in predatory pricing, undercutting Tasmanian businesses, and forcing them out of operation," Mr Tucker said.

"It is a well-known fact that Dan Andrews' mismanagement has already inflicted severe harm on the Victorian timber industry. Regrettably, it appears that the disastrous consequences of his decisions are now poised to impact Tasmania's timber industry as well; and what has the Rockliff minority government and Minister Ellis done to address this critical issue? Absolutely nothing. In fact, they are encouraging the demise of our forestry sector by allowing Victorian loggers to use our timber resources to maintain their businesses and profits. The inept response of Minister Ellis is not only disheartening but also a stark display of incompetence. While six precious weeks slipped away, from my first question in parliament on May 31 2023, until today, government inaction has afforded Victorian companies the time to undercut Tasmanian competitors and jeopardise an entire industry. Such a lackadaisical approach is unacceptable, especially considering the significant impact it has on the livelihoods of hard-working Tasmanians.

Mr Tucker continued, "Let us not forget that the forestry sector contributes a staggering \$1.2 billion to the Tasmanian economy. It is an industry that should be nurtured, protected, and supported with unwavering dedication. However, the current administration has failed to provide the necessary assurances and protections, even after Minister Ellis made his statement in parliament on May 31 2023, where he claimed to be committed to securing Tasmanian jobs and ensuring timber supply. Regrettably, these assurances have proven empty, and the industry has received no semblance of certainty since the disastrous decision made by the Victorian Government. It took an extended period of time for the Minister to acknowledge the gravity of his inaction. Only after it became glaringly obvious that his failures had consequences, has he recognised the situation. In correspondence to me, Minister Ellis reluctantly acknowledged: "Labor's decision to end native forestry in Victoria virtually overnight poses a significant challenge for Tasmania, even with our strong Buy Local Policy."

"One supplier succinctly summed up the situation, criticising Minister Ellis for awarding a contract to a mainland company, which severely diminished opportunities for Tasmanian companies and jeopardising countless jobs and the industry as a whole. The supplier highlighted the lack of transparency and flawed evaluation procedures in the tender process, raising legitimate concerns about the Minister's failure to uphold the Buy Local Policy. An almost identical situation is developing for Tasmanian sawmills that employ many Tasmanians in regional areas of the State. I have brought this to the attention of Minister Ellis and the Premier and the response has been appallingly inefficient. It appears as if STT is pulling the strings and Minister Ellis is their puppet. I will not stand by and see Minister Ellis and STT destroy Tasmanian businesses and jobs."

"Minister Ellis' inaction and contradictory statements are at odds with his media release from December 2022, where he lauded the Tasmanian Liberal Government as the biggest supporter of the sustainable timber industry. He highlighted the industry's profitability, job creation, and its vital role in building a sustainable future for Tasmania. However, the Minister's recent actions contradict his previous claims, exposing a lack of consistency and any genuine commitment to the industry."

"The Tasmanian Government must immediately overturn the recently completed tender, address the flaws in the tender process and void any existing contracts that do not adhere to the Buy Local Policy. Furthermore, mainland companies must be subject to a per tonne royalty on every shipment of Tasmanian timber, similar to the mining industry, to ensure fair competition and protect the interests of local businesses. Rumours are circulating that the Premier is contemplating a cabinet reshuffle. Given the incompetence displayed by Minister Ellis, and the utter disregard shown for the forestry industry, it is not difficult to understand why he is considering a reshuffle.

"The time for empty promises and ineffective policies is over. The timber industry is not just about economics; it is about the livelihoods and well-being of countless Tasmanian families. It is time for Minister Ellis and the Tasmanian Government to set aside political divisions and truly work together to safeguard the future of this vital industry," Mr Tucker concluded.

SUPPORT FOR TASSIE FORESTRY JOBS IS ROCK SOLID

The Rockliff Liberal Government's support for Tasmanian forestry and forestry workers has been rock solid and will continue. In a press release dated 12th July, Minister for Resources, Felix Ellis, said we have always been clear that Tassie timber should support Tassie jobs. "We are very concerned about the fallout from Victorian Labor's catastrophic decision to shut their native forestry sector down, and the Government is seeking urgent advice on how we can best support Tasmanian forestry in the wake of this industry shock," Minister Ellis said.

"I have raised the recent tender directly with Sustainable Timber Tasmania's Board and they are undertaking a review of the tender process. Importantly, the tender is on hold and no further harvest and transport tenders will be released until their Board has considered these urgent matters."

"Our Government's Buy Local Policy is 25 per cent for government agencies. I'm advised that STT applies a Buy Local weight of 5 per cent to participating Tasmanian tenderers across all harvest and transport contracts. I have asked STT to see what more can be done to ensure Tassie jobs are supported. This is the fifth open tender STT has undertaken in 2022-23, and the previous four of these tenders have gone to local companies," he continued.

"To be very clear, there is no change in sawlogs being supplied to Tasmanian processors from our public forests. STT's wood supply contracts with major Tasmanian customers are in place until 2027. Our focus has always been on growing the Tasmanian timber industry. This is why jobs, investment and confidence in the sector are all up under a Liberal Government. We have no intent of seeing this change," Minister Ellis noted.

Commenting further on 18th July, Mr Ellis also said that reports that the Federal Labor Government's new national environment standards may seek to end sustainable native forestry once again proves you can't trust Labor with forestry. He slammed Tasmanian Labor for their silence on native forestry and reaffirmed the Rockliff Liberal Government's support for this important sector. "Tasmanian Labor's response to Dan Andrews' ideological decision to slam the door shut on native forestry in Victoria was silence, as was the response to WA Labor's shock decision to end native forestry," Minister Ellis said.

"Their response to reports that rank-and-file Labor members are pressuring the Federal Labor Government to end native forestry was, again, silence, and it's simply not good enough. I'm calling on State Labor to come out today and stand with us and the industry against ending native forestry."

Minister Ellis added that Labor was clearly deeply divided on support for Tasmania's sustainable native forestry sector. "Forestry is a sustainable and renewable industry. It provides the timber we need to build our homes, fibre to help bring about a plastic-free future and sequesters carbon. Unfortunately, Tasmanians know that the biggest risk to forestry, which is worth \$1.2 billion annually to the economy of this State, is Labor and the Greens.

"When will Tasmanian Labor stand up to their Federal Labor colleagues and defend Tasmanian forestry?" he concluded.



VIETNAM VETERANS

VIETNAM VETERANS DAY 2023.

This year will mark the 50th anniversary of the end of Australia's involvement in the Vietnam War.

VIETNAM VETERANS DAY will be commemorated on Friday 18th of August. If you wish to participate in the march, form-up is at 10.45am at Hillies IGA, Cecilia Street St Helens.

The service will commence at 11.00am at the Vietnam Veterans Memorial site at the Cenotaph. You are invited to lay a wreath for the fallen during our Remembrance Service.

If the weather is inclement, the Service will be held in the Portland Hall adjacent to the Cenotaph.

For further details please contact President Gary Graham on 0409 178 060.

There's still time to protect yourself against winter illness



✓ Prepare

Common winter viruses are circulating. But it's not too late to get your **annual flu vaccine** or **2023 COVID-19 booster** to protect yourself from severe illness.

An **annual flu vaccine** is free for young children, pregnant women, people with chronic conditions, those over 65 years, and Aboriginal and Torres Strait Islander people.

COVID-19 vaccines are free for everyone. All adults should get their **2023 COVID-19 booster** if it's been 6 months since their last vaccine or infection.

✓ Plan

If you are at risk of becoming seriously unwell, make a plan with your GP for access to testing and antiviral medication.

✓ Protect

Remember to keep doing simple things to protect yourself and others - stay home if you're unwell, regularly wash your hands and cover coughs and sneezes.

Find out more at health.tas.gov.au/winter-wellness



Remote support in the home for people who have COVID-19 and vulnerable people, including children, with other respiratory illnesses. Find out more or enrol today: www.health.tas.gov.au/covidathomeplus or call 1800 973 363.

COVID@homeplus



RAINBOWS AND RADISHES

By Bloomin' Iris



Hi to all that are having a go at winter gardening, it has been cold and windy here in the Valley and along the coast, but still there are a few things that survive and thrive.

