

THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.14 17th August 2023

Deadline for 55.15 is 5.00pm on Monday 28th August 2023

STUDENTS TO SPEND A WEEK WITH COUNCIL

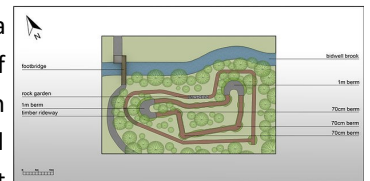
This week, eight students from St Marys District School are spending a week with their local Council where they will learn more about what they do as well as what career opportunities are available.

Break O’Day Mayor Mick Tucker said the ‘Week in the Life of Council’ project would be a great opportunity for the council to engage with our youth. “This project really is one of those mutually beneficial arrangements - it allows us to connect with our youth so we can better understand what is important to them, as well as allows them an insight into Local Government,” he said. “Like Local Government in general, community often doesn’t understand what we actually do at Council other than the three ‘Rs’ - rates, rubbish and roads.”

During the week students are spending time with staff from each department where they will learn a bit about what each area does, they will also follow a Council project through each department. “We really want the students to see first-hand what we do and what career pathways are available in Local Government, he continued. “One way to really show students what we do is to get them to follow a project from beginning to end just so they can see how complex projects can be – the project the students will follow is the development of a pump-track.”

At the end of the week with Council, students will present to the Council something they learned about Council that they did not already know. Council plans on sharing some of these presentations with the community. “I know staff have been working hard behind the scenes to prepare for the week and have made sure the program is fun and informative for the students,” Mayor Tucker concluded.

The ‘Week in the Life of Council’ project runs from Monday August 14 to Friday August 18 and sees Break O’Day Council partnering with St Marys District High School, Break O’Day Employment Connect and Area Connect to deliver the program.



VOICE for
RURAL & Regional
Tasmania

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Independent Member for Lyons

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

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

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

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

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

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

Annual posted subscriptions are \$69 and annual online subscriptions are \$20 per year.

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

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

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

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

Subjects may be closed at the Editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam. Articles most commonly published are those relating to current community issues. Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer. The Editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary. Whilst we value and welcome community input, the Fingal Valley Neighbourhood House does not provide specific feedback regarding any decision made not to publish a submission.

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

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

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

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

24 HOUR EMERGENCY CONTACT NUMBERS

Abuse & Assault Services	1800 737 732
Ambulance, Fire & Police	000
Crime Stoppers	1800 333 000
Digital Mobile Phone Emergency Service	112
Poisons Information	13 11 26
SES: Flood & Storm emergencies	13 25 00
TasNetworks	13 20 04
TasWater	13 69 92

AED

AUTOMATIC EXTERNAL DEFIBRILLATORS

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

This site has a map locating all local AEDs

IN AN EMERGENCY, CALL 000

SUPPORT AVAILABLE FOR INFORMAL KINSHIP CARERS IN TASMANIA.

On April 20 this year, the *Tasmanian Carer Recognition Act 2023* passed through Parliament. The Act formally recognises informal carers within Tasmania. Informal carers support are people caring for someone with disability, mental ill health, a chronic or life-limiting condition, alcohol, or other drug dependence, or because they are frail or aged, and it also recognises informal kinship carers.

Carers Tasmania is the Peak Body representing carers across Tasmania. Carers Tasmania is undertaking a project to better understand the experiences, service and support needs of informal kinship carers across Tasmania. They are wanting to hear from members of our community who are informal kinship carers, caring for a person under the age of 18 because their parent is not able to and there is no formal agreement/court order in place.

Informal kinship carers can share their experiences and stories through:

Private (one-on-one) phone calls or Zoom discussions (Contact Dr Christine Rowland), christine.r@care2serve.com.au, or phone (03) 6144 7300 to arrange a suitable time.

Completing an online survey—<https://www.surveymonkey.com/r/InformalKinshipCarerSurvey>

All personal information collected will be de-identified, kept confidential and nothing identifiable will be shared with any government service (eg Centrelink, NDIS, etc).

Our findings will be used to influence meaningful change so that more informal kinship carers can connect to and access support that is relevant to them and their families.

You can register your interest in being involved by contacting our Project Officer: Dr Christine Rowland, christine.r@care2serve.com.au or phone 03 6144 7300.

If you are a carer and need support Contact the Carer Gateway on 1800 422 737.

Have your say for a chance to win a \$200 voucher.



We want to understand the experiences, services and support needs of informal kinship carers across Tasmania.

An informal kinship carer is an adult providing care to a person under the age of 18 because their parent is not able to and there is no formal agreement/court order in place.

Our findings will help develop programs, services and supports, and connect kinship carers with Care2Serve events and initiatives.

Responses will be de-identified, so your personal information will not be shared with Government Departments (i.e. Centrelink, My Aged Care, NDIS, Child Safety). Please check if you are worried.

Complete the survey and come along to one of our forums and go into the draw to win \$200 gift voucher.



Register your interest in the project by emailing Dr Christine Rowland at christine.r@care2serve.com.au or phone 6144 3700.



Australian Government



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Advertisement for Brian Mitchell MP, Your Federal Member for Lyons. Includes a photo of Brian Mitchell, the Australian Government crest, and the Australian flag. Text: "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".

ULURU STATEMENT FROM THE HEART

We, gathered at the 2017 National Constitutional Convention, coming from all points of the southern sky, make this statement from the heart:

Our Aboriginal and Torres Strait Islander tribes were the first sovereign Nations of the Australian continent and its adjacent islands, and possessed it under our own laws and customs. This our ancestors did, according to the reckoning of our culture, from the Creation, according to the common law from 'time immemorial', and according to science more than 60,000 years ago.

This sovereignty is a spiritual notion: the ancestral tie between the land, or 'mother nature', and the Aboriginal and Torres Strait Islander peoples who were born therefrom, remain attached thereto, and must one day return thither to be united with our ancestors. This link is the basis of the ownership of the soil, or better, of sovereignty. It has never been ceded or extinguished, and co-exists with the sovereignty of the Crown.

