

THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 55.23 21st December 2023

Deadline for 56.01 is 5.00pm on Monday 12th February 2024



The Management Board, Staff and Volunteers of the Fingal Valley Neighbourhood House, together with The Valley and East Coast Voice team, wish you a Merry Christmas and a Happy New Year.

Thank you to our readers, advertisers and distributors for supporting us through 2023, and we hope that you continue to enjoy reading more in 2024.

John Tucker MP
Independent Member for Lyons

Wishing you and your family a Merry Christmas & Happy New Year

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03) 6212 2383
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A VOICE for RURAL & Regional Tasmania



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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.

valleyvoice@fvnh.org.au
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Annual posted subscriptions are \$69 and annual online subscriptions are \$20 per year.

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

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

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

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 The address and phone number will not be published but are for verification purposes only.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

Subjects may be closed at the Editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam.

Articles most commonly published are those relating to current community issues.

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

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

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

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

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

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

24 HOUR EMERGENCY CONTACT NUMBERS

Abuse & Assault Services	1800 737 732
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
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 and search for 'AED'

This site has a map locating all local AEDs

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PREMIER'S YOUTH ADVISORY COUNCIL RECRUITMENT IS NOW OPEN

Applications are now open for young people living in Tasmania to join the Premier's Youth Advisory Council. The Premier's Youth Advisory Council provides an excellent opportunity for young people to advise the Premier and the Tasmanian Government on issues that are important to them. The Council is made up of young people from diverse backgrounds, ages and communities. The Council is looking for 13 new members, with expressions of interest open until 11.59pm on 14 January 2024. You can apply if you are a young person living in Tasmania, aged between 12-24. Successful applicants will be members of the council for 2 years.

Premier Jeremy Rockliff called on young people living in Tasmania who are interested in what the Government is doing to apply to join the Premier's Youth Advisory Council. Applications are submitted on-line, and involves answering a few questions about yourself, and uploading a video or letter about what you think is the most important topic for young Tasmanians over the next two years

"Minister for Education, Children and Youth, Roger Jaensch, and I meet with Council members face-to-face to hear their ideas, aspirations and concerns," Premier Rockliff said. "As a member of the Council, you will advise the Government on the issues that are important to you and your peers, including discussing how the Government can work with you to make Tasmania the best place to live."

New members will be selected in time for the first meeting of 2024.

The Council is just one way the Rockliff Liberal Government is delivering what matters for young Tasmanians. To find out more or to apply, visit the Premier's Youth Advisory Council webpage: www.dpac.tas.gov.au/pyac



Members of the present Youth Advisory council at the meeting in September of this year.

CHARGING UP LOCAL ENERGY CHOICE

Tasmania has a new local energy business on the scene, with Solstice Energy set to provide homes and business with real choice and real competition. Tas Gas has become Solstice Energy, a diversified energy company, based here in Tasmania. The first step is for our retail business, now Solstice Energy, to begin selling electricity to Tasmanian households and small businesses in early 2024.

"We are a truly local alternative in the energy market and will provide simple, affordable energy, both natural gas and electricity, for Tasmanian households and small businesses," said Solstice Energy CEO, Phaedra Deckart. "Customers have always been central to the way we work and we are excited about broadening our great service and products by expanding into electricity. Our ambition is to provide more local choice, with more investment in new technology, ideas and alternatives. We also aim to offer more help in easing cost-of-living pressures and more rewards for customers who stick with us," she continued.

For the past 20 years, Tas Gas have played a key role in Tasmania's energy security as the leading local natural gas company. In that time, they have built up local knowledge and expertise and supported local business and industry, along with local charities and sports.

"The energy market is changing, nationally and internationally, so we are changing with that. But what we're not changing is our strong commitment to Tasmania. We've been here for more than 20 years and Solstice Energy will remain local, employing Tasmanians, with offices in Hobart and Launceston, supporting Tasmanian businesses and communities," said Ms Deckart.

Tas Gas Networks will continue to own and operate the gas pipeline infrastructure as part of the Solstice Energy Group and as a core part of our business.

"We will also continue to pursue new projects, such as bio-fuels and green, renewable gases, using our pipeline expertise and reputation," Ms Deckart concluded.



CEO of Solstice Energy, Phaedra Deckart.



FROM THE EDITOR.....

Once again, students and teachers are getting ready for the end of the school year, shops are selling puddings, decorations and tinsel, people are selling raffle tickets, the weather is getting warmer, and the year is drawing to a close.

2023 has been a good year for The Valley and East Coast Voice, with stories that have been relevant and informing, columns that have been good reading, and advertisements for products that we need to buy and services we need know about. We hope that you have enjoyed our output each fortnight; we have enjoyed putting them together! We celebrated the 55th year of publication, and I thank each person who contributed to our Anniversary issue.

As usual, there are many people to thank: the team comprising Mike, Tanya, Rebecca, Casey, Shirley and Gary, along with Louisa and Regina start the list. Rauni, Sonya, Kirsten, Peggy, Bloomin' Iris, Hollie, Mary-Anne, Caitlyn, Pip, Eileen, Pam, Kym, Geraldine, the Happy Hooker, Jayne, Mick, and Wendy are the people who sent in their columns each fortnight, and I think you will agree that they do a pretty good job! Karen and Leissa at the St Marys Library, Annette, Toni, Carole and Beverley have also sent items, and I thank you for your contributions. We will miss Fingal Focus, but Mike has decided that it is time to end his regular contributions: thanks very much, Mike, for your tales and jokes, and our discussions about topics and articles. And it just wouldn't be The Valley and East Coast Voice without Rodney and Macca, would it?

The businesses which choose to sell this newspaper are also to be thanked, while every advertiser make it possible to continue to publish each fortnight.

And I can't forget to thank my husband Shane, and my Dad, John, for continuing to support and encourage me as I create each issue.

After 5 years, it is time for me to have a break so that I can care for my Dad, who will celebrate his 95th birthday early next year. As I will be taking leave in 2024, this will be my final issue for the time being. I have learnt many things while I have been Editor, and know that my life has been enriched by many of my experiences. I have seen The Valley and East Coast Voice develop into a well-rounded local newspaper servicing the Fingal Valley and the east coast.

Thank you for supporting both the newspaper and the team, along with the Fingal Valley Neighbourhood House, and I take this opportunity to wish you all a very Happy Christmas, full of peace, joy and love, and that 2024 is a great year for you.

Elizabeth Death

Editor

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RA Tas and @Healthy Tasmania are giving you the opportunity to create belonging in your community by providing grants of up to \$1,250! This could include community barbeques, morning teas, bake sales, clothes swap, gardening days, share stations, picnics, street libraries and so much more!

To find out more information and to apply for a grant visit: <https://tas.relationships.org.au/neighbours-every-day/> Grants close on 17th January 2024.

This grant is funded by the Healthy Tasmania Fund through the Tasmanian Government.
#CreateBelonging#NeighboursEveryDay#ShareBelonging



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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

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 1st - Cash prize, sash and chocolates
 Boys 0 to teenage: 1st - Cash prize and chocolates

MINI TROTS
Face Painting
Fashions on the Field

FOR FULL EVENT INFORMATION VISIT GORACINGtasmania.com.au

GORACING TASMANIA

ST MARYS PACING CUP MEET RETURNS

New Years Day is a special day for Harness Racing enthusiasts in Tasmania, as Monday 1st January sees large crowds head to the St Marys racecourse for the St Marys Pacing Club's once-a-year-meeting.

2024 will see the return to the 1340-meter grass track after the meeting was cancelled because of water damage to the track last year.

The main event on the program, the \$14,000 Eric Bean Memorial Cup is named in honour of Eric Bean, who was a committee member for 55 years from 1958 to 2012. He served as Secretary of the Club for 52 of those years.

Bean was an owner/trainer from 1954 to 2006, and his best pacer was Chamfers Return who scored 12 Tassie wins. Bean was awarded the Edger Tatlow Medal in 2008, and in 2014 was inducted to the Tasmanian Harness Hall of Fame.

The St Marys Racing Club first programmed a trotting race back in 1889, won by a trotter called Fairy. In 1918 the Trotting Club took over the facilities from the Race Club, and the first St Marys Cup was run in 1926, won by Ford. One notable winner over those 97 years is multiple winner Speedy Ben (Express Byrd) who won the cup in 1973 and 1974. Speedy Ben competed in two Inter-Dominion's 1973 and 1974, both won by Hondo Grattan. Speedy Ben won the Consolation Final both years.

