

THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.18 12th October 2023

Deadline for 55.19 is 5.00pm on Monday 23rd October 2023

MANGANA TOWNSHIP CAN REST A LITTLE EASIER THIS FIRE SEASON

The township of Mangana was one of many locations throughout Australia to be severely impacted by the Black Summer Bushfires of January 2020.

In the aftermath of the bushfires, Bendigo Bank established the Bendigo Bank Fire Appeal and raised funds by public donations to support and assist adversely affected areas and to help to improve fire safety.

Following consultation with the Fingal Volunteer Fire Brigade, the St Helens/St Marys Community Bank (a franchise of Bendigo Bank) applied to the Bendigo Bank Fire Appeal for funds to establish water tanks in the township of Mangana to allow fire trucks to refill in the advent of a fire emergency in the town. The funding application was successful, and the water tanks have now been established on an area of Council-owned land in Elizabeth Street (the main street) in Mangana.

The Chair of the St Helens St Marys Community Bank, Andrew MacGregor, said that Break O'Day Council had been very supportive of the project. They provided the land for the location of the water tanks and assisted with the preparation of the access track and hardstand area. Mr MacGregor commended Tankworld for discounting the price for the tanks and the fittings as it was a community project. He also thanked the St Helens Lions Club who assisted by acting as the conduit for the distribution of the grant funds for the project.

Local resident and volunteer fire fighter Col Francis said that the water tanks would allow the fire service to better protect property in the township which would help to put local residents at ease. The fire tanks were delivered to site on Thursday September 14th and were first used to refill fire trucks for a small fire on Tuesday 19th September which proved to be uncanny timing.



VOICE for
RURAL & Regional
Tasmania

John Tucker MP
Independent Member for Lyons

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ADVERTISING RATES - 2023

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| Business Card Size ads \$16 | 1/2 Page ads \$42 |
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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.

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

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 |

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.

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

FESTIVAL OF WELLBEING – CELEBRATING COMMUNITY AND CONNECTION

The annual Festival of Wellbeing will return again to Break O’Day this year on Saturday 14 October from 11am – 4pm. Join in a celebration of wellbeing and community connection at the Bendigo Bank Community Stadium in Tully Street, St Helens. And if you live in the Fingal Valley – there will also be a free bus. Entry is free, and 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. Use your festival map to discover them all and go in the draw for a great prize. There will also be affordable yummy food for sale or you are welcome to bring your own picnic.

Some of the activities include:

- Come and try yoga, croquet, robotics, netball, athletics, mindfulness and more
- Kindness Treasure hunt
- Kids’ Corner with lots of activities to try
- Pedal Bike Slushies
- Get pampered with a massage or treat yourself to some wellness products from our stall holders
- Meet people in our community here to support you and your family
- Get creative with clay, drawing, painting and more...
- Try a fitness workout
- Get tips for eating healthy, and much more....



Mayor Mick Tucker says, “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. 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.” Vote early on Referendum Day and then join us at the Stadium to create and celebrate wellbeing in Break O’Day!

This local event is funded by the Tasmanian Community Fund, the Mental Health Council of Tasmania and Break O’Day Council. Find out more about Wellbeing in Break O’Day and the festival at wellbeingaction.org

**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



facebook.com/FestivalOfWellbeingBreakODay





Bicheno Community Market

Sunday 15th October

Lions Park Bicheno

9am - 1pm

If you are interested in booking a stall
please contact Jennie on 0417 590 851



The St Marys Op Shop are hosting a 'Frocking Up' Morning Tea (scones, jam and cream & tea and coffee) served on the green at the Op Shop.

Dress in your best op shopped glad rags or up-cycled outfits and come and join us to raise funds for this great cause.

There will be prizes!

The proceeds from ALL SALES on the day will be donated to the fundraising efforts supporting Frocktober!

Saturday 28th October 2023

10am til 12pm

at the

St Marys Op Shop

(located behind the St Marys Town Hall)



Weed Control Workshop Serrated Tussock & Invasive Grasses

Tuesday 24 October 10am to 2pm,

Falmouth Community Centre (18 Morrison Street, Falmouth)

Serrated tussock and other weedy grasses reduce grazing production, threaten native habitats and can harm livestock. Come to this free workshop to

- Learn to identify these hard-to-find weedy grasses and tell them apart from native grasses
- Hear about what happens if they are missed and get away
- **See Fonzie the serrated tussock Detection Dog in action**
- Find out how these grasses operate and how to get on top of them
- Take home knowledge and skills to avoid weedy grass infestations and control and eradicate them.

RSVP: Break O'Day Council/Polly Buchhorn 63767900

polly.buchhorn@bodc.tas.gov.au. Lunch provided (let us know of dietary needs).

Visit nre.tas.gov.au/invasive-species/weeds/tasmanian-highly-invasive-grasses-project

for more on these weedy grasses

Part of the *Break O'Day Serrated Tussock Eradication Project*, supported by the *Tasmanian Weeds Action Fund*.





www.childrens-week.org.au



Sponsored by



CHILDREN’S WEEK – PLAY THROUGH THE AGES

Children’s Week is an annual event celebrated in Australia, held around the fourth Wednesday in October. A diverse range of events and activities are organised at national, state and local levels. These focus the attention of the wider community on children, their rights and achievements. Children’s Week celebrates the right of children to enjoy childhood. Each year the theme of Children’s Week highlights a particular Children’s Right.

The Children’s Week National Theme for 2023 is based on UNCRC Article 31: Children have the right to relax, play and to join in a wide range of leisure activities. The Fingal Neighbourhood House received a grant from Playgroup Tasmania to support events on the east coast this year, with an intergenerational play session “Play Through the Ages” to be held in St Marys, Bicheno and Dorset across the week.

Did you love the ABC program “Old People’s Home For 4-year Olds?” Well now you have a chance to try for yourself in St Marys and Bicheno at the upcoming Play through the Ages, as part of Children’s Week.

There are many benefits to building intergenerational connections through play. The most fundamental outcome for all participants is that they enjoy the activities. They also develop friendships, gain increased understanding of the other age group, gain confidence and develop new skills. For older

people, the positive outcomes can relate to their well-being. They include a reduction in isolation, sense of satisfaction and pride when acknowledged by young people in the local community, and increased opportunities for involvement in other activities. More general outcomes include greater community cohesion. Some young and older people said they are more likely to speak to older or younger people they have not met before, as they understand the other generation better and are more confident in interacting with them.

So join us on Tuesday 24th October in Bicheno and Wednesday 25th October in St Marys, whether you have a young child under 8 years or you are an older person, and share the benefits of intergenerational play.

For more details, go to: <https://childrens-week.org.au/> or www.buildingblockstas.com or use the QR code, right, to explore the more than 85 activities happening across the state during Children’s Week 2023.



ADVERTISEMENT





Brian Mitchell MP

Your Federal Member for Lyons

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



Authorised by Brian Mitchell MP (ALP Tasmania)
28 Green Point Road Bridgewater TAS 7030

FINGAL FOCUS

Contributed by Mike Brouder

I'd like to live like a poor man....only with lots of money. - Pablo Picasso

The clock is ticking my life away.....strange, because it's digital.

A man arrived at his workplace with both ears bandaged. "What happened?" his boss asked. "I was ironing my shirt when the telephone rang and I accidentally answered the iron," the man explained. "Well, that accounts for one ear. What happened to the other ear?" " Well, I had to phone the doctor."

Those cloning experiments finally paid off. I am so excited I am beside myself.

My wife and I are getting new glasses. After that.....well, we'll see.

My wife asked me, "You don't have any sense of direction, do you?" "Wait a minute," I said, "where did that come from?"

My giant parrot died yesterday.....it's a huge weight off my shoulders.

God intended to use wasps for pollinating plants but He finally went to plan Bee...

What do you call a fish without an eye? A fsh.

