



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.22 7th December 2023

Deadline for 55.23 is 5.00pm on Monday 18th December 2023

STUDENTS SPREADING CHRISTMAS CHEER THIS FESTIVE SEASON WITH THEIR ARTWORK

For the second year in a row, Council has been working with students from the St Helens and St Marys District Schools to spread Christmas cheer around our community. The competition, which sees students create Christmas themed signs, was even more successful this year with more students participating and submitting their creative artwork from both schools. Students from Kinder to Grade 6 were invited to submit their Christmas-inspired artwork to Council with 16 winning designs chosen by an independent panel to be turned into the signs that will be displayed under township signs and other locations around the Break O’Day area. Thank you to all the students who submitted their artwork and teaching staff for supporting this project.

Congratulations to the winning designs:

St Helens District School: Yana Blades – Kinder, Hannah Roberts – Prep, Joe Bellchambers – Grade 2, Houn Harder – Grade 2, Evie Bidgood – Grade 4, Maia Hori – Grade 4, Bri Marston – Grade 5, Archer Harrison – Grade 6.

St Marys District School: Ella Cordwell – Kinder, Victoria Quinn – Prep, Lilee Tibben – Grade 1, Seth Scarr – Grade 2, Leira Rankin – Grade 3, Kyuss Barratt - Grade 4, Oliver Hibberd – Grade 5, Claire Ward – Grade 6.

“My fellow judges and I had a hard task to choose from many creative designs. We are proud of all the students who entered and amazed at the imaginations of our Break O’Day youth. The signs are sure to spread some holiday cheer to our community this festive season. Not only do the students get a chance to show off their artwork to the town, but after Christmas the student’s signs will be presented back to them as a lovely keepsake.” Mayor Tucker said.

Council plans to continue this project next year, giving a new set of students the opportunity to be a part of this project.



The winning entries from St Helens District High School.



Students from St Marys District School show their winning signs.

VOICE for
RURAL &
Regional
Tasmania

John
Tucker MP
Independent Member for Lyons

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

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



INSIDE THIS EDITION

Emergency Contacts	2, 22
Cage Rattler	9
Mind Matters	11
Crossword	19
Crossword Solution	34

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

ADVERTISING RATES - 2023

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

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

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

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

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

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

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

valleyvoice@fvnh.org.au
 (03) 6374 2344
 PO Box 322 Fingal Tasmania 7214

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

24 HOUR EMERGENCY CONTACT NUMBERS

Abuse & Assault Services	1800 737 732
Ambulance, Fire & Police	000
Crime Stoppers	1800 333 000
Digital Mobile Phone Emergency Service	112
Poisons Information	13 11 26
SES: Flood & Storm emergencies	13 25 00
TasNetworks	13 20 04
TasWater	13 69 92

Opinions in any letters published are not necessarily those of the Editor, staff or volunteers.

Our pages remain open to fair and honest criticism so that, on all questions, both sides may be presented, but any submissions containing personal attacks/libel/slander will not be accepted.

Kindly do not attack the Editor, the paper or the authors of previous articles.

All articles for submission, including letter to the Editor, must bear the author's full name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only. Letter writers will be given the chance to respond over a suitable period of time.

Subjects may be closed at the Editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam. Articles most commonly published are those relating to current community issues.

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

The Editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary. Whilst we value and welcome community input, the Fingal Valley Neighbourhood House does not provide specific feedback regarding any decision made not to publish a submission.

The Fingal Valley Neighbourhood House reserves the right at all times, without notice, to update, change or amend our guidelines. All information is correct at time of printing.

This newspaper is about the Fingal Valley and the East Coast, and the people who live here.

If you have a story you would like to share, or a suggestion for an article or regular column, please contact the Editor. We also like to tell people about your sport clubs and events.

Email me at: valleyvoice@fvnh.org.au
 Elizabeth, Editor The Valley and East Coast Voice.

AED

AUTOMATIC EXTERNAL DEFIBRILLATORS

To locate your nearest AED, go to:
www.dhhs.tas.gov.au/ambulance
 and search for 'AED'

This site has a map locating all local AEDs

IN AN EMERGENCY, CALL 000

TASMANIAN RURAL SUICIDE PREVENTION PROGRAM RECEIVES NATIONAL RECOGNITION

Rural Alive and Well has received accreditation from the national suicide prevention peak body for its Country Outreach Program. The program provides rural counselling and support to rural communities to help deal with challenging life experiences, including mental health and welfare issues, with a focus on suicide prevention. It has been recognised with accreditation by Suicide Prevention Australia for meeting quality improvement standards across a range of areas. The mental health and wellbeing of rural communities is essential to a healthy Tasmania, which is why the Tasmanian Liberal Government is committed to ensuring people have access to the support they need wherever they live across the State. Premier and Minister for Mental Health and Wellbeing, Jeremy Rockliff congratulated Rural Alive and Well (RAW) on their achievement.

“Our Government is a strong supporter of RAW, investing more than \$1.5 million dollars in its Country Outreach Program for Rural Counselling and Support Services, including \$200,000 specifically for addressing the needs of older people in our remote and rural communities,” Premier Rockliff said. “We are committed to ensuring all Tasmanians, including those living in rural and remote areas, are equipped with the skills and support they need for their mental health and wellbeing. Organisations like Rural Alive and Well do an incredible job providing mental health and suicide prevention services that are tailored to the needs and experiences of the communities they serve.”



Tom Windsor from RAW, dairy industry farmer Troy Ainslie, and Premier of Tasmania Jeremy Rockliffe.

Barb Walters, CEO at Rural Alive & Well, said, “Suicide prevention is complex. RAW values the National Suicide Prevention Accreditation by Suicide Prevention Australia as not just something that seems a good idea, but is essential for safeguarding people during vulnerable periods. The National Standard provides the checks and balances across the sector to hold groups accountable to best practice standards. It's humbling and rewarding to know that the framework and foundation of RAW's one-on-one support has been tried and tested by the National Standard, and has been proven to meet the best practice standards and guidelines. As Troy will share, there is still such a large stigma and barrier for reaching out for support within our rural communities. RAW chooses to break down those barriers and support in a framework which typically looks to be an outside-of-the-box solution. RAW has now been able to prove that you can innovate to create greater impact, whilst remaining within a framework of best practice.”

Local Farmer and recent winner of the ANZ Dairy Business of the Year Award Troy Ainslie commented on the risk of suicide in the agricultural industry, saying, “There has been bad stigma about mental health particularly in the dairy industry, but across all agriculture for a long time. The work RAW does is addressing stigma and providing one-on-one support to farmers and rural communities experiencing challenging times is excellent. We are losing too many farmers each year to suicide.” He added, “There are people there to talk too, you aren't alone, and RAW is there for anyone when they need it.”

The Tasmanian Liberal Government is doing what matters for the community by investing in mental health services rural and regional Tasmania needs and deserves, including our Patient Travel Assistance Scheme, establishing the Tasmanian Lifeline phone number, and partnering with Life Without Barriers to launch a youth mental health program in the Circular Head region.



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 16th 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

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



CELEBRATING VOLUNTEERS WITH DISABILITY

Volunteering Tasmania recognised International Day of People with Disability last week, with the launch of an awareness campaign to celebrate volunteers with disability.

The awareness campaign is the result of a co-design project facilitated by Volunteering Tasmania, alongside key stakeholders, to help understand the challenges and needs of people with disability, and to support organisations to deliver more accessible and inclusive volunteering opportunities. The experiences of seven volunteers with disability from across the State will be shared over the coming months, either as videos or written stories.

One of the volunteers profiled is Dee Alford, who is a volunteer artist mentor at Interweave Arts Studio in Launceston, an active committee member of the Lilydale Progress Association and identifies as having a disability. Dee has a lived experience with mental illness which she considers to be both a challenge and a resource in her life, giving her a unique perspective on how to value and engage with self and others. "I'm aware of my differences, but I celebrate my differences, and see that perhaps I can represent a different view in the workplace," says Dee. Dee contributes significantly to her community, aligned with her values of inclusion, connection and the positive benefits of art. She says she loves volunteering with Interweave Art Studio because they "not only accept diversity, but they actually embrace and celebrate diversity."

Everyone should, but not everyone does, have equal access to the benefits of volunteering, explains Volunteering Tasmania chief executive officer Shirleyann Varney. "While volunteering can act as a powerful driver of inclusion, it is not immune to the systemic barriers that impede participation across society." In recognising the benefits gained from engaging volunteers with diverse backgrounds and skill sets, significant work has been undertaken across the volunteering industry to create safe, accessible volunteering opportunities. "Yet with minimal resourcing, volunteer-involving organisations have faced challenges in enacting organisational change that embraces, encourages and celebrates diversity at a systems level. "We are advocating to the Tasmanian state government for funding that will support volunteer-involving organisations to provide volunteering opportunities that are meaningful, equitable and accessible for people with disability," said Ms Varney.



To view the video and accompanying discussion guide, head to Volunteering Tasmania website, and click on 'For Organisations'. You can also search for volunteer positions on the website.

MORE FUNDING FOR SAFER TASMANIAN ROADS

The Rockliff Liberal Government is working hard to deliver on its long-term plan and do what matters for all Tasmanians by improving road safety around our great State through a range of initiatives.

We are continuing our investment in safer roads with another \$4.7 million now available to make our local roads safer through the Vulnerable Road User Program (VRUP) and Safer Rural Roads Program (SRRP).