How could it be otherwise? That peoples possessed a land for sixty millennia and this sacred link disappears from world history in merely the last two hundred years?

With substantive constitutional change and structural reform, we believe this ancient sovereignty can shine through as a fuller expression of Australia's nationhood.

Proportionally, we are the most incarcerated people on the planet. We are not an innately criminal people. Our children are alienated from their families at unprecedented rates. This

cannot be because we have no love for them. And our youth languish in detention in obscene numbers. They should be our hope for the future.

These dimensions of our crisis tell plainly the structural nature of our problem. This is *the torment of our powerlessness*.

We seek constitutional reforms to empower our people and take a *rightful place* in our own country. When we have power over our destiny our children will flourish. They will walk in two worlds and their culture will be a gift to their country.

We call for the establishment of a First Nations Voice enshrined in the Constitution.

Makarrata is the culmination of our agenda: *the coming together after a struggle*. It captures our aspirations for a fair and truthful relationship with the people of Australia and a better future for our children based on justice and self-determination.

We seek a Makarrata Commission to supervise a process of agreement-making between governments and First Nations and truth-telling about our history.

In 1967 we were counted, in 2017 we seek to be heard. We leave base camp and start our trek across this vast country. We invite you to walk with us in a movement of the Australian people for a better future.

THE QUESTION IS....

Australia will soon be able to vote about whether or not an amendment will be made to the Australian Constitution which will recognize the First Peoples of Australia. We will be asked to vote either 'Yes' or 'No' to:

"A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

Do you approve this proposed alteration?"

More information about the referendum can be found at: <https://voice.gov.au/resources>



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Vote YES to alter the Constitution to recognise the First Peoples of Australia.

Vote YES at the upcoming referendum, so First Peoples have a voice in decisions that affect them.

Listen. Vote YES. Close The Gap.

Borrow *The Voice to Parliament Handbook* by Thomas Mayo & Kerry O'Brien, available at the Fingal Neighbourhood House. There will be a referendum information table at the St Marys Market on Saturday 2 September.

Authorised by Subi Mead, 34 Tasman Hwy, Bicheno

Community volunteers will be holding Conversation Tables about the Voice Referendum at the St Marys Market on Saturday 2nd September, from 9.00am - 12.00pm.

You are welcome to come and have a chat about this issue.

Reconciliation
Tasmania





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The Say by the “Cage Rattler”

By the time you read this we will know the answer. The mighty Matildas, as I write this, are two days away from potentially making a World Cup soccer or football (depending on where you come from) Final. Standing in their way is the old enemy England, in the Semi Final. This is truly remarkable, and as a general nutcase sports fan, this is crazy. With the much-vaunted two-time World Cup champions USA and Team Canada (Olympic Champions) already eliminated, it's literally anyone's World Cup, with four evenly matched teams remaining. It's just nuts!

On top of all this, both Australia and New Zealand can be justly proud of how amazing this World Cup has been run, as hosts. All the other countries are roundly praising a fantastically attended and presented event, and resets the bar high for the next hosts in 2027.

If someone even five years ago had told me women's sport would have the world as captivated as this, I'd have found it hard to believe. But it has! There is no dis-respect to women's sport in that comment by the way, I mean it from a sponsorship and media standpoint, only because women's sport has always been on the outer until now. That, of course, is really sad but really true despite the girls in a myriad of sports are just plain amazing...



This World Cup has made a huge impact in a positive way to allay some of this, and whichever of the four remaining teams lift the trophy in the near future, they will be representing the pinnacle of women's sport in a great way.

On the Mighty Matildas, with probably the world's greatest player Sam Kerr being injured for the bulk of the tournament, the team has proven beyond any doubt that they are not a one-woman show. If anything, Sam's limited on-field impact has only galvanized this team more. With Kerr, though, they will have even more weapons to take on the other three teams, and the home crowds will only enhance that fact.

Even if they don't go on to win the whole shebang, it's been an exceptional effort and I hope every Australian gets behind this incredible group of stars and support them. It could be one of Australia's all-up greatest sporting triumphs, not just women's sporting triumphs.

As I say, by the time you read this, we're either in the World Cup Final or not, so just imagine if that happens, what it'll be like if that occurs. The best bit for not only soccer/football is what that would do for the sport, but for women's sport in general, it can't get much bigger. World Champs in cricket, netball, hockey, swimming and several other sports notwithstanding, none are quite as global as this, hence the impact of it. It truly would be epic....just dream and hope it actually happens....it's genuinely a realistic thing right now....incredible!

What do you think?

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 Monday 21st and 28th August, 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”.

The Indigenous Voice to Parliament - Do I Agree or Disagree?

Do I agree with the 'Voice'? I'm actually not sure, but I do agree with **all** Australians having a voice. I want a united and an equal Australia. If having the 'voice' means we will be split by our race, then I disagree with it. However, if it allows us to finally have equality in Australia, then I am happy for it to go ahead.

My great great grandmother was Aboriginal, and there were no records of her before marrying, and no school records or medical records. When she died, she wasn't even allowed to be buried where the rest of our family were. However, this was a whole other time.

Australians weren't educated the way they are today. It's not an excuse, it's a reality. In today's times, we are all extremely aware of what racial divide and racism looks like, as a society we have worked hard to make sure it isn't tolerated. ("All" referring to Australian Indigenous and Australian People). We celebrate cultural differences, whether it's Italian Australians, Chinese Australians, Spanish Australians, Indigenous Australians and so on. We should try to be inclusive and respectful towards all Australians, no matter what their heritage is.

So do I agree with "The Indigenous Voice to Parliament"? As I said before, I don't know. But I do know that I want all Australians to have an equal voice. My culture and heritage is just as important as my cousins who are Spanish Australians, Indian Australians, Filipino Australians and Aboriginal Australians.

I want equality for all Australians.

Written by Helayna McGiveron

EQUALITY FOR ALL





SUNCOAST SPINNERS AND WEAVERS

Our July meeting was held at Falmouth Hall. Thanks to Helen and Falmouth hall Committee for fitting us in for a last minute booking when FVNH was closed for a private function.