My snow-drops and jonquils are flowering, and winter roses are looking resplendent, so we know we are nearing winter's end. Its lovely to see the flowers, but we must get the garden beds ready for spring and attend to our winter veges.

Keep fertilising your winter veg with a weak mixture of fertiliser and 'Seasol' for plant growth and cell strength.

My spinach, kale and herbs are starting to look good; I have not grown a lot this year as circumstances did not permit a large- sized garden, however what little I have is coming on well. I only harvested 5 pumpkins this year, but they were a beautiful colour and flavour and had no added chemicals. Nothing like fresh veg from your garden, the flavour is unequalled!

Plant asparagus crowns, shallots, potato onions, garlic cloves, salad and spring onions, chives, garlic chives, and Jerusalem artichokes - grow these where you don't mind them spreading, and watch them carefully as they can take over your garden.

Time also to separate the rhubarb crowns and re-plant, and to go through any of your old seeds and plant them in a disused bed till they are a reasonable height, chop them down and dig them in as wonderful green manure. Also, grow mustard seed as a fumigant to your soil, it's known to reduce fungus in your soil, and nematode populations when cut down and incorporated into the garden bed.

Always consider growing flowers among your vegetables, they can attract beneficial insects to your garden. The best flowers for deterring pests are marigolds, sage, lavender, borage, and catmint. Marigolds are probably the most common of those plants. They also help to repel nematodes; this in turn aids our crops of fruiting veg, tomatoes, peppers, squash etc. The colour of all these beautiful flowering plants among the veges is an extra bonus.

I hope you have all had your coats on and had a good look at the garden and are planning with anticipation for your spring crop plantings - I know I am!

Till next time, don't forget your lettuce plants - and those yummy radishes!



Hellebores are also known as Winter Roses.



Marigolds are excellent companion flowers for the vegetable garden.

LYMPHOEDEMA CLINIC CONTINUES AT ST MARYS

The Tasmanian Lymphoedema and Laser Therapy Centre is pleased to announce that we have secured a long term agreement with the Tasmania Health Service to have ongoing access to rooms at the St Marys Community Health Centre. Our therapists will be providing ongoing support and treatment for people from across Tasmania. Services include:

- Low Level Laser Therapy for Lymphoedema— laser light penetrates tissue and is absorbed by cells where it is converted to energy and has many benefits for cellular metabolism and healing
- Manual Lymphatic Drainage Massage – Massage Therapy for Lymphoedema
- Low Level Laser Therapy for Musculoskeletal Injuries and Physical Rehabilitation
- Therapeutic/Remedial Style Massage
- Bowen Therapy for soft tissue and ligament release and body re-alignment

We would like to thank the THS and SMCHC team for their assistance through the negotiations.

We are also pleased to announce that Professor Neil Piller, Flinders University (Lymphologist and Director of the Lymphoedema Clinical Research Unit) will be visiting again in November 2023. Please contact our team directly to book a session during his visit. Email us at: lymphoedemas@gmail.com or visit our website: www.lymphoedemas.org

 Tasmanian Lymphoedema and Laser Therapy Centre Inc.





EAST COAST

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The Say by the “Cage Rattler”

The time has possibly come, people ... I have periodically written a few lines via Cage Rattler about us, The Forgotten People, in a bunch of different ways, but thanks to St Marys Notice Board on Facebook of late, my spirits have been raised in one area of the way we rural and remote folk choose to live, and that is eco-tourism opportunities. What re-inspired me is the overwhelming sentiments expressed by many of you that kindly responded and added ideas and thoughts on this subject. Thank you all.

The crux of the matter is this. The Fingal Valley is a very rich area in regard to natural beauty and assets, not least with climbing, hiking and bushwalking. Much more than that too, of course. We have settlement, agricultural and special-interest components to us that define us and so much more. Unfortunately, this has undoubtedly been left untapped and under- utilized until now. Many responses in Notice Board said that; it's absolutely true.

Over the recent years, especially as we continue to fight for vital health and other services, we also watch traffic pass through on the way to Bay of Fires, Freycinet and other wonderful places like that. I have often wondered why this needs to be accepted as a given. Why can't we have a slice of the ever-important eco-tourism pie? Just imagine if we could have the Valley towns be not only a pass-through point, but also as a destination. God knows we deserve it.

These few locations are just some that in recent days I have tried to get information on, so please don't think they are the only sites of interest for me; very, very far from it, but they are a prime example of what I'm referring to. I reckon there would be at the very least half a dozen more unique places in the valley that could be included, just in regard to natural attractions.

South Sister Lookout and maybe later North Sister also, and St Patricks Head. These can easily be accessed (well sort of) from St Marys township, but they all also lack the necessary infrastructure to make them as safe and widely accessible that they could be. Comments particularly for St Patricks Head suggest that quite a few visitors do climb it, which is great. That in itself is encouraging, but at the same time given it's not really advertised as it could be. It's sad that it's not as much a 'must do' thing to do as so many other Tasmanian places when it provides the excitement it does. I truly believe it needs closer attention, a restorative and safety aspect improvement schedule we all know about, and way, way more signage and promotion. I know there are accessibility problems with private land as a factor here and there, so it won't be straight-forward, but I'm sure there are ways and means of tackling that....never say never!

South Sister and North Sister are the same; wow, is it ever amazing up there. Knocks your socks off actually at nearly 2800 feet (831) metres. Once again, guaranteed accessibility can be hit-and-miss unless you have four-wheel drive, with spasmodic condition of the road to the car park, if it can be called that. Just a few short months ago, a friend took his adult son up, and they gave up driving and had to hike a long way to get to the track commencement point. This would of course restrict others just a little less fit and able. The track itself is still okay, but many suggest there could be a few additional safety measures that wouldn't cost a fortune to make it top notch. It bemuses me a bit that it's listed as a 'lookout' but it's currently not that easy to get there, special place like St Patricks Head though for certain. So many other wonderful trails that many don't know about, many not sign-posted or have become overgrown. Others have access to the site, problems being surrounded or hindered by private holdings, but one day perhaps not.... Then there is a rich coal, tin and gold mining history that could potentially be incorporated. Maybe lots of fascinating Indigenous cultural history and early European history and even some adventure possibilities; the Valley may well be a treasure-trove for all.

So, where am I heading here? I spent two hours last Wednesday afternoon after work getting contact info (or trying to) from Break O'Day Council - the lady was very kind and helpful, by the way - Department of Premier and Cabinet, National Parks and Wildlife and Telstra. From all but the latter (Telstra) I got some useful but basic information. With Telstra at the moment I'm getting not far. As it happens, this is one agency, particularly with South Sister in mind, that getting info from is vital. I'll keep trying....

How many, if any, fellow Fingal Valley people would be willing to meet up in the not-too-distant future to have some informal discussions about making progress with a long-term view in making our valley a Valley of Adventure, Fabulous Fingal Valley or Valley Experience, or something similar. It will need general support, and will also need a dedicated core group with ingenuity and vision, and maybe business acumen, and support from the key inter-government agencies, of course.

I'm pretty sure that if I ask nicely, I have occasional access to a very central local venue for a get-together or two of those keen to form a working group. All I need to try and take this further is you.... Please feel free to ring me on 0428 114 999 or email me at rodneymcgiveron@bigpond.com in the next few weeks, and we'll see what happens.

Wouldn't it be great that one of these days, the Fingal Valley, here slightly inland on the upper East Coast of Tasmania, will be as well-known as Bay of Fires, Freycinet, Cradle Mountain/Lake St Clair, South West Wilderness, Tasman Peninsula, Leven Canyon etc etc, for a place to visit, not just drive through and, heaven forbid, employ a few more people facilitating some of the things to do? We can dream.....

Truly, what do you think?

NICK HAY REGIONAL SALES



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

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

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

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

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

the hay is selling, are you?

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COUNCIL AREA

Shared services

COUNCIL AREA

The future of local government review

Future of Local Government Review Community feedback hearings are on soon.

