

# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.16 14th September 2023

Deadline for 55.17 is 5.00pm on Monday 25th September 2023

## HAVE YOU SEEN A MONOTREME?

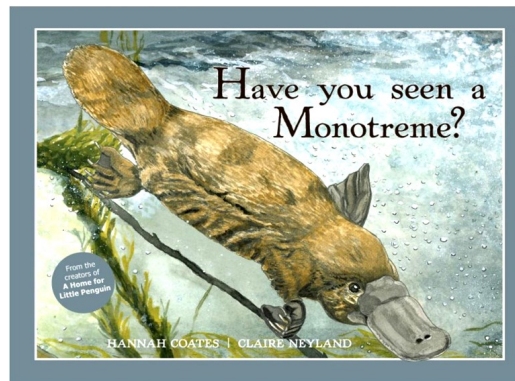
The creative team from the east coast behind the highly successful 'A Home for Little Penguin' will release their second children's picture book, 'Have You Seen a Monotreme?' in a series of statewide community launches in conjunction with Libraries Tasmania, in late September and early October.

Written by Hannah Coates and illustrated by Claire Neyland, 'Have You Seen a Monotreme?' celebrates the beauty of being unique and is sure to pique the curiosity of children and adults alike. The educational picture book has engaging rhyming text, inviting you to follow Platypus on her journey along the river as she tries to find her place within the animal kingdom, while the watercolour illustrations depict "the platypus capital of the world", Tasmania's Mersey River at Latrobe.

Starting at St Helens on Friday 29th September at 11.00am, the launches will also cover Burnie, Devonport and Launceston, with three other dates in the south of the state. Book sales, giveaways, book reading and arts and crafts at each session will give both children and adults the chance to explore the world of the platypus, an animal unique to Australia.

Their previous book, 'A Home For Little Penguin', is set in Bicheno, and tells the story of a penguin who, after seeing the destruction of the beach where he lives, searches for a new home, encountering other animals who offer him a place to live.

Both books feature an locations which are recognizable to local residents.



To purchase a copy of either book, or for more information, contact either

- \* Hannah Coates and Claire Neyland at: eddyandkate@gmail.com phone 0481 365 737, or
- \* Forty South Publishing - lucinda.sharp@fortysouth.com.au phone 0402 122 456.

VOICE for  
RURAL &  
Regional  
Tasmania

**John Tucker MP**  
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.

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

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

**24 HOUR EMERGENCY CONTACT NUMBERS**

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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

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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 and search for 'AED'

This site has a map locating all local AEDs

**IN AN EMERGENCY, CALL 000**



## EARLY LEARNING FOR 3 YEAR OLDS TO BE TRIALLED IN BREAK O'DAY

The Department for Education, Children and Young People has been working its way through the co-design process for access to pre-school for children aged 3, which is presently unavailable, that started in February 2023, with meetings to develop and refine the objective and principles.

The objective was stated at that time as being:

“Over time, every 3-year-old will have access to quality and affordable early learning that supports their lifelong learning, well-being and growth as confident and capable people,” with 5 principles being determined, which set the basis for meetings with child-care professionals and families all over Tasmania.

In February, two on-line Information Sessions were held, followed by 32 workshops during March and April. The workshops were held in 25 cities and towns, and were attended by over 230 people. Themes discussed included:

- 1 That the services provided will be
  - \* Play-based, appropriate and good-quality,
  - \* Delivered by qualified people,
  - \* Accessible for up to 15 hours for each child over a week,
  - \* Meet local needs, be flexible and innovative, and
  - \* Backed by evidence and research.
- 2 Children’s wellbeing is central to the decision-making
- 3 Cost will not be a barrier to participation
- 4 Families, communities and service providers will be part of the co-design process.

Input during the workshops has also revealed that for many people, the holistic approach is important, involving both the children and their family, and that Aboriginal Culture is embedded into the scheme. It was noted that access to early education should be available to every child, regardless of where they lived.

Break O’Day municipality has been selected as one of the trial sites, and the first session was held at St Helens on Thursday 24th August, with the Fingal Valley Neighbourhood House being involved.

For more information about or participate in the program, contact: BuildingBlocks @fvnh.org.au



## A CHANCE TO TALK ABOUT YOUR VOTE

While some East Coasters may believe that life's a beach, sometimes it pays to take a look at the serious side of life. There is an ocean-load of opinions about the referendum on the Aboriginal and Torres Strait Islander Voice to Parliament and it can be difficult to sort out truth from theory. Australians will vote on October 14 and Reconciliation Tasmania is rolling out free public workshops and "conversation tables" around the state to give people a chance to discuss the amendment to our constitution.

"Our approach is educational," said Reconciliation Tasmania's CEO, Mark Redmond. "We are not telling people how to vote but assisting them to find the information they need to cast a vote based on facts rather than falsehoods or fears," he said.

Local volunteers will be on hand with information to take away at shopping centres, markets and other local events, and offer the chance of a friendly conversation with a fellow Tasmanian about the Voice.

You can find them on Saturday 23rd September outside the IGA (Morris' Store) in Franklin Street, Swansea, between 9.00am and noon; Saturday 16th September at Coles Bay IGA on the esplanade, 9.00am-noon; Saturday 17th and 30th September at Bicheno's Community Market at Lions Park from 9.00am to 1.00pm; Saturday 2nd and 7th October at St Mary's Market at St Marys Town Hall, 23 Main Street between 9.00am and noon.

A one-hour workshops will be available at **Swansea** on Saturday **16th September** at **The Old Courthouse**, 4 Noyes Street, beginning at 2.00pm.

Plus they are busy installing a series of artworks along highways in the East Coast that should brighten up the lives of passing motorists.

Local volunteers will also be on hand at several East Coast polling stations on 14 October.

If you can't make it to your local conversation table, you can find the information at <https://rectas.com.au/referendum>.

The organisation also offers free, one-hour workshops which can be delivered in-house to community groups, businesses, social clubs and other organisations.

"Just contact [bookings@rectas.com.au](mailto:bookings@rectas.com.au) if you want to enquire about a conversation table or free in-house workshop," Mr Redmond said.

Like all referendums, the result will be decided on state results, not the national vote. To pass, a referendum needs a double majority: a majority of the national vote and a majority in four out of six states to pass. Voters must clearly write either "yes" or "no" on their ballot papers.

Reconciliation Tasmania is a not-for-profit organisation and the state-wide body promoting reconciliation for all Tasmanians. It is one of six Reconciliation Councils around the country working to improve relations between Aboriginal and non-Aboriginal people. <https://rectas.com.au/>

*(Submitted by Reconciliation Tasmania)*



### [Bicheno Community Market](#)

Bicheno Community Markets are pleased to once again be holding markets for our community at Lions Park.

#### [Market Dates 2023](#)

Sunday 17th September - 9am to 1pm

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)

If you are interested in holding a stall at any of these markets

please phone Jennie on 0417 590 851 or

email [harbourbeach@bigpond.com](mailto:harbourbeach@bigpond.com)



## PRIMARY CARE GRANT TO HELP TASMANIANS AFFECTED BY VIOLENCE

Primary Health Tasmania welcomes a new Australian Government funding grant that will result in better access to support services for Tasmanians affected by family, domestic and sexual violence.

The Government announced on 24th August that Primary Health Tasmania (Tasmania PHN) had been successful in its application for a *Supporting the Primary Care Response to Family, Domestic and Sexual Violence PHN Pilot* grant.

Primary Health Tasmania spokesperson Susan Powell said the grant will be used to develop education, training and resources to help GPs and other primary care providers care for victim-survivors and connect them with specialist support services. "Exposure to family, domestic or sexual violence – including child sexual violence – can cause long-term effects on a person's health, wellbeing and relationships," she said. "GPs are one important avenue to access care, with many victim-survivors visiting their GP while experiencing abuse. They are also often seeing both the victim-survivor and the person using violence. This project will give them and other primary healthcare providers the knowledge and skills they need to provide the best possible care to people affected by violence and refer them into the range of excellent specialist support services available."

Ms Powell said a large part of the project will focus on building collaboration between primary care and specialist support services so there is a more coordinated approach to supporting victim-survivors. "Our first step would be further consultation with the family, domestic and sexual violence support sectors and survivors to get a deeper understanding of local needs, challenges and opportunities so activities funded could be as targeted as possible. We are grateful for the expert advice we received in preparing the application that has resulted in this extra funding coming to Tasmania. We look forward to working with the support sectors, the primary care sector and survivors to better understand needs and then develop and put in place a program that will really make a difference for people affected by violence."

Primary Health Tasmania will receive a total of \$5.4 million in grant funding, with the grant period ending on 30 June 2026.

If you or someone you know is experiencing or at risk of experiencing family, domestic, or sexual violence, you can call 1800RESPECT on 1800 737 732 or visit [1800RESPECT.org.au](https://www.1800respect.org.au).

