



THE VALLEY AND EAST COAST VOICE

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Fingal Valley Neighbourhood House

The Rockliff Liberal Government is doing what matters to Tasmanians by delivering projects that make a difference in our community.

The Fingal Valley Neighbourhood House’s Creative Mind Project will receive \$30,000 from the Premier’s Children’s Fund for Children and Young People.

The Creative Minds Project responds directly to feedback provided by children and young people aged 8-12 years residing in the Break O’Day Region to remove barriers to provide social connections, opportunities and experiences with peers in the community.

Lyons Liberal MP Mark Shelton said this grant was an example of the Rockliff Liberal Government doing what matters for Tasmanians.

“This funding will enable the Fingal Valley Neighbourhood House to serve the community in an even better capacity,” Mr Shelton said.

“The Creative Minds Project will create recreational and social opportunities as determined by local children and young people to increase their wellbeing, empowerment, community connections and positive mental health.

“Organisations like the neighbourhood house are vital to our regional communities. This money will be well-spent.

“I look forward to seeing this project brought to life.”

Grants like this go along way to making Tasmania the best place to live, work and raise a family, that’s what our Rockliff Liberal Government is all about.

Article provided by Tarlia Jordan from Department of Premier and Cabinet



Pictured above: Lyons Liberal MP Mark Shelton, Tanya Greenwood and Gary Barnes

VOICE for
RURAL & Regional
Tasmania

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 Regular articles i.e. news of current activities / events and general information will, at the discretion of the Editor, be carried free of charge. Community group announcements up to 5 lines or business card size are free, anything larger will be charged at 50% of current rates. The decision regarding whether or not an article attracts advertising fees is the Editor's. Groups will be advised of any cost before going to print.
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Visit our website valleyvoice.com.au and look back over ten years of archival content, galleries and stories, in addition to each new issue. Leave a comment / suggestion on what you would like to see included

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TasNetworks	13 2004
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Opinions in any letters published are not necessarily those of the Editor and committee, or volunteer staff.
 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 must bear the author's 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.
 All letters/emails must include your full name, address and contact phone number.
 The Valley and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines. All information is correct at time of printing. Whilst we value and welcome community input, the Valley and East Coast Voice Inc. does not provide specific feedback regarding any decision made not to publish a submission.

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

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

Dedication to community recognised at Australia Day Awards

On Australia Day the Portland Hall in St Helens was filled with community pride as Council and the community celebrated and recognised the achievements of some of our hardworking and dedicated community members. This year our Australia Day Ambassador was Mr Kim Smith, a retired Police Officer who has made significant contributions to his own community including producing a range of learn to drive videos in five different languages. He has also won awards for his contribution to Outreach for reducing violence and offences. Mayor Tucker said it was a privilege to have Kim attend our event. "Kim has done some amazing things for the Tasmanian community and hearing his stories, it's hard not to be inspired." At the Australia Day event, Mayor Tucker with the assistance of our Australia Day Ambassador, Kim Smith awarded the following Australia Day Awards.

Australia Day Young Citizen

This year we award the Young Citizen of the Year Award to three young citizens, Etta Cornelius, Sienna McGiveron and Helayna McGiveron. Sienna, Helayna and Etta have demonstrated dedication and excellence in various volunteering roles. Each one of them volunteers in many roles in assisting their peers and also other members of their community but they have also come together under the initiative of Sienna and Etta to organise the biannual beach clean-up sessions. They actively campaign and advertise the event, provide the necessary materials required for the event and finish the day with a BBQ thanking everyone for their great work.

Australian Day Citizen

This year the Australia Day Citizen of the Year Award is awarded to Ann-Maree Blunt. Ann-Maree has helped the youngest of our community through to the eldest. Ann-Maree shows great kindness, generosity and has a welcoming nature. She has advocated for the youth in our area, founder and played an integral part of the establishment of the St Helens Netball Association, foster carer for children within her own home, key member in establishing Little Athletics, a driver for meals on wheels and mentoring our young people at the St Helens District High School. Ann-Maree has contributed so much in our community but also shared her teaching skills and volunteered at Outback Stations teaching young children.

Mayor's Special Award

This award is awarded to Nicki Trelloggen. Nicki has an infectious nature which people trust and are willing to help with any ideas that she may have to get an outcome that will benefit the whole community – whether it be working with young people providing them with the opportunity to play Statewide junior netball or more recently brightening our community at Christmas time.

Break O'Day Municipal Excellence Award

This year we award it to Christine Trelloggen. Christine has always been active in our community from making a boiler of soup for a fund raiser to organising a fundraising event for a number of community organisations. Since Christine's retirement she has not slowed down, through her position on the hospital auxiliary she now contributes to the daily management of the tip shop. Christine is currently a Board member on the newly formed Possum Magic Child Care Centre, a member of the Break O'Day Festivities Committee and a member of the East Coast Aquatic & Wellbeing Centre committee.

"The Australia Day Awards are a real highlight for me every year as we get to really celebrate those in our community who go above and beyond," Mayor Tucker said. "I am so proud of what our little community can achieve and I have never been prouder of my community or to be an Australian as I am on Australia Day.



Helayna McGiveron, Etta Cornelius and Sienna McGiveron



Ann-Maree Blunt



Nicki Trelloggen



Christine Trelloggen

Meet the Editor

Hello Readers,

I am thrilled to introduce myself as the new editor of The Valley and East Coast Voice. My name is Casey, and I am deeply honoured and excited to have the opportunity to serve in this role. I have been a resident of Break O’Day for the best part of my 34 years on Earth. Who and where I was before that—we don’t know.

As we embark on this new chapter together, my vision for The Valley and East Coast Voice is one of innovation, inclusivity, and impact. My aim is to reach and engage with our audience in meaningful ways.

But above all, I believe that a newspaper is only as strong as its relationship with its readers. I am eager to hear your feedback, your stories, and your concerns, as we work together to ensure that this newspaper remains a trusted source of news and a vital resource for our community.

I look forward to getting to know each and every one of you, and to embarking on this exciting journey together.

Sincerely,

Casey Musicka



Library Lovers' Day - 14 February 2024

Want something for free? Your library is more than you imagine.

Library Lovers' Day is a day to celebrate Tasmania's fantastic school and public libraries.

On Library Lovers' Day – Wednesday 14 February – Libraries Tasmania is highlighting six fantastic free services and resources:

- Free eBooks and eAudiobooks
- Free print magazines and eMagazines
- Free Express Book Service – borrow a bestseller on a seven-day loan
- Free Wi-Fi at your local library
- Free Family history resources and help
- Free online study support and job seeker CV support with Studiosity

To find out more about free services and resources, visit or contact friendly staff at your local library.

www.libraries.tas.gov.au



OFF-LEAD DOG EXERCISE PARK INFORMATION SESSION

Council is reviewing our Dog Management Policy and Dog Management Zones which is required every five years. As part of this review we will be considering Off-lead exercise areas for St Marys.

DATE: WEDNESDAY 21 FEBRUARY
TIME: 5PM-6:30PM
LOCATION: ST MARYS HALL

Join Council staff at this information session where we will:

- Discuss options for a off-lead areas in St Marys
- Discuss the pros and cons of potential locations
- Listen and gather feedback from community

Your feedback at this session will help inform Council as it considers revisions to its Dog Management Policy, including town dog exercise facilities. The Draft Dog Management Policy will then be released for public comment and submissions.



