



THE VALLEY AND EAST COAST VOICE

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ST HELENS MOUNTAIN BIKE TRIALS WIN NATIONAL AWARD

Last week the St Helens Mountain Bike Trails received their first ever award, the Power of Partnerships at the MTBA Achievement awards.

The award was presented on 12th March in Bright Victoria to Break O’Day Council, the Tasmanian Parks and Wildlife Service, and World Trail, for their collaborative efforts in delivering the St Helens MTB Trails.



“What an honour it is to be receiving our first award not even six months after opening,” Break O’Day Mayor Mick Tucker said.

“This really was a surprise but also great recognition of the collective effort that went in to the design, construction and delivery of the project. Without the expertise, support and assistance of our partners, this project would not have been possible.”

World Trail Project Manager Gerard McHugh and Tasmania Parks and Wildlife Service Deputy Secretary, Jason Jacobi, echoed these sentiments; “World Trail is honoured to be awarded a 2019 MTBA Achievement alongside our partners Break O’Day Council and Tasmania Parks and Wildlife Service. We are extremely proud of the St Helens mountain bike trails and the positive impact it is having on the town and community,” he said.



“This award is excellent recognition for the Parks and Wildlife Service and testimony to the great outcomes that can be achieved when local government, business, community and Parks work together. We are honoured to be included as a partner in this very successful project,” Mr Jacobi said.

Mayor Tucker said he believed that because of the quality and sustainability of the St Helens MTB product, that he hoped to see more award wins in future.

“What we have achieved with our partners is really quite phenomenal and we also won’t be resting on our laurels as we all continue to work together to bring more quality trail to the network.” Mayor Tucker said.

“In just a few weeks now we will be launching two new two black diamond descents, which offer something very different to other gravity trails in the state and in a few months after that we will be opening a 23km adventure trail that will take riders to hidden water holes and waterfalls. It’s just going to get better and better!”

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Business Card Size ads \$15	1/2 Page ads \$40
Intermediate ads \$18	Full Page ads \$60
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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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 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.
 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.

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 1126
SES: Flood & Storm emergencies	13 2500
TasNetworks	13 2004
TasWater	13 6992



MEALS ON WHEELS

Do you know you don't just have to be elderly or sick to receive meals on wheels?
 You can also select from a three course down to a one course meal. You don't even have to get them every day... *you decide when and how often.*
Are you interested or have further questions? Call Alana at the St Marys Health Centre on 6387 5555 and see if you are eligible or to discuss your options.
 Home-style meals are made on site at the Health Centre daily. Pick-up and delivery available.
 St Marys Meals on Wheels cover from Scamander to Bicheno and as far as Fingal and surrounding area.

MY MEMORIES OF EASTER

During my childhood years - the 1960's - my family lived in a flat that was part of a multi-story building in a city about twice the size of Hobart, in the northern part of West Germany. Easter in Europe is in early Spring - trees showing their first fresh green leaves, crocuses flowering in the lawn and birds chirping.

Branches of Forsythia and new growth from fruit trees ready to burst into flower are traditionally used for an Easter display in the home – an “Easter tree” that is decorated with eggs. These eggs are not chocolate eggs though. Fresh hens’ eggs would carefully have small holes poked into the top and bottom. The holes were just big enough to push a matchstick in. Through these holes the egg white and yolk were blown into a bowl, ready to be used for cooking later. Blowing out the eggs contents can be even more difficult than blowing up a balloon!



Once this was done, the egg was rinsed and wiped clean. Now the fun part: parents and children sat around a table and decorated the eggs. In our family this was done with watercolours or acrylic. My Dad was very good at drawing scenes and wildlife. Those days the eggs were generally white, thus providing a nice ‘canvas’ for all kinds of designs and colours. However, I do remember using black ink to draw intricate designs on dark brown eggs in later years and they were stunning as well.