Once again, our numbers were down because of family commitments, illness, etc. However, seven members were able to make it to Falmouth, and had a very enjoyable and productive day, as seen from pictures of their work.

We are a craft group who meet monthly, usually at Fingal Valley Neighbourhood House. We bring our own projects to work on for the day, and always have something for show and tell. We swap yarns (wools as well as the latest news!), knowledge and craft ideas, and always include a trip across the road to the Op shop to find a bargain or two. We are always ready to help each other and new members to learn new skills, be it basket weaving, spinning or turning the heel on a sock.



Various socks knitted by Kaye with 2 of Helen's handwoven baskets behind



Megan wove this beret and is crocheting a band to it.

Our group is affiliated with the Handweavers, Spinners and Dyers Guild of Tasmania and meets on the 3rd Tuesday of the month at Fingal Valley Neighbourhood House from 10.00am - 2.00pm, (except for December when we meet on 2nd Tuesday at Falmouth). Members have a wide range of skills so are always happy to see new members and help them to learn new crafts.

So please feel welcome to come along and try us out if you are looking for a new interest and new friends. We bring our own lunch but morning tea is provided, and bring a gold coin donation towards the cost of hire of the venue.

At the next meeting on 19th September, we will be setting up an exhibition of our work which we intend to leave in the Fingal Valley Neighbourhood House for at least a week, so pop in on the 19th to see our work and chat to the makers - and watch this space!

Ring Megan on 0418 881 315 or Fingal Valley Neighbourhood House on 03 6374 2344 for more details.

Are you seeking assistance with any of the following?

 Financial (criteria apply)	 Food	 Housing	 No Interest Loans
 SCAN ME	 Household Items	 Domestic Violence	

OR

Visit www.assistancetas.com.au

If you can't find what you are looking for, try www.findhelptas.org.au



VOLUNTEERS NEEDED

We Need Help With

- History Room
- Library
- Catering
- Driving
- Op Shop
- Gardening (including Lawns and Car Washing)
- Supermarket
- 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 is funded by the Crown through the Department of Premier and Cabinet

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
STAR FM Program Guide  	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	ICECREAM SUNDAE on Sundays
	Morning	Get Sand between your toes with The Sand Man	A Taste of TAZZ - Plus Community Interviews at 11.15 with TAZZ	Get plugged in with Pugs Real Estate Tips and Trends at 10.30 with PUGS	The True Grit Show with The Sand Man	Simply 60's request show with Guest Presenters	"Get Happy" with Angelina	with PUGS
	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" Fridays 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 Star FM	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



48 Main Street
St Marys 7215



Phone (03) 6372 2181
Hosts: Tony and Bronwyn

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NEW MENU NOW AVAILABLE

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20th August Brooke Banderas
27th August Michael Bailey

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Tasmania

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Free asthma toolkit posted out to anyone who attends.



Dates: Thursday 14th September 2023
Time: 12:00pm - 12.30pm
Venue: Online
Cost: FREE



To book visit: <https://www.eventbrite.com.au/o/families-tasmania-13786015288>

GEORGE'S BAY MUSIC

Once again the boys from Croon did it again! Even though Andrew was stuck in Melbourne due to his flight being cancelled, Colin and John X pulled it off: last year it was John X with the dreaded COVID in his household. There were over 80 people in the audience, all enjoying the boys' wonderful singing, clowning around, and a little trip with the French Foreign Legion bringing the house down. You can always tell when people are enjoying themselves when they get up to dance to the music. Next year the boys have promised to come back once again in July, three of them this time, (Colin promised), and they are going to bring the Croonette dancers with them, so mark it in your calendar now, a show not to be missed.

Our August guest artists are the talented ex-St Helens duo, Chris and Viv Boys. Once again the dreaded COVID struck Chris when they were due to perform in June, so fingers crossed for Friday 25th August at the Footy Club Rooms 12.00-2.00pm, for another great afternoon of entertainment. It's BYO as usual, but the tuck-shop is open for sandwiches and cakes to buy, with tea and coffee free. And don't forget the Footy Club Bar is open for alcoholic drinks, and they now have their own coffee machine for those who like cappuccinos and espresso coffee. We also have our Lucky Door prize, raffle and \$50.00 card for you as well, so a full afternoon to enjoy. Members price is just \$10.00, and non-members \$15.00. If you would like to join, membership is just \$20.00 for the year, and Mary is always happy to relieve you of your money.

Bring along a friend with you, and spread the word. We have some wonderful artists in the coming months performing for you.

See you there!



“Train The Trainer”

Learner Driver/ Mentor Workshop

Fingal Valley Neighbourhood House

Thursday 14th September 2023

11.00am-2.00pm

Free - This is funded by the Department of State Growth

For Service Providers, High School Teachers/Teacher Aids, Driving Instructors, Youth Workers, Driving Mentor programs, authorised Learner Licence Assistant Program (LLAP) assessors, general Community volunteer tutors who wish to support students and adults to learn the Road Rules to pass the Driver Knowledge Learner's Test and spread the message of Road Safety.

We all know a Driver's Licence is an important asset to gain employment in regional and rural areas. The workshop presents resources developed to accommodate different learner styles to help learners retain the information.

It is recognised that 'not everyone learns the same way', so resources and training methods have been put in place to ensure everyone can be supported to get their Learner's Licence.

Your local Community Connector at the Fingal Valley Neighbourhood House has been asked to assist by contacting relevant local community members and to facilitate the event and present the training on the usage of the visual and tactile learning resources kits.

RSVP - 31st August 2023

63 742 344





EAST COAST

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

CLINIC OPENING HOURS:

Mon-Fri 9:00 - 5:00

Saturday 9:00 - 2:00

Closed Sunday and public holidays

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67 Quail Street, St Helens

Ph 6376 1577

HOST OF GRANTS AVAILABLE FOR COMMUNITY GROUPS AND BUSINESSES

There are a bunch of grants currently available to Tasmanian business and community groups throughout Lyons.

