



# THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.20 9th November 2023

Deadline for 55.21 is 5.00pm on Monday 20th November 2023

## IMPROVING MOBILE COVERAGE IN THE REGIONS

The Albanese Labor Government has reached an important milestone on its commitment to improve mobile coverage in Ansons Bay, Sheffield and Tea Tree, with new funding delivered as part of the Improving Mobile Coverage Round.

The new funding provides Commonwealth co-investment with Telstra to build new mobile base stations at these three locations, subject to local planning approvals. The new towers mean local residents and visitors will be able to access more reliable phone coverage, helping them stay connected with family and friends, and run successful local businesses.

These local grants form part of the \$37.2 million awarded under the IMCR, which attracted \$28.8 million in industry co-investment. The applications were independently assessed and approved by the Department of Infrastructure, Transport, Regional Development, Communications and the Arts (the Department), following a competitive grant process to identify a value for money solution in the areas.

This dedicated round was funded in the October 2022 Federal Budget, and delivers on the Government’s election commitments to co-invest with Mobile Network Operators and Infrastructure Providers to deploy new mobile infrastructure at target locations across Australia.

The rollout schedule will be published on the carriers’ websites when contracts have been executed.

In addition to this dedicated election commitment round, the Albanese Government is working to improve regional coverage through its \$1.1 billion *Better Connectivity Plan*.

The Plan commits \$400 million to expanding mobile coverage and improving communications resilience, including investment to fund future rounds of the Mobile Black Spot Program, and \$200 million to fund place-based communications solutions through additional rounds of the Regional Connectivity Program.

Member for Lyons, Brian Mitchell said, “When I make a promise, the people of Lyons can be confident I’ll keep it. These projects deliver on my election commitments to ensure more regional communities across Tasmania are better connected, and I look forward to them getting up and running.”

For more information, visit [www.infrastructure.gov.au/mbps](http://www.infrastructure.gov.au/mbps).

(Information from press release; photograph, Telstra)



A VOICE for  
**RURAL & Regional**  
 Tasmania

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**ADVERTISING RATES - 2023**

Business Card Size ads \$16	1/2 Page ads \$42
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**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](mailto:valleyvoice@fvnh.org.au)  
 Elizabeth, Editor The Valley and East Coast Voice.

**AED**

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[www.dhhs.tas.gov.au/ambulance](http://www.dhhs.tas.gov.au/ambulance)  
 and search for 'AED'

This site has a map locating all local AEDs

**IN AN EMERGENCY, CALL 000**

## NEW SCHOLARSHIP HELPS BUILD TEACHER WORKFORCE

The Rockliff Liberal Government is delivering on its commitment to increase teacher numbers in Tasmania by investing \$1.2 million in a new scholarship program.

Minister for Education, Children and Youth, Roger Jaensch announced the new scholarship program will be made available to eligible Bachelor of Education and Master of Teaching students studying full-time at the University of Tasmania from 2024. "Our Government is doing what matters for Tasmanians by delivering on our long-term plan to boost teacher numbers," Minister Jaensch said. "We know there is strong interest in teaching as a career, but also that the cost of relocation, accommodation and living away from home might discourage some students from enrolling, particularly if they live in regional areas. These scholarships aim to reduce those barriers. Eligible students will be able to receive up to \$31,000 as part of the Teach Tasmania Scholarship program, Mr Jaensch continued. "Delivered in partnership with the University of Tasmania, the scholarship will make it easier for students in challenging circumstances to enter the Bachelor of Education, while also supporting our high-achieving graduates into the Master of Teaching. The scholarship will support relocation and accommodation costs as well as the cost-of-living pressures affecting students."

There will be 50 initial Teach Tasmania scholarships available for eligible students who enrolled in the Bachelor of Education or Master of Teaching in 2023 or who have applied to these courses for 2024. Recipients need to be Tasmanian residents, undertake their placements in Tasmanian government schools and study full-time throughout their degree. "The Rockliff Liberal Government is investing in our education sector to continue to make Tasmania the best place to live, work and raise a family," Minister Jaensch concluded.

If a student is undertaking a Bachelor of Education or Master of Teaching and they wish to apply, gain more information or understand their eligibility, please contact [Teach.Tasmania@utas.edu.au](mailto:Teach.Tasmania@utas.edu.au)

Applications are open until Friday December 1 at 5.00pm.

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



They shall grow not old,  
as we that are left grow old;  
Age shall not weary them,  
nor the years condemn.  
At the going down of the sun  
and in the morning  
We will remember them.



### ST HELENS REMEMBRANCE DAY

#### SERVICE

Saturday 11<sup>th</sup> Nov 2023

10.45AM Form up at Hilly's Supermarket,

10.50 AM March to St Helens Memorial Park.

**10.55 AM SERVICE COMMENCES**

**ALL VETERANS AND COMMUNITY GROUPS  
ARE INVITED TO MARCH.**

All Interested parties are welcome to lay a wreath  
(Please contact Wayne on 03 63768318 or Lee on  
0363763061).



### FASHION MASTERS HAVE FUN AT 'FROCKTOBER' FUNDRAISER

After a month-long campaign of dress up challenges posted online via the St Marys Op Shop Facebook page and an online donation portal, the St Marys Op Shop held their "Frocktober" Dress Up Morning Tea on Saturday 28th October.

Over 50 people attended the morning tea held in the grounds of the St Marys Op Shop and what fun we had. So many community members baked scones, plain, date and savoury, also rhubarb cake and banana and chocolate muffins. We had some donated Mt Elephant Fudge and donated jams from Pepperberry Farm and Robina Balzer to serve with our morning teas.




The winner of the \$25 voucher to spend at the St Marys Op Shop lucky door prize was Kylie Wright, and after much deliberation Liane Gordon, pictured left, won the "Best Frock" voucher for her wonderful hand-crafted dress made from all recycled and reclaimed materials. It ticked just about every box we could ask for.

Almost \$600 was raised for Ovarian Cancer Research and everyone had an amazing time, and are already asking if we are going to do it all again next year.

So, watch this space!

Janet,

Coordinator St Marys Op Shop

**"I asked for help."**

Carer Gateway's free counselling really helped me cope with hard times.  
Oli - Carer

Young Tasmanian Oli cares with pride for their wife Realm, who suffers from multiple chronic health issues.

Through Carer Gateway, Oli was able to access several lifechanging services, including in-home assistance, counselling and a young carers' retreat.

Care2Serve is the local, Tassie team providing Carer Gateway services in an environment that advocates respect and support for everyone, including the LGBTQIA+ community.

If you are a carer and would like help too, contact us.

Support is free, inclusive, and confidential.

**#caringwithpride**

Call 1800 422 737 (press 1) or visit [carergateway.gov.au](http://carergateway.gov.au)



## JUNIOR SPORT AND THE INSPIRING ADULTS WHO ENSURE IT HAPPENS

**BASKETBALL:** The St Helens Basketball Association had 87 junior players across under 12 and under 16 rosters last season, almost double from 2 years ago. We also have a program for 7 and 8-year-olds to develop skills, learn to be part of a team and have FUN. The sound of 80+ basketballs bouncing in the stadium would bring a smile to any parent. It is a struggle to keep up with growing interest, but we have a fantastic committee of parents who run the roster and also play in the senior competition.

**SOCCER:** The St Helens Soccer Club has been going for 35 years. They have averaged around 50 junior participants each year. Todd Dudley has been coaching at the Club since 1991. Derek Griffiths and Bronwyn Gunner have both coached most years over the last two decades.

**CRICKET:** St Helens Cricket Club has 2 junior teams [26 players]. They play against teams from Scamander and St Marys. Last year the club started Cricket Blast for 7-12 year olds, with over 35 kids involved, and are hopeful of a group participating at St Marys this season.