Do you have trouble reading instructions?

For instance, when you heat frozen meals, it reads either pierce the plastic film or do not pierce the plastic film. So far, so good.... Heat the product for so many minutes; OK that's why you put it into the microwave. I like my food heated, frozen food is not my favoured food to eat.... unless it's ice cream or frozen yoghurt. You must adapt the time required to heat for the power of your microwave. The method explained on the carton is always based on a microwave oven of 1000 watts power, that's fine. The adaptation of my oven is a bit wobbly. If my oven is only 650 watts, then I guess that I divide 1000 by 650 which comes to 1.538 or 1.54 (rounded) times the recommended time for a 1000 watt oven. For a recommended time of, say, 5 minutes, then the adapted time is about 7 minutes and 40 seconds. This is far too long in your oven. I've tried it and it's OK if you like food that is very crispy or very over-cooked. I usually add about 30 seconds or so, and it usually turns out fine so far. What really bothers me is the instruction to stand for one or two minutes.... I don't understand why I should have to stand to wait for the time to eat my meal. Don't tell the manufacturers, but I usually ignore that bit and eat it anyway. While we are on the subject of "cooking", I have a hint for those of you who like to boil eggs. You can take eggs from the fridge and put them into boiling water immediately, if you do the following. Put two or three unused match heads into the water before it starts to boil. Once the eggs are put into the boiling water, they will not burst as they would normally. I do not know why. I do not understand the physics of it at all. All I know is that it works.

I love stews, particularly my own Irish stew. It is based upon my dad's stews which I enjoyed so much as a child. Generally speaking, no two stews are the same because it depends on what is available to put into the pot. I prefer beef, but I also really like chicken. The vegetables I use are carrots and parsnips (not too many as they have a strong taste). I usually throw in tinned peas or dried peas, mostly for the colour, but I like peas anyway. Of course, you must have onions. I cut them, after peeling, into fairly large chunks, which makes them easier to eat. My wife, bless her soul, used to say, "Don't put the potatoes into the stew to cook, as they absorb some of the taste." My taste must be lacking, so I cut the potatoes into smallish pieces to aid them being cooked in time with the rest of the stew. How much water do I use to get the gravy? I use beef or chicken stock along with a packet of vegetable or minestrone soup dissolved into boiling water. This just adds flavour. Finally, I sprinkle a little mixed herbs onto the simmering stew, and as the final gesture, mix some 'Gravox' to thicken the stew while it is simmering. Then I sit back and absorb the delicious smells emanating from the cooking pot. That stew means about three meals ahead of me, just heating, not cooking!

I am sorry but I'll have to stop now as I am getting quite hungry. Catch you next time.

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

AWARD-WINNING FILMS INSPIRE IN SENIORS WEEK

Between 16-22 October, the power of story will be on full display as Tasmania's leading filmmakers share their award-winning films across eight venues across Tasmania, including Bicheno on Saturday 21st October between 2.30pm and 4.30pm.

The films aim to spark conversations about some of the grittier subjects that affect Tasmanians, such as illiteracy and the epidemic of loneliness.

Handmade Happiness, a gorgeous animation by Vivien Mason, recently screened at the Sydney Film Festival. The film shows how instrumental art, knitting and using your hands can be in creating happiness and helping with positive mental health.

Grey Power, a documentary by Lara van Raay, shows how much power there is in the "boomer" generation helping to save the planet. Retired professionals Anthony Houston from Houston Lettuce, and Tasmanian Senior Citizen of the Year 2023 finalist, Dr Scott Bell, talk about how they are prepared to get arrested in their retirement years in their dedication to raising awareness of climate change and protecting our forests and oceans. "I want the audience to realise that they have power and influence, that they can do more than lie awake at night fretting about what the future holds for their children and their grandchildren," says Dr Bell, "they can get involved in protests, they can directly challenge politicians to do more, they can get out in the streets and they can even get arrested."

Elli Iliades' poignant film *The Tealeaf Reader* delves into the effects of illiteracy through the story of a mother who lost her parents at a young age. Research shows that helping people to read and write is an area many seniors volunteer in.

Comedian Dylan Hesp stars in another of the films screening, *Alone Together*, which focuses on loneliness, with laughter used to discuss this health issue.

These films were made to bring people together, to start conversations and to help to build community. After the films, people can discuss the films together over afternoon tea.

"Whenever we screen these films, we have a full house of people, attending to enjoy their community and to watch some great locally made films. It is absolutely beautiful to be able to bring people together and start some really healthy conversations," says Impact Producer Roslyn Walker.

The events are being run in association with COTA TAS (Council for the The Ageing), local councils and U3A TAS.

Bookings can be made via Ros Walker on 0431 552 277 or via <https://www.tasmanianspiritonscreen.com/seniors-week>

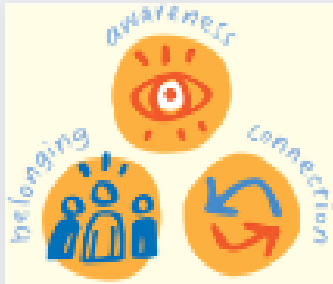


GRIT SENIORS WEEK FILM FESTIVAL
FOUR AMAZING TASMANIAN SHORT FILMS
plus AFTERNOON TEA
 SATURDAY 21st OCT 2:00pm-4:00pm
 BICHENO MEMORIAL HALL
 (optional gold coin donation)
RSVP: WWW.TASMANIANSPIRITONSCREEN.COM

COTA TASMANIA

CEL
 SENIORS WEEK
EBR
 16-22 OCT 2023
ATE

25 YEARS



BE PART OF THE FUN!!!

FREE ENTRY

LET'S GET TOGETHER

26TH OCTOBER

RSVP BY 20TH

4 PM - 6 PM

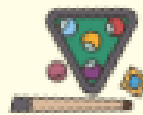
REC GROUND

BROWN ST

FINGAL, 7214

Come along and join us for a community get together where we can all have fun and celebrate life. We are excited to be collaborating with Building Blocks, YCONNECT, Live4Life Break O'Day and others to bring you:

8-BALL



SOCCER



BBQ & OTHER FOOD OPTIONS



MINI MARKET OPTIONS



CHILL OUT SPACE

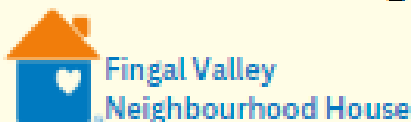
AND MORE



For more information or to RSVP



Email: admin@fvnh.org.au or Phone: 6374 2344



Funded by the Department of Premier and Cabinet



The Say by the "Cage Rattler"

For the record, I respect, but passionately don't agree, why people are going to vote No in the referendum, and I also reckon that the ultra-negative campaign driven largely by the oppose-most-things Liberals has this slogan saying, "If you don't know, vote No." That makes no sense at all; if you don't know, FIND OUT!

Mr Dutton has about as much charisma as a wet sponge. Why are you taking notice of him, you No voters? With all his faults, and he has a few, at least Albo is trying to talk up positives on why a Yes vote is a thing that needs to happen to show real reparation for what we collectively have done to our First Nations people - nothing short of sustained racism at varying levels, in my opinion.

Also in my humble opinion and why I urge any of you still undecided to strongly consider voting Yes is this - the whole point of having a fully-recognised voice to our legislators is long overdue, and is intended, as I understand, to help make sure that our politicians will have delegates from First Nations to properly inform them for policy decision making. Also to help sort out various support programs and fund more efficiently those programs. They DON'T get a vote, they will advise only I cannot for any reason see why you No voters have a problem with that. Really don't.

We have a lot to fix and I suggest that if the No vote gets up (and it's likely to do so apparently), it'll be a real missed opportunity, mostly on the back of negative attitudes and almost a fear campaign predicated on dividing the nation...absolute garbage and hypocritical. We are already divided because we don't properly listen to the indigenous folk like we should, can't they see that?