In a recent press release, Brian Mitchell, Federal Member for Lyons, detailed a number of grants which are currently open, including:

The Volunteer Grants Program is now open to eligible not-for-profit community organisations across Lyons. Grants of between \$1,000 and \$5,000 are available for projects such as equipment used by volunteers, contributing to volunteers fuel costs, training courses and activities to promote awareness in volunteering. Expressions of interest close Sunday 10th September 2023.

Project (CRC-P) Grants applications are now open. Small and medium Australian businesses are encouraged to apply for grants of up to \$3 million to support collaboration between industry, researchers, and innovators. Applications close on 14th September.

The Securing Faith-Based Places Grant Program provides \$40 million over four years to improve security at religious schools and preschools, places of worship and faith-based community centres. Applications are now open. This program is open, competitive and merit based. Eligible organisations can apply for grants between \$25,000 and \$500,000 to address risks of crime and violence resulting from religious and racial intolerance. The closing date for applications is 11th September 2023.

Saving Native Species Grants program sees the Albanese Government investing \$20 million in community grants to help protect and recover 110 species prioritised under our Threatened Species Action Plan as part of the Grants between \$20,000 to \$500,000 are available to local government, community groups, and First Nations organisations to help recover populations of threatened plants and animals. Applications close on 7 September 2023.

Tasmanian Men's Shed Association Grants Program offers grants of up to \$7,000 for tools, equipment, men's health, including mental health and wellbeing initiatives, members training and community initiatives. And grants of up to \$20,000 for capital works. Applications close on 15th September.

Tasmanian Community Fund 2023 Community Infrastructure Grants applications are now open to create or improve active infrastructure such as playground, walking tracks and skateparks. And to create or improve a community hubs. Under the program small grants of \$25,000 to \$70,000 and large grants \$70,001 to \$500,000 are available for community sporting infrastructure upgrades and construction. Applications will close on 13th September 2023.

"I welcome all eligible community groups and businesses to make the most of these grants," he stated.

For more information on the grants, visit: www.brianmitchell.com.au/grants

From My Scrapbook #4

"The greatest glory of living, lies not in never falling, but in rising every time you fall."

*Nelson Mandela to President Clinton,
September 1998*

Toni Brewster
Chain of Lagoons

TICKET TO PLAY

Get your ticket to play and join a club!

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[Market Dates 2023](#)

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Sunday 15th October - 9am to 1pm

Sunday 12th November - 9am to 1pm

[Saturday 16th December - 3pm to 7pm \(Twilight Market\)](#)

[Market Dates 2024](#)

[Sunday 28th January - 9am to 1pm \(Australia Day Weekend\)](#)

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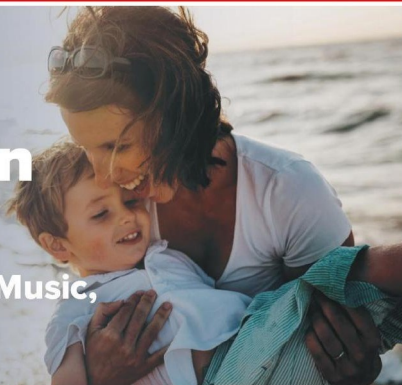
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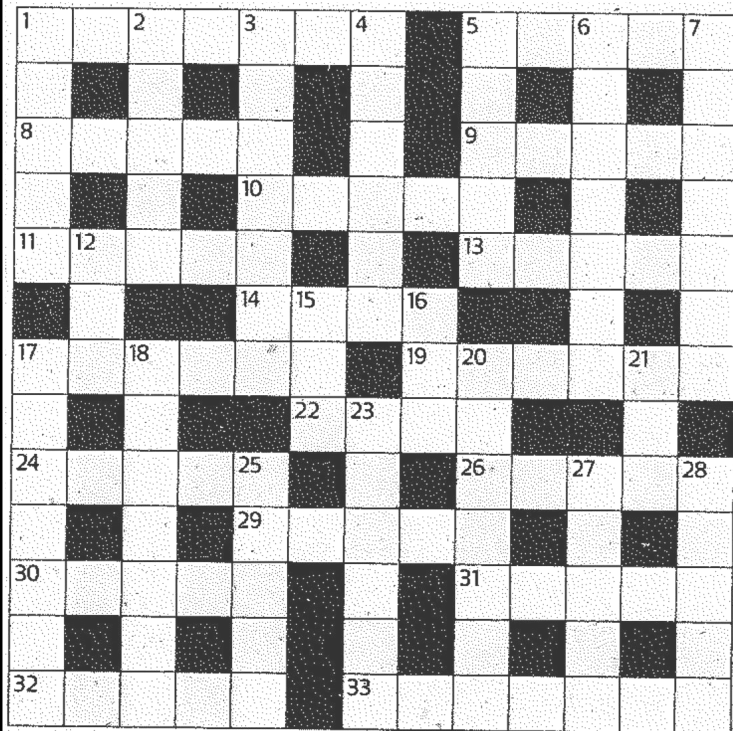


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Crossword 55.14



ACROSS

- 1. US comedian and actor (3,4)
- 5. Cringe (5)
- 8. Pretended (5)
- 9. Actor, ___ Blessed (5)
- 10. Mannequin (5)
- 11. Stamps fastener (5)
- 13. Praise (5)
- 14. Snout (4)
- 17. Former Spanish currency (6)
- 19. Up-to-date (6)
- 22. Fronded plant (4)
- 24. City in Nebraska, USA (5)
- 26. Diced (5)
- 29. Snarl (5)
- 30. Yellow-red dye (5)
- 31. Actor/director, ___ Welles (5)
- 32. Number of wise men (5)
- 33. Wardrobe assistant (7)