Minister for Infrastructure and Transport, Michael Ferguson, said that together the two programs had helped deliver more than \$35 million worth of upgrades across more than 250 different projects around the State. “Our previous round of funding for the programs saw more than \$4.6 million spread across 33 projects, taking the total funding provided by the Tasmanian Liberal Government, over the life of the programs, to \$16 million,” Mr Ferguson said. “We know that more than half of all fatal and serious injuries occur on local roads and that these roads make up around 80 per cent of the Tasmanian public road network. These programs are designed so that local knowledge and perspectives decide what action needs to be taken and where, with local government telling us where priority areas are.”

“Since 2013-14 the Vulnerable Road User Program has been improving road safety in urban areas with more than 170 projects delivering almost \$21 million in improvements like pedestrian crossings, footpaths, shared paths and bicycle lanes. Beginning in 2020, the Safer Rural Roads Program has funded 77 projects worth almost \$15 million for widespread, low-cost upgrades such as signage, line-marking and barriers to help reduce the risk of head-on and run-off-road crashes,” he continued.

“I encourage anyone with concerns about a particular danger spot or a good idea to make a particular area safer to contact their local council,” Mr Ferguson concluded.

Councils have until 23 February 2024 to submit their applications to share in the funds.

Vulnerable Road User and Safer Rural Roads programs are key initiatives under the Towards Zero Action Plan 2020-24 to improve the safety of all road users.

For more information visit: www.transport.tas.gov.au/road_safety_and_rules/grants_programs

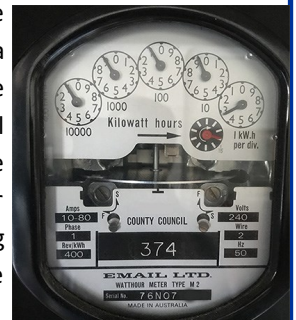
(Article courtesy Tasmanian Government media release; photos, Google)



NEW RETAILER TO BRING COMPETITION TO THE TASMANIAN ELECTRICITY MARKET

Tasmanian homes and businesses will have greater choice from next year following a decision to allow TasGas Retail to enter the retail electricity market.

“We recognise Tasmanians’ frustration by their lack of options for electricity and we understand the impact that the lack of real competition has had on household bills,” said TasGas CEO, Phaedra Deckart. “We know customers will welcome more competition and we’re pleased to be able to drive that benefit into Tasmanian homes and businesses. Our entry to electricity retailing in Tasmania will introduce much-needed competition in the Tasmanian energy market and provide a real and credible local choice for households across the State. TasGas has been part of the Tasmanian community for the past 20 years and has played a key role in Tasmania’s energy security as the state’s leading natural gas company. Given that there is today very limited competition in the electricity market, we see opportunity for a local Tasmanian business to offer more choice to Tasmanian customers.”



“Customers have always been central to the way we work and we are excited about broadening our great local customer service to more Tasmanians,” Ms Deckart concluded.

TasGas aims to be a diversified energy business, and will soon rebrand to better reflect its move into the retail electricity market and the future growth opportunities in biofuels and green gases.

TasGas Retail is a part of the TasGas group, Tasmania’s leading natural gas company with expertise in transmission, distribution, transportation and retailing, with offices in Launceston and Hobart and operations that span Tasmania and regional Victoria.



SUBMISSIONS OPEN FOR MATERNAL AND PEDIATRIC INQUIRY

Tasmanians are urged to share their experiences and thoughts on accessing maternity and child health services across the state.

Submissions are now open for the Parliamentary Inquiry into Reproductive, Maternal and Paediatric Health and Perinatal Mental Health. This is a real issue facing Tasmanians that urgently needs to be addressed.

The inquiry will see the committee report on and assess the adequacy, accessibility and safety of a range of services including reproductive health, maternal health services, perinatal mental health, paediatric services for children aged under five and the Child Health and Parenting Service.

The committee will also explore workforce shortages and make recommendations on actions.

More details of the inquiry, including terms of reference, can be found at the Committee page on the Parliament of Tasmania website.

Enquiries or postal submissions to the enquiry should be sent to:

The Secretary, House of Assembly Select Committee on Reproductive, Maternal and Paediatric Health Services in Tasmania, House of Assembly, Parliament House, HOBART 7000

or by email to: rmphs@parliament.tas.gov.au

Submissions can be made confidentially by indicating clearly at the top of the submission, or in a covering note, explaining why it is requested to be kept confidential, and all submissions close on January 25, 2024.

The committee will report back in April 2024.

All Tasmanians deserve to have access to safe and appropriate health services.



HILLY'S IGA ST MARYS

A FULL-SERVICE SUPERMARKET

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

LARGE DELICATESSEN, SEAFOOD, MEAT AND FRUIT AND VEGETABLE DEPARTMENTS

HILLYS FAMOUS BBQ CHICKENS MADE-INSTORE PIZZAS

COOKIES FRIED CHICKEN BURGERS, POPPETTES AND WRAPS

HUGE VEGAN AND GLUTEN-FREE RANGE, ALL CLEARLY TICKETED

WINTER APPAREL, TOYS AND HARDWARE 100'S OF EXTRA SPECIALS EACH WEEK

FREE PIECE OF FRUIT FOR THE KIDS

BEST PRICES ON BULK DOG FOOD AND BIRDSEEDS

SENIOR DISCOUNT WEDNESDAY CARRY-TO-CAR SERVICE

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

OPEN 7 DAYS A WEEK

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



TASMANIAN LYMPHOEDEMA AND LASER THERAPY CENTRE GARDEN PARTY A GREAT SUCCESS

The Tasmanian Lymphoedema and Laser Therapy Centre would like to thank the east coast community for their support of our major fundraiser, the Garden Party held on Saturday 2nd December. We were very pleased the weather improved, with a beautiful sunny day showing Nev and Bryon's fabulous garden off to great effect.

Over 130 visitors enjoyed a delicious morning tea provided by St Marys District School and our dedicated volunteers. With One Voice Break O'Day community choir entertained the crowd, plus there were books, plants and lots of creative items from the St Marys Repurposing and Upcycling Group to purchase.

Our raffle was drawn with prize winners:

- 1st Prize Bryon Beggs Painting - Paula
- 2nd Prize Cancer Awareness Handbags and toiletries - Shaz and B Halton
- 3rd Prize Bowen Treatment - Roxie
- 4th Prize Treatment with Bree Piscitelli - J O'Hara
- 5th Prize Tasmania Shop Voucher - Diana
- 6th Prize Felted Alpaca Scarf - Lyn
- 7th Prize Quilted handbag - T Kelly

We would like to thank the following people and business for their support:

- C & D IGA for donations for refreshments
- Mel Norton
- St Marys District School Catering group - Ken Stonehouse
- St Marys Repurposing and Upcycling Group
- With One Voice Break O'Day
- Paul's Garden Centre at Scamander
- Pamela O'Hara
- Nev & Bryon
- Tasmania Shop at St Helen.

Thank you to all of the committee members for their work in making this fundraiser such a success. All proceeds of the day support the work of the TLLTC.

For more info on how to book an appointment with one of our therapists, email: lymphoedemas@gmail.com



ADVERTISEMENT



Brian Mitchell MP

Your Federal Member for Lyons

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

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

SOUTHERN CROSS TELEVISION

ST MARY'S PACING CUP

it's Back & it's On!



MONDAY 1 JANUARY 2024

VENUE: St Mary's Sports Ground
TIME: Gates open 11.00am
PRICE: Adults \$10, Concession \$6, Children U16 FREE
 Tickets available at the gate

RACE DAY ACTIVITIES:
 • Major Raffle • Mini Trots • Free Face Painting
 • Free Raffle Boys & Girls for Blue Tooth Speakers

FASHIONS ON THE FIELD
 Ladies Fashions
 1st - \$800, sash, wine and chocolates
 2nd - \$200, wine and chocolates
 Junior Fashions: Girls 0-5 years, 6-10 years, 11-15 years
 1st - Cash prize, sash and chocolates
 Boys 0 to teenage: 1st - Cash prize and chocolates

MINI TROTS
 Fashions on the Field
 Face Painting

FOR FULL EVENT INFORMATION VISIT GORACINGtasmania.com.au

GORACING TASMANIA

Fingal Valley Neighbourhood House presents our very own:

CHRISTMAS PARTY

Main Event:

- Prizes for best bike and best outfit
- Free BBQ, drinks and icy poles
- Raffle
- and more...

DEC 21 2023 KICK OFF AT 5PM

Fingal Recreation Ground
Brown Street

BOOK YOUR SPOT BY CALLING: 6374 2344

You must let us know you are coming. We are proud to partner with Building Blocks



 Fingal Valley Neighbourhood House

Funded by the Crown through the Department of Premier and Cabinet

GET HOOKED ON NEW APP FOR RECREATIONAL FISHING IN TASMANIA

A new recreational fishing app is ready to lure fishers in this summer.

Available to download now, the new 'Fishing Tas' app replaces the Tasmanian Sea Fishing Guide app as the definitive resource for recreational sea fishing information in Tasmania, with many favourite features receiving updates and new looks. Minister for Primary Industries and Water, Jo Palmer said the Tasmanian Sea Fishing Guide app was launched ten years ago to give Tasmanian fishers a convenient one-stop-shop for any information they needed when fishing.

"Since then there has been more than 100,000 downloads and 40,000 active users, so it's done its job well," Minister Palmer said.