Another notable winner of the St Marys Cup was Gorse Bush (Ticket To Heaven) in 2006. Gorse Bush is the dam of one of

Tasmania's and Australia's best pacers, Beautide. In 2015, Gorse Bush was crowned Australian Broodmare of the Year. In 2024 the club is excited to be back racing after the last few years with weather and COVID disruptions. Long-time Secretary Craig Woods said, "We are looking forward to New Years Day. The club try to make it a family fun day with raffles, Fashions On the Field, a free raffle for the kids and much more."

"This year we have a lucky race-book prize, a two nights' accommodation including breakfast at Country Club Tasmania, valued at \$600," he added.

St Marys has a population of only 738 according to the 2021 Census, but during the holiday season the area gets heaps of tourists and campers and that number swells.

The club has three bookmakers set to field on the day.

If you are looking for a wonderful day out for all the family, head to St Marys on January 1, you will not be disappointed!

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

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

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

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

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

You may need to keep the animal for a short time, while the next steps are arranged.

For more information about rescue services for injured or orphaned wildlife, phone Wildlife Services on 6265 4305, or email at: Wildlife.Services@nre.tas.gov.au



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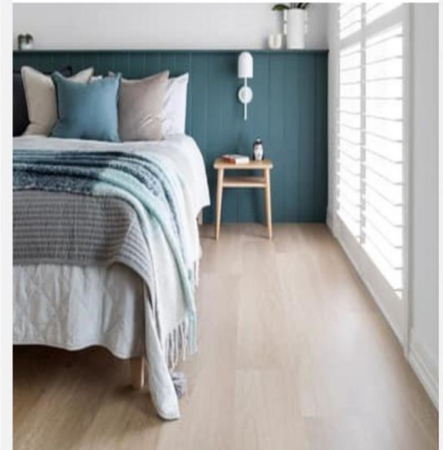


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U GOTTA GO, U GOTTA GO TO GAZZMANS

FINGAL FOCUS

Don't think or judge, just listen.

Contributed by Mike Brouder

AU REVOIR, RATHER THAN GOODBYE

This is my last regular contribution to "The Valley and East Coast Voice". I have decided to call it a day, as time is not just catching up, it is starting to overtake me. Hopefully I will write an occasional 'piece' which may amuse my readers. To amuse both of you at once is asking too much!

However, since this is officially my last contribution, I want to thank the many people who have helped me over the years, even when it was done unwittingly. A few words of encouragement go a long, long way.

The original "Fingal Focus" was started by Keri Webb because she could see the need for some kind of communication from the Fingal Online Access Centre. So you can blame her for all those 'Dad' jokes you have endured for so long. She was the first Editor whom I assisted. We had laughs and headaches along the way. We put a price on the first issues but no one seemed too eager. We dropped the price to zero and custom picked up straight away....isn't it amazing?

I started to put in the odd joke just to fill up space. They went down pretty well...encouraging. All the gyrations that Keri and I went through to make the paper more interesting to more people! I guess that it is fair to say we had mixed success. Nevertheless, the small publication started to have some kind of readership and eventually we started to print up to a hundred copies per month.

Thendisaster! Keri and Murray, her husband, decided to try their hand in Western Australia where there was a strong call for labour. She said to me, "Of course you can do it...." Thank you Keri, for dropping me into the deep end. I did what I do best. I knuckled down and.....PANICKED. I was not, and never have been, a WHIZ at computer operation. It had to be done, and I thank Michael Hoskinson for all his help during those very early days. How many times did he come to the rescue when I backed myself into a corner.... I know that it was only a small publication, but it was important to make it attractive to readers, and also to satisfy the faith of the few advertisers. It had to work no matter how small it might seem. Eventually, I grew into the job and started to provide more jokes which, if nothing else did, would give someone a laugh.

I must admit that in the latter years of volunteering at the Online Centre, I was occupied in solving the daily "Mercury" crossword. I didn't do it alone. Keri always came up with solutions with a laugh, sometimes showing me how wrong my line of thought was. Sometimes the whole morning tea time was a loud laugh as we all pitched in with funny ideas. It was occasionally hilarious. Thank you all for those times.

Then the Fingal Valley Neighbourhood House decided to take over "The Valley and East Coast Voice" which was closing. Where to start with this unaccustomed addition? Keri started on the new venture and got it going. She and Elizabeth Death co-operated to establish the paper until Murray, Keri's husband, became very ill. Elizabeth stepped in and the rest, as they say, is history. Elizabeth was now the sole Editor, who was also into somewhat of a deep-end and had to learn on the job. This she has done with some aplomb, and continues to flourish. I have worked with Elizabeth since "The Valley and East Coast Voice" 2019. We work together well as we are able to talk about all sorts of subjects, whether we know anything about them or not. It has been very positive and makes for an easy atmosphere in which to work, at least for me.

The fate of the 'Fingal Focus' was not really a problem. Obviously two publications could not successfully co-exist, and The Valley and East Coast Voice was an established news voice. The solution was simply to incorporate the 'Fingal Focus' as part of the Valley Voice....phew!! I still had an outlet for my ramblings which Elizabeth has encouraged, and she has added that quite a few people enjoyed my "stuff". So, I thank you all for reading at least some of my writings, even the stuff about my wartime childhood and the fact that I am proud that my antecedents are Irish. However, I must confirm that I am definitely AUSTRALIAN, not only because of my citizenship but also by conviction, so there.

Thank you to all those friends who have shown me many kindnesses while volunteering at the Online Centre and then Fingal Valley Neighbourhood House. It is things like that which make life worth-while.

I wish you all a Merry Christmas.

Au Revoir, but not Goodbye,

Mike Brouder.



UNVEILING THE INSIDIOUS NATURE OF BULLYING: A CLOSER LOOK AT ITS IMPACT ON CHILDREN AND ADULTS

Bullying is a pervasive issue that extends beyond the schoolyard and infiltrates various aspects of life, affecting both children and adults in insidious ways. While the traditional image of bullying often conjures up scenes of physical altercations and name-calling, the reality is that bullying can manifest in subtle yet harmful forms that leave lasting scars on its victims.

In the context of children, bullying can take on many forms, including verbal abuse, social exclusion, cyberbullying, and manipulative behavior. These insidious tactics can erode a child's self-esteem, mental well-being, and sense of belonging, leading to long-term emotional trauma and psychological distress. Moreover, the impact of bullying extends into adulthood, where it can manifest in workplace harassment, toxic relationships, and online abuse. The insidious nature of adult bullying often involves coercion, intimidation, and gaslighting, creating an environment of fear and power imbalance that undermines personal and professional growth. It is crucial to recognize and address the insidious ways in which bullying permeates our lives, as it not only affects the immediate targets but also has far-reaching consequences for mental health, productivity, and social cohesion. By shedding light on these hidden manifestations of bullying, we can work towards creating a culture of empathy, respect, and support for all individuals, regardless of age.



Together, let us stand against the insidious nature of bullying, advocate for kindness, and cultivate environments that nurture the well-being and dignity of every person, young and old. Remember, a small act of kindness can have a profound impact, and it is through our collective efforts that we can create a world free from the insidious grip of bullying.



Here are some organizations in Australia that can provide help and support for individuals experiencing bullying:

- ◆ National Centre Against Bullying <https://www.ncab.org.au/get-help>: Provides legal support and information in Queensland, Victoria, and Western Australia for children and young people.
- ◆ Bully Zero <https://www.bullyzero.org.au>: Offers online or face-to-face Bullying Education Programs to schools across Australia.
- ◆ The BULLY Project Australia <https://thebullyproject.com.au>: Aims to end bullying in Australia through various partnerships and initiatives.

These organizations can offer valuable resources, support, and guidance for those dealing with bullying-related issues in Australia. Let's start the conversation and take positive steps toward a brighter, more inclusive future.



If you or someone you know is experiencing bullying, please seek support from trusted individuals, organizations, or professionals who can provide guidance and assistance. Together, we can make a difference.

Submitted by Barbara Longue, St Marys.

(Photographs from Google.)



**Fingal Valley Neighbourhood House
and the Online Access Centre**

CHRISTMAS CLOSURE

Closed 21st December 2023
Reopening 8th January 2024

While we wish you all a wonderful end of year, we know this can be a tough time for a lot of people.
If you need someone to talk or things are feeling overwhelming, or maybe you are worried about someone else please reach out.