If you are concerned about your behaviour or use of violence, you can contact the Men's Referral Service on 1300 766 491 or visit [www.ntv.org.au](https://www.ntv.org.au)



ADVERTISEMENT



# Brian Mitchell MP

Your Federal Member for Lyons

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



Authorised by Brian Mitchell MP (ALP Tasmania)  
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## FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



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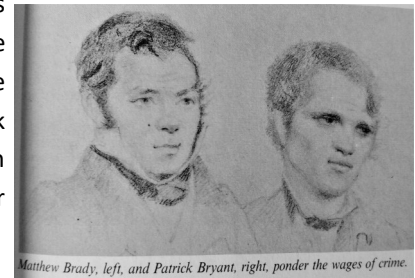


### BUSHRANGERS part 2

In 1816, there were 7 or 8 bands of bushrangers that roamed Tasmania, spreading terror over 11,000 inhabitants. Settlers were on constant alert and many houses had holes in the walls so a musket could be directed at the bushrangers, and everyone in the household knew how to use one. Through the exertions of Lieutenant W Gunn from July to December 1824, 43 bushrangers and absconders were arrested, and 18 suffered capital punishment. In 1843 there were 7 known gangs in northern Tasmania. Gangs would vary in numbers from 2 - 11, and one gang was reported to have 15 members. They were well-clothed, heavily armed and communication with each other was in a masonic sort of understanding. By 1844 and 1845, there were as many as 20 gangs roaming the county side; many were captured. Bushrangers would also dress in kangaroo skins and kangaroo moccasins, and their knapsacks were made of the same. In Michael Howe's knapsack they found a primitive-looking book of kangaroo skin, which had recorded letters, written in blood, of his dreams, his wretched state of mind and his superstitions. He dreamt of being murdered, and the book also contained a list of seeds he wished to obtain of vegetables, fruit and flowers. He had visions of some fairy spot in safe seclusion and passed his days in the culture of his garden, the adornment of a home. Their huts could have been a hollow tree, or a cave or a rocky precipice with a good field of view. Some constructed their own huts made of turf, low and uncomfortable, covered with bark stripped from the large forest trees. The fireplace was also made of turf lined with stones at the bottom, placed at one end of the hut. Kangaroo skins were used for sleeping on.



*Tasmania's most famous bushranger, Martin Cash.*



*Matthew Brady, left, and Patrick Bryant, right, ponder the wages of crime.*

Stealing from the settlers was common, and they would steal food, tobacco, money, jewellery, guns and anything valuable. Matthew Brady was a kind of Robin Hood, as he supplied the stock keepers with tobacco, tea, sugar and sometimes grog. From the people he robbed, he distributed the tobacco amongst the assigned servants, and twice he gave large sums of money, which they would have returned to their masters. Another bushranger named Priest robbed Mrs Kennedy and Mr Dilton at Ross Bridge on their way to Port Dalrymple of the clothes they were wearing and £10. Some bushrangers just rifled through the house and left, but others would stay and terrorize the household and eat a meal while they were there. Many settlers were known to leave food out for the bushrangers so they wouldn't ransack their homes.

James Dalton escaped from Port Arthur in 1852, and after joining other bushrangers and killing two men, he escaped to the mainland. When he was captured in Melbourne, the articles they found on him were;

2 gold watches and guards, 1 of which was a lady's, and attached to the guard was a gold locket	a silver watch and guard
2 large horse pistols and one small one, all heavily loaded	3 gold rings
2 gold chains	89 sovereigns and 2 half sovereigns
a nugget of gold	2 leather bags
three £20 notes and one £10 note of the Commercial Bank of Van Dieman's Land	a steel stock buckle
15 shillings	a 'specimen'
a purse with a clasp	a gold seal
a gold pencil case with a yellow topaz on top	2 locks of hair to use as mustaches.
a ring case set with diamonds, pearls and turquoises	
a short gold chain with seal and key attached in the shape of a dogs head	

He was returned to Tasmania and hanged in 1853.

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

### IN OUR SCAMANDER GARDEN ....

Black wallowing smoke discreetly puffs her billowing skirts until the flounces fly higher, ascending and waltzing hither and thither. There is no need for alarm, it is the beginning of a 20-hectare burn-off as promised by the firemen, to help lessen our bushfire risk. We are grateful for their effort.

Dancing through the garden, I am excited to see the gorgeous pink Magnolia taking off, dazzling my sense of sight with her showy flowers. There are lots of tiny birds around. Blue flashes here and red spots there, dipping their beaks as they frolic about, fussing over which way to leap next. The bird-baths are frequented aplenty. Splish-splash, shiny droplets land on the grass beneath.

Friends drop in, one carries a loaf of bread, the other a pink Boronia. Wait, there is a box of chocolates too. I hope you have good people around you, too.

The pink and white blossom caresses the flowing branches of plum and nectarine. Native plants are starting to shout, "I'm here." The bandicoot is making more holes than are allowed on a golf course. He looks at me then scampers off, racing under the low-lying shrubs. We have prepared most of the areas for new plantings of vegetables. Do you get excited, planning what to put where?

I do love looking over the fence and seeing my neighbour's citrus fruit trees, with oranges and lemons plump and colourful, shining brightly, teasing me. I have enough of my own to make some sweet marmalade and another batch a little more sour. I am still picking from the small hothouse, so we have more chilli sauce.

Jun Li popped in the other day with her friend from China, who spoke English very well. How wonderful that we could all chat and be respectful and friendly when we don't necessarily have the same traditions and culture. Love, music and food can be a universal language.

'till next time, Peg



*Elizabeth's gift of Boronia.*



*Making marmalade and past sauce.*



**FESTIVAL of WELLBEING**

# FESTIVAL of WELLBEING

Saturday 14 October  
11am - 4pm



BEEP BEEP



10 am	Fingal IGA
10:20 am	St Marys Hotel
11 am	arrive Festival
4 pm	leave Festival
4:40 pm	St Marys Hotel
5 pm	Fingal IGA

Thanks to the Community Bus you can travel free to the Festival. Bookings Required. Book your spot by Friday 29 September through Fingal Valley Neighbourhood House.

**BOOK BUS HERE**  
6374 2344





'No...there is no climate change....can't be.' Some of the media outlets espousing that to this day astound me. This year alone, we have countries like Greece having unprecedented bushfires never seen as drastic in one part of a relatively small country, and raging floods not long after in another part. We see massive fires in Canada and the USA, with prolonged heatwaves breaking records there as well. We see mind-blowing floods in China and other Asian locations, many breaking records that have stood for a long time. Crazy fires in Hawaii taking many lives and destroying whole towns to boot. If that's not bad enough, there are over 150 major inland salt and freshwater lakes literally drying up. Probably the most well-known is the one near Salt Lake City, Utah, Great Salt Lake. It's exposing heavy metals as it dries, and the winds blowing now are exposing contaminated soil. It's nuts; "Nooooo, nothing to see here on climate change," say the naysayers, you idiots.



So, where does that leave us, eh? Up-coming, we face a predicted hotter than usual summer apparently. We face potential bushfires, low-level rainfall and some higher chances of tropical storms and cyclones....woo hoo...here we go, so hopefully we will do our best to mitigate all this with prudent decision-making, not least with bushfire prevention measures and water conservation. It can only help....



I say again to any disbelievers that say climate change is a myth; when all the experts agree, it says a lot, so get your head out of the sand and look around this blue orb in the universe and see for a change. Help, not hinder, a huge fight for future generation. It's almost too late already.....

What do you think?

**TRIVIA NIGHT!**

**FRIDAY 29TH SEPTEMBER 2023**  
**6.00PM**  
**MALAHIDE GOLF CLUB**

\$5 Entry Fee per person  
 Teams of 4  
 Bring a plate to share for Supper  
 To book your table/team, call Dimety  
 on 0409 421 976

**Walk for Yes**  
 17 September 2023

Join the nation and walk together for a better future.  
 Yes23.com.au

**Walk for YES**

Are you interested in supporting a YES vote in Break O'Day and the wider east coast?

- ✓ Join us to walk from the Winklers Bridge in Scamander back to the River Mouth Park
- ✓ Show your support for the referendum on the The Voice and Indigenous Recognition in the Constitution
- ✓ leaving bridge car park @11am on 17th September
- ✓ all age event
- ✓ BYO Barbeque in the River Mouth Park after the walk

ER NOW | VOLUNTEER NOW | VOLUNTEER NOW | VOLUNTEER NOW | VO

**Join supporters around Australia to Walk for Yes on Sunday 17 September.**

0400 002116 authorized by Reconciliation Tasmania S. Mead 34 Tasman Highway Bicheno  
 www.yes23.com

# YCONNECT NEWS

Youth Happenings in the Break O'Day



## BEST WISHES PETE!

It was with very mixed feelings that we said goodbye to one of our team members Pete last week as he takes the next couple of months off to welcome 2 new additions to the family!