Community hearings for the **Future of Local Government Review** are fast approaching. Nine public hearings are scheduled to be held this August, where both councils and community members will be presenting the Local Government Board with their ideas for the future of local government in Tasmania.

Community sessions will be held at the following location:

- **North-East · Scottsdale Mechanics Institute Hall, 11 King St, Scottsdale · Monday 14 August 2023**

Council sessions will also be held on these days, which community members can also register to attend.

Hearings will be livestreamed where possible. If you wish to attend a hearing, you must register your interest prior.

To find out more about the hearings and to register, visit engage.futurelocal.tas.gov.au/community-hearing-registration



Practising Joy

In the pursuit of happiness, we often find ourselves fixated on eliminating the negative thoughts and experiences we have in our lives. We cut out junk food, and make efforts to break unhelpful habits. We learn to set boundaries and protect ourselves from toxic people or unpleasant situations. We fight off our anxieties and look for ways to reduce our stress. We go into therapy to understand ourselves, and make strides in recovering from years of trauma or abuse. It can seem like we've done everything to 'feel better', but sometimes we find ourselves still feeling stuck.

For many of us, there's been an attempt to remove all of the adverse thoughts and maladaptive behaviours because we believe that if we can just get rid of or reduce the problem, then what will be left is peace, happiness, and positivity. From a biological perspective, it makes sense why we tend to think this way. As a species, we focus way more on what's wrong than we do on what's 'right' in front of us.

This is because the human brain has evolved to have a fairly strong negativity bias. In order to survive, we had to pay more attention to negative experiences, thoughts, and emotions compared to positive ones. We had to remember which berries were poisonous and where the wolves hunted for their prey. We had to be quick in recognizing potential threats and pay attention to signs of danger around us. It's better to be safe than to be sorry, after all, and this bias served as an essential survival mechanism for those that came before us.

Not only do we remember negative events and emotions more strongly (based on a perception of potential threat), we learn more quickly from our mistakes than from what we got right. Learning best by trial and error as a 'feature' of human development has made us into the world's best problem solvers. And while it's essential to address challenges and hardships, unfortunately, focusing on what's wrong all the time doesn't bring us peace. It often just keeps us in a state of hypervigilance and discontent. After all, we are not designed to be happy - we are designed to stay alive.

So there's no doubt, a lot of internal work has been done - a lack of progress is not for lack of trying. But, perhaps finding pleasure in life has nothing to do with finally being able to eliminate all of our problems or all of the 'bad'. I think maybe it has more to do with intentionally noticing the good. The truth is, if we want to overcome the negativity bias of the brain, we need to stop and smell the roses.

'Practising joy' can be a really foreign concept if you've never done it before, but starting small is good. Basking in the warmth of a heated blanket at night, watching cats do zoomies or dogs chase their tail, stopping during a walk to watch a bee dance on a brightly coloured flower, breathing in the aroma of a freshly made cup of coffee or tea. Anytime something makes you smile or sigh with content - take it in for a few moments longer. Allow yourself to be fully present, and savour it.

When we shift our attention to joy, we become more attuned to the positive aspects of our lives. This expanded awareness allows us to notice and appreciate simple pleasures that may have gone unnoticed before, and by actively seeking them out and taking time to fully experience them, it cultivates gratitude, which is associated with feelings of happiness and contentment. Those feelings won't last forever, and they're not meant to, but the meaning we derive from them will remain.

We are undeniably shaped by the sum of our experiences, good and bad, but by being intentional, we can create a reservoir of uplifting moments, playful encounters, and meaningful connections that act as a counterbalance to our biological inclinations. We'll never be able to get rid of all of our problems - it's an insurmountable goal, but by cultivating mindfulness and practising joy, we can find solace, inspiration, and the strength to navigate the trickiness in life that comes with being human.



Written by Hollie Lightsey @ CCSTAS. Hollie sees clients (adults, adolescents, and children) for individual counselling in the Break O'Day area and Bicheno. Bookings and more information via www.ccstas.com.au.

Mind Matters is a regular submission focused mainly on topics relating to mental health, well-being, and personal development. I hope that it will challenge your perspectives, inspire compassion towards yourself and others, and help you navigate this crazy thing called 'life' with a bit more intention. Comments and feedback on *Mind Matters'* submissions are most welcome.

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STAR FM Program Guide		Mon	Tue	Wed	Thu	Fri	Sat	Sun
		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
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 The Tone	with The Tone	
Evening	Monday Evening with Star FM	Neville's Country Corner and more with Neville	That 70's Show with Star FM	Thursday Nights with Star FM	The Party Pit with with Star FM	Let Loose with Star FM	Big Daddy Davo's Blues Mix hosted by Dave	






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Policemans Point, Saturday 5 August
 Walking 13 km to the Gardens (bus from St Helens)

Deep Creek, Friday 18 August
 A 12 km walk along the coast between Stumpys Bay and Deep Creek. (meet at Deep Creek)

Eddystone Point, Saturday 19
 Two options - 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.

Free buses at St Helens will get you there and back if you need transport (except 18 Aug.). These are all-day walks over soft sand and rocks and the weather may be challenging so you need to be fit and able. Pack your lunch, water, appropriate walking boots, warm clothing and wind/rain protection. Along the way we'll work to remove the beach weed 'sea spurge' and marine litter.

See the [Iarapuna Community Weekend 2023 webpage at Eventbrite.com.au](https://www.eventbrite.com.au) for all the details and to book places on the walks. Booking is essential and you must also be registered as a [volunteer with the Tasmania Parks and Wildlife Service](#).













Part of National Science Week 2023 and supported by Inspiring Australia

OVERVIEW OF COMMUNITY CONSULTATION RE THE PROPOSED COUNCIL BOUNDARY ADJUSTMENTS

The Break O'Day Council engaged Sheridan van Asch, from Four Mile Creek, to have conversations with our community about the possible Council Boundary adjustments (amalgamations). We had a chat with Sheridan about what she discovered.

"I would like to thank everyone who made the effort to come and join in on the conversations. It was a fantastic way to meet and hear from the people that live and work in our Valley."

"I learnt that the Break O Day Council municipality is made up of a number of unique communities - with people who are very passionate about where they live and how important their community is to them and their neighbours. The conversations allowed people to share their ideas about what makes a good council and the challenges faced by our communities."

"I learnt that tourism in our bigger community is more than just the coast - surf, sand and beaches. I discovered that Mathinna has amazing waterfalls, great bushwalking areas and holds a fabulous Country Music Festival that brings people from all over Australia and overseas - something worth supporting given the economic benefits.

"I also learnt that our residents are concerned that we need ideas and strategies implemented that will create jobs and facilities that will keep younger people in our community. Create access to housing that will attract young families to our community, fix the "small" items eg footpaths where there aren't any and put greater pressure on our State Government to seriously fix our roads - the Esk Highway and St Marys Pass. The community believes that our Council is best positioned to drive these activities."

Once again I wish to thank all of those community members who shared their thoughts, ideas and their reasons for living in the Break O Day community, it was a special opportunity to meet the people that make up our community."

The aim of this community consultation was so that Council could share with the Future of Local Government Board what our community thought about the Board's amalgamation scenarios, as well as show where our community connections are.

The community consultation undertaken by Sheridan will be provided to Council, who will submit it to the Future of Local Government Board along with Council's submission. This information will be made public on the Council's website under 'My Council/Future of Local Government Review'.




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

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Authored by Brian Mitchell MP (ALP, Tasmania)
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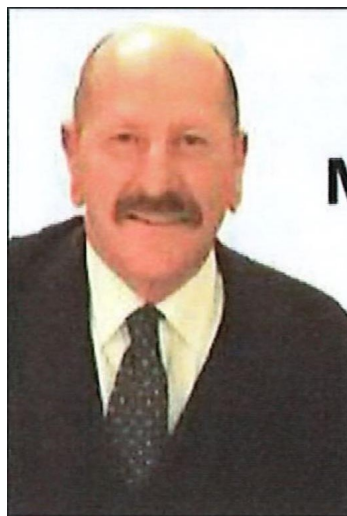
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Alex lives locally in Bicheno and is available to assist clients with all legal matters. Appointments are by arrangement in Swansea, Bicheno, St Marys and St Helens. With nearly 15 years' experience working as a Barrister & Solicitor in Tasmania and Western Australia, Alex is your local lawyer on the East Coast of Tasmania.