A Tasmanian Lifeline 1800 984 434 (8am-8pm everyday)
Lifeline Crisis Line 13 11 14 (24 hours, 7 days a week)
QLife 1800 184 527 (3pm - midnight everyday)
Kids Helpline 1800 551 800 (24 hours, 7 days a week)



Fingal Valley Supermarket

Christmas opening hours

18th - 22nd Dec	7.30am – 5.30pm
Saturday 23rd Dec	7.30am – 12pm
Sunday 24th Dec	7.30am – 2pm
Monday 25th Dec	Closed
Tuesday 26th Dec	7.30am – 10.30am
27-29 Dec	7.30am – 5.30pm
Saturday 30th Dec	7.30am – 12.30pm
Sunday 31st Dec	7.30am – 10.30am
Monday 1st Jan	7.30am – 10.30am
2nd Jan – 5th Jan	7.30am – 5.30pm
Saturday 6th Jan	7.30am – 12pm
Sunday 7th Jan	7.30am – 10.30am

Phone (03) 6311 1743



The Say by the "Cage Rattler"

So, you have a very much-loved stadium in Queensland that does a great job for what it's purpose is. It's the Gabba. They are basically demolishing it and then rebuilding it, to add only 8000 extra seats and a temporary athletics and track and field events facility. All this for about 16 days of the 2032 Olympic Games. In the process, the AFL will have to use the Showgrounds Ground for five years, and so will Cricket Australia, and possibly other events.

And....a historic 100-plus-year-old school is to be demolished as well, much to the chagrin of all involved. There is no other school nearby, so the students and staff, and goodness knows all the former students and staff, will lose this facility forever.

This is ridiculous, the cost horrendous, the disruption to the city of Brisbane for a long time before 2032, and doubtless after, is unforgivable and defies logic, for the amount of money which is currently, get this, 2.7 billion dollars. Yes that much! Why, oh why couldn't a purpose-built stadium for athletics be built within Brisbane with far less negative impact, with long-term use for generations, and cheaper? Not sure why this is not possible, but with the current dissatisfaction of Queenslanders, maybe the AOC will have to do just that somehow.

I think the most bizarre thing is that the athletics is quite literally only temporary for the Olympics, so the disruption continues for a time after the closing ceremony while the playing surface has to be transformed for cricket and football and whatever else. Funnily enough, as of the 2028 Olympics, cricket becomes an Olympic sport, so they have one of the best cricket grounds in the world unable to host cricket...it's ludicrous if that's what happens.

Hopefully, someone soon bangs a few heads and knocks a bit of common sense into the organisers before it's way too late, eh ...

As this is the last Valley and East Coast Voice for 2023, I'd like to thank all the readers of the Voice once again for allowing me to put my views out to them, but also, of course, to the amazing and long-suffering Editor and staff of the Voice, having to decipher and fix up all my mistakes every fortnight. They are incredible...they truly are. Thanks all!

Have a safe and happy festive season, and hopefully I'll be back to terrorize you all again next year with my scribbles...

Cheers!

LOCAL ARTISTS LEAD RETURN OF CAROLS AT ST MARYS



Approximately 150 people enjoyed the live music and entertainment at the St Marys Christmas Carols, which was held at the Wombat Walk Stage on Sunday 17th December.

The traditional Carols By Candlelight service was regularly presented by the St Marys Hospital Auxiliary and St Marys Lions Club, but had not been held for



quite a few years. Break O'Day Regional Arts undertook the task this year. Special thanks go to 'With One Voice' Choir, Kylie Wright and Tim, Pete Woodhouse, Marita Mangano, Col Francis, Bruce and Pete Cornelius for their performances.

Thank you to everyone who attended.

(Article and photographs, Julie Cornelius.)

ADVERTISEMENT



Brian Mitchell MP
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Authorised by Brian Mitchell MP (ALP, Tasmania)
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SUNCOAST SPINNERS AND WEAVERS

The December meeting of the Suncoast Spinners and Weavers was held on Tuesday, 12th December at Falmouth Community Hall. Our tradition is to hold our December meeting a week earlier than usual to beat the Christmas rush, and as it was a warm day we had all the windows and doors open giving it a pleasant summery feel.

We were a small group of seven at this Christmas meeting, but nevertheless, we had a very enjoyable get-together. We sat around our table in our party hats and worked on our spinning, knitting and recycling projects while enjoying a delicious light Christmas lunch, and lots of conversation and laughter - especially at the very corny riddles found in the Christmas Crackers! Once again we'd like to thank Shirley and Fingal Valley Neighbourhood House and Helen and the Falmouth Hall for organising and providing a place for us to meet monthly, and The Valley and East Coast Voice for printing our articles throughout the year.

The first meeting for 2024 will be on Tuesday 16th January, at FVNH from 10.00am to 2.00pm. Everyone with an interest in craft is welcome to come and join us.

This year has passed by quicker than I could have imagined - what an adventure! I'm so grateful to those of you that have taken the time to read my first year of Mind Matters, and I look forward to continuing the column in 2024.

I hope that all of you have a restful and relaxing holiday, and can unhook from the business of life to focus on the things that really matter.

Merry Christmas to all, and Happy New Year.

Hollie.



Child Sexual Abuse Victim - Survivor Advisory Group

The Tasmanian Government is seeking expressions of interest from adult victim-survivors and parents or carers of victim-survivors to form an Advisory Group to inform Tasmania's approach to preventing and responding to child sexual abuse.

The Advisory Group will ensure the perspectives of people with lived experience shape our response to child sexual abuse and our implementation of recommendations from the Commission of Inquiry into the Tasmanian Government's responses to child sexual abuse in institutional settings.

We are seeking up to 12 individuals who will be appointed for a two-year term.



For further information or to register your interest, please visit keepingchildrensafe.tas.gov.au or use QR code.

Applications are open now and close on 19 January 2024.



WITH ONE VOICE BREAK O'DAY CHOIR

Feel Good, Do Good, Sing For Good!



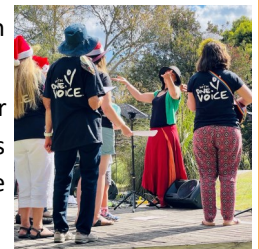
My Golly Jolly Ho Ho Ho!

What an awesome end to the best year ever in our five year history! We so enjoyed singing at the St Helens Christmas Carols. Despite the event having to move inside to the Portland Hall because of inclement weather, the hall looked magnificent! The spirit of Christmas and Community was bouncing off the walls, with young and old joining in with the carols.



By contrast was our sing at the St Marys Carols, held at the beautiful Wombat Walk on the glorious summer afternoon of Sunday 17th December. Here, the bouncing was in the blazing sun, with people dancing along to the music of Pete and Bruce Cornelius and friends and Marita Mangano. The rest of the audience sang along from rugs and chairs in the shade of the trees. Delightful!

For our end of year party we had a good old-fashioned Christmas Carol Sing-along and a feast fit for kings with our families and friends, old and new. We extend a huge thank you to Danny and his helpers Lily and Amy who assembled the feast, while the rest of us sang our hearts out. Danny and Lily were spotted having a sing whilst they worked.



With One Voice Community Choir would like to take this opportunity to wish everyone in the Break O'Day community a truly peaceful, happy and safe Christmas. Without the support of this community we simply would not be able to do what we do.

THANK YOU!

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



Bicheno
Community
Market

Bicheno Community Market welcome all new and existing stallholders and visitors to Lions Park Bicheno

- **Saturday 16th December 2023** **3pm to 7pm**
(Pre Christmas Twilight Market)
- **Sunday 28th January 2024** **9am to 1pm**
(Australia Day long weekend)
- **Sunday 18th February 2024** **9am to 1pm**
- **Sunday 17th March 2024** **9am to 1pm**
- **Sunday 31st March 2024** **2pm to 6pm**
(Easter Market 31st March—Twilight Market)

If you are interested in booking a stall please call

Jennie on 0417 590 851

ADVERTISEMENT

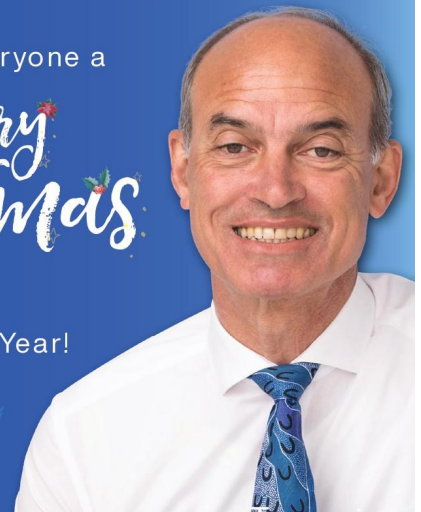
Guy
Barnett
Liberal Member for Lyons MP

Wishing everyone a

Merry
Christmas

and a
Happy New Year!