We are very excited for him and wish him all the very best! We can't wait for him to return to YCONNECT towards the end of the year.



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

## THE MAGIC OF SPRING!

We hope that everyone has had a good winter and been able to soak up some of that early spring sunshine that has been tempting us back outdoors! Here at YCONNECT we are definitely enjoying the warmer weather and slightly longer daylight hours and using the creative energy to come up with some great ideas for our October school holiday program... we'll release the official dates very soon but below are some of the planned activities:

- **Back by popular demand:** Mountain bike coaching at the St Helens Trailhead with the amazing Lync from Shredly's Adventures.
- **A very BIG bushwalk:** to a big tree and an even bigger waterfall!
- **Getting creative:** A drop in arts workshop in St Helens.



Stay tuned for more info!

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 at [youth@sthelensnhh.org.au](mailto:youth@sthelensnhh.org.au) or call St Helens Neighbourhood House on 6376 1134.  
Facebook: Youth Connect North East Coast Tasmania  
Instagram: [\\_yconnect\\_](https://www.instagram.com/_yconnect_)

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## FESTIVAL OF WELLBEING – A WELLBEING DAY IN BREAK O'DAY

The annual Festival of Wellbeing will return again to St Helens on Saturday 14th October.

This free event celebrates wellbeing and community connection and will be held at the Bendigo Bank Community Stadium in Tully Street, St Helens. If you live in the Fingal Valley, there is a free bus to get you there and home again.

Sometimes we need a little support to feel well. When things are good, we can always learn new ways to create more wellbeing for ourselves, and those around us. At this year's festival there is something for everyone.

Discover new ways to care for your wellbeing with over 50 wellbeing champions ready to connect with you. Find them all with our festival map and go in the draw for a great prize. Find out more about support services in our community. Try something new with 'come and try' taster activities throughout the day on yoga, netball, art, qigong, choir and much, much more. Enjoy affordable yummy food for sale or bring a picnic.

Our community is amazing! You will be sure to have fun, make new friends and learn something new that will help you think well, do well and be well.

This local event is funded by the Tasmanian Community Fund, the Mental Health Council of Tasmania and Break O'Day Council. Festival coordinator, Leah Page is in awe of the generosity and spirit in our community that makes this day possible.

"Each year local people and visiting organisations come together to showcase and share what wellbeing in Break O'Day means for us. Together our Wellbeing Champions show us there are so many different ways to create a sense of wellbeing for ourselves and those around us. We are very grateful to each of them and everyone who contributes to create this day for our community," she said.

"The Break O'Day Wellbeing Project, hosted by Break O'Day Council, is going from strength to strength creating and elevating wellbeing in our community. With our funding from the Tasmanian Community Fund extended until 2025, project activities will continue to bring local people together to discover what is great for our wellbeing and to design ways to create more wellbeing for each other," Leah added.

"To make it easy for you to get to the Festival, the Fingal Valley Neighbourhood House are generously providing a free bus (bookings essential) from Fingal through to St Helens – please contact the House on 6374 2344 to book your place by Friday 29 September."

Vote early on Referendum Day and then join us at the Bendigo Bank Community Stadium to create and celebrate wellbeing in Break O'Day!



**FESTIVAL  
of  
WELLBEING**  
Saturday 14 October  
11am - 4pm

**Bendigo Bank Community Stadium  
Tully Street St Helens**

**FREE ENTRY**

Workshops Come 'n' Try Displays  
Goodie Bags Market + Food  
Demonstrations and more...

 Free bus from Fingal

**Bringing our community together to share the good stuff and create more of it together.**

[wellbeingaction.org](http://wellbeingaction.org)



		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>STAR FM</b>  <b>Program Guide</b>    	<b>Brekkie</b>	Start your working week  with Star FM	Fruity and Loopy  with Flashy	I see Stars  with The Sand Man	Breakfast Mania  with Star FM	TAZZ on Toast  with TAZZ	Saturday's Sunny Side Up  with Manny	Sunday Mornings
	<b>Morning</b>	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
	<b>Arvo</b>	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
	<b>Late Arvo</b>	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]  The Tone	with The Tone  Big Daddy Davo's Blues Mix
	<b>Evening</b>	Monday Evening  with Star FM	Neville's Country Corner  and more with Neville	That 70's Show  with Star FM	Thursday Nights  with Star FM	The Party Pit with  with Star FM	Let Loose  with Star FM	hosted by Dave




**48 Main Street** Phone (03) 6372 2181  
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**SUNDAYS FROM 3.00PM**  
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 24th September Peter Hicks

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**BREAK O'DAY SENIOR'S WEEK ROSS**  
 TUE 17 OCT 2023

**FREE BUS TOUR ROSS**

Wool Museum & Female Factory BBQ Lunch

**FREE**

9 am Marine Rescue Building St Helens Foreshore  
 9:20 am Scamander Mouth Cafe  
 9:40 am St Marys Coach House  
 10 am Fingal  
 5pm Return St Helens via all stops

**BOOKINGS ESSENTIAL BY TUESDAY 3 OCT**  
 ☎ 6376 7900 ✉ admin@bodc.tas.gov.au





**CHRIS AND VIV GET THE AUDIENCE ON THEIR FEET**

Once again August saw some great entertainment at the Footy Club, when Chris and Viv Boys were the guest artists for Lunch and Munch. Toe-tapping music soon got some of the audience up on their feet



and dancing. Coming all the way from Wynyard, ex-locals Chris and Viv are always a popular draw card. And to that end, they will be back to entertain us for our September Lunch and Munch, on Friday September 29th, at the Footy Club, along with Scotty and Kazz from The Rennies, but calling themselves...the 'St Helens All Stars', a name chosen by the August

audience...so with Kazz on vocals along with Chris, Scotty on drums, and Viv on keyboard, it will once again be a show not to be missed. Don't forget it's BYO Lunch, although the little tuckshop does a roaring trade in



sandwiches and cakes, and tea and coffee are free, but the Footy Club now has it's own coffee machine for those of you who like a cappuccino etc.

And that Friday is the start of Grand Final weekend for the footy, so what better way to start off an enjoyable weekend, with musical entertainment, meeting friends, then getting settled in for the footy, and hoping your voices aren't hoarse from singing, so you can cheer on your team.

*Ashley Morrell and his Mum Lorraine Wells enjoying the afternoon.*

It's going to be a wonderful day, so get a group of friends together, come on down to the Footy Club on Friday 29th September at 12.00pm till 2.00pm. Members are just \$10, non-members \$15.

And just a heads up for you as well....in November we are having a huge concert to end off the year, with the fantastic vocalist Kaye Payne and the Presidential Suite from Hobart. Kaye and her band have been performing professionally all around Tasmania, so once again you are in for a treat. But more on Kaye next month...

See you on Friday 29th September, at the Footy Club Rooms in St Helens, 12.00-2.00pm.

GEORGES BAY MUSIC PRESENTS

# LUNCH AND MUNCH

**ST HELENS FOOTY CLUB ROOMS**  
**TULLY STREET**  
**FRIDAY 29TH SEPT 12-2PM**

**\$10 MEMBERS \$15 NON MEMBERS**  
**BYO LUNCH**

**GUEST ARTISTS**  
**'THE ST HELENS ALL STARS'**

**A GREAT AFTERNOON'S ENTERTAINMENT**

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Fingal Valley Neighbourhood House

**ST HELENS SCOUT GROUP PRESENTS**  
**TRIVIA NIGHT**  
**ST HELENS BOWLS CLUB**  
**Friday 20th October 2023**

Tickets: \$20 includes light supper

Drinks available for purchase at the bar

Tables of eight (8) maximum

Singles welcome

Doors open at 6.30pm

Quiz starts at 7pm sharp

Bookings call Carol 0418 135 051 or email [carol.liefting@gmail.com](mailto:carol.liefting@gmail.com)

**CONGRATULATIONS, KIRSTEN!**

On Friday 8th September, the writer of our kitchen column, 'In The Kitchen With Kirsten', was named as the VET Teacher/Trainer of the Year in the Tasmanian Training Awards.

Kirsten Bacon is a chef, a food writer and YouTuber, teaches Hospitality at Elizabeth College in Hobart and each month, she shares her passion for good food with The Valley and East Coast Voice. Her talents also enable her to teach about and discuss issues that are relevant to the world we live in, both locally and nationally, and encourage students to try new ways and inspire them to succeed. She stays in touch with past students, and uses her links with the hospitality industry to get her students involved in community events.

Thanks for sharing your ideas and recipes with us, Kirsten, and congratulations on winning!