**ATHLETICS:** St Helens Little Athletics Association offers a tiny tots program for 3 and 4 year olds and also caters for children up to the age of 15. Meetings are held every Saturday, September through to March, from 9.00am, at the Sports Complex, St Helens. Our athletes also compete in fun events around the state. Our association runs a gold medal day on January 28th each year.

Look us up on Facebook and get involved!!

**BRAZILIAN JIU-JITSU:** BJJ classes for children have been operating in our community for 12 years. Currently there are 25 regular students, ranging in age 4 -14. Over the years, children from the area have won gold medals in state competitions. BJJ is more than a sport – it's really a life skill.

*Please help their coach Nathan secure a new base to operate from so the kids of the future*

*Do not miss out!! – Ian*

**NETBALL:** The St Helens Netball Association has 4 clubs. Two of the 4 teams in each club are juniors. Each junior team usually has 9 players, so around 70 juniors are involved in the roster and some of them come from the Fingal Valley, Bicheno and Coles Bay to play. The junior team coaches are amazing ladies who often take on multiple roles to ensure the Association is a high functioning and fun organisation. Over the years, this association has developed athletes who have represented the state, with Ava Lockwood-Roden (state 19's - 2023) being the most recent success story.

**FOOTBALL:** Across two Auskick Centres at St Helens and St Marys, the three under-10 team competition, and our four youth teams, the East Coast Swans have over one hundred and sixty junior players, including an increasing number of girls. Our participation rate is greater than most Tasmanian communities. Supporting our players is a band of over fifty dedicated volunteers. We are exceptionally proud of how we mentor and develop our coaches and sports trainers, with the goal being, as far as possible, that our participants have a quality experience each time they train and play. Special mention to Anthony Blunt, the recent recipient of the Peter Dakin Award for long time service to our junior program.

**Committee members from each sport have provided information for this article and it is obvious many adults give their time so generously to ensure junior sport thrives in our municipality. Well done to you all!!!**

*Article written by Ian Carter, photographs from club sites.*



ADVERTISEMENT





# Brian Mitchell MP

Your Federal Member for Lyons

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

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



### THE OWENS FAMILY RETURNS TO THE VALLEY

The Owens Family came together in St Marys over the last weekend of October 2023. Our family reunion was really a direct result of the Pandemic.

In early 2020, my five siblings and I decided to meet weekly by Zoom to support each other through the challenges of those times. We found that we often talked of our early years, growing up in the Fingal Valley. With the opening of borders, we decided to 'come home' to the Valley. For the weekend, the 'home base' was the St Marys Hotel, which turned out to be just the perfect location for our large family group of nearly 50 attendees. We were fortunate to have fantastic weather for our activities, which included a visit to the Fingal History Room that hosted a tour for our group with the support of their dedicated volunteers. We also ventured out to Mangana and marvelled at the beautiful stained glass windows of the Catholic Church. We enjoyed a trek to the top of local landmark St Patrick's Head, followed by a wonderful afternoon of Bare Foot Bowls at the St Marys Sports Centre. The St Marys Bakery kindly allowed us to view behind the scenes for us to recall the many hours we spent preparing baked delights for the community.



It was wonderful to return to a town and area that holds so many happy memories for our family. Thank you to all those who reached out to us during our stay, and welcomed us so warmly.

The zoom meetings continue. We are at Sibling Meeting Number 141 with no end in sight!

Daniel Owens.

**YOUTH WEEK TASMANIA**

**SCOOTER JAM**  
YOUTH WEEK 2023  
BE BOLD BE YOU

**SUN 12 NOV**

**ST MARYS SKATE PARK**

**10AM - 3PM**

**ALL WELCOME**

**PRIZES  
MUSIC  
FOOD + MORE**

**REGISTER EARLY  
OR ON THE DAY**

**PARENT'S PERMISSION  
REQUIRED IF U18**

**NO HELMET  
NO COMP**

**AGE CATEGORIES  
U12 13-15 16-25**

**COMPETITION**

Break O'Day COUNCIL

BIKE+SCOOTER STOP

YCONNECT  
NORTH EAST COAST  
TASMANIA

St Helens  
Neighbourhood House

SUPPORTED BY  
Tasmanian Government

## FINGAL FOCUS

*Contributed by Mike Brouder*

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

I was once a **heavy** smoker.....

Let me explain that. My weight had nothing to do with it, except for one short period when my eating habit tried to compensate for my craving for a cigarette. Apart from that..... I don't really recall when I started to smoke seriously. I was pretty young. As a teenager, I was just as easily influenced by the need to be like my friends and "be adult" by smoking. It was a terrible decision, but advertising was all around you. One brand even suggested that their particular brand was "so smooth on the throat". A considerable part of my income was spent on tobacco. I hate to think of the terrible smoke-hazed environment in my workplace where everyone smoked. We even used to swap stories of what brand of cigarette we liked or disliked. I shudder when I think, these days, of the damage I was doing to my lungs. This was happening over a period of years. I don't want to see a picture of the damage in my lungs, even after some forty plus years ago when I quit smoking. Thank goodness I did quit. It took a lot of effort and several attempts. Apparently, the most successful quitters are those who persist in trying; I guess that makes sense. I think that even amongst the most addicted smoker, there is the awareness that inhaling foreign matter, i.e. smoke and all its constituents, can't be good for your lungs. I even fooled myself into thinking that if I smoked small cigars (cigarillos) I would smoke less of them and so it would be better for my lungs. Who was I kidding?? Less of them?? Yeah, right. In one of my first attempts, I started to eat and eat to compensate for my craving. It got to the stage that I could feel the fat around my stomach bouncing up and down when I walked. I felt it even more so when I walked downstairs. Each downward step had its effect on me. Those early attempts were very hard on my wife. She told me, "For goodness sake, have a cigarette. You are impossible to live with." Relationships are very important, especially with one's family. Needless to say, I started again and the fat just rolled away. In another attempt, I was sailing along, having lasted for about six weeks. I went for a beer with my workmates and one of them offered me a smoke. Needless to say, I started once again. When I went 'bush' on field duties, one of the first things I noticed was the whereabouts in the town where we had accommodation of a shop which sold tobacco and cigarettes. Now that has to be a profound addiction! All my attempts were not in quick succession but over an unspecified time. Trying to give up for my family didn't work. Trying to give up for various reasons didn't work either. It had to be for myself. I had to get rid of the idea that I was holding a selfish attitude in thinking of myself only. In a way, it was true. An element of selfishness was contained. I had to worry about my own health. In worrying about my own health, I was also helping my family. Eventually, I developed a pain in my chest so I quit. I know that Jenny, my wife, was on tenterhooks waiting for my outburst of craving. It didn't happen. It even surprised me. I felt relatively calm. Calm enough to push aside yearnings for a smoke. I found that the more often I said, "NO!", the easier it gradually became. These days, the thought of smoking just doesn't occur. It is satisfying after all these years to consider smoking a complete waste of time and money. Once, when the cost of smoking was rising rapidly, I was horrified when the cost of a packet of a 50gram "Drum" cigarette tobacco rose to \$2.00. It may seem funny now, but at that price I had to think seriously about giving up. I had other expenses, like family for instance. I guess that was one of the factors which started the road to recovery.

\*\*\*\*\*

**Sterilise:** What you do to your first baby's pacifier by boiling it, and what you do to your last baby's pacifier by blowing on it and wiping it with saliva.

**Two Minute Warning:** When the baby's face turns red and she/he begins to make those familiar grunting noises.

**A man meets an** identical twin and asks, "Was it you or your brother who died?"

**I wanted to** become a monk.....but I never got the chants.

**What's a forklift?** Usually it's food.

**I had an excellent** meal at a Christian restaurant called 'The Lord Giveth'.....they also do takeaways.

**My wife left me for** another man. All that lies ahead is a miserable, pointless, lonely life. While he's going through that, I shall be in the pub with my mates every night.