Tasmanian
Liberals



🏠 76 Emu Bay Road, Deloraine TAS 7304

☎ (03) 67012170 📘 GuyBarnettMP

✉ guy.barnett@dpac.tas.gov.au

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

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>STAR FM</p> <p>Program Guide</p>  	Brekkie	Start your working week with Star FM	Fruity and Loopy with Flashy	COFFEE with KIMMIE	COCO POPS with KIMMIE	TAZZ on Toast with TAZZ	Saturday's Sunny Side Up with Manny	ICECREAM SUNDAE on Sundays
	Morning	Get some Sand between your toes with The Sand Man	A Taste of TAZZ - Plus Community Interviews at 11.15 with TAZZ	Get plugged in with Pugs Real Estate Tips and Trends at 10.30 with PUGS	The True Grit Show with The Sand man	Simply 60's request show with Guest Presenters	"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 + Real Estate Tips and Trends 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 Show 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 Big Daddy Davo's Blues Mix
	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	hosted by Dave



48 Main Street
St Marys 7215



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Pasta night every Tuesday
(Bookings preferred for all meals)

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SUNDAYS FROM 3.00PM

24th December	Trawl Dogs
7th January	The Rennies
14th January	Jo King
21st January	Michael Aherne
28th January	Brooke Banderas

YOUR FAMILY-FRIENDLY LOCAL HOTEL



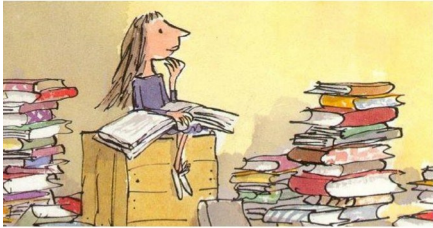

STAR FM

Would like to wish all our sponsors, listeners, staff and volunteers a happy and safe Christmas and a prosperous New Years

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ALL DAY

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Show your support for your local East Coast radio station and keep your radio tuned to STAR FM in your home...car and business.



MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz

Our November book was “Eleanor Oliphant is Completely Fine”. This was the debut novel of Gail Honeyman, written in 2017, and it was one of our group’s most popular books of the year.

Set in Glasgow in contemporary times, the story is narrated in the first person by Eleanor, a decidedly odd woman of 30 who works in the office of a design firm. She appears to be living in her own bubble, doing her job during the week while keeping fellow workers at bay. Her weekends involve strict self imposed routines, including drinking three bottles of vodka to drown out the thoughts and experiences that haunt her. This might sound grim but Eleanor has a very judgemental attitude to what we would think of as normal behaviour, and her commentary is very funny, leavening the seriousness with which we view this obviously different and damaged character.

Eleanor’s life changes when she and Raymond from the IT department come across an elderly man, Sammy, who has fallen in the street. From this moment on, we see Eleanor slowly beginning to enter the world of other people, to confront her traumatic childhood and come to terms with it or leave it behind. This is not achieved easily, and poor Eleanor endures many humiliating and challenging experiences, including developing a disastrous crush on a wannabe rock musician. What saves Eleanor is the ultimate goodness and kindness of Raymond and her own strength of will and determination and lack of self pity. Her understanding boss, Bob, the acceptance of her quirkiness by Sammy’s family and their welcoming of her into family occasions, and a skilful and understanding psychologist, all enable Eleanor to come to a new version of herself, released from the shackles of her horror past. Even her fellow office team become supportive of her after a drinking binge that nearly costs her her life.

Honeyman skilfully develops the ‘slow reveal’, which doesn’t fully happen till very near the end of the story, and then through the clever device of old newspaper articles. Once again, we have read about the effects that childhood trauma can have on an individual, but the gentle and positive ending, not overly romanticised, left us uplifted.

I’d like to wish you all a safe and enjoyable festive season and I hope that reading is one of the pleasures you continue or take up in 2024.



HAPPY
Retirement

The Salvation Army would like to announce that our lovely Divisional Envoy Melanie Norton is retiring on the 31st of December 2023. Mel has worked tirelessly as she has served the St Marys, St Helens, and surrounding communities for over 20 years. We, the Salvation Army Tasmania, are very grateful to Mel for all her investment into these communities through her generous care, love, and joyful heart.

Thank you, Mel, you are a treasure! We pray Mel, that as you commence this next season of life, retirement, you will be blessed abundantly just as you have blessed so many over many years.

Thank you Mel!





EAST COAST

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Mon-Fri 9:00 - 5:00

Saturday 9:00 - 2:00

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67 Quail Street, St Helens

Ph 6376 1577

5 MINUTES WITH THE MAYOR



It has been proving to be quite the festive season in Break O'Day this year. Students from St Marys and St Helens participated in designing Christmas signs again this year. Some selected designs have now been put up throughout the area and you may have come across a few, what a nice way for the kids of Break O'Day to spread some Christmas cheer. Our Christmas Carols at Portland Hall was a success (even with the rain) with 150 people attending to enjoy the talents of the With One Voice Choir, who did another fabulous job this year. Christmas events are popping up in townships all over the municipality, like the Christmas Parade on Christmas Eve, and the St Helens Volunteer Fire Brigade lolly run held after it. I have even heard that Santa has been seen in Break O'Day, showing up here and there, so keep an eye on our Facebook page or the Break O'Day Christmas Festivities page for details to be sure you don't miss anything.

It has been another wonderful year for Council, there have been opportunities to work with the community on a few projects. One stand-out project that saw us working directly with community was our 'Week in the Life of Council' program, which saw us win the Award for Excellence in small Councils at the Local Government Awards. It was one of the highlights of the year to connect with the youth of Break O'Day and we valued their commitment to the program. Thank you to everyone who has taken their time and effort to contribute, to share their ideas, comments, support and interactions to help shape Break O'Day together as a community.

Just because the Christmas season will be over soon doesn't mean the fun has to stop these holidays. It is that time of year we all gear up for summer and the influx of visitors that will soon start bustling around our usually quiet townships. There are summer events that will be happening over the school holidays, like the St Helens Summer Carnival and lots of other things for people to do and explore, so get ready for a summer we can all enjoy. Keep an eye out on our Community events page on our website, or check out our Facebook Page to be informed of all the fun things to see and do these holidays.

Just a reminder, Council offices will be closed from 12.30pm, Friday 22nd December and reopen Tuesday 2nd January 2024.



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

The December gathering was successful on several levels. We saw or heard a good number of our local birds, including a good look at a some chestnut teal and pacific black duck in Medea Cove, and had an opportunity to compare several of the cormorant family before we had even left the carpark. An added bonus was learning some of the history of Kings Park, due to a fortuitous conversation Sybil had with Kym Matthews at the History Room the previous day. Who knew Kings Park had once been a Caravan Park?

We take a short break over the summer and resume in February, visiting Stieglitz Sewerage Ponds.

We would also like to welcome Mike and Jenny to our ranks.

FYI - The new information board re birds of Georges Bay has been installed at the bird viewing point next to the Panorama saltmarshes. Pop along and check it out.

Our first outing for 2024 will be on Wednesday 7th February, and the 2024 Calendar of outings will be in the first issue next year.

Wishing you all the best for the festive season.

Good birding!

Cheers, Sybil.

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ST HELENS WALKING GROUP



Wednesday 1st November

This Wednesday's walk was led by Revel to The Siamese Water Race. It is a somewhat hidden colossus of engineering endeavour and 1930's depression employment. Being close to 45km in length and designed for a peak flow of just under 100 million litres a day it is, these days, a pretty forgotten example of wasted toil.

Fourteen walkers from the Walking Group explored the closest to St Helens extremity. This was probably our first walk on any section. The vegetation was fairly light in the vicinity of the Terryvale to "The Shop in the Bush" area. We meandered along the race after initially climbing a modest rise to commence proceedings. Walking distance was about 3.5km. A short car shuffle allowed a one-way traverse. Thank you Revel for the associated history of the Siamese Race.



The Siamese Water Race walk meandered along the race.

Saturday 4th November

This Saturday walk was a relatively short walk, led by Paul, up to the wind-patterned sandstone overhangs, a line of cliffs on the upper slopes of Mt Elephant. Magnificent array of sandstone overhangs sculpted by the forces of nature – a truly amazing place right on our doorstep and new territory for the Walking Group. Thank you Paul.