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IN THE KITCHEN WITH KIRSTEN



RAISE THE BRAISE

It's getting to that time of the year where warm winter braises are definitely good for the body and soul. If you don't have a Dutch oven, you can accomplish the same result in a large frying pan with a tightly fitting lid or even in your slow cooker. It's always better to use fresh herbs as the flavour is far superior but if unavailable, instead of 1 tablespoon fresh herbs, use 1 teaspoon dried. Rub the herbs between your fingers before adding to the pot to unleash more flavor. Use whatever root veggies you have in any combination you'd like.

Chuck Steak With Braised Vegetables

Ingredients

1.2kg beef chuck steak	1 cup diced carrots	1 cup diced celery	1 large onion, diced
2 teaspoon fresh rosemary, chopped	1 tbsp. coconut oil or ghee	¼ cup ghee	
Sea salt and freshly ground black pepper to taste			

Method

Preheat your oven to 170 C. Season the chuck to taste with sea salt and black pepper.

On the stovetop, warm 1 tablespoon coconut oil in a Dutch oven (or a casserole pan) over a high heat, and brown the beef on all sides. Remove the chuck steak, then add all the remaining ingredients to the Dutch oven and reduce the heat to medium-low. Cook the vegetables for about 5 minutes, stirring frequently. Return the beef to the pot. Cover and roast in the oven for 2 hours or until the beef is fork tender. Let the beef rest and serve with the braised vegetables.



Braised Root Vegetable Hot Pot

Ingredients

1–2 tablespoons ghee or coconut oil	2 large carrots	2 large parsnips	1 onion, sliced
1 small celery root (celeriac) or 1 small swede, peeled		2-3 cloves garlic, minced	
1 tablespoon chopped fresh rosemary	1 teaspoon chopped fresh thyme	1 teaspoon chopped fresh sage	
2 cups chicken broth	½ cinnamon stick	Sea salt and black pepper, to taste	

Method

If desired, peel the carrots and parsnips, but I find a good wash is often enough. Cut in half lengthwise and then into 1 cm thick pieces. Peel the celery root or swede and cut into similar-sized pieces to the carrot and parsnip. If you make the pieces too thin, you'll end up with a pot of mush, so be careful not to cut too small.

In a large, heavy bottomed pot (eg a Dutch oven), heat the ghee or coconut oil over medium-high heat. Toss in the carrots, parsnips, celery root or swede and onion. Allow the veggies to caramelize and slightly brown, though not burn. Stir enough so you get good color on many of the pieces.

Add the garlic, rosemary, thyme, sage and chicken broth and cinnamon stick. Allow the liquid to come to a boil, then reduce the heat to low. Cover the pot. And allow the veggies to cook until just fork-tender, about 20 minutes.

Uncover the pot. Turn the heat to high and allow the braising liquid to reduce down until it's a slightly thickened sauce. Don't let it go too long or walk away because this can very quickly start to burn the bottom of the veggies.

Adjust seasoning with salt and pepper, and serve.



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

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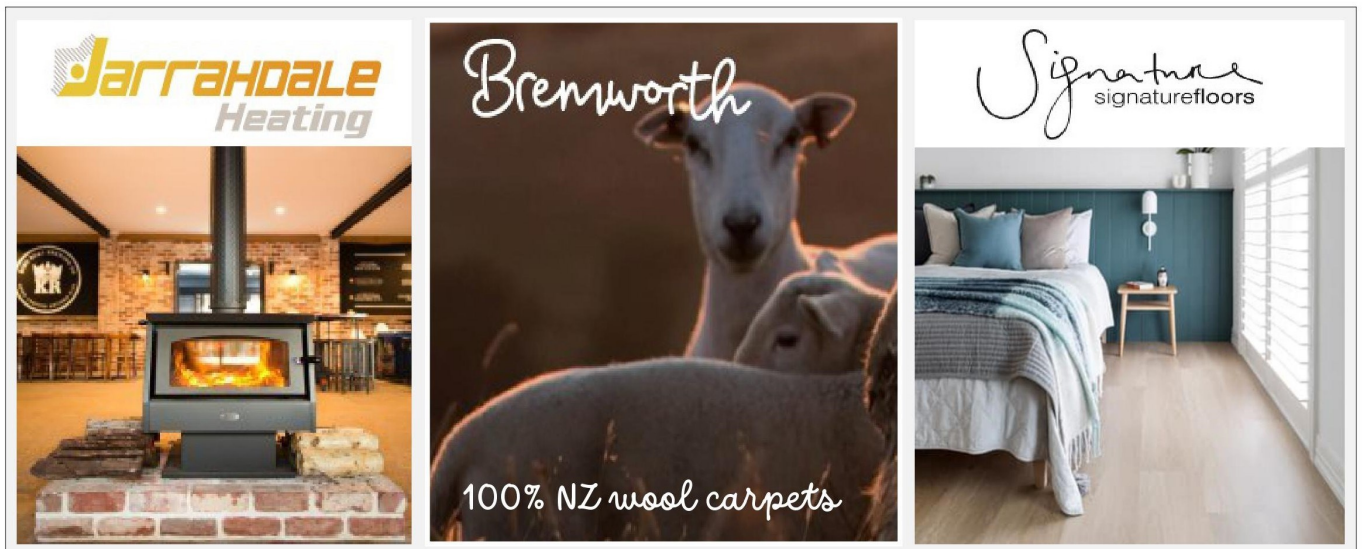




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U GOTTA GO, U GOTTA GO TO GAZZMANS

FINGAL FOCUS

Contributed by Mike Brouder

Sometimes I try being normal, but it gets so boring....

In ancient Greece, Socrates was widely praised for his wisdom. One day, an acquaintance ran up to him excitedly with some gossip he had heard about Diogenes. "Before you tell me, I want you to pass a little test, said Socrates. "It's called the triple filter test."

"Triple filter?" the friend asked. "That's right. The first filter is truth. Have you made sure that what you are going to tell me is true?" said Socrates. "Well no, I just heard about it." "All right," said Socrates, "let's try the second filter, the filter of goodness. Is what you are going to tell me about Diogenes something good?" "Well no, on the contrary...." "So you want to tell me something which may be bad, even if you don't know if it's true?" The friend shrugged, a little embarrassed. Socrates continued on, "There's a third filter of usefulness. Is what you want to tell me of benefit to me?" "No, not really," replied the friend. "If what you want to tell me is not true, not good, and of no benefit, why tell me?" The man was ashamed. That was how Socrates never found out that Diogenes was sleeping with his wife....

"My wife is a liar," a man confided to his friend. "How do you know that?" "She didn't come home last night and when I asked her where she'd been, she told me that she had spent the night with her sister, Gloria." "So?" his friend asked. "She's a liar. I spent the night with her sister, Gloria!"

What is red and invisible? No tomatoes.

I was adding up the number of places I have lived since I came into existence - not counting the hospital where I was born, it adds up to twenty. The list starts in London pre-war. "My" first house I cannot remember, except it was near a park called 'Downside'. I enjoyed the park, as did everyone in the family. Then we moved to a house in an area called 'The Roundway', apparently in reference to an old Roman road nearby called much the same thing, only in Latin, of course. That house was very badly damaged by an aerial bomb - a bomb on a parachute, set to explode above ground, inflicting the most damage to buildings and, by inference, to people also.

Next is the move to Lymington Avenue, a house handy to the major shopping centre of Wood Green. Handy also to transport, bus and the underground or 'tube'. There was also a big shop called the "Co-op", which was part of a co-operative society for cheaper foodstuffs. That was important, as mum joined the co-op and bought a lot of shopping there at some discount. I remember that she bought a huge Christmas turkey weighing 22 pounds (about 10 kilos). It was heavy...and I had to carry it home. One of the houses in Lymington Avenue had a direct hit during an air-raid. Two of my friends, brother and sister, were killed. Soon after that, we moved to Barratt Avenue, which was near to both St Pauls School and St Pauls Church, our parish church. It was also near to shopping and transport. Two of my sisters and I were evacuated to our uncle's farm in Ireland during the Blitz. We lived there for quite a while until Mum and Dad decided it was safe to come home. I have very fond memories of my time in Ireland. I also went to school there for a time, I have good memories of the school too.

