

# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.19 26th October 2023

Deadline for 55.20 is 5.00pm on Monday 6th November 2023

## PERMANENT GENERAL PRACTICE TO BE ESTABLISHED IN ST MARYS

The Rockliff Liberal Government is pleased to announce Ochre Health will establish a permanent general practice in St Marys, securing the continuity of health services for the community. Minister for Health, Guy Barnett, said Ochre Health will begin operating a private general practice in St Marys later this month. "This is an excellent outcome for the St Marys community," Minister Barnett said. "While primary healthcare is the responsibility of the Federal Government, the Rockliff Liberal Government has again stepped in to support Tasmanians, ensuring the St Marys community has access to the healthcare services it needs."

This announcement is in addition to an agreement already reached with Ochre Health for them to provide medical services to the state-run St Marys Community Health Centre, an arrangement that commenced earlier this month. "Our Government has worked closely with Ochre Health and the community throughout this process," Minister Barnett said. "Ochre Health's commitment to opening a private general practice in St Marys provides certainty for the community and ensures continuity in the health services provided for the area." Ochre Health Co-Founder and Chairman, Dr Ross Lamplugh, said Ochre Health was pleased to be able to set up a permanent general practice in St Marys, providing continuity of care for the community. "Ochre Health is looking forward to establishing a practice in St Marys to provide this vital service to the local community," he said.

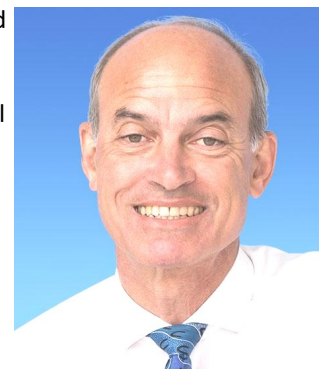
"We recognise the importance of access to primary care services, particularly in rural and regional areas, and we are pleased that we can play such an important role in supporting the health and wellbeing of the people of St Marys and surrounding areas. We will work with Dr Latt to ensure a smooth transition of services to the community."

"I would also like to thank Minister Barnett for his support throughout this process," concluded Dr Lamplugh.

"I would like to thank Dr Cyril Latt for his service to the St Marys community as a general practitioner for the past 16 years," added Minister Barnett.

The Rockliff Liberal Government is doing what matters for Tasmanians.

*(Information from media release, photo from Google)*



A VOICE for  
RURAL &  
Regional  
Tasmania

John  
**Tucker** MP  
Independent Member for Lyons

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

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

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

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

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

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

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
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## FESTIVAL CELEBRATES ALL THINGS WELLBEING

Perfectly timed to make the most of Mental Health Week, the annual Break O'Day Festival of Wellbeing was held in St Helens at the Bendigo Bank Community Stadium on Saturday 14 October.

This year's event featured over 50 contributors and saw more than 350 people attending throughout the day. There was a bit of everything from local groups celebrating why they love living in Break O'Day to state and national health and mental health services.

The Festival is a free event that brings our community together to inspire positivity, community connection and help everyone find out more about how they can care for their own wellbeing. Event Coordinator Leah Page said she was honoured to bring so many amazing wellbeing champions together to showcase to community all the different ways we can create and improve our wellbeing. "So many groups, organisations and people generously donate their time and work hard to create fun ways to connect with people about wellbeing. As a result, the Festival showcased so many ways you can foster positive wellbeing in your life," Ms Page said.

This year's event included activities indoors and outside, which was a wonderful way to involve some of our local sporting clubs, such as netball, croquet and little athletics. This also meant there was plenty of room for a fitness workshop, painting activities, and for our emergency services to bring along their trucks, something always popular with the kids. Some highlights from the day were our local 'With One Voice' Choir, helping people find their voice and sharing songs that brought smiles and happy vibes throughout the day. There was also group yoga sessions, breath and movement workshops, art workshops, and many local groups with things for people to try, see and do. A wellness corner shared information and experiences about massage, naturopathy, body movement and more. Visitors to the Festival could also discover the social support groups and health and mental health services available and how to find support when they need it.

A feature of the Festival was the Tree of Gratitude, pictured below right. People were invited to take a blank leaf and write something they are grateful on it and hang the leaf on the tree.

Some of the comments included:

- \* "I am grateful for all the wonderful people in our community that help others selflessly."
- \* "I am grateful for the people that are willing to spend many days preparing and many hours giving today."
- \* "Forever grateful for the fresh sweet air I breathe everyday."
- \* "I am grateful to live in a kind generous inclusive community/home."
- \* "We could come camping to St Helens with my family."
- \* "I am grateful to live in a community of such thoughtful and loving people."

Break O'Day Mayor, Mick Tucker said it was great to see the Festival of Wellbeing going from strength to strength each year and he thanked all those who are involved in putting the event together. "Our community is amazing and we are really proud of our Festival. I would like to thank all who attended and most importantly all the contributors and volunteers for making this event a big success again this year," Mayor Tucker said.

The event is organised by Break O'Day Council with support from community volunteers and participants in the Break O'Day Community Wellbeing Project. Funding for the Festival comes from the Mental Health Council of Tasmania, the Tasmanian Community Fund and Break O'Day Council.

You can see a gallery from the day on the Wellbeing website: [wellbeingaction.org](http://wellbeingaction.org) and the Festival of Wellbeing Facebook page.



*'STEM for girls' had them thinking out of the box and having fun.*



*'With One Voice' Choir led a rousing set of choruses.*





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## EAST COAST FINALISTS ANNOUNCED FOR 2023 TASMANIAN TOURISM AWARDS

The 2023 TICT Tourism Award Finalists have been announced, and the East Coast has a record number of businesses represented this year.

The Awards are designed to encourage and recognise innovation, excellence, quality and sustainability in tourism, while providing a benchmark for industry best practice.

Several notable finalists emerged from the competition, reflecting the diverse and exceptional offerings in our region. Tasman Sea Salt, known for its premium sea salt products, received recognition for their commitment to sustainability and artisanal production. Piermont, a luxurious eco-retreat, demonstrated its dedication to ecotourism and superior guest experiences. Sabi, a unique wellness retreat, brings understated elegance to the table.

A huge congratulations to all the finalists, ranging from wildlife experiences to accommodation options, who play pivotal roles in promoting our region's natural beauty and cultural heritage, ensuring the East Coast remains a top tourist destination.

Award winners are to be announced at the Gala event on 17th November.

Good luck to all of our finalists! They are:

- ◆ Bicheno Penguin Tours
- ◆ Freycinet Marine Farm
- ◆ Pennicott Wilderness Journeys
- ◆ BIG4 St Helens Holiday Camp
- ◆ Glamping 148 Tasmania
- ◆ wukalina Walk
- ◆ Triabunna Barracks
- ◆ Beaumaris Beach Guest House
- ◆ Avalon Coastal Retreat
- ◆ Bicheno Beams
- ◆ Piermont Retreat
- ◆ Devils Corner Cellar Door and Lookout
- ◆ Experiential Tasmania
- ◆ SABI
- ◆ Tasman Sea Salt



*East Coast nominees for the 2023 Tasmanian Tourism Awards show off their certificates.*

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# Brian Mitchell MP

Your Federal Member for Lyons

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Authorised by Brian Mitchell MP (ALP, Tasmania)  
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\*Subject to COVID-19 restrictions changing. Social distancing, hand sanitisation & attendance recording conditions apply.