Wednesday 8th November

This Wednesday's walk was led by Susan R, to her favourite walk, to Humbug Point and back. The tide was lowish so the walking back was relatively easy. This is such a pleasant walk, no wonder it is one of Susan's favourites! The Walking Group never tire of these shores either. Thank you Susan R for leading the walk.



**Seasons Greetings from the St Helens Walking Group,
pictured visiting The Big Tree on the Blue Tier on 6th December 2023.**

BREAK O'DAY ANGLICAN CHURCH

SERVICE TIMES

St Helens

St Paul's: 9.00am every Sunday

58 Cecilia Street, St Helens.

St Marys

Holy Trinity: 11.30am every Sunday

13 Main Street, St Marys.

Pyengana

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

28007 Tasman Highway, Pyengana.

Enquiries: 6376 1144 or Facebook: anglicanbod



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9.00am to 5.00pm

Pharmacist Andrew in store all day

ST MARYS CATHOLIC PARISH

WEEKEND MASS TIMES

ST HELENS:	Saturday	6.00pm
	Sunday	4.00pm
ST MARYS:	1 st , 3 rd and 5 th Sunday	9.00am
BICHENO:	Sunday	12.00pm
FINGAL:	2 nd and 4 th 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.



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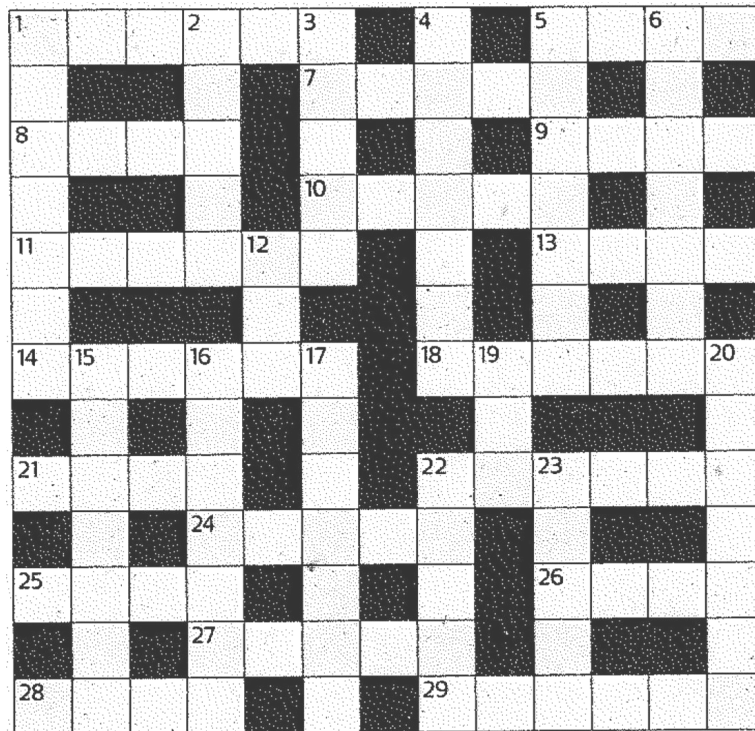
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Crossword 55.23



- | ACROSS | | DOWN | |
|--------|---|------|---|
| 1. | Obstinate (6) | 1. | Inactive (7) |
| 5. | Beer flavouring (4) | 2. | Farmyard birds (5) |
| 7. | Christopher ___
Superman actor (5) | 3. | Apprehension (5) |
| 8. | Lasso (4) | 4. | Grow (7) |
| 9. | Poker stake (4) | 5. | US actress, ___
Locklear (7) |
| 10. | Vigilant (5) | 6. | Design (7) |
| 11. | Climb (6) | 12. | Snare (3) |
| 13. | Part of a shoe (4) | 15. | Comprehensive (7) |
| 14. | Salad plant (6) | 16. | Amount of land (7) |
| 18. | Malayan jungle knife (6) | 17. | Policeman (7) |
| 21. | Dread (4) | 19. | Turkish lord (3) |
| 22. | Public procession (6) | 20. | Troublesome sprite (7) |
| 24. | Pygmalion character, ___
Doolittle (5) | 22. | Rolling Stones hit, ___
It Black (5) |
| 25. | Swimming competition (4) | 23. | Horseman (5) |
| 26. | Wooded hollow (4) | | |
| 27. | US actress, ___ Close (5) | | |
| 28. | Smoke outlet (4) | | |
| 29. | Sikh's headdress (6) | | |

Free Wi-Fi

6.00am - 9.00pm

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

Opening Hours:

Monday: 12.30 - 4.00pm

Tuesday: 10.00am - 12.45pm

Wednesday: 12.30 - 4.00pm

Thursday: 10.00am - 12.45pm

Friday: 12.30 - 4.00pm

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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

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We offer:

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

LIBRARIES TASMANIA

Fingal Valley Neighbourhood House

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

Fingal Online Access Centre
20 Talbot St Fingal Tas 7214
Phone: 6374 2222
E mail: fingal.oac@decyp.tas.gov.au

{Christmas | Opening | Hours}

The Centre will be closed from December 21st 2023 to January 9th 2024.

Our Hours are:
Monday – Friday 9 am – 3 pm

Merry Christmas to all from the Fingal Valley Neighbourhood House

St Marys Market

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

- Beautiful hand-crafted artisan and eco-friendly items
- Fresh produce, plants, and fresh cut flowers
- Fresh baked breads, cakes, cookies and other treats
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There are many options for accessing GP's online, you can Google-search Online GP consults, Online scripts, Online medical certificates etc. Most services offer similar services and have varying fees.

The follow list is a few of the available options:

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www.chemistwarehouse.com.au/instant-consult

Price \$45-\$55.

Doctors on Demand

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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)



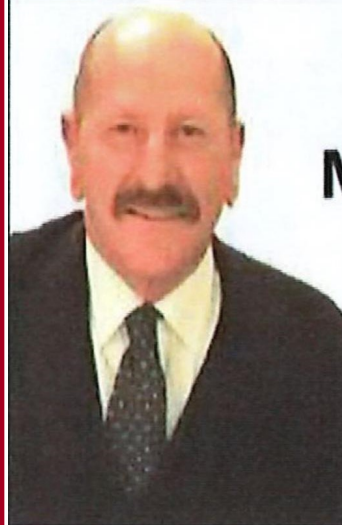
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2023/2024

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Monday - Friday

9:00am - 4:00pm

Every Saturday

9:00am - 12:30pm

Phone: 6372 2889

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



Building Blocks News



school holiday swim sessions

St Marys District School Pool

COME AND ENJOY A FUN COMMUNITY SESSION FOR ALL AGES

with Lifeguard Randle & YCONNECT

15TH, 22ND AND 29TH JANUARY
5TH FEBRUARY 2024

10-2PM GOLD COIN DONATION PER FAMILY

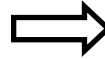
MORE INFO
E: BUILDINGBLOCKS@FVNH.ORG.AU

Join us this summer for fun sessions at St Marys Pool and with the St Marys Repurposing and Upcycling Group to make your very own project - pet beds, bags, toys, bunting and more!

We look forward to taking a short break in January but will be back with lots of great sessions in 2024.

All our program information at www.buildingblockstas.com or look for "Tanya Building Blocks" on Facebook for updates.

Our 2023 survey is out now - we love to hear your feedback on what works for you and your family. Prize draw of 3 x \$100 gift vouchers; to enter, QR



COLOUR THIS IN!



