



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.17 28th September 2023

Deadline for 55.18 is 5.00pm on Monday 9th October 2023

MENS SHED MATES MEET UP

Early in September, the Break O'Day Men's Shed hosted a gathering for the Northern Men Shed Members of the Tasmanian Men's Shed Movement. Travelling from far and wide, attendees enjoyed this opportunity to get together with 'Shed Mates' and enjoy some hearty St. Marys catering along with a very warm welcome. Jeff Springer and Doug Preece and members of the Break O'Day Shed put on a fantastic and informative gathering which was also attended by the President, Executive and Committee Members of the Tasmanian Men's Shed Association. Guest Speaker was Bruce Galbraith from Scamander who shared his personal journey with the group. Bruce is also very well known as the 'go to' Surf Board Shaper and also builds magnificent guitars and ukuleles, featuring Tasmanian timbers.



There's currently 71 Sheds in Tasmania. Men's Sheds are a Men's Health Program providing spaces where men can get together, make new mates, find purpose and make important contributions to their communities.

For more information about St Marys Men's Shed, call Jeff on 0418 327 593, or Doug on 0402 350 465.

Article and photographs courtesy of Wendy Kennedy, Executive Officer, Tasmanian Men's Shed Association.

A VOICE for
RURAL &
Regional
Tasmania

John Tucker MP
Independent Member for Lyons

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

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



INSIDE THIS EDITION

Emergency Contacts	2
Cage Rattler	7
With One Voice	11
Crossword	15
Crossword Solution	34

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

ADVERTISING RATES - 2023

Business Card Size ads \$16	1/2 Page ads \$42
Intermediate ads \$20	Full Page ads \$65
1/4 Page ads \$27	Permanent Classified ads \$21 p/a

Fingal Valley Neighbourhood House
Valley and East Coast Voice
Advertising rates for all community groups

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

BREAK O'DAY LAUNCHES MENTAL HEALTH FIRST AID INSTRUCTOR TRAINING FOR LOCAL COMMUNITY MEMBERS

Live4Life Break O'Day Partnership Group is seeking Expressions of Interest for local community members interested in training as Teen or Youth Mental Health First Aid instructors. Mental Health First Aid instructor training, which forms an essential part of the Live4Life Break O'Day initiative, is being offered to suitably qualified or experienced community members who are passionate about Youth Mental Health and would like to support the implementation of the award-winning Live4Life initiative in Break O'Day.

Live4Life is the only youth mental health education and suicide prevention model designed specifically for rural and regional communities. "The Live4Life Partnership Group is really pleased to be offering this opportunity to local Break O'Day community members. By training local people to become Mental Health First Aid instructors, we are building the capacity of our community," says Gary Barnes, Manager of Fingal Valley Neighbourhood House. "I would encourage everyone to think about what role they can play to improve Youth Mental Health. This might be one of those opportunities that suits your skills, knowledge and passion, and enables you to volunteer right here in your community through the delivery of this life-changing training in Break O'Day."

Once trained, instructors will deliver Teen and Youth Mental Health First Aid across schools and communities in Break O'Day. The Teen Mental Health First Aid Course teaches secondary school students how to provide mental health first aid to their friends, while the Youth Mental Health First Aid course teaches adults how to assist teenagers who may be developing a mental health problem or experiencing a mental health crisis.

Break O'Day community members with relevant skills and experience can submit an application and find out more about this life-saving instructor training by contacting Casey Musicka, Program Coordinator at Live4Life Break O'Day, at casey.musicka@fvnh.org.au. Expressions of Interest will close on Monday 9th October 2023.

This opportunity is being delivered through a partnership with Youth Live4Life, Fingal Valley Neighbourhood House, Break O'Day Council, Royal Flying Doctor Service, St Helens Neighbourhood House (YCNECT), St Marys District School and St Helens District High School.

Live4Life Break O'Day is generously supported by the Federal Government's National Suicide Prevention Leadership and Support Program (NSPLSP).



Members of the Live4Life Break O'Day Partnership Group sitting and standing, smiling, in front of the Live4Life banner. From top left to bottom right: Casey Musicka, Abbie Ford, Cathryn Walder, Kristy Scott, Leah Page, Heidi Jones, Jenna Barr, Michele Bennett, Karen Dunkley, Caitlin Sherry-Dadd, Rebecca Tuck and Tully Gordon.



**Empowering rural communities
to improve youth mental health
and reduce youth suicide**



live4life.org.au

LAUNCESTON'S AWARD-WINNING URBAN FOOD FESTIVAL NORTH RETURNS

Launceston Central is excited to unveil the program for the eagerly-awaited third edition of NORTH Festival 2023. From October 11th to 25th, the heart of Launceston will transform into a haven for culinary enthusiasts, offering a huge selection of gastronomic experiences that showcase over 60 local businesses. Following the resounding success of the past two years, NORTH Festival 2023 is set to elevate Launceston's gastronomic landscape to new heights. The two-week program promises a curated ensemble of events, experiences, and menus, each embodying the spirit of the city's vibrant food culture. The NORTH program invites locals and visitors to pick and choose what they'd like to go through from the program and eat their heart out. The festival lineup includes exclusive 'meet the maker' luncheons and dinners, immersive workshops, bespoke tours, outdoor markets, artistic sessions, and elegant high teas – a testament to Launceston's thriving culinary scene. The festival proudly shines a spotlight on Launceston's UNESCO Creative City of Gastronomy designation, fostering a harmonious relationship between local businesses, hospitality professionals, and regional producers.

"As we enter the third year of NORTH Festival, it's evident that this platform has become a cornerstone for local businesses to shine, while showcasing our distinctive Tasmanian food culture," says Amanda McEvoy, Executive Officer of Launceston Central. "With unwavering support from our business community, we're confident that the festival will continue to evolve into a highly anticipated annual tradition." Madi Biggelaar, People and Promotion Manager, commends the innovative collaborations among local businesses. "The festival serves as a testament to the innovative and community-centric approach of North Tasmania's hospitality professionals. NORTH Festival not only introduces patrons to delectable new menu offerings featuring Northern Tasmanian produce, but also deepens the symbiotic relationship between eateries and suppliers," she notes.

The festival's inception was marked by a collaborative effort between Launceston Central and Erica Sheldon-Collins. "The dedication and creativity of North Tasmania's hospitality professionals continue to inspire. The NORTH Festival program showcases the city's growing reputation as a culinary hub, exemplifying the exceptional quality and diversity of gastronomic experiences," highlights Erica Sheldon-Collins. NORTH Festival 2023 recently earned the distinguished Mainstreet Australia Award for "Best Main Street Place Activation, Event or Initiative 2023", further cementing its significance in enhancing the vibrancy of Launceston's urban landscape.

NORTH Festival presents captivating events hosted by esteemed establishments such as Stelo at Pierre's, The Metz and Brisbane Street Bistro, as well as bars like Tenebris, The Royal Oak, and Kingsway Bar. Additionally, experience-based ventures like Paint The Town Red, Glazed and Confused, and Frida's Sip and Paint will add a touch of creativity to the festivities. The festival's offerings extend to cater to all age groups, with special activities for kids, including Junior Masterchef experiences, a spring floral installion and a pizza making workshop for the whole family. Attendees can also indulge in special menus, happy hours, ticketed dinners, and lunches throughout the festival period.

On Saturday the 21st October from 1:30 pm until 4:00 pm we'll be welcoming the NORTH FESTIVAL to the Gorge Restaurant to step back in time! "Join us for a garden party and high tea that is not to be missed as you enjoy delectable treats amongst some of the most iconic scenery in town," manager Adrian Cash said. "Tickets are \$45.00 per person and period costume is encouraged but not mandatory. Just be sure not to share your scone with the roaming peacocks!" he added. Tickets can be booked via: <https://events.humanitix.com/gorge-cliff-grounds-garden>

The full program can be found at northfestival.com.au and up-to-date information and more details can be found by following Facebook or Instagram @NorthFestLaunceston



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

Authored by Brian Mitchell MP (ALP, Tasmania)
26 Green Point Road, Bridgewater, TAS 7030

REGISTER NOW FOR FREE SMALL BUSINESS ADVICE

Tasmanian small businesses can now register their interest to receive first access to free business advice through the new Tasmanian Business Advice Service website.

Minister for Small Business, Madeleine Ogilvie, says the launch of the website is a game changer for Tasmania’s small business community. “This new website features information for the Tasmanian Business Advice Service and also for the New Business Support Pilot Program, with both services to commence the provision of free and independent advice from Monday, 2nd October 2023,” Minister Ogilvie said. “Existing small businesses will be able to access up to five hours of advice under the Tasmanian Business Advice Service, and new or early-stage businesses can access up to two hours of advice through the New Business Support Pilot Program.”



Photograph: Google

The Tasmanian Business Advice Service will provide advice on subjects including managing cashflow, marketing, risk management and small business planning and strategy.

“The New Business Support Pilot Program offers guidance on key aspects of starting a business, including establishing a business structure, determining business viability, financial forecasting and identifying new opportunities,” Minister Ogilvie said.

“Both services increase the choice and flexibility for businesses as to who they receive advice from and how they receive it, by enabling them to select their advisor and to meet either in person or online. I encourage any Tasmanian business wanting free and independent business advice to check the site and register in order to access services as soon as they commence.”



Madeleine Ogilvie,
Minister for Small
Business

For more information and to find out how to access these services visit

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

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.

DON'T MISS THIS YEAR'S FESTIVAL OF WELLBEING.

Festival of Wellbeing for 2023 is being held on Saturday October 14th from 11.00am to 4.00pm at the Bendigo Bank Community Stadium in St Helens.

Now in its third year, the day is filled to the brim with something for everyone, and entry is FREE.

Discover new ways to care for your wellbeing with over 50 wellbeing champions ready to connect with you. Visit them all and go in the draw for a great prize.

Come and try taster sessions throughout the day on yoga, netball, art, qigong, choir and much, much more. Enjoy our affordable yummy food for sale or bring a picnic....even Star FM will be there.

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.

For more information about wellbeing in Break O'Day and the festival go to Wellbeingaction.org

And don't forget that Fingal Valley Neighbourhood House is providing a FREE bus service to and from the Festival - details on page 25!

wellbeingaction.org

facebook.com/FestivalOfWellbeingBreakODay



LETTER TO THE EDITOR

Warning! This letter contains words like sh*t, p*ss and fart. These words have a long and honourable lineage coming from the original Indo-European language. Faeces, urine and flatulence are just Latin latecomers.