“We asked for help.”

Kathryn and her daughter Taya are both carers for Kye, their son and brother who has autism.

Through Carer Gateway's support they were able to go on a retreat to connect with other carers in a supportive environment and take a break. Care2Serve is the local tassie team connecting Tasmanian carers to Carer Gateway.

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

Support is free, inclusive, and confidential.

Call 1800 422 737 (press 1)
or visit carergateway.gov.au

Without the help of Carer Gateway, life would be really difficult.
Taya & Kathryn,
 Carers



Karadi Aboriginal Corporation

BBO In The Park

GET READY FOR OUR FUN GATHERING

Karadi Aboriginal Corporation would like to invite Aboriginal Community members and Service Providers on the East Coast to join us for our Monthly gatherings in Bicheno. Come and meet the team, learn about our services, see how you can be involved and have a nice catch up over free lunch. You can RSVP and notify dietary requirements by phoning our office on 62723511.

Upcoming Dates:

- 20/2/24
- 19/3/24
- 16/4/24
- 14/5/24
- 18/6/24

Time:
12pm-2pm

 Bicheno Lyons Park
78 Burgess St, Bicheno



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Exhibitors offering FREE services & support

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 Punchbowl Christian Centre, Launceston

 Tuesday 5 March, 2024

 10.00am - 2.00pm

 care2serve  (03) 6144 3729  care2serve.com.au

Bicheno Community Health Shed

Open every Tuesday from 12pm—3pm

At 94 Foster St, Bicheno.

We have had a tremendous start to the year. Lots of sales and heaps of brilliant donations. Thank you one and all. Hope to see you there.

If you would like to become a volunteer please drop into the shed and leave your details and someone will contact you. It's fun and a great community service to be involved in.

Just a reminder that we do not take any donations of electrical items. We do not have the capacity to test and tag these items so for the safety of all, we cannot accept.

Thank you



AGM

Vietnam Veterans Association of Australia

East Coast Sub Branch. AGM to be held on the 17th February at 1pm in the Veterans Centre, Quail Street, St Helens.

Secretary 0409 178 060

St Marys Op Shop

Situated behind the St Marys Town Hall Main Street St Marys
Plenty of parking available directly outside the shop

Spring & Summer 2023/2024

Opening hours from Monday 2nd October 2023 until Saturday 6th April 2024

Monday - Friday
9:00am - 4:00pm

Every Saturday
9:00am - 12:30pm

Phone: 6372 2889

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

St Helens
netball
association

FREE
day of
NETBALL
activities



WHEN
Saturday
February
24th

WHERE
Tully St Courts
& Stadium

more detail
overleaf!



NETSETGO CLINIC

For 5-10 year olds
11:45 - 12:45pm
Bring a hat and
drink bottle,
ready for fun!

SSN TROPHY

Come and have a
photo with the
SSN trophy as it
tours the country!

TNL MATCHES

Watch Cavs take
on Sun, with 19's
at 1:00pm and
Open at 3:00pm

**CANTEEN OPEN
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Investing in the East Coast through the Strategic Regional Partnership

The Tasmanian Liberal Government has today signed a Memorandum of Understanding with Break O'Day Council, Glamorgan Spring Bay Council, East Coast Tasmania, Tourism Industry Council Tasmania and Regional Development Australia. Premier Jeremy Rockliff announced the Government will invest more than \$5.2 million into developing strategies to enhance health services, education and job opportunities for young people and tourism and infrastructure planning for the East Coast as part of the deal. "The Tasmanian Liberal Government is doing what matters for those living on the East Coast by investing in the services, infrastructure and long-term planning the region needs to continue to thrive," Premier Rockliff said. "We are working in collaboration with the community to achieve the best possible outcomes for Eastern Tasmania." The MoU outlines our commitment to develop an action plan to progress the following priorities:

- East Coast e-health taskforce;
- Regional Population and Housing Needs Analysis;
- Education and Training Hub feasibility study;
- Triabunna Tomorrow Plan feasibility study;
- Triabunna streetscape and public toilets upgrades;
- St Helens – Binalong Bay Liveability Strategy;
- Future strategic land use study for a new St Helens District High School;
- Bicheno Urban Design Strategy;
- Provision of public amenities to support youth infrastructure in Bicheno;
- Bay of Fires Masterplan;
- Concept development for new St Marys Child Care Facility;
- East Coast Tourism Positive Impact Plan;
- Youth Connectors Program for East Coast Jobs Hub;
- Ongoing funding commitment for East Coast Jobs Hub; and
- East Coast strategic disaster resilience priorities.

"Our Government is committed to our long-term plan to make Tasmania the best place to live, work and raise a family," the Premier said. "This MoU with the East Coast is another example of our Government's commitment to invest in our regions, which are the lifeblood of this state. "The Tasmanian Liberal Government is delivering on what matters for all Tasmanians. Glamorgan Spring Bay Council Mayor, Cheryl Arnol, said that Council is very pleased to be part of this exciting MOU project and looks forward to working with the government on achieving the outcomes outlined in the agreement. "The support for Triabunna as the gateway to Maria Island is particularly pleasing with the planned influx of tourists to Tasmania and as the gateway to one of the most visited destinations in our State," Mayor Arnol said.

Break O'Day Mayor, Mick Tucker welcomed the announcement regarding the Memorandum of Understanding. "The projects being supported within the Memorandum of Understanding are vital to the growth of the East Coast and importantly they will address priority projects which the Break O'Day Council have been lobbying the State Government to address." "Health and housing are two of the biggest issues affecting communities on the East Coast and direct action is required" stated Mayor Tucker.

From East Coast Tasmania Chair, Jen Fry, said that it is wonderful to receive this funding for our community, our industry, and our region. "The partnership agreement will no doubt have a transformative impact on our initiatives. This significant investment marks a pivotal moment in our journey, propelling us towards innovative milestones and enhanced community outcomes," Ms Fry said. The CEO of the Tourism Industry Council Tasmania, Amy Hills, said that the East Coast of Tasmania was one of the most heavily dependent regions on tourism in the country, therefore the industry welcomed the visitor economy being at the heart of the new Regional Strategic Partnership.

"Ensuring the visitor economy continues to help drive the region's economy while making a positive impact on the community, environment, and Tasmanian way of life is a key goal of industry and we look forward to working collaboratively to achieve this through the partnership. Tasmania RDA Chair Professor, Sue Kilpatrick, said the RDA are delighted to be supporting this Strategic Regional Partnership on the East Coast. "Place-based partnerships help deliver a much better outcome for communities and ensure local voices are heard. The SRP's are a great foundation for RDA Tasmania to promote Australian Government funding opportunities and leverage even greater resources and outcomes."

Media release provided from Minister Rockliff's office on February 6th, 2024.

Recognition for St Marys Repurposing & Upcycling Group

The St Marys Repurposing and Upcycling group has been nominated for a Tamar NRM Sustainable Living Award. This initiative began over two years ago in sheds, utilizing items from the St. Mary's op shop that were unsellable to prevent them from ending up in landfills. Initially comprising of 3 to 5 members, the group has since grown to accommodate up to 15 individuals at times. They work their magic in the old St. Marys op shop room and aspire to secure a designated space in the future.