Very close to Barratt Avenue was an area known as the 'Common'. This was an area set aside for everyone to use for recreation. Part of it was set aside for vegetable allotments to supplement the fairly strict rationing. Dad got one and he grew some really good vegies. We spent the rest of the war and part of the post-war in Barratt Avenue until we moved out to come to Australia. A brave move; Dad was in his sixties when we arrived in Australia. That's five. The rest of my life has been spent in Australia, Tasmania in particular, where I finished my schooling, got a job, got married, was naturalised as an Australian citizen, and have a family with grandchildren and some great-grand children. In fact, the vast majority of my life has been lived in Australia.....76 years of it, to date. I barrack for Australia in any sport...any sport!! So I think that must mean something.

Two mates were talking in the pub. One said to the other, "You know, no matter what type of girl I bring home, my mother disapproves and hates her." "Tell you what," said his mate, "find a girl who is just like your mother in looks and personality. She can't hate her then." A couple of weeks later they met again. "Did you find a girl like your Mum?" asked the friend.

"Yes, it was uncanny. She looked and dressed like her." "So, what happened?" "Oh, when I got her home, my Dad hated her!"

A customer was bothering a waiter in a restaurant. First he asked for the air-conditioning to be turned up because he was too cold, and then he asked for the air-conditioning to be turned down because he was too hot. This went on for about a half-hour. Surprisingly, the waiter was very patient. He walked back and forth and never got angry. Finally, a second customer said, "Why don't you ask him to leave. He's a real pain." "Oh, it doesn't worry me.. We don't even have an air conditioner!"

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

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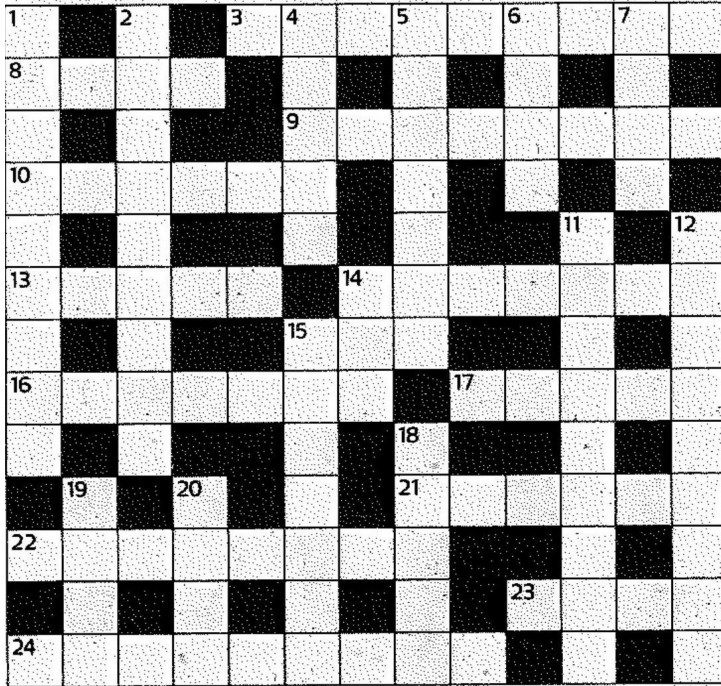
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- | ACROSS | DOWN |
|-------------------------------------|---|
| 3. Memorabilia album (9) | 1. Type of dwelling (9) |
| 8. Bombard (4) | 2. Bird in <i>The Ancient Mariner</i> (9) |
| 9. Rickety (8) | 4. Calculate (5) |
| 10. Justification (6) | 5. Storm (7) |
| 13. TV detective, Inspector ___ (5) | 6. Boast (4) |
| 14. Imperfection (7) | 7. Painting medium (4) |
| 15. Baby's bed (3) | 11. Sad (9) |
| 16. Small bouquet (7) | 12. Sparkling wine (9) |
| 17. Pale yellow (5) | 14. Youngster (3) |
| 21. Quebec's country (6) | 15. Kirk or Mainwaring? (7) |
| 22. Soak (8) | 18. Spectacle (5) |
| 23. Highland grouping (4) | 19. Sallow (4) |
| 24. Workforce (9) | 20. Commotion (4) |

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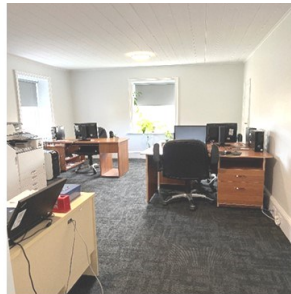
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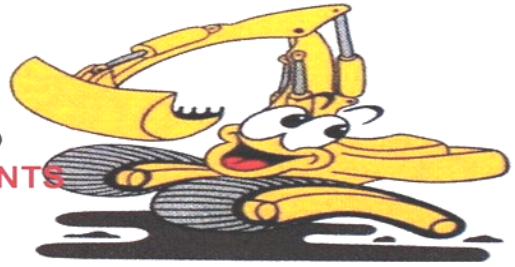
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IN OUR SCAMANDER GARDEN

It has been a time of pruning and, my word, Steve has given a short back and sides to many a fruit tree. Now he can drive the ride-on mower through the paddock with more agility. With an abundance of pink buds on a camellia shrub, "off with its head", he said. Well, rather he told me after the fact. "Sweetheart, you may not be happy but..." Sweetheart was unhappy, but he assured me they will grow back abundantly. Waiting until after they finish flowering is my hint of the week. We got the fire going and did a little burning-off when the weather was safe for such antics. We have more to scrape and rake as we want it as bushfire safe as we can make it. We are cautiously walking through gumtrees when it is windy. A bough can just drop, making you a widow, he explains. We decided it was not a pleasant walk because of the whipping blast of wind and so we took the short-cut through the Chinese garden and back inside to the warmth. Many trees are bare, their leaves blown to Launceston, no doubt.



In another corner of the garden, the citrus are fattening up and looking forward to donating to my marmalade effort. Lemons and oranges look so pretty and there are flowers on the almond tree in July. They look pretty, but the daffodils, not to be outdone, strut their necks through the soil and peek and wave madly, longing for attention; not that they want anything in return. The variety of ranunculi are showing off their colours, too.



We have picked the rest of the old pea and bean stalks from their wire trellis and weeded and planted more peas with new soil. The radishes are starting to look stronger and getting fatter at last, though they don't take long, and it is a good crop for children to start off. You can pull them out, give them a quick wash and pop them straight into your mouth, crunch, crunch, crunch. The chooks, having been the beneficiaries of many a pulled weed of late, are strutting around laying eggs for our breakfast. Next time I clean their cage, the chicken manure will be kept awhile and then thrown around the lemon tree.

I'll add some pictures, and catch you next time,

Peg

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(Information supplied by St Marys Community Health Centre)

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		<p>Fingal Valley Neighbourhood House (03) 6374 2344 admin@fvnh.org.au</p>
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FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



BUSHRANGERS PART 1

'Bushranger' the name was given to bands of desperate runaway convicts who roamed the island as early as February 1808, 5 years after the first establishment of Van Diemen's Land. It rose out of dire necessity, fostered and perpetuated as retaliation by the convicts who fled from their oppressors. Nothing was grown from the earth worth mentioning and seeking food in the bush was a necessity. Military officers therefore detailed some convicts to roam the wilds of Tasmania capturing animals such as kangaroo and wallabies. The convicts were unrestricted and made long journeys to hunt game, and they became accustomed to a solitary and lawless existence. They would return and recount their adventures and the beauty of the island; this had an effect on the other convicts who desired freedom and to escape their cruel punishment. Those convicts who enjoyed liberty through no fault of their own were withdrawn from their employment to be put into heavy degrading labor. Their spirits deflated, they took to the bush, expecting to keep themselves as they had assisted others. Thus, they were hunted down like game by the soldiers, shot or taken alive, then mangled by the 'cat' at the triangles, from which they would escape, return to the bush to take vengeance on all.