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### LETTER TO THE EDITOR

A reply to The Say by "Cage Rattler", 12th October 2023

Dear Cage Rattler,

Australia has now voted and you backed the wrong horse.

The reason, I believe, was in part there was no information to find, it was all going to supposedly be released after the referendum and like myself, the majority of people did not believe the "Voice" would fix the problems not only Indigenous People face, both others are also facing in especially rural areas.

Whether you voted YES or NO, this needs to be fixed.

No matter the Community you live in, your ethnic background, or religion we are ALL Australians; we all have the same basic needs and wants.

We ALL need shelter (Housing) water and food, or you die.

We ALL want a purpose in life, which usually means a paying job.

We All want a health system that works, from General Practitioners, Hospital, Specialists, Ambulance, Dental and Allied Health Services.

We ALL want an education for our children, hopefully allowing them to get a better one than we did.

We ALL want to feel safe, by having adequate numbers of police who protect each of us without favour.

It may not be in that order or all of them but that is what we ALL need and want.

To me, some may like an AFL Team and stadium, but it is not a need or want.

Government, Local Councils, State and Federal, needs to really listen to the Communities and their representatives, and not just pay lip service because they supposedly know best, and do something constructive, NOW!

What do you think?

David Watkins

St Marys





A couple of months ago, one of our truly significant sites was shortlisted potentially for joint naming with both the contemporary and ancient First Peoples names. It sounds like a real possibility. That site is St Patricks Head. It's proposed name in palawa is 'lumera genena wuggelena'. It means 'great molar tooth'.

Like several well-known other significant sites like lutruwita (Tasmania) and Mt Wellington - kunanyi, kanamaluka which is Tamar River, takayna (Tarkine), yingina which is Great Lake, and quite a few others, there are many places being looked at to have two names that undoubtedly require permissions and scrutiny from our indigenous communities and elders. I think this is why St Patricks Head is being a very likely candidate at some time in the future. It is a great way to recognize over 40,000 years of the oldest continuous culture and heritage in the world, as experts now realize.

From what I have gleaned, as time passes, various of our Tasmanian aboriginal nations clan elders will be consulted as this progresses as a priority. I decided to research this, although I have no real indigenous connection other than my uncle marrying my aunt in the 1940's, who was a direct descendant from Cape Barren Island. Such prominent nations and clans were Oyster Bay, Big Rivers and others stretching large areas. St Patrick's Head as we know it was significant as a meeting place and even trading point, as I understand.

How did I get some of this information after seeing a newspaper snippet a couple of months back? Mainly off the computer, of course, but a couple of Saturdays ago I put it up as a topic on a local notice board I was a contributor to. This local site is awesome, and within a very short time that morning I had about 14 totally supportive comments, some of which added information that I didn't know. It was exciting and uplifting to see, and very encouraging from some very obviously happy fellow community members to enter the conversation. Then I had duties at the Sports Centre and couldn't do any more with it right then.

At the end of the day, I arrived home, put on tea, fed the muttles and decided to see what else, if anything, had been added. To my dismay, I couldn't find it. Initially, I thought it was something dumb I did when I slightly edited a grammar error, but after a while, I remembered it was there after that. Eventually, I posted a query if anybody knew. Checked after and found an Admin reply saying it was considered political. I couldn't believe it! How can that be political? It is a social and cultural topic. At no point at all did I mention politics, imply politics or even think politics with this subject matter....

Far from being political, it was (I thought) a very unifying and not divisive at all topic when discussing adding lumera genera wuggelena into our community names. I would also strongly suggest that no matter which political persuasion you were, it'd be a bi-partisan opinion any way you look at it, and would help explain a culture existing for millennia....

So annoyed by this, I looked for a message method to the Admin persons and sent a request to each of them, asking primarily for clarification on how they deemed it overtly political. I will show any of you quite happily what I sent. They are saved, unlike my site posts that were deleted by them. At time of writing this, no reply has been received....

It matters not anymore. I am done with this site from now on, (rest assured, moderators). It is still a genuinely great tool for the community and one I used extensively and appreciated until this happened. I also appreciated and acknowledged that something I got tangled up in during the referendum that did get political was my fault. I apologized unreservedly for that, as many would know. That I understand; this I absolutely didn't for reasons already mentioned. Thank you to St Marys Notice Board for servicing the community, but the topic range is obviously too limiting, it seems, for me.

Luckily for me, and a great privilege to be a contributor to our excellent Valley Voice that allows me to put taboo subject matter for some venues I think is important. This is, to anyone who reads it, greatly appreciated....

One final comment, if I may. To the moderators on St Marys Notice Board... please at least do this for me. If a contributor requests a good explanation on why you rule against them - do it! You have deeply offended me by not doing that to any degree of satisfaction, which is not good. In one of the messages yet to be responded to, I did tell you I would be writing this article and mentioning this. How about writing a few words for the Valley Voice and explaining your decision... that would give me more respect for what you did, perhaps....

Lastly, when it comes around for our turn to be spoken to about the joint naming rites, please all try and take in this great opportunity that we may see at some point..... I think it would be incredible.

What do you think?

# November

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: <a href="mailto:active4life@fvnh.org.au">active4life@fvnh.org.au</a>
Fingal Hairdresser	0407 549 678
Loaves and Fishes	Every Thursday
Ragamuffins	20 <sup>th</sup> November
Spinners and Weavers	21 <sup>st</sup> November
Basket Weaving	7 <sup>th</sup> November
Melbourne Cup afternoon	7 <sup>th</sup> November
EWf	8 <sup>th</sup> November
Deloraine Craft Fair bus trip	4 <sup>th</sup> November



2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Morning Tea Op Shop Online Centre Library Walking Group	2 History Op Shop Online Centre Library L&F Book Club	3 History Op Shop Online Centre Library	4 Deloraine Craft Fair Bus Trip
5	6 Op Shop Online Centre Library	7 History Op Shop Online Centre Library Basket Weaving Melbourne Cup	8 Morning Tea Op Shop Online Centre Library Walking Group EWf	9 History Op Shop Online Centre Library L&F Valley Voice	10 History Op Shop Online Centre Library	11
12	13 Op Shop Online Centre Library	14 History Op Shop Online Centre Library	15 Morning Tea Op Shop Online Centre Library Walking Group	16 History Op Shop Online Centre Library L&F	17 History Op Shop Online Centre Library	18
19	20 Op Shop Online Centre Library Ragamuffins	21 History Op Shop Online Centre Library Spinners and Weavers	22 Morning Tea Op Shop Online Centre Library Walking Group	23 History Op Shop Online Centre Library L&F Valley Voice	24 History Op Shop Online Centre Library	25
26	27 Op Shop Online Centre Library	28 History Op Shop Online Centre Library	29 Morning Tea Op Shop Online Centre Library Walking Group	30 History Op Shop Online Centre Library L&F		