Weekend workshops are held occasionally to cater to interest from other community members and groups of all ages, and the occasional market day showcases repurposed items, often finding new homes. Particularly popular is the T-shirt Mat making workshop, with one volunteer traveling as far as Hobart to host a session this year. The group is dedicated to raising community awareness, providing education, and fostering social connections whilst being proactive in the mission to reduce our waste. The group were proudly present in the St Marys Christmas parade with a themed float that was well received by community.

The winners are to be announced at the Sustainable Living Festival 2024 Business and Community Awards Night on Friday the 1st of March, with special guest Craig Reucassel, at The Tramsheds Function Centre in Launceston. If you would like to attend please visit tamarnrm.com.au/festival to secure your ticket before February 29th. Other groups nominated can be found on the Tamar NRM website.

If you would like to learn more or pop along and join in on the fun with the St Marys Repurposing and Upcycling Group you can pop on their Facebook page and check what time they will meet next. If you have a permanent space you would like to offer this group please contact Diana by email at dianavanmeel@hotmail.com



An amazing snippet of just a few the products the group have been making.

Images Courtesy of SMRU Facebook Page and Founder Diana.



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



The Say by the “Cage Rattler”

Let me inflict more pain on you all once again this year and the poor long suffering editorial staff of the Voice rectifying my myriad of mistakes. I am going to start once again and beg and plead to whoever can help me to fix the bloody road to South Sister .. It's a disaster.. I decided one morning very recently to try and drive my car to the top and take my camera for the opportunity on a gorgeous day to avail myself of some spectacular shots - 360 degrees of the Valley , neighbouring mountains and the fabulous coast and hinterland...

It started alright and made it easily to a regular place I often go but rarely pass . So far, so good... Kept going ... Then the first unrepaired rut was encountered , then another and then protruding rocks but I kept going.. Then I had a chassis scrape, another deep rut and more exposed rocks .. It's also narrow and getting steeper by then and had to keep going ..I then reached a point probably a few hundred metres from the car park that common sense took over and I negotiated a place to retreat ...So I did .. Another clearly very rough part ahead convinced me to halt .. Even knowing what was there made the return to the place of comfort going down hill still a pretty nervous few minutes .. Was going to return a day or two later and leave my car in the regular place and hike from there but things conspired to stop that happening ..

THIS IS NOT GOOD ENOUGH PEOPLE I have had a gutful of the lack of support, interest, help, information and desire to literally put South Sister Lookout access a must do when visiting our area.. It seems to me that it may well be a case of “Too Hard Basket” to determine who is ultimately responsible for a suitable upgrade of what is only a short distance of thoroughfare that would solve all the trepidation of visitors who don't have a substantial four wheel drive vehicle... We need some proper discussion on this, St Patricks Head safety, maybe North Sister opportunities and quite possibly other potential; very unique attractions in the Valley. Politicians of all persuasions, be you local government, State or Federal... HOW ABOUT A BIT OF SUPPORT. Not just for Bay of Fires and Freycinet, Cradle Mountain and other iconic and majestic places like them but also a few bucks to help rectify our amazing places. It's about time ..

To the readers of the Valley Voice... How about it? Can you help me lobby some of those in control to come and talk to us about more opportunities for our area ... We won't get bucketloads of cash... we know that but just a bit of help making road access to places like South Sister or a few well positioned safety ropes for those not as young and fit on St. Patricks Head would be a great help and highly appreciated... Is anybody else interested? Please let me know.

Really, Tell me what you think ?

Planning for the future – Meetermer (George) River, St Helens

Break O'Day Council and the Lower George Riverworks Trust have just released their preliminary report on the effects of Meetermer (George River) changing course, and its implications as part of the Lower George River Avulsion Impact Assessment project and input is now being invited. The term 'avulsion' refers to changes in course that rivers naturally make when they flatten out and sediment builds up. The Lower George River Avulsion Impact Assessment project aims to assess likely new paths across the floodplain the river could take, how the impacts could be minimised and inform the community of the risks they may face. The report, which can be found on Council's website, describes the consequences of several scenarios would have for the residents, businesses and key infrastructure managers on the floodplain as well as the wider community. Mrs Jo Williams, a farmer on the floodplain and Secretary of Lower George Riverworks Trust, said currently that the bed of the river channel seems close to, or higher than parts of the floodplain. "Advice following the 2016 Tasmanian floods identified a growing risk of avulsion and the river to abandon its current channel and developing an easier course." Mrs Williams said. The floodplain or delta of the river, which discharges into Georges Bay, has an oversupply of sand sediment from past tin mining coming down the river as well as sand being deposited from the tidal action of Georges Bay. This has caused the current riverbed to rise and there is still more sand working its way down the catchment. Scenarios being considered have indicated that one or more flood events could lead to an erosion channel over the floodplain. As this channel deepens and widens to become the new river it would affect the land, Bay, Binalong Bay Road and anything on and around the floodplain. Break O'Day Council Mayor Mick Tucker said Binalong Bay Road at the causeway already gets closed regularly by flooding. "Bigger and longer lasting impacts are increasingly likely after extreme flooding events. Landholders, graziers and our shellfish farmers will be affected and access for residents and visitors to Irapuna/Bay of Fires over the Road could be disrupted for months or years. "It makes sense for everyone to anticipate what the river will do and moderate the impacts by planning for it, rather than wait for it to happen," he said. You can view the report and comment on the avulsion scenarios and their consequences and share your ideas for managing the future risks at Council's website under Community Engagement.

Are you seeking assistance with any of the following?



Financial
(criteria apply)



Food



Housing



No Interest Loans



SCAN ME



Household Items



Domestic Violence

OR

Visit www.assistancetas.com.au

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



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good works



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TASMANIA



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Morning tea and lunch provided

2024 Workshop Schedule:		Saturday 22 nd June	Burnie
Friday 16 th February	Fingal	Friday 26 th July	Sorell
Friday 15 th March	Flinders Island	Friday 16 th August	Glenorchy
Friday 12 th April	Hobart	Saturday 17 th August	Bruny Island
Saturday 13 th April	Kingston area	Friday 20 th September	Port Sorell
Friday 24 th May	Launceston	Saturday 21 st September	Ulverstone
Saturday 25 th May	Longford	Friday 25 th October	Riverside
Friday 21 st June	Devonport	Saturday 26 th October	Bridport

Further information and how to register can be found at www.communitycommitteetraining.com.au
The Grassroots Community Governance program is a fully funded initiative of the Tasmanian Community Fund.

Further Information: steve@alkas.com.au



YOUR LOCAL LAWYER, ON THE EAST COAST





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.

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

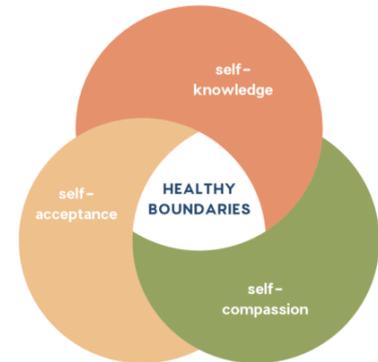
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alex@alexgrahamlegal.com.au

Better Boundaries

There's a lot of talk these days about the benefits of setting boundaries in our interpersonal lives, and there's a good reason why. Boundaries are the cornerstone of a healthy relationship - they protect our wellbeing while at the same time offering opportunities to build trust and safety with others. Healthy boundaries also help to ward off burnout and stress, all the while improving our autonomy and capacity for self-care. Although it can be tricky, learning to communicate your boundaries is certainly a skill worth investing in because without them, we end up feeling taken advantage of, rundown, and resentful. I don't think that's how most of us want to live our lives, but it's often a lot easier said than done.