Developed by the Rockliff Liberal Government, the new app is an essential addition to the tacklebox for recreational fishers in Tasmania. "It includes a guide to more than 150 fish species, recreational sea fishing rules, and offline-accessible maps including fishing areas, restrictions, and fishing facility locations," Minister Palmer said. "It's great to see that this new app has already had more than 2700 downloads within its first week of release."

Importantly, recreational fishers can use the new Fishing Tas app to report their rock lobster catch as part of new mandatory reporting requirements which come into effect on 2nd December 2023.

"Recreational rock lobster licence holders are required to complete the report after fishing for rock lobster, even if none are caught," Minister Palmer continued. "Catch reports must be made before leaving the point of landing, where you come ashore after fishing. If you don't have access to the App there are other means by which you can make your report." With fishers providing more accurate reporting of their catch, fishery managers and scientists can rely on high-quality data on the rock lobster fishery, which means better management of the rock lobster stock for all fishers.

The Fishing Tas app will continue to be updated, and we encourage fishers to provide feedback and ideas for future development by emailing fishingapp.feedback@nre.tas.gov.au.

For more information about the new app and mandatory rock lobster catch reporting, visit www.fishing.tas.gov.au/fishing-tas-app



The Fishing Tas app.
 Your ultimate guide to sea fishing in Tassie.



The Say by the "Cage Rattler"

Customer Service....geez, does it still exist like it used to? I'm not talking about local stuff, but the big crowds.

In the past week, firstly with a very major Federal Government agency, then with a very well known telco we all know and hate. I have a valid case to say that Customer Service is sadly lacking. I had a moderately small bill to pay, so as it became due, I tried to pay it over the phone as suggested. After nearly an hour, a pet who got going while the going was good as frustration grew, and three vain attempts to explain the payment, it culminated with a non-payment. On the following Monday, I stupidly tried again and after waiting initially for around 50 minutes with an irritating, "You have progressed in the queue," on many occasions, I got to talk to someone. Then the obligatory run through of your name and, "How do you spell that", and address and date of birth and security questions, I finally got to explain my situation - twice - then only to be told that the person wasn't sure, so to please hold to talk to another person from the correct department. 'Think' music, more "you have progressed in the queue," and all for another 25 minutes I guess. After all that, all through the name, address, date of birth, security questions, to be told, "I'm sorry, I can't see what the problem is." Suggestion, try BPAY. By now, I am amazed I kept my cool. My pet left again to the haven of a tree up the back, just to be on the safe side....I just sat there for a minute, contemplating the way over an hour I'd just lost....



A week or so later, I had to deal with the phone/internet crowd on a service issue. Once again, the wait times were ridiculous, advice ambiguous, and no guarantee that the problem was addressed! Luckily it was, after a follow up contact the next day....

I don't mind paying for these services when the support is expedient, the help is assured, and the outcome is positive, but in all honesty, I think it's about time that these very major services worried less about their profit margins and more about keeping millions of loyal customers as happy as possible. If not, why not, eh?

What do you think ?



YOU ARE INVITED TO

CHRISTMAS CAROLS

SUNDAY AT 4PM - 17TH DEC 2023

ST. MARYS WOMBAT WALK STAGE
Special Guests + With One Voice Choir

DONT FORGET TO BRING YOUR BLANKET OR CHAIR



Come and learn
about the bounty
of the sea

Sunday 10th December 11 am
Waubs Bay – near the boat ramp

Rees Campbell, author of "Eat MORE Wild Tasmanian" will soon be visiting Bicheno to expand our knowledge of Tasmanian native edibles to seaweeds.

Rees will conduct a beach walk and talk to identify the best of Tasmania's edible seaweeds, their health and nutritional values, and learn how to prepare and cook these amazing free food.

Rees will bring samples of seaweed based food to try, and copies of The Seaweed Supplement to buy.

Feisty Tasmanian products for purchases and copies of Eat MORE Wild Tasmanian, Cash or EFT available

Cost will be \$10.00 per person (maximum 40 participants)

If you are interested please contact Jennie Staal on 0417 590 851 or email harbourbeach@bigpond.com if you would like more information



Supported by Break O'Day Region Arts
More information: bodregionalararts@gmail.com



Are you seeking assistance with any of the following?

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

Visit www.assistancetas.com.au

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



BENDIGO COMMUNITY BANK PRESENTS

ST HELENS CHRISTMAS PARADE

December 24th 2023 5.30pm Start

ENTRY FORMS NOW AVAILABLE

via email bodchristmasfestivitiesgroup@gmail.com or at the St Helens Neighbourhood House.

ENTRIES CLOSE 15th DECEMBER 2023

BRINGING BACK A LOCAL TRADITION GET YOUR THINKING CAPS ON!!

LOOK OUT FOR SANTA & THE ST HELENS FIRE BRIGADE TRADITIONAL LOLLY RUN AFTER THE PARADE.

Email: bodchristmasfestivitiesgroup@gmail.com

ALEX GRAHAM LEGAL
YOUR LOCAL LAWYER

YOUR LOCAL LAWYER, ON THE EAST COAST



 CONVEYANCING & PROPERTY	 WILLS & ESTATES
Alex assists clients with all aspects of buying and selling property in Tasmania including a fixed-fee conveyancing service.	Alex drafts estate plans, wills, powers of attorney and advises on all aspects of estate administration including contested estates.
 CRIMINAL MATTERS	 COMMERCIAL & FAMILY LAW
Alex represents clients in criminal matters including appearances at St Helens Magistrates Court (traffic and drink driving offences, Restricted Licence Applications).	Alex advises on subdivisions, commercial lease agreements, sale of business agreements and family law following the breakdown of a marriage or relationship.

Living and working on the East Coast of Tasmania, Alex Graham understands your local context. Appointments are conducted at Alex's Bicheno office or by prior arrangement elsewhere on the East Coast. Additionally, Alex has regular availability from her office at Cense Space in St Helens.

With nearly two decades experience as a barrister and solicitor, Alex is your local lawyer on the East Coast of Tasmania.

WWW.ALEXGRAHAMLEGAL.COM.AU 0407 242 265 alex@alexgrahamlegal.com.au

BLOOD OF THE COVENANT

I've long had a fascination with the intricacies of human language and how it can influence ways in which we think and feel. Music, mantras, poetry - they all have the power to communicate profound emotions, and carry more meaning than the sum of their individual words. When I was studying linguistics in undergrad, I took a great interest in learning about proverbs and their etymologies. I learned, for example, that 'to bite the bullet' came from days of warfare when doctors were short on anaesthesia, and they'd ask patients to bite down on a bullet to distract from the pain. And that, 'to give the cold shoulder' had come from a custom in the 1800's where serving someone a cold piece of meat from the shoulder of mutton, pork, or beef for dinner (as opposed to a warm one), was a way to communicate that they were unwelcome and should leave. As you can imagine, over the years these meanings have changed - some more than others.


'Blood is thicker than water' is one such phrase that has lost its intended interpretation over time. Today, it is commonly used to express the idea that familial (or blood) ties are stronger and more enduring than other relationships, and that these loyalties should be prioritised and valued above all else. The thing is, family relationships can be strong and enduring when you come from a family that has integrity, is supportive, and reciprocates things like respect and empathy. Unfortunately, that's not always the case, and the core belief behind this expression often ends up either trapping people in unhealthy or abusive situations, or making them feel massive amounts of guilt over choosing to not have contact with certain members of their family - neither option bodes well in terms of mental and emotional wellbeing. I wonder if we can start to shift that sentiment?

"Blood of the covenant is thicker than water of the womb."

Although not historically accurate, I much prefer this ironically flipped and extended version of the expression, which challenges the precedence of biological family ties in certain contexts. It instead suggests that the commitments we make by choice (the covenant), hold far greater significance than those imposed by birth (the womb). This is not to say that family isn't important, but that family should not be exempt from the fundamental principles of healthy relationships - mutual respect, trust, support, and consideration. Whether by blood or by choice, our relationships should enrich our lives and function as a privilege, not a right.


Deciding to distance yourself or cut ties with a family member can be a really difficult thing to navigate. We are often left with feelings of guilt and shame, along with the weight of expectation, judgement, or blame from others. We struggle because it can feel like an act of betrayal to our biology, our culture, our community, and our sense of self. However, we can challenge these feelings and choose to recognize that simply sharing familial ties with someone should not automatically grant them unrestricted access to (and demand on) our lives, and at times, it may be necessary to establish boundaries with those who do not contribute positively to our growth.

As children, we are brought up to put our families, especially our parents, on a pedestal - often being pressured to ignore hurtful behaviours and show unwavering respect. However as autonomous adults, it's important we develop a sense of care and respect for ourselves by understanding that the people we surround ourselves with act as a mirror. How they treat us, how they speak to us, how they engage with us, all impact on things like our confidence, self-esteem, and self-worth. How they see us is often how we learn to see ourselves. So, if you weren't fortunate enough to have been born to a family that is attentive, supportive, and safe, you can create a different one - one that can be a just, if not more, significant part of your life. Know it's possible to prioritise relationships with others that are based on shared values, experiences, or beliefs instead. You can choose to weigh your relationships on merit, rather than on the accident of shared DNA.