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## Eating with Friends




**Main**  
Chicken drumsticks, baked Potatoes, veggies and gravy

**Dessert**  
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## MELBOURNE CUP CELEBRATION

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## Seniors Week Celebration

On Tuesday 17th October, we celebrated our amazing Seniors in the Break O'Day area, with a bus trip to Ross. 41 people from St Helens, Scamander, St Marys and Fingal enjoyed beautiful weather as they embarked on a journey to enjoy the sites of Ross. Morning tea at Campbell Town was the first stop, then onto the Wool Museum, Church, underground cells, Wood Store and old bridge at Ross. These were all lovely and informative places to visit. A sausage, salad, juice and fruit were enjoyed by all for lunch. We then boarded the bus again to visit the Ross Female Factory. Thank you to the Break O'Day Council, Fingal Valley Neighbourhood House and St Helens Neighbourhood House for combining to make the celebration of our older population one to remember.

We close with some feedback from people on the trip:

“Good day, very well organised, we really liked how we were given time to wander and not held to a strict timetable, it felt relaxed.”

“Fabulously organised, good we could find our own way around, distance of trip was good, not too far..”

“Wonderful day out, with good company, very well organised.”



### NOTICE OF ANNUAL GENERAL MEETING

The annual General Meeting of the **St Marys Hospital Support Association Inc** will be held on **Tuesday 31st October 2023** in the **Day Centre Room** at the St Marys Community Health Centre, commencing at **7.00pm**.

All present and new members are welcome to attend.

Len Miles, President

6372 2285





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




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## 5 MINUTES WITH THE MAYOR



The recent fire emergencies in our area is a grave reminder of what we can expect as we move into summer. It would be helpful to share with you what Local Government and Break O'Day Council do to prepare for fire season, and what you can do to reduce risk to your property.

In times of emergency, particularly in regional areas, community turns to their local Council for help and support. Largely, the role we play in an emergency is ensuring our community have the most up-to-date and relevant information.

We encourage the community to listen to ABC for any fire emergency updates and to check TasFireAlerts and Council's social media pages for any local information. This information will inform you of what is happening and how to access any services, support and information you may need.

Making sure that community feels supported in these times is also a priority, especially our emergency service workers. Most of the people called up in an emergency are volunteers, so it is important we support them in their commitment to support our community. So be kind in stressful events and remember working together helps us recover from an event and can boost our resilience.

To reduce your risk of a fire emergency, you can help by preparing your property for fire season. Complete a five-minute bushfire plan and watch the "prepare your property" videos - available on the TFS Bushfire Ready Neighbourhoods Website. Also, get to know your neighbours, work together by sharing advice, knowledge and experiences, and look out for each other during bushfire season and at other times.

It is important that property owners take responsibility for their own properties and are aware of bushfire risks. Councils have the authority to issue Abatement Notices when a property inspection shows there is an immediate risk to life or property on adjoining land within their council area. If no action is taken by the property owner when issued an Abatement Notice, Council can take action at the owner's expense. If you are concerned about a specific property, have a chat to your neighbour or contact your local council.

Let's all work together so our community is ready for the bushfire season.



**Saturday**

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## HILLY'S



## ST MARYS

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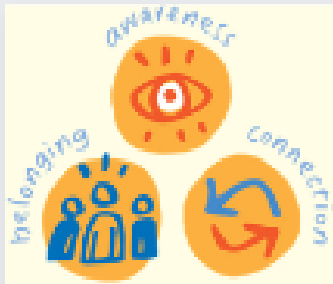
CARRY-TO-CAR SERVICE

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

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**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**

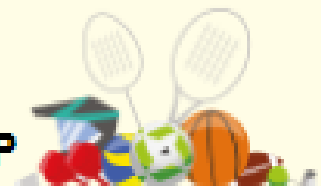


**CHILL OUT SPACE**

**AND MORE**



**For more information or to RSVP**



**Email: [admin@fvnh.org.au](mailto:admin@fvnh.org.au) or Phone: 6374 2344**



Fingal Valley  
Neighbourhood House



St Helens  
Neighbourhood House

*Funded by the Department of Premier and Cabinet*





# 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



**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 goeey creations  
and more so dress to possess and get  
your spook on with us:

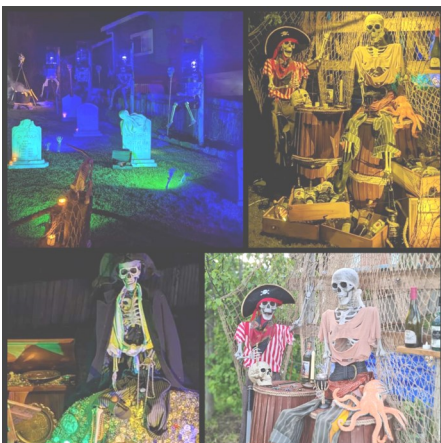
**October 31st**  
**From 4.30-7pm**

**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>





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

Word list:  
 COSTUME  
 GHOST  
 GRAVE  
 HALLOWEEN  
 HAUNTED  
 MASK  
 PUMPKINS  
 TRICK  
 SCARE  
 SKELETON  
 SPIDER  
 WITCH

**SPOOKY JOKES**

**How do ghosts send letters?** Through the ghost office.  
**What's a ghost's favourite dessert?** I-Scream!  
**What does a panda ghost eat?** Bam-BOO!  
**How do you know if a mummy is sick?** He can't stop coffin  
**Where does a mummy go on vacation?** The Dead Sea.  
**What's it like to be kissed by a vampire?** It's a pain in the neck.  
**What is a skeleton's favourite instrument?** A trom-bone.  
**What did Dracula say as he left the party?** "Fangs for the memories!"



**RICE BUBBLES MONSTERS**



- 1 tablespoon icing sugar
- 1/3 cup white chocolate melts (medium)
- 1 teaspoon water
- 1/4 cup choc chips

Mix the icing sugar and a little water in a snap lock bag. Add more sugar or water until you have a small amount of thick-ish icing. Seal the bag and cut off the tip of a corner of the bag, ready to use as a piping bag. Use the icing to 'glue' a small choc chip to the centre of the large white chocolate melts to make eyes.

- 1/4 cup butter
- 5 cup Rice Bubbles
- 4 cup marshmallows
- 1/4 cup sprinkles
- 2 tsp green food colouring (liquid)
- 1/4 cup raspberry licorice pieces

Melt the butter in a large saucepan over a low heat. Add the marshmallows and stir until they are melted and well mixed. Cook the mixture for a further minute or two, stirring constantly, then remove from the heat. Add 6-12 drops of food colouring (depending on how green you want your monsters to be) and stir until the entire mixture turns bright green! Add the rice bubbles and mix well until everything is combined.