For starters, much of the advice today centres -solely- on being able to convey our boundaries to others, but in reality, the foundation for effective boundary-setting comes not only from how or what we communicate, but from the realm of self. Knowing who we are, understanding our values, and what's important to us, allows us to have a real sense of clarity about what is okay, and what is not okay. That self-awareness serves as a compass and guides us in both our beliefs and behaviours. Self-acceptance, on the other hand, gives us the courage to stand up for those beliefs. On a basic level, if you believe that you and your values (your time, your energy, your physical space, your safety, your needs), are worthwhile and equally as important as another's, then it becomes a lot more difficult to tolerate poor and inconsiderate behaviour.



You see, boundaries are not for other people, they are actually for yourself. What kind of treatment are YOU going to allow, and what are you not? How are YOU going to respond, or maybe.....how are you not? Awareness and acceptance of self means that you'll spend a lot less time and energy on self-doubt or trying to decide if your needs are reasonable. Setting boundaries becomes significantly more manageable when anchored by that strong sense of self.

Another challenge in setting boundaries, particularly in toxic environments, is the resistance or disregard from those around us. It gets taken for granted that trying to establish boundaries in relationships with habitual line crossers is quite tricky to navigate. There is often pushback, gaslighting, or further attempts at manipulation which can make the task seem daunting and futile. It can cause us to feel even more timid and meek. However, when we shift the focus from trying to impose our expectations onto others, to developing a robust sense of self within, the environment around us changes. We start to respect ourselves enough to not remain surrounded by people who try to take advantage or victimise us. Instead, we choose to foster relationships with others who understand and appreciate values such as honesty, self-reflection, and accountability. Generally, these kinds of people are really easy to set boundaries with. They are usually safe, secure, and sensible - we don't have to keep reestablishing or reminding them about the guidelines for interacting with us. Effective boundary setting often lies in the company we keep.

Learning to advocate for ourselves or not give in to people-pleasing tendencies is about much more than simply learning to communicate boundaries. It's taking a different approach - one that requires a shift from the inside out. Rather than attempting to control the behaviour of others, we must work on cultivating respect and resilience within ourselves. Boundaries don't work without first changing that primary relationship to yourself. Afterall, worth is not determined by the other. It's determined by inherent authenticity. Know thyself and to thine own self be true. The rest will follow suit (and if they don't, you'll know better than to stick around).



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

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

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 Program Guide  		Mon	Tue	Wed	Thu	Fri	Sat	Sun
		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
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	Your in the Zone with the Tone 80's and 90's mix	
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 JONNO	"The No 80's Zone" [everything except the 80's] with 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 with Star FM	THE PARTY PIT with Star FM	hosted by Dave	




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 Sunday 18th February Smooth Operators
 Sunday 25th February Gentle Duel

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 Providing an Inclusive Practice and Community for Lesbian, Gay, Bisexual, Transgender, Intersex, Queer/Questioning and Asexual (LGBTIQ+) People
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Through the completion of this training participants will be able to;

- Demonstrate an understanding of inclusive language and the different LGBTIQ+ definitions and pronouns.
- Recognise that even though there is one acronym for LGBTIQ+, sexual orientation, gender identity and intersex status are different.
- Recognise the specific challenges and discrimination faced by each of the groups under the LGBTIQ+ banner.
- Identify how their service or community can become an LGBTIQ+ Ally.
- Demonstrate an understanding of the importance of being an inclusive and welcoming service or community for LGBTIQ+ people.

When: Friday 23rd February, 2024
Where: Break O'Day Child and Family Learning Centre
 1 Groom Street, St Helens
Time: 9.30am to 12.30pm - registration from 9.15am
Cost: Free

Thanks to funding from The Department of Premier and Cabinet
 RSVP and https://events.humanitix.com/lgbtiqa_sthelens_3hr
 contact: or by contacting Fiona
sthelens.cflc@decyp.tas.gov.au and Phone 6376 7172

Child minding available for children 0-5years





Wheelchair accessible venue

GEORGES BAY LUNCH AND MUNCH

GEORGES BAY MUSIC

Well, what a start to 2024, we saw new faces in the audience which is great to welcome newcomers to our Club and we had The Drop Bears - aka Chris and Janet Munday, playing to a small but very appreciative audience at the St Helens Footy Club Rooms, Chris has a very professional set up with lights strobing, and a very professional sound system, all making for a great afternoons entertainment. Music from Tom Jones, Elton John, Willie Nelson to name a few, you can see he has a varied collection of songs. They are booked for May 2025 already so make sure you put it in your diary, even though it is early, the time flies by so quickly.

This month's guests are the ever popular 'The Rennies', Lindy Jackson and her band. We love to see them back, with something for everyone to enjoy.

That's on Friday the 23rd February, once again at 12-2pm at the Footy Club Rooms at the end of Tully Street. Don't forget that it's B.Y.O. lunch, although everyone seems to enjoy the Tuckshop Sandwiches and Cakes as a treat, so you need to get there early to purchase those.

Raffles, Lucky Door Prize and the \$50 card are also popular. It's Membership time once again as well, Mary will be waiting to relieve you of \$20 for your annual Membership fee. Then it's just \$10 for members and \$15 for non members. Remember also it's the A.G.M. this month as well, so we will be starting at 11.30am for the meeting followed by the concert at 12 Midday.

Bring a friend or two along with you to enjoy a fantastic afternoon of music and singing and enjoy the beautiful voice of Kazz, with a song or two thrown in by Scotty.....See you there. Friday 23rd Feb.

GEORGES BAY MUSIC PRESENTS
LUNCH AND MUNCH

ST HELENS FOOTY CLUB ROOMS
TULLY STREET
FRIDAY 23RD FEBRUARY 12-2PM
A.G.M. 11.30AM

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✉️ guy.barnett@dpac.tas.gov.au

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

Break O'Day
COUNCIL
Kylie Wright
Councillor
0439 742 946
kylie.wright@bodc.tas.gov.au

EVENT POSTPONED



The event that was scheduled for Saturday 24th February 2024, has unfortunately been postponed.



Building Blocks News



BABY & CHILD FIRST AID

Free Sessions

for parents, families and members of the community who live with, or around children

Space is limited
Adjunct Child Care Available

Register today!

FinGal - Mon 25th March 10-12pm
<https://events.humanitix.com/fingalbaby-child-first-aid-84jvuk3c>
St Helens (CFC) - Thurs 28th March 11-1pm
<https://events.humanitix.com/sthelens-baby-child-first-aid-qykrfxme>

Information sessions cover baby & child CPR and first aid, home safety, accident prevention and the management of common childhood illnesses and injuries

Training includes:

Topics covered include:

- CPR
- Choking
- Burns
- Fever management
- Diarrhoea, Vomiting & Dehydration
- Respiratory Illness
- Head Injury



BOOKINGS REQUIRED
MORE INFOR: M: 0400002116 OR
BUILDINGBLOCKS@FVNH.ORG.AU

BUILDING BLOCKS PRESENTS

READ SING CREATE!

for families/carers and children 0-5 years

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

ST HELENS LIBRARY - FRIDAY 10.30-11.30AM

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

BICHENO LIBRARY-TUESDAY (FORTNIGHTLY) 11-11.30AM

Music, Songs, Rhymes and Stories to support early literacy and numeracy in a fun free session
Everyone Welcome.... School Term Only
More info Tanya: 0400 002 116 or www.buildingblockstas.com

Welcome back to another year of Building Blocks!