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## IN THE KITCHEN WITH KIRSTEN



This is gorgeous, extremely nutritious and a lovely mid-season dish. I like to serve it with pan fried chicken breast. If you haven't tried brown rice, it's a very nutty texture and flavour and very good for you, so give it a try!

This recipe serves 2 hungry people or 4 medium eaters.

### Ingredients

200g (1 cup) brown rice		2 celery sticks, trimmed, thinly sliced
1 small red capsicum, halved, deseeded, coarsely chopped		75g baby spinach leaves
2 tablespoons currants		40g (1/4 cup) sunflower seed kernels
200g Japanese tofu, thinly sliced		
<b>Dressing</b>		
2 tablespoons fresh orange juice	1 1/2 tablespoons salt-reduced soy sauce	2 teaspoons honey
2 teaspoons freshly grated ginger		

### Method

Cook the rice in a large saucepan of boiling water following packet directions. Rinse under cold running water and drain. To make the dressing, combine the orange juice, soy sauce, honey and ginger in a small bowl. Place the rice, celery, capsicum, spinach, currants and half the sunflower seeds in a large bowl. Drizzle over the dressing and toss to combine.

Divide the rice mixture among serving bowls and top with the tofu. Sprinkle with the remaining sunflower seeds to serve.

If Japanese tofu is unavailable, use firm tofu.

For a different flavour, you can replace the tofu with 2 cooked single chicken breast fillets.

## Pear and Almond Cake

### Ingredients

4 large pears, sliced lengthways into 1 cm slices	2 tablespoons soft brown sugar	6 tablespoons blanched almonds
600g butter	600g caster sugar	6 large eggs, lightly beaten
2 tsp vanilla essence	600g almond meal	4 tablespoons self-raising flour

### Method

Prepare a circular flan dish or 10" cake tin by lining it with non-stick baking paper and sprinkling on the soft brown sugar.

Cream together butter with caster sugar to create a smooth creamy mixture, with all the sugar dissolved. Add eggs and beat in. Mix in almond meal and self-raising flour.

Prepare the flan by cutting pears lengthwise. Place the pieces decoratively in the baking tray. Put blanched almonds in the gaps. Spread over the almond mixture.

Bake in preheated oven at 180C for 40 minutes or so, until the filling feels firm at the centre. Remove and allow to cool a little. Place a large serving plate on top and turn flan over.

All being well, the flan will be released onto the plate. Remove baking paper.

Serve warm with ice cream for a dessert, or allow to cool, then slice and enjoy!



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

**Facebook** <https://www.facebook.com/thekingboroughcook/>

**Instagram** <https://www.instagram.com/thekingboroughcook/>

**YouTube** <https://www.youtube.com/channel/UCs7TNBH6Wi1NjOcY4E929Wg/featured>





# Fingal Valley Arts and Culture



## Break O'Day Regional Arts (BODRA) Meeting

Break O'Day Regional Arts are looking for Expressions of interest from stall holders or food trucks who may be interested in participating in the 19th January 2024 Summer Celebration - usual market fees apply.

Join us for an up-coming film night in St Marys Town Hall, there are a couple of great choices to see and everyone is invited to share a light snack between films.

We ask that anyone coming along join BODRA - you can join on the night and get access to all our film nights for free! Gold coin donation for tea/coffee/support

More info: [bodregionalarts@gmail.com](mailto:bodregionalarts@gmail.com)

### What's on in the local area?

#### With One Voice Break O'Day

Community choir for all residents of Break O'Day. Meets each Tuesday from 5.15pm @ Scamander Sports Centre plus *Reconnect & Sing* at other local venues. NO EXPERIENCE IN SINGING NEEDED

Info: [contact@wovbod@gmail.com](mailto:contact@wovbod@gmail.com) or 0439 001 533

#### Spinners and Weavers

3rd Tuesday of each month @ Fingal Valley Neighbourhood House. No need to book. New members welcome.

#### Fingal History Group

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

Email: [history@fvnh.org.au](mailto:history@fvnh.org.au)

#### St Marys Repurposing and Upcycling

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

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

FILM NIGHT

SEPT 23

5 PM

St Marys  
Town Hall



LOOKY LOOKY  
HERE COMES  
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A SINGLINE FOR 21ST CENTURY AUSTRALIA



THE  
NEW  
BOY

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A songline for 21st century Australia - a fresh look at the Cook legend from a First Nations' perspective - the songline tells of connection to country, resistance and survival and features the cheeky, acerbic and heartfelt showman - Steven Oliver

5-6pm

The New Boy is a 2023 Australian drama film written and directed by Warwick Thornton. It follows a young Aboriginal Australian orphan boy who is brought into a Christian monastery run by a renegade nun, where he begins to develop supernatural abilities and question his beliefs. It stars Aswan Reid as the title character, alongside Deborah Mailman, Wayne Blair, and Cate Blanchett.

7pm start

Conversations around The Voice with Reconciliation Tasmania 6-7pm with light supper - bring a plate to share/tea & coffee gold coin donation

Presented by Break O'Day Regional Arts, supported by FVNH Film Society. Free to BODRA members - join on the night



Bay of Fires Youth Art entry, 2022



## FINGAL FOCUS

*Contributed by Mike Brouder*

If you think pushing 60 is hard, wait until you start dragging it!

**Between my** leaving England and arriving in Australia, there was a three-week trip on a ship. The ship was far from being a cruise liner. It had been a troopship during WW2, and the amenities were basic. When we left our home in North London, there was an air of sadness mixed in with a sense of excitement. We left with some style - we hired a Bentley to take us to the station to catch our train to Southampton. At Southampton, we saw our ship for the first time. Well, we thought that it was our ship; unfortunately it wasn't our ship at all. It was the 'Queen Elizabeth'. Our ship was the seemingly small grey ship 'parked' in front of the QE. The QE was 84000 tons displacement. Ours was 22000 tons, not a small ship at all, but when docked next to the QE, it was small. Once aboard, we found our quarters. The crew called them 'cabins' but they still had the utilitarian look of a troopship.

After we set sail, we seemed to be in the Bay of Biscay and into very stormy seas. Everybody was seasick...except Dad, who turned up for every meal while all those about him were heaving their guts up. Even the Captain was sick, but he confessed that he was always sick at the start of every trip. Once we got back to normal again, (normal? what's that?) the ship proceeded and I saw the great Rock of Gibraltar in the distance. Then we were into the Mediterranean Sea and the weather became warmer. We called in to Aden for supplies of water and other supplies. There were kids diving into the sea for coins tossed by passengers. The local gendarmerie started to hit out at the kids with their batons and we, the passengers, did not take kindly to that treatment. We threw fruit, bottles and whatever we could lay our hands on at those policemen. A complaint was made by the Police, and the British Consul came down to the ship to let the Captain know that we had been ordered out of port. We didn't want to go ashore, so leaving port was no big deal for us. There was a huge storm filled with lightening and thunder in the Mediterranean, and the ship corkscrewed its way towards the Suez Canal. I didn't get sick in that storm, which surprised me. During our trip on the ship, I spent some time at the prow of the ship watching out for mines. There had been thousands of anti-shipping mines laid during the war, and not all of them had been cleared for normal travel to start again. I was nervous in case I did see one, but at the same time - !!!! We reached the Suez Canal and the debris of war was scattered on both sides of the canal. Artillery, burnt out tanks and all sorts of stuff. It was a stark reminder of what had happened a short time before our journey, and the lives lost, through that debris. Then we were through the canal and that much closer to Australia.

At some time on board, there was activity either loading or unloading, and a lot of men were on board working on the hold covers. I was curious, as were many others. It broke the boredom on board. I was standing staring at the activity, when I felt a hard blow on my left shoulder. It was a thick hawser cable used in lifting the hold covers. If it had been a few inches to the right, it would have hit my skull. The place was immediately cleared of all but essential crew. I do not remember any enquiry about my health from the medical staff. There must have been one, surely? We sailed into Colombo, which was the capital of Ceylon which is now Sri Lanka. We all went ashore in small ferry boats. It was warm and we bought some fresh tropical fruit. My sister, Mary, bought a sapphire ring. She said that she knew it was fake because it cost her only £5.00. Even in those days, £5.00 for a sapphire was not a lot of money.... Colombo was our last stop before we reached Australia.

When the captain told us, over the Tannoy system, that the smudge we could see on the horizon was Australia, we started to relax that our destination was in sight. Our new lives had already started.

\*\*\*\*\*

**A genie granted me** one wish, so I said I just wanted to be happy.....now I'm working in a mine with six other dwarfs.

**When I was a kid,** I wanted to play the guitar so badly. I practiced hard and with dedication for many years and here I am playing my guitar....very badly.

**What is the lowest rank** in the army? I keep on asking people, but they keep telling me it's private.

**What would you eat** for breakfast in an earthquake zone? A panquake.

**When I told the waiter** that my steak was bad, he picked it up and slapped it then threw it down again. He told me if it gave me any more trouble to just call him.