WRLC ARTS

Admin@wrlcarts.com.au



Building Blocks Summer School Holiday Program 2024

What	When	Time	Where/what	How Much	Age Group
St Marys Community Swim Sessions With YCONNECT & Randle	Mondays 15th, 22nd 29th January 65th Feb	10-2pm	St Marys District School Pool Gray Rd, St Marys	Gold Coin Donation per family	All ages Children under 10 years with a responsible adult
Upcycling Decorations With Break O'Day Regional Arts	Thursday 18th, 25th Jan & 1st Feb	10-2pm	FVNH St Marys Outreach Office (rear of Town Hall) Turn trash into treasure Make bags, toys and more!	Free	All ages Children under 12 years with a responsible adult
Summer Celebration With Break O'Day Regional Arts	Friday 19th January	4-7pm	With One Voice Break O'Day Workshop 4-5pm Yoga/Mindfulness Workshop Music/Markets/Food St Marys Recreation Ground Harefield Rd	Gold Coin Donation to Break O'Day Regional Arts	All ages
Bridport Beach Play & Learn With Building Blocks	Tuesday 30th Jan	9:30-11am	Bridport Eastman's Beach morning tea provided	Free	Families and children 0-8 years welcome
Scottsdale Park Play & Learn With Building Blocks	Wednesday 31st Jan	9:30-11am	ANZAC Park Children's Reserve Alfred St morning tea provided	Free	Families and children 0-8 years welcome
Bicheno Beach Play & Learn	2nd February	9:30-11am	Bicheno Waub's Bay	free	Families and children 0-8 years welcome



contact Building Blocks (Tanya) 040002116 or BuildingBlocks@fvnh.org.au for more information

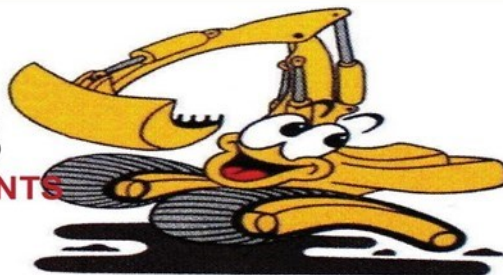
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PROUDLY SUPPORTING THE LOCAL COMMUNITY



TIP SHOPS NOW OPEN

St Helens Tip Shop

Sunday to Friday
11am - 2pm

Saturday 11am - 4pm

St Marys Tip Shop

Tuesday and Thursday
10am - 3.45pm

Sunday 2pm - 4.45pm



WASTE TRANSFER STATIONS

BREAK O'DAY MUNICIPALITY

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

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

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

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

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

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

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

BLACK WATER DUMP POINTS

St Helens - 117 Tully Street, St Helens

St Marys — Harefield Road, St Marys

Fingal - Talbot Street, Fingal

No charges apply to use black water dump points.



SCAMANDER GARDEN CLUB



Merry Christmas, from the Scamander Garden Club.

PEACE

Ask people, "What does the world need now?" and most will reply, "That all wars cease!" For there is a deep yearning and desire in the heart, soul and spirit for all creation to live in PEACE. PEACE means an undisturbed state of mind: the absence of mental conflict; true serenity. Is this an idyllic notion, an impossible dream or can it become true reality? PEACE means freedom from war, disagreement, quarrel and civil strife, Is this possible for our world, all people and nature to experience this way of life? YES! PEACE is what GOD desires for all creation made possible when Jesus came down from above. The mighty Councillor, Prince of PEACE dispensing grace, great joy, hope and everlasting love. If we follow his example of empathy, caring and sharing, poverty, pain and suffering will be relieved, JESUS is the Way, the Truth, the Life and the blueprint of how PEACE could be achieved. JESUS instructs us, "Follow my teaching and see what a difference it will make, If in love you give clothes to the cold and shivering for their, and my, sake. Give water to the thirsty, and ensure all the needy and hungry are fed, Welcome the strange and the homeless with shelter and a warm bed. Respectfully visit those in prison, the vulnerable, those rejected by society, Tend the sick and suffering with tenderness saying, "I'd want this done to me." Have compassion on the disturbed, the outcast, those living outside the square. Generously share your possessions, talents and time to show you truly care." Do this and greed, hate disrespect, power and control will automatically slip away, Then PEACE on Earth, goodwill to all will be the order of the day!



Beverley Rubenach,
Gray, December 2023

SCRIPTURE UNION HOLIDAY CLUB IN JANUARY

From 8th to 12th January, there will be a FREE Holiday Club for children from 5-12 years old. Games, craft and Bible stories will be part of the program each morning at the Portland Memorial Hall. For more information contact Matt Munro 0428 793 953

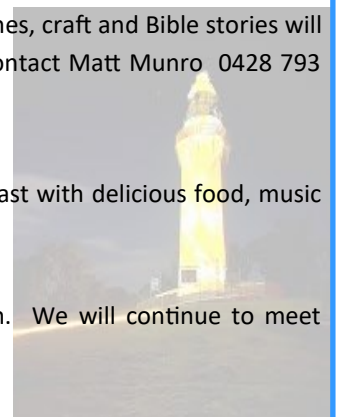
THE LIGHTHOUSE

will be serving a Christmas luncheon on 20th December at 12 noon to 2.00pm. A celebration feast with delicious food, music and gifts, for anyone in our community who is finding life a bit of a struggle.

No cost, please just R.S.V.P. to Jeanne on 0468 997 950.

Please join us any Wednesday for a chat and a cuppa in the Parish Hall: 11.00am to 1.00pm. We will continue to meet through the Christmas - New Year period.

See you at the Lighthouse @ Anglican Hall 58 Cecilia Street St Helens.





SENATOR WENDY ASKEW

LIBERAL SENATOR FOR TASMANIA

Please contact me if I can be of any assistance.

46 Cameron Street, Launceston TAS 7250

6331 8501 senator.askew@aph.gov.au

SenatorAskew @senatoraskew



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



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IN THE KITCHEN WITH KIRSTEN



Here's a recipe for left-overs. Great for Boxing Day is Coronation Turkey, traditionally known as Coronation Chicken, which was created for the coronation of Queen Elizabeth II in 1953.

So, for my recipe, you can use chicken or turkey, both work really well and its fabulous in the warmer weather. The beauty about this is that really, you don't need to have the exact amount of ingredients, and you can be a little experimental. By that, I mean don't go too outside the recipe, but if you don't have apricot chutney, then use another one; if you don't have apricots perhaps use mango etc. So, what do you need?

Ingredients

Approximately 500 grams to 1 kilo of cooked turkey or chicken meat, shredded up	150 grams apricot chutney
1 bunch of fresh spring onions, sliced	200 grams full egg mayonnaise (soy mayo works just as well)
100 grams crème fraiche or Greek natural yoghurt	3 tablespoons sliced toasted almonds
1/2 cup chopped dried apricots	2 tablespoons chopped fresh coriander
½ teaspoon Keens Curry powder or to taste	
salt and pepper to taste	

Method

Mix the chutney, mayonnaise, crème fraiche (or yoghurt), spring onions and curry powder together. Gently fold in the chicken, apricots, almonds and coriander, reserving a little of the latter two for garnish. Add salt and pepper to taste.

Let sit for 30 minutes to let the flavours develop and then place in in serving dish and garnish with remaining coriander and almonds.

Merry Christmas from our family to yours. Hoping you have a safe and happy festive season, Chef Bacon.

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

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

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



Tania RATTRAY MLC

**Independent Member for McIntyre
Legislative Council**

I would like to wish all Valley and East Coast residents a Merry Christmas and a safe and Happy New Year.

Look forward to assisting and supporting those in the McIntyre Electorate in 2024,

Our office will be closed over the Christmas/New Year break from Thursday 21st December, re-opening on Tuesday 30th January 2024

Please contact me for any enquiries or assistance -

0427 523 412 or by email
tania.rattray@parliament.tas.gov.au

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<p>1800RESPECT 1800 737 732 www.1800respect.org.au</p>	<p>Mensline Australia 1300 789 978 www.mensline.org.au</p>	<p>COTA (03) 6231 3265 www.cota.org.au</p>	
<p>Lifeline Tasmania 1800 984 434 taslifeline@lifelinetasmania.org.au</p>	<p>Kids Helpline 1800 551 800 www.kidshelpline.org.au</p>	<p>Find Help Tas A central online directory of community services across Tasmania. Supported by TasCOSS and member organisations.</p>	
<p>Lifeline 131 114 www.lifeline.org.au</p>	<p>Beyond Blue 1800 243 232 www.beyondblue.org.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</p>	<p>Gambling Helpline 1800 858 858</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>



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If it's been six months since your last vaccine or infection and you are:

- aged 75 years or older – please get a COVID booster.
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- Talk with your immunisation provider soon.

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Visit www.health.tas.gov.au to find out more.



Remote support in the home is available for people who have COVID-19 and for vulnerable people, including children, with other respiratory illnesses. To find out more or enrol: www.health.tas.gov.au/covidathomeplus or call 1800 973 363.

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LITTLE THINGS

The Christmas season is with us again! I'm putting up decorations. I turn on the radio, hoping to hear Christmassy music. Instead I hear "From Little Things, Big Things Grow". I would change stations, but I like that song. It's then that I realize how appropriate it is. Our house is full of little things that make the place uniquely our home - crafts and paintings done by our children years ago, ornaments, inconspicuous pieces of furniture. Lots of little things - some practical, some sentimental, but all adding a little extra joy to our lives.