**I once dated** a magazine editor.....let's just say she had issues.

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

**TAS GAS TO CONTINUE EXPLORING ALTERNATIVES**

Tas Gas welcomes the release of the Tasmanian Government’s Future Gas Strategy and the confirmation that Tasmania will not be pursuing the natural gas mandates and moratoriums seen elsewhere in Australia. The strategy provides a common-sense approach to minimising emissions through the energy transition to renewable gases while also ensuring that the energy needs of the state continue to be met.

Tas Gas CEO, Phaedra Deckart, said “Gas continues to be essential for many businesses and households and is estimated to directly support \$1 billion in economic output, more than 4,200 direct jobs and 8,550 jobs in total across Tasmania. There are 14,000 residential connections, 1,000 small to medium businesses and close to 70 industrial customers that rely on gas to provide heat for their homes and businesses. Tas Gas has a clear vision to support Australia’s energy transition and as part of our future energy pathway, Tas Gas is exploring the possibilities that exist with hydrogen, biomethane, other green, renewable gases and emerging alternative fuels. We continue to work together with the government, industry and our communities so that we can continue to provide safe, reliable and continuous energy sources for our customers,” said Ms Deckart.

Tas Gas understands the national volatility in the gas market has impacted the cost of living for many people and has used its expertise in gas markets to procure a secure supply of gas for its customers on long-term supply arrangements. This approach has allowed Tas Gas to shield many of its customers from the instability of high prices that have been witnessed in the East Coast domestic gas market over the past 18 months.

Tas Gas is Tasmania’s leading natural gas company with over 20 years of local experience and expertise in gas transmission, distribution, transportation and retailing, with offices in Launceston and Hobart and operations that span Tasmania and regional Victoria.



(Information from press release, Tas Gas.)



OCTOBER 2023

**EXPRESSIONS OF INTEREST**

**PLUMBING CONTRACTOR**

Provision of plumbing services to St Marys District School

Expressions of interest are being sought from plumbing contractors to provide plumbing services to St Marys District School.

**WHAT WE ARE LOOKING FOR**

- Flexibility and capacity to provide services in an urgent situation
- Ability to provide services outside of school hours when the need arises, to minimise interruption to water supply to the school.
- Appropriate expertise and an excellent work health and safety record

**REQUIREMENTS**

- Registration to Work with Vulnerable People;
- Certificate of Currency for public liability insurance (minimum \$5,000,000 coverage);
- Certificate of Currency for workers compensation insurance;
- Certificate of Currency for professional indemnity insurance where appropriate (i.e. where professional advice is given by Consultants); and
- Appropriate Licence or Qualifications (eg regulatory licences - electrical/plumbing or similar etc);
- Indicative price list for services (e.g. hourly rates)
- Two Professional references

If you are interested please contact

Lisa Bean School Business Manager  
0457 142 143  
lisa.bean@decyp.tas.gov.au

Department for Education,  
Children and Young People



**EAST COAST MOTOCROSS CLUB GRASS TRACK**

**Saturday 25th November 2023**

**BAR 20, Grimstones Rd GOSHEN  
Paddock across from MX Track**

Entries available online through ridernet, online scrutineering  
Closes 23rd Nov 8pm

Vintage class available  
\$30 first class \$10 extra class \$20 day membership  
MTAS Licence required

Sign on 7.30 Riders Briefing 8.30 Practice 9  
Canteen cash only  
Camping available, Sunday ride park day on MX Track  
Nathan 0437896984 Amy 0417152337



## The Say by the "Cage Rattler"

I've become fairly interested in environmental issues I guess over time. I definitely wouldn't consider myself a greenie by any means, but on one issue in particular I've noticed I have changed my opinion a fair bit. That issue is old growth logging.

Ashamed to say, I once couldn't quite literally see the wood for the trees. In fact, it was I saw the trees for the wood. I think what really changed my mind was a documentary from a few years back that not only spoke about Australia but also world-wide on how many old trees were being harvested, quite often for small return, when it was all said and done. It made me wonder from then till now if there are better ways. Perhaps there are. Don't get me wrong, there is still need to harvest trees. It is still an imperative. I know also in developed countries like ours, willy-nilly logging including old growth forest coups has been reviewed, which is a good thing. Doing things better is pretty darn important, not least because of the vastly important climate change reasons.

In New Zealand, even multiple-generation loggers have changed their ways in the past decade and have reinvented how they go about more sustainable practices. That blew me away....

In this State, whilst not perfect by any means, it's beginning to be the same, and it has to be truly sustainable or it will collapse completely, which would be no good for anyone for a great variety of reasons.

It's also great to see Tasmania, as the home to Australia's biggest and most majestic eucalypts across a few species, have enacted laws that protect for perpetuity these giants. If any tree is at least 85 metres or is calculated to have at least 280 cubic metres of timber, they and 100 metres of surrounding bush is retained. Over 180 of these trees have been found so far - I reckon that's amazing! Many of these trees are in excess of 90 metres or 295 feet and some have hit 300 ft. The two most famous are 'Centurion' at 100.2 metres or 328 ft, and 'Icarus' at 97.7 metres or just a tick under 321 ft. Only the California redwoods are taller. Our eucalypts are also the tallest hardwoods in the world, and by far the tallest flowering plants - good enough reason to protect them I would say....

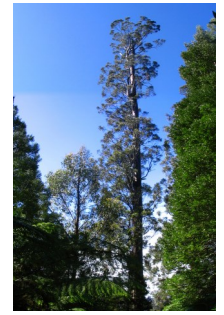
I guess pine plantations and eucalypt species grown for harvesting will not suit all. Not certain if some selective logging is how it is, but the bottom line is smart management is the key...hoping lots of common sense keeps happening. It has to.

One other thing if I may: to David, who wrote a Letter to the Editor in the last issue.... THANK YOU ... I really appreciated and admired your response. Of course, I don't agree, but I thank you for expressing your opinion in a clear and definite way, and I am glad you took the time to do that, it was great.



What do you think ?

(Be like David from time to time and tell me....)



### OLD FRIENDS LINK UP

Former Fingal Valley locals met up at the 13th Beach Golf Club, South of Geelong, with a reunion of the Cash brothers and Tony and Colleen Turner on Tuesday, 24th October 2023.



The Cash boys were on a 5-day golf trip on the Bellarine Peninsular. Tony and Colleen live nearby, and the Cash's hadn't seen Tony for 30 years or more.

Pictured left are Malcolm Cash, Barry Cash, Tony Turner and Allan Cash, with Colleen Turner sitting. The boys are from Mathinna, and Colleen was formerly Colleen Bean from Fingal.

The friends spent a few hours enjoying a long lunch and reminiscing about their childhoods.

Tony and Colleen can be contacted through Malcolm, phone 6326 3571.

**BICHENO WELCOMES INTERNATIONAL ARTIST**

In a two-hour performance on Sunday 3rd December at the Bicheno Memorial Hall, Grammy-nominated Tibetan-Australian artis Tenzin Choegyral will be taking the audience on a musical journey which transcends cultural boundaries, reveals ancient wisdoms and brings Tibetan music into today’s world.

Singer-songwriter Tenzin Choegyral draws on his Tibetan roots to create original compositions which uniquely express his cultural lineage and the contemporary challenges faced by his people.

Tenzin was born to a nomadic family in Tibet, escaped the Chinese occupation with his family in the early 1970s and was raised in a Tibetan refugee community in Dharamsala, India. There, where His Holiness the Dalai Lama actively encourages his people to preserve their culture, Tenzin first began to explore his musical talents.

Tenzin feels a particular connection to the music of the wandering people of his homeland. He recalls his father’s mastery of the lingbu (bamboo flute) and his mother’s beautiful singing, and attributes much of his musical passion to those early influences. His award-winning songs have found a place in the complex tapestry of global sounds, while collaboration with numerous Australian and international performers have allowed him to experiment with rhythm and structure and challenge traditional Tibetan musical norms.

He plays the Dranyen (Tibetan lute) and Lingbu (transverse bamboo flute). His most outstanding instrument, however, is his voice. His music has been described as beautifully evocative, healing, and transcendent.