DOWN

- 1. On the ___ Cliff Richard song (5)
- 2. Conductor's stick (5)
- 3. Off-cut (7)
- 4. Mass migration (6)
- 5. Steel rope (5)
- 6. Bosun's pipe (7)
- 7. Curl of hair (7)
- 12. Anger (3)
- 15. Imbecile (3)
- 16. Sin (3)
- 17. Soothsayer (7)
- 18. Mechanic's wrench (7)
- 20. Surround (7)
- 21. Denotes maiden name (3)
- 23. Worn away (6)
- 25. Plant source of tequila (5)
- 27. Foundation (5)
- 28. Giver (5)



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Wednesday: 12.30 - 4.00pm

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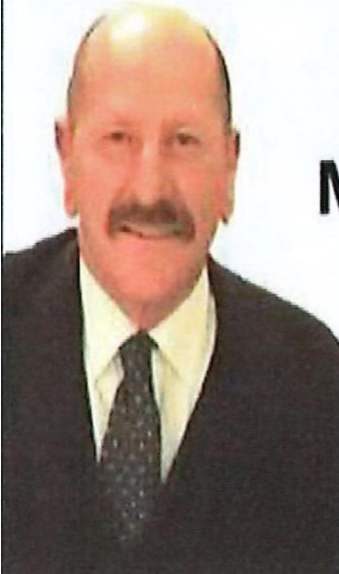
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Phone: (03) 6374 2344

Email: fingal.oac@decyp.tas.gov.au




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

Email:
mick.tucker@bodc.tas.gov.au

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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Phone: 0407 242 265

Email: alexgrahamlegal@outlook.com

CINNAMON SPICE BISCUITS

A delicious afternoon treat and a fantastic little gift for a friend. A nice cinnamon spice biscuit that delights everyone and is great for treats.

Ingredients

6 tablespoons butter, unsalted, softened ½ cup brown sugar 1¾ cup plain flour
 ½ teaspoon salt 2 teaspoons cinnamon ½ teaspoon bicarb of soda ½ teaspoon nutmeg
 ½ teaspoon ground cloves ¼ teaspoon ground ginger ¼ teaspoon ground white pepper ¼ cup milk
 ¼ cup sliced almonds, optional (to decorate)

Method

Place butter in a large bowl and beat until soft. Add the brown sugar and cream together until smooth, 1-2 minutes.

In a bowl, mix together flour, bicarb of soda, and spices. Add the flour mixture to the butter mixture and mix until combined into an even, sandy mixture.

Add the milk and beat until the dough forms wet crumbs. Using your hands, knead the mixture to form a soft and pliable dough - the dough should be soft, but not sticky. Wrap the dough and refrigerate for 30 minutes - 1 hour. (The dough can be refrigerated for up to 2 days before baking.)

Preheat your oven to 180C.

Remove the dough from the refrigerator and roll it to a 4 mm thickness. Cut using a biscuit cutter. Place the cut cookies on a baking tray and decorate them with sliced almonds if desired. Bake the first batch while you knead the scraps together and re-roll the dough for a second cutting.

Bake the cookies for 11-12 min, until firm and just beginning to turn golden around the edges.

Cool the cookies on the baking tray for 1 min before transferring them to a wire rack to cool completely.

Continue cutting, decorating and baking until all the dough has been used.

Store the cooled cookies in an air-tight container for up to 2 weeks.



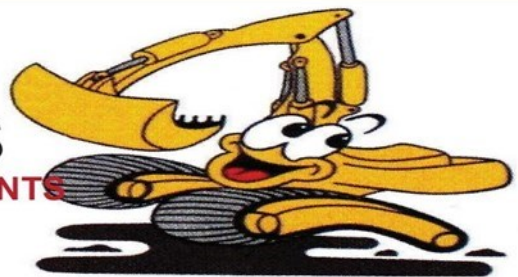
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U GOTTA GO, U GOTTA GO TO GAZZMANS

HOW TO START A COSY FIRE

My wife Jenny and I lived in an old Georgian house just outside of Sorell. When we arranged with the owners to rent their place, I asked, and it was readily agreed that I could cut my own firewood on the property. There was plenty of dead timber on the higher parts of the property. We had bought an old Ford 250 (six cylinder) in order to tow our daughter's horse float. We called the car 'Charlie'. It had a huge boot, enough room to carry about a week's worth of firewood. I had to buy a small chainsaw and I sought some advice about which one was most suitable. I bought one with a twelve-inch blade which could also fit a fourteen-inch blade. I wasn't cutting down trees, I was cutting limbs of trees already fallen. Sometimes, if I was near to the house, Jenny would bring a thermos of tea and some scones to where I was cutting and we would have a cuppa together, sitting in the sun. We both enjoyed that so much.

Because the old car was quite powerful, it could go where smaller cars couldn't. I could drive it to those areas where the firewood was but, in most cases, I could not drive it right to the hilltops because of the rocky nature of the terrain. That being the case, I would cut the wood into required lengths and then I would throw it down hill to the car. This might take several throws, depending how far away the car was from the cutting area.

Before I started all this exercise of throwing timber about, I would sit down and take a breather. This was a time I liked so well. The chainsaw stopped making its awful noise and the surrounds became peaceful again. The small birds started to reappear. If I sat still enough, they would come very close, as if I was just part of the furniture. This is what I wanted to be at that time. Then came the tiring bit until I had loaded the boot and was on my way home to build up our woodpile.

On one occasion, Charlie wouldn't start. It was quite a long way back home, so I had to figure out what was wrong. This was not an easy task with my knowledge of cars and motors. After much inspection (as if I knew what I was looking at!!) it seemed to me that fuel supply was the problem. I removed the air filter. I then removed one of the leads to the battery, for safety. I then did what I was told NEVER to do. I got the can of petrol for the chainsaw and poured a little down the air intake to the carburettor. I don't know what I did, but I must have moved the loose lead from the battery and it sparked, causing the fuel to ignite. I tossed the chainsaw fuel away and did the only thing I could think to do. With one mighty intake of breath, **I BLEW THE FLAMES OUT**. My level of adrenalin at that time must have been off the charts! It shook me up and reminded me about ordinary common sense. What if the car had caught fire? I could have started a scrub fire.... I don't know what I could have done if the worst had happened. I had no way of extinguishing such a fire. It was a long way to go for help. There were no personal mobile phones then, except for the ones in vehicles which were radios rather than phones. What's more, I would have had to WALK home.