When the island was first settled in 1804, the first Lieutenant Governor, David Collins, ruled over 400 prisoners with only 80 free people in the settlement. This number grew slowly and continued until free immigration set in with a flood. Governors and rulers wished to keep the whole island as a goal and they repeatedly told free settlers "to go out of it, if they required freedom." This fact was recorded by Mr. John Pascoe Fawkner, who remembered as a child seeing the whole settlement drunk for weeks at a stretch. They had just escaped famine and as a reward the governor declared a fortnight's holiday, but it lasted for 6 weeks. It ended by terminating the lives of a great number of convicts through fighting and killing each other. Many wandered off into the bush and died, while for the remainder, the soldiers got payment in gallons of rum.

Both Collins and his successor, Thomas Davey, would make trips into the bush and take a gang of convicts with them to aid with their excursions. Many men took off into the bush when the military were sleeping off their drunken bout. The governors called them ungrateful scoundrels and ordered the military to re-capture them dead or alive. Some were arrested, tried and hanged as an example to other convicts, but this was disregarded by the other prisoners. Men were still taking off into the bush and returned, flogged and executed: "They tried for it and died for it."



*1st Lieutenant Governor,
1804 - 1810, David Collins.*



*Iron punishment bands were
used to restrict movement.*

Another cause of bush-ranging was that the authorities unlawfully determined the only safe way of keeping convicts from taking off into the bush was to put them in gangs and use iron restraints on them. Some were also worked on a long chain, and if wanting food or were afflicted by an ailment, free or bond, convicts who were chained and removed to the hospital with their metal restraints on and died under treatment, the regulations stated, "they were on no account to be removed." One commandant introduced spiked collars to be put around the neck of females, free or bond, who displeased him. He also had women flogged on the streets of Hobart Town. Others followed suit with the spiked collar, the long prongs sticking out on both sides gave them the appearance of horned cattle. Then some of these women fled into the bush and assisted the bush-rangers.

The governors had all the power and were above the law, and Mrs. Charles Meredith wrote, "It was not any inherent depravity that sent men into the bush to rob and murder, but the cruelty of bad masters and dishonest magistrates. For in the early days, they would hang 20 men before they would suffer the chain gang or the sanguinary cat."

This was the origins of bush-ranging!

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



*Lieutenant Governor 1813-
1817, Thomas Davey.*


These advertisements are paid for by the members, and do not reflect the political views of the Fingal Valley Neighbourhood House, its board or staff.

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JOBS HEALTH COMMUNITY



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Labor Member for Lyons

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TIP SHOP TALES

Greetings from the Tip Shop!

The things people do to up-and-recycle materials purchased from the Tip Shop are wonderful! This attractive garden setting, courtesy of John and Jacky from Scamander,



was made entirely from items sourced from the Tip Shop to create a unique, easy-care, practical, and comfy outdoor seating area. In addition to being affordable, it saved materials from landfill that have been put to good use elsewhere. How good is this?



Because we like this so much, John and Jackie are receiving the inaugural Blue Ribbon Tip Shop Award 🏆 for their beaut new garden setting. It may not be a cash prize, but it IS an emoji of a trophy and therefore absolutely genuine, permanent, and very, very shiny. Well done, John & Jackie!

So watch this space - we're looking for items that have been created with goods purchased from the Tip Shop that we can share with the Break O'Day community via The Valley and East Coast Voice . This may help *you* to collect or create ideas that will enhance the look, comfort, and practicality of your own unique home or property. If you have anything to share that you've made from materials purchased at the Tip Shop, please send us a pm on our FB page. We'll be in touch!

In other news: the BOD Council have just about completed the ground work around the Tip Shop; we are getting ready to erect poly tunnels to protect larger sale items from the weather. Theft from the Tip Shop continues, with new plantings established one Thursday disappearing by Sunday - please return. We are always looking for more volunteers to work across all areas of the Tip Shop - if you have a particular interest contact Roxy on 0419 872 781 to see what's required, and what we're all about; look for the Tip Shop table at St Marys Market on the first Saturday of the month, full of interesting and useful things donated by our generous Break O'Day community, and chat to us about becoming a volunteer.

All proceeds go to the St Marys Hospital Auxilliary. As ever, we're open on Tuesdays and Thursdays from 10.00am - 3.45pm, and Sundays from 2.00pm - 4.45pm.

See you there!

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

Game 14, played on Sunday 23rd July at Longford

RESULTS: East Coast Swans 2.5 (17) defeated Deloraine 1. 3 (9)**SWANS GOALS:** George Austin 2**SWANS BEST:** Bryce McKimmie, Noah Martin, Floyd Groves, Charlie Taylor, Alexander Kovacs, Levi Woods

Game 15, played on Sunday 30th July at Prospect

Congratulations to Floyd Groves, pictured right, who played his 50th club game.

RESULTS: East Coast Swans 7. 9 (51) defeated Prospect 2. 2 (14)**SWANS GOALS:** Flynn Bidgood 2, George Austin 1, Levi Woods 1, Kurtis Raines 1, Hunter Collins 1, Hamish Bean 1**SWANS BEST:** Bryce McKimmie, Floyd Groves, Levi Woods, Noah Martin, Kurtis Raines, Hunter Collins

Next Game; first round of the finals, playing Deloraine at Deloraine.

UNDER 14 BOYS*(Photos by Andrea Davenport)*

Game 14, played on Sunday 23rd July at Deloraine

RESULTS: East Coast Swans 18.14 (122) defeated Deloraine 0. 0 (00)**SWANS GOALS:** Byron Woods 4, Archie Emmerton 2, Cooper Griffiths 2, Jaxon Harrison 2, Riley Jordan 1, Tyler Speers 1, Chelsea Brown 1, Savannah Singline 1, Connor French 1, Laena Singlaine 1, Dominic Locket 1, Dakoda Davenport 1**SWANS BEST:** Tyler Speers, Jaxon Harrison, Wally Freiboth, Byron Woods, Noah Burke, Callum Hays

Game 15 played on Sunday 30th July at Invermay

RESULTS: East Coast Swans 20.16 (136) defeated North Launceston 0.0 (00)**SWANS GOALS:** Connor French 5, Byron Woods 4, Cooper Griffiths 3, Archie Emmerton 2, Noah Bourke 1, Tiberius Foley 1, Wally Freiboth 1, Lochlan Brinsmead 1, Dominic Locket 1, Thomas Kelleher 1**SWANS BEST:** Jaxon Harrison, Tyler Speers, Connor French, Byron Woods, Thomas Kelleher, Steely Zorn

Next game; first round of the finals, playing Scottsdale at NTCA Ground, Launceston.

UNDER 14 GIRLS*(Photos by Jazz Snooks)*

Game 14, played on Sunday 23rd July at Deloraine

RESULTS: East Coast Swans 3.7 (25) defeated Deloraine 2.0 (12)**SWANS GOALS:** Laena Singline 1, Savannah Singline 1, Arielle de Graca 1**SWANS BEST:** Lily Brinsmead, Chloe Martin, Isla de Boer, Narlah Freeman, Savannah Singline, Dolly Gable

Game 15, played on Sunday 30th July at Evandale

RESULTS: Swans 0.2 (2) defeated by Longford 3.1 (19)**SWANS GOALS:****SWANS BEST:** Isla de Boer, Hayley McLennan, Laena Singline, Chloe Martin, Arielle de Graca, Chelsea Brown



EAST COAST SWANS FOOTBALL CLUB

UNDER 16

(Photos by Jazz Snooks)

Game 13 played on Sunday 23rd July at Invermay

RESULTS: East Coast Swans 8. (54) defeated by North Launceston 8. 9 (57)

SWANS GOALS: Noah Burke 2, Tully Watts 2, Ashton Gillies 2, Daniel Cook 1, Tyler Speers 1

SWANS BEST: Tully Watts, Daniel Cook, Nate Lowe, Dakota Singline, Tyler Speers, Noah Burke



On Sunday 30th July East Coast Swans had the Bye.