You may have seen recently on your social media Merve Hughes talking sh*t about bowel cancer. Until recently, I was exactly one of the people he was addressing. I had received the kit in the post a long time ago, but like many others, I had put it in my bottom drawer because I just did not want to think about the process of poking around in my sh*t.

It is not the case that we have always been so shy about sh*t. When my family bought a new house in Western Sydney in 1966, we actually bought 2 houses, the main house and the outhouse. The outhouse contained a tin can with a toilet seat on top. Inside the can you could see what we truly were as a family, sh*t and p*ss all mixed together. It disappeared regularly, taken by the night soil man who I thought was a mystical creature like the tooth fairy, but into sh*t rather than teeth.

Years later we had the sewerage put on, and the toilet moved into the bathroom, which I felt was so much more cleaner and convenient. One push of the button and I did not have to confront my sh*t again. I got into the habit of not thinking about it, except for watching it flush away to make sure it didn't stay behind or skid marks were left.

After I got married, my wife insisted that I should close the lid before I flushed, as I was covering myself in sh*t. Now I am a sufferer of 'I-have-been-doing-this-so-long-I-must-be-right-itis', so that night I took a torch and flushed in a dark room. My wife was right. The torchlight showed a huge sneeze of potential p*ss heading straight to my toothbrush. Time to change my ways.

A while ago, I saw on Facebook that an old school friend had died from bum cancer. I had seen her at a school reunion only some 2 years before and she seemed fine. I dug out the kit and read the instructions. I put the kit in the bathroom so I would be ready to use it when I was not rushed. The process itself is simple and easy, with no need to touch the sh*t with your hands.

So take your kit from off the top of the fridge or where ever else you have put it, and put it next to the toilet. Your future self may thank you for it.

Name and address supplied.

Bowel cancer, also known as colorectal cancer, develops from the inner lining of the bowel and is usually preceded by growths called polyps, which may become invasive cancer if undetected. It is estimated that more than 15,300 people were diagnosed with bowel cancer in 2023. The average age at diagnosis is 69 years old.

Bowel cancer is the fourth most commonly diagnosed cancer in Australia, and it is estimated that one in 20 people will be diagnosed by the time they are 85.

Symptoms of bowel cancer include:

- ◆ change in bowel habit including diarrhoea, constipation or the feeling of incomplete emptying
- ◆ a change in the appearance or consistency of bowel movements such as thin bowel stools
- ◆ blood in the stools
- ◆ abdominal pain, bloating or cramping
- ◆ anal or rectal pain
- ◆ a lump in the anus or rectum
- ◆ weight loss
- ◆ unexplained fatigue
- ◆ tiredness and/or anaemia (pale complexion, weakness and breathlessness)
- ◆ blood in the urine or passing urine frequently or during the night, change in urine colour – dark, rusty or brown



If you're between the age of 50 and 74, as a part of the National Bowel Cancer Screening Program, you will receive a free at-home bowel screening test every two years.

Your screening test is called a faecal occult blood test (FOBT). It looks for traces of blood in the poo which are invisible to the human eye and could be a sign of bowel cancer. If you've lost or didn't receive a kit, you can re-order one at:

info@cancer.org.au

If you're under 50 but have concerns about bowel cancer, speak to your GP immediately.

Bowel cancer CAN be beaten!

The Say by the “Cage Rattler”

Unless Vladimir Putin is an even bigger idiot that we already know he is, I reckon he is regretting beyond comprehension the decision to invade Ukraine. That egotistical and depraved decision will go down in the future to come as one of the worst in history. Not only has it caused the completely senseless lives of way too many innocent Ukrainians, whether they be military or civilian, but also so, so many fellow Russians. I'd be willing to bet that there would be millions of Russians that hope something bad happens to Putin, so there is a reason to finally end the carnage this maniac has caused.

Even if at some stage in the future Putin finally effects a victory, as increasingly unlikely as that is becoming, it'll still be a completely pointless conflict. He has ruined the image of Russia more than any other leader, with the possible exception of maniacal Stalin during and post World War Two. This jumped-up former KGB or whatever-he-was person will be the reason why Russia will not be trusted for decades. He even makes Donald Trump look sane, and that's saying something!

On the other side, Zelensky has led the amazingly determined Ukrainian people with a steely resolve largely unmatched in history, all because they are not prepared to give up hard-earned freedom without an almighty fight. All credit and admiration to this inspirational country.

Dictators, whether they be originating from Communism or even religion-based, have a huge propensity to do things that cost innocent people decent living, their freedoms, their liberty and in fact, the right to live. Just a few; Mao Zedong, various Kim Jeong's, Pol Pot, Gaddafi, Mussolini, Stalin, Ceausescu, Castro, Idi Amin, oh yes, and Hitler.... several others of course. They cause wars, don't stop any, and often treat the sanctity of life with utter disdain, to fuel their own agendas.

Then, of course, you have countries that try to enforce ideals down the throats of their neighbours, more often than not of extreme religious doctrine.... that costs huge loss of life too.

The day this conflict caused by Putin ceases will be welcomed by more than just Ukraine. It will be welcomed by any other nation that wants a choice to determine their own future. As for old Vlad....I hope someone brings him and his conspiring offshoots to justice for what he has done. Thinking many millions of decent Russians will join the fray in that regard.....

What do you think?



St Marys Market

1st Saturday of the month, 9am-12pm
St Marys Community Hall

- Beautiful hand-crafted artisan and eco-friendly items
- Fresh produce, plants, and fresh cut flowers
- Fresh baked breads, cakes, cookies and other treats
- Preserves, dried fruits, jams & sauces
- Tarot readings
- ...and more!

Contact: bodregionalarts@gmail.com Facebook: @BODregionalArts

Septic Services – Drinking Water



Peter McGill • 0488 742 269

FOR HIRE - TOILET ON TRAILER

October

NOTES: Phone 0363 742 344

Fingal Supermarket	Mon-Friday 7.30-5.30 Sat 7.30 - 12pm Sunday 7.30-10.30
Online Centre	Monday - Friday 9-3
Library	Monday - Friday 9-3
History	9-3 Tues, Thur, Fri
Op Shop	Monday to Friday 9.30 - 2.30
St Marys Gym	Email: active4life@fvnh.org.au
Fingal Hairdresser	0407 549 678
Loaves and Fishes	Every Thursday
Ragamuffins	16 th October
Spinners and Weavers	17 th October
Basket Weaving	3 rd October
Seniors Week Bus Trip to Ross	17 th October
Mental Health week gathering	26 th October
Halloween	31 st October



2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 OP Shop Online Centre Library	3 History Op Shop Online Centre Library Basket Weaving	4 Morning Tea OP Shop Online Centre Library Walking Group	5 History OP Shop Online Centre Library L&F Book Club	6 History OP Shop Online Centre Library	7
8	9 OP Shop Online Centre Library	10 History Op Shop Online Centre Library	11 Morning Tea OP Shop Online Centre Library Walking Group	12 Public Holiday Show Day	13 House Closed	14
15	16 OP Shop Online Centre Library Ragamuffins	17 History Op Shop Online Centre Library Spinners and Weavers	18 Morning Tea OP Shop Online Centre Library Walking Group	19 History OP Shop Online Centre Library L&F	20 History OP Shop Online Centre Library	21
22	23 OP Shop Online Centre Library	24 History Op Shop Online Centre Library	25 Morning Tea OP Shop Online Centre Library Walking Group Bicheno Bus Trip	26 History OP Shop Online Centre Library L&F Valley Voice	27 History OP Shop Online Centre Library	28
29	30 OP Shop Online Centre Library	31 History Op Shop Online Centre Library Halloween				

Template © calenda

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

FREE BUS TOUR ROSS

Wool Museum & Female Factory BBQ Lunch

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

ST MARYS SPORTS CENTRE

AFL GRAND FINAL
SATURDAY 30th SEPT.

9 & 9 GOLF & BOWLS BASH
Commencing 9:30am

9 HOLES of GOLF & 9 ENDS of BOWLS
FOLLOWED BY LUNCH & THE GRAND FINAL

COST: \$10 per person
A GREAT DAY OUT, SEE YOU THERE



**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

TRIVIA NIGHTS ARE BACK!

It has been four very long years since I hosted a Trivia Night. Can you believe it? It was back in October 2019 when I arranged a 'Battle of the Towns' between St Helens and St Marys. With the plan to have it an annual event, COVID took good care of that plan, as it did with many, many plans. But that's all in the past and we can mingle again while doing battle with and against others using our general knowledge.

I'd like to ease us all back into the quizzing experience with a small local one here in St Helens. You do remember how much fun they can be, don't you? It's for a great cause, our local scout group. So, call or email me soon to book your spot.

Here are the details:

When: Friday 20th October 2023 – 6.30pm doors open. Quiz starts at 7pm sharp.

Where: St Helens Bowls Club, Circassian St, St Helens.

Cost: \$20 per head, includes a light supper

Drinks: Available to purchase at bar

Teams: Make a team of no more than 8 people per table or if you are only a couple or single, we can put you together with others.

Book your table or seat ASAP, as we have limited space. Contact Carol Liefting on 0418 135 051 or email carol.liefting@gmail.com

HILLY'S ST MARYS

A FULL-SERVICE SUPERMARKET

WITH EXTENDED RANGES ON GROCERY, DAIRY, FREEZER AND GENERAL MERCHANDISE

LARGE DELICATESSEN, SEAFOOD, MEAT AND FRUIT AND VEGETABLE DEPARTMENTS

HILLYS FAMOUS BBQ CHICKENS MADE-INSTORE PIZZAS

COOKIES FRIED CHICKEN BURGERS, POPPETTES AND WRAPS

HUGE VEGAN AND GLUTEN-FREE RANGE, ALL CLEARLY TICKETED

WINTER APPAREL, TOYS AND HARDWARE

100'S OF EXTRA SPECIALS EACH WEEK

FREE PIECE OF FRUIT FOR THE KIDS

BEST PRICES ON BULK DOG FOOD AND BIRDSEEDS

SENIOR DISCOUNT WEDNESDAY

CARRY-TO-CAR SERVICE

HILLYS REWARDS CARD - SAVE POINTS DURING THE YEAR TO PAY FOR CHRISTMAS GROCERIES

OPEN 7 DAYS A WEEK

HILLY FOR GREAT SERVICE AND LOWEST PRICES ON ALL YOUR SHOPPING NEEDS



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




48 Main Street
St Marys 7215

Phone (03) 6372 2181
Hosts: Tony and Bronwyn

OPEN FROM 11.00AM
7 DAYS A WEEK
NEW MENU NOW AVAILABLE

Dine-in and takeaway meals available

Lunch: Wednesday - Sunday: 12.00pm - 2.00pm

Dinner: 5.30pm - 7.30pm

Pasta night every Tuesday
(Bookings preferred for all meals)

GUEST ARTISTS
SUNDAYS FROM 3.00PM

1st October The Rennies
8th October The Puddle Monkeys

YOUR FAMILY-FRIENDLY LOCAL HOTEL



EXPRESSIONS OF INTEREST

EDUCATION FACILITY ATTENDANTS
And
TEACHER ASSISTANTS

What does an Education Facility Attendant do?