Over the years, Tenzin has a successful international career as a musician, playing at such prestigious events as WOMAD, as well as several Concerts for Tibet House at Carnegie Hall, New York. In addition to his much loved solo performances of soaring vocals and circling rhythms, Tenzin is an avid collaborator with musicians from diverse cultures, traditions and genres. From classical western (with chamber orchestra Camerata of St Johns), contemporary (with Philip Glass) to ancient traditional (with didgeridoo master William Barton), Tenzin embraces opportunities to take his music to uncharted territory both in the studio and on stage. Tenzin has six independent album releases and recently collaborated with Philip Glass on the breathtaking score for the film “The Last Dalai Lama”. With Laurie Anderson, Tenzin is now working on an interpretation of the Tibetan Book of the Dead which is due for release by the Smithsonian Institution.

The performance starts at 4.00pm.

Tickets are limited, and bookings are made through: [www.trybooking.com/CMLOP](http://www.trybooking.com/CMLOP)



**TENZIN CHOEGYAL**  
*Tibetan singer / songwriter*

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



**ALEX GRAHAM LEGAL**  
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## *Mental Health for Humans*

As the days grow longer and the temperature starts to rise, renewed energy fills the air. Spring brings with it a burst of colourful blooms, and new opportunities for growth and self-care also emerge. For those of us who tend to spend all winter hibernating under a blanket at home, this seasonal rebirth encourages us to be outside in nature, spend time with friends, and increase our physical activity - all of which are proven to have a positive impact on our mental and physical wellbeing.

However, Spring and Summer often see the highest rates of anxiety, depression, and suicide. To help combat this, Australia has dedicated the whole month of October to Mental Health Awareness. That may seem pretty excessive, but there's good reason for it. According to a report from the Australian Bureau of Statistics released just this year, 42.9% of people aged 18-85 had experienced a mental disorder at some point in their life, with 21% having experienced one within the last 12 months. Yet, still only a portion of those ever access support from a professional, due in part to the lingering stigma surrounding mental health. It's a narrative that we're working hard to change.

A common misconception is this idea that mental health and wellbeing support are only for people with mental illness, but the fact of the matter is that *everyone* has mental health. Although it's frequently viewed through a narrow lens and only associated with disorders like anxiety or depression, it encompasses much more than that. It's about managing stress, connecting with others, coping with loss, and learning how to live in alignment with your values so that you feel good about who you are, among other things. Just like our physical health, it's prone to going awry at times. Our mental health fluctuates as we come up against challenges or points of stagnation in life - that's really normal, and it's something that affects all of us at some point, eventually.

However, culturally and socially, there's been this idea that 'if I go talk to someone about... (my anxiety, my relationships, my grief, my issues with a work colleague, my anger, my burnout, my self-esteem, my addictions, my whatever) then that means I can't deal with it myself and that means there's a problem with me'. I don't know about you, but I think that's a pretty harsh line of thinking towards yourself, and the challenges we all have as human beings. It's important to remember that most of us were not taught how to manage our mental well-being while growing up, as mental health education has not been a part of the standard curricula until very recently. We were also never meant to deal with it alone. In the past, we would go to a village elder or community groups for support in times of emotional distress. But now, we often grapple with these sorts of issues in isolation. It's time to reconsider our standard approach.

One way to reframe accessing things like therapy or counselling is to liken it to any other support service. If you wanted to get in better shape and start building good strength, you might hire a personal trainer to help you learn proper form and technique. If you wanted to start saving for a house or figure out the best way to invest your current savings, you might talk to an accountant who knows their way around numbers. If you were struggling with knee pain because of poor hip alignment or an abnormal gait, you might choose to see a physiotherapist who can help you with exercises and strategies to improve your symptoms. It doesn't make us 'bad' or 'weak' or 'stupid' because there are things we don't know yet or things we need some guidance with. After all, no one is born with all of this information. It takes years of study and experience to gain mastery in these fields. Seeking support from a specialist can empower us to learn and start making changes that will improve our lives, no matter the area of concern.

I may be digging a little too deep here, but I think this change in perspective could make accessing mental health services a lot more approachable. You don't need to be in crisis or struggling with mental illness to qualify for support - everyone with a brain can benefit. In fact, therapy is for anyone who has a desire to understand themselves, their challenges, and their relationships more deeply. It means you care about doing things better, and that's pretty respectable in my opinion.

Oh, and if you do happen to be going through some tricky life stuff, you don't deserve to suffer. Reach out, talk to someone. You are worthy of support. You are not alone.



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

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

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		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>STAR FM</b>  <b>Program Guide</b>    	<b>Brekkie</b>	Start your working week	Fruity and Loopy	COFFEE	COCO POPS	TAZZ on Toast	Saturday's Sunny Side Up	ICECREAM SUNDAE on Sundays
		with Star FM	with Flashy	with KIMMIE	with KIMMIE	with TAZZ	with Manny	
	<b>Morning</b>	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
	<b>Arvo</b>	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	with The Tone	
<b>Late Arvo</b>	Jacksters HOT HITS	2 For Tuesday Request	Something Fishy is going on	DR DAVES Travelling Medicine Show	TheRock Odyssey	"The No 80's Zone" [everything except the 80's]	Big Daddy Davo's Blues Mix	
	with JAX	with ASTRO	with Fyshy	with DR DAVE	with CANUCK	with Star FM		
<b>Evening</b>	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 Star FM		




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### FULL HOUSE FOR JO AND THE QUIPS

Once again another very successful October Lunch and Munch with Jo King and the Quips, consisting of Jo on vocals and guitar, with Bob Grant on bass guitar and Ash Morrell on drums, playing to a full house of a very appreciative audience. With classics, sing-a-longs and ending the afternoon with the ever popular 'Hallelujah', they are already booked for May next year.



Bo, Jo and Ash will be back in May 2024.

For our final concert this year, we have the very professional group, Kaye Payne and the Presidential Suite performing for the club. The cost for this special is \$20.00, and bookings are looking good, so be early to get your seat to enjoy this wonderful concert. In the group, we have Kaye on vocals, Randall Muir on keyboard and bass, Spike Mason on saxophone and Matthew Ives on drums.



Don't forget it's BYO Lunch, although the tuck shop does a roaring trade in sandwiches and cakes, so be in early to get those before they all go. Tea and Coffee are complimentary, with alcohol at the bar, along with barista coffee being served there as well now.

See you there on Friday 24th November, St Helens Footy Club rooms, Tully Street, from Midday till 2.00pm.

Why not bring a friend and come and enjoy some wonderful music?

Admission \$20.00, see you at the last gig for the year!

### 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)



**MINISTER RECEIVES FINAL REPORT OF FUTURE OF LOCAL GOVERNMENT REVIEW**

The Local Government Board has today submitted its final report on the *Future of Local Government Review to the Tasmanian Government*

The report outlines the substantial work the independent Board has undertaken since the review was announced in November 2021.

Minister for Local Government, Nic Street, said the report was fulsome, and thanked the independent Board for their hard work. "I want to thank the Chair, Sue Smith, and all of the Board members for the consultative and constructive way they have conducted this review," Minister Street said. They have given every Tasmanian the chance to have their say, including all local councillors and council staff. I will take some time to read the report and discuss it with my Cabinet colleagues, before releasing it for community and council feedback in late November. "



"It will be open for comment until the end of February so everyone can have their say on the recommendations. Each council will be invited to review the final report and make a submission so their unique wants and needs are given the recognition they deserve. The Government has previously clearly stated that this review will not result in forced amalgamations of councils, and that position has not changed. Any group of councils that see boundary changes in their best interests will be encouraged to progress their plan with the Government, and then ensure it has community support to proceed. There will be no changes unless both the council and community want them."

"I look forward to councils from around the State engaging further in this important process because at its core, it will be councils and their communities who will decide their own future."

More information about the Future of Local Government Review is available from [www.futurelocal.tas.gov.au](http://www.futurelocal.tas.gov.au).