EAST COAST WOMEN

Game 12 played on Saturday 22nd July at George Town

RESULTS: East Coast Swans 0.1 (1) defeated by George Town 10.10 (70)

SWANS GOALS:

SWANS BEST:

Game 13 played on Saturday 29th July at St Helens

On another fairly pleasant winter's day at St Helens, a good crowd watched a reasonable day of community footy commencing with the Senior Women's game. The Swans took on the Evandale Eagles women's team in what unfolded to be the Swans best performance of the season, eventually losing to the Eagles. Amy Dowling once again lead the way with her relentless attack on the ball well supported by Anna Williams and co-assistant coach Chelsea Wells. Charlie Pou was also consistent in defence. Keeley MacLeod snagged an impressive goal backed up by another from Amy Dowling. Next week, the senior women have a bye.

Results: East Coast Women 2.4 (15) were defeated by Evandale 8.6 (54)

SWANS GOALS: Keeley McLeod , Amy Dowling

SWANS BEST: Anna Williams, Chelsea Wells, Amy Dowling, Charlie Pou, Keely McLeod

EAST COAST SWANS INAUGURATE HALL OF FAME

On Saturday 15th July, the East Coast Swans named their first-ever inductees into their Hall of Fame.

The three former players inducted were:

Pat Hartnett - ex St Kilda and Victoria

Doug Coker-Williams - Swans games record holder

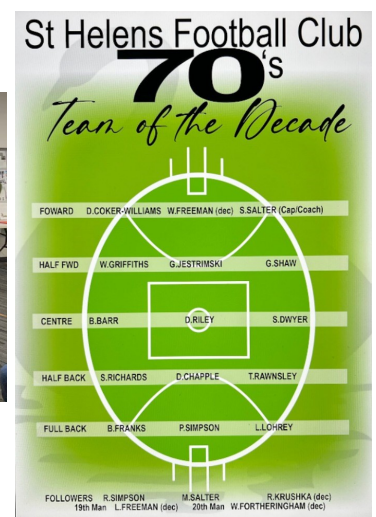
Stephen Richards - champion forward

The Swans also named their team of the decade for the 1970's. Some of the well-known East Coast players included in the team were David Riley, Doug Coker-Williams, Brian Barr, Stephen Salter and Derek Chapple.

MC for the night was Tom Johnson.



Back row: Phillip Simpson, Bill Griffiths, Gary Shaw.
Front row: Bruce Franks, Stephen Dwyer, David Riley, Doug Coker-Williams, Simon Krushka (for Rodney Krushka), Derek Chapple and Brian Barr.



EAST COAST SWANS FOOTBALL CLUB

GAMES PLAYED SATURDAY 22ND JULY

Photographs by Jazz Snooks



RESERVES FIND THEIR MOJO

In a must-win game for the Swans reserves, they were able to find some second half 'mojo' to eventually run out 35-point winners. After trailing by 12 points at quarter time, much to the ire of coach Ethan Crossingham, the Swans booted 12 goals to 4 in the final 3 terms. Once again, Brad Doust was amongst the goals for the Swans with 3 majors, while others to score multiple goals were Crossingham, Oakenfell and Cubitt. Twin towers Ben Arnold and "Zippy" were great players for the Swans, while Kearnes, Hill and Davern provided plenty of 'nip' around the packs.

The win leaves the Swans 3 premierships points behind 5th-placed Evandale.

RESULTS: East Coast Swans 14.7 (91) defeated Bridport 8.8 (64)

SWANS GOALS: Doust 3, Crossingham 2, Cubitt 2, Oakenfell 2, Kearnes, Webb, Freeman, Davern, Hill

SWANS BEST: Doust, Kearnes, Arnold, Lovell, Bishop, Crossingham



TAYLOR MADE FOR SEAGULLS

Gun Bridport full-forward Matthew Taylor single-handedly destroyed the East Coast Swans with a breathtaking haul of 13 goals at Bridport. A woefully undermanned Swans team had no answer for the burly full-forward, who was clearly best afield. From the outset, it was obvious that the Swans were not going to have the fire power in attack or the capability in defense of matching it with the improving Seagulls. Andrew Zammit, returning to the Swans side, tried hard all day, while the other good players for the Swans were midfielders such as Ponting, Evans and Maddern, who battled gamely against their bigger-bodied opponents. Jarrod Mason was an excellent player for the Swans, his marking and sure ball-handling a feature all day. Without captains Haley and Ritchie, it was difficult for the young Swans to find cohesion, and their efforts were only rewarded with four goals for the match. They will be hoping to have some players return before their next match against a much-improved Perth.

RESULTS: East Coast Swans 4.9 (33) defeated by Bridport 21.11 (155)

SWANS GOALS: Watts 2, Murfet, Goulden

SWANS BEST: J Mason, Ponting, Evans, Maddern, A Mason, A Tate



EAST COAST SWANS FOOTBALL CLUB

GAMES PLAYED SATURDAY 29TH JULY

Photographs by Jazz Snooks



RESERVES STRUGGLE TO REMAIN CONSISTENT

Perth notched up their first-ever win over the Swans Reserves, grinding out a solid win. The Swans performance mirrored recent games, with the team showing plenty of potential, however struggling to put in a four-quarter effort. Perth were served well by Crawford and Kirkland with Beau Polly proving a good target up forward booting four majors. Best for the Swans included Kyle Roberts, Tarkyn Webb and Axel Bannister, Michael Murfet hit the scoreboard with four majors backed up by Brad Doust with three.

RESULTS: East Coast Swans 8.6 (54) defeated by Perth 10.18 (78)

SWANS GOALS: Murfet 4, Doust 3

SWANS BEST: Roberts, Webb, Bannister, Murfet, Doust



SWANS FEATHERS RUFFLED BY THE MAGPIES

Perth Seniors hit the ground on fire, dominating the scoreboard 5.4 (34) to the Swans one behind at the first change. The Magpies stretched their lead to 10.8 (68) to 1.1 (7). The Swans put in their best quarter in the third, kicking 5.1 to 2.1, however the gap was too great to claw back and Perth went on to win. Burling, Craft and the speedy Jacob Williams lead the way for Perth and Ben Elmer continued his good from up forward with another bag of four majors. Connah Tuck put in his best performance for the Swans with a solid performance up back, as did Jayden Blunt, who improves every week, proving to be one of the Swans most consistent performers. The two Sams, Maddern and Child, put in good performances, while Jack Taylor-Evans proved valuable up forward, kicking another three majors.

Next week the Swans Seniors and Reserves travel to Lilydale for their second-last roster game.

RESULTS: East Coast Swans 7.3 (45) defeated by Perth 16.12 (108)

SWANS GOALS: Elmer 4, Taylor-Evans 3

SWANS BEST: Elmer, Tuck, Blunt, Taylor Evans, Maddern, Child



SCAMANDER RIVER GOLF CLUB



Wednesday 19th July - Eclectic Stableford

1st	Dean Richardson	22 points
	Tim Upton	22
	Graham Little	22
2nd	Brad Ennis	21
3rd	Dick Swanson	19
4th	Nigel Wallace	18

Nearest the Pin 6th: D Richardson
8th: Tim Upton

Wednesday 26th July - Mid-week Competition

1st	Darrell Thurley	39 points
2nd	Brad Ennis	34
3rd	Tim Upton	32

Nearest the Pin 6th and 15th: Darrell Thurley
8th and 17th: Tony Swanson

Saturday 22nd July - East Coast Providore Stableford

A big day and a big thank you to East Coast Providore for sponsoring the day.

1st	Darrell Thurley	37 points (on c/b)
2nd	Nigel Wallace	37
3rd	Tim Upton	36

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

Longest Putt on 9th: Brad Ennis
Carter Stan Award: Mark Bywater

Saturday 29th July - Scamander Beach Resort 2-person Ambrose

Great day and thank you to our sponsor for their prizes.