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

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

© 2023  Counselling & Consulting Services Tasmania

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>STAR FM</p> <p>Program Guide</p>  	Brekkie	Start your working week	Fruity and Loopy	COFFEE	COCO POPS	TAZZ on Toast	Saturday's Sunny Side Up	ICECREAM SUNDAE on Sundays
	Morning	with Star FM Get some Sand between your toes with The Sand Man	with Flashy A Taste of TAZZ - Plus Community Interviews at 11.15 with TAZZ	with KIMMIE Get plugged in with Pugs Real Estate Tips and Trends at 10.30 with PUGS	with KIMMIE The True Grit Show with The Sand man	with TAZZ Simply 60's request show with Guest Presenters	with Manny "Get Happy" with Angelina	with PUGS
	Arvo	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	In the Lab with Dr Dave Quizzes at 3 and 4pm with Dr Dave	Star FM's The 80's Zone
	Late Arvo	Jacksters HOT HITS with JAX	2 For Tuesday Request with ASTRO	Something Fishy is going on with Fyshy	DR DAVES Travelling Medicine Show with DR DAVE	TheRock Odyssey with CANUCK	"The No 80's Zone" [everything except the 80's] The Star FM	with The Tone
	Evening	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 Star FM	THE PARTY PIT with Star FM	Big Daddy Davo's Blues Mix hosted by Dave




48 Main Street Phone (03) 6372 2181
St Marys 7215 Hosts: Tony and Bronwyn

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

Dine-in and takeaway meals available
 Lunch Wednesday - Sunday: 12.00pm - 2.00pm
 Dinner: 5.30pm - 7.30pm
 Pasta night every Tuesday
 (Bookings preferred for all meals)

GUEST ARTISTS
SUNDAYS FROM 3.00PM

10th December Puddle Monkeys
 17th November Brooke Banderas

YOUR FAMILY-FRIENDLY LOCAL HOTEL



St Marys
CHRISTMAS PARTY

❄️ **24 DEC** ❄️

PRIZES | PARADE @ 5PM | SANTA!
 FREE ENTRY | BBQ | 3PM- 6PM

ST MARYS COMMUNITY SPACE - (SKATE PARK)
 CHRISTMAS STOCKING DRAW

AUDIENCE ENJOY LAST GIG FOR 2023

Well, what a fantastic time was had by 84 people, when Kaye Payne and The Presidential Suite played for us at our November Lunch and Munch, to finish off a wonderful year of entertainment for the Jazz Club, once again promising to come back next year to entertain us.

The Club has had some amazing performances this year with the likes of Ian and Rita Summers, The Rennies, Croon, Jo King and The Quips, and Chris and Viv Boys to name a few, with so much more in store for 2024.

Starting off the year in January will be The Chris Munday Trio. They will be performing on Australia Day, 26th January, at the Footy Club Rooms in Tully Street, from 12 midday; what a way to celebrate Australia Day, with ceremonies in the morning I'm sure, then to carry on with music in the afternoon. Bring your lunch down to the Footy Club, enjoy a drink or two to celebrate, or the tuck-shop will be open for sandwiches and cakes, tea and coffee is free, served with a smile... all this for just \$10.00 for members or \$15.00 for non-members. So bring a friend or two with you, and enjoy the music and friendship the Jazz Club offers....

See you there, FRIDAY 26th JANUARY 12.00 - 2.00pm, and on behalf of the Committee of Suncoast Jazz Club, we wish you a wonderful and joyful Christmas, and hope to see you all again in 2024!



The wonderful Kaye Payne and the Presidential Suite performing at George's Bay Music Lunch and Munch concert for November.



Wendy McLean and Paul Freeman enjoy tripping the light fantastic.



HOBART SHOPPING TRIP

Have you still got some things to purchase for Christmas? Hurry! Book your spot now on the Fingal Valley Neighbourhood House bus to Hobart.

Departing Fingal at 8.30 am, on Monday, December 18th bound for Northgate, Bunnings, and time permitting Eastlands.

Minimum 6 people. Cost is \$20 per person. You must let us know before Friday, December 16th.

BOOK NOW
6374 2344



COMMUNITY CAROLS

Sunday, 17th December
Bicheno Hall
Starting at 6.30pm

Featuring -
The Twice Girls & Nic Wardlaw
& other Special Guest Artists

Bring along a Blanket & enjoy this Community, 'Family-Friendly' evening.

*Battery Candles available for purchase (No wax candles please!)

WHAT DO YOU BUY A CENTARIAN FOR THEIR BIRTHDAY?

I recently received an invitation from my niece to attend her mother's 100th birthday on December 23rd of this year. Her mother is, of course, my sister. Her name is Mary and she lives in Burnie. Burnie is in the north-west of Tasmania and is therefore in the best part of our State. Well, that's my opinion! I have pondered about a birthday present. What can you give to a centenarian? I thought that a packet of hundreds and thousands might be appropriate.... All the families from all over Tasmania and Australia will be there, some of whom I haven't seen for a longish time. I look forward to seeing them all again. They tend to be a talkative lot in a friendly way. Some noises have a 'buzz' about them which is happy, others have an undertone which is definitely not happy. I am glad to look forward to the former.



Mary was born, as you might expect, in 1923, before the Second World War started in 1939. She, like the rest of her siblings, was born in London of an Irish Mum and an Irish Dad. During that awful time of the war, both Mary and Joan, our older sister, worked at the Ministry of Information. They both worked for a short time at Barratts Sweet Factory and they both applied for and got 'jobs' at the Ministry of Information. She was subject to the Official Secrets Act which prevented her from discussing her work at home. However, later on in the war, she used to bring various photos home; I hasten to add that those photos had been cleared by the censor and were, in their way, fairly innocuous. One in particular was of a famous fighter pilot, Paddy Finnucane, an Irishman, leaving Buckingham Palace after receiving his DFC From the King. One foot was in plaster and whilst it aroused some sympathy about the wounded hero, the fact was he slipped after a mess party and damaged the foot. Later in the war he was shot down while returning from a sortie over France. One of his mates, "Bluey" Truscott, an Australian, searched the area but couldn't find traces of the shot-down aircraft. Mary mentioned in an early interview for the "Advocate" newspaper in north-west Tasmania, that sometimes during the London Blitz, she would alight from the train in the centre of London on her way to work wondering what buildings had been hit or were missing from the raid during the night before.

She said to me on one occasion that she came in contact with people of very high status, politicians and military personnel, during her working life at the Ministry of Information as a young clerk. She said that as a general rule, the higher the status, the more polite they were. They would always open doors for young clerks who were in a hurry carrying documents, important or otherwise. She enjoyed a social life and went to many dances in London. She once danced with Keith Miller the Australian Test cricketer. She didn't enlarge on that. One presumes that she was not greatly impressed. Everything was rationed in war time England, including clothing. One had just so many 'points' allotted, and how or where you used them was personal, however choice was limited by the number of points required for any particular item of clothing. The better the item, the more points needed. I remember times when she or Joan would bring something home which used up most of their points, proudly displaying them. I was at an age where female clothing was of no interest at all.

Mary and I went to Ireland for a holiday, and in Dublin we went to a 'Teashop' and were bowled over by the food available. We had a cup of tea and a whole plateful of Chocolate Eclairs with FRESH CREAM! Between us, we scoffed the lot. I remember also that on the corner of main thoroughfares, there were ladies with babies in their arms, asking passers-by for money for their poor child. I also heard that they swapped turns to carry the baby. Be that as it may, a couple of them called out to us to the tune of "Spare a few coins for the child, lady. Oh, that is a fine young man ye have with ye." I tried to tell Mary to slow down, I didn't mind the compliments at all.. She, being cold-hearted, just laughed as we made our way to the station to catch a train to Limerick.

I was impressed at the station with an Irish Army Officer who wore a greenish jacket with a Sam-Browne belt, along with riding breeches and very shiny leather gaiters. I thought he looked very smart. Towards the end of the war, we all became much busier with our own friends. There were no more air-raids to worry about. Life started to carry some form of normality.

Joan was very nervous, with Ray on active duty. Ray Crompton was a navigator from Australia in Coastal Command and flew in Liberators, scanning the seas around Britain for enemy sea craft. Joan and Ray got married on July 22nd of 1944 at St Paul's Church in Wood Green, North London. Mary was, of course, one of Joan's bridesmaids. I remember the wedding. Joan couldn't wait for the war to end. When it did, at last, she had to wait for war brides to be carried to their husbands in a new land. Eventually she was transported to Australia on the Aircraft Carrier "Indefatigable". I think that it was that move by Joan which brought us all to Australia. Mum and Dad were moved by the thought of not seeing Joan again. If we had not come to Australia, Mary would not have had such a beautiful family, and nor would any of us is also true. When we first arrived in Tasmania, Mary would have gladly turned around and gone back to London. She didn't have the money, so that idea had to be ditched. No-one would have thought that Mary the city girl would marry a farmer from Trowutta. However, when she brought Jim Maguire to meet the family at Uncle Con's farm in Trowutta, it was settled. There was a mutual like for Jim and vice-versa for the family. You cannot tell any story about Mary without recalling Jim too. They produced a delightful family who are spread far and widethe rest, as they say, is history.

Mike Brouder



IN THE KITCHEN WITH KIRSTEN



TAKE 3: Christmas cooking made easy by using 3 ingredients

You know I am a traditional cook, so when I see things like this, I say to myself, “Noooooo, that cannot be.” But here is the thing, they do work, and they are good. I do recommend you use good-quality fruit and juice; it does make a difference. So, if you want quick Christmas ideas, have a crack at these! Fantastic for Christmas treats and presents.