*(Article from press release, photographs, Google.)*

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## IN THE KITCHEN WITH KIRSTEN



### The REAL Greek Salad

So here's a thing I have learnt while in Greece. Greek salad is always served with feta cheese on top, with a drizzle of good virgin olive oil and dried oregano. We have had a few now and they are delicious. The key is seriously the fresh juicy red tomatoes. They are quite unbelievable. I don't think I have ever tasted as good, and can only it down to the long summers. Everywhere has dried oregano hanging from beams and olive oil abundance. Gosh, I feel so lucky we got to experience this!

#### Ingredients

3 tomatoes, cut into wedges	1 medium red onion, sliced into rings	1 cucumber
1 green pepper, sliced	16 black or green olives	200g block feta cheese
1 tbsp red wine vinegar	1/4 cup extra virgin olive oil	1 teaspoon dried oregano
sea salt		

#### Method

Start by preparing your vegetables, wash them well. Cut the tomatoes into wedges, slice the onion into thin rings, cut the cucumber in thick slices cut in half and place everything in a large bowl including the olives.

Season with good sea salt and pour over the extra virgin olive oil and vinegar. Toss everything together, so that the flavours mix. Be careful not to add too much salt, as the feta cheese and the olives are salty enough.

Serve with some good dry crusty bread to soak up all those juices.



### Filo-wrapped Feta Cheese with Honey and Sesame seeds

Seriously, I love Greek food. Beautiful combinations of flavours using good produce. One of my favourite delights today was this gorgeous baked feta. The drizzle of honey sauce over the top of the crispy pastry doesn't disappoint, in fact excites the taste buds with the crunch of the filo, the tartness of the cheese and the sweetness of the honey. Absolutely delicious and does not take long to make. I recommend using a softer feta, not one that is too firm. Also, use good quality honey. This is very important for flavour.

#### Ingredients

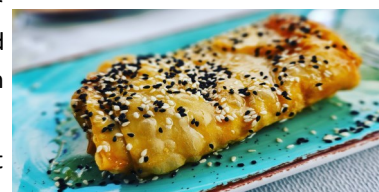
4 blocks of good feta cheese, about 350g	4 sheets filo pastry	2 tablespoons sesame seeds
4 tablespoons honey	1 tablespoons red wine vinegar	1 tablespoon of water
Good olive oil for frying		

#### Method

To prepare this feta cheese pastry, start by drying the feta with some paper towel. Use a knife to cut one filo sheet in the middle and brush with olive oil. Place the 2 halves of filo one on top of each other and in the middle place one block of feta cheese. Wrap the block of feta with the filo pastry, folding the edges over to form an 'envelope' with your feta inside it. Continue with the other feta blocks.

Warm up your frying pan heat on high heat. Add a good drop of olive oil, enough to cover half of your feta and filo blocks; basically you are shallow frying. Fry your filo wrapped feta on both sides, until golden and crispy. Using a slotted spoon remove from the pan and let them rest on some paper towel.

Heat up a small pan, add the honey, the red wine vinegar and the water, stir and bring it to a boil. Turn the heat off. Drizzle the feta blocks with the honey sauce and sprinkle with some sesame seeds.



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

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## FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



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Phone (03) 6374 2344



In 1868 Tasmania was the first state in Australia to introduce compulsory education. Fingal Probation Station was erected c1841, that included a hospital which consisted of two large wards with a passage in the centre. There were also two small rooms attached, one of which was used as a surgery and it was located on the east side of the probation station. This building survives today only because it was built of brick and not timber. After the closure of the probation station in c1848 the Board of education took over the hospital building to serve as the local primary school in 1856. It was a well-built structure and contained a large classroom (original sick ward) with the remainder of the building in use for teacher accommodation. By 1878 the building was becoming rickety and tumbledown, a disgrace to the township. In wet weather only one room was dry, the walls were opening and coming down and there were too many school children for one room. It was hoped that the Education Department would build a new school room. Enrolments in 1856 were 22 and increased to 47 by 1880, and 65 by 1885.

In December 1884, Michael Lattin/Lattan built a new stone schoolhouse and master's residence. The material being quarried on the spot, a calcareous sandstone, full of fossil corals, molluscs and crustaceans. The quoins, sills, friezes, lintels, cornices etc. are of freestone from a quarry nearby and a handsome addition to the township.

Some teachers who served were: Rosa Harper 1859; W G Williams 1860 - 1871; R Kerkham 1871 - 1875; S E Ironsides 1876 - 1880; M J Abel 1881 - 1892; George Perry 1892 - 1894; J P Montgomery 1895 - 1902; M J Abel 1902 - 1907; T W Blakie 1908; D McFarlane 1908; Henry B Naylor 1909 - 1916; R A Smith 1917 - 1921; G D Gleadow 1922 - 1928; Mr Norman G Cunningham 1929 - 1943 who was head teacher for 15 years, and his assistant was N E Reader.

At the end of the school year in 1936, gold medals were presented by the Minister of Education to Thelma Street, who attended the school for 9 years without missing a day, and to Fay Parsons, who attended for 8 ½ years straight.

There were many schools in the Fingal Valley including the following:

Avoca 1860 - 1983

Ormley 1900 - 1915, 1920 - 1941

Cornwall 1888 - 1948

Rose's Tier 1942 - 1946, 1948, 1950 - 1957

Esk Valley 1910 - 1913

Rossarden 1934 - 1994

Falmouth 1875 - 1879, 1882 - 1898, 1915 - 1916, 1918 - 1921

Royal George 1916 - 1926, 1935 - 1956

Germantown 1879 - 1911, 1913, 1934 and 1935

St Marys 1856 - 1857, 1859 - 1863, 1867 to present day

Gray 1887 - 1929

St Patrick's Head 1900 - 1909, 1916

Gunn's Mill 1941 - 1943

South Esk 1915 - 1919

Mangana 1867 - 1880 intermittently, 1880 - 1954

Storeys Creek 1918 - 1930, 1932 - 1972

Mathinna 1872 - 1997

Tower Hill 1910 - 1915

Mt Nicholas 1891 - 1928, 1931 - 1933

Upper Esk 1944 - 1960



*Fingal State School c.1850*



*Fingal School 1907*

Article by Rauni Paloniemi, Fingal Valley Neighbourhood House History Group

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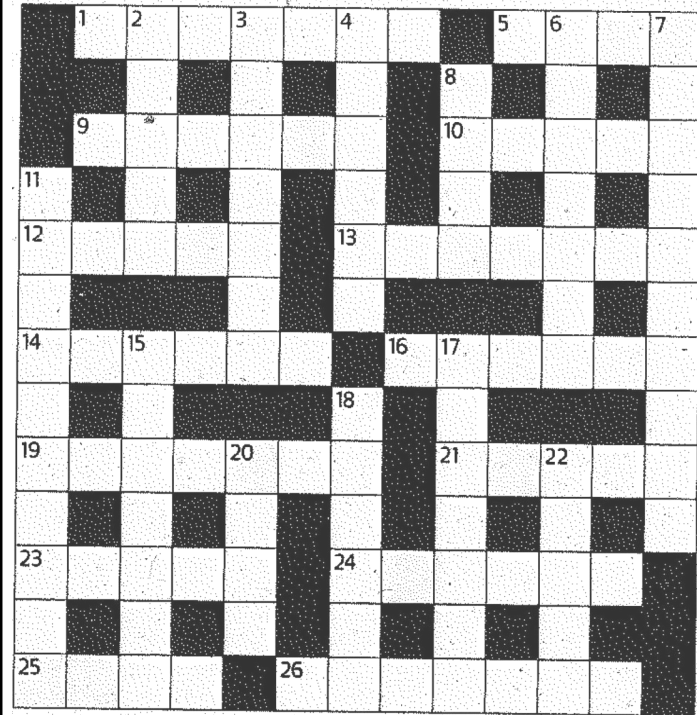
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# Crossword 55.20