1st	Graham Little and Mike Holmes	66
2nd	Tim Upton and Tony Swanson	66.25
3rd	Brodie Frost and Matty Miller	67

Nearest the Pin 6th: Tony Swanson
8th: Mike Holmes

Tuesday 25th July- Ladies Eclectic Stableford

1st	Sarah Tatnell	23 points
2nd	Maryanne Ennis	22
3rd	Rose King	21
4th	Beth Haas	19
5th	Kelly Thomas	17

Putting: Beth Haas

Tuesday 1st August - St Helens Harcourts Brooch and Putting

Stroke:		
1st	Lesley Kellaway	108/78
2nd	Rose King	118/79
3rd	Rhonda Hopkins	135/81
4th	Beth Haas	115/82

Putting: Kelly Thomas

Saturday 4th & Sunday 5th November
36 hole aggregate. Scamander River GC & St Helens GC

EAST COAST MASTERS 2023

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Upcoming games:

2nd August	Midweek Competition - Jackpot Stableford
5th August	East Coast Surf Monthly Medal
8th August	Ladies' Golf— Stableford
9th August	Midweek Competition
12th August	Tania Rattray 3-person Ambrose
15th August	Ladies' Golf

MALAHIDE GOLF CLUB



Friday 21st July - Chicken Run

1st	Stan Ellerm	31 points (on c/b)
2nd	Randal Wadley	31 points (on c/b)
3rd	John Vincent	31
4th	DB Lowe	32
5th	Ashley Stone	34
6th	Bill Swann	38
7th	Gary Lanham	44
8th		

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

Friday 28th July - Chicken Run

1st	DB Lowe	29.5 points
2nd	Grant Richardson	34
3rd	John Vincent	34.5
4th	Robert Matthews	35.5
5th	Bill Swann	36
6th	Stan Ellerm	36
7th	Jyde Baldwin	42

Nearest the Pin	4th:	Stan Ellerm
	8th:	Jyde Baldwin

Saturday 22nd July - Club Championship, 1st round

A Grade

1st	Andrew Johns	82
2nd	Tony Weterings	90
3rd	Adrian Kobylinski	102

B Grade

1st	Randal Wadley	83
2nd	Grant Richardson	90
3rd	Riley Plummer	90
4th	DB Lowe	92
5th	Peter Sorenson	93
6th	John Vincent	92
7th	Ashley Stone	98

C Grade

1st	Klaus Kobylinski	96
2nd	Stan Ellerm	107
3rd	Rod Hunt	118
4th	Jordan Kobylinski	131

Nearest the Pin	4th and 13th:	Rod Hunt
	8th and 17th:	Andrew Johns

Upcoming Games:

5th August	Monthly Medal
12th August	
19th August	Red Marker Day
26th August	Stableford Multiplier

Saturday 29th July - Club Championships, Finals

Congratulations to our champions, and all who competed.

A Grade

1st	Andrew Johns	82/81 163
2nd	Tony Weterings	90/93 183
3rd	Adrian Kobylinski	102/104 206

B Grade

1st	Randal Wadley	83/95 178
2nd	Grant Richardson	90/89 179
3rd	Ashley Stone	98/89 187

C Grade

1st	Klaus Kobylinski	96/105 201
2nd	Stan Ellerm	107/102 209
3rd	Rod Hunt	117/113 230



Club Champions, Andrew Johns, Randal Wadley and Klaus Kobylinski

YCONNECT NEWS

Youth Happenings in the Break O'Day

KEEPING COSY THIS WINTER

The team at YCONNECT had a fantastic time over the July School Holidays and we wanted to say a big thankyou to everyone that came along and participated in our activities. It is always such a pleasure to share in the fun and enthusiasm! If you missed the action, we had trips to Launceston to go ten pin bowling where we uncovered some hidden bowling talents and all became popcorn connoisseurs. There was a games day held in St Marys which was great fun with something for everyone - chess, twister, jenga, dodge ball and lots of different cards games, as well as movie nights in St Helens and St Marys which both had a great turn out. Big shout out to Pete for all your hard work ensuring the technology ran smoothly on both occasions!

We also wanted to welcome in two new staff members to the YCONNECT team: Phoebe and Eoin who helped out at the movie nights and did an amazing job! Keep an eye out for them at future events and help them feel welcome.



ALSO FOR YOUNG PEOPLE....

Tuesdays 3pm-4.30pm:
Youth Meet-Ups at the St Helens Trade Training Centre (next to school)
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 for more information.

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

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St Helens Neighbourhood House



ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to the early Spring edition - days getting notably longer and just a hint of warmth in the air, next thing the grass will take off with vengeance and it all starts again! Well done this fortnight to the intrepid catering crew, who not only did the weekly meals but also 'Christmas in July' for 22 guests from the local Probus club, organized by Audrey Wright. A wonderful three-course offering enjoyed by all, by the look of the smiles on faces, they all enjoyed the afternoon and the meal, some photos below. Also a poster with this fortnight's Friday night Winter Warmers listed, with some wonderful and inexpensive meals on offer.

Bowls is just around the corner and at this stage, it looks like the midweek bowls could be given a lifeline, depending on your association match managers meeting next week. With so many of our players not available for our weekend pennant team, it would be a no-brainer for us to keep this concept going, to have all that can participate being able to bowls at least once a week. Fingers crossed for this one. The bowls green, even though it has been put to sleep, looks fantastic for this time of year and should be ready for opening in early September, with a little spruce-up over the coming month. Lots of lovely comments about the golf course and the surrounds, with one group of visiting golfers from Quamby Golf Club commenting on how good the layout of the course is, and also the condition of the greens, and what shape they are in; big pat on the back for our course crew.

Golf continues to improve, our numbers steadily increasing and as President Rodney remarked, if we could just get them all here on one day, we would see some fantastic golf events played. As it is, there is still lots of fun and feeds to be had every weekend, commencing at 10.00am. If you are interested in joining as a new player or a regular on the day, we hope to see you there. Scores listed below.

We had our AGM last weekend, and the positions on the committee are: President; Rod McGiveron, Vice Presidents; Jim Rankin and Peter Le Fevre, Treasurer; Dawn Denholm, Secretary; Glenn McDonald and committee members; Jeannette Parsons and Julie Keane. All were elected unopposed, which means that no other person stood against them; remember, your best chance of changing anything at the Centre is to nominate for the committee, as it is a hard enough job to keep any small club going, so come and have a go next year when the nominations go up, to see just how easy these jobs are. President Rodney reflected on a fantastic year for our wonderful club, with so much going on, new machinery to maintain golf course and bowls rink, new shade cloth around the rink, new amenities shed to store it all in and a \$4000 grant for a new barbeque, along with increased golf and bowls participation and memberships, all of which is fantastic for our club, but easily taken for granted at times.

Golf: Last Saturday, Nick Child 42 stableford points, on a countback from Jacob Spilsbury 42, Mick Kringle 38, Jens Kalisch 30, Leigh Spilsbury 30 and Nick Kringle 28. Nearest the pin, Mick Kringle. This week, Black Rock Day, Macca gross 89 net 61, Rodney McGiveron gross 68 net 68, Keith Gillies gross 86 net 72 and Mick Kringle and caddie Jeff Springer gross 114 net 82. Next week, a stroke event, hope to see you there.

Member Draw: Last week Karen Spilsbury and this week Maxine Matthews, both missed out on \$95.00 of fuel, remember you must be there to collect the prize, next week's jackpot is \$100.00

Opening Hours:

Thursday - 5.30pm

Friday - 5.30pm

◇ Autumn Specials Meal Night

◇ Happy Hour 6.30pm till 7.30pm

◇ Members Draw 8.00pm

Saturday - 1.30pm after golf

Sunday - 2.30pm

Until next time, good hitting, rolling and socializing.



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Across: 1. Strong, 5. Mame, 7. Ratio, 8. Reel, 9. None, 10. Norma, 11. Needed, 13. Riga, 14. Embark, 18. T-shirt, 21. Asia, 22. Clever, 24. Pulse, 25. Plot, 26. Gigi, 27. Ernie, 28. Feed, 29. Stroke.
Down: 1. Syringe, 2. Oiled, 3. Grind, 4. Attract, 5. Monarch, 6. Manager, 12. Err, 15. Moselle, 16. Adapted, 17. Killing, 19. Sol, 20. Turbine, 22. Cedes, 23. Elgar.