If you are voting No and you truly want things to stay the same, so be it, but in years to come when issues such as way higher than normal incarceration rates, lesser health and employment rates and other social outcomes for our indigenous population stagnate or worsen, then just ask yourselves why you voted No....

What do you think?



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

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



ALEX GRAHAM LEGAL
YOUR LOCAL LAWYER

Phone: 0407 242 265
Email: alexgrahamlegal@outlook.com

GRANTS TO SUPPORT TOURISM, HOSPITALITY INDUSTRIES REDUCE EMISSIONS

Applications are now open for the Tasmanian Liberal Government’s \$900,000 Tourism Emissions Reduction Grant Program. Premier and Minister for Tourism, Jeremy Rockliff, said this program supports our commitment to be a leading destination for climate-conscious travel, as outlined in the *2030 Visitor Economy Strategy*. “One-off grants up to \$50,000 for small and \$100,000 for medium-to-large tourism and hospitality businesses are available for those who have previously completed an emissions/carbon audit,” the Premier said. “The funding will support projects that reduce emissions within a business and cover one or more of the areas of transport, waste reduction, carbon accounting training or new low-emissions technology or equipment. Whether the successful projects include lower emissions vehicles, reduction of waste to landfill, carbon monitoring systems or induction cooktops, we’re providing tourism and hospitality businesses the opportunity to make a real difference. This grants program is an important next step to support businesses to act on the carbon audits our Government helped them to undertake.”



Premier Rockliff said the latest program was one of four streams that make up the \$1.5 million tourism emissions reduction package. “As part of this package, we have also provided support, through the Tourism Industry Council Tasmania, for those who are earlier in their journey to reducing emissions,” he said.



The Tourism Industry Council Tasmania is helping operators to undertake emissions audits and carbon accounting, as well as helping them to understand their emissions profile and then develop plans to reduce their footprint. “Our Government is delivering on its long-term plan to grow our visitor economy and create jobs while protecting our environment and reducing our emissions,” the Premier said.

For more information or to apply for the Tourism Emissions Reduction Grant Program go to: www.business.tas.gov.au/funding



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

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

FINGAL

Near Fingal Valley Neighbourhood House, Talbot Street

Tuesday, 17 October 2023

9:30 am to 4:00 pm

For more information, go to servicesaustralia.gov.au/mobileoffice



NATION-LEADING HEALTH INITIATIVE TO BENEFIT AGED CARE RESIDENTS

A nation-leading pilot program will enable pharmacists to prescribe medication to Tasmanian aged care residents in collaboration with their general practitioner.

Implemented in coming months, this nation-leading pilot program is a key recommendation from the independent Pharmacist Scope of Practice Review commissioned by the Rockliff Liberal Government, to provide a comprehensive assessment of the role of pharmacists in Tasmania.

Minister for Health, Guy Barnett, said the initiative would improve the medication safety of residents and lead to a better quality of life, helping prevent hospital presentations.

“We know many GPs spend valuable time reissuing prescriptions for residents, rather than spending that time addressing residents emerging health needs,” Minister Barnett said. “I am confident that pharmacists working collaboratively with GPs and prescribing within the safeguards of a treatment plan approved by the GP will significantly improve patient care.

Our Government will continue to work with pharmacy, medical, and residential aged care facility representative groups as we pilot this nation-leading change in several sites.”

An implementation plan for the recommendations from the independent review by KPMG is being developed.

The Rockliff Liberal Government is doing what matters for all Tasmanians by delivering on our long-term health plan.

(Article and photograph courtesy of Guy Barnett, Minister for Health)



l - r ; Bruce Levitt of Health Consumers Tasmania, Minister of Health Guy Barnett, Helen O'Byrne of Pharmacy Guild Australia Tasmania Branch and Shane Jackson, Pharmaceutical Society of Australia.



INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

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Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

ST MARYS

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Wednesday, 18 October 2023

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| | | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---------------------------|---|--|---|--------------------|---|--|----------------------------|
| STAR FM Program Guide   | Brekkie | Start your working week | Fruity and Loopy | I see Stars | Breakfast Mania | TAZZ on Toast | Saturday's Sunny Side Up | ICECREAM SUNDAE on Sundays |
| | | with Star FM | with Flashy | with Star FM | with Star FM | with TAZZ | with Manny | |
| | Morning | Get some Sand between your toes | A Taste of TAZZ - Plus Community Interviews at 11.15 | Get plugged in with Pugs Real Estate Tips and Trends at 10.30 | The True Grit Show | Simply 60's request show | "Get Happy" | |
| | | with The Sand Man | with TAZZ | with PUGS | with The Sand Man | with Guest Presenters | with Angelina | with PUGS |
| | 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" | In the Lab with Dr Dave 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 | TheRock Odyssey | "The No 80's Zone" [everything except the 80's] | with The Tone | |
| | with JAX | with ASTRO | with Fyshy | with DR DAVE | with CANUCK | with Star FM | Big Daddy Davo's Blues Mix | |
| Evening | Monday Evening | Neville's Country Corner | That 70's Show | Thursday Nights | The Party Pit with | THE PARTY PIT | hosted by Dave | |
| | with Star FM | and more with Neville | with Star FM | with Star FM | with Star FM | with KIMMIE | | |




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- 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

Well September has come and gone, and another very successful Lunch and Munch was performed by the new band 'The Tremadols', being Chris and Viv Boys, with Karen Busby and Scott Lampkin on vocals. We are used to seeing Scotty on drums performing with The Rennies, so it made a change to see him and Karen doing vocals for the group along with Chris. They performed songs from the 60's and 70's with the audience being able to join in with songs they all knew from this era. And of course Paul Freeman and Helen Harrison couldn't help but get up and dance. All in all, it was a great afternoon, and we can't wait for them to come back and entertain us next year....and talking about The Rennies, they will be back and performing for us in February.

This month we have the wonderful Jo King singing for us, and two sidekicks with her being Bob Grant on guitar and Ash Morrell on drums, calling themselves 'The Quips', so an entertaining afternoon is guaranteed. That's on Friday 27th October at the Footy Club Rooms Tully Street, from 12.00pm till 2.00pm-ish, look out for posters.

Members are just \$10.00. and non-members are \$15.00, with a joining fee of just \$20.00 if you want to join the Club.

Don't forget that it is BYO lunch, with free tea and coffee, but of course the tuck-shop is open for sandwiches and cakes; this is proving really popular, with it being a treat for most people not having to make their own lunch, and enjoying a cake to go with it.

The Footy Club Bar is open for alcoholic drinks, and now has a coffee machine for those that like their cappuccinos or lattes.

Come November, we will be bringing you the wonderful Kaye Payne and her band 'The Presidential Suite'. Kaye is a professional jazz singer and performs all over Tasmania, so it will be a show not to be missed. A treat for the locals will be our own Matthew Ives on drums performing with her as well. We will have more information for you on this concert at our November Lunch and Munch. Tickets for this concert will once again be \$20.00, and will be our last concert for the year, so let's make it a good one - tell all your friends, better still bring them along and let's fill the Club Rooms.

See you there this month on Friday 27th October at 12.00pm.

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IN THE KITCHEN WITH KIRSTEN



Date and Walnut Roll

As old fashioned as it is, it is still a favourite of mine. Covered with lashings of butter, it is a delicious cake to have in the tin for when people drop in and it's super easy and lasts well...that is if you don't eat it too fast!

Ingredients

| | | |
|--------------------------------|---|--------------------------------------|
| 1 cup (140g) chopped dates | 1 cup (220g) brown sugar, firmly packed | 60 grams butter, plus extra to serve |
| 1 cup water | 2 cups (300g) self-raising flour | 1/2 teaspoon bicarbonate of soda |
| 1/2 cup (55g) walnuts, chopped | 1 egg, lightly beaten | |

Method

Preheat oven to 180°C or 160°C fan. Grease two 8cm x 17cm nut roll tins or small bar cake tins.