While the mixture cools off a little, set out some cupcake liners and all your decorations ready to go.

Using two spoons, shape spoonfuls of the rice bubble mixture into rough balls and pop them into the cupcake liners. (You can use your hands if you like but they will get very sticky very quickly!) Decorate your monsters with sprinkles, eyes and a mouth.

Pop your monster rice bubble treats into the fridge for a little while until they set, then enjoy a monstrous treat!





**BREAK O'DAY ANGLICAN CHURCH**

**SERVICE TIMES**

St Helens

St Paul's: 9.00am every Sunday

58 Cecilia Street, St Helens.

St Marys

Holy Trinity: 11.30am every Sunday

13 Main Street, St Marys.

Pyengana

St Michael & All Angels: 7.30pm 4<sup>th</sup> Sundays only

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod



**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*

**ST MARYS CATHOLIC PARISH**

**WEEKEND MASS:**

ST HELENS: Saturday 5.00pm

Sunday 4.00pm

ST MARYS: Sunday 9.00am

BICHENO: 1<sup>st</sup> Sunday 11.00am

FINGAL: 2<sup>nd</sup> and 4<sup>th</sup> Sunday 10.30am

**WEEKDAY MASS:**

ST MARYS: Friday 10.00am

ST HELENS: Thursday 10.00am

Parish Administrator:

Fr. Norbert Z Ochoa 0437 324 227

**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.



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Christian  
Radio**

**Life Changing Music,  
Uplifting Talk**

**VISION CHRISTIAN  
RADIO**

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ST HELENS	88FM
ST MARYS	88FM
FINGAL	88FM

**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**

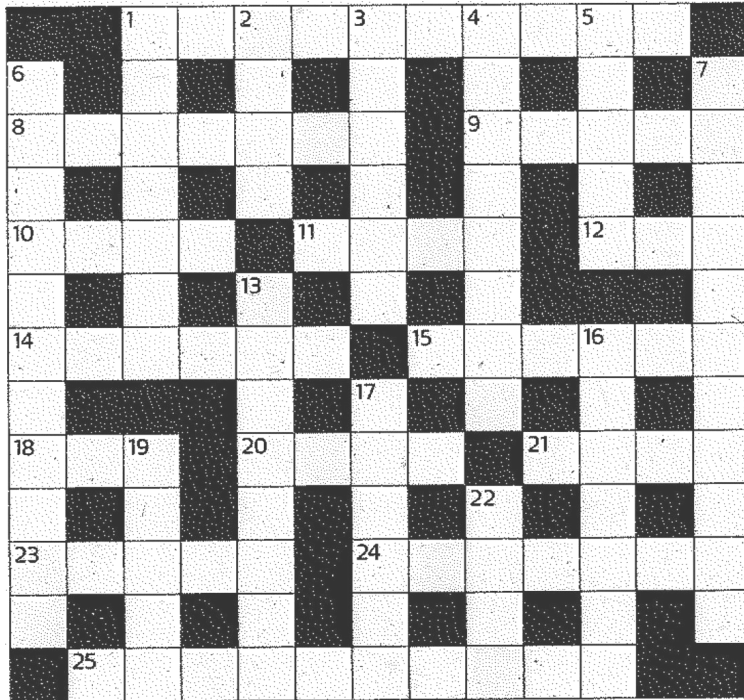
*tamara@harrisfunerals.com.au*

Member of the

Australian Funeral Directors Association



# Crossword 55.19



### ACROSS

1. Footballer (10)
8. Conceitedness (7)
9. Lowest point (5)
10. Squalid dwelling (4)
11. Weave (4)
12. Spider's trap (3)
14. Apprehensive (6)
15. Drive away (6)
18. Old TV bigot, \_\_\_ Garnett (3)
20. Smallest particle (4)
21. Clenched hand (4)
23. Adhere to (5)
24. Lower back pain (7)
25. Brotherhood (10)

### DOWN

1. Droplet (7)
2. WWII alliance (4)
3. Japanese gown (6)
4. Albert \_\_\_\_, physicist (8)
5. Bequeath (5)
6. Encouragement (11)
7. Severe trial (11)
13. Edible snail (8)
16. Seclusion (7)
17. Tall tree (6)
19. Aviator (5)
22. Zulu regiment (4)



Free  
Wi-Fi

### St Marys Library

31 Main Street, St Marys  
(03) 6387 5602



6.00am - 9.00pm

#### 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](http://www.libraries.tas.gov.au)

### FINGAL ONLINE ACCESS CENTRE

We offer:

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

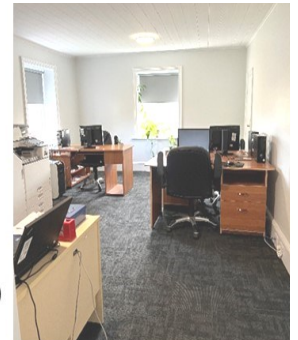
Please call in and we can assist you.

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](mailto:fingal.oac@decyp.tas.gov.au)



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



# Mayor Mick Tucker

*Serving all of Break O' Day*

Email:  
[mick.tucker@bodc.tas.gov.au](mailto:mick.tucker@bodc.tas.gov.au)

Septic Services – Drinking Water



Peter McGill • 0488 742 269

**FOR HIRE – TOILET ON TRAILER**



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

Price \$45-\$55.

### Doctors on Demand

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

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

### Instant Consult

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

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

### InstantScripts

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

Price \$19 - \$49.

### 13 Doctors

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

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](mailto:alexgrahamlegal@outlook.com)

## 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 ☺

## 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](mailto:tania.rattray@parliament.tas.gov.au)



**Break O'Day**  
COUNCIL  
**Kylie Wright**  
Councillor  
0439 742 946  
[kylie.wright@bodc.tas.gov.au](mailto:kylie.wright@bodc.tas.gov.au)



# Building Blocks News



## Fingal Play Centre News

Fingal Play Centre offers occasional child care for children 3-5 years, every Monday 9:30 - 2:30pm during school terms. It is funded in partnership with the FVNH, Department for Education, Children and Young People, and Building Blocks. Sessions are free to low-income card holders or \$10 per child, with morning tea provided.

Our wonderful Play Centre Leader Mariah Terry, has accepted a new role at St Helens District High School, working with secondary students to improve their learning outcomes. We will all miss Mariah and the special relationships she has built with families and children. We wish her well in her new role and am sure we will still see her out and about in the community regularly.

Play Centre is excited to welcome Jess Hilliard as our Term 4 Educational Leader.

Jess is an experienced early childhood teacher, who brings strong connections to the Fingal Valley community and a passion for working with children to support their learning. Jess will be supported by Tash, Mel and Natalie and will continue the fun, hands-on play experiences that children enjoy so much at our service, while supporting their development and learning.

If you have a child turning 3 in 2024, then come along on the 20<sup>th</sup> November to hear all about Play Centre from 10:30am - 11:30am.