### ACROSS

- 1. Safeguard (7)
- 5. Nourish (4)
- 9. Continent (6)
- 10. Roman soothsayer (5)
- 12. Larceny (5)
- 13. Vocation (7)
- 14. Hullabaloo (6)
- 16. Very recent (3-3)
- 19. Permitted (7)
- 21. Chronic drinker (5)
- 23. Confess (3,2)
- 24. Concurred (6)
- 25. Finished level (4)
- 26. Worship (7)

### DOWN

- 2. Awaken (5)
- 3. Family name in *Only Fools and Horses* (7)
- 4. Grip tightly (6)
- 6. European language (7)
- 7. Uncomplimentary (10)
- 8. Surety money (4)
- 11. Fortress (10)
- 15. Apprentice (7)
- 17. Hold spellbound (7)
- 18. Actor, \_\_\_ Fox (6)
- 20. Variety (4)
- 22. Crush (5)

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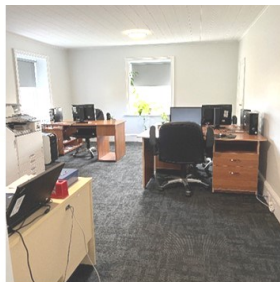
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Fingal Valley Neighbourhood House is funded by The Crown through the Department of Premier and Cabinet.



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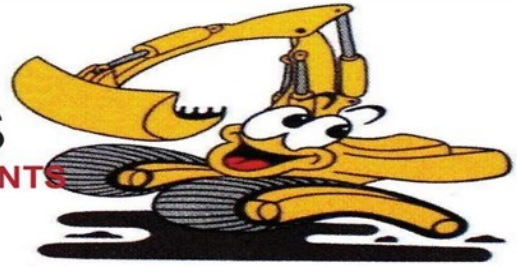


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## RAINBOWS AND RADISHES

By Bloomin' Iris



Hello to the Happy Gardeners!

Today I want to talk about Tomatoes; cherry tomatoes, big tomatoes, and tomatoes for sauces, any of our beautiful variety of tomatoes that we are fortunate to grow. A beautiful fruit that is grown for so many things from salads, sauces, and jams.

The frosty days, we hope, are gone now till Autumn, but please keep an eye on the weather, especially if the days are very clear and sunny whilst it is spring, as sometimes the frost follows these gorgeous sunny growing days.

Break your soil up by digging it over and if its texture needs improving, mix soil improver and fertiliser into the soil. Your plants need at least 6 hours of sunlight and preferably protected from the wind. Insert a stake or wire hoop for later support.

Add some potash to the soil at the time of planting out, as it helps the keep your plants healthy and also aids in better cropping. It is great for the garden flower beds, too improving the colour of and quality of the blooms.

**NOTE: Tomatoes should be spaced at 50-60cm intervals, to give them room to grow. Do not overcrowd.** Apply a liquid fertiliser to seedlings to improve their frost tolerance while young. Tomato plants require regular watering and feeding to produce healthy fruits. Watering in the morning is better and try not to wet the foliage. When watering tomato plants, the soil needs to be moist enough for moisture to reach the roots, but do not overwater. Regular watering also helps to prevent blossom-end rot. Also, keeping foliage off the ground helps to keep your plants disease free.

As plants grow, tie the main stems to stakes for support. Remove the small side shoots that appear in the angle of the leaves that adjoin the main stem. When there are five main trusses on the plant, removing the top shoot will concentrate the growth in the plant's fruit. This is not required for the small bush plants.

There are so many beautiful varieties that it is hard to choose! If your garden is very small or you only have a balcony and want to grow in a pot, make sure you use a good potting mix; there are ones especially made for tomatoes. 'Tommy Toe' is a delicious cherry tomato, also the small pear-shaped yellow tomato is also a tasty addition to your salads, and low in acid.

I'm sure that your crop will have yummy fragrant fruit and will pair well with your other salad crops....and until next time, don't forget the radishes!



'Tommy Toe' tomatoes are available in both yellow and traditional red.



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

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

The following list is a few of the available options:

**Chemist Warehouse**

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

Price \$45-\$55.

**Doctors on Demand**

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

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

**Instant Consult**

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

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

**InstantScripts**

[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)*

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## HELPLINES AND INFORMATION

In emergencies call Police on 000

For non-emergencies call 131 444

Tasmanian Government Family Violence Response and Referral Line - 1800 633 937

To stay up to date with emergency warnings in Tasmania - [www.alert.tas.gov.au](http://www.alert.tas.gov.au)

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

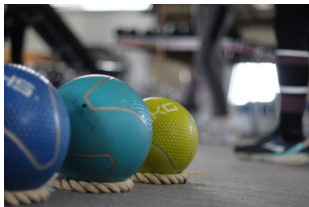
### Active4Life Break O’Day

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

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

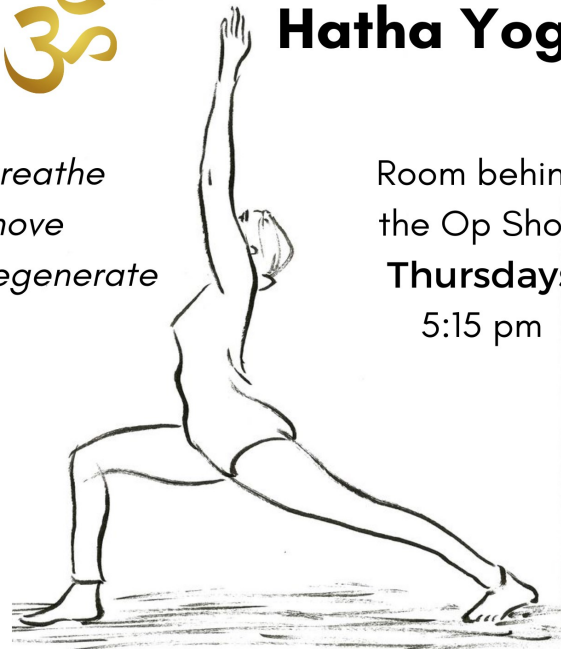
St Helens Active4Life programs are held Monday and Thursday mornings with fitness circuit classes. New participants welcome - subject to availability.

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



## Hatha Yoga

*breathe  
move  
regenerate*



Room behind  
the Op Shop  
**Thursdays**  
5:15 pm

Bring mat & blanket (few mats available)

\$10 per session

Any questions? Call Katrin 0402 315 564

Venue generously sponsored by Fingal Valley Neighbourhood House



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

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

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

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

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✉ guy.barnett@dpac.tas.gov.au

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

**JOBS  
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# Rebecca White MP

Labor Member for Lyons

✉ rebecca.white@parliament.tas.gov.au

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26th Nov**

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2023**

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off Tasman Highway  
Contact Nathan 0437 896 984  
or Amy 0417 152 337





# Fingal Valley Arts and Culture



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

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

Next Break O'Day Regional Arts Meeting **9th November 11.00 - 1.00pm**, FVNH St Marys Outreach Office (next to Op Shop). On the agenda:

- Summer Celebrations
- Film society plans
- Community Christmas Carols
- Winter Solstice Celebrations



## What's on in the local area?

### With One Voice Break O'Day

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

For more information, email [contact.wovbod@gmail.com](mailto:contact.wovbod@gmail.com) or call 0439 001 533

### Spinners and Weavers

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

### Fingal History Group

Preserving the historical, social and cultural heritage of the Fingal community and surrounding areas [history@fvnh.org.au](mailto:history@fvnh.org.au)

### Rustic Ragamuffins' Stitching Group

Homemade goodies, a cuppa and stitching; a recipe for a lovely escape, doing what you love with likeminded people

\$10 per session; bring your current hand stitching project. morning tea provided; byo lunch. At Fingal Valley Neighbourhood House, 10.00am - 3.00pm on the 3rd Monday of each month (except public holidays).