An EFA is responsible for school cleanliness, and/or maintenance and upkeep of gardens, and/or efficient and effective preparation of materials for home economics classes and hygienic state of the school's facilities. Responsible for the tools, equipment and minor maintenance duties assigned.

Work-related qualities might include: skills and abilities; qualifications, training and competencies; standard of work performance; capacity to produce required outcomes; relevant personal qualities; and demonstrated potential for future development.

No experience necessary.

What does a Teacher Assistant do?

Responsible for the efficient completion of tasks as directed. May assist in being responsible for the physical and emotional well-being of a student or group of students. General supervision of tasks is provided. Closer direction is received on specific or new tasks as well as some guidance on how they should be carried out.

Work-related qualities might include: skills and abilities; qualifications, training and competencies; standard of work performance; capacity to produce required outcomes; relevant personal qualities; and demonstrated potential for future development.

No experience necessary.

If you are interested please contact

St Helens District High School Sam Terry 0400 761 725 Sam.Terry@decyp.tas.gov.au	St Marys School Lisa Bean 0457 142 143 Lisa.Bean@decyp.tas.gov.au
--	---

WITH ONE VOICE BREAK O'DAY CHOIR

Feel Good, Do Good, Sing For Good!



Our workshop with Jane Christie Johnston started on a joyous note with the news that our choir family had increased by one, with the safe arrival of a healthy baby boy. From that point, the joy continued to build as the new songs and new harmonies echoed in the hall and the hearts of 45 singers. Our members were joined by singers from Hobart and Launceston, many of whom had attended previous workshops that we had hosted with Jane. Two new residents of Break O'Day also attended and then came along to add their welcome voices to our sing session on Tuesday. As usual, Jane presented a diverse range of songs from around the world in four-part harmonies. Serendipitously, there was a song entitled "Belle Mama", which was sung with our new mum and baby very much front of mind. The day ended with new friends being made and Jane promising to come back to do it all again.

Once again, we have been honoured to receive a grant from The St Helen's Hospital Auxiliary and Tip Shop. The grant will help us to continue running a bus from St Helens to our weekly sing sessions at Scamander.



We would also like to express our gratitude to the Break O'Day business community that so generously donated prizes for our raffle to raise funds for our Festival of Voices participation. We drew the prize winners at the Jane Christie Johnston workshop. Here is a list of the prize donors:

Toad Hall	St Helens Post Office	St Helens Pharmacy	Scamander Beach Resort
Maddie and Me	Jill Pugh	Hillys IGA St Marys	Gone Rustic River Mouth Cafe
Caltex St Marys	Coach House	Scamander PO	Bronwyn Gunner St Marys Op Shop
C and D IGA	Maple on Main	Scamander IGA	Mount Elephant Fudge.

We extend a huge "thank you" for your wonderful prizes which were accepted by the winners with great delight. How lucky are we to be supported by such a generous community! First prize was a pair of sapphire stud earrings donated by Toad Hall and the lucky winner was D Stewart. 2nd prize winner was Nell Imber and here she is totally wrapped in her quilt made by the St Helens Stitches group and donated by Bronwyn Gunner. Third prize, an amazing Pamper Pack donated by St Helens Pharmacy went to Joan.

We are looking forward to participating in the Well-being Festival on Saturday 14th October at Bendigo Bank Stadium, St Helens. We're planning on presenting, in workshop form, some songs and a 10-Step Samoan Body percussion. It will be lots of fun, so come along and join in. If you have any enquires please message Liz Dean on 0439 001 533, and she will get back to you.

*"If you think you can't sing, you're in!"
"Feel good, do good, sing for good"*





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

Available for out of hours emergencies all hours

67 Quail Street, St Helens

Ph 6376 1577

TIP SHOP TALES



St Marys Tip Shop continues to thrive, thanks to the generosity of our customers in donating their unwanted goods for others to purchase. It is with great delight that we let everyone know that in the last financial year from July 2022 to June 2023 together we raised \$18,600. These funds have contributed to the following hospital equipment:

- ECG Machine - \$9,411.15
- Doppler Machine - \$3,696.00
- Ooksnow Cuddle Bed - \$24,570.00
- Mothers Day Gifts for Patients - \$23.00



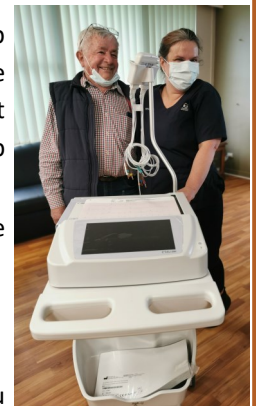
This equipment will make a substantial difference to patients and their families.

Improvement work at the Tip Shop is continuing to progress. Council has extended the Tip Shop premises to provide additional covered areas, which has improved the functioning as well as the appearance of the shed. The area adjoining the shed and container has been levelled and filled to divert water. This filled area will form the base for the polytunnels that will be erected to improve the drop off and sorting of goods.

Thanks to the Tip Shop volunteers for their assistance with managing the Tip Shop through these periods of change and for driving the construction of the poly tunnels.

What can you do to support this worthwhile cause to continue?

- * Volunteer for 1 or more hours whenever you can
- * Let us know if you are looking for particular items of furniture etc so we can match these to you when they arrive and quickly move goods on
- * Follow the 'St Marys District Hospital Auxiliary Tip Shop' Facebook page for new items in store.
- * Share your upcycling ideas with the Tip Shop volunteers who may be able to assist.



Whatever your needs or wants, check the Tip Shop first; we just might have what you are looking for.

Tip Shop hours: Tuesday & Thursday 10.00am-3.45pm, Sunday 2.00- 4.45pm.

You are always welcome at the Tip Shop.

ST MARYS HOSPITAL AUXILIARY AGM BRINGS CHANGES TO COMMITTEE

At the recent Annual General Meeting of the St Marys Hospital Auxiliary, the following were elected as office bearers.

President: Kate Williams.

Vice President: Len Miles

Secretary; Kevin Faulkner

Treasurer: Roxy Cowie.

Although our invitation for new members resulted in no recruitment increase, we are fortunate to have enough dedicated members, (however small), to allow us the privilege of continuing our on-going campaign of providing equipment, services and facilities to enhance the comfort and welfare of the people requiring utilization of the services, many times vital, made available at our Hospital by the dedicated staff involved.

We take this opportunity to thank Len for the many years of dedication at the helm of our Auxiliary, and sincerely welcome Kate in her election to this important role.

Our immense thanks to our **Tip Shop Volunteers** for their on-going dedication and support, making our goals so much easier to achieve.

Our sincere appreciation of the community support so willingly given.

"United we achieve, divided we fail".

Kevin Faulkner

Secretary.

BREAK O'DAY ANGLICAN CHURCH

SERVICE TIMES

St Helens

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens.

St Marys

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

Pyengana

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

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod



ST MARYS CATHOLIC PARISH

WEEKEND MASS:

ST HELENS: Saturday 5.00pm

Sunday 4.00pm

ST MARYS: Sunday 9.00am

BICHENO: 1st Sunday 11.00am

FINGAL: 2nd and 4th Sunday 10.30am

WEEKDAY MASS:

ST MARYS: Friday 10.00am

ST HELENS: Thursday 10.00am

Parish Administrator:

Fr. Norbert Z Ochoa 0437 324 227

fr.bitz51@gmail.com

UNITING CHURCH

Corner Grant Street and Seymour Street, FINGAL

Regular Services:

1st and 3rd Sunday of month: 10.00am

2nd and 4th Sunday of month: 11.15am

For further information,

contact Joan on 0458 598 870.



Harris Funerals

St Helens, Bicheno & Fingal Valley

We are here when you need us.

Burial or cremation, traditional or

unique funeral services available.

Office & Chapel

46 Tully Street St Helens

6376 1153 ~ 0418 133 420

tamara@harrisfunerals.com.au

Member of the

Australian Funeral Directors Association



St Marys PHARMACY

44 MAIN STREET

ST MARYS

PHONE: 6372 2844

Kodak prints from 45¢

Ear piercing \$27

(includes earrings and solution)



Talk to our qualified staff:
Andrew, Sally, Sue and Alice

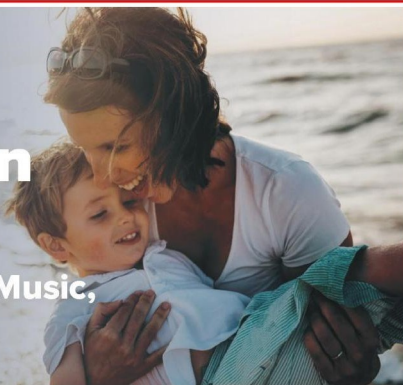
OPEN MONDAY TO FRIDAY

9.00am to 5.00pm

Pharmacist Andrew in store all day

Vision Christian Radio

**Life Changing Music,
Uplifting Talk**

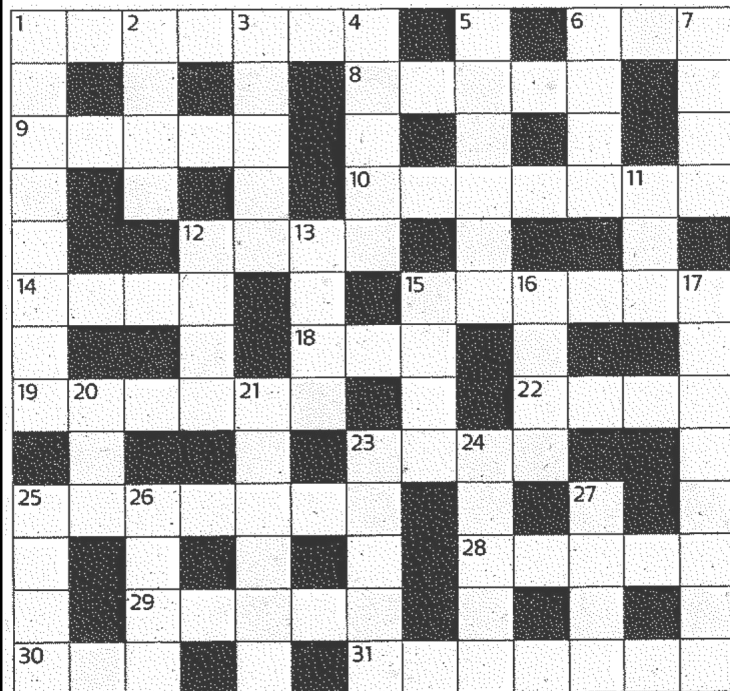


VISION CHRISTIAN RADIO

LISTEN NOW

BINALONG BAY 87.8FM
ST HELENS 88FM
ST MARYS 88FM
FINGAL 88FM

Crossword 55.17



ACROSS

1. Chewy sweet (7)
6. Total (3)
8. Vacant (5)
9. Legal tender (5)
10. Delighted (7)
12. Pluck (4)
14. Singer, ___ Fitzgerald (4)
15. Casual trousers (6)
18. Circuit (3)
19. Total possessions (6)
22. US state, capital Columbus (4)
23. French city on the Rhone (4)
25. Tropical storm (7)
28. Mediterranean island (5)
29. Embarrassment (5)
30. Floor covering (3)
31. Syncopated jazz (7)