Combine dates, sugar, butter and water in a small saucepan. Stir on low heat for 1-2 minutes, without boiling, until sugar dissolves. Bring to boil, then remove from heat and set aside to cool for 5 minutes.

Sift flour into a large bowl with bicarbonate of soda and stir in date mixture, walnuts and egg. Divide mixture between prepared pans, until half full. Cover with lids.

Bake for 30-35 minutes, standing upright. Remove tins from oven and set aside for 10 minutes before removing lids if using the lidded tins. Turn out onto a wire rack to cool.

Slice and spread with butter to serve.





IN THE KITCHEN WITH KIRSTEN



It's oca time! Oca is one of those impressive heirloom veggies you may not have heard of. Oca is widely grown in New Zealand, hence its other common name, New Zealand yam, although it is not from New Zealand, nor a yam apparently! It is in fact an ancient root vegetable, originating from the Andes, South America. It has been a treasured source of food for thousands of years. Oca is highly productive in the garden - just a few tubers grown in a large pot will produce an abundance of tubers in one season. What is interesting is that it is far more nutritious than potato. Oca has a low Glycaemic Index and comes in many pretty colours from white creamy with red stripes, to rose red, to bright pink and purple - they look like little jewels. While oca is simple to grow, the hardest part can be getting your hands on some tubers to get started. This is because oca is mostly a backyard vegetable, grown and shared amongst gardeners, and has not been widely commercialised. So this is what I love to do with mine. I am a massive lentil and tuber fan, so this is a perfect go-to dish.



Oca (New Zealand Yams) with a Sweet Lentil Salad

Ingredients

| | | | | |
|--------------------------------------|-----------------------|--------------|----------------------|---------------|
| 400g oca | 1 lemon | 1 shallot | ½ tsp smoked paprika | ½ tsp paprika |
| ½ tsp ground cumin | ¼ tsp ground cinnamon | olive oil | salt and pepper | |
| 1 tin brown lentils or cook your own | | 200g spinach | 2 garlic cloves | 15g parsley |
| 30g walnut pieces | ½ tbsp garam masala | 150g yoghurt | | |

Method

Preheat your oven to 200°C. Place the oca in the sink and cover with cold water. Set aside for 5 minutes.

Meanwhile, finely zest the lemon and transfer to a bowl. Peel and finely slice the shallot into rings and place in another bowl with a pinch of salt and a good squeeze of lemon juice. Leave to macerate.

Scrub the oca to remove the dirt then rinse and pat dry. Slice diagonally into 3-4cm pieces, keeping any small ones whole.

In a roasting tray, mix the smoked paprika, paprika, ground cumin and ground cinnamon with 1 tablespoon oil. Toss in the oca and some seasoning and roast for approximately 15-18 minutes, turning halfway through, until the oca is just tender.

While the oca cooks, drain and rinse the lentils. Wash the spinach, peel and finely chop the garlic, finely chop the parsley leaves, including the stalks if they're not too thick, and roughly chop the walnuts.

Heat a frying pan and dry toast the walnuts for 3-4 minutes, until smelling fragrant. Transfer into the lemon zest bowl with the parsley and mix. Let the frying pan cool slightly, then add 1 tablespoon oil and gently fry the garlic for 30 seconds; be careful not to let it burn. Add the spinach and cook until just wilted. Mix in the garam masala, lentils and 3 tablespoons yoghurt. Heat through, season and add a squeeze of lemon juice.

Serve in a lovely bowl and top with the oca. Sprinkle over the herby nut mixture and enough pickled shallots to taste. Finish with a drizzle of remaining yoghurt.



*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>





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FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



BUSHRANGERS Part 3

There were many Tasmanian bushrangers including Mark Lemon (1808), Michael Howe, Jefferies, Ward, Newham, Buchan, Dawson, Alexander Pearce, Matthew Reid, Thomas Lancaster, James Glove, John Price, Kavanagh, Jones and Martin Cash, who worked as groom at Bona Vista in the 1840's. These are just a few of the well-known ones; there were others that roamed the Fingal Valley such as James Dalton and Andrew Kelly, Riley Jeffs and John Conway.

Joseph or James Gilligan, as he is known, arrived in Van Diemens Land on 6th May 1814. He was born in 1775 in Ireland, and in 1819 he settled on a grant of land known as Clifton Lodge, between Ormley and Henbury, which consisted of 1600 acres, now known as Ormley Flats. He established a sheep and cattle property and had 3 children and built a dwelling, the ruins of which are visible today. On 2nd May 1843, Chief District Constable William Ward was having dinner at Clifton Lodge with James and his family when two bushrangers, namely Riley Jeffs and John Conway, burst in to raid the homestead. Ward went to arrest them without a weapon, and was shot by John Conway whilst grappling with them, and William Ward died on the spot. Both Jeffs and Conway were convicts from England and had been terrorizing the Fingal Valley for some time, and after this incident they spent a busy few days holding up settlers in the South Esk valley, including Frederick Von Stieglitz of 'Killymoon', who was robbed in broad daylight near his home. They were arrested by a party led by Constable John Connell of Campbell Town and Jeffs and Conway were tried and sentenced to be hanged and dissected on 26th July 1843. Conway was aged 23 and Jeffs was 21 years old. Mrs. Gilligan left the Fingal Valley and James tried to sell his property to return to Ireland to follow his wife, but he died, and he is buried in a grove of wattles 400 yards up the paddock. Ward's ghost is supposedly seen at the gate to the Clifton Lodge property.



District Constable William Ward, who was shot and killed by bushranger John Conway.

John Conway's father was a master tailor at Westminster and John was taught the same trade. In his spare time, he would frequent dancing saloons and low concert rooms where he fell into his evil ways.

Riley Jeffs' father was a Baptist pastor at Sutton, Berkshire, and his mother was the granddaughter of William Carey, the first missionary to India. Jeffs was sent to grammar school at Reading, from which he absconded and found employment as a groom or stable boy at a roadside inn in the suburbs of London. He acquired a habit of drinking and gambling, which eventually sent him to Van Diemens Land. James Dalton was arrested for bush-ranging and transported to Norfolk Island for life. When Norfolk Island was broken up, Dalton was sent to Port Arthur. A short time later he was sent to Hobart Town where he committed a petty crime and was sent to the Jerusalem road party. Here he met Andrew Kelley, who was a short-sentenced Irish probationist, and from here they took off to the bush. They committed various robberies prior to visiting Bona Vista homestead owned by Mr Simeon Lord. The Avoca constables were informed of their presence at Bona Vista and Dalton, seeing Buckmaster, raised his piece and said, "There is that old dog Buckmaster who beat me in Avoca watchhouse." He fired and shot Buckmaster dead, stole his gold watch and £20. Another constable was also shot in the leg and wounded. Dalton and Kelley stole a boat belonging to Mr Williams and sailed for Melbourne. Dalton was arrested at Swanston St watchhouse after being lured there by Mr Brice, who would exchange their VDL money for gold, as the bushrangers wanted to embark for England. Kelley was arrested at the wharves of Melbourne and both were returned to VDL. On 7th April 1853, the prisoners were arraigned at the Supreme Court before Mr Justice Horne for the willful murder of Buckmaster at Avoca. They were both found guilty and hanged on 26th April 1853.



Bona Vista property.

The last surviving member of Matthew Brady's gang was Dunne. His first robbery after leaving Brady was of an old couple named Drummond who kept the White Horse Public House near Avoca. He tied up the old couple and their servant and then attempted to burn the premises down; fortunately John Bateman rescued them. Dunne was a cruel man and scoundrel and once caught, he met his fate on the scaffold.