**What part of your body** is the most reliable? You can always count on your fingers.

**David Beckham gets into** a taxi and realises that the driver is staring at him. After a short time the driver says, "Go on, give me a clue." David says, "OK, I played for Manchester United and England, and married a Spice Girl....is that enough?" "No, David, I mean where are you going?"

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

**BREAK O'DAY ANGLICAN CHURCH**

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 58 Cecilia Street, St Helens.

St Marys  
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**WEEKEND MASS:**

ST HELENS: Saturday	5.00pm
Sunday	4.00pm
ST MARYS: Sunday	9.00am
BICHENO: 1 <sup>st</sup> Sunday	11.00am
FINGAL: 2 <sup>nd</sup> and 4 <sup>th</sup> Sunday	10.30am

**WEEKDAY MASS:**

ST MARYS: Friday	10.00am
ST HELENS: Thursday	10.00am

Parish Administrator:  
 Fr. Norbert Z Ochoa 0437 324 227  
 fr.bitz51@gmail.com

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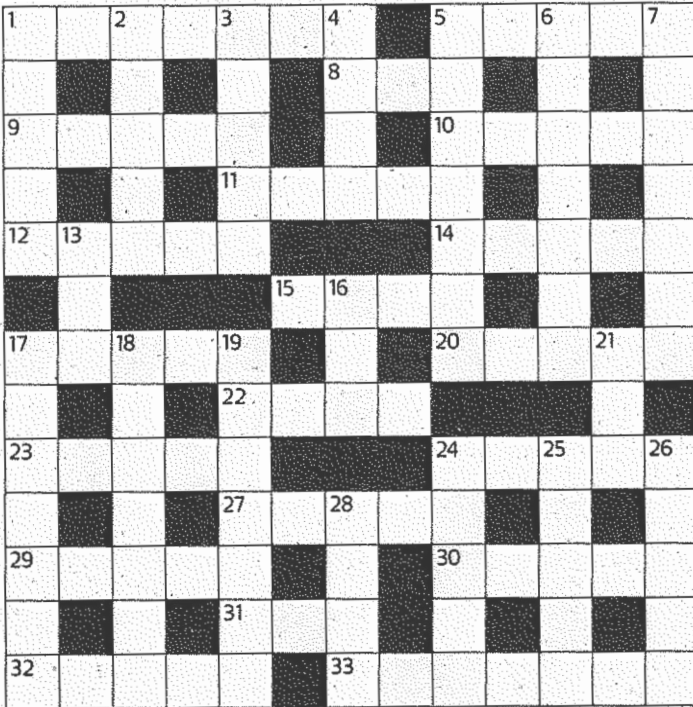
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# Crossword 55.16



- | ACROSS                             | DOWN                                   |
|------------------------------------|----------------------------------------|
| 1. Well-being (7)                  | 1. Bet (5)                             |
| 5. Ship's modernisation (5)        | 2. Woolly pack-animal (5)              |
| 8. Regret (3)                      | 3. Unnerve (5)                         |
| 9. West African republic (5)       | 4. Son of Aphrodite (5)                |
| 10. Healed (5)                     | 5. Use over again (7)                  |
| 11. Hazardous (5)                  | 6. Pardon (7)                          |
| 12. Domain (5)                     | 7. Neatest (7)                         |
| 14. TV presenter, ___ Anderson (5) | 13. Long fish (3)                      |
| 15. Comic actor, ___ Silvers (4)   | 16. Female fowl (3)                    |
| 17. Thrall (5)                     | 17. Turns out well (7)                 |
| 20. Appoint (5)                    | 18. Friendly (7)                       |
| 22. Sharp tug (4)                  | 19. Optical lotion? (3-4)              |
| 23. Felony (5)                     | 21. Mongrel (3)                        |
| 24. Horde (5)                      | 24. Postage levy (5)                   |
| 27. A finger or toe (5)            | 25. Viper (5)                          |
| 29. Smouldering coal (5)           | 26. Full ___ Jacket, film (5)          |
| 30. Review of accounts (5)         | 28. Desert lizard, the ___ monster (4) |
| 31. Lubricate (3)                  |                                        |
| 32. Farm animal (5)                |                                        |
| 33. Clothing (7)                   |                                        |

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- Library
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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.

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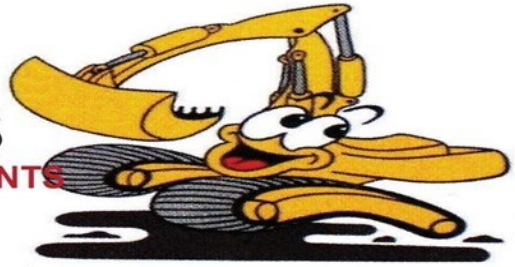
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## RAINBOWS AND RADISHES

By Bloomin' Iris



### COMING INTO SUMMER

We are in Spring, but Summer is not far away and we need to look after our garden for the dry season to come. According to the Weather Bureau, we are going into an El Nino Season, which is dry compared to the rain we have been having.

When you prepare your vegie or flower beds, as well as using compost, use a wetting agent, either liquid or granules, to make sure the water is going to where it is supposed to for your vegies and flower beds.

If you have heavy clay soil, gypsum is what you need to break it up, plus plenty of compost dug in helps to make the soil lighter and more friable. Do not forget to mulch the top of your garden beds to help retain the moisture that is needed in summer for optimum growing conditions.

Some vegies or flowers suffer more from dry conditions. Keep an eye on what you have grown and keep a check on this situation to stop stress that can kill those wonderful crops in the height of summer.

Tomatoes, for instance, can suffer from a condition called blossom end rot, which is a lack of calcium, rectified by digging potash into the ground before growing. Potash is also water soluble, but uneven watering is characterised by a dry black-looking spot on the bottom of the tomatoes, which develops into blossom end rot. I also think the tomatoes are juicier if given a proper amount of watering. Always feed your plants early in the morning, if possible; it is best not to use any sprays or fertilisers in the middle of the day, as you may burn them, especially if the day is going to be a hot one.



On the subject of tomatoes, always remove the bottom leaves up the stem for several centimetres. It helps to stop viruses being splashed onto the leaves, some of which can be deadly to the tomato plants. Another tip; pinch out all the small shoots that sprout in-between the leaves. It helps to stop all that extra growth, it is better to have just one or two strong stems that can be well supported to stop the fruit drooping onto the ground without then having grubs getting into your precious fruit. Fertilise fortnightly with a weak fertiliser.



Enjoy your gorgeous tomatoes paired with those yummy radishes, and next time we will talk about our salad crops.

### READ ABOUT THE GERMAN HERITAGE OF THE FINGAL VALLEY

Around 55 guests from both Australia and New Zealand heard Tasmanian author Michael Watt speak about his interest in the lives of migrants, and how he went about the task of researching the fate of each German migrant who arrived on the east coast of Tasmania, at the Book Launch held at the St Helens History Room on 22nd October 2022.

Copies of the book, *The Fingal Valley's German Heritage*, sold out quickly. The author is pleased to advise that a limited number of copies are available for purchase from the following outlets.

St Marys Cranks and Tinkerers, 7143 Esk Highway St Marys, phone 0417 648 845

Petrarch's Bookshop, 89 Brisbane Street Launceston, phone 6331 8088

Fullers Bookshop, 131 Collins Street Hobart, phone 6234 3800

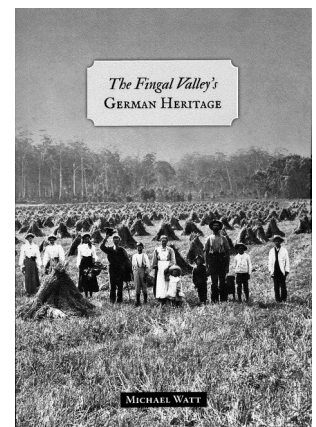
Cracked and Spineless New and Used Books, Shop 9, 138 Collins Street, Hobart, phone 6223 1663

Interested people seeking further information can contact the author.

Michael Watt

Address: 316 Churchill Avenue, Sandy Bay, Tasmania 7005

E-mail: michaelgwatt@outlook.com.au



**ONLINE SERVICES FOR SCRIPTS, MEDICAL CERTIFICATES AND GP APPOINTMENTS.**

There are many options for accessing GP's online, you can Google-search Online GP consults, Online scripts, Online medical certificates etc. Most services offer similar services and have varying fees.

The following list is a few of the available options:

**Chemist Warehouse**

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

Price \$45-\$55.