Building Blocks is a mobile early learning and parenting program for families and children (0-8 years) across north east Tasmania. We are funded by the Australian Government Department of Social Services and grants from state government and other supporters. Our team of early years educators and parenting support workers are there to help you on your parenting journey.

If you have concerns about your child's development or wellbeing then please get in touch to see how we can help. We visit local playgroups, community parks and halls and school based Launching into Learning sessions to support fun early learning programs. We also have a great set of resources to borrow including books, play sets and more.

We have an occasional child care program for children 3-5 years in FinGal—this is a free program for health care card holders or \$10 per child. Mondays (term time 9:30-2:30pm). We have limited places still available so get in touch if you are interested.

All our program information is on our website www.buildingblockstas.com

Follow us on Facebook or

Email: buildingblocks@fvnh.org.au

children thrive in communities where they have opportunities for play and discovery

Ideas for action - we can all play our part
offer families and children play ideas
talk about what is happening in your local area
jump, run, sing, walk, dance and read together
share links on activities and events for children



more info on how you can help build a child friendly community in your area
Tanya M: 0400 002 116 or E: BuildingBlocks@fvnh.org.au



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Saturday 9:00 - 2:00

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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 hope that everyone has had a great start to 2024. Our History room hours are:

Tuesday 12pm to 3pm

Thursday 12pm to 3pm

Friday 10am to 3pm

Or by appointment. Please check prior to visiting, as there are times when we cannot attend due to various reason.

Research and operational tasks for the Fingal Valley Neighbourhood House History Group are conducted by volunteers. As there are ongoing administration costs, a monetary donation is very much appreciated.

Research costs: The first 90 minutes of research is free, but after that time, we would appreciate a monetary donation to assist us with ongoing costs.

Photocopying: A4 50c & A3 80c

We are in the process of creating postcards and cards: Postcards: \$2

Cards: \$3 or 2 for \$5

Phone: 6374 2344 or email History@fvnh.org.au



Pictured above: Tullochgorum Railway Station, Esk Highway

Pictures below of a Street parade in Talbot Street, Fingal, 1970s



Have you ever considered finding out more about your history or that of a certain place? Some great tools to consider are:

<https://trove.nla.gov.au>

<https://libraries.tas.gov.au/>

<http://www.gravesoftas.com.au>

<https://www.rpersonindex.org>

https://www.utas.edu.au/library/companion_to_tasmanian_history/index.htm

<https://northernmidlands.tas.gov.au/community/news-events/monuments-memorials-and-artwork/convict-bricks-database>

Article and useful resources provided by Sonya Lanham on behalf of the 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

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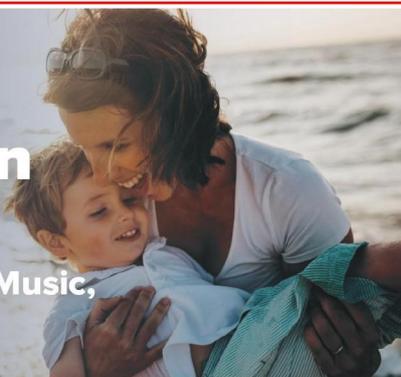
For further information,

contact Joan on 0458 598 870.



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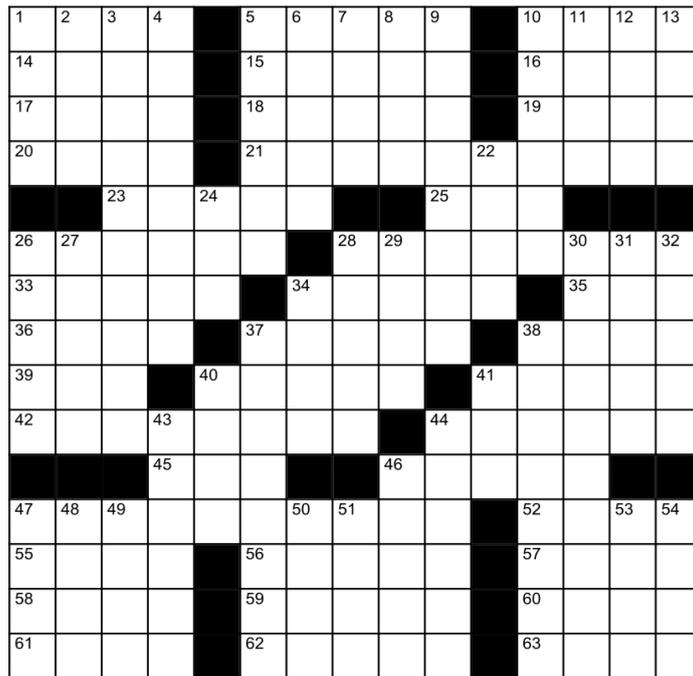
9.00am to 5.00pm

Pharmacist Andrew in store all day

Crossword 56.01

Across

- 1. Peter I, for one
- 5. Border plant
- 10. Call to a mate
- 14. Altar locale
- 15. Gibson garnish
- 16. Ice cream treat
- 17. Quarterback's option
- 18. Girder material
- 19. Comedienne
Imogene
- 20. "Halt!"
- 21. Verse of four
measures
- 23. Show fear
- 25. Dead letters?
- 26. Kind of cord
- 28. Chill out
- 33. Unrefined
- 34. Energize (with "up")



- 35. Block
- 36. Hourly charge
- 37. Stake
- 38. Look after
- 39. Chowed down
- 40. Neglected boy
- 41. Abstain
- 42. From the age of
chivalry
- 44. Plow's trail
- 45. "Gosh!"
- 46. Heart line
- 47. Smelly pranks
- 52. Desire
- 55. Fashion designer
Chanel
- 56. Circa
- 57. Showy flower

- 58. Unpleasant
emanation
- 59. Hangman's knot
- 60. Air show stunt
- 61. Strengthen, with
"up"
- 62. Dissuade
- 63. Kitty starter

Down

- 1. Last call?
- 2. Cross words
- 3. Kind of press
- 4. Answer
- 5. Inexpensive lodging
- 6. Script direction
- 7. South Beach, for one
- 8. Suffix with theater

- 9. Darkroom apparatus
- 10. Click the OK button
- 11. Knee-slapper
- 12. Enough, for some
- 13. Academic period
- 22. Personal air
- 24. Is no longer
- 26. "Beat it!"
- 27. Go on and on
- 28. Watch
- 29. Square
- 30. Mental lapse
- 31. Ballroom dance
- 32. Fund
- 34. Buddhist leader
- 37. Range of
frequencies
- 38. Tex-Mex staple
- 40. Nerdy one
- 41. PETA peeve
- 43. Slight, in a way
- 44. Encourage
- 46. Bullying, e.g.
- 47. Kilt wearer
- 48. Type of list
- 49. Desktop feature
- 50. Double-reed
instrument
- 51. Kind of court
- 53. Congeal
- 54. Hoopla