Once the paint was dry, a matchstick was cut into lengths of approx. 1cm, a piece of thread was tied to the matchstick, the matchstick was then inserted through the top hole into the egg. Into the remaining thread a loop was tied and the egg was hung onto the tree branches. There you have it – an Easter tree! Making an Easter tree is another idea of how to engage with the kiddies during the next few weeks. Just keep in mind that the eggs need to be handled with great care.

Easter Egg Hunts were also greatly enjoyed. These would take part in my parents ‘allotment’ garden. Cities in Germany have areas set aside as gardens to be used by those that are living in flats. Most of these gardens – some are the size of suburban blocks – have a small cabin or shed to store garden tools etc, with a sitting area to have meals and to take shelter from inclement weather. Our garden was a children’s paradise with a large sandpit, a wading pool and lots of lawn. The area surrounding it just beckoned to be explored. The chocolate eggs were hidden among the many fruit trees and garden beds and collected with great delight.



Our Australian version from a few years back using twisted willow and silk lowers.

Nowadays I prefer a nice quality chocolate; I can’t remember whether that was always the case. One memory makes me think it might be though. After Easter my Mum would have a stash of uneaten chocolate eggs in her kitchen! These were subsequently melted and ended up as cake frosting on her famous “Topfkuchen” bundt cake. Think creamed buttercake, a hint of Rum, with almonds, sultanas and mixed peel in the batter - all coated in a thick layer of chocolate frosting.

The eggs on the tree pictured above right were decorated when my Mum came to visit us in Australia. After some determined searching we found some white eggs and sat around to work on them. Hubby came up with the ingenious idea of using his compressor to make blowing out the egg white and yolk easier. He also used a Dremel tool to make the small holes, thus making them look very professional and tidy.

So, there you have it – memories of family fun times spent together. If you have children at home make the most of your captive audience. Have a safe and happy Easter!

Regina Gallasch



Stop the spread of germs



Department of Health



RENTERS SAFE FROM EVICTION

HELP AVAILABLE FOR POWER AND WATER BILLS ALSO

A Bill recently passed by the State government protects those people who are renting their home from eviction during the COVID 19 emergency.

Labor leader Rebecca White has said that it will, “help ease the pressure on people renting their homes. Thousands of Tasmanians are struggling under the weight of sudden unemployment and need immediate help just to get by. Labor has been calling for protection for tenants who might struggle to pay their rent because they might have lost their job or lost income due to COVID-19. All Tasmanians in rental accommodation will now be able to focus on their health and safety without the threat of eviction during this health emergency.” (Statement released 23 March 2020)

The bill also extends to tenants in the commercial field, many of whom have had to reduce their opening hours, limit their stock or close because of the medical emergency. The bill states that no commercial tenant can be evicted during the emergency, which should ease their concerns about the viability of their business in the short term.

Banks are offering payment deferrals to home and commercial loan customers, and it is important for borrowers to speak to their financial institution to be sure that they do not suffer financial hardship at this time. Contact your bank as soon as you think you may need help.

If your power or water bill is concerning you, Aurora Energy and Taswater have assistance during this time of worry. Contact them either by telephone to speak to someone about your concerns, or via their websites.



Fingal Valley Neighbourhood House INC

Old Tasmanian Hotel Community Center

30/03/2020 - Update

Fingal Valley Neighbourhood House will be postponing operations of programs, events and activities effective C.O.B Wednesday 18th March.

Door currently closed to public - Please ring bell for assistance

With the health and safety of our staff, volunteers and community at the forefront of our priority we will be doing things a little differently for a while. Our staff will be contacting volunteers and groups in the next 24hrs to ensure we can stay connected and continue to offer support during our shutdown period.

At this stage we are postponing all activities including the Op Shop, Tai Chi, Bread, Legal Literacy and Garden.

Loaves and Fishes **will be** available on regular collection days from **12pm**.