**Doctors on Demand**

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

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

**Instant Consult**

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

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

**InstantScripts**

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

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<p><b>Lifeline Tasmania</b> 1800 984 434 <a href="mailto:taslifeline@lifelinetasmania.org.au">taslifeline@lifelinetasmania.org.au</a></p>	<p><b>Kids Helpline</b> 1800 551 800 <a href="http://www.kidshelpline.org.au">www.kidshelpline.org.au</a></p>	<p><b>Find Help Tas</b> A central online directory of community services across Tasmania. Supported by TasCOSS and member organisations. <a href="http://www.findhelptas.org.au">www.findhelptas.org.au</a></p>	
<p><b>Lifeline</b> 131 114 <a href="http://www.lifeline.org.au">www.lifeline.org.au</a></p>	<p><b>Beyond Blue</b> 1800 243 232 <a href="http://www.beyondblue.com.au">www.beyondblue.com.au</a></p>	<p><b>Financial Counselling Support</b> If you or someone you know requires financial counselling support <a href="http://www.anglicare-tas.org.au/financial-counselling">www.anglicare-tas.org.au/financial-counselling</a></p>	
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<p><b>Carer Gateway</b> 1800 422 737 <a href="http://www.carergateway.gov.au">www.carergateway.gov.au</a> If you know someone that is a carer</p>	<p><b>Disability Information Hotline</b> 1800 643 787 <a href="http://www.dss.gov.au/disabilityhelp">www.dss.gov.au/disabilityhelp</a> If you or someone you know has a disability</p>	<p><b>Fingal Valley Neighbourhood House</b> (03) 6374 2344 <a href="mailto:admin@fvnh.org.au">admin@fvnh.org.au</a></p>	<p><b>St Helens Neighbourhood House</b> (03) 6376 1134 <a href="mailto:admin@sthelensnhh.org.au">admin@sthelensnhh.org.au</a></p>



## The Rat Experiment

I want to tell you a story about rats and relationships. It may seem like an odd pairing, but stick with me. In the 1980s, a couple of scientists conducted a behavioural experiment with a group of rats. They trained the rats to push a lever, and when they did, the rats received a pellet of food. The rats learned that performing this action would lead to a reward, and they started to associate this lever with meeting a core need - hunger. But they weren't hungry all the time, and the scientists observed that the rats eventually stopped pushing the lever as frequently. You see, the rats trusted that when they pushed the lever, they would get a consistent and reliable reward, and so for the most part, they continued their normal rat behaviour - socialising, grooming, sleeping, etc. So far, so good.

Next, the scientists decided to remove the pellets and the rats began pushing the levers to no avail. Eventually, they learned that they were not going to receive a pellet because the outcome of pushing the lever was consistent and reliable. Over time, they lost interest - becoming less preoccupied with pushing the lever and more preoccupied with doing their normal rat things again. Understandable. We don't often continue to do things when there is no compensation for our efforts.

Both experiments so far had created a predictable pattern in terms of managing the rats' expectations. This is called continuous reinforcement and it's the main process involved in establishing (or conditioning) new behaviour, not only for rats, but for most beings. Have you ever taught a dog to sit, fetch, or roll over by giving them a treat, or been praised as a child for giving a correct response to a multiplication maths quiz? That's the brain's reward system at work.

So what do you think happened when the schedule of reward in this experiment was made unpredictable? The scientists programmed it so that when the rat pushed the lever, sometimes a pellet would come out, but sometimes it wouldn't. Their hypothesis was that this would frustrate the rat and eventually it would lose interest in the lever like before, but..... the complete opposite happened.

All of the rats in the study became preoccupied with the lever - that is to say, they became obsessed! They stopped all of their regular rat behaviours like socialising or rearranging their nests. They started neglecting their self-care by not grooming or sleeping regularly. The quality of their lives diminished severely. The intermittent reinforcement of sporadically and unpredictably providing the pellet of food when they pushed the lever created an addiction, and even when the scientists put the pellets back in, their preoccupied nature didn't change.

When speaking about addiction we tend to gravitate towards matters like gambling, drugs, social media, sex, or gaming, but the truth is, we can become addicted (mentally, emotionally, or physically) to anything. Intermittent reinforcement conditioning digs deep into our subconscious because it's tied to our survival needs and our internal rewards system. It can happen with any need or want that we have, and it is especially prevalent in relationships relative to emotional needs - things like commitment, affection, appreciation, closeness, or a sense of belonging. When a parent or caregiver is only able to occasionally and unpredictably meet these needs, it can create an unhealthy attachment style that leaves us obsessed with pushing the metaphorical lever. When it happens in our adult relationships, the toxic cycles of intermittent reinforcement can leave us feeling just like those addicted rats - anxious, neglected, and with an eroded sense of self.

While we are most certainly not rats, this experiment sheds light on the complex dynamics of human behaviour and can help us understand our own struggles with attachment. Through self-awareness and reflection, we can start to recognize these patterns for what they are and take steps towards breaking them. In addition to its valuable insights, the rat experiment offers a path to healing from the effects of intermittent reinforcement in relationships because it underscores the importance of prioritising and nurturing healthy, reliable connections (especially the connection with yourself). When we nurture foundations of trust, self-compassion, and authenticity, we can start to heal from the detrimental patterns that have diminished our sense of safety and stability throughout life. Consistency is the key.

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

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

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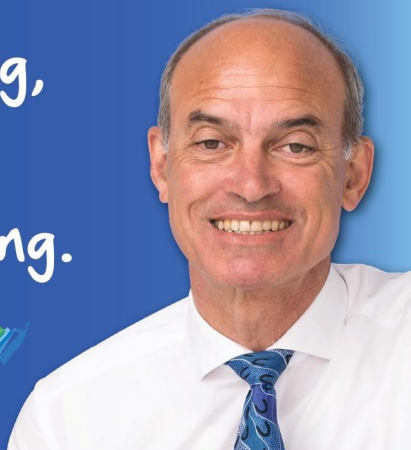
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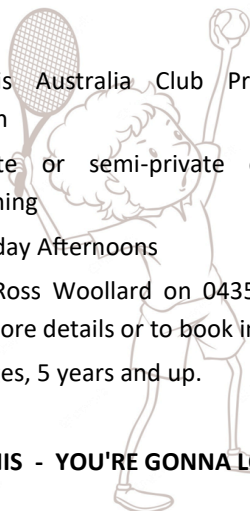
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If you are interested, contact

Anthony Blunt: [anthony@acaquaculture.com.au](mailto:anthony@acaquaculture.com.au) or

Stephen Wally: [sthelensfootbal@gmail.com](mailto:sthelensfootbal@gmail.com) phone 0408 502 290

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Email - [tania.rattray@parliament.tas.gov.au](mailto:tania.rattray@parliament.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.



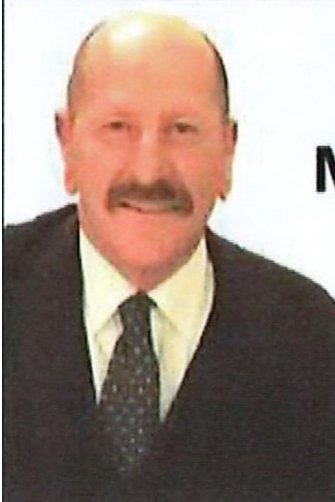
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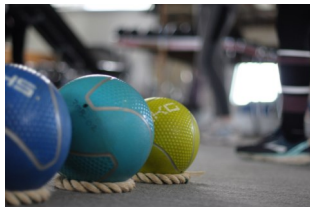
### Active4Life Break O'Day

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

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

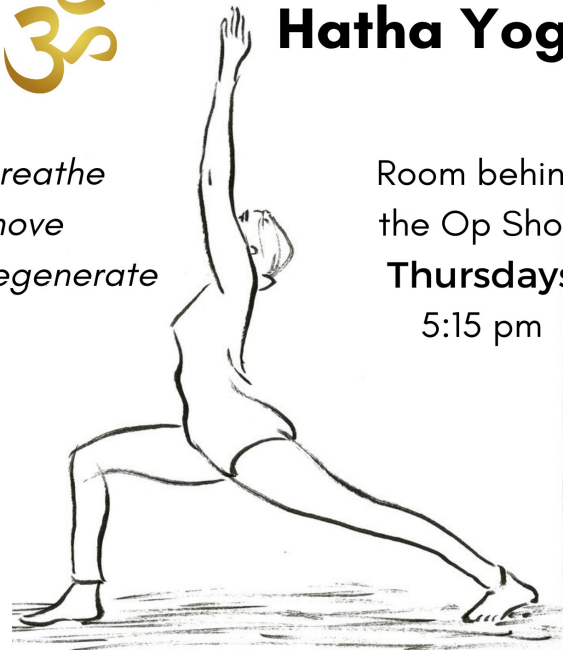
St Helens Active4Life programs are held Monday and Thursday mornings with fitness circuit classes. New participants welcome - subject to availability.