3 Ingredient Christmas Cake

Ingredients

1kg mixed dried fruit 2 1/2 cups orange juice 2 cups self-raising flour

Method

Pop mixed fruit into a medium saucepan and pour over 2 cups of orange juice.

Bring to the boil, reduce heat to low and simmer for 3 minutes. Remove from heat and leave to cool for 2 hours.

Preheat oven to 150°C fan-forced or 170°C conventional. Line a 20cm round or square tin with baking paper and set aside.

Sift the self-raising flour over the soaked fruit and stir well until completely combined. Use the remaining half cup of juice if needed to make a moist mixture.

Pour into cake tin and bake for 2 hours on the lowest shelf. Remove from oven and leave cake to cool entirely in the tin.

Wrap in foil and keep in an airtight container for 2-3 days before slicing.

3 Ingredient Chocolate Fudge

Ingredients

400 grams dark chocolate (70% is good, you can replace with milk chocolate if you prefer a sweeter fudge)
395 grams condensed milk 180 grams chopped walnuts (roasted nuts, chocolate chips, smarties, anything)

Method

Line a 20cm square cake tin with baking paper. Make sure your baking paper extends up the sides of the tin, as this will help you to remove the fudge once it has set.

Break the milk chocolate into squares and place it, along with the condensed milk, into a medium saucepan.

Over a low heat, cook the milk chocolate and condensed milk while stirring regularly for 8-10 minutes, until the chocolate has melted and the ingredients are smooth and well combined.

Remove the saucepan from the heat and quickly pour the chocolate fudge into your prepared tin. Gently smooth the surface and sprinkle the walnuts over the top. Place the fudge into the fridge for a minimum of 6 hours (preferably overnight) to set.

Cut into small squares to serve. Wrap in little cellophane bags. Great teacher presents!

3 Ingredient Peanut Butter Cookies

Ingredients

200 grams peanut butter (crunchy or smooth is fine) 175 grams golden caster sugar 1 large egg

Method

Heat oven to 180C/160C fan/gas 4 and line 2 large baking trays with baking parchment.

Place the peanut butter and sugar into a bowl. Mix well with a wooden spoon. Add the egg and mix again until the mixture forms a dough. I do like to add that 4th ingredient, about a ¼ teaspoon fine table salt, just to set it off. Once mixed, set aside for 10 minutes. Break off around 20-gram-sized pieces of dough, roll into a ball, and place, well-spaced apart, on the trays.

Press the cookies down with the back of a fork to squash them a little. The cookies can now be frozen for 2 months; cook from frozen adding an extra minute or 2 to the cooking time.

Bake for around 12 mins, until golden around the edges. Cool on the trays for 10 minutes, then transfer to a wire rack and cool completely. Store in a glass jar for up to 3 days.

These biscuits are also gluten free, so they are a great alternative to standard cookies.

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

Cheers, Kirsten

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

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

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





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

67 Quail Street, St Helens

Ph 6376 1577

FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

Phone (03) 6374 2344



The Fingal Valley Neighbourhood House History Group would like to wish everyone a very happy Christmas and a wonderful and safe New Year.

We hope that you have all enjoyed our Valley Voice articles this year. Our main focus for 2023 has been Convicts and Bushrangers. Our Valley certainly has played an important role in convict heritage and legacy.

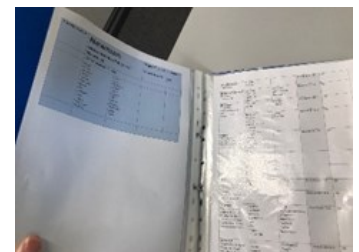
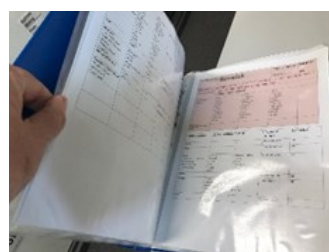
Our group have been meeting monthly, and we have enjoyed our time together. We also had two excursions over the past few months. Our first trip was an enjoyable visit to St Helens to meet some of the volunteers at the St Helens History and also to Mainly Maritime. We highly recommend a visit to both. Our second trip was to QVMAG Inveresk to view the *HK King photographic* exhibition and a wonderful exhibition called "*Flying By the Seat of Their Pants*", (the early days of air travel across Bass Strait).

We had two small exhibitions in our History room, an ANZAC display and a focus on Fingal school. As a result of the ANZAC display, we have started a Soldier Biography project. This will be an ongoing project of recording the soldiers within our geographical area, the Fingal Valley.

Other projects undertaken in 2023 have been filing newspaper articles, indexing of Family Files, map recording and cataloguing.

We have had several kind and generous donations this year, including family history records and photos.

We thank our volunteers for giving their time freely in so many ways, often researching at home. In 2023, volunteers contributed over 500 hours. Without the volunteers we would not be able to achieve all these great things.



Sonya Lanham | History Collection Officer & Volunteer Co-ordinator | FVNH History Group

BREAK O'DAY ANGLICAN CHURCH

SERVICE TIMES

St Helens

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens.

St Marys

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

Pyengana

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

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod



ST MARYS CATHOLIC PARISH

WEEKEND MASS TIMES

ST HELENS: Saturday 6.00pm
Sunday 4.00pm

ST MARYS: 1st, 3rd and 5th Sunday 9.00am

BICHENO: Sunday 12.00pm

FINGAL: 2nd and 4th Sunday 9.00am

WEEKDAY MASS:

ST HELENS: Tuesday and Wednesday 6.00pm
Thursday 10.00am
Friday: Holy Hour 3.00pm
Mass 4.30pm

Parish Administrator:

Fr. Norberto Z Ochoa 0437 324 227
fr.bitz51@gmail.com

UNITING CHURCH

Corner Grant Street and Seymour Street, FINGAL

Regular Services:

1st and 3rd Sunday of month: 10.00am

2nd and 4th Sunday of month: 11.15am

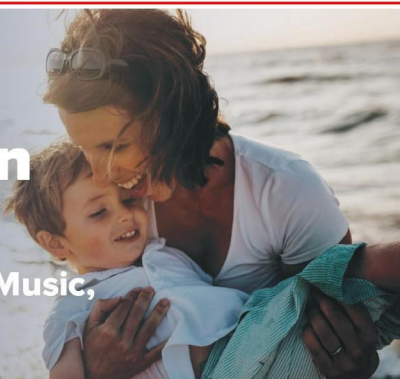
For further information,

contact Joan on 0458 598 870.



**Vision
Christian
Radio**

**Life Changing Music,
Uplifting Talk**



**VISION CHRISTIAN
RADIO**

LISTEN NOW

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

Harris Funerals

St Helens, Bicheno & Fingal Valley

We are here when you need us.

*Burial or cremation, traditional or
unique funeral services available.*

Office & Chapel

46 Tully Street St Helens

6376 1153 ~ 0418 133 420

tamara@harrisfunerals.com.au

Member of the

Australian Funeral Directors Association



**St Marys
PHARMACY**

44 MAIN STREET

ST MARYS

PHONE: 6372 2844

Kodak prints from 45¢

Ear piercing \$27

(includes earrings and solution)



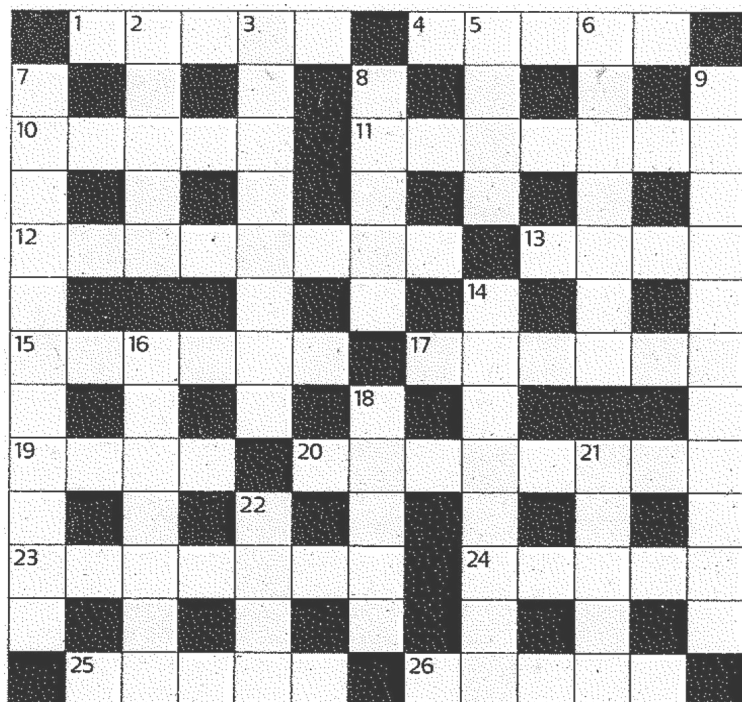
Talk to our qualified staff:
Andrew, Sally, Sue and Alice

OPEN MONDAY TO FRIDAY

9.00am to 5.00pm

Pharmacist Andrew in store all day

Crossword 55.22



- | ACROSS | DOWN |
|--|-------------------------------|
| 1. Strike (5) | 2. Ethical (5) |
| 4. Pinch (5) | 3. Neatness (8) |
| 10. Sleepy (5) | 5. Sobbed (4) |
| 11. Jeopardise (7) | 6. Aviation terminal (7) |
| 12. Wolverhampton Wanderers' football ground (8) | 7. Exhilarating (11) |
| 13. Unite (4) | 8. Less (5) |
| 15. Sumptuous (6) | 9. Famous US bandleader (5,6) |
| 17. Small drum (3-3) | 14. Perfumed ball (8) |
| 19. School period (4) | 16. Dizziness (7) |
| 20. Illicit (8) | 18. Positive electrode (5) |
| 23. Whinnied (7) | 21. Mended (5) |
| 24. The Confederate states of America (5) | 22. Hew (4) |
| 25. Actor, ___ Lundgren (5) | |
| 26. A newly-wed (5) | |

FINGAL ONLINE ACCESS CENTRE

We offer:

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

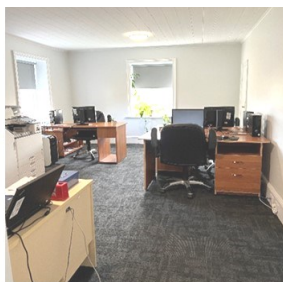
Please call in and we can assist you.