Play Centre Now **Closed**. We will advise once information known around term 2

Online Access Centre Closed until further notice

OPERATIONAL PROCEDURES

- We will continue to provide information, advice and support to the community via phone, email and social media;
- We are developing a list of vulnerable people in our community to contact regularly;
- *Please let us know, via email, of any people you may wish us to keep in contact with*
- **Food Relief** will be provided (we are considering how the food is packaged and collected and what risk is presented);
- Suspending all non-essential transport
- All non-essential staff, contractors and volunteers to work off site.
- Provide essential transport for our most vulnerable to medical appointments.
- Staff and volunteers will complete a Self-Assessment Tool to ensure they are not at risk if they choose to come in;
- All group activities have been postponed;
- NILS Loans will continue to be offered via phone, emails and, in rare cases, in the large room;
- Centrelink assistance on request and by appointment
- Cleaning will be more focussed on surfaces, entrances, keyboards, phones etc

We are monitoring the situation on a weekly basis. Regular updates will be provided to the community and volunteer team.

We thank you for your ongoing support and we will continue in the best way possible to support our community. Should you have any further questions please do not hesitate to call us on 6374 2344, email admin@fvnh.org.au, SMS 0437 550 571 or send us a Facebook message.

*The Fingal Valley Neighbourhood House Inc is funded by the Crown
through the Department of Communities Tasmania*

The Say by the “Cage Rattler”

Not happy Jan.....This will be one of the briefest comments by the “Cagerattler” ever. Most will be pleased by that. Here it is. I think it's time for our pathetic media to sort itself out, and do a much better job of this virus information. It's just a log-jam of information, it's mind-numbing mention after mention on every channel, same with radio, and I guess with newspapers, but I wouldn't know, because I'm over them these days.

We have just been inundated wherever we turn with all this and any semblance of normality is impossible, so maybe they should just set up one dedicated free-to-air accessible network that covers all this, and let the rest of the media (other than normal news services of course) get back to a little bit of pre-virus time.

That simple thing surely has to be a benefit, doesn't it ? Otherwise, if the virus doesn't affect you your mental health certainly will.....

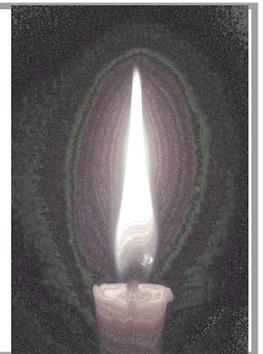
THANK YOU

My family and I would like to thank everybody for all the support received after the passing of my dear husband Tom. The kind wishes, condolences and cards were a great comfort.

Special thank you to the Fingal Valley Neighbourhood House and staff.

Thank you once again,

Coral Brady.



OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 04 29722091

Lot 1 Esk Highway St Marys

Facebook/BreakO'Day Woodcraft Guild

Opening times: Monday – Thursday depending on volunteers 10am till 4pm



In memory of Pat Wells.

Due to the COVID-19 virus, the Woodcraft Guild will be closed from the 27th March 2020, until further notice.

Easter Reflection : New Life for Everyone



Surely there is not one church anywhere in the world where the words “He is risen” will not ring out on Easter Sunday morning. What Christian does not get pleasure from that most marvellous of statements.

Dr. W.E. Sangster, the famous Methodist preacher, after being weakened by disease which progressively atrophied his muscles, found himself one Easter Sunday morning without the ability to use his voice. He wrote a note to his family that said this : *‘It is sad to wake up on Easter morning and have no voice with which to shout “He is risen!” . But it would be sadder still to have a voice, and not want to shout it.’*

The incarnation, temptation, agony in the garden and crucifixion (of Jesus) were all part of God’s plan to enable us to be men and women in whom God can find pleasure. But what we also remember is that if Jesus had not broken out of the tomb and come back from death, then the whole scheme would have failed. The empty tomb is proof that God’s plan had worked.

I once heard of a Sunday school class of children aged 7-10 who were asked by their teacher to bring to church on Easter Sunday morning something that would speak of new life. One brought a tiny flower, another a stone with moss on it, and another an egg. Stephen, an 8 year old boy with learning difficulties, brought an empty tin. ‘Have you forgotten something to put in this tin?’ asked the teacher. ‘No.’, said the little boy, ‘I haven’t forgotten anything. It’s empty - just like Jesus’ tomb.’