I start thinking of past Christmases. One little item catches my attention. My memories transport me to another time and place....

It is December 1958, and I'm visiting my grandparents, Jack and Mary Newman at Frank Street, St Marys. "Grandad, please tell me your special Christmas-time story." "But I tell it to you each year," he protests. "Yes, and I love it. Anyway, this year is special because I'm 10 years old and great-grandmother Mary Ann was 10 in the story." Thus persuaded, he settles down in his armchair by the fire, I sit on my special seat at his feet. "Just one episode," Grandad warns. I nod, that's sufficient



England, 1856
Ten-year-old Mary Ann Terry runs indoors and gathers into her arms her greatest confidant and most precious possession, her doll Sally. "I've known for weeks a mystery is afoot. The pig and hens have been sold, some of our furniture sorted and set aside. Today, you and I will solve this bewildering puzzle." Sally's porcelain head wobbles in agreement on her limp rag body.

Cautiously, the pair creep and hide behind a fence where two men stand talking. "Collect the cow tomorrow, for we leave in five days," John Terry says, shaking his neighbour's hand to seal the deal. Hearing these words, the young girl can't contain her dismay. "Oh, no!" She jumps up and runs to find her mother, desperately wanting an explanation. She bursts into the kitchen, and to her surprise, the woman is gently wrapping the 'special occasion only' plates and placing them in a large chest. "Mother, tell me what is going on." Her mother looks up with tear-filled eyes. "Your father will tell you soon, meanwhile, we must do what must be done. Come and help." The two work in silence. Mary Ann knows no answers will be given until after the evening meal and the family gather around the fire for devotions and reflections. "Mary Ann," her father addresses her as he sits in his armchair. She sits on her stool at his feet. "I've deliberately waited until everything was finalised before telling you of the big change our family is embarking on." The seriousness of his voice makes her anxious. "I saw you eavesdropping this afternoon, so you already know something. Before I continue, I'll do a reading from Psalm 107." He picks up the big family Bible. "They that go down to the sea in ships, these see the works of the LORD and His wonders of the deep." He closes the Bible and tenderly places his hand on her shoulder. "Dear daughter, we're going on a big adventure. We'll see God's wonders of the sea and the beauty and wonders of a new far away land - Australia, to a place called Tasmania." Stunned by the news, she stammers, "A ship! Tasmania! That little dot on the map of the world?" Choking back tears, she asks, "Why Father? And when?" "As to the why, here we are, poor tenant farmers. In Tasmania, God willing, we'll own our own land. As to when, we leave on Thursday." Her mother tends the trembling daughter. "You must accept the inevitable. Tomorrow you need to choose one item to take for starting our new life in a new land. I'll pack it in the chest with my special blue and white pattern plates."

Before she drifts into restless sleep, she hugs Sally tightly in a 'I'll never be parted from you' hug. She assures the doll, "Decision already made! I'll be taking you, Sally, that's for sure."

Next morning, she still has a heavy heart. She can't recover from the massive shock of upheaval. She brightens a little at the thought. "Mother, I've no need to pack Sally in the chest, for I'll carry her with me the whole long journey." Mother agrees. "In that case, I suggest you take your other possession and give it to your best friend Susan. That way, you'll be separated but still in a way united." She is pleased with the suggestion. "I'll take my stool to Susan right away." Gathering the little stool, she heads for the door. She looks at the fire-place. Visions of all the nightly family gatherings overwhelm her. What in the world could be more precious than sitting on her stool at her father's feet, surrounded by the love of the family? She knows what she must do. "Mother, please pack my stool with your prized items." Picking up her beloved doll, she says, "I'm going now to give Sally to Susan."

Retuning empty-handed, her face is stained with tears from a heart-breaking permanent separation. She checks the chest! She'll sit on her stool in her new home. Family love is not governed by change. It remains constant. Mary Ann is at peace. She knows she has courageously made the right decision!



“There’s much more to your great-grandmother’s story,” Grandad says, reaching down and tenderly patting my head. I smile and lovingly pat the stool on the which I’m sitting. “Beverley, today I’m giving you that stool. My mother gave it to me for Christmas when I was 10, and living at Terrydale, near Goshen.” A far-away look comes to Grandad’s eyes. “Goshen, the Promised Land. In Genesis 45:10, it says, “You shall dwell in the land of Goshen and you shall be near me; you and our children and your children’s children, your flocks, your herds and all you have.”

Grandad’s reminiscence passes. “Our family certainly prospered in that place. Treasure Mary Ann’s stool! Keep it in the family as a reminder of the value of family bonds and unity, and of God’s unfailing goodness.”

Gray, near Christmas 2023

I look at Mary Ann’s stool and marvel how from little things, big things grow, for six generations of bottoms have sat on this stool - God willing, many more generations will do likewise.

That stool also reminds me of the true meaning of Christmas - Jesus came from Heaven to Earth as a Baby - a little thing. Two thousand and twenty-three years later, big thing continue to grow as people follow His example - Jesus’ ways are Love and His message is Peace.

Epilogue

I’m almost finished my Christmas cleaning. At the back of a drawer, I find an ancient maroon covered book. I can’t remember it or where it may have come from. Curiously, I look inside the cover. I find—“Mary Ann Terry from Susan - friend, 1858”! The title of the book? ‘My Grandfather Gregory’! Susan must have sent it from England to Mary Ann in Tasmania - a ‘thank you’ for Sally and a reminder that distance doesn’t stop friendship? I like to think so.

How amazing that little book came to my attention when I was pondering on the past. I believe it is a reminder that every little act of love we do will multiply into big blessing; I pray that all our little acts of blessing will become big enough to change attitudes and hearts, resulting in Peace on Earth, Goodwill to All!

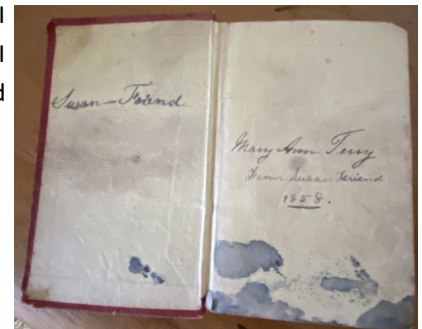
Joy to the world, the LORD has come!

Beverley Rubenach

Grey, December 2023



Another generation sits on Mary’s stool - our grand-daughter Victoria.



NEW YEARS DAY RACES

BUS TRIP

Would you like to attend the New Year's Day races at St Marys without the hassle of finding your way to and from the event?

We will be running a bus from Fingal on the day for only \$5 per person.

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Beach scene, Tasmania (c1900). Tasmanian Archives and Heritage Office: NS392/1492

Holiday Opening Hours

at Libraries Tasmania

DECEMBER 2023

Friday 22	Normal opening and closing time
Saturday 23	Closed as per usual hours
Sunday 24	Closed as per usual hours
Monday 25	Closed (Christmas Day)
Tuesday 26	Closed (Boxing Day)
Wednesday 27	Closed
Thursday 28	Closed
Friday 29	Closed
Saturday 30	Closed as per usual hours
Sunday 31	Closed as per usual hours

JANUARY 2024

Monday 1	Closed (New Year's Day)
Tuesday 2	Normal hours resume



ALEX GRAHAM LEGAL
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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.



CONVEYANCING & PROPERTY

Alex assists clients with all aspects of buying and selling property in Tasmania including a fixed-fee conveyancing service.



WILLS & ESTATES

Alex drafts estate plans, wills, powers of attorney and advises on all aspects of estate administration including contested estates.



CRIMINAL MATTERS

Alex represents clients in criminal matters including appearances at St Helens Magistrates Court (traffic and drink driving offences, Restricted Licence Applications).



COMMERCIAL & FAMILY LAW

Alex advises on subdivisions, commercial lease agreements, sale of business agreements and family law following the breakdown of a marriage or relationship.