When I got home, I told Jenny all about what happened. She was relieved that nothing serious had resulted. Then she laughed and said I was a lucky bugger and did I bring the wood home? I ask you, from my wife, too!!

PS, I have never attempted to be smart where cars are concerned since that time. I guess the cars are a lot smarter than me!



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What Do I Say? What Do I do?

Please join us for a free community workshop in Fingal

Purpose:

To increase understanding of suicide bereavement and learn basic support skills.

Topics covered:

- The StandBy Service Model
- Crisis, trauma and grief
- What makes suicide different from other sudden deaths
- Support approaches and best practice
- Self Care



Date Friday 8th September

Time 10.00am – 1.00pm

Venue Fingal Valley Neighbourhood House, 20 Talbot Street, Fingal

Facilitators StandBy Support Team

RSVP by 1st September
Ph. 6374 2344

For More Information please contact :

Gayle Carroll
StandBy Support After Suicide

M 0429 366 386

E gayle.carroll@lifeline Tasmania.org.au



standbysupport.com.au

StandBy - an initiative of the Australian Government
Post Suicide Support - an initiative funded by the NSW Government.
We acknowledge the Traditional Custodians of the land on which we operate, and pay our respects to their elders past, present and emerging.
Our organisation is a place where human rights are respected and people of diverse genders and sexual orientation are welcomed and supported.



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



ST HELENS WALKING GROUP



Wednesday 5th July

This Wednesday walk was a short loop from Windmill Lagoon out to Maurouard Beach, along the beach, and back. The hardest part was coming back through the dunes, but as we took it gently, all enjoyed their foray.

Wednesday 12th July

This Wednesday walk was quite an easy one, along Binalong Bay beach returning via Grants Lagoon track and then up into the bush of Humbug Reserve behind Highcrest Avenue, on old tracks. Everyone was invited back to Helen's place for morning tea after the walk. This was thoroughly enjoyed by all - the range on offer a veritable feast! Thank you Helen.

Wednesday 19th July

Wednesday walking this week was in the area behind Taylors Beach on made roads/tracks through heathland and forest rich in plant and birdlife. Leader Pam made a loop walk option available depending on the group's desires - so considerate. Thank you Pam.

Saturday 22nd July

Saturday's walk saw the walking group complete a lap around Big Blue Lake. The lake is a flooded mining remnant of the Endurance Tin Mining Company. Revel, our leader, worked on this site in the 70's and 80's. He entertained us with stories and photos of his life working on the mine site. Revel was also involved with the extensive mine site rehabilitation, which was so successful that some areas are almost impenetrable. Fantastic walk and very informative, thanks Revel!



A rusty relic of the time when mining was taking place at this site.

Wednesday 26th July

This Wednesday walk was led by Adrian (welcome back Adrian) on the Stonyford Track near his place. This was a gently undulating track leading to the ford on Constable Creek. There were a few big puddles. Favourite haunt for the walkers! Thank you Adrian.



Revel, leader of the Big Blue Lake walk, where he worked.



Lunch was enjoyed at this peaceful spot.

EAST COAST SWANS FOOTBALL CLUB



UNDER 12

(Photos by Jessie Groves)

Qualifying final round 1, played on Sunday 6th August at Deloraine

Congratulations to Floyd Bidgood on playing your 50th Club Game!

RESULTS: East Coast Swans 0.2 (2) defeated by Deloraine 5.2. (32)

SWANS GOALS:

SWANS BEST: Noah Martin, Levi Woods, Kurtis Raines, Floyd Groves, Bryce McKimmie, Jamie Toms



Semi-final, played on Sunday 13th August at Longford

RESULTS: East Coast Swans 2.3 (15) defeated by East Launceston 9.3 (57)

SWANS GOALS: George Austin 1, Flynn Bidgood 1

SWANS BEST: Macklan Hays. Fergus French, Kurtis Raines, George Austin, Flynn Bidgood, Lennox Bennett



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EAST COAST SWANS FOOTBALL CLUB



UNDER 14 BOYS

(Photos by Jazz Snooks)

Qualifying final round 1, played on Sunday 6th August at NTCA ground Launceston

A fantastic team effort played by everyone. Lochlan Brinsmead played his 50th club game, congratulations, Lochlan!

RESULTS: East Coast Swans 8.11 (59) defeated Scottsdale 3.1 (19)

SWANS GOALS: Byron Woods 4, Lochlan Brinsmead 2, Callum Hays 1, Riley Jordan 1

SWANS BEST: Connor French, Jaxon Harrison, Callum Hays, Tyler Speers, Ryan Gorham, Byron Woods



Semi-final, played on Sunday 13th August at Longford

Congratulations to Ryan Gorham, this was his 50th club game.

RESULTS: East Coast Swans 8.5 (53) defeated Longford 5.8 (38)

SWANS GOALS: Cooper Griffiths, 3, Byron Woods 2, Jaxon Harrison 2, Noah Burke 1

SWANS BEST: Riley Jordan, Ryan Gorham, Ned Blunt, Tyler Speers, Connor French, Cooper Griffiths



A HUGE CONGRATULATIONS TO THE U14 TEAM FOR MAKING IT INTO THE GRAND FINAL ON SATURDAY 26th AUGUST AT UTAS STADIUM INVERMAY, 1:15pm START.

MENS AND WOMENS 'BEST AND FAIREST' RECOGNIZED AND REWARDED

Following the home game last Saturday, The East Coast Swans held their 'Best and Fairest' counts for the Senior, Reserves and Women's teams.

The winner for the Seniors was Marcus Haley on 74 votes, the runner-up being Sam Maddern on 42 votes.

In the count for the Reserves team, Ben Arnold took the title with 36 votes, with Riley McDonald coming second with 20 votes.

In the inaugural Women's' Best and Fairest count, the results were very close, with Chelsea Wells receiving 72 votes, and Amy Browning being awarded 70 votes.