BUILDING BLOCKS PRESENTS

## READ SING CREATE!

for families/carers and children 0-5 years



Songs, stories and lots more  
fun friendly session  
new families always welcome  
free registration

**ST HELENS LIBRARY - FRIDAY 10.30-11.30AM**

**ST MARYS LIBRARY- TUESDAY (FORTNIGHTLY)  
11-11.30AM**

**BICHENO LIBRARY-TUESDAY (FORTNIGHTLY)  
11-11.30AM**

Music, Songs, Rhymes and Stories to support early literacy and numeracy in a fun free session



Everyone Welcome.... School Term Only



More info Tanya: 0400 002 116 or [www.buildingblockstas.com](http://www.buildingblockstas.com)

## 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?

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

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

13th June

Morning tea provided.  
Siblings Welcome

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



[WWW.BUILDINGBLOCKSTAS.COM](http://WWW.BUILDINGBLOCKSTAS.COM)



E: [BuildingBlocks@fvnh.org.au](mailto:BuildingBlocks@fvnh.org.au)

M: Tanya : 0400 002 116



# C&D

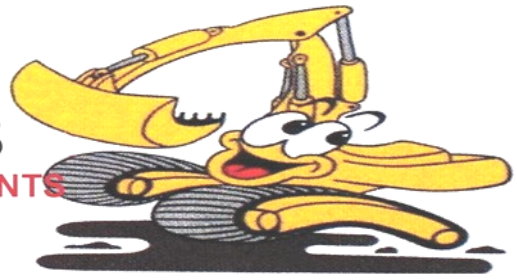
## EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS

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Dana: 0437 248 033

Email: [cdexcavations@bigpond.com](mailto:cdexcavations@bigpond.com)



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[dana@cndexcavations.com.au](mailto: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](mailto: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



Our Vice President Nev Shaw gave a talk ensuing the wisdom of Peter Cundall's planting and sowing guide. Tips such as using cooler climate heritage tomato seeds, and employing insect covers to protect the abundant future harvest were given. Because of the heavy frost in St Marys, Nev uses polytunnels for some tender vegetables. He told Charlie he grew the biggest pumpkin he had ever grown from one of the giant pumpkin seeds. It is so lovely to share our seeds and cuttings. We also had a question-and-answer segment.

Nev invites all to their fundraiser for the Tasmanian Lymphoedema and Laser Therapy Centre, to be held on Saturday 2nd December at Banksia Hollow, St Marys.

Reflecting on our garden visit to raise money for cancer research, Val Ikin informed us that we had donated \$175.00 on the day during our beautiful and plentiful luncheon, kindly provided by Sandra at Gill Lowth's garden. The Scamander Garden Club added another \$25.00 to round it off to a \$200 donation. Thank you everyone, and Richie would be happy with that too.

Sue Gofton crafted a couple of mosaic jars, pictured right, as birthday gifts. They looked lovely with fairy lights inside. Charlie filled the Trade Table with his fabulous generosity. I bought quite a few dahlia bulbs. I can't wait to see them flowering.

### October Competition Results:

#### Flower of the Month - Rhododendron:

	1 <sup>st</sup> Margaret Forsyth	2 <sup>nd</sup> Sally McQueen	3 <sup>rd</sup> Di Curtis, Nicci Livings and Lyn Leary
Any Flower:	1 <sup>st</sup> Di Curtis	2 <sup>nd</sup> Margaret Forsyth	3 <sup>rd</sup> Lyn Leary and Byron Beggs
Novice Floral Art - 3 Flowers:	1 <sup>st</sup> Nicci Livings		
Senior Floral Art - 3 Flowers	1 <sup>st</sup> Peggy Bogar		
	2 <sup>nd</sup> Sandra Flannery	3 <sup>rd</sup> Lyn Leary	
Fruit and Vegetables:	1 <sup>st</sup> Nicci Lvings		
	2 <sup>nd</sup> Andrew and Peg Simes	3 <sup>rd</sup> Peggy Bogar	

Next Meeting: Monday 20th November.  
 November Flower: Rose or Lillium  
 Floral Arrangement: Christmas Arrangement, 1 - 2 candles  
 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

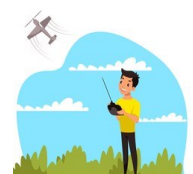


Second prize in the Floral Arrangement featured camellias, while the first prize-winning arrangement displayed 'Papa Meiland' roses.



## 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

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Feed for:

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 Sheep                        Guinea Pigs  
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 Flanny shirts  
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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!**



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



**FUEL AVAILABLE 24 HOURS**

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**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



**RIDER  
 WEEK  
 DAYS  
 2023**

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

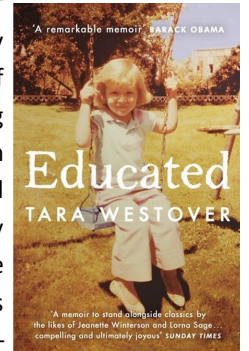


## MOUNT ELEPHANT AND BEYOND BOOK GROUP

### BOOK REVIEW

*Written by Pam Bretz*

Our book for September was a memoir, *Educated*, by a young American, Tara Westover, and it tells her story of growing up in a fundamentalist Mormon family in backblocks Idaho. The youngest of seven children, she recounts her journey of struggle to break free of the strong family ties and how she goes on to achieve a university education with a PhD from Cambridge. This was no mainstream Mormon family. Her father saw himself as a prophet and ruled his family with an iron rod, regularly delivering rambling sermons and demanding obedience, and yet constantly putting his children's lives at risk by sheer pigheadedness. The children were mostly home-educated, and although Tara does not recall any formal lessons, she learned to read and write. Their literature was the Bible and long and detailed religious texts written by the early founders of the Mormon faith, apparently giving her an early sophistication of language. Gene, the name she gives her father, owns a junkyard and Tara and some of her brothers work separating out old pieces of machinery for recycling; heavy and dangerous work which often results in horrific accidents and life-altering injuries.



Tara's mother, Faye, is a self taught midwife, kept busy by the local community, and has a growing business making herbal remedies which she uses to treat the horrific injuries sustained by her family in car accidents and in the junkyard and selling to followers whom she drags in to work for her alongside family members. She abases herself to her husband's rules and does not defend Tara against the violent and manipulative abuse of one of her brothers, Shawn, even though, like her husband, she has been educated and lived a mainstream Mormon life before marriage. Gene will have nothing to do with government institutions like schools and doctors and seemingly miraculously they all survive! Tara must battle to be allowed to attend BYU, a Mormon College in Utah, but by sheer determination and some help from one of her brothers she manages to pass the entrance exam and at seventeen leaves home, physically but not emotionally.

Thanks to Tara's obvious intelligence and focus and to the kindness and support of some of her teachers, she overcomes the years of restricted access to knowledge and is awarded a Gates Scholarship to Cambridge, where again she is mentored to achieve her doctorate, moving on eventually to Harvard. All this success comes while battling her father's attempts to pull her back into the family's claustrophobic clutches as he rants against the "illuminati", those involved in higher education, and non-believers whom he labels "gentiles". She is not socially prepared for life outside the family and suffers both from extreme poverty and emotional insecurity, but in the process of learning, she becomes educated in the accepted sense as well as coming to some self-understanding.