Email [Active4Life@fvnh.org.au](mailto:Active4Life@fvnh.org.au) for more info on how to book an induction or to join any of our sessions.



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Venue generously sponsored by Fingal Valley Neighbourhood House



The Fingal Valley Neighbourhood House and staff would like to thank all gym members for their ongoing support of our programs and services. In an effort to keep in line with changes to the cost of service delivery, there will be a small increase as of **1st September**.

Members will be liable for the new fee rate upon payment of a new or renewed membership from the **1st September**.

Info: [Active4Life@fvnh.org.au](mailto:Active4Life@fvnh.org.au)

Active4Life Class Membership St Helens (no change)	St Marys Active4Life Fob Member (full)	St Marys Active4Life Fob (concession card)
\$60 pp for 5 week block	Fob Fee \$20 per fob, non-refundable	Fob Fee \$20 per fob, non-refundable
Start date to be confirmed at induction	1 year access: \$265	1 year access: \$195
All casual users \$15 per single class	6 month access \$165	6 month access: \$110
Fees to be paid online	3 month access \$90	3 month access: \$55
	All casual users \$15 per single class – if induction has been completed	All casual users \$15 per single class - if induction has been completed

**EAST COAST SWANS FOOTBALL CLUB  
AWARD PRESENTATION CEREMONY**



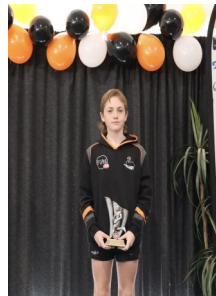
**UNDER 12 BOYS TROPHY WINNERS:**

Best and Fairest - Noah Martin  
Most Consistent - Floyd Groves  
Most Improved - George Austin  
Coaches Award - Macklan Hays

Runner-up, Best and Fairest - Bryce McKimmie  
Most Courageous- Levi Woods  
Best First Year Player - Kurtis Raines & Fergus French  
Player in Finals - Lennox Bennett



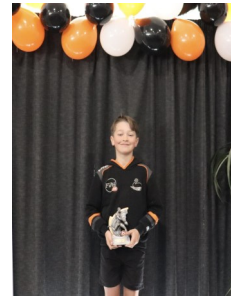
Noah Martin



Bryce McKimmie



Floyd Groves



Levi Woods



George Austin



Kurtis Raines



Fergus French



Macklan Hays



Lennox Bennett

**UNDER 14 BOYS TROPHY WINNERS:**

Best and Fairest - Jaxon Harrison  
Most Courageous - Thomas Kelleher  
Best in Finals - Connor French

Runner-up Best and Fairest - Tyler Speers  
Most Improved - Riley Jordan

Most Consistent - Ned Blunt  
Coaches Award -Byron Woods



Jaxon Harrison



Tyler Speers



Ned Blunt



Thomas Kelleher



Riley Jordan



Byron Woods



Connor French

**EAST COAST SWANS FOOTBALL CLUB  
AWARD PRESENTATION CEREMONY**



**UNDER 14 GIRLS TROPHY WINNERS:**

Best and Fairest - Chloe Martin

Runner up Best and Fairest - Isla De Boer

Most Consistent - Chelsea Brown

Most Courageous - Arielle Da Graca

Most Improved - Laena Singline

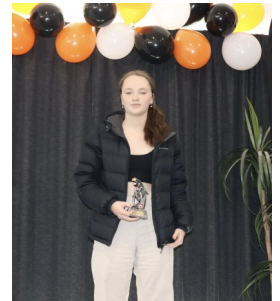
Coaches Award - Tara Felmingham



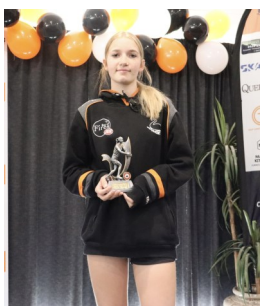
Chloe Martin



Isla De Boer



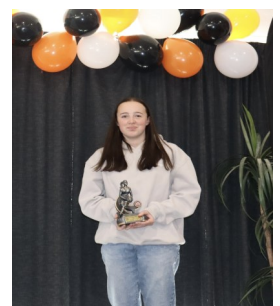
Chelsea Brown



Arielle Da Graca



Laena Singline



Tara Felmingham

**UNDER 16 BOYS TROPHY WINNERS:**

Best and Fairest - Daniel Cook

Runner up Best and Fairest - Ashton Gillies

Most Consistent - Jimmy Freiboth

Most Courageous - Maxwell Tolley

Most Improved - Oscar Pallier

Coaches Award - Lachlan Woods

Macca Award - Tully Watts



Daniel Cook



Ashton Gillies



Jimmy Freiboth



Maxwell Tolley



Oscar Pallier



Lachlan Woods



Tully Watts



## SCAMANDER RIVER GOLF CLUB



### Wednesday 30th August - Midweek competition

1st	Jens Kalisch	46 points
2nd	Brad Ennis	39
3rd	Dean Richardson	34
4th		

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

### Saturday 2nd September - East Coast Surf Monthly Medal

Beautiful day, great turn-out for a stroke event. Must be toughening up, might be the pizzas afterwards? Great innovation, thanks East Coast Surf!

1st	Dick Swanson	78/67 (on c/b)
2nd	Darren Bramich	80/67
3rd	Michael Holmes	98/71
4th	Mathew Cross	74/72

Nearest the Pin	6th and 15th:	Steve Austin
	8th and 17th:	Tim Upton

Carter Stan Award: Dean Richardson

### Tuesday 5th September - Ladies St Helens Harcourts

#### Brooch and Putting

1st	Beth Haas	108/75 (on c/b)
2nd	Rose King	112/75
3rd	Marg Thompson	1418/80
4th	Rhonda Hopkins	141/87

Putting: Rose King

### Wednesday 6th September - Mid-week Competition - Jackpot Stableford

1st	
2nd	
3rd	<b>NO SCORES AVAILABLE</b>

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

### Saturday 9th September - Tony Swanson Big Bash Stableford

Played and informal format, so it was pretty relaxed.

Winner Blue Six	Rod Tolputt	16 points
Winner Red Six	Matthew Cross	18
Winner Yellow Six	Beth Haas	22
Winner Overall	Rodney Macbeth	49
Runner-up	Rodney Tolputt	48
3rd Overall	Rose King	45

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

Longest Putt on 9th: Michael Holmes

### Tuesday 12th September - Ladies Stableford

1st	Bobby Harwood	36 points
2nd	Beth Haas	30 (on c/b)
3rd	Rose King	30
4th	Margaret Thompson	25

Putting:

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

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GAZZMAN'S

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### Upcoming games:

13rd September	Midweek Competition
16th September	Panorama
19th September	Ladies' Golf- Stableford
20th September	Midweek Competition
23rd September	Blue Seas Stableford
26th September	Ladies' Golf



## MALAHIDE GOLF CLUB

### Friday 1st September - Chicken Run

1st	Randal Wadley	25.5 points
2nd	Stan Ellerm	28.5
3rd	R Mathews	33 (on c/b)
4th	Mike Prewer	33
5th	DB Lowe	35.5
6th	Rod Hunt	36
7th	R Davis	39
8th		

Nearest the Pin	4th:	Rod Hunt
	8th	Randal Wadley

### Friday 8th September - Chicken Run

1st	Robert Matthews	23.5 points
2nd	Mike Prewer	27
3rd	Rod Hunt	29
4th	Ashley Stone	30.5
5th	DB Lowe	32
6th	Randal Wadley	32.5
7th	Gary Lanham	40
8th	John Vincent	41

Nearest the Pin	4th:	Robert Matthews
	8th:	DB Lowe

### Saturday 2nd September - Monthly Medal Stroke

1st	Peter Sorensen	72 strokes
2nd	G Richardson	73 (on c/b)
3rd	Paul Heyen	73
4th	Randal Wadley	77 (on c/b)
5th	Harry Heyen	77
6th	Tony Weterings	81
7th	DB Lowe	83
8th	Stan Ellerm	84

Nearest the Pin	4th and 13th:	Stan Ellerm
	8th and 17th:	Peter Sorensen

### Saturday 9th September - Red Marker Day

1st	Paul Heyen	32 points
2nd	Ashley Stone	30
3rd	John Vincent	28 (on c/b)
4th	G Richardson	28
5th	Mike Prewer	27
6th	Jens Kalisch	26
7th	Tony Weterings	25
8th	Peter Sorenson	24
9th	DB Lowe	21

Nearest the Pin	4th and 13th:	Paul Heyen
	8th and 17th:	

### Upcoming Games:

16th September	Pinehurst Foursomes
23rd September	2 person Ambrose
30th September	Stableford Multiplier
7th October	Monthly Medal