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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

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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Auction commences 11.30am



EAST COAST SWANS
2024

MONSTER AUCTION

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\$10k Luxaflex
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or Michael Richards 0419376112 

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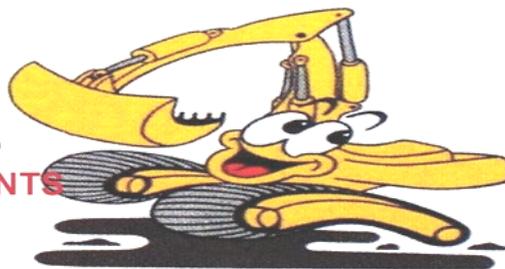
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RAINBOWS AND RADISHES

By Bloomin' Iris



2024 Season of the Garden

Hello gardening friends, well it is the start of the new gardening year with you all. I am sitting at my desk writing to you this morning and have a desk full of plants, one day I am sure I will come into my office and it will be taken over with masses of foliage that I cannot control.

I guess your vegies are powering along the same as mine I have heaps of beans coming along and at last the tomatoes are ripening, I was beginning to think they never would, the Lebanese cucumbers are great too and the zucchinis I'm glad they aren't office plants they have gone mad and are fruiting prolifically. The yard is full of potatoes and my grass is dead well most of it anyway, it has been so hot and those hot dry winds are a killer to our precious gardens. Don't forget to keep up those liquid feeds for the veg they are trying to do so much at the moment we must not forget they need feeding too and a bit of seaweed solution as well will help keep them in good nick, for a bountiful harvest.

I have fed my roses again, I hope we may have another flush or two before the season ends. The hot winds have stressed many plants, some thrive in the heat & all need water. I cannot water everything I have a large block so the grass comes in, as second in my priorities, the food we eat and the flowers I put in my home are more important than my grass. As the roses have dropped, some leaves with the dry weather, please pick them up & dispose of them in the bin, here in the valley with the odd weather we have been having with rain, sun rain, there has been some black spot, also I have noticed some mealy bugs around in my garden, too.

You have many options to treat these pests, treatment may need to be repeated until they seem to be gone, keep a vigilant eye out for them, they can do great harm to your plants. The pest is a white furry looking animal on your plants for those that do not know what they look like; we shall include a picture or two to show you, and there are many ways to treat or kill them. You can look it up on your computer as there are many preparations ranging from pre mixed treatments to more organic ways to get rid of them we all have our own special ways to treat pests in our garden.

I know this article has touched on many things, but there is lots going on in our yards at this time of the year. You may try getting in a few more veg before the summer season ends, perhaps more lettuce, spinach, peas, onions, broccoli, kale, parsley and cauliflower. It will be time to get rid of all the old summer plantings of annuals and fertilise the perennials get rid of any diseased and dried up plants I have been doing that it makes everything look so much fresher and more appealing. I am still getting a few flowers off my delphiniums and other flowers, not a lot but it is still a nice little bit of colour, the gladiolas and dahlias have been just beautiful this year too.

I hope you are enjoying your bountiful harvest as we are in the valley look after your veg and it will be of great benefit to you there is nothing like the flavour and goodness of home-grown tucker and until next time of course don't forget to grow those radishes.



This Photo by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/)

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The following list is a few of the available options:

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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)

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To stay up to date with emergency warnings in Tasmania - www.alert.tas.gov.au

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



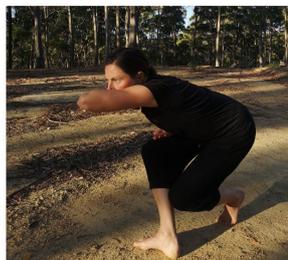
Martial Art of Southern India

4-week introductory course on Saturday mornings

The practice of Kalari builds strength, mobility, agility, stamina, inner and outer balance, clarity and great energy.

You will learn the fundamentals of Kalari:

- warm-up and strengthening exercises
- animal postures
- leg swings (or kicks)
- salutation forms (Northern and Southern style)
- some of the reoccurring sequences



Who: young and mature adults (14+)
When: 9-10 am on 4 Saturdays
starting February 24th
Where: Active4Life gym St Marys
Cost: \$60

Please **register** with Katrin **by Thursday, Feb 22nd**, via text (0402315564) or email (k_alexander@gmx.com). The course will go ahead with a minimum of 5 registered participants.



Generously supported by Fingal Valley Neighbourhood House

Active4Life Break O'Day

Fingal Valley Neighbourhood House Inc supports a range of activities to promote health and wellbeing across the local area. We all know the benefits of having a healthy body and mind to enable us to get the most from life. St Marys Active4Life is based at the St Marys Recreation Ground, in the community Gym.

The operating hours are:

6am to 10pm

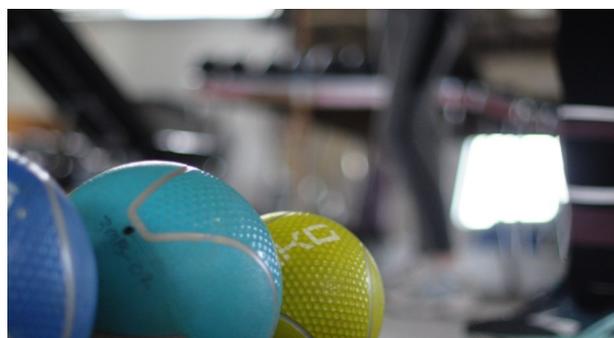
7 days a week, 365 days a year.

New members are always welcome.

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

To find out more, please contact us via e-mail: active4life@fvnh.org.au

We hope you can join us soon.



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.



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Rebecca White MP

Labor Member for Lyons

rebecca.white@parliament.tas.gov.au

6212 2225



Authorised by REBECCA WHITE,
33 COLE ST, SORELL

east coast tasmania

IN AN EMERGENCY
SCAN THE BARCODE TO BE DIRECTED TO THE TASMANIAN FIRE SERVICE

FIND INFORMATION ABOUT CURRENT WARNINGS:

- TasALERT - SCAN BARCODE
- TasALERT and Tasmanian Fire Services social media pages
- Your local ABC radio station

En el caso de una emergencia por incendio, por favor escanee el código de barras para ser dirigido a TasAlert y obtener información actualizada.

Encuentre información sobre todas las alertas actuales en:

- Enlace TasALERT.com - ESCANEAR CODIGO DE BARRAS
- Páginas de redes sociales de TasALERT y Servicios de Bomberos de Tasmania
- Estación local de radio ABC.

आप आगका खतरा, याचका कारणे स्फुरण पाहण्यात किंवा आगसंपर्कात असताना, आपला मोबाईल नजराकरीत घाला.

सर्वे संपर्कात किंवा खतर्यात आपला नजराकरीत घालण्यात येणे.

- TasALERT.com मॉबिक - बार्कोड स्कॅन करा
- TasALERT र सामाजिक माध्यमात किंवा स्थानिक रेडिओ.
- जवळची स्थानीय ABC रेडिओ स्टेशन.