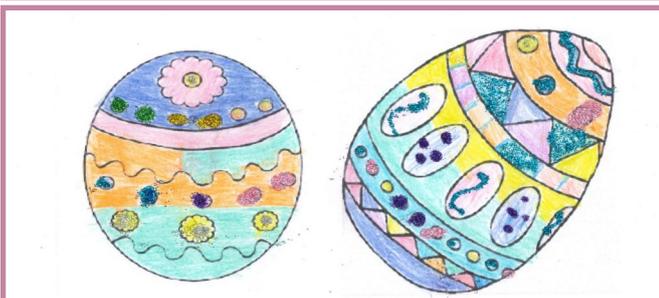
The new life that came out of that tomb is available to us all. If that is not a reason for shouting “He is risen!” at the top of one’s voice, then I don’t know what is.

(Written by Rev. Selwyn Hughes, from “The Prayer of Jesus”)

CONGRATULATIONS TO THE WINNERS OF OUR EASTER EGG COLOURING COMPETITION

Division 1—aged 7 or under

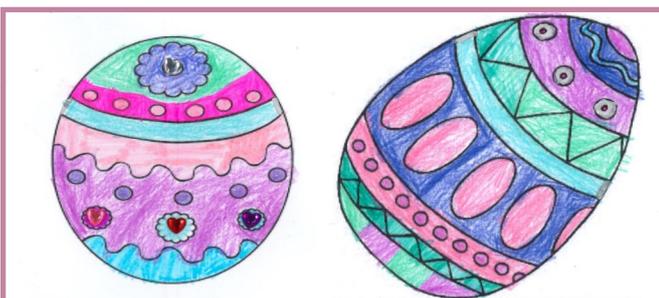
Division 2—aged 8—12



1st —ASHA WOODS



1st —COURTNEY SMITH



2nd—EMILY BARNES



2nd —LAYLA WOODS

“TEAM CLEAN” VISIT TASMANIA’S WORLD HERITAGE AREA AND BRING BACK 66,752 PIECES OF RUBBISH!

Tasmania's most dedicated beach cleaners steamed into Kings Pier in Hobart on Monday, 23rd March, with a giant haul of marine debris. The hardy team of 21 volunteers spent eight days collecting and classifying 66,752 items of rubbish from the remote beaches of Tasmania's World Heritage Area.



“The remote beaches of south west Tasmania are some of our most special wild places. But sadly, we’re still seeing a polluting wave of plastic that is washing thousands and thousands of pieces of rubbish ashore. Team Clean is committed to protecting these delicate coastal ecosystems,” said Team Clean coordinator Matt Dell. "This year, our dedicated team of expert volunteer beach cleaners have removed, counted and classified 66,752 items of marine debris from these beautiful World Heritage beaches. The clean up plays an important role in the global campaign to tackle marine debris and protect our oceans”.



Team Clean is an 100% non-profit volunteer expedition that has been dedicated to protecting Tasmania's World Heritage beaches since 1999. The clean up is a powerful tool for public education, advocacy and behaviour change.

HOW TO TALK TO YOUR CHILD ABOUT CORONAVIRUS

With all the turmoil at the moment, children may be wondering what it is all about, so it is important that they are given the right information, and, just as importantly, that their fears are explored and dispelled.

Children often think that they are responsible for much more than they are, so make sure that you mention that this hasn't happened because of something they had said or done. Fake news spreads just as quickly among young people as it does among adults, so ask them what they think they know, then tell them the plain facts—too much detail can confuse them, or cause them to “overthink” the situation. If they are old enough, show them posters and fact sheets, and go through them with the youngsters. You can download them from the website.

Stress that COVID-19 affects people all over the world, and that we need to do the right thing to stop it spreading. Be sensitive to how your little people react to the world around them, and encourage them to ask you questions; they may see a certain aspect differently to how you think they do. Do your best not to lead or prompt questions from them.

Time your talks to when YOU are feeling OK; your concern and anxiety may be picked up by them and inflate their worries. If you find that you can't feel better, get help for yourself; we need to look after ourselves, too!