DOWN

1. Entire (8)
2. Line of soldiers (4)
3. *The ___ of Casterbridge*, novel (5)
4. Jumped (5)
5. Attraction (6)
6. Sylvia ___, actress (4)
7. Intellect (4)
11. Large deer (3)
12. *Radio ___*, Queen song (4)
13. Shiftless (4)
15. Supple (4)
16. Stratford's river (4)
17. Palisaded defence (8)
20. Coy (3)
21. The chest (6)
23. Crowbar (5)
24. Unpaid (5)
25. Placid (4)
26. Fling (4)
27. UK singer, ___ Dee (4)

Free Wi-Fi

St Marys Library
 31 Main Street, St Marys
 (03) 6387 5602

Opening Hours:

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

We have more than books.
 Borrow a DVD, CD or magazine. Search our website and order a title from anywhere in the state. Check out our e-resources too. It's all free!

eLibrary: www.libraries.tas.gov.au

FINGAL ONLINE ACCESS CENTRE

We offer:

- ◆ Computer Access
- ◆ Emailing
- ◆ Wi-Fi
- ◆ Printing and Scanning services.

Please call in and we can assist you.

Opening Hours: 9am til 3pm (Monday to Friday)
 20 Talbot Street, Fingal, Tas, 7214
 Phone: (03) 6374 2344
 Email: fingal.oac@decyp.tas.gov.au

LIBRARIES TASMANIA

Fingal Valley Neighbourhood House

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

FINGAL VALLEY SUPERMARKET

- Bread and Milk
- Newspapers
- Fruit and Vegetables
- Fresh Meat
- Groceries and more!

OPEN
 Monday to Friday
 7.30am to 5.30pm

Saturday - 7.30am to 12pm
 Sunday - 7.30am to 10.30am
 (including public holidays)

6311 1743

Fingal Valley Neighbourhood House

15



Gazzman's

FLOORING AND FURNISHINGS

Come in and check out our sensational showroom!

CARPETS - WOOL & NYLON

TIMBER FLOORS - HYBRID VINYL & VINYL PLANKS

BLINDS - MATTRESSES - MANCHESTER

RANGE OF WOOD HEATERS

JARRAHDALE
Heating



Brenworth



100% NZ wool carpets

Signature
signaturefloors



BEST PRICES AND SERVICE IN TASSIE

21 Quail Street, St Helens - Ph 03 6376 2555

U GOTTA GO, U GOTTA GO TO GAZZMANS

SUNCOAST SPINNERS AND WEAVERS



EXHIBITION OF SPINNING, WEAVING AND BASKETRY AT THE FINGAL VALLEY NEIGHBOURHOOD HOUSE

For many years the existence of the spinning group was a bit of a secret, conducted in private homes throughout the Valley until at some point it started to operate out of the Fingal Valley Neighbourhood house as well. Its existence over the years was maintained in large part thanks to the constant enthusiasm of Eileen McManus, a long standing member of the community. Eileen has always welcomed and tutored new comers, and it would be interesting to calculate just how many meters of yarn she has spun over the years, not to mention the many babies' booties and jumpers knitted from her beautiful hand-spun wool.

It was the onset of COVID that really brought the spinning group out into the open, as it was deemed to be too risky to hold it in private settings without the proper protocols. So when FVNH made available a space where appropriate social distancing could be maintained, it became by default the headquarters of the local chapter of The Handweavers, Spinners and Dyers Guild of Tasmania, colloquially named the Suncoast Spinners. We hold monthly meeting on every third Tuesday, where experts and newbies exchange details of their latest projects and hold forth on every imaginable topic as well. It's not only spinning and weaving that takes place, knitting is also a popular activity, especially socks which are often the topic of lively conversation, as well as darning, sewing and just chatting between tea and cakes.

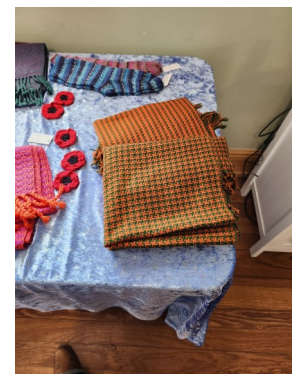
One of our long-term members Helen Napier is also a keen basket-weaver, and several years ago started giving workshops which were always well attended until, again, shut down by COVID, but there has been a resurgence this year when, due to popular demand, it was decided to make basketry a regular group, meeting on the first Tuesday of the month. While attendance does fluctuate, there is a core of enthusiasts that have kept it going, turning up to every meeting, sharing new techniques and displaying their latest creations. There are many different yarns and fibres that can be employed in basketry, and one has only to look to their overgrown garden or yarn stash for inspiration. Many of the works on display have been made by recent joiners and show just how quickly different techniques can be mastered. Helen's own baskets are real standouts, showing just what confidence and imagination can achieve, and are something to aspire to.

Recently it was rather spontaneously decided for both groups to hold a joint exhibition at the Fingal Valley Neighbourhood House to showcase some of the works of our members. On show are many and varied forms of basketry, knitting and weaving, but it is only the tip of the iceberg, considering what has been produced over the years. The works will be on display from 19 September until 3 October in the main room of the Fingal Neighbourhood House. So please take the opportunity to view a sample of the groups' output and feel free to attend any of our very informal and enjoyable meetings to try out a new activity or revive an old one. Basketry is on the first Tuesday of the month and Spinning and Weaving (and everything else) on the third Tuesday of the month, both from 10.00am till 2.00pm, the only cost is your time and a gold coin donation for the Fingal Valley Neighbourhood House.

Many thanks to the members of both groups for very generously allowing their precious works to be displayed and also a BIG SHOUT OUT to the FVNH for providing COVID-safe space and facilities for us to use, it is very much appreciated by all.

Call Megan on 0418 881 315 for more details.

Article written by Jac.



ONLINE SERVICES FOR SCRIPTS, MEDICAL CERTIFICATES AND GP APPOINTMENTS.

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

The follow list is a few of the available options:

Chemist Warehouse

www.chemistwarehouse.com.au/instant-consult

Price \$45-\$55.

Doctors on Demand

www.doctorsondemand.com.au

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

Instant Consult

www.13-doctor.com.au/

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

InstantScripts

www.instantscripts.com.au

Price \$19 - \$49.

13 Doctors

www.13-doctor.com.au

Price from \$69.

Hola Health

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

Price \$35-\$45.

PATHOLOGY HOURS at St Marys Community Health Centre:

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

No weekend pathology services.

(Information supplied by St Marys Community Health Centre)



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

St Marys Op Shop

Situated behind the St Marys Town Hall Main Street St Marys

Plenty of parking available directly outside the shop

Spring & Summer 2023/2024

Opening hours from Monday 2nd October 2023 until Saturday 6th April 2024

Monday - Friday

9:00am - 4:00pm








Every Saturday

9:00am - 12:30pm

Phone: 6372 2889

Watch for our flags and the big OPEN sign in the car park to know that the shop is OPEN ☺

Are you seeking assistance with any of the following?

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

Visit www.assistancetas.com.au

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





Building Blocks News



1000 DAYS OF CONNECTION

BABY CHAT CAFE ST MARYS

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

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

Morning tea provided.
Siblings Welcome

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

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

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



Play through the Ages



Everyone is invited to join us



An inclusive free session for people of all ages and abilities



St Marys Town Hall
Wednesday 25th October
10.30-12.00pm

morning tea activities for all ages

more info Tanya: 0400002116 or
BuildingBlocks@fvnh.org.au



WWW.BUILDINGBLOCKSTAS.COM



E: BuildingBlocks@fvnh.org.au

M: Tanya : 0400 002 116

This event is supported by the Children's Week Small Grant Program

All Building Blocks sessions are free of charge for all children from 0-8 years old, along with their parents, carers & grandparents. FVNH Play Centre by booking only

October 2023

contact Tanya
M: 0400 002 116
E: BuildingBlocks@fvnh.org.au
FBK: 'tanya building blocks'

Mon	Tue	Wed	Thu	Fri
2 School Holidays	3	4	5	6
9	10	11	12 Public Holiday	13
16 Fingal Play Centre 9.30-2:30pm	17 Read Sing Create! Bicheno Librar 11-11.30am	18 Falmouth Play Group 10-12pm Falmouth Community Centre	19	20 Read Sing Create! St Helens Library 10.30-11.30am Dorset Baby Chat Café DCH 10:30-11:30am
23 Fingal Play Centre 9.30-2:30pm Bridport Playgroup 9:30-11:30am Blue School, 1 Joseph Street	24 Read Sing Create! St Marys Library 11-11.30 Play Through the Ages, Bicheno Hall 10>30-12pm	25 Play Through the Ages, St Marys Town Hall 10>30-12pm Play through the Ages, Polliwog Playgroup, Dorset Community House Scottsdale 10:30-12pm	26 Move & Play Scottsdale 10.30-11.30am Arthur St Scottsdale	27 Baby Chat Bicheno 11-12pm (Hall Annex)
30 Fingal Play Centre 9.30-2:30pm Coles Bay Play & Learn 10.30-12pm Coles Bay Hall	31 Read Sing Create! Bicheno Library 11-11.30am		Plus Break O'Day Festival of Wellbeing Saturday 14th October 11-4pm Bendigo Bank Stadium St Helens	 

ST MARYS PACING CLUB

ANNUAL GENERAL MEETING

When: FRIDAY 20TH OCTOBER

Where: CLUB ROOMS AT ST MARYS 7.00PM

NEW MEMEBERS WELCOME

A PLATE OF FOOD WOULD BE GREATLY APPRECIATED



Enquires; Give Craig a call 0437 742 351



ALEX GRAHAM LEGAL

YOUR LOCAL LAWYER

Phone: 0407 242 265

Email: alexgrahamlegal@outlook.com

TANIA RATTRAY MLC

INDEPENDENT
MEMBER FOR
MCINTYRE



Your full-time Independent
Legislative Council Member
representing the Fingal Valley and East
Coast community

Contact details - Mobile - 0427 523 412

Office Phone - 6350 5000

Email - tania.rattray@parliament.tas.gov.au

CLEAN CRACK LAUNDROMAT

Coin Operated
Washers and Dryers
32 Main St
St Marys



OPEN 7 DAYS
A WEEK

OPENING HOURS
APPROXIMATELY SAME
AS COACH HOUSE RESTAURANT

Would you like to volunteer?