在火警紧急情况下，请扫描条形码以定向至TasAlert，获取最新信息。

在以下位置查找所有当前警告信息：

- TasALERT.com 链接 - 扫描条形码
- TasALERT 和塔斯马尼亚消防服务的社交媒体页面
- 您当地的 ABC 广播电台。

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Fingal Valley Neighbourhood House

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



BODRA Summer Celebration in St Marys

Around 200 people enjoyed a night of music, markets and community connections on the 19th January at St Marys Recreation Ground.

Organised by BODRA and the Fingal Valley Neighbourhood House, it was an opportunity to bring a family friendly, fun, free event to the Fingal Valley. A big shout out to everyone who attended or helped out on the day - we had an amazing band (Smooth Operators), coffee van, food stalls and stall holders, an incredible Mexican kitchen run by With One Voice Break O'Day Choir (who also offered a fun workshop for singers). We were also well supported with amazing activities such as Building Blocks, St Marys Repurposing and Upcycling tent and the Wellbeing Games group giant chess set .

It was wonderful to see so many families, people connecting and sharing a beautiful evening.



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 @ Falmouth Community Centre .

NO EXPERIENCE IN SINGING NEEDED.

For info, email: contact.wovbod@gmail.com or call 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. history@fvnh.org.au

Bay of Fires Youth Art Prize

BODRA is pleased to support the 2024 Youth Art Prize, with the theme "Ocean". Entry is free and closed 10th May. For children and young people Kinder to Grade 12 from anywhere in Australia. Entry forms from buildingblocks@fvnh.org.au

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.

Break O'Day Regional Arts (BODRA)

New Members Welcome.

St Marys Markets First Saturday of the month
Melissa - smmtasmania@gmail.com
Arts and Cultural Activities
bodregionalarts@gmail.com

Next BODRA Meeting 22nd Feb

Film Society plans - the projector is now working!

Winter Solstice - ideas and suggestions

Council Grants now open
Arts & Culture strategy (BODC)
New members welcome

Looking to keep up to date with what's happening in your local community? Hop onto Facebook and follow the Break O'Day Regional Arts, Fingal Valley Neighbourhood House and Break O'Day Council pages. Not on Facebook? No problem, call into your local Neighbourhood House and have a chat. They are always happy to share what's happening in the community and see a friendly face. Open weekdays 9am -3pm. St Helens : 6376 1134 Fingal: 6374 2344

YCONNECT NEWS

YOUTH HAPPENINGS IN THE BREAK O'DAY

GET BACK TO SCHOOL WITH YCONNECT

We hope you enjoyed your summer holidays!

We're pleased to announce that we'll continue providing safe spaces, games, and plenty of toasties/bbq's in Term 1.

Join us for our weekly events as we transition back to the after school program routine.

WEEKLY MEET UP EVENTS FOR YOUNG PEOPLE..

Tuesdays - 3pm-4.30pm:

Youth Drop-ins at the St Helens Trade Training Centre (next to school)

Wednesdays - 3pm-4.30pm:

St Helens Free2b Girls*

Thursdays - 3pm-4.30pm:

Youth Drop-ins at the St Marys Skatepark

Thursdays - 3pm-4.30pm:

Skittles LGBTQIA+ Group*

*Both at SHNHH Bungalow



YCONNECT is a program of the St Helens Neighbourhood House and is funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

SUMMER FUN!

In February, seven riders from St Helens District School conquered the mountain bike trails in Derby and St Helens. This crew initially came together during a weekly program throughout Term 4 2023, where they honed their mountain biking skills. Under the expert guidance of Lync and Simon from Shredlys Adventures, our riders bonded over jumps and adrenaline rushes, creating unforgettable memories. A HUGE thanks to local business Vertigo MTB for providing the gear and shuttles that made this exhilarating program possible. And props to Borys for dialing up the excitement with an epic stunt workshop!

Meanwhile, the YCONNECT crew made a splash with four pool sessions at St Mary's Pool, complete with watermelons, inflatables, and well-deserved naps.

We are also very excited to have secured funding for "Grab and Glow," a youth-designed music and dance event to celebrate Youth Week in April. Massive props to the young people who envisioned this event and helped to write the grant! Stay tuned for more details! Keep an eye on our Facebook page for updates! (FB: 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@sthelenshh.org.au, visit our FB Page "Youth Connect North East Coast Tasmania," or call St Helens Neighbourhood House on 6376 1134





BICHENO PRIMARY SCHOOL ASSN

FOOTY MARGIN TICKET FUNDRAISER

Payment – Season Upfront \$50 (\$2 per ticket - 25 Weeks)

Each & every **Friday** Home & Away Game
(Night or twilight – the televised game on 7 - 24 Rounds!)
+ 1st Qualifying Final Friday Night Game

Have the Winning Margin Ticket & Win.....
Weekly prize \$100!!!

STARTS FRIDAY 15th MARCH 2024

PLEASE JOIN our 2024 Footy Fundraiser -

One of our major Fundraising Events for the year.

No skill involved! - Just open your ticket, & if the number on the ticket matches the points' margin of the Friday night footy game –
YOU WIN! \$100!

***All Money raised goes directly back into our wonderful School ☺**

**2023's tickets sold very quickly!*

**So join in the fun – Avoid disappointment & secure your tickets now!*



Please contact: [Sally: 0438 751 464](tel:0438751464) or [Susanne: 0487 513 886](tel:0487513886)



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

NOTICE OF ANNUAL GENERAL MEETING

The AGM of the Bicheno Primary School Association will be held on:

Date: 26th February 2024

Time: 4.30pm

Venue: School library

All parents and interested community members are welcome. A nomination form will go home with your child as well with more information.

The first general meeting will follow the AGM

Bicheno Bowls & RSL Sub Branch Inc.

13 Sinclair Street, Bicheno, Tas. 7215

It has unfortunately become necessary to close the Club on a Monday afternoon due to the shortage of volunteer Bar Staff.

This closure will commence from 19th February 2024, until such time as we have more volunteer assistance.

Thank you for your understanding.

Please contact Ray on 0400 495 969 if you are able to assist.



'BICHENO BEAMS' NEEDS YOU!

Bicheno Beams is back once again this year, running from **Saturday 29 June – Saturday 20th July 2024.**

This family-friendly, FREE experience is the initiative of, and managed by, a very small committee, who look forward to bringing this fantastic event to our town once again this year.

HOWEVER, to support this immensely popular event, assistance is needed for a short period each night for various tasks, such as collecting visitors' data, selling raffle tickets, etc.

If YOU could spare a night or two to help ensure the event's continuing success, PLEASE CONTACT the committee's volunteer coordinator on 0438 751 464, who will gratefully add you to our volunteers' roster.