### St Marys Repurposing and Upcycling

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

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

*To list your community art project here, please email:*

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

BREAK O'DAY REGIONAL ARTS PRESENTS

# Summer Celebration

KIDS ACTIVITIES · LIVE MUSIC · MARKET STALLS · FOOD

**LIVE MUSIC**  
**SMOOTH OPERATORS**

**Free Entry**

**January 19th 2024**  
**4-7pm**

CASH ONLY STALLS

BYO Chair/PICNIC MAT

**ST MARYS RECREATION GROUND**

Harefield Rd, St Marys  
[bodregionalarts@gmail.com](mailto:bodregionalarts@gmail.com)

Break O'Day Regional Arts logo



# FINGAL VALLEY SUPERMARKET

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

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Fingal Valley Neighbourhood House

Brand New Show  
New Songs & Stories

Stage Whisperer Productions Inc presents

Chapter Two

# Sionnach Rua's GREAT IRISH SONG BOOK

An Enchanting Evening of stories, music and song

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/

Fingal Valley Neighbourhood House Book Club Group

# BOOK CLUB

Meetings every 1st Thursday of the month at 11am



Fingal Valley Neighbourhood House  
20 Talbot Street, Fingal TAS 7214

The crown is funded by the Department of Premier and cabinet.

Enquiries:

Megan: 0418 881 315

## SUNCOAST SPINNERS AND WEAVERS



It was a beautiful Spring day when the Suncoast Spinners and Weavers met for their monthly meeting in October. We all like meeting at 'Millbrook' in spring, as it is a chance to admire Helen's garden and take cuttings, as well as bringing along plants and seeds to swap amongst members. We arrived to find Helen busy bringing garden furniture and sunhats outside for us, as the weather was too good to stay indoors. It has been so blustery lately that we were very glad to be able to be out in the sunshine to look around the garden and work on our various projects with little or no wind. Helen's newest addition to her garden is a Leatherwood tree. Here's hoping it thrives and blooms well for her and the bees to enjoy!

Below are some pictures of our day together. We were just a small group this time, as circumstances prevented some members from attending. But it was a lovely day and we thank Helen for hosting the meeting at her place.

Robina and Jac are pictured spinning and plying yarn, while Megan is weaving a beret from wool scraps. Diana was weaving a mat on a portable frame, using materials recycled from garments and cloth from St Marys' Op Shop. Diana is a prolific recycler! Robina, Wendy and Eileen were also knitting, and Helen showed us some of her baskets she had woven over the years. Helen's fortnightly basket weaving classes have proved to be very successful this last year, and the recent exhibition of handicrafts at FVNH was dominated by a wide variety of her students' baskets on display to the public. Well done, all the creative basket weavers!



The November meeting will be held back at the Fingal Valley Neighbourhood House on Tuesday, 21<sup>st</sup> November, from 10.00am to 2.00pm. Morning tea is provided so bring your sandwich for lunch and come and join us. Contact FVNH on **63 742 344**, or ring Megan on **0418 881 315** for further details. Thank you also to FVNH for providing us with a room to meet in each month, for the low cost of just a gold coin per member, we certainly appreciate it.

Our meetings are held throughout the year on the third Tuesday of each month at FVNH from 10am to 2pm. The exception to this is in December, and this is a reminder to everyone that the last meeting for the year will be on **Tuesday 12<sup>th</sup> of December**, when we will be meeting at **Falmouth Hall**. On this day we each bring a plate of food to share for our Christmas lunch as well as our projects to work on. Last year was a lot of fun with Christmas riddles and charades, so feel welcome to come along and join our group.



## Pregnancy Counselling & Support

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- Baby clothes (up to size 00)
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- Help and support in the home
- Telephone and face-to-face counselling
- Post-natal support for grief and trauma
- Decision making; exploring the full range of pregnancy options
- After hours telephone support

Supported by the Crown through the Department of Health.

PHONE: 6224 2290 | WEB: [WWW.PCSTAS.ORG.AU](http://WWW.PCSTAS.ORG.AU) | OFFICE HOURS: 10AM TO 2PM WEEKDAYS

# YCONNECT NEWS

Youth Happenings in the Break O'Day

## TERM 4 UPDATE



### ST MARYS AFTER SCHOOL MEET-UPS ARE BACK FOR TERM 4!

Come and join us for some free food, fun games and great company!!

Where: St Marys Skatepark (wet weather venue is the room next to the Op Shop)

When: Thursdays 3.00-4.30pm

Who: Anyone aged 10-17

### ALSO FOR YOUNG PEOPLE....

Wednesdays 3pm - 4.30pm:  
Free2b Girls Group  
Thursdays 3pm - 4.30pm:  
Skittles LGBTQI+ Group  
*Both at SHNH Bungalow*

As the days get longer and the sun gets warmer, the team at YCONNECT start to get excited for summer adventures and activities. But before we start thinking too far ahead, we just wanted to recap on an absolutely fantastic Term 3 and October School Holidays program. Last term we teamed up with local artist Mel Hoult to run an in-school art program with an official exhibition 'Just B U' held at the end of term. Who knew we had so many amazing artistic young people!! Our school holiday program was also a big hit, with a bushwalk (and Ice-creams!), arts and craft workshops and a trip to the St Helens Serpentarium, where our brave participants showed the YCONNECT staff just how friendly those pythons can be. In term 4 we are also running an afterschool Mountain Bike program in St Helens, which we are hoping to bring to St Marys early 2024. Stay tuned!



YCONNECT's services and programs are for young people aged 10-17 living in the Break O'Day area. For more information contact Youth Program Manager Caitlin [youth@sthelensnhh.org.au](mailto:youth@sthelensnhh.org.au) or call St Helens Neighbourhood House on 6376 1134

SUPPORTED BY



### IN OUR SCAMANDER GARDEN ....

It is a busy time when you prepare for an Open Garden. We have done a mountain of weeding and planting. We scrubbed and painted chairs and rearranged many items. I am sure half of it would not get done without an upcoming Open Garden. My husband agrees, and his back knows it.

We had a chap from O'Brien's fixing a windscreen when I let out a scream that would have caused a dropping of such an item were it not for the suction plates. A jack jumper not only bit me, but clung to me like death was upon him, and it was. I blew at him but he persisted, so I had to swipe him against my jeans. I ran inside and put bleach and honey onto the affected area, as Paul at his nursery once taught me to do. It relieves the pain, though it did swell and was red. I got enough sympathy to be given the rest of the day off!

My Darling Dad turned 95 the other day. We gathered at his home in St Helens to help him celebrate this milestone. I asked, "What have you learned in your 95 years on earth, Dad?" He replied three things:

1. Say kind words even when it is easier to speak harshly,
2. Do unto others as I'd like them to do to me, and
3. I apologize, even when I know I am jolly well right.

Lucylle Walley, my sister, made a bountiful Chinese Banquet for lunch. Dad was delighted to have his eldest child Sally Breadmore and her daughter Jacynta, and her daughter Tyahna Rose make 4 generations there.

Now back to our garden, we are tidying up and the red kangaroo paws are exquisite this year. Some plums have been wind-blown, but there are plenty left for February's sauce-making. The acacia with their white descending florets brightens the garden, as do the bright Californian Poppies. There are red, white, and pink roses that have me smiling. One had the rootstock growing up beside it, so off with its head! I do sound vicious. In the hothouse, we have a couple of goldfish and the 'Living Chair' Steve was thrilled to win in the Hospital Auxiliary Raffle. Apart from that, the Family Tree by John at the Men's Shed, St Helens and my husband, we decided to have a Garden Family Tree as per photo.