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

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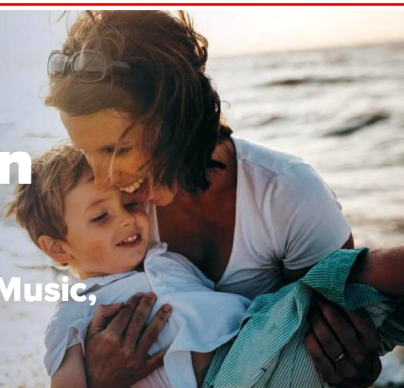
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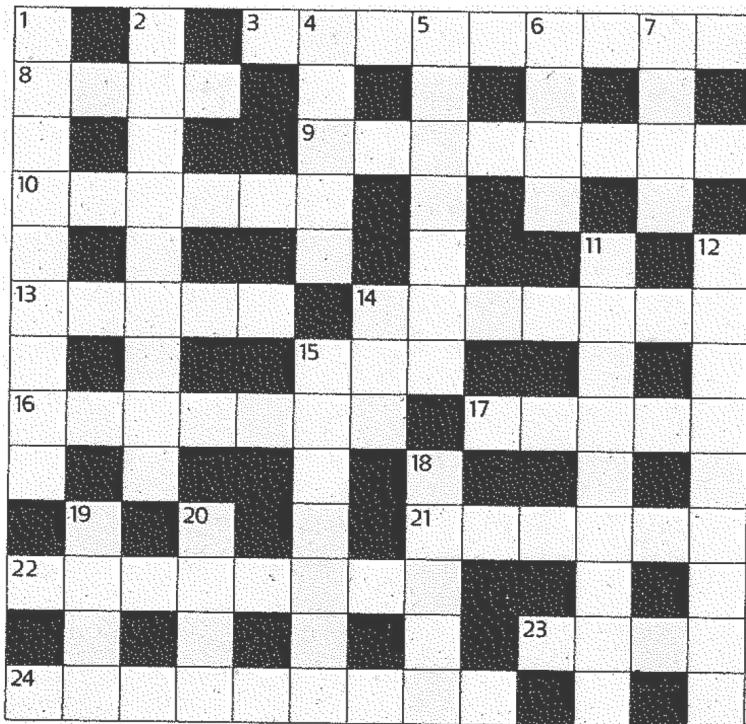


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Crossword 55.16



ACROSS

- 3. Susan ____, actress (9)
- 8. Chamber (4)
- 9. Sample (8)
- 10. North ____, the 'Prairie' state of America (6)
- 13. Bypass (5)
- 14. Renounce (7)
- 15. Nocturnal mammal (3)
- 16. Satan (7)
- 17. US rock singer ____ Cooper (5)
- 21. Reigning queen (6)
- 22. Explode (8)
- 23. Plenty (4)
- 24. Demeaning (9)

DOWN

- 1. Step by step (9)
- 2. The black beetle (9)
- 4. Test an ore (5)
- 5. White-faced buffoon (7)
- 6. Offspring (4)
- 7. Stench (4)
- 11. Spiteful (9)
- 12. Mind-reading (9)
- 14. Distant (3)
- 15. Comedian, ____ Manning (7)
- 18. Not ripe (5)
- 19. Pond (4)
- 20. Needy (4)

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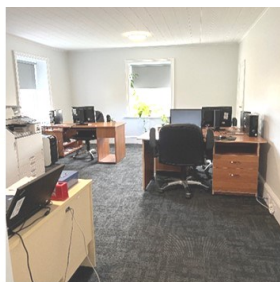
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Fingal Valley Neighbourhood House is funded by The Crown through the Department of Premier and Cabinet.



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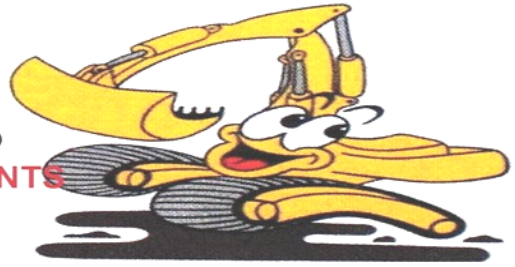
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RAINBOWS AND RADISHES

By Bloomin' Iris



LOVELY SPRING WEATHER

Our beautiful spring weather is here, everything seems to be buzzing in the garden, the bees are visiting the flowers and blossoms on the trees; it is just idyllic.

Now is the time to weed and prepare those beds for all the beautiful veg you are about to grow.

Time to make hills for those pumpkin seeds, add lovely rotted manure and compost in those mounds, make them nice & large and soon you will be able to put in those seeds and watch them flourish. This also applies to any cucumber, or melon varieties, zucchinis too.

I have some tomatoes popping up, the small seeds are sprouting in my garden from tomato scraps. I love to grow these on, it is always a surprise what varieties you get. If I want a particular variety, I buy a plant to be sure of getting exactly what I want. Don't forget to take off the bottom leaves and plant deep, the roots will grow off the stem. I can't stress enough, keep leaves from dragging on the ground, to prevent viruses being transferred to the tomato plants, water from the bottom if possible and keep the schedule constant in hot weather to prevent blossom end rot. Make sure that you have added a dressing of potash, blood and bone, and well-rotted manure to the soil before growing.



Remove the bottom row of leaves of tomato plants to prevent viruses being transferred from the soil.

I have put some tomatoes in now, but have put plastic guards around the plants and would peg the tops for a few more weeks on the nights frosts are forecast, as it does late here in the Valley, not so much up the coast. Capsicum and chilli are related and are frost-tender too.

However lettuce, onions, spring onions, radish, carrots and celery are not frost tender, and most herbs too, so grow plenty to add to those lovely salad bowls.

Your veg will power on now, take time to fertilise with a good liquid fertiliser every two or three weeks, and don't forget your flowers too, they need a regular fertilise to show off their best these coming months.

Daffodils have finished flowering now, do not cut off the green leaves but plait them until they dry off, as the nutrient goes back down into the bulb. Enjoy your spring and our lovely mild summers we get here in Tassie, it is a joy to garden this time of the year.

It's great to eat our produce too, nothing like it fresh from your own garden, especially those juicy radishes!



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| <p>1800RESPECT 1800 737 732 www.1800respect.org.au</p> | <p>Mensline Australia 1300 789 978 www.mensline.org.au</p> | <p>COTA (03) 6231 3265 www.cota.org.au</p> | |
| <p>Lifeline Tasmania 1800 984 434 taslifeline@lifelinetasmania.org.au</p> | <p>Kids Helpline 1800 551 800 www.kidshelpline.org.au</p> | <p>Find Help Tas A central online directory of community services across Tasmania. Supported by TasCOSS and member organisations. www.findhelptas.org.au</p> | |
| <p>Lifeline 131 114 www.lifeline.org.au</p> | <p>Beyond Blue 1800 243 232 www.beyondblue.com.au</p> | <p>Financial Counselling Support If you or someone you know requires financial counselling support www.anglicare-tas.org.au/financial-counselling</p> | |
| <p>NDIS 1800 800 110 www.ndis.gov.au</p> | <p>Anglicare 1800 243 232 www.anglicare-tas.org.au</p> | <p>National Debt Helpline 1800 007 007 www.ndh.org.au</p> | <p>Gambling Helpline 1800 858 858 www.gamblinghelpline.org.au</p> |
| <p>Carer Gateway 1800 422 737 www.carergateway.gov.au If you know someone that is a carer</p> | <p>Disability Information Hotline 1800 643 787 www.dss.gov.au/disabilityhelp If you or someone you know has a disability</p> | <p>Fingal Valley Neighbourhood House (03) 6374 2344 admin@fvnh.org.au</p> | <p>St Helens Neighbourhood House (03) 6376 1134 admin@sthelensnhh.org.au</p> |

Mindset Tricks for Busy Minds

Would you like to try a powerful mindset trick that can transform the way you relate to your thoughts? This exercise works best if you are in a safe and comfortable place without too much noise or distraction.