Would you like to help out at your local community radio station ?
Star FM would love to hear from you....

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

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

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

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

Give the station a call on 6376 1306 for more info





MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz

If you like a challenging read, then the book we read during August might be for you. Published in 1984, translated from the Czech into English, *The Unbearable Lightness of Being* by Milan Kundera was a landmark novel in its time. It is set in Prague and begins at the time of the so-called Prague Spring, when the people of Czechoslovakia, led by Alexander Dubcek, were defying their Soviet masters and had begun to enjoy some democratic freedoms. The Soviet Union would not tolerate this and sent in tanks to quash the uprising with deadly consequences. The novel explores the situation through the personal lives of four characters: Tomas, a surgeon and a philanderer, photographer Tereza, the woman he marries, the artist Sabina, his mistress, and another of her lovers, Franz the lecturer.

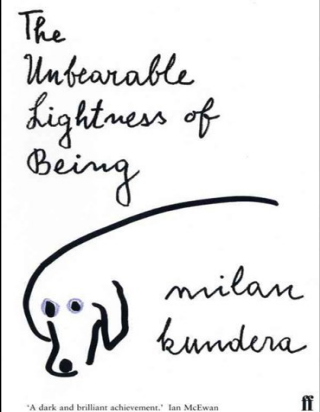
Early in the novel, Kundera warns us, "It would be senseless for the author to try to convince the reader that his characters once actually lived. They were not born of a mother's womb; they were born of a stimulating phrase or two or from a basic situation." That could be said to hold

true for most writers of fiction, of course, but Kundera never lets us forget that these people are creations of his, used as ways of exploring the philosophical, political and sexual questions with which he grapples. A narrator (we were never sure whether this was Kundera or yet another level of voice) sometimes steps into the story to philosophise on various ideas, from Nietzsche to Beethoven, so the characters do not assume a life of their own but are being manipulated to examine theories. As a consequence, we never really identify with the characters but saw them as puppets being manipulated for intellectual purposes. The only time we felt any real emotion was when Tereza's dog was dying! We found this significant but could not understand the author's motives here.

The major ideas that Kundera examines are the concepts of lightness and weight, the notion of eternal recurrence of life or whether we only get one shot at it, or the sense that life is simply made up of fortuities and coincidence. The sexual exploits of Tomas occupy a large part of the book. He is supposedly searching for the tiny measure of what distinguishes one woman from another! When he loses his career as a surgeon because of a political essay he wrote that was interpreted as critical of the system, he becomes a window cleaner, which affords him even more opportunities to continue his search! Does this life mean lightness? He and Tereza finally leave the city to work on a communal farm and achieve some sort of harmony and peace. Did this decision represent heaviness, a taking of responsibility? They are killed in a truck accident just as they had reached this new equilibrium.

Sabina the artist lives her life apparently freely and lightly. Franz feels compelled to confess his affair to his wife and to tell her he's leaving her for Sabina. This is too "heavy" for Sabina. His decisions carry a "weightiness" which eventually take him to Cambodia as an activist, where he is killed in an alley by opportunistic thugs, possibly illustrating the randomness of life.

By now it must be obvious that this novel missed its mark with our group. More of a philosophical treatise than a novel, *The Unbearable Lightness of Being* was too difficult for most of us to grasp. A film of the novel, starring Daniel Day Lewis and Juliette Binoche, was made soon after the novel appeared, concentrating more on the love story than the intellectual theories, and this does convey some idea of life in Czechoslovakia at the time. Kundera vowed never again to allow his work to be adapted to film!



KNOW WHAT TO DO IF YOU FIND SICK, INJURED OR ORPHANED WILDLIFE?

Contact Bonorong Wildlife Rescue on 0447 264 625 (all hours) if you find injured or orphaned wildlife.

Borong Wildlife Rescue is a privately run, volunteer-based rescue service operating Tasmania-wide.

These four steps will increase the chances of successful release back into the wild:

- ◆ Keep the animal in a warm, dark and quiet place
- ◆ Do not feed it anything (this can do more harm than good)
- ◆ Keep handling to a minimum
- ◆ Keep away from people and domestic animals



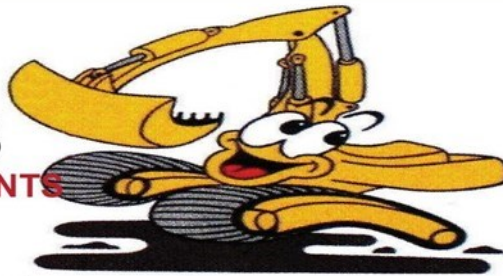
C&D EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS

Craig: 0439 722 032

Dana: 0437 248 033

Email: cdexcavations@bigpond.com



**LOCAL OWNER OPERATOR
OVER 25 YEARS KNOWLEDGE & EXPERTISE**
2 X 20 Tonne Excavators with Tilt Bucket & Ripper
Rock & Log Grab & Quick Hitch
D65 Dozer with Root Rake & Tilt Blade
10 Yard Tippers, Pig Trailer, Water Cart
Rooding, Fire Breaks, Land Clearing & House Sites
Bridge Works & Water Holes
Rocks, Road Gravels & Screened Top Soil
Positrack (bobcat) with tilting 4 in 1 bucket & smudge

dana@cndexcavations.com.au



SPLASH, St Marys based; fresh water deliveries and septic tank pumping service. Servicing the Fingal Valley, Bicheno, Coles Bay, Four Mile Creek, St Helen and surrounding areas.

**For prompt and reliable service
Phone Peter on 0488 742 269
Email: dana@cndexcavations.com.au**

PROUDLY SUPPORTING THE LOCAL COMMUNITY



TIP SHOPS NOW OPEN

St Helens Tip Shop

Sunday to Friday
11am - 2pm

Saturday 11am - 4pm

St Marys Tip Shop

Tuesday and Thursday
10am - 3.45pm

Sunday 2pm - 4.45pm



WASTE TRANSFER STATIONS

BREAK O'DAY MUNICIPALITY

North Ansons Bay Road, ANSONS BAY: OPEN 12 pm - 4 pm
Wednesday, 10 am - 4 pm, Sunday and 12 pm - 4 pm on
Monday of long weekends.

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

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

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

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

Rossarden Road, FINGAL: OPEN 10 am - 4 pm Tuesday and
Thursday and 2 pm - 5 pm Sunday.

Charges apply at all waste transfer station; see sign at
entrance.

BLACK WATER DUMP POINTS

St Helens - 117 Tully Street, St Helens

St Marys - Harefield Road, St Marys

Fingal - Talbot Street, Fingal

No charges apply to use black water dump points.



SCAMANDER GARDEN CLUB



In partnership with the Scamander Sports Community, Break O'Day Council gave the Club three Corymbia - Flowering Gums - to plant in Campbell Street, sourced with funding from the Australian Government's Planting Trees for the Queen's Jubilee Program. We are grateful for the Break O'Day Communities Queen's Jubilee Trees Project, which provides trees for seven townships in the municipality; Scamander, St Marys, Fingal, Mathinna, Mangana, St Helens and Pyengana.

We packed a lot into our trip on Monday 25th September. We gathered at President Sandra Flannery's, where big baskets of food along with wooden chairs were put into the bigger cars. After carpooling to Gill Lowth's mesmerizing garden, we were greeted by Gill and her baby wombat. This outing was a cancer research fundraiser for which I suspect Nicci and Sandra made a lot of delicious finger food. We meandered through the Magnolias; sadly, the older ones had almost finished folding their ball gowns away. Still, it was delightful for us to sing Happy Birthday to Tennice who was sitting at the water's edge watching ducks and goldfish and relaxing. We saw peacocks and a peahen. An emu greeted us with an envious smile as we were driving off to Richie's park-like gardens. What a lot of work he does and how magnificent a view he has. There are many rhododendrons, camellias, and magnolias along with daffodils swirling everywhere, and a tranquil water feature with a bonsai maple on a stone island in the centre.



Nicci Livings and Tennice Ticehurst planting one of the flowering gums.



Enjoying Gill Lowth's glorious garden

At our meeting on 18th September, we welcomed two new members, Trish and Sharon. Our raffle is now \$1 as members felt a box of groceries is worth it.

Flower of the Month, a bulb:

	1 st Sandra Flannery	2 nd Di Curtis and Marj Aulich	3 rd Zak Syvaniemi and Maureen Lloyd
Any Flower:	1 st Christine Bowkett	2 nd Maureen Lloyd	3 rd Sandra Krstic
Novice Floral Art - Spring Arrangement	1 st Nicci Livings	2 nd Sharon Wade	
Senior Floral Art - Spring Arrangement	1 st Sandra Flannery	2 nd Peggy Bogar	3 rd Di Curtis
Fruit and Vegetables:	1 st Tennice Ticehurst	2 nd Andrew Simes	3 rd Nicci Livings

Next Meeting: Monday 23rd October.

October Flower: Rhododendron

Floral Arrangement: Three flowers, no oasis, and clear or coloured water. Unopened buds do not count.