Congratulations to all who were in the running, and to the winners.

The Junior Best and Fairest Celebration will take place on Saturday 1st September, at the Clubrooms.



EAST COAST SWANS FOOTBALL CLUB

GAMES PLAYED 5TH AUGUST

Game reports by Nick Fysh



RESERVES

RESULTS: East Coast Swans 2.2 (14) defeated by Lilydale 24.18 162)
SWANS GOALS: Doust 2
SWANS BEST: D Szczypka, Hill, H Szczypka, Barfoot, Murfet, Curtis



SENIORS DEMONISED BY LILYDALE

Lilydale was on fire against the East Coast Swans on Saturday in the Demons' annual Keian Brown Memorial Game, with funds raised going towards Breast Cancer Network Australia.

Keian died of brain cancer in 2019 and his mother, Mel Roughley, was in attendance to present a medal in his honour to Jak Hadley, who played a big game in the midfield.

Lilydale dominated the day on the field, with Trent Griggs on fire with 12 goals, while Thane Bardenhagen and Sonny Whiting kicked four each.

Nicholas Child was the lone goal scorer for the Swans in the seniors, while Brighton Denman bagged seven for the Demons in the reserves' thrashing.

RESULTS: East Coast Swans 1.4 (10) defeated by Lilydale 27.7 (169)
SWANS GOALS: N Child
SWANS BEST: Evans, McDonald, Maddern, Tate, Taylor-Evans, Ponting



EAST COAST SWANS FOOTBALL CLUB**GAMES PLAYED 12TH AUGUST***Game reports by Nick Fysh***TOUGH DAY FOR RESERVES**

The Swans reserves were soundly beaten by a slick OL's outfit in their last outing for the year. An undermanned Swans team had to drag 'Gadget' Crossingham, Jobi Watts and Leighton Jordan out of retirement to get the team on the park, which, while being a credit to them, always meant that it would be a tough day at the office for their team. The Swans had no answer to gun OL's forward Scott Churchill, who notched a lazy 12 goals, provided with plenty of opportunities by a great midfield. Players to do well for the Swans included Riley McDonald, who continues to impress, Ethan Hill, who showed plenty of pace and 'Buzz' Curtis, who has finished off the season in good form.

RESULTS: East Coast Swans 0.1 (1) defeated by Old Launcestonians 24.14 (158)

SWANS GOALS:

SWANS BEST: Hill, MDonald, Arnold, Voss, Z Curtis, D SZczyzypka

**SWANS BOW OUT**

For the first time since their acceptance into the NTFA, the East Coast Swans have failed to make the finals. Their last game for the season at home against OL's saw them go down by 68 points. Although the final score line indicates an easy win for the Blues, the young Swans, with at least half the team under 20 years of age, are to be commended for their attitude in fighting the game out to the final siren.

An even start saw the ball being rebounded by both defenses, but it was the Swans disposal which hurt them severely, with Blues captain Spohn being the recipient of many uncontested marks. Burly backman, Byron Johnson was making his presence felt for the Swans, while ruckman 'Deano' Bashir had some good moments. A debatable free kick gifted Chugg the first major of the second term, but when youngster Tully Watts snapped truly, the Coast boys had their first on the board. Although OL's dominated most of the territory, the resolute Swans defense did a great job in limiting their opportunities, although two late goals by the Blues, including a Chugg "bomb" saw his team go to the long break with a 38-point lead.

Two goals by Jackson Riley in the third quarter gave the Swans' supporters something to cheer about as his team competed with aggression and commitment. Players such as the consistent Maddern and the improving Coby Evans found plenty of the ball around the packs, while both Angus Tate and Jarrod Mason continued their good form. Although the result was beyond doubt, the last quarter was a hotly contested affair, with OL's being continually being denied when in attack, until two late goals stretched the margin out to 68 points at the final siren.

Coach Kodie Joseph, while disappointed with the last half of the season, could see many positives in the team, with young players such as Watts, Salter, Aaron Mason and Blunt sure to continue their improvement next year.

RESULTS: East Coast Swans 4.1 (25) defeated by Old Launcestonians 12.21 (93)

SWANS GOALS: Riley 2, Watts, Maddern

SWANS BEST: Maddern, C Evans, Tate, J Mason, Watts, Johnson, Blunt



SCAMANDER RIVER GOLF CLUB



Wednesday 2nd August - Midweek Competition - Jackpot Stableford

1st	Brad Ennis	34 points
2nd	Darren Bramich	33
3rd	Darrell Thurley	30
4th	Rose King	30
5th	Graham Little	29
6th	Dean Richardson	28

Nearest the Pin	6th and 15th:	Darren Bramich
	8th and 17th:	Dean Richardson

Longest Putt: Graham Little

Saturday 5th August - East Coast Surf Monthly Medal

1st	Rodney MacBeth	67 nett
2nd	Matthew Cross	70 (on c/b)
3rd	Darren Bramich	70
4th	Tim Upton	73
5th	Jens Kalisch	75
6th	Dick Swanson	77
7th	Dean Richardson	78
8th	Shan Wilmot	78
9th	Jodan Longfield	79
10th	Mark Bywater	81
11th	Derrell Thurley	84
12th	Tony Swanson	85

Nearest the Pin	6th and 15th:	Jens Kalisch
	8th and 17th:	Tim Upton

Best Gross	Matthew Cross
Carter Award	Tony Swanson
Longest Putt	Rodney MacBeth

Tuesday 8th August - Ladies Stableford

1st	Rose King	39 points
2nd	Jill Couch	33 (on c/b)
3rd	Beth Haas	33
4th	Bobby Harwood	33

Longest Putt: Rose King

Wednesday 9th August - Mid-week Competition - Multiplier

1st	Rose King	46 points
2nd	Tony Swanson	40
3rd	Dick Swanson	35
4th		
5th		

Nearest the Pin	6th:	Not recorded
	8th:	Not recorded

Longest Putt

Saturday 15th August - Tanya Rattray 2-person Ambrose Mixed

1st	Rose King and Dean Richardson	62.75
2nd	Rodney Macbeth and Carolyn Stingel	64.5