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

- ⇒ Full membership is \$235 per annum
- ⇒ Social Membership is \$50 per annum

⇒ Contact Andrew Johns - Club Captain on 0427 854 555



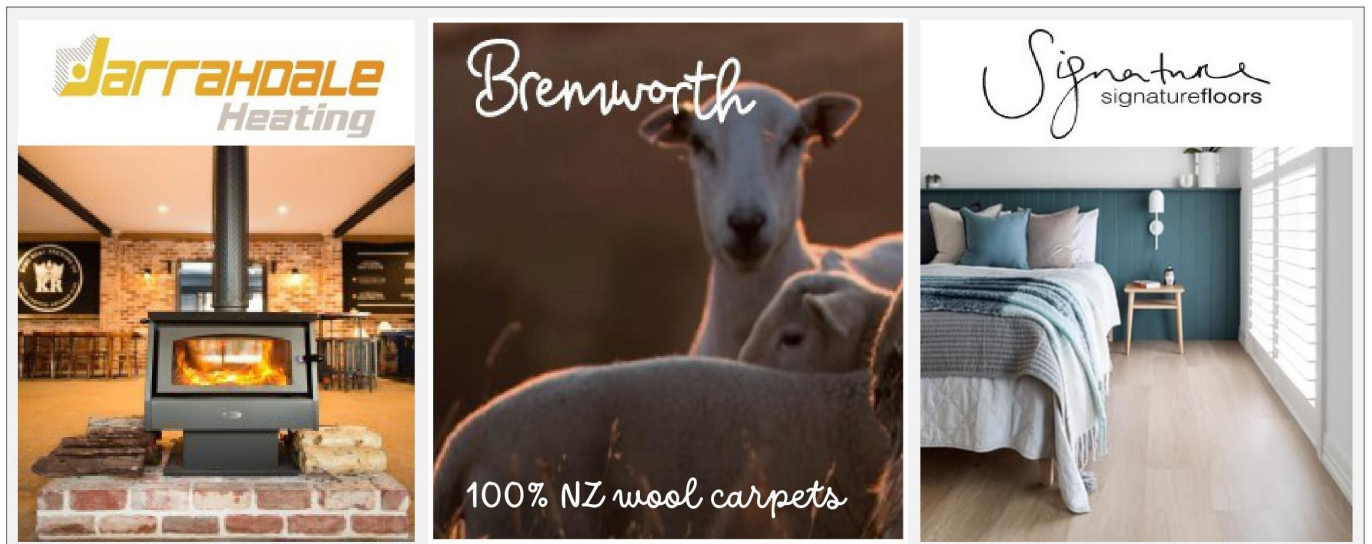


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## ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to spring and some busy times at the Centre, with the new season comes loads of events and hard work for all involved with catering, course and the bowls rink. It all starts with our bowls training on Thursday evenings, commencing at 3.00pm to give us a chance of a roll-up before we lose the daylight. Just a little sidelight, there will be egg and bacon rolls available this week afterwards, so some can have a feed prior to travelling home. Our regular Friday night meals are going great guns, this week a big thank you to Mark Oliver and Steve Hanaveer for supplying the goods at our scallop night, fantastic effort by them and the food was absolutely delicious, some said the best they have ever had. Well done for donating your time to the Centre, very much appreciated. A poster with this fortnight's menu below.

This weekend sees the revamped golf Club Championship kick-off, with around 16 entries, it should be a fantastic couple of weekends, and some great golf to be played, as well as some wonderful trophies up for grabs. Then in the middle of that, on Monday 18th September, we see the first of many RSL Bowls Days at the Centre, thanks to Gary, Graeme and Sue, the roster is on the board at the Centre as well as a letter to welcome any new players to have try, there has been some interest in this already. Then on Thursday 21st September, we see the return of the Veteran golfers for the Geoff King Memorial Day, one of the regular events from a few years ago and returning thanks to the foresight of David and the crew, to be played again at Geoff's old home club. The following weekend sees the second round of the Club Championships, with a wind-up and trophy presentation, good luck to all the entrants.

To bowls, and in early October, the 7th sees the Lightning Premiership kick off the season at Scamander and the following day, the Nan Stewart Memorial Day contested between our team and Scamander, this year at our home rink, again thanks to Bobby and the family for their support on such a wonderful event. We look like having quite a few new players registered this season, which helps with our player numbers come selection time. Also on a high note, we have gained a couple more volunteers to share the load on the golf course. Nice to see Jimmy Haas rounding up the last 3 fairways on a regular basis, and Stan Ellerm doing some whipper-snipping around the trees and taking care of our two bunkers. This assistance for our regular crew is much appreciated and thanks to our volunteer staff, all doing a great job.

**Golf:** Has been a bit steady the last couple of weeks, I suppose everyone keen to keep their handicaps ready for the Club Championship, nice to see so many on the course, including new members Alison Napier, Riley Cooper who is going great guns, and a couple of young fellows from down the coast who have been having a hit. We will acknowledge them when the registration is complete

**Member Draw:** Last week Sue Breen and this week Leanne McDonald, neither present so fuel jackpots to \$105.00, but you have to be a member and present around 8.00pm on Friday nights to win.

### Opening Hours:

Thursday - 5.30pm

Friday - 5.30pm

◇ Autumn Specials Meal Night

◇ Happy Hour 6.30pm till 7.30pm

◇ Members Draw 8.00pm

Saturday - 1.30pm after golf

Sunday - 2.30pm

Until next time, good hitting, rolling and socializing.



ST MARYS SPORTS CENTRE INC.

## SPRING WARMER NIGHT

EVERY FRIDAY AT THE CENTRE

BETWEEN 5:30 & 8pm

Call in for a hearty Winter feed

**FRIDAY 15<sup>th</sup> September, Main & Dessert \$25**

Roast Chicken & Vegies

Steamed Pudding with Custard

**FRIDAY 22<sup>nd</sup> September, Main & Dessert \$25**

Beef Pot Pie & Vegies

& Blueberry Meringue

**Great food, good company and a warm fire**

**PLEASE PLEASE PLEASE, BOOK BY  
THURSDAY LUNCH TIME!!!!**

Please enquire about vegan, vegetarian or gluten free options

With Macca on 0457498641

Or Valerie on 0429122299

Or See Leanne at the shop

Hope to see you there





**PROUDLY SUPPORTING  
OUR LOCAL COMMUNITY**



**38 Main Street St Marys**  
Right next to the Post Office

**TRADING HOURS:**  
Monday -Thursday 6.30am - 6.30pm  
Friday 6.30am - 7.30pm  
Saturday 6.30am - 6.30pm  
Sunday 7.30am - 6.00pm

**Phone: 6372 2240 or 0417 092 857**  
**Email: shop@cndiga.com.au**



Open 7  
days a week

**Advertised Weekly Specials and Manager's Specials**

**Cripps Tasmanian breads everyday prices**

**Fresh produce at the best price**

**Range of local meats and smallgoods**

**Good range of vegan, vegetarian, gluten-free and lactose-free products**

**Pet care: dogs, cats, chooks, alpacas, lambs, birds, fish, guineas pigs and rabbits**

**Newspapers and a large range of Magazines Phone and X-Box credit**

**Ice and Bait**

**Kindling**

**Rug Doctor Carpet Cleaner Hire**

**Cement and Hardware**

**Garden care needs**

**SUPPORTING TASMANIA, BUYING LOCAL & EMPLOYING LOCALS**

**Waverley Farm eggs Nature's Best animal feed East Coast Providore**

**J B Nicholas, Scottsdale Pork, Ziggys and many more Tasmanian products**

**Senior discount day every Wednesday**

**FREE HOME DELIVERY TO ST MARYS AREA**

For reliable, friendly local service, call in and see Dana and the team - we'll carry your bags to your car!

**THE VALLEY AND EAST COAST VOICE**

is available to purchase from:

- Bicheno Post Office
- Fingal Post Office
- Fingal Valley Supermarket
- Mathinna Post Office
- Coach House Restaurant - St Marys
- C & D's IGA - St Marys
- Hilly's IGA - St Marys
- Scamander Supermarket
- Rivermouth Café - Scamander
- Hilly's IGA - St Helens
- St Helens Newsagency

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**CROSSWORD ISSUE 55.15**

**CROSSWORD 115**

**Across:** 1. Visible, 5. Slam, 7. Bite, 8. Calm, 9. Neil, 10. Duel, 12. Defence, 14. Turkey, 18. Ole, 19. Eleven, 23. Student, 25. Gold, 26. Taxi, 27. Genoa, 28. Nile, 29. Drag, 30. Margate.

**Down:** 1. Vacant, 2. Sailor, 3. Bundle, 4. Ebbed, 5. Sentence, 6. Melee, 11. Levee, 13. Care, 15. Unit, 16. Kindling, 17. Young, 20. Leger, 21. Vienna, 22. Negate, 23. Sated, 24. Totem.