This is a harrowing account of an admirable journey to self knowledge. A memoir is, by its nature, a subjective version of one person's memories and there is some controversy among the family around how accurate all her memories are. In fact, Tara was forced to eventually split from her family in order to preserve her own mental health and even perhaps her life, given Shawn's power over her. Her father is a fanatical tyrant, her mother a doormat yet a successful business woman, her brother Shawn apparently a psychopath and the other siblings are to some extent still under the thrall of their father, so it is difficult to separate out what could be exaggeration or what is simply the different experience of being the youngest in a very unusual family. In Tara's words, "My family was a tangle of love and radicalism and what I now suspect was mental illness."

We found this memoir disturbing, at times incredible and repetitious, but Tara Westover's journey of enlightenment and freedom is inspiring.

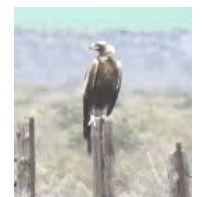
### KNOW WHAT TO DO IF YOU FIND SICK, INJURED OR ORPHANED WILDLIFE?

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

Bonorong 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







## ST HELENS WALKING GROUP



Our St Helens Walking Group correspondent has been away, so we have just 2 walks to tell you about.

### Saturday 2nd September

Saturday's walk was down the Eastern slopes of Mt Elephant to Little Beach. Nearly all downhill - a little bit of scrambling in places - but mainly on old forestry roads across paddocks and down to the beach. Great day for walking and a fantastic spot for lunch.

Wonderful to see so many on this walk – there were 18 of us! Thank you to Pam and Alex for leading a great walk.



View south from Mt Elephant.



Club mosses, Little Beach walk.



Hooded plovers, Little Beach.

### Wednesday 6th September

This Wednesday's walk was down the bike trail from the Junction of Sun Flats Road and Platts Lookout on Murdochs Road, downhill all the way to Terrys Hill Road.

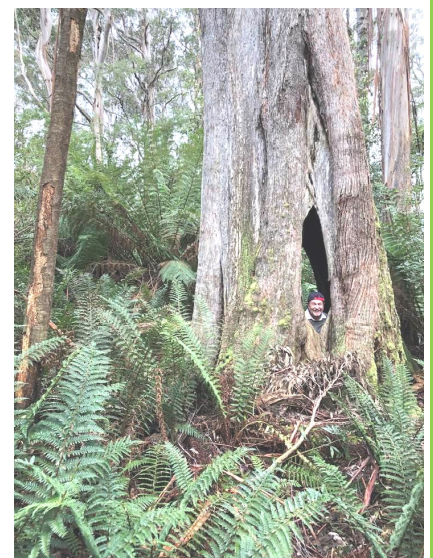
Big ferns, big trees, big fungi, and a big group of 17 walkers. Thank you Ian for a new walk, much enjoyed, including coffee and late morning tea after the walk!



Big ferns.....



big fungi and....



big trees!

**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 3<sup>rd</sup> 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**



## WITH ONE VOICE BREAK O'DAY CHOIR

Feel Good, Do Good, Sing For Good!



What a production! The 2023 Festival of Wellbeing, held at the Bendigo Bank Stadium on Saturday 14th October, was a spectacular showcase of all there is to love about living in Break O'Day. There is no surprise that the two things 'With One Voice Break O'Day Community Choir' loves, is firstly, singing together, and secondly, sharing our songs with whoever would like to listen. The Festival of Wellbeing was a great opportunity to do both. We were very proud to perform for our community the songs we took to Festival of Voices in Hobart. After the performance we invited festival participants to join us in an hour-long workshop. Our conductor Lila Meleisea taught a short song in four-part harmony from the movie "The Power of One". She rounded off the workshop teaching the first half of a body percussion piece from her original homeland, Samoa. This created lots of laughs! We extend a huge thank you to all those who were involved with the planning and presentation of this fabulous festival, and look forward to participating again next year.



To bring a very busy 2023 to an end, we will be presenting two more performances. If you haven't had the opportunity to catch us, you will be able to see us in Bicheno on Sunday 3rd of December, performing with the internationally renowned musician Tenzin Choegyal. We are very excited about this opportunity and are working very hard at our weekly sing sessions preparing for the event. We are also brushing up on our Christmas carols in preparation for our appearance at St Marys Carols on Sunday 17th December at Wombat Walk. Put these dates in your diaries and stay tuned for further details as they become available.

In the meantime, if you have any enquiries please message Liz Dean on 0439 001 533 and she will get back to you. You are also very welcome to just come along to see what goes on at our Tuesday sing sessions held weekly at the Scamander Sports Complex, 5.15pm start until 6.30.

*"If you think you can't sing, you're in!"*

### 2023 EAST COAST MASTERS GOLF TOURNAMENT

is not too far away, being held on 4th-5th November at the Scamander River Golf course, and a few spots are left in both the men's and women's divisions. \$60.00 for 2 days of golf with lunch and BBQ after each day. Great value and lots of prizes in all grades.

Phone Warren Croome 0408 356 636 to book in.

Will you be pulling on the Masters Champion jacket?

Good luck to all!

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

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Blue Seas Holiday Villas - 0363 725211  
Surfside Hotel/Motel - 0407 342918  
Beaumaris Guest House www.bbgh.com.au

Limited field. Register now Contact Warren on 0408 356 636 or [wbcacroome@outlook.com](mailto:wbcacroome@outlook.com)

**GAZZMAN'S**

Primary Partners



St Marys Sports Centre Presents:

## FAMILY & FRIENDS DAY

2 PERSON AMBROSE EVENT

SATURDAY THE 4<sup>th</sup> of NOVEMBER 2023

9:30am Start.

Cost \$15 per person

(Includes BBQ Lunch)

Come along for a fun golf day and try to win some amazing prizes donated by:

WILL FIT GOLF, LAUNCESTON,

RATHO FARM GOLF CLUB

WEBB'S HUNTING & FISHING

DRUMMOND GOLF

COBBER FARM PRODUCTS

AS WELL AS RAISE FUNDS FOR R.A.W, (RURAL ALIVE & WELL)

WE HOPE TO SEE YOU THERE





# 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

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[www.tjaccounting.com.au](http://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



## BICHENO COMMUNITY MARKET

Bicheno Community Markets are now in full swing again for this year and it is fabulous to see new and existing stallholders. Focus is on local community involvement with a relaxing atmosphere and the most beautiful views.

Bookings are coming in now for our popular Twilight Market on Saturday 16<sup>th</sup> December, 3.00pm to 7.00pm, and if anyone is interested in holding a stall, they can contact Jennie on 0417 590 851



### Market Dates 2023

Sunday 12th November - 9am to 1pm

Saturday 16th December - 3pm to 7pm

(Twilight Market)

### Market Dates 2024

Sunday 28th January - 9am to 1pm

(Australia Day Weekend)

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

please phone Jennie on 0417 590 851 or

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



## TIP SHOP TALES

Lots waiting for you at St Marys Tip Shop, just past the Camel Farm on Gray Road St Marys.