Whenever you're ready... Sit yourself up straight with your feet firm on the ground. Let go of any tension around your face, jaw, and neck. Relax your shoulders, your arms, and loosen the rest of your muscles throughout your body. Take a nice big deep breath down to the belly, and then exhale slowly out through the mouth. Now, I'm going to get you to stop reading for just a moment but before that, here is what to do next. After you've read this, gently close your eyes and draw your attention to your eyelids. You'll see colours, shapes, and shadows moving all around. Keep your attention there for a moment. Then, move your attention to your thoughts - to your mind, and ask yourself mentally this one question. "I wonder what my next thought will be?" and watch what happens next. Some thoughts may appear, and that's okay. Let them come and go, but throughout this exercise, try to draw your attention back to the question and remain curious as to what happens next. Become the watcher of your thoughts, not the thinker. Observe this process for a few moments, similar to how you might watch fluffy white clouds rolling past you on a sunny but windy day, and then come back to me.

What did you notice? Did your thoughts race past you in quick succession, spiralling into chaos...or was your mind awkwardly quiet? Did your internal voice eventually pipe up and say "Uh....where is it? Hello? Where's my next thought? Hello brain are you there? Earth to brain, give me my next thought please!" or, perhaps was there a brief moment of peace? Maybe you simply focused on the visual of the clouds that I had mentioned earlier. Either way, something interesting happened, didn't it?

I really like this exercise because it can help you realise 3 important things. The first is that you are not your thoughts. If you and your mind were one in the same, then you should be able to predict your next thought with certainty. But that's not typically the case. Most often, this exercise creates a mental stillness not usually experienced - especially by those of us with busy minds. Our thoughts tend to blaze forward, leaving us in a fog of confusion and overwhelm. However, by taking a step back and observing your thoughts (or lack thereof), you can start to understand that you, as a conscious being, are independent from your mind. Your transient thoughts, feelings, and emotions are sent through you, but they aren't who you are. You don't have to identify with them, act on them, or even believe them.

If this is true, then we can also accept that our mind, which is informed by the beliefs and experiences held in our subconscious, is not a very sensible creature. It lives in the brain, protected by our thick skulls, and is pretty isolated from the outside world. It's only able to make predictions and assumptions based on memory and input from our senses. It also has a fairly strong negativity bias - the part of our core programming meant to keep us alive and help us avoid danger. That doesn't mean that everything we think is wrong or invalid, but our thoughts can often be skewed by the beliefs and biases that we hold.

So the third thing is that, if we are not our thoughts/minds, and we are aware that they often run on limited information or outdated programming, we can choose not to pay heed to each and every thought that passes through us. We can treat our minds kind of like an email inbox - accepting that not every message that gets sent to us will be helpful or even relevant. Busy minds may be constantly inundated with notifications, impulse buy adverts, or even malicious phishing attempts. (Things like "Ok remember to buy deodorant at the shops tomorrow" or "C'mon, you know you want that 3 extra scoops of choc-mint ice cream" or some variation of "I don't think anyone actually cares about me"). When the more unhelpful thoughts come through, we can passively take the message on board and potentially get scammed, or we can choose to disconnect ourselves from it, examine it, and mark it as spam. It requires some effort, but if you can imagine setting up filters for your thoughts, you can learn to separate the useful from the intrusive, and achieve a much more positive and peaceful mind. I'd love to show you how.



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

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

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✉️ guy.barnett@dpac.tas.gov.au

Authorised by Guy Barnett, 76 Emu Bay Road, Deloraine TAS 7304.

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Rebecca White MP

Labor Member for Lyons

✉️ rebecca.white@parliament.tas.gov.au

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● ○ ✕
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

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Fingal Valley Arts and Culture



Brand New Show
New Songs & Stories

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Chapter Two

Sionnach Rua's GREAT IRISH SONG BOOK

An Enchanting
Evening of stories,
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The Dubliners to
The Pogues to
Van Morrison

Panorama Hotel
St Helens

Fri 17 Nov 2023
Dinner 7pm Show 8pm

For Tix
SCAN ME

www.sionnachruagreatirishsongbook.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 at Scamander Sports Centre. NO EXPERIENCE IN SINGING NEEDED. Info: 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

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.

SIONNACH RUA MAKING A RETURN VISIT IN NOVEMBER.

Gallie and his gang of Irish troubadours had such a blast last year and were simply bowled over by the St Helens welcome that he just had to plan a return concert tour. For those that missed it, we had a packed house with tickets absolutely sold out to hear the "Great Irish Song Book".

This year, at Panorama Hotel St Helens on Friday 17th November, Gallie will present 'Chapter Two' of his songbook. Among the old favourites will be new songs, including a few original ones written by Gallie himself, and new stories or 'tall tales' to tell. It will once again bring Ireland's rich and unique culture to the shores of Australia, with a romantic passion that runs deep in Celtic veins.

Joining Gallie [vocals, acoustic guitar, bodhrán & storyteller] on this Tasmanian tour are acclaimed Australian maestros and multi-instrumentalists, Paddy Montgomery [bouzouki, guitar, mandolin], Luke Plumb [mandolin, banjo] and Sam Davies [uilleann pipes, tin whistle, low whistle]. Gallie has been hinting that Paddy and Luke may honour us with a duelling mandolin moment or two. These two extremely talented musicians are arguably two of the best proponents of this instrument, so don't miss it. With Sam Davies playing hauntingly on the pipes and whistles it will once again be an evening of authentic Gaelic music and stories.

To secure tickets, visit sionnachruagreatirishsongbook.com or link directly to the ticketing site at Panorama Hotel, St Helens.

Cost: Dinner and show \$47.00 or show-only \$39 (online pre-sale only), or purchase show-only tickets at the door \$45.00 (subject to availability).

COLOUR ME IN!





Halloween
in the
Neighbourhood

Join us at the
Fingal Valley Neighbourhood House
for a ghoulish gathering with
fang-tastic treats and haunted fun.
Trunk and treat, ooey gooey creations
and more so dress to possess and get
your spook on with us:

October 31st
From 4.30-7pm

RSVP is essential by 26th October
For more information contact admin on 6374 2344
This is a family friendly event. We hope to scare you there.

cake decorating
spider ally mummy lane
trunk & treat
pumpkin patch
pumpkin painting
and much more

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

SCARYMANDER EXTRAVAGANZA



We are offering a bus from Fingal to Scamander on Saturday 28th October, to see the brilliant Scarymander Extravaganza.

We will depart from Fingal Valley Neighbourhood House at 6.00pm.

If you would like to join us, please contact us on 6374 2344 to register. Spaces are limited, and we hope you can join us!

Checkout the website to see more of what to expect: <https://scarymandercove.au>



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“EXQUISITE”



Sydney Morning Herald



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ST HELENS**

THU 26 OCTOBER, 6PM

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INCLUDING COMPLIMENTARY DRINK AFTERWARDS

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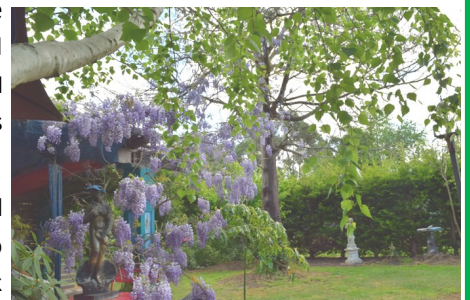


IN OUR SCAMANDER GARDEN ...