See you next time,

Peggy Bogar, Secretary

We meet at the Scamander Sports Centre, on the third Monday of each month. Doors open at 1.00pm for a 1.30pm start. Cost per meeting is \$2.00, with raffle tickets being 50 cents each. Please bring a plate of finger food to share. Judging of flowers, fruit and vegetables each meeting. Enquiries - Peggy Bogar, Secretary. Phone 0459 027 306



EASTCOAST REMOTE CONTROL FLYERS

Remote-control flying every Sunday at 145 Reids Road, Priory (St Helens) from 9.00am.

Visitors welcome.

Phone Paul on 6372 2529 for more details.



FINGAL POST OFFICE, HARDWARE AND GIFTS

9 Talbot Street FINGAL 7214

Phone (03) 6374 2195

Licensed Australia Post agency
 Banking deposits and withdrawals
 Identity verification
 Stationary and packaging
 'Reflex' and 'Planet Ark' brand paper
 Greeting cards
 Postcards
 Books for all ages
 Gifts
 Phone recharge cards
 Gift cards
 Windchimes

Hardware
 Tools
 Screws and nails
 Adhesives
 Potting mix
 Planters
 Seeds, plants and seedlings
 'Who Flung Dung' fertilizer
 Cement
 SupaGas refills
 Flanny shirts
 Socks

Feed for:

Horses and ponies Goats
 Chooks Chick starter
 Sheep Guinea Pigs
 Dogs Cats

Catalogue items ordered

Can't find it? Just ask! We'll order it for you.

OPEN 9.00AM - 3.30PM MONDAY TO FRIDAY

Come in for great service with a smile!



Family owned since 1972

AMPOL ST MARYS

Mechanical repairs and
 all routine servicing.
 Batteries and tyres
 (including white walls)



FUEL AVAILABLE 24 HOURS

41 Main Street Ph: 6372 2335
caltexstmarys@bigpond.com



**28th Oct | 11th Nov |
 26th Nov**

10am-3pm \$40 per rider
 cash only
 canteen available

*No licence required
 *All ages, all riding abilities
 *All 2 wheeler bike categories



**R
 I
 D
 E
 R
 K
 D
 A
 Y
 S
 2023**

BAR 20, GOSHEH
 Grimstones Rd
 off Tasman Highway
Contact Nathan 0437 896 984
 or Amy 0417 152 337

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

Our September BONE outing took us up in the South/North Sister area near St Marys, rich in bird life. Lovely forest with varied understorey.

If you have ever wanted to learn to identify birds by their calls, then come and join us on the 1st Wednesday of every month. We always hear more than we see and, as usual, regular and frequent practice is the best method of becoming familiar with their songs. The stand-out sightings this time were the Strong-billed Honeyeater and a Peregrine Falcon.

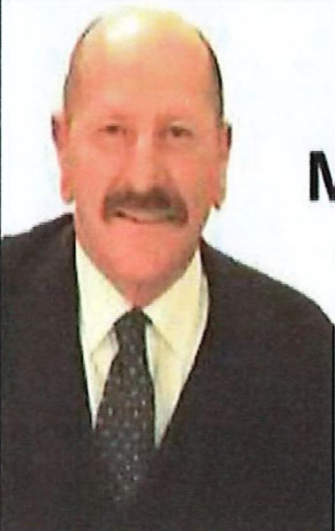
Next month, on Wednesday 4th October, we return to Canham's Road close to St Helens township. It always seems to be a good bird-watching destination, with easy walking along a gravel road. Shared morning tea back at the cars afterwards is our reward!

Meet at Bayside car park 8.15am for an 8.30am departure.

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



The peregrine can reach over 320 km/h (200 mph) during its high-speed dive.



**Mayor
Mick Tucker**

Serving all of Break O'Day

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

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

EAST COAST MASTERS 2023

Thanks to these great sponsors.....

- St Helens Mitre 10
- Good Sports St Helens
- Raida Hospitality Group
- Gazzman's Wood Heating
- East Coast Surf
- Tania Rattray MLC
- Barry Harrison (MR)
- Gallagher Insurance

Great accommodation packages available from

- Scamander Beach Resort - 0363 725255
- Blue Seas Holiday Villas - 0363 725211
- Surfside Hotel/Motel - 0407 342918
- Beumaris Guest House www.bbgh.com.au

Limited field. Register now • Contact Warren on 0408 356 636 or wbcacroom@outlook.com

GAZZMAN'S Primary Partners 



FESTIVAL of WELLBEING

Saturday 14 October
11am - 4pm



FREE BUS FINGAL

BEEP BEEP



BUS STOP

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



ST HELENS WALKING GROUP



Wednesday 2nd August

This Wednesday walk was to Halls Falls, led by Nette. The track was good but there were several wet patches after the rain. There was a short descent to the river bank. The track continued upstream for those who wished to walk beyond the falls. Eight walkers joined in this postponed walk that never fails to deliver, whatever track is chosen. Thank you Nette.

Wednesday 9th August

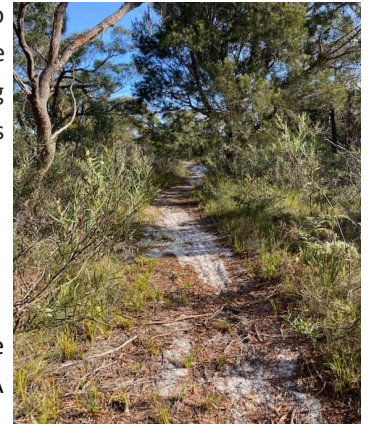
Today's walk was a loop walk from the aerodrome carpark following the boundary, then onto the back of the sewerage ponds and a bush track back. Mostly easy gravel walking along the myriad of ATV tracks that carve up this part of St Helens. There were a few puddles lying about but nothing that couldn't be walked around. Good number with 16 walkers participating in the walk, with some ending the walk at Parkside for a revive.

Thank you Nat for leading this walk.

Wednesday 16th August 2023

A lovely walk near the aerodrome led by Nat, circling around the sandy track to overlook the coast and St Helens Island, then onto the view of the sewerage ponds, a visual delight!! A single track wound our way back through some lovely bush to return to cars.

Gorgeous weather for a walk, thanks Nat.

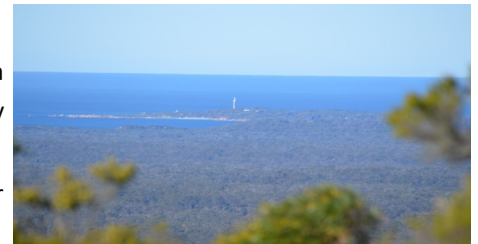


Aerodrome walk, 9th August.

Saturday 19th August 2023

Saturday's walk was to the summit of Mt William, which sits at 216m above sea level. From the summit we enjoyed panoramic views of the coast, and in the hazy distance we could see Eddystone lighthouse.

After descending we then drove to the Stumpy's picnic shelter for lunch. After lunch, we walked on the beach southwards past Cobler Rocks, to the mouth of Cray Creek. This windswept coastline features endless white sand and rocky outcrops marked with orange lichen and the coasts' signature clear turquoise water. We returned to our cars along a track through heathland and open bush. Thanks to Adrian for leading the walk, it was a great day out.



Eddystone lighthouse is just visible!

Wednesday 23rd August 2023

It was back to the Winifred Curtis Reserve to check out what was blooming and calling - there was plenty of both. Legs were stretched on well-made tracks for a couple of hours.

A cuppa back at Pam's place was much enjoyed by the Wednesday walkers. Thank you Pam for leading this walk.



Coblers Rock beach

Wednesday 30th August 2023

Wednesday's walk was in the Mt Pearson Reserve area off Reids Rd. We walked along the fire trail which finishes opposite Swimcart Beach. Plenty of birds, some wildflowers and a little bit of water across some parts of the track. Had morning tea at Swimcart Beach. Perfect walking conditions - no wind and no rain, but very lucky with the no rain part!

Thank you to everyone that went, and to Josi for leading the walk.



*Delicate Waxhip Orchid
Caladenia Major (Parson in
the Pulpit), seen on Mt
Pearson walk.*



ST HELENS WALKING GROUP



The walk on Saturday 5th August was part of NRM's Science Week activities.

NRM (National Resource Management) Officer Polly Buchhorn had organized another sea spurge eradication program from Policemans Point to The Gardens. Seven members of the walking group attended the day's walk, where 30+ participants travelled by bus to Ansons Bay where the walk commenced. We were no sooner on the beach at Ansons Bay when the group came across the dreaded sea spurge almost immediately. Despite the inclement weather the day before, the weather turned it on for the party, providing clear blue skies and a light breeze - ideal walking conditions. All colonies of sea spurge



Fishermen's art?

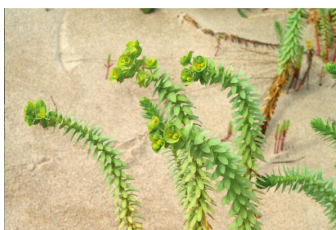
encountered were mapped for future reference. Plant type, either adult or seedlings, was noted and coordinates recorded. This activity has been in operation for about 12 years and thanks to NRM and committed volunteers, this section of coastline has been kept clear of sea spurge infestation. Marine debris was also retrieved and removed. This was a whole day of walking, clocking up 16.6 kms with the step counter totalling about 25,000.

Great day and organization.

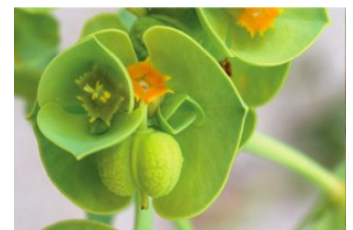


Pied Oystercatcher eggs - an abandoned nest?

Sea spurge, (*Euphorbia paralias*), is a species of flowering plant native to Europe, northern Africa and western Asia, and is widely naturalised in Australia. It invades coastal areas, displacing local species and colonising open sand areas favoured by certain nesting birds. A coastal plant, sea spurge usually grows to 20 to 70 centimetres tall, but occasionally grows to one metre. The plant has multiple stems, usually less than 10, but sometimes with up to 100. Surveys from Tasmania and New South Wales have shown that sea spurge can reach densities of 150,000 to 180,000 plants per hectare. Each plant can produce up to 5000 seeds which may survive for several years on ocean currents. Sea spurge is a relentless force that will reinvade after mass removal, and without intervention will continue to progress forward. Sea spurge is a serious threat to coastline biodiversity. The weed removes suitable habitat for species of shorebirds, including the threatened hooded plover. Sea spurge also outcompetes native species of flora which are critical components of the landscape which support geomorphic processes of the coastline. The plant can also cause skin and eye irritations in those who inadvertently touch its milky latex sap. If a dog eats sea spurge, it causes serious gastrointestinal damage, and causes blindness if the sap get into a dog's eye.