We are open Tuesday and Thursday from 10am-3.45pm and Sunday 2pm-4.45.

*You are always welcome at the Tip Shop.*



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

Last month's Birding outing was cancelled due to rain, but I can report on something very important that is happening at the Scamander River mouth. About one hundred Fairy Terns have decided to nest on the sandspit on the northern side of the mouth. Parks and Wildlife have erected a fence and signs to remind all users of the beach to avoid this area. It is now a NO DOG zone. The reason for this action is that Fairy Terns are an endangered species (90% decline in the last 40 years) listed in three states and by the Commonwealth. This site is now very significant, as the terns have apparently chosen not to nest at some of their other sometimes-visited sites like the mouth of the Prosser at Orford or at Blanche's Beach and Horseshoe Sands, both on Georges Bay at St Helens, thus it is critical that they succeed here at Scamander.

You may be familiar with the Crested Tern which often appear in large flocks in the Scamander Estuary. The Fairy Tern is about half their size, has an excited twittering call, seems to be constantly fluttering noisily around the nesting area and lays 1-2 eggs in a small scrape on the sand, hence the nests are vulnerable to being walked on by beach users. Any encroachment in their area by people or dogs will disturb these delicate creatures, so to give them the best chance of breeding success, please give this area a wide berth. There's plenty more beach for you to enjoy.

Next month's outing will be on Wednesday 1st November at Blanche Point/Training Wall, where we will see bush and shore birds. It's easy walking on the training wall gravel track and some wet sand walking if appropriate.

Meet at Bayside Carpark St Helens at 8.15am.

Contact Nat on 0429 750 364 if you intend to join us or need further information.



*Both Fairy Tern parents care for the chicks, providing fish, small crustaceans and molluscs.*



## SCAMANDER RIVER GOLF CLUB



### Wednesday 11th October - Midweek Competition Club

#### Stableford

1st  
2nd  
3rd **NO SCORES AVAILABLE**  
4th

Nearest the Pin 6th:  
8th:

### Saturday 14th October - Shell Stableford

Thank you to the sponsor, Chris Davern.

1st Rodney Tolput 39 points  
2nd Chris Davern 37 (on c/b)  
3rd Rod Macbeth 37  
4th Jens Kalisch 35

Nearest the Pin 6th and 15th: Darrell Thurley  
8th and 17th: Rod Tolput  
Longest putt on 9th: Dale Ridgers

### Tuesday 17th October - Ladies' Stableford

#### BEST SCORES:

Margaret Thompson 34 points (on c/b)  
Maryanne Ennis 34  
Sarah Tatnell 34  
Jill Couch 33

Longest Putt: Gonnie Creemers

### Wednesday 18th October - Mid-week Competition,

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

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

Stan Carter Award:

### Saturday 21st October- Marilyn Ridgers Memorial - 3-person Ambrose

Great day was had with weather holding out for some great scoring. Thanks to Dale Ridgers and family for another fantastic day and your generous prizes, BBQ and after-game nibbles.

1st E Dasio, D Ridgers, C Davern 57.5 points  
2nd C Stingel, R Macbeth, J Longfield 57.8  
3rd R Shaw, D Thurley, M Cross 63  
4th D Richardson, B Ennis, D Bramich 64.5  
5th J Kalisch, M Holmes, G Little 66.5  
6th B Frost, M Miller, S Austin 66.16  
7th Michelle Gray, Shan Wilmot 67

Nearest the Pin 6th and 15th: M Gray, S Wilmot  
8th and 17th: Jodan Longfield

Longest Putt on 9th: Dean Richardson

### Tuesday 24th October - Ladies Stableford

1st Rhonda Hopkins 36 points  
2nd Beth Haas 35 (on c/b)  
3rd Maryanne Ennis 35  
4th Lesley Kellaway 33  
5th Sarah Tatnell 33  
6th Jill Couch 32

Longest Putt: Lesley Kellaway

Gobbler: Carol Gunson

#### Upcoming games:

25th October Midweek Competition  
28th and 29th October Men's Championships  
31st October Ladies Brooch and Putting  
1st November Midweek Competition  
4th and 5th November East Coast Masters  
7th November Ladies -

# MALAHIDE GOLF CLUB



## Friday 13th October - Chicken Run

1st	DB Lowe	20.5 points
2nd	Ashley Stone	29.5
3rd	Mike Prewer	40

Nearest the Pin 4th: Mike Prewer  
8th:

## Friday 20th October - Chicken Run

1st	Peter Sorensen	27 points
2nd	Grant Richardson	27.5
3rd	Stan Ellerm	29

Nearest the Pin 4th: John Vincent  
8th:

## Saturday 14th October - Stableford

1st	Stan Ellerm	38
2nd	Randal Wadley	33
3rd	Ashley Stone	32

Nearest the Pin 4th: John Vincent  
8th: Grant Richardson

## Saturday 21st October - Red Marker Day

1st	
2nd	<b>NO GAME PLAYED</b>
3rd	

Nearest the Pin 4th:  
8th:

### 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:**

28th October	Monthly Medal
4th November	Stroke
11th November	Monthly Medal
18th November	Foursome championship

## Malahide Golf Club Inc.

ABN 80 746 243 303

14 Mangana Rd, Fingal Tasmania 7214

P. O. Box 31, Fingal 7214



## Notice of Annual General Meeting

19/10/23

**The Annual General Meeting of the Malahide Golf Club Inc will be held on**

**Friday November 24<sup>th</sup> at 4pm**

**in the Malahide Golf Club clubhouse.**

Agenda

- 1) To confirm the Minutes of the 2022 Annual General Meeting
- 2) To receive reports from the President, Treasurer and Auditor on transactions of the previous year
- 3) To elect Office bearers and Committee Members
- 4) To appoint an auditor
- 5) To set all membership fees for 2024
- 6) A Special Resolution will be moved to adopt the Constitution, the Rules of Incorporation of the Malahide Golf Club Inc, a copy of which is available in the Clubhouse. Members who require a copy should email the Secretary at [rodhunt@netspace.net.au](mailto:rodhunt@netspace.net.au)
- 7) General Business, as a recommendation to the incoming Committee

Rod Hunt  
Secretary

**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,

Well, its that time of year that the fly-fisher folk start to get excited, as towards the end of October and November is mayfly time. These mayfly insects start to hatch as they have since the insect world has evolved, and the trout will be waiting.

I have had a couple of reconnaissance missions up the river on a couple of our lovely days the past week, but haven't noticed any hatchings as yet, but they will happen; you just need to be patient. Mayfly time is, for me, the pristine time of year, and I even take my holidays, cash in the brownie point balance with the wife and endeavour to keep my calendar free to consign the mayfly hatches, because you can bet that the perfect day of an overcast, calm, muggy day will be a day that you've committed to do something else. The trout fishing from the South Esk River continues to be 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 for the trout to easily see and find your offerings.