We have been busy. I got home one day and Steve started pulling everything out of the hot house. It didn't matter how big, or how old it was, it was time to go. I am having an Open Garden for Scottsdale Garden Club on Wednesday 25th of October and another for the St Helens Garden Club on Tuesday 21st of November. This spot had a glorious fernery area with a large Monstera greeting us upon our entry. Now he worked hard and said there was a plant multiplying and choking everything, so all the other once supreme leafy voluptuous specimens were stressed. I thought he was tunnelling into a far-off country just to dig out the roots. At last a bare landscape. He painted a small pond and inserted it where I directed him. Next, the miniature windmill was placed and then I was allowed to start planting. What joy! My angst departed rapidly and I felt free. Of course, it will take a while to be a pretty place again. Steve cultivated the corn patch and I put the seeds in. The opposite side will shelter Hungarian capsicums among others. Outside, our tomatoes in a raised bed have been promptly covered with plastic and shade cloth of a night, but do you think that kept the rodent out? Off it scampered and jumped up a pot and into the tree, leaving a couple of holes to say 'I've been here, and possibly, I'll be back'.



The wisteria sparkles and climbs into a wattle tree, looking divine. The white proteas finished just before I wanted to pick them for Gg's funeral. 95 years old was David Dobson. Thankfully I had some old-fashioned red roses and lilies. I popped in a little forget-me-not. At the funeral in Fingal, we saw the most glorious proteas and waratah I have ever seen. It was sent from WA.



One last thing I want to say is we have been finishing a tree and routing and painting the frames. This is for you and your family to come and have your photo taken at the Festival of Wellbeing on Saturday 14th October at the Bendigo Bank Stadium, St Helens from 11.00am, as I will be there with the Tamar Ward doing Family History. Do come along and get your family tree started or progress with new ideas we might be able to help you with.

'till next time, Peg

THE OWENS FAMILY RETURNS TO THE VALLEY

The Owens family are returning to the Fingal Valley from Friday 27th October to Sunday 29th October 2023.

Originally from Scotland, Jim and Ruth Owens moved to the area in 1954 with their four children, Maureen (House), Brenda (Bendall), Jim, and Patsy (Burgess). Over the next few years, there were two further additions to the family with the arrival of Mark and Daniel, both born at the St Marys District Hospital.



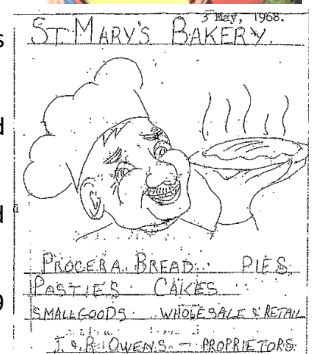
Jim was a coal mine manager in the local coal mines, and following the downturn in mining, Jim and Ruth bought the St Marys Bakery. The Bakery regularly advertised in the Valley Voice and was featured in the very first edition on 3 May 1968.

They were both keen golfers and some old timers may remember Jim singing at the St Marys Christmas Carols each year.

The family is expecting nearly 50 participants from Tasmania, Queensland, Germany, Canada and the UK, and the group will be based at the St Marys Hotel.

They are looking forward to seeing the sights of the Valley, reminiscing about happy times, and hopefully seeing some familiar local faces.

If you would like to get in touch with one of the family members, please text or call Daniel on 0439 371 246.



Making numbers work for you

This year's 26TEN Week theme is *Making numbers work for you*. 26TEN and Libraries Tasmania are encouraging Tasmanians to improve their numeracy skills and enter a prize draw.

By highlighting the maths we use every day, we inspire people to seek help so they can confidently use numbers. Everyday maths is used for tasks like getting the right change at the shop, paying bills and taking the right dose of medicine.

Supermarket challenge prize draw

To celebrate everyday numbers, we are inviting adults to estimate the cost of a bag of everyday grocery items. The bag of shopping will be displayed at your local library.

Estimate the cost of the grocery items in the shopping bag and fill out an entry form. Enter at your local library or online to go into the prize draw to win one of 45 Woolworths vouchers valued at \$25.

Winners will also receive the bag of grocery items in the 26TEN bag.

The prize draw will run from Thursday 5 October 2023 to 5:00 pm Monday 30 October.

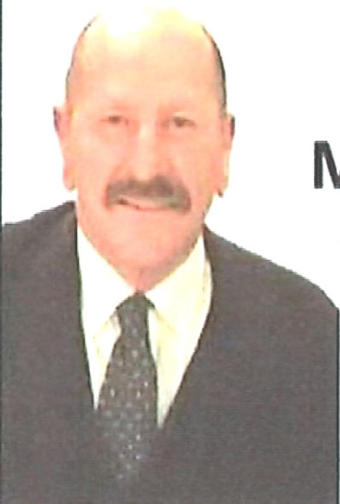
Prizes will be drawn on Tuesday 31 October 2023. The prize winners will be announced on Libraries Tasmania social media pages and the winners will be notified by phone or email.

Find out about adult literacy and numeracy support in Tasmania:

- **Visit** the 26TEN Facebook page
- **See** what's on at your local library.
- **Call** the 26TEN helpline – **1300 00 2610** to find help near you.

At Libraries Tasmania our **literacy service** provides free confidential help in 20 locations around Tasmania. Support can be tailored to individuals one-to-one or in small groups.

www.libraries.tas.gov.au

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HELPING YOUNG ATHLETES COMPETE FOR TASMANIA

A new round of grants for the Rockliff Liberal Government’s highly successful Junior Travel Assistance Program recently opened.

The program - which started as a trial in May 2023 with \$50,000 allocated - delivered 200 grants of \$250 to support young Tasmanian athletes, aged 12 to 18, represent Tasmania in championships interstate.



Minister for Sport and Recreation, Nic Street, said the expansion of this program demonstrates the Tasmanian Liberal Government’s commitment to supporting the aspirations of our young people. “The first round of the Junior Travel Assistance Program was such a success, that we have doubled the funding available for round two to \$100,000,” Minister Street said.



“This means that we will be able to support 400 more young Tasmanians compete and represent our State on the national stage. That’s a total of 600 young Tasmanian athletes who will have had some of the financial burden competing interstate eased this financial year. The program is designed to provide quick and easy-to-access support for competitors and their families so that travelling for sport is more accessible for more Tasmanians. The Rockliff Liberal Government is supporting grassroots sports in Tasmania by enabling young people to compete at the highest level all while gaining invaluable experience and life-long memories,” Minister Street concluded.



The second round opened on Friday 15th September and more information on eligibility and how to apply is available at:



www.active.tas.gov.au.

(Information from press release, photographs from Google.)



BICHENO PRIMARY SCHOOL ASSOCIATION

ONCE UPON A NIGHT

The children of Bicheno Primary School proudly present an evening of musical and dramatic performance.

- Featuring **‘Little Red’** - a fractured fairy-tale
 - Individual Recitals & Short Comedy Sketches

| | |
|---|---|
| SATURDAY 28th OCTOBER | SATURDAY 28th OCTOBER |
| 1.30PM Matinee | 6.30PM Evening |
| \$10 Adults; \$5 Children | \$25 per person |
| Stall seating | Table seating - including platter (Bar Available) |

All Tickets on Sale at the School Office - from 26th SEPTEMBER

Enquiries - Ph: 0438 751 464

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SCAMANDER RIVER GOLF CLUB

Wednesday 27th September - Midweek competition

1st Rose King, Tim Laird, Steve Finearty 103 points
 2nd Brad Ennis, Jens Kalisch, Dean Richardson 96

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

Stan Carter Award: Gary Slicer, Tory Topsy, Kenny Hittalot

Saturday 30th September -

1st
 2nd
 3rd
 4th
NO SCORES AVAILABLE

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

Longest Putt on 9th:

Tuesday 3rd October - Ladies Orford Challenge, Stableford

| | | |
|------|---------------------|-----------|
| 1st | Jill Couch | 36 points |
| 2nd | Bobby Harwood | 35 |
| 3rd | Carol Van Der Velde | 32 |
| 4th | Rhonda Hopkins | 32 |
| 5th | Beth Haas | 32 |
| 6th | Gonnie Creemers | 30 |
| 7th | Mandy Oaks | 29 |
| 8th | Lesley Kellaway | 28 |
| 9th | Chris Bishop | 28 |
| 10th | Helen Fox | 28 |

Congratulations to the winning team from Scamander River.