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



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



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

St Marys Catholic Parish Christmas Services

Christmas Mass Times

Saturday 23rd December 6:00 pm - St Helens

Sunday 24th December

9:00am - Fingal

12:00pm - Bicheno

4:00pm - St Helens

7:00pm - St Marys - Christmas Vigil Mass

9:30pm - St Helens - Christmas Vigil Mass

Christmas Day 9:00am - Bicheno
 11:00am - Fingal

Sunday 31st December 9:00am - St Marys
 12:00pm - Bicheno
 4:00pm - St Helens

Anglican Church Christmas Calendar

17th December Pyengana Christmas Service 7.30pm

20th December Lighthouse Christmas Lunch @ Parish Hall, 12 noon

23rd December St. Helens Christmas Carols at Fellowship Church 7.00pm

24th December - Christmas Eve

St. Helens 9.00am and 11.15pm

St. Marys 11.30am

Christmas Day

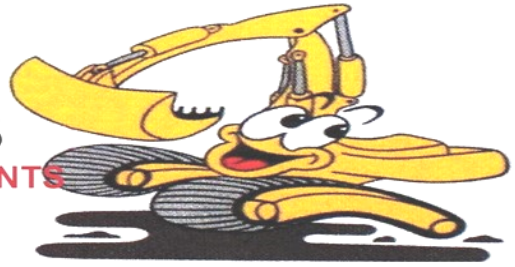
St. Helens 9.00am

St. Marys 9.00am service + 12.30pm Lunch



C&D EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS



Craig: **0439 722 032**
 Dana: **0437 248 033**
 Email: cdexcavations@bigpond.com

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

dana@cndexcavations.com.au



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

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

PROUDLY SUPPORTING THE LOCAL COMMUNITY

FINGAL POST OFFICE, HARDWARE AND GIFTS

9 Talbot Street FINGAL 7214

Phone (03) 6374 2195

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

Horses and ponies
 Chooks
 Sheep
 Dogs

Feed for:

Goats
 Chick starter
 Guinea Pigs
 Cats

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

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!



RAINBOWS AND RADISHES

By Bloomin' Iris



CHRISTMAS HOLIDAY PLANT CARE

Hello my gardening friends!

It's that time of the year when we are going off for our holiday break and make arrangements to cancel papers, and put our pets in care for our time away. But what about your indoor plants or your vegie beds?

We know that all of these things are important, but sometimes the greenery can be forgotten in the rush and joy to have a break.

Indoor plants; first make sure you have topped up any pots with potting mix if needed and definitely mulch either with a straw, sugarcane or pebble mulch. Feed your plants and give them some seaweed or fish emulsion a week or so before you leave.

The day before you go, put a few old towels in the bottom of a plastic container or laundry sink, or you can even use lots of shredded paper that is well soaked with water. Leave the plug in, so the water does not drain away. Do not leave several inches of water in the sink or tub, or the plants will rot, just wet well; perhaps you can even use your bath if you have quite a few pots. Water the plants as previously, put the plug in the bath and run the water to wet the towels thoroughly but remember, do not have excess water in the bath.



Bathtubs make good holiday watering spots.

This should keep them safe for a week or two. If it is not possible to have them in an inside place, put them in the shadiest spot in the garden, preferably in tubs once again with wet towels (or shredded paper,) which you can then add to your mulch pile when you get back from your break.

Now the rest of the garden, treat like your indoor plants; feed, give fish or seaweed emulsion, this keeps your plant cells stronger under stress. Mulch your garden wherever possible especially the veg, and water well before you go away. If you are lucky enough to have reticulation, set it after checking all is working a week or so before you go. If not, get one of your friends or their teenager to water whilst you are away but make **sure** you show them what you want done and for how long, and how **often** they must water. A bit of pocket money promised for when you return may work a treat too.



Pots can also be gathered and put into containers outside to keep them watered while you are away.

I find these tips have worked well for me, hopefully for you too.

Until next year, please enjoy your break stay safe and have a wonderful Christmas.



Septic Services – Drinking Water

Splash
EAST COAST

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 following list is a few of the available options:

Chemist Warehouse

www.chemistwarehouse.com.au/instant-consult

Price \$45-\$55.

Doctors on Demand

www.doctorsondemand.com.au

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

Instant Consult

www.13-doctor.com.au/

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

InstantScripts

www.instantscripts.com.au

Price \$19 - \$49.

13 Doctors

www.13-doctor.com.au

Price from \$69.

Hola Health

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

Price \$35-\$45.

PATHOLOGY HOURS at St Marys Community Health Centre:

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

No weekend pathology services.

(Information supplied by St Marys Community Health Centre)

CLEAN CRACK LAUNDROMAT

Coin Operated Washers and Dryers

32 Main St
St Marys

OPEN 7 DAYS
A WEEK



OPENING HOURS
APPROXIMATELY SAME
AS COACH HOUSE RESTAURANT

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

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

ACTIVE4LIFE BREAK O'DAY

Fingal Valley Neighbourhood House Inc supports a range of activities to promote health and wellbeing across the local area. Financial membership in the St Marys space as of June 30th 2023 was 82, including 4 volunteers and community programs. During the 2022-23 financial year, there have been 73 inductions at the gym.

We would like to thank Sophia Bromley, a fantastic volunteer at St Marys, for all her work and her support for the programs at St Marys. FVNH would also like to thank Jason Johnston for all his work as the Active4Life Gym Coordinator. We also acknowledge the efforts of all our participants, members and volunteers for maintaining a clean and safe space and for their support of the Active4Life programs in 2023. We look forward to working with Break O'Day Council in 2024 as part of the new Multi - Purpose development at St Marys Recreation Ground.

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, please email us to book your induction or for more information on pricing.

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

Holiday Timetable - no sessions on Public Holidays 25th December 2023 and 1st January 2024. St Marys Active4Life Gym open to fob members. No inductions for new members until the 9th January 2024.

Email Active4Life@fvnh.org.au for more info on how to book an induction or to join any of our sessions.

St Marys Active4Life Timetable version 04.10.2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am						Boxing 8-9am	
9am				Group Fitness 9-10.30am			
10am		Fitness Training 10-11.30 Session 1		Storm Disability 10.30-11.30am		Body Pump 10-11am	
11am		Fitness Training 11.30-1pm Session 2					
12pm							
1pm		Fitness Recovery 1-2pm					
2pm							
3pm							
4pm			Body Pump 3:30pm-5.00pm				Active4Life Gym Opening Hours 6am-10pm. Members Only Class members only for Yoga/ Pilates and Kalari Contact us : 63742344 E: Active4Life@fvnh.org.au Or  Find us on: facebook. 
5pm				Yoga 5.15-6.30pm	Strength & Fitness 5:30pm-7pm		
6pm		Youth & Adult Boxing 5:30-7pm	Kalari 5.30-7pm				
7pm							

These advertisements are paid for by the members, and do not reflect the political views of the Fingal Valley Neighbourhood House, its board or staff.



Family owned since 1972

AMPOL ST MARYS

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



FUEL AVAILABLE 24 HOURS

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

JOBS HEALTH COMMUNITY



Rebecca White MP

Labor Member for Lyons

✉ rebecca.white@parliament.tas.gov.au

☎ 6212 2225

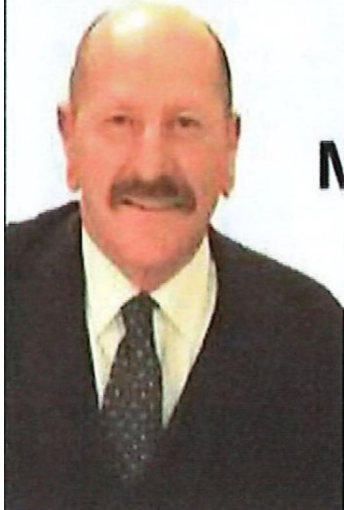
Authorised by REBECCA WHITE,
33 COLE ST, SORELL



© 2000 Randy Glasbergen. www.glasbergen.com



"IT LOOKS LIKE EVERYONE WILL BE GETTING WHAT THEY WANT THIS YEAR... SOMEBODY POSTED MY CREDIT CARD NUMBER ON THE INTERNET!"



Mayor
Mick Tucker
Serving all of Break O' Day

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

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

Fingal Valley Arts and Culture

EAST COAST AQUATIC AND WELL-BEING CENTRE

TRIVIA NIGHT



MANY GREAT RAFFLE PRIZES including
Accommodation Voucher "Craggy Peaks" Value \$500

ST HELENS BOWLS CLUB - CIRCASSIAN ST

DOORS OPEN AT 6PM TRIVIA STARTS AT 7PM \$20 PER PERSON
Light Supper included Fully Licenced **No BYO**

BOOKINGS ESSENTIAL Maximum of 8 players per team
Contact Christine Treloggen - Phone 0419 386 954 / r.treloggen@bigpond.com



What's on in the local area?