Sea Spurge can have up to 100 stems per plant.



The flower head and seed pod of sea spurge.

Information about sea spurge from Wildcare site.

St Helens Walking Group - Residents and travellers in St Helens and surrounding districts are welcome to join in the walks. Have \$5.00 ready for the driver if you want to car-pool, and be at St Helens Neighbourhood House carpark beside the Men's Shed, by 9.00am on a Wednesday or on the 3rd Saturday of the month for a longer walk. (\$10.00 for carpooling on Saturday walks). For more information contact **Pam Bretz on 0439 547 529 or Alex Buchanan on 0428 287 753**



SENATOR WENDY ASKEW

LIBERAL SENATOR FOR **TASMANIA**

Please contact me if I can be of any assistance.

46 Cameron Street, Launceston TAS 7250

6331 8501 senator.askew@aph.gov.au

SenatorAskew @senatoraskew



Authorised by Senator Wendy Askew, Liberal Party of Australia, 46 Cameron Street, Launceston TAS 7250.



TJ ACCOUNTING

0410 051 082 – *Call now for an obligation free chat.*

Tax Returns/Bookkeeping/BAS/Audit/ Finance

tjaccounting13@bigpond.com

www.tjaccounting.com.au

**Where: Business Enterprise Centre – Break O Day
Shop 1, 34 Quail St, St Helens, TAS. 7216**

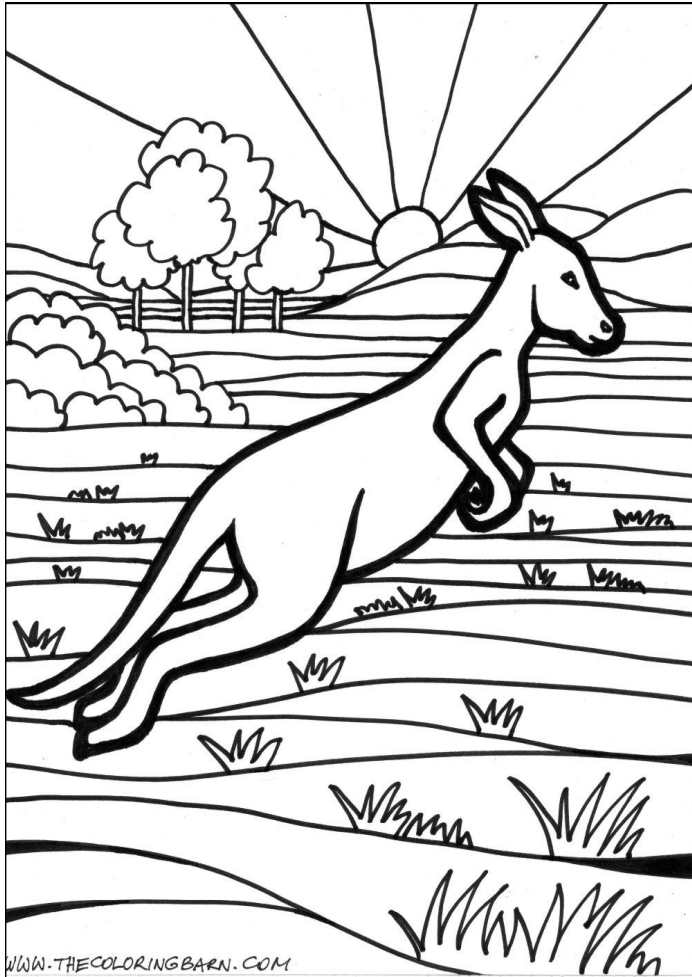
**20 Tasman Highway
Bicheno TAS 7215**

21 Years' experience!! Let's work together!!



Tax agent
24740881





WWW.THECOLORINGBARN.COM

Holiday Destinations Australia

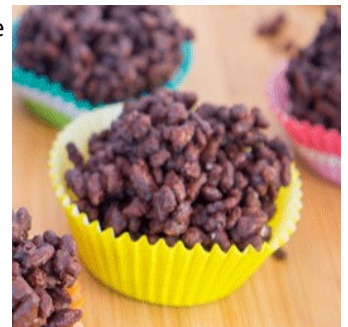
E N O R T H E R N T E R R I T O R Y D K I R O K
 C T D X K V N B M A B W A S O O N O W R J I S L
 U I N W E S T E R N A U S T R A L I A O A Y Y R
 I S A H M J V S K L B A X N B H F M F Y F Q D S
 G Y L G Z O A E M A X M D F B R U I D E N O N O
 G B S A U Y L L R L N Y A I Y Y O B Y P Z Z E U
 S K I F B E I A E U A G Y O I Q R O E A Y L Y T
 A Z R E Z L C W V B I E A Y S Y T O M C P U S H
 L R E V M R E H I T N H H R N E H Q N E B F H A
 G Q S P Y E S T R D A L T Q O M N B X B V Q Z U
 U A A W E B P U T R M C M N W O V Q A A A T W S
 O J R W L M R O E L S A J X Y F I X M V T Y P T
 D P F H L I I S R X A R Q Y M V C S P M X L O R
 T S X I A K N W A N T I E E O Z T U L B K C R A
 R R W T V L G E G U E N A L U J O P L A V T T L
 O S R S A Q S N A J C S T L N H R V K U N W A I
 P G U U R Q D Y M I V R W A T Y I D P K R D R A
 G E Y N R P K F Z M A L K V A K A B E T T U T Z
 I Q Z D A Y D S H B M N N N I N F W R Q B U H Z
 S B E A Y W T Y O S V V N A N Y J N T T S X U W
 V J U Y Y G W H A G Z B U W S Q X O H S L G R A
 Y O J S L A U C E S T O N S H K F K X I G D Y K
 Q U E E N S L A N D L J T Q N E X X K A K A D U
 C Z V N Y E L L A V A S S O R A B J D Q W J T X

- | | | | |
|-----------------|-------------------|--------------------|-----------------|
| Kangaroo Island | Magaret River | Swan Valley | Yarra Valley |
| Snowy Mountains | Port Arthur | Launceston | Kakadu |
| Cape York | Kimberley | Barossa Valley | Whitsundays |
| Broome | Noosa | Fraser Island | Uluru |
| New South Wales | Alice Springs | Port Douglas | Byron Bay |
| Hobart | Sydney | Tasmania | Carins |
| Perth | Western Australia | Northern Territory | South Australia |
| Queensland | Victoria | | |

CHOCOLATE CRACKLES

The original Chocolate Crackles recipe and everyone's favourite childhood treat! Chocolate Crackles are simple and easy to make.

- Ingredients:
- 4 cups Rice Bubbles
 - 1 cup icing sugar
 - 1 cup desiccated coconut
 - 250g copha, chopped
 - 3 tablespoons cocoa



Directions:

In a large bowl, mix the Rice Bubbles, icing sugar, cocoa & coconut.

Slowly melt the copha in a saucepan over a low heat.

Allow to cool slightly, then add to Rice Bubbles mixture, stirring until well combined.

Spoon mixture into paper patty cases and refrigerate until firm.

HOLIDAY

ACROSS

1. having plenty of bright sunlight
2. tiny loose pieces of rock that cover beaches
8. to fly to the destination without stopping
10. a flying vehicle with wings
13. a period of time a person spends away from home in order to relax or travel
14. relating to the part of the world that is near the equator where the weather is very warm
16. a document you need when you go to another country
17. spend time resting or doing something enjoyable
18. a journey on a plane

DOWN

1. a container to carry your clothing when traveling
3. to have reached a place at the end of a journey
4. the act of leaving a place to start a journey
5. the activity of moving through the water by moving your arms and legs
6. a place where people go for vacations
7. a very beautiful place that seems to be perfect
9. moving in an irregular or violent way
11. an area covered with sand next to an ocean
12. a place where aircraft can land and take off
15. a body of water to swim in

Tree Valley Academy

SCAMANDER RIVER GOLF CLUB



Wednesday 13th September - Midweek Competition Club Stableford

1st	Jens Kalisch	39 points
2nd	Rodney Tolputt	35
3rd	Dean Richardson	34
4th		

Nearest the Pin	6th:	Dean Richardson
	8th:	Rodney Tolputt

Saturday 16th September - Scott and Toni's Four Club Challenge

Thanks Scott and Toni for your generous sponsorship. Turned out to be especially challenging in wild winds, but it didn't deter some very competent golfers.

1st	Shan Wilmot	39 points
2nd	Rodney Tolputt	37
3rd	Tim Laird	36
4th	Tony Swanson	33

Nearest the Pin	6th:	Rodney Tolputt
	8th:	Rodney Tolputt

Stan Carter Award Brad Ennis

Tuesday 19th September - Ladies'

1st	Carol Gunson	37 points
2nd	Beth Haas	35
3rd	Rose King	32
4th	Carol van der Velde	31
5th	Sarah Tatnell	30
6th	Maryanne Ennis	29

Longest Putt: Sarah Tatnell

Wednesday 20th September - Mid-week Competition, Hidden Nine Stableford

1st	Rose King	32/17
2nd	Dean Richardson	33/16
3rd	Brad Ennis	29/16

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

Stan Carter Award: Jens Kalisch

Saturday 23 September - Club Stableford

Ladies

1st	Rose King	37 points
2nd	Gonny Creamers	34

Men

1st	Mark Bywater	34 points
2nd	Tony Swanson	33

Nearest the Pin	6th and 15th:	Jodan Longfield
	8th and 17th:	Brad Ennis

Longest Putt on 9th: Jens Kalisch

Stan Carter Award: Robert Terry

Tuesday 26th September - Ladies

1st	
2nd	
3rd	
4th	
5th	
6th	

NO SCORES AVAILABLE

Longest Putt:



Congratulations to the Ladies' Team, runners-up in the Barclay Shield State Final, Jill Couch, Lesley Kellaway, Maryanne Ennis and Sarah Tatnell

Upcoming games:

27th September	Midweek Competition
30th September	14-hole Ambrose
3rd October	Ladies Orford Challenge
4th October	Jackpot Stableford
7th October	Monthly Medal - Gold Medal Playoff
10th October	Ladies - Stableford



MALAHIDE GOLF CLUB

Friday 18th August - Chicken Run

1st	Ashley Stone	31 points
2nd	Rod Hunt	32
3rd	Stan Ellerm	35
4th	Mike Prewer	35
5th	DB Lowe	35.5
6th	John Vincent	38.5

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

Friday 22nd September - Chicken Run

1st	Mike Prewer	29 points
2nd	DB Lowe	30
3rd	Ashley Stone	32
4th	Rod Hunt	34
5th	John Vincent	38

Nearest the Pin	4th:	Club
	8th:	Ashley Stone

Saturday 16th September - Par

1st	John Vincent	-2
2nd	Ashley Stone	-4
3rd	Klaus Kobylinski	-5 (on c/b)
4th	Randal Wadley	-5
5th	Grant Richardson	-9
6th	DB Lowe	-10

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

Saturday 23rd September - 2-Person Ambrose

1st	Randal Wadley, Peter Sorenson	69.25
2nd	John Vincent, Ashley Stone	70.50
3rd	DB Lowe, Klaus Kobylinski	72.75

Nearest the Pin	4th:	John Vincent
	8th:	Randal Wadley

Interested in taking up golf?