Upcoming games:

| | |
|--------------|--------------------------|
| 11th October | Midweek Competition |
| 14th October | Panorama |
| 17 October | Ladies' Golf- Stableford |
| 18th October | Midweek Competition |
| 21st October | Blue Seas Stableford |
| 24th October | Ladies' Golf |

Wednesday 4th October - Mid-week Competition - Jackpot Stableford

1st
 2nd **NO SCORES AVAILABLE**
 3rd

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

Saturday 7th October - East Coast Surf Monthly Medal and Gold Medal Playoff

| | | |
|--------------------|----------------|-------|
| 1st | John Tatnell | 90/69 |
| 2nd | Rod Tolputt | 80/70 |
| 3rd | Rodney MacBeth | 80/72 |
| 4th | Matthew Cross | 74/72 |
| Gold Medal Winner: | John Tatnell | |

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

Longest Putt on 9th: Rodney MacBeth

Tuesday 10th October - St Helens Harcourt Brooch and Putting

| | | |
|-----|-----------------|-------------|
| 1st | Sarah Tatnell | Net: 71 |
| 2nd | Rose King | 73 (on c/b) |
| 3rd | Rhonda Hopkins | 73 |
| 4th | Beth Haas | 74 |
| 5th | Maryanne Ennis | 75 |
| 6th | Lesley Kellaway | 77 |
| 7th | Carole Gunson | 81 |
| 8th | Carol Stingel | 84 |

Putting: Beth Haas





MALAHIDE GOLF CLUB

Friday 29th September - Chicken Run

| | | |
|-----|------------------|-----------|
| 1st | Bill Swann | 26 points |
| 2nd | DB Lowe | 29.5 |
| 3rd | Klaus Kobylinski | 32 |
| 4th | John Vincent | 32.5 |
| 5th | Rod Hunt | 34 |
| 6th | Randall Wadley | 35 |
| 7th | Mick Prewer | 37 |
| 8th | Gary Lanham | 39 |

| | | |
|-----------------|------|----------------|
| Nearest the Pin | 4th: | Rod Hunt |
| | 8th | Randall Wadley |

Friday 6th October - Chicken Run

| | | |
|-----------------|------------------|------------------|
| 1st | Grant Richardson | 27.5 points |
| 2nd | Bill Swann | 28 |
| 3rd | Randall Wadley | 29 |
| Nearest the Pin | 4th: | Bill Swann |
| | 8th: | Grant Richardson |

Saturday 30th September - Single Stableford

| | | |
|-----|------------------|-------------|
| 1st | Grant Richardson | 72 strokes |
| 2nd | John Vincent | 37 (on c/b) |
| 3rd | DB Lowe | 37 |
| 4th | Harry Heyen | 31 |
| 5th | J Douce | 26 |
| 6th | Tony Weterings | 19 |

| | | |
|-----------------|-------|----------------|
| Nearest the Pin | 4th : | Tony Weterings |
| | 8th : | Club |

Saturday 7th October - Canadian Foursome

| | | |
|-----|-----------------------------------|-------------|
| 1st | Ashley Stone and Randall Wadley | 75.5 points |
| 2nd | Peter Sorenson and Paul Heyen | 77 |
| 3rd | Peter Sorenson and Tony Weterings | 84 |

| | | |
|-----------------|------|----------------|
| Nearest the Pin | 4th: | Paul Heyen |
| | 8th: | Randall Wadley |



The Trivia Champs of Fingal, (l - r) Garry Lanham, Shirley Lowe, Chris Cooper, Sonya Lanham and John Kuhn.

Upcoming Games:

| | |
|--------------|----------------|
| 14th October | Stableford |
| 21st October | Red Marker Day |
| 28th October | Monthly Medal |
| 4th November | Stroke |

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

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

Contact Andrew Johns - Club Captain on 0427 854 555



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ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to another Spring week, although you couldn't tell as much, with the southerly winds blowing the last couple of weeks, but a magnificent few days over the weekend that more than made up for it, and of course, a bit of rain helped things along as well.

AFL Grand Final weekend was a great time for our golfers and bowlers to get out and have an early hit and roll, nice to see everyone enjoying the day if not the footy, which remains the domain of only those who support the black and white, what a great game! Afterwards, we enjoyed a traditional feed of savs and pies which went down a treat.

This weekend just gone saw our focus back on bowls, with the Lightning Premiership at Scamander and the Nan Stuart Day against Scamander played at St Marys on Sunday. It is pleasing to report that the club won the Lightning Premiership by 2 points for the first time since its inception. Congratulations to those who ventured down the hill and played some fantastic bowls to bring home the shield. I am sure we surprised not only ourselves but also our opponents, what a great result. The next day we fronted up again to take on Scamander in the Nan Stuart Day, not as good a result this time, with Scamander taking the Shield again but what a fantastic day we had. Bobby and her entire family are to be congratulated for not only putting on the event but catering and supplying the prizes for the raffle and spin board as well, and what a spread they put on. Plenty of everything for all that participated and I am sure they enjoyed the multiple prizes that were on offer. It was also nice to see the amount of novice bowlers having a go and acquitting themselves so well, from the young to the not-so-young, they all had a ball.

Our regular Saturday Pennant starts on this coming weekend, yes it has snuck up on us again, where we challenge Scamander on our home ground to fight it out for some much-needed early points. Just a note about our regular Clive Berwick Memorial Triples that will be played on Wednesday 27th December, the club looks like it has secured a long-term major sponsor in the Bendigo Bank, more news next issue.

With all this going on, golf took a back seat this week, but our regular 9-hole chicken run starts this and every Wednesday evening during summer, commencing after 4.00pm. If you would like to have a hit, wander over and make up the numbers for some interesting evenings. We also have shifted the regular weekend competition to Sunday whilst bowls is on, starting at 10.00am over 18 holes. What is nice to see about the place is the number of young golfers around the course of an evening, something we haven't witnessed for years, most are committing to joining and increasing our numbers even further, fantastic news for the Club. Spring Saver Meals are still on the go, check out the next two week's menu below.

Golf: AFL Day winners in a 2-person Ambrose were Craig and Hayley from Judy and Jimmy, Macca and Jimmy Haas, Mick and Nick Kringle. The 9 ends of bowls was just as interesting and enjoyed by all, thanks to those who competed.

Member Draw: Last week, Jimmy Freiboth and this week Don Singline, no collect, so the fuel jackpots to \$120.00. Be at the club Friday night around 8.00pm for the draw.

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 bowls

Sunday - 2.30pm

Until next time, good hitting, rolling and socialising.

ST MARYS SPORTS CENTRE INC

SPRING SPECIALS NIGHT

EVERY FRIDAY AT THE CENTRE

BETWEEN 5.30 & 8PM

Call in for a hearty Spring feed

Friday 13th October - Main & Dessert \$20

Chicken Pasta and Veggie Bake
& Tim Tam Cheesecake

Friday 20th October - Main & Dessert \$20

Curried Chicken Sausages
& Apple Crumble

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.

Book with Macca on 0457 498 641

or Valerie on 0429 122 299

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:
Mon -Thurs 6.30am - 7.00pm
Fri 6.30am - 7.30pm
Sat 6.30am - 7.00pm
Sun 7.30am - 6.30pm

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



Open 7
days a week

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THE VALLEY AND EAST COAST VOICE

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- Fingal Post Office
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- 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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Down: 1. Complete, 2. Rank, 3. Mayor, 4. Leapt, 5. Appeal, 6. Syms, 7. Mind, 11. Elk, 12. Gaga, 13. Idle, 15. Spry, 16. Avon, 17. Stockade, 20. Shy, 21. Thorax, 23. Lever, 24. Owjng, 25. Calm, 26. Cast, 27. Kiki.