With One Voice Break O'Day

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

For more information, email: contact@wovbod@gmail.com or M: 0439 001 533

Spinners and Weavers

3rd Tuesday of each month @FVNH New members welcome. No need to book.

Fingal History Group

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

Contact: 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 like-minded 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 East Coast Voice and share info on your group with the wider community.

To list your community art project here, please email

bodregionalarts@gmail.com

BREAK O'DAY REGIONAL ARTS PRESENTS

Summer Celebration

KIDS ACTIVITIES · LIVE MUSIC · MARKET STALLS · FOOD

Free Entry

LIVE MUSIC
SMOOTH OPERATORS

January 19th 2024
4-7pm

CASH ONLY STALLS
BYO Chair/PICNIC MAT

ST MARYS RECREATION GROUND

Harefield Rd, St Marys
bodregionalarts@gmail.com

IN OUR SCAMANDER GARDEN

"Look, the blueberries are ready to start picking," and so I do, and we have them for snacks.

"Those purple cabbages are ready," calls Steve. Shredded and popped into a frypan with butter, chopped onion, pieces of bacon to sizzle, and with pasta, it makes a fine meal. It's Duggie's Birthday, so into the oven goes a date loaf with walnuts for added crunch.

Then onto the floral arrangements for church and friends. That reminds me, Sandra Flannery and I had a lovely day recently, helping the Scamander Garden Club assist people in making their floral arrangements at the Disability Day art celebration. Sue Gofton, another member, held the event at her place and offered a mosaic workshop area for fun. I toddled off to my neighbour Terry's garden, and went silly frolicking through her garden, adding to my collection of flowers. Lorraine and Sandra added with their copious donations.

We had two successful Open Gardens last month, but already, the weeds are popping their heads up again.

The corn is taking off as if in a sprint race, and we are still picking a multitude of colourful capsicums. The peas are welcome in our salads and soups. The wattlebirds have found their way to our front courtyard and take a dip in the fishpond, then flitter to the standard grevillea.

The bees are plentiful and the red rhododendron is blooming. The chooks are all laying and earning their keep. We have had a little rain for which we are grateful. We are picking lettuce and garlic and the tomatoes are growing. We cut back the lemon tree by a third and she still gives bountifully.

Gardens do help heal.

'till next time, Peg

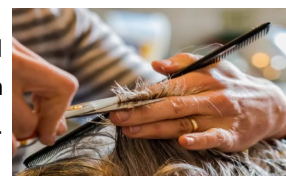


FRIENDS MAKE THEIR DREAM COME TRUE

A couple of local ladies have followed their hearts and opened their own business, St Marys Hair and Beauty.

The salon has been open for more than a year, and the owners, Alex and Jess, are continually offering more services to the ladies of the Fingal Valley and east coast at reasonable prices.

Alex has been in the hairdressing industry since leaving school. She has 18 years of experience and has owned and operated 3 successful salons, at different times in her career. "I grew up in Deloraine, and have a partner and 3 children, and we are building our own home here in St Marys. I enjoy helping my clients to look and feel their best, and no challenge is ever too big!" she said.



Jess is a St Helens girl, but now lives in Scamander with her husband and 2 children. "Beauty has always been a keen interest for me, and over the years, I seemed to keep coming back to it. While working in my last job, the opportunity came to join Alex, so I refreshed my skills, and completed training in new areas. I really enjoy helping clients feel more confident and comfortable within themselves."

Being close friends, Alex and Jess would often chat about combining their talents, offering a more complete experience of bringing out the best in each client. When the opportunity came to expand the salon, Jess jumped at the chance and joined Alex in July of this year.

Between the two, St Marys Hair and Beauty offers a wide range of services, including trims, styling, washing, blow drying, colouring and toning hair and also beard trims for the men, along with waxing, tanning, eyebrow and eyelash tinting, facials, make-up, and foot soaks.

Both Alex and Jess continue to explore and experiment with new products, asking clients what they would like and undertaking training in the latest techniques.

"Coming to work each day is in no way a chore for us, we enjoy running our business and meeting new clients, and having a lot of fun," the artists said. "With the end of the year getting closer, we are getting busier each week, which is great."

St Marys Hair and Beauty is open from Tuesday to Friday, from 9.00am to 4.00pm. Contact Alex on 0407 599 842 for your next hair appointment, or Jess on 0448 752 769 for all your skincare and beauty appointments.

They will close for Christmas on Friday 22nd of December 2023 at 12.00pm, and re-open in mid-January.

*St Marys
Hair & Beauty*



YCONNECT NEWS

Youth Happenings in the Break O'Day

FINAL TERM DATES

Youth Meet-ups St Helens TTC
Final date: Tues 19th Dec

Free2b Girls Group St Helens
Final date: Wed 20th Dec

Youth Meet-ups St Marys
Skatepark
Final date: Thurs 21st Dec

Skittles LGBTQI+ Group
St Helens Bungalow
Final date: Thurs 21st Dec

**FROM CAITLIN, PIP,
EOIN, PHOEBE,
JAMES AND PETE
WE WISH EVERYONE
A SAFE AND HAPPY
HOLIDAYS!!**

AND THAT'S A WRAP FOR 2023...

As the year comes to a close, the team at YCONNECT have taken a moment to reflect on the year that was 2023. We looked through old photo albums, event posters and school holiday programs as we reminisced on all the beautiful memories we have made with new friends and old. We wanted to take this opportunity to thank everyone who came along to our events, to those who supported us, either in person or behind the scenes and also to all the parents and carers who supported their children in attending. We truly love the work we do and we look forward to returning in 2024. Our summer school holiday program will be a little quieter next year, but we can confirm we'll be at the St Marys Pool on January 15th, 22nd and 29th. Watch our facebook page for updates! (Youth Connect North East Coast Tasmania)



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 or call St Helens Neighbourhood House on 6376 1134



SUPPORTED BY





Light up your space

Decorate your House, Shed, Fence, Barn, Letterbox, Garden etc.

Fabulous prizes available

Break O'Day Christmas Festivities Competition

Enter via Email:
bodchristmasfestivitiesgroup@gmail.com

FINGAL VALLEY SUPERMARKET

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

OPEN
Monday to Friday
7.30am to 5.30pm
Saturday - 7.30am to 12pm
Sunday - 7.30am to 10.30am
(including public holidays)

6311 1743

Fingal Valley Neighbourhood House

STATE GOVERNMENT LAUNCHES HOUSING STRATEGY

In a recent media release by Nic Street, he spoke about the Tasmanian Government's 20-Year Tasmanian Housing Strategy, stating as follows:

"Tasmania has what the world wants. It's one of the most sought-after destinations for people to live, work and raise a family. As a state, we have experienced this strong economic and population growth over a relatively short period of time. Tasmania is a beautiful state, that's no secret, and it's one of the key drivers behind our growing population.

With this popularity, we have seen increased demand on housing, and a distinct change in a range of factors that impact housing needs. The Tasmanian Liberal Government is dedicated to ensuring that we can deliver the housing outcomes that Tasmanians deserve. That's why we recently launched the 20-year Tasmanian Housing Strategy, which charts the future course for how we, as a State, can take advantage of this strong growth. As part of the Strategy, we emphasise a focus on unlocking and enabling local prosperity through housing – because we know it is a key component to Tasmania's economic growth aspirations.

Critically, the health of our rural, regional and remote communities hinges on housing opportunities, and this is recognised in the Strategy. These communities are the backbone of Tasmania, and they are places that people from across Australia and indeed the world, want to live, work and raise a family.

Under our 20-year Tasmanian Housing Strategy, there will be a focus on ensuring that these communities have housing when and where they need it."

The Strategy builds on existing initiatives and provides a roadmap to deliver the Tasmanian Government's housing plan, a net increase of 10,000 homes by 2032. These homes will be delivered to meet the diverse housing needs of Tasmanians through homelessness accommodation, supported accommodation, social housing, affordable private rentals, release of affordable land parcels and affordable home ownership assistance. "This will be achieved by collaboration with local governments and the private sector to deliver innovative housing options for key workers," he continued. These are the workers who will continue to run the businesses, work the farms and provide the hospitality and tourism offerings that Tasmania's regions have become famous for.



By working in tandem with the private sector and local governments we can specifically tailor housing to the needs of communities statewide. This is an exciting prospect that if done correctly has the opportunity to deliver more housing options for Tasmanians than ever before.

That is the vision that our Government has for Tasmania and I am confident that we can deliver. Place and liveability are key considerations in unlocking local prosperity, and we recognise that we must strike a balance, on housing, supply, liveability, productivity and economic prosperity for Tasmanians.

We want to get this right and are keen to bring the wider Tasmanian community on this important journey. It is our commitment to you that we will provide more homes where they are needed. Tasmanians, wherever they live, deserve the best housing outcomes possible.

We will always advocate for the needs of Tasmanians from Strahan to Bicheno, from Port Sorell to Dover and everywhere in between," Mr Street concluded.

(Source: media release by Nic Street, Minister for Housing and Construction.)