SCAMANDER RIVER GOLF CLUB**Wednesday 31st January - Midweek competition**

1st	S. Finearty	43pts
2nd	D. Wilson	35 pts

Nearest the Pin 6th and 15th: T. Upton
8th and 17th: T. Upton

Longest Putt on 9th: not recorded

Wednesday 7th February - Mid-week Competition -

1st	J. Kalisch	39 pts
2nd	R. Tolputt	38 pts
3rd	D. Swanson	36 pts

Nearest the Pin 6th: Everyone
8th: R. Tolputt

Stan-Carter Award - R. Terry 24pts

Saturday 3rd February -

1st	Mike Holmes	66
2nd	Nigel Wallace	73
3rd	Brad Ennis	75

Nearest the Pin 6th: Rod Tolputt
8th: Brad Ennis

Stan - Carter Award: not recorded

Saturday 10th February – East Coast Surf Monthly Medal**Men's**

1st:	Mike Holmes	39 points
2nd:	R. Flemming	36 pts

Ladies

1st:	B. Haas	35 points
2nd:	A. Smith	35 pts

Nearest the Pin 6th and 15th: N. Wallace
8th and 17th: W. Duff

Tuesday 6th February- Ladies Championship, Final Day

1st	Rose King
2nd	Lou Carter
3rd	Beth Hass

Longest Putt: not listed

**SCAMANDER RIVER GOLF CLUB
ANNUAL TOURNAMENT 2024**

SATURDAY 9th OF MARCH 09:30am

MENS STROKE AND WOMENS STABLEFORD EVENT

\$20 PER ENTRY INCLUDING
BARBEQUE AND PRESENTATION AFTERWARDS
SPONSORED BY

**TILFORD AUTO GROUP &
EAST COAST SURF**

SUNDAY 10th MARCH 9:30 For 10am

TWO PERSON AMBROSE MIXED AND MENS

\$10 ENTRY PER PERSON
SPONSORED BY

NIGEL WALLACE

CONTACT CAPTAIN JODAN LONGFIELD FOR TEE OFF BOOKING
TIME PHONE : 0421 714 390

Please note the above results have been derived from the Facebook page.

I apologise if there are omissions in the recorded results above.

MALAHIDE GOLF CLUB



Change and renewal at Malahide Golf Club

At the Annual General Meeting in November 2023 long serving President Craig Woods retired from his position. Randall Wadley was elected in his place. Peter Sorensen was elected Vice President.

In January 2024 long standing Captain Andrew Johns resigned from his position. At its meeting on February 2 the Committee appointed Stan Ellerm to the position of Captain to fill the casual vacancy. The Committee also resolved to thank Andrew Johns for his work as Captain and as supervisor of the course over the time he has been captain.

David Duthie continues as Treasurer, Rod Hunt as Secretary and Public Officer, John Vincent as Licensee and Dimety Stone, Carol Bates and Ashley Stone as Committee Members.

The Committee looks forward to a period of renewal, change and ongoing success at Malahide.

New date for Club Championships announced

The Committee has approved a change to the format and timing of the Annual Club Championships.

The Club Championships will now be held over 3 rounds of 18 holes.

The first round will be held on April 27, the second on May 4th. There will then be a break for the Champion of the Fabulous Fingal Valley tournament and the third round will be held on May 25.

The earlier timing should ensure the course provides more run for competitors.

We look forward to seeing all members taking part.

Members please note that Joe Ellis Memorial Day will now be held on April 20.

Winners are grinners - The following players have won our competitions this year so far:

Saturday competitions

6 January – Monthly Medal – Randall Wadley

13 January – Malahide won back the Malander Cup from Scamander

27 January – Quamby won the Quamby Malahide Shield in a very tight result

3 February – Monthly Medal – Peter Sorensen

10 February – Stan Ellerm

Chicken Runs

5 January Randall Wadley

12 January Klaus Kobylinski

19 January Stan Ellerm

26 January John Vincent

2 February Micky Prewer

9 February Rod Hunt

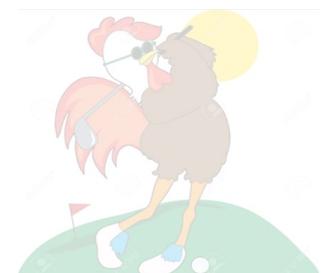
Friday Night fun

Members of the community are reminded that the Golf Club is open following the conclusion of our weekly chicken runs. This is a great opportunity to catch up with friends and to celebrate the end of the week.

Subscriptions due

Members are advised that our 2024 subscriptions are now due:

Full Membership	\$250
Life Member	\$135
Aged Pensioner	\$195
Junior	\$50
Social Membership	\$50 (green fees apply for rounds of golf)
Green Fees	\$20 daily \$50 a week





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U GOTTA GO, U GOTTA GO TO GAZZMANS



ST MARYS SPORTS CENTRE

By Volun Tier



Welcome back to everyone and to the new Valley and East Coast Voice crew. I hope you all had a lovely Christmas and New Year break. The St Marys Sports Centre has been going great guns over this time with around 11 functions being completed. This is thanks mainly to the hard work of our dedicated catering crew, the last couple being the Clive Berwick Memorial Triples, that was again a huge success. Thanks to Drew again for his support and also to the Bendigo Community Bank, who confirmed a major 3 year sponsorship deal with us for the even. This is fantastic news for the club and those who compete as it assure the future of the day. In further positive news, we have signed up our 100th member last week. A far cry from the 48 we had just a few years ago. True testament that we are definitely on the right track. A warm welcome to our latest additions, most now having a hit of golf and utilising the course, with a couple winning events already!

In the break we have seen Dave Cannon and Keith Gillies on fire, the latter the latest holder of the Black Rock Trophy. We have seen Darren Johns winning his first event in the chicken run a couple of weeks ago and Walley Freiboth claiming his maiden club event last Wednesday with a magnificent 47 off the stick and a massive 27 stableford point over 9 holes. Most would be happy to make that many points in the 18, Well done Wally! Nice to see so many on the course and taking advantage of the facility.

This weekend we signed up Dan, Katherine and Mark Owens and Patsy Burgess back for a hit. Nice to see them all return. Then we have Owen, Andrew, Dylan, Kyle, Jakob and Adam all signed up in the past few weeks. Lots of plans to put in place and resurrect some of our old events and we have Keith and Mick hot on the trail to make sure they happen. A calendar of events will be released soon.

Don't forget the Chicken Run on Wednesday evenings at 4pm over 9 holes and our Sunday 18 holes event starting at 9.30am. To bowls, a much needed win against Bicheno three weeks prior, a narrow defeat against Swansea and a loss to Scamander, where we managed to claim 2 rinks on the day to keep alive our slim hopes of making the finals. A crunch game against Bicheno, down there this week, could decide our fate. Congratulation to Sammy Seymour and Grant McCormack from Scamander for winning the East Coast Pairs last Sunday and to 4 teams from here making the finals. The best result for us was Danni and Tamantha making the preliminary finals. Also we have just hosted the final to the State RSL Pairs, with the Northwest coming out on top from North and South and East drawing for third place. There were some great bowls sent down on the day. Club events are well underway and the final results will be had soon.

Member Draw:

Two winners in a couple of weeks a while back, with Bobby Harwood donating her voucher to the winner of the ladies bowls singles, then Jimmy Freiboth, Garry Laycock, Rob Burke and Mark Turner, who all weren't present for the draw. Better luck next week, 8pm at the St Marys Sports Centre.

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.



Photos oobtained from the St Marys Sports Centre Inc. Facebook page.



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- 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

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PO Box 322
Fingal Tasmania 7214



CROSSWORD SOLUTION - ISSUE 55.23

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Down: 1. Dormant, 2. Geese, 3. Dread, 4. Develop, 5. Heather, 6. Pattern, 12. Net, 15. Overall, 16. Acreage, 17. Officer, 19. Aga, 20. Gremlin, 22. Paint, 23. Rider.