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MALAHIDE GOLF CLUB

Friday 8th December - Chicken Run

1st	Bill Swann	25 points
2nd	John Vincent	28
3rd	Ashley Stone	28.5
4th	Mike Prewer	29.5

Nearest the Pin	4th:	John Vincent
	8th:	Robert Matthews

Friday 15th December - Chicken Run

1st	M Prewer	25 points
2nd	John Vincent	26.5
3rd	Ashley Stone	29
4th		

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

Saturday 9th December - Monthly Medal

1st	DB Lowe	91/72 (on C/B)
2nd	Ashley Stone	91/72
3rd	Andrew Johns	76/73 (on c/b)
4th	Randall Wadley	89/73

Nearest the Pin	4th and 13th:	DB Lowe
-----------------	---------------	---------

Saturday 16th December - Red Marker Day

1st	Andrew Johns	37
2nd	Ashley Stone	36
3rd	Grant Richardson	33
4th	DB Lowe	31

Nearest the Pin	4th and 13:	Andrew Johns
	8th and 17:	Andrew Johns



Malahide Golf Club wishes everyone a Merry Christmas and a Happy New Year.

We look forward to seeing you on the greens or in the clubroom next year!

Interested in taking up golf?

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

Friday Nights at Malahide Golf Club

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

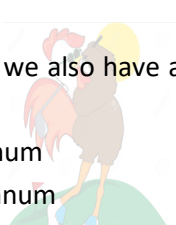
Malahide Golf Club hold a Chicken Run on each Friday starting at 1.00pm, \$4.00 entry.

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

⇒ Full membership is \$235 per annum

⇒ Social Membership is \$50 per annum

Contact Andrew Johns - Club Captain on 0427 854 555





FISHING REPORT

By The Happy Hooker



Hi all,

Well it's that time of year that the fly anglers are out chasing the trout on waterways throughout the state, with some highland waters fishing vey well. As I mentioned last month, November/December is mayfly time; these insects start to hatch and the trout have been feeding on them when conditions suit since insects evolved. Highland lakes such as Woods, Arthurs, Penstock and Little Pine all are producing quality fish. Although Woods Lake has algal bloom at the moment it has been tested as non-toxic, and the fishing has still been good and the fish are ok to eat.

The salt water has been also rewarding anglers with some big black-back salmon and trevally taken from Georges Bay and a report of the elusive kingfish in the bay, while nice-sized bream continue to be taken from the Scamander and Swan rivers.

Fishing reports

27th and 28th November, Lake Leake

27th was a calm warm day and spent the afternoon chasing dun feeders up in the snowy bay. Fish were taken on dun emergers and floating nymphs. Had a good afternoon until the dreaded eastly sea breeze came in and put an end to the day... 28th was the same as the day before. Although the dun hatch was more prolific, not as many fish were seen taking the insects.

1st December, Scamander River

Went down early and arrived not long after sunrise and headed up the river. Caught some nice bream although not over-big sizes as the weeks before. Decided to change to a surface lure as the day was overcast and this helped with surface feeders, caught a few bream although not over-large. Surface lures are a great way to catch a bream. You can see the fish come up under the lure and just sit there deciding the fate or push the lure with their nose to see what this thing is, but when they decide, its all about the "BOOF" when they smash the lure. The way to use the surface lures is to cast to shore and wind a few turns of the reel to get the lure to zig zag across the top, then just stop and wait and watch. If you can't polaroid them, wait for that magical "BOOF".

3rd and 4th December, Lake Leake

3rd December, went up to see if any dun-feeders were about, and had a good afternoon.

4th December, I was out early before sunrise on the lake and although calm conditions, only odd fish here and there, so decided to head to the Swan River for a bream. A bad idea, as we never got a bream and got blown off the water. At the boat-ramp, a fellow angler had success right up the river although he said the fishing was tough. I went back to the lake around lunch for the dun hatch, and only one small unfortunate fish to the boat.

7th December, South Esk River

Had a friend come up for a afternoon on the river and Lake Lucy, and caught a couple of nice fish from Lake Lucy on red tag flies, then got the life scared out of me with a close encounter with a local black tiger snake, who wanted the same spot as myself, which I politely gave up at his request. So I went over to the river and walked onto a nice little river trout feeding up under the shade of the willow trees who took an red tag without hesitation, then using the humble old 'Celta' lure that many people love to use resulted in nine fish for the stretch of river we covered before the summer sun said enough, and returned to the car for a cold beverage and to reminisce.

8th December, St Helens

Went down to catch a whiting and a squid for my friend to take home with him for a feed as he hadn't caught a whiting in Tasmania before, I believe; ended up with a feed of whiting but was blown off the bay by 10.00am.

10th, 11th and 12th December, Lake Leake

Had a few good hours and a few hard hours over these days, chasing dun feeders during the afternoons.

16th December, Lake Leake

Went up for the day and the following morning, caught two trout in the calm waters along the edges. It was too hot in the boat for myself and the dog, so got out and sat on a log and caught these two, picked up another two for the afternoon before hurricane whatever come in and blew its guts out and we returned home.

Its interesting to note how seasons and fish change. The bigger brown trout in Lake Leake this year are mainly in poor condition, which is disappointing. The rainbow trout are there, but are not feeding off the top which is uncharacteristic of the species, and of all the fish we caught for the month, only one was a rainbow. If only we knew what was going on under the water....

Until next time, stay safe over the Christmas and have a great break.



ST MARYS SPORTS CENTRE

By Volun Tier



Hello to all as another one comes to an end and we again enter the final issue of The Valley and East Coast Voice for another year.

Busy times as usual, with so many functions done and dusted, and a few to come. We hosted 26 teachers from the school, 36 from the hospital, and a heap of smaller do's over the past few weeks. Thanks to all for their fantastic comments about our wonderful facility and the food they were served, all done by our dedicated volunteer staff, and as President Rodney highlighted in his speech, the proceeds from which stay in our community and are spent on the necessities to keep the wonderful place ticking over. The commitment of the people who do these tasks should never be in question, so to all that help out, and continue to do so, a heartfelt thank you. Still coming up though, are 7 major functions between now and the end of December, where we will call on them again, including the Clive Berwick Triples Carnival, catering for 80 people from the Fingal Valley Neighbourhood House, and a few other meal nights, then off for a well-earned break, hopefully for a few weeks.

Bowls: A loss on the road to both Bicheno and Swansea, but close games all around, a win on the cards early in the New Year. The mid-week competition has been a revelation as far as the players are concerned, with many settling in and enjoying the more social side of bowls. 20 points our way at Scamander a couple of weeks ago, and 5 points at home, where we could only fill one rink due to other commitments for a lot of our players.

Golf: Great to see the numbers on the course, also signing up several newbies in the process, just what the doctor ordered. Speaking of doctors, had a call from Rick Stillman the other day, a former member of the golfing fraternity. Unfortunately due to health issues, he and his wife have not been able to complete their new journey on the high seas, but he sends his best wishes to all at the club and added he thinks about this great place all the time. We wish them both well also.

This week Mick Kringle 35 points on a count-back from an in-form Dave Cannon 35, new players Racquel 32 and Joe Rattray 31, Macca 28 and Rodney 26. Nearest the pin was Mick, who scooped the prize pool, a new Mercedes and a house on the Coast, or was it two beers, two tees and a golf ball... Maybe the latter!

Members Draw: Jim Haas and Karl Balzar came out in the draw last couple of weeks. Neither present, so fuel jackpots to \$60.00, members must be at the club around 8.00pm for the draw to win.

Opening Hours:

Thursday - 5.30pm

Friday - 5.30pm

◇ Happy Hour 6.30pm till 7.30pm

◇ Members Draw 8.00pm

Saturday - 1.30pm after bowls

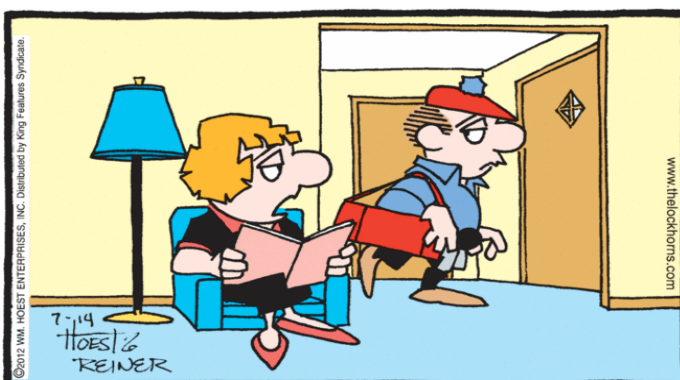
Sunday - 2.30pm

Anyway, as we go off to the break, a Happy Christmas and prosperous and healthy New Year to all our readers, and thanks to The Valley and East Coast Voice crew for the platform for our news and hope to catch up with you all soon.



Golf club Champions, 2023:

Jimmy Freiboth, 2nd Division Gross and Nett, Keith Gilles, Club Champion and 1st Division Gross, and Jason Gledhill, 1st Division Nett winner



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