We'd love to see you on the course - you can choose how often and when you want to play. You can choose social events or play competitively - its up to you. Come along on a Friday night and have a chat to us.

Friday Nights at Malahide Golf Club

The Committee of Malahide Golf Club invites you to enjoy a convivial Friday night get together at the Malahide Golf Club - just across the South Esk River from Fingal. Join us to connect with friends and enjoy light refreshments and good fun every Friday from 4.00pm. You don't have to be a golfer!

Upcoming Games:

30th September	Monthly Medal
7th October	Red Marker Day
14th October	Pinehurst Foursomes
21st October	Par

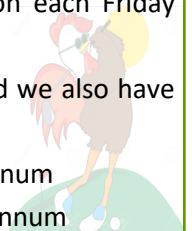
Malahide Golf Club hold a Chicken Run on each Friday starting at 1.00pm, \$4.00 entry.

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

⇒ Full membership is \$235 per annum

⇒ Social Membership is \$50 per annum

Contact Andrew Johns - Club Captain on 0427 854 555





FISHING REPORT

By The Happy Hooker



Hi all, I'd like to start this report with saying, "Its Back", that is, our magnificent South Esk River system that ebbs and meanders its way through our valley. The trout fishing from the river has been some of, if not the best fishing period I've ever witnessed. Normally the water this time of year is dirty, but due to the lack of rainfall the river is clear. The past few years of above-average rainfall that has allowed the trout to spawn successfully up the spawning creeks is now paying benefits, with some lovely river trout being caught by anglers using lures.

The salt water has been also rewarding anglers with some lovely-sized garfish taken from Georges Bay and some nice-sized bream from Scamander River.

Fishing reports, September

Thursday 7th, South Esk River. Headed up the river for a first flick at a trout and was delighted with a few nice fish on lures to start the season.

Friday 8th, Lake Leake. A weekend trip was organised and headed up mid-morning to fish an afternoon session. We tried at all the usual successful places on the lake, but after what must have been a thousand casts for the afternoon for not a touch, we put up the white flag and went and watched the mighty Carlton beat Sydney over a few beers.

Saturday 9th, Lake Leake, South Esk River. Woke up on Saturday morning at Lake Leake to the most dreadful cold windy morning, and I talked my fishing mate who is from Brisbane into returning to the Valley and fishing the river in the afternoon after having success there earlier in the week. While driving to the fishing destination, I almost guaranteed my fishing mate that he would catch a fish, and I think he would have been even glad to catch a perch after the disappointing afternoon casting at Lake Leake the day before. We arrived around 12.30pm and set up our gear and walked into the first spot at the start of our afternoon session. I put on a humble old Celta lure as a starter for him as these are normally a reliable lure and always get some attention. First cast and fish on, a lovely little fish that was the start of the most remarkable and memorable session of river fishing I have ever experienced in fishing the river for the last 45 years as I have doing.

We were having many hits and bangs early, but were not having a good hook-up rate, so we decided to try something different and see if we could get them to hit harder. A change of tactic resulted in tying on a 1/16th jig head with a Bronze/Pearl Berkly T Tail lure. The tactic using these, as we've had success before, is to slow the retrieve down, - you can't be slow enough. If you think your retrieve is slow, slow down again and incorporate plenty of flicks and lifts into the retrieve, but the real trick is to PAUSE the lure when you feel a tap or hit of a fish, and watch your line entering the water for any change and hang on, as the fish will pick up the lure on the drop, nine times out of ten. The fish were so in the zone this afternoon that we had a few of the trout follow the T Tails all the way back in on retrieve to the bank under our feet, and basically what we were calling 'tea bagging' them, by lifting and dropping the T Tail and have the trout smash the lure at our feet, unbelievable stuff! We ended our session around 5.30pm pinching ourselves and thankful to live in this part of the world. After the afternoon of fishing we had just experienced, "What a magnificent fishery we have once again".



Photo: Google

Sunday 10th, South Esk River. We headed up the river after a frosty calm morning to catch a couple before my mate headed off, and as the fishing gods dictate, the morning was difficult, with a couple caught but nothing like the afternoon the day before.

Thursday 14th, South Esk River. Back to the river and a few came to the hand on a lovely afternoon, it was also great to see a few trout taking nymphs from just under the surface and ringing freely.

Friday 15th, South Esk River. A couple of local eager anglers had success walking and casting lures to likely spots, finishing their session with 29 caught and released, many more lost for another day. Friday afternoon saw a quick session in the upper stretches of the river which resulted in a few fish between two of us.

Saturday 16th, South Esk River. Took the daughter for a couple-hour session for a few trout landed, all on T Tails.

Sunday 17th, South Esk River. My Brisbane mate returned for another hit before flying home, and another enjoyable afternoon despite the gale-force wind was had, with some lovely trout coming to net. We sent him home with some memorable stories that will keep him going until he returns later in the year however, I think he will be back sooner than he has booked in.

Until next time, stay safe



ST MARYS SPORTS CENTRE

By Volun Tier



We have just completed two big weeks at the Centre, with Friday night meals, RSL bowls, bowls training, Veterans Golf and Club Golf Championships, just to keep everyone on their toes. It was nice to see 14 bowlers turn up for the first hit-out this year in RSL bowls, those who participated enjoyed a wonderful game of morning and afternoon bowling, separated by a lovely lunch supplied by Valerie and Jeanette, just to keep all who participated well fed. A great out hit-out of competition too, prior to the regular Pennant season starting. Also nice to see the numbers at trainings so early in the season, with 14 to 15 taking part in our regular Thursday night hit-outs. Veterans Golf saw 29 players take to the course, with all commenting on how well the entire layout was presented and how nice the greens had putted during their competition, also great to see Jimmy Haas, Garry Maher and Max Hall enjoying a hit again, the latter catching up with Johnny Mac after the game for a quiet chat and reminisce of games past. Thanks to Peter and David for a well-run event, being named after former club veteran in Geoff King. The first weekend of the Club Golf Championship was played for the first time in 13 years in horrendous conditions, with gale-force winds sweeping the course, but there were still some notable scores, with Keith Gillies leading the Division 1 field by a couple of shots from Jason Gledhill, and Stan Ellerm leading division 2 by a comfortable 6 shots from Jimmy Freiboth. Everyone was looking forward to the following weekend, and what a day weather-wise it turned out to be. A comfortable 20 degrees and not a breath of wind; this didn't seem to help the golfers though, as only a couple of players improved on the previous weekend's scores, strange as it seemed, final scores listed below.

Coming up, we have the AFL Grand Final Bash, 9 holes of golf, 9 ends of bowls, with a footy feast in between, starting at 9.30am, cost just \$10.00, with lots of fun to be had. The following weekend, we go to Scamander on Saturday for the bowls Lightning Premiership, and on the Sunday we play the Nan Stewart Memorial Day against Scamander at St Marys, something we have not won for a few years; maybe this time, let's see if we can reward Bobby and the family with a win for their hard work every year. Both games commence at 11.00am, names on the board at the Centre, please. Then, of course, there are the usual Friday night meals, which are advertised right.

Golf: Second weekend of the Championship, Division 1 winner gross, Keith Gillies 164, well done on some very consistent hitting over the two days, and our new Club Champion, a well-deserved win from Jason Gledhill 169, Nick Child 173, Brad Davison 174, and Rodney McGiveron 177. Division 2 winner and Club Champion was one of our juniors in Jimmy Freiboth 189, just highlighting how much he has improved in the last 12 month, Stan Ellerm 192, who unfortunately let a big lead slip away, Nick Kringle 199, Maca 201, Mick Kringle 202 and Senna Ellerm 265, so nice to see Senna and Judy Freiboth having a hit, Senna is already on a recruiting drive to see more women playing golf at the club.

Members Draw: Last week Ping, and this week Helen Hayes, neither present again, so fuel jackpots to \$115.00, so well worth being there around 8.00pm on Friday night for your chance to win.

Opening Hours:

Thursday - 5.30pm

Friday - 5.30pm

◇ **Spring 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 socializing.

ST MARYS SPORTS CENTRE INC.

SPRING WARMER NIGHT

EVERY FRIDAY AT THE CENTRE
BETWEEN 5:30 & 8pm

Call in for a hearty Spring feed

FRIDAY 29th September, Main & Dessert \$15
Valerie's No Power Dinner. Wonderful Savoury
Sausage Roll (Large) & Salad
& Strawberry Mousse

FRIDAY 6th October, Main & Dessert \$20
Jeannette's Super Rissoles & Vegies
& Caramel Dumplings

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



Club Champions.



**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

Printed and published by:

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



CROSSWORD 55.16

Across: 1. Welfare, 5. Refit, 8. Rue, 9. Ghana, 10. Cured, 11. Risky, 12. Realm, 14. Clive, 15. Phil, 17. Slave, 20. Elect, 22. Yank, 23. Crime, 24. Swarm, 27. Digit, 29. Ember, 30. Audit, 31. Oil, 32. Sheep, 33. Apparel.

Down: 1. Wager, 2. Llama, 3. Alarm, 4. Eros, 5. Recycle, 6. Forgive, 7. Tidiest, 13. Eel, 16. Hen, 17. Success, 18. Amiable, 19. Eye-drop, 21. Cur, 24. Stamp, 25. Adder, 26. Metal, 28. Gila.