Men

1st	Darrell Thurley and Matthew Cross	63
2nd	Tony Swanson and Tim Upton	69.5
3rd	Matt Miller and Brodie Frost	70

Nearest the Pin	6th:	George Austin
	8th:	Darrell Thurley
	15th:	Brodie Frost
	17th:	Rodney Macbeth

Longest Putt on 9th: Carolyn Stingel

Tuesday 12th August - Ladies' Stableford

1st	Bobby Harwood	32 points (on c/b)
2nd		
3rd		
4th		
5th		
6th		

Longest Putt:

Upcoming games:

16th August	Midweek Competition -
19th August	Bay of Fires IGA Stableford
22nd August	Ladies Golf -
23rd August	Midweek Competition
26th August	
29th August	Harcourts Brooch and Putting Stroke

MALAHIDE GOLF CLUB



Friday 4th August - Chicken Run

1st	Craig Woods	30 points
2nd	DB Lowe	30.5
3rd	Stan Ellerm	33.5
4th		
5th		
6th		
7th		
8th		

Nearest the Pin	4th:	Shaye Ward
	8th:	Shaye Ward

Friday 14th August - Chicken Run

1st	John Vincent	29 points
2nd	Stan Ellerm	30
3rd	Bill Swann	31
	Nearest the Pin	4th: Rod Hunt
		8th: DB Lowe

Saturday 5th August - Monthly Medal Day

1st	Grant Richardson	91/74
2nd	Andrew Johns	77/75
3rd	M Johns	81/76 (on c/b)
4th	Klaus Kobylinski	103/76
5th	Riley Plummer	92/77
6th	Randall Wadley	96/81
7th	Peter Sorenson	102/82
8th	John Vincent	100/82
9th	Robert Matthews	104/83
10th	DB Lowe	103/87
11th	S Lowe	107/93

Nearest the Pin	4th and 13th:	Riley Plummer
	8th and 17th:	Randal Wadley

Saturday 12th August - Malander Cup @ Scamander

After a very tough but friendly battle, Scamander were once again victorious and will hold the prestigious shield until next year.

Scores

Scamander	272.75 points
Malahide	295



Upcoming Games:

19th August	Red Marker Day
26th August	Stableford Multiplier
2th September	Monthly Medal
9th September	Red Marker Day



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

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

⇒ Full membership is \$235 per annum

⇒ Social Membership is \$50 per annum

Contact Andrew Johns - Club Captain on 0427 854 555

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ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to another fortnight at the Centre, just as the weather seemed to settle a bit lately, just a few good frosts to remind us of a few cold days on the horizon yet. There has been plenty of work going on around the club, course and bowls rink, the latter being readied for another season, groomed and spiked all ready for an early fertilize for the season's opening. With the ditches already cleaned out, we will be ready for a small roll-up next Saturday 20th August, prior to a BBQ and meeting all commencing at 10.00am. Anyone interested in joining our wonderful club can turn up on the day and meet a few of our regulars. Recruiting for this season has been strong, with quite a few new bowlers putting their hand up for a game of pennant and also for social bowls. Thursday night practice looks like taking on a new format, this will mean some much-needed competitive bowls but on a friendly basis, prior to doing battle on Saturdays; all to be discussed and finalized at the meeting. To golf, and firstly a big thank you to those volunteers who have put their hand up to do a few jobs around the course, other than our usual suspects. It's great to see our fence-lines being cleared, tee beds and surrounds being mowed, thanks to Mick Kringle, and also work around the drains and pins shifted by Craig and Jimmy Freiboth, thanks to you all, the course looks fantastic. Golf itself is on a rebound, with many new player having a hit and even a few new lady members, which has us talking about a Ladies' Competition starting again Bobby Harwood has the Scamander ladies coming for a hit at our club on Tuesday 22nd August, and is encouraging any of our new lady golfers to join them for an Ambrose event, fantastic to see such interest around the club. Sunday just gone saw 16 golfers out on the course, from beginners to veterans, great for the hard-working volunteers to see so much interest on the course. Our club championships are back on 16th and 23th September, and there are already a few names on the board. Just a call out to our lady members who wish to play, that we would love a few of you to take up the challenge and compete. Bradley McDonald's Family and Friends Day has really taken off, he has over \$1000 in prizes teed up, this is on the Saturday of the November long weekend, 4th November. Sorry about the timing, but with the bowls season kicking off three weeks earlier than expected, we had to shuffle things around a bit. A two-person Ambrose event, with teams already booked in, we may have to limit the entry for this well before the event. Friday night meals still going a treat and it is nice to see so many new faces taking advantage of these evenings. Well done to our intrepid catering crew. Good news also that there are a couple of great nights coming up, to be done by Pete the Pieman and Mark Oliver from Bicheno, check out the poster, but please book early as the seats will be limited.

Members Draw: Last week Dean Rice, this week the sponsor himself Blackie Faulkner, unfortunately one of the very few Fridays he wasn't there, jackpot now \$105 in fuel.

Golf: Last weekend's scores: Keith Gillies a fantastic gross 78 nett 62 and 41 points, Rodney McGiveron 34 points, Bradley McDonald 34 points, Mick Kringle 33 points, Macca 32 points, Nick Child 29 points, Aaron Mason 25 points and Nick Kringle 24 points, Nearest the pin was Nick Child.

Opening Hours:

Thursday - 5.30pm

Friday - 5.30pm

◇ **Autumn Specials Meal Night**

◇ **Happy Hour 6.30pm till 7.30pm**

◇ **Members Draw 8.00pm**

Saturday - 1.30pm after golf

Sunday - 2.30pm

Until next issue, good hitting, rolling and socialising.

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Down: 1. Apartment, 2. Albatross, 4. Count, 5. Assault, 6. Brag, 7. Oils, 11. Miserable, 12. Champagne, 14. Boy, 15. Captain, 18. Scene, 19. Pale, 20. Fuss.