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

#### Fishing reports

Thursday 21<sup>st</sup> September, Scamander River. There were a few nice schools of fish on the snags up-river and I caught a few on plastic, mostly sand worms.

Thursday 28<sup>th</sup> September, South Esk River. Took the dogs for a walk along the river and picked up a couple of nice trout on T Tails.

Saturday 30<sup>th</sup> September, Scamander. A quick trip to fill in the morning and to try out a couple of new fly designs on the bream. Caught one nice bream rolling around feeding on a submerged log and simply dropped the fly down beside him and let it sink with a little flick, and he swam over, as casual as can be. He engulfed the fly; a couple of other small bream to hand, but further assessment of the new fly design to be decided on.

Thursday 12<sup>th</sup> October - Show Day, Scamander. Had a day on the river with a mate and caught some nice fish, we went way up river and the fish were schooled up nicely on anything in the water or shading the water. Caught fish on a variety of different plastics.

Friday 13<sup>th</sup> October, Scamander. Yep, we have been giving the river a flogging, but you don't get fishing so good this often, so got to make the most of it while we can!

Thursday 19<sup>th</sup> October, Lake Lucy, South Esk River. Decided to have a look at Lake Lucy at evening time after a lovely warm day and no dreaded eastly sea breeze for a change. The water was calm with a few caddis moths hatching and on dark, a nice few trout moving. Lake Lucy is not really a lake, but a hole in a drainage system of an upper South Esk tributary. Lake Lucy is a water that in the past was a water renown for big fish. It is deep and reeded around the edges that are fly-killers, but the rewards are there when conditions suit, and the fly fishing can be memorable.

I have never, nor know of anyone catching a trout out of there on a lure or worm for that matter. Plenty of big eels are taken on worms, but the trout are elusive due to the weedy bottom. Lake Lucy is a water that when frog fishing was legal, many locals would fish a live frog on dark, and the big boys would come out to play, with legendary reports of double-digit pound fish taken. I was fishing one evening after dark with a mate who hooked into this fish on a leech fly, and this thing went berserk and he had trouble controlling it. We thought we had the trout of a lifetime, but were sadly disappointed when dirty old tench revealed itself in the torch light.

Saturday 21<sup>st</sup> October, Scamander. The East Coast Family Fishing Club held its competition and was supported well despite the forecast of rain, and some lovely bream weighed in. A new product that we have been experimenting with, called a 'Crushcity Creeper' by Rapala in 2.5 inch in Bloodworm colour, are life-like grubs look the real deal, and by fishing them as light as possible on a unweighted jig head flicked in close to structure and letting sink with no movement then lift and drop them if they make the bottom, the bream will pick them up on the drop or smash them along the bottom, but they do work and I think will be the next best thing in plastic fishing; they have won me and can be purchased from BCF.

Until next time, stay safe



## ST MARYS SPORTS CENTRE

By Volun Tier



Welcome to another fortnight at the Centre, busy as ever, with golf, bowls and social events all running in consecutive weeks, keeping all who assist on their toes. Firstly to bowls, our first two weeks of Pennant competition have not gone to plan, with Scamander 'blowing us away' literally at home last week, with some of the worst conditions seen for years, our opponents completely outclassed us on all rinks. Even our new shade cloth could not stand the barrage, but luckily there was no structural damage and an easy fix completed by Council this week, thanks so much for their speedy repairs and other works carried out. On the weekend, we travelled to Bicheno in drizzly and cold conditions to go down narrowly by 15 shots; well done to Ian Johnston and Peewee Singline's rinks on their success, let's hope there is further improvement against Swansea down there this weekend. At present, the club is relishing the number of new players and increase to our numbers, so much so that we now have up to 22 to pick in 16 spots, which means that there will be some players having to stand out every now and then to accommodate all, something we haven't seen for a few seasons, and more players to come yet. So if anyone wants a weekend off, to assist the selectors, please put your name on the 'unavailable' sheet on the notice board inside the clubhouse. Welcome to our new players, and after some early glitches, we hope you all enjoy your season. Midweek bowls commences on Tuesday 31st October at Bicheno, with the roster now out and available at the Club. If you are looking for a game, please put your name on the board over there, to be selected for the first game.

Golf, we have had some indifferent weather the last couple of weekends, but midweek golf is steadily building numbers on Wednesday evenings; if you are looking for a game, come over at 4.00pm for a hit, a lot of fun for just \$5.00. Our Black Rock Challenge is on this Sunday, and due to a major function later that day, tee off will be at 9.00am, to be finished in time. On Sunday we host Dr Latt's farewell afternoon tea, catering for between 100 and 400 people, a big early thanks to our intrepid ladies for their assistance with this one, as it is difficult to predict how many will be there, but as usual, sleeves up and give it a go. Of course, our Friday Night Meals continue, see the poster right.

**Golf:** Just the chicken run to report this issue, with Keith Gillies in sparkling form taking out the previous week's event and this week, Senna Ellerm took out her first win at the club over Keith and Rodney equal second, Mick Kringle, Macca and Jim Haas, nearest the pin was Macca.

We have a couple of major events coming up with Bradley McDonald's Family and Friends Day on the Saturday of the long weekend, see page 27, and a coaching clinic hosted by Will White on the Sunday, positions already filling fast, so be quick for a spot, poster on below right.

**Members Draw:** Last week Don Singline, who couldn't make the trip from Ulverstone to be with us, and this week Kevin Faulkner, a man who spends many a Friday night with us but wasn't present when it counted, no cigar, so fuel jackpots to \$125, well worth being there at 8.00pm.

### 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 issue, good hitting, rolling and socialicing.

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 27<sup>th</sup> October, Main & Dessert \$20**

Chicken & Veggie Stew  
& Caramel Pear Cake

**FRIDAY 3<sup>rd</sup> November, Main & Dessert**

T.B.A

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

QUALIFIED GOLF COACH

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WILL BE CONDUCTING A COACHING CLINIC

ON SUNDAY THE 5<sup>th</sup> NOVEMBER

COMMENCING 9:30am

RING MACCA AT THE ST MARYS SPORTS CENTRE 0457498641

Or WILL ON 0477666640 FOR BOOKINGS

— \$50/30MIN (LOW)

Will White

Director | PGA Professional Coach

0477 666 640

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







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- Scamander Supermarket
- Rivermouth Café - Scamander
- Hilly's IGA - St Helens
- St Helens Newsagency

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Fingal Tasmania 7214



**CROSSWORD 55.18**

**Across:** 3. Hampshire, 8. Room, 9. Specimen, 10. Dakota, 13. Avoid, 14. Forsake, 15. Bat, 16. Lucifer, 17. Alice, 21. Regina, 22. Detonate, 23. Much, 24. Degrading.

**Down:** 1. Gradually, 2. Cockroach, 4. Assay, 5. Pierrot, 6. Heir, 7. Reek, 11. Malicious, 12. Telepathy, 14. Far, 15. Bernard, 18. Green, 19. Mere, 20. Poor.