SCAMANDER RIVER GOLF CLUB

Wednesday 22nd November - Midweek competition,

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

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

Longest Putt on 9th:

Saturday 25th November - Club Day

1st Mike Holmes 48 points
2nd Jodan Longfield 39
3rd Rob Fleming 36

Nearest the Pin 6th: Jodan Longfield
8th: Graham Little

Stan - Carter Award: Graham Little

Tuesday 28th November - Ladies Championship, Final Day

All the Ladies and visitors wish to thank the volunteers for the great condition of the course - it is a credit to all involved!

Day Winners

1st Rhonda Hopkins 68 Nett
2nd Sarah Tatnell 70
3rd Margaret Thompson 71

Longest Putt: Carole Gunson
Lolly Pop: Mercia Bresnehan

Club Champion: Jill Couch
Nett Winner: Margaret Thompson
"B" Grade Winner: Jill Couch
"C" Grade Winner: Sarah Tatnell
Putting: Bobby Harwood
Congratulations to all the winners.

Wednesday 29th November - Mid-week Competition -

1st Brad Ennis 37 points
2nd Steve Finearty 34
3rd Jens Kalisch 33

Nearest the Pin 6th: Jens Kalisch
8th: Brad Ennis

Stan-Carter Award Mark Van Epen

Saturday 2nd December – East Coast Surf Monthly Medal

Great course and weather for today's East Coast Surfing Monthly Medal

1st: Michael Holmes 64 points
2nd: Rodney Macbeth 70 (on c/b)
3rd: Brodie Frost 70

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

Stan - Carter Award Jens Kalisch

Tuesday 5th December - Ladies Stableford

1st Beth Haas 34 points (on c/b)
2nd Carol Van De Velde 34
3rd Jill Couch 33
4th Maryanne Ennis 33
5th Rose King 33

WED, 27TH DECEMBER

ROYAL SCAMANDER COUNTRY CLUB

SHOTGUN STARTS AT 10AM
\$30 MEMBERS
\$40 NON MEMBERS PER TEAM

2 PERSON AMBROSE BBQ TO FOLLOW

ARE YOU BRAVE ENOUGH TO TAKE THE CUP

WILSON CUP 2023

MALAHIDE GOLF CLUB



Friday 24th November - Chicken Run

1st	Robert Matthews	24 points
2nd	DB Lowe	26.5
3rd	Gerald Hall	27.5
4th	Stan Ellerm	28.5

Nearest the Pin	4th:	Lynden Leppard
	8th:	John Vincent

Saturday 25th November - Johns Family Charity Day - 3-person Ambrose

A great day, 56 players, raised \$5200 for RAW. Thanks to all who supported the day.

1st	G Richardson, J Douce, K Douce	59.7
2nd	J Brain, E Hogarth, S Wilmot	60.6
3rd	M Johns, D Hills, J Kershaw	60.9
4th	A Austin, A Risk, J Lowe	61
5th	N Hayes, R Plummer, D Bales	61.2
6th	A McArthur, A Smith, M Jordan	62.4
7th	G Hall, P Sorenson, E Lohrey	62.6
8th	J Door, D Ryan, M Mackaway	62.9
9th	A Johns, P Johns, L Johns, W Lowe	63
10th	B Ennis, M Ennis, S Tatnell	63

Nearest the Pin	4th and 13th:	J Douce
-----------------	---------------	---------

Upcoming Games:

9th December	Monthly Medal
16th December	Red Marker Day
23rd December	Ham Day

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

Friday 1st December - Chicken Run

1st	DB Lowe	23 points
2nd	Ashley Stone	26
3rd	Gerald Hall	29

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

Saturday 2nd December - Stableford

1st	DB Lowe	36
2nd	G Richardson	34
3rd	Paul Heyens	29
4th	Klaus Kobylinski	25

Nearest the Pin	4th and 13th:	Grant Richardson
	8th and 17th:	DB Lowe

Sunday 3rd December - Malarooma Shield

A field of 30 players, well done to all.

Ringarooma

1st	T Harper and I Mountney	60.25 points
2nd	C Fennell and N Sutton	60.50

1st	R Matthews, R Hunt and G Hall	65.6 points
2nd	R Wadley and P Sorenson	66.75

Nearest the Pin	7th and 16th:	T Wattering
	9th and 18th:	N Sutton

Overall scores:	Malahide	340.6
	Ringarooma	308.75





Gazzman's

FLOORING AND FURNISHINGS

Come in and check out our sensational showroom!

CARPETS - WOOL & NYLON
TIMBER FLOORS - HYBRID VINYL & VINYL PLANKS
BLINDS - MATTRESSES - MANCHESTER
RANGE OF WOOD HEATERS

East Coast Heating



Bremworth



100% NZ wool carpets

Signature
signaturefloors



BEST PRICES AND SERVICE IN TASSIE

21 Quail Street, St Helens - Ph 03 6376 2555

U GOTTA GO, U GOTTA GO TO GAZZMANS



ST MARYS SPORTS CENTRE

By Volun Tier



Hello all and welcome to this issue of the coming and goings at the Centre. Firstly to golf, and it was good to see 27 of them taking to the course in the Vets Day a couple of weeks ago, everyone had a great day and the comments on our course were well appreciated. The greens are especially looking nice after some major maintenance was carried out earlier in the month on the greens mower. Thanks also to Jim Haas and Michael Smith for their efforts on the fairways, and Mick Kringle for the surrounds and tee beds, a real team effort. The intrepid crew had a super lunch put together by Jeannette, Beth and Helen who kindly donated their time as well, thank you all. Also to Leanne and Valerie for the last couple of weeks, we have seen 3 wakes, Friday night meals and a birthday party, along with the regular goings on, and it is fantastic to call on these people for their help. In the next couple of weeks, we host the School break-up, RSL Christmas lunch, Hospital dinner, Fingal Valley Neighbourhood House break-up, Audrey’s Campers and the Clive Berwick Triples, plenty to do.

To our local golf, and the weather has played a big part in our regular schedule, but nice to see Dave Cannon continue his recent form and take out a couple of events. Wednesday chicken run is on at present, Wednesday evenings at 4.30pm if you would like to compete, or Tuesday if you have a marker to go round with, leave your cards in the green fees box.

To bowls, and a wash-out to report the previous week against Swansea and a loss to Scamander at home this week, nice though to get a win on one rink against the top team, congratulations to Ian Johnston and his side for a a fantastic win. We also saw the Maurice Hill Memorial Day held at Scamander the previous Sunday despite the rain the day prior, and congratulations goes to Graham and Sue Bean and Julie Keane, the St Marys Landsliders, for winning the event for the second year in a row, a fantastic effort.

Golf: Last Wednesday’s Chicken Run, Paul Davern 21 points from Keith Gillies and Mick Kringle on 19, Rodney on 17 and Macca on 14. Nearest the pin, Keith Gillies, well done Paul, nice to see you back for golf and bowls. Last weekend we played for the Black Rock, winner for the second month in a row was Dave Cannon, 68 net from Macca and Keith 74, Mick Kringle 78 and Nick Kringle 80, nearest the pin also Dave Cannon.

Member Draw: Last week Jim Haas, not present, and this week Mick Kringle, who claimed the \$130 in fuel, well done to him, passed straight to Felicity we believe.

We now have Ironhouse Ginger Beer and Stout on tap, and if the current popularity of these drinks continue, we will have to keep a lot more in stock!! Everyone commenting on what a lovely drop they both are.

Just a quick note to let everyone know that the course and surrounds look fantastic, due to the voluntary work that goes on at the club, and the funds raised to keep the mowers going, fuels and oils and sprays, but we are not a Public Course, we have a modest annual membership fee that helps to keep this happening. So if you are currently having a hit of golf, remember, you get 3 free rounds and then you have to be a member of the club to keep on using the course. Membership fees are below; thanks to all for their support.

Opening Hours:

Thursday - 5.30pm

Friday - 5.30pm

◇ 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.

FEES & AFFILIATIONS	
2023/24	
Membership:	
Adult	\$75
Junior & Social	\$40
Bowls Affiliation:	
Adult	\$99
Junior	\$30
Golf Affiliation:	
Adult	\$80.95
Junior	\$41.35

C & D's

**PROUDLY SUPPORTING
OUR LOCAL COMMUNITY**



38 Main Street St Marys
Right next to the Post Office

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

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



Advertised Weekly Specials and Manager's Specials

Cripps Tasmanian breads everyday prices

Fresh produce at the best price Range of local meats and smallgoods

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

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

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

Ice and Bait Kindling Rug Doctor Carpet Cleaner Hire

Cement and Hardware Garden care needs

SUPPORTING TASMANIA, BUYING LOCAL & EMPLOYING LOCALS

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

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

Senior discount day every Wednesday

FREE HOME DELIVERY TO ST MARYS AREA

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

THE VALLEY AND EAST COAST VOICE

is available to purchase from:

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

Printed and published by:

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



CROSSWORD SOLUTION - ISSUE 55.21

Across: 1. Molasses, 5. Fair, 7. Done, 8. Animated, 9. Sultry, 12. Jehovah, 15. Battery, 19. Bolero, 21. Distaste, 22. Pits, 23. Roan, 24. Atkinson.
Down: 1. Medusa, 2. Agent, 3. Scary, 4. Stifle, 5. Franco, 6. Radish, 10. Loot, 11. Rife, 12. Jay, 13. Hobo, 14. Vile, 15. Border, 16. Triton, 17. Russia, 18. Robson, 19. Break, 20. Lupin.