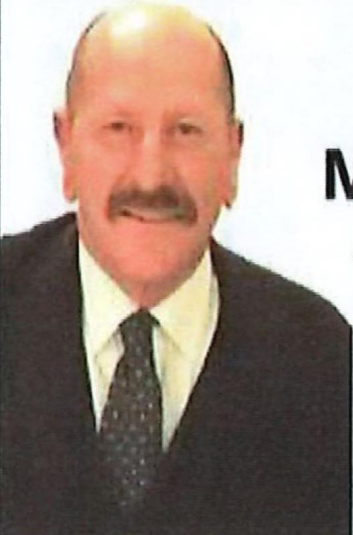


Arthur "Doods" Pike, my Dad, turned 95, so flowers and cake!



A visit from the Scottsdale Horticultural Society.

'till next time, Peg



**Mayor**  
**Mick Tucker**

*Serving all of Break O'Day*

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



**Break O'Day**  
COUNCIL

**Kylie Wright**  
Councillor  
0439 742 946  
kylie.wright@bodc.tas.gov.au

## SCAMANDER RIVER GOLF CLUB



### Wednesday 25th October - Midweek competition,

#### Multiplier

1st	Graham Little, Jens Kalisch	67 points
2nd	Steve Finearty, Rose King	54
3rd	Brad Ennis, Dean Richardson	48

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

Longest Putt on 9th: Graham Little

### Saturday 28th October - Men's Championship



Winners are grinners.. Mathew Cross A Grade and Club Champion 2023. Tim Upton B Grade champion. Brodie Frost C Grade champion.

### Tuesday 31st October - Ladies St Helens Harcourt Brooch and Putting

1st	Lesley Kellaway	68 Nett
2nd	Beth Haas	70
3rd	Sarah Tatnell	70
4th	Rose King	71
5th	Bobby Harwood	72
6th	Maryanne Ennis	73
7th	Carol Gunson	75
8th	Rhonda Hopkins	88

Putting: Sarah Tatnell

#### Upcoming games:

8th November	Midweek Competition
11th and 12th November	Men's Foursome Championship
14th November	Ladies' Golf- Stableford
15th November	Midweek Competition
18th November	Blue Seas Stableford
21st and 28th November	Ladies' Championship

### Wednesday 1st November - Mid-week Competition -

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

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

### Saturday 4th and Sunday 5th November - East Coast Masters

#### Ladies

##### Division 1:

1st:	Lisa Blackwood	41 points
2nd:	Annette Hibbs	36
3rd:	Fleur King	34

##### Division 2:

1st:	Linda Broomhall	37 points
2nd:	Kirsten Allen	35
3rd:	Penny Fielding	33

##### Division 3:

#### Men

Ron Apted	39 points
Nick Street	36
Craig Boutcher	35

Kerry Beaumont	37 points
Steve Broomhall	35
Billy Walker	34

Graham Little	40
Les Rattray	36
Steve Hibbs	34

Longest Drive: Jill Couch Ron Apted  
 Longest Putt: Helen Krawczyk Ron Apted

Congratulations to all players and winners.

### Tuesday 7th November - St Helens Harcourts Gold Brooch Play-off

Day Winners:		Nett
1st	Lesley Kellaway	73 (on c/b)
2nd	Sarah Tatnell	73
3rd	Rose King	73

Gold Brooch Winner: Lesley Kellaway  
 Longest Putt: Lesley Kellaway

Gobbler: Sarah Tatnell



# MALAHIDE GOLF CLUB

## Friday 27th October - Chicken Run

1st	Mike Prewer	26 points
2nd	Robert Matthews	27
3rd	DB Lowe	28
4th	John Vincent	29.5
5th	Ashley Stone	30
6th	Bill Swann	33

Nearest the Pin      4th:      DB Lowe  
    8th      John Vincent

## Friday 3rd November - Chicken Run

1st	Randal Wadley	25.5
2nd	Ashley Stone	28.5
3rd	DB Lowe	29.5
4th	Klaus Kobylinski	30

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

## Saturday 28th October - Monthly Medal

1st	Tony Weterings	71 strokes (on c/b)
2nd	Ashley Stone	71
3rd	Randall Wadley	75 (on c/b)
4th	Rod Hunt	75

Nearest the Pin      4th :      Grant Richardson  
 Eagle on 18th:      Randall Wadley

## Saturday 4th November - Stroke

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

Nearest the Pin      4th:  
    8th:

**JOHNS FAMILY  
 CHARITY GOLF  
 DAY**



### Upcoming Games:

11th November	Monthly Medal
18th November	Foursome Championship
25th November	Johns Family Day - 3-person Ambrose
2nd December	

**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

Malahide Golf Club  
 25th of November 2023  
 3 Person Ambrose  
 9.30am for 10am Shotgun Start  
 \$25 per person BBQ and afternoon tea  
 Supporting RAW Tasmania  
 Inquiries Andrew Johns 0427854555

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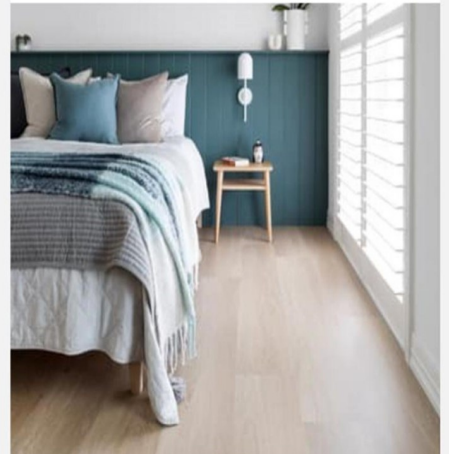


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## ST MARYS SPORTS CENTRE

By Volun Tier



We start this fortnight's news on a sad note, to report the loss of club stalwart, life member, volunteer, golf and bowls participant and all-round nice guy in Trevor Viney. Many wonderful stories shared at this wake last Thursday, of a quick-witted and wonderful story teller and jokester, just a great bloke to be around and associate with over a quiet beer; around 180 guests on the day bore testimony to how many people he touched in his life, he will be sadly missed by all around the club, and our sincere condolences to his immediate and extended families on their sudden loss.

Next to bowls, and here some refreshing news that our Pennant team travelled to Swansea last week and pulled off a win away from home by 6 shots. A fantastic result considering we had struggled in our first couple of games, with some stalwarts performing well and also a couple of newbies starting to hit their straps, it was certainly a good day for our team. No bowls this week, due to the long weekend, but hostilities resume next Saturday, when we take on Scamander down the hill, prior to a few well-deserved home games. Midweek bowls commenced the previous week as well, with a few late scratchings we managed to field a team in the revamped competition to win 1 game and go down in 3, a slow start for the players a well, but with a few new inclusions, we look forward to next week's game, also at Scamander. We also saw the wind-up of the East Coast Fours Competition, where we had 2 teams in the preliminary final, Ian, Garry Dany and Tamitha going down narrowly in their game, and Macca, Pete, Mick Kringle and Julie making it through the Grand Final but going down, again narrowly, to a representative team from Swansea. Congratulations to those who represented the Club so well, and now to the triples in a month's time.

To golf, and great news to report on the success of Bradley McDonald's Family and Friend Day, with 40 golfers taking part in such a close competition that was eventually won by Keith Gillies and his mate Jamie. So many prizes had been gathered that we had enough to give out to 10th place, as well as 4 nearest the pins and lucky card draw. I am sure that everyone had a fantastic day outside and inside the clubhouse. As well as the golf, we managed to raise around \$1000 for the charity Rural Alive and Well, and everyone must be congratulated on the day for their efforts. Story of the day goes to Jason Gledhill, who bought half a lamb that was auctioned off and must be the only Kiwi we know that had to ask how to do a lamb roast...

**Black Rock Golf:** was cleaned up by David Cannon on his return from the mainland, chicken run on Wednesday was won again by Keith Gillies, no nearest the pin this week.

**Member Draw:** Last week, Macca, who donated the prize back, and this week Harris Funerals, who weren't present to collect their prize, that now jackpots to \$130.00 in fuel. Be there at 8.00pm on Friday night to be eligible to collect the prize.

### 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.

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## ***SPRING SPECIALS NIGHT***

**Our last 2 Friday nights at the Centre for 2023  
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