While we are required to stay at home, establish a flexible routine. Most children need to know what is happening each day, and time can be allocated for specific events. Breakfast is still very important, and your children can earn rewards by cooking something special, or setting the table with special crockery etc. Games are the way children learn best, so drag out those games that have been sitting in the cupboard, or teach them how to play cards. Looking at the world around them can be great, and growing things in the garden gets them back in touch with nature. Take lots of photos!

Above all, remember that this emergency WILL end one day, and that this time could become precious memories of time spent with your little people, seeing them grow and develop in ways you can't imagine.



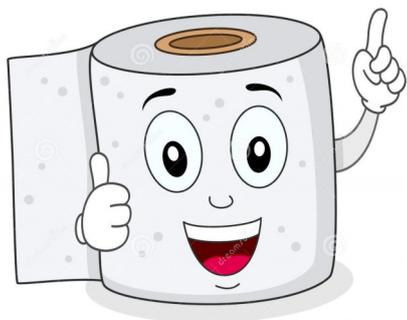
WHEN FLUSHING, USE ONLY TOILET PAPER!!



TasWater's number one priority is the health and wellbeing of all Tasmanians.

In the wake of some supermarkets running low on toilet tissue, customers have been turning their thoughts to alternative toilet solutions such as paper towel.

Not such a good idea, says TasWater's Operations Manager Service Delivery, Neal Synott.



"Paper towel, while it may do the job for people going to the toilet, when you flush, it doesn't respond like toilet paper."

Paper towel is much more durable than toilet paper which quickly disintegrates when immersed in water.

"Paper towel is more robust and being a bulkier product can remain intact and cause blockages. The danger is the blockage may occur in the household sewerage pipes before even getting into the sewer network, as the pipes in your home are smaller than those managed by TasWater. If the paper towel blocks the toilet, you may find you need to call your local plumber rather than

TasWater."

Neal says that generally, our sewers can handle paper towel, but ideally, use toilet paper.

"But if ever caught short for toilet paper, please never flush wet wipes or other non-paper material down the toilet. Flushing wet wipes risks blocking both the household pipes as well as TasWater's sewerage system and they remain a problem right up until we have to sift them out when they reach the sewage treatment plant," Mr Synott said.

Also, as a precautionary measure and to support social distancing, Taswater have decided to temporarily close our shopfronts in Moonah, Devonport and Launceston from 19 March 2020 to help reduce exposure to our customers and staff.

TasWater CEO Michael Brewster said this closure will be in effect from 5 o'clock this evening until further notice.

"TasWater is committed to taking any necessary actions to secure the health and wellbeing of our staff, customers, contractors and key stakeholders."

"Although our shopfronts will be closed, we are still here, and we have several service options available to continue to meet the needs of our customers."

If anyone needs to get in contact with TasWater, they can call 13 6992, email us on enquiries@taswater.com.au, visit our website for information at www.taswater.com.au or contact us via Facebook.

If customers need to make a payment, they can continue to use direct debit, BPAY, online credit card payment, cheque or they can make a payment over the phone.

"Our customers can contact us 24 hours a day, 7 days a week with any faults or emergencies," Michael said.

Water is an essential service and TasWater is well prepared to manage our response to COVID-19. We have enacted our emergency response plan and taken steps to ensure we can continue to provide reliable water and sewerage services."

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Sunday papers & normal trading

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Program Guide	Brekkie	Start your working week - with Sandy	Enjoy your Fruit Loops - with Sandy	I see Stars - with Sandy	Eggs Over Easy - with Skuter	Alphabet Soup - with Jewels	It's the Weekend - with Shaun	Jukes Jazz until 9.30..then followed by Jukes Jukebox until Noon
	Morning	Your Host with the Most - Terry Post	The Good , the Bad...and the Ugly - with Skuter	Getting "Jiggy with it" Australian Style - with Terry	Rhythm N' Reggae- Big Davo	Simply 60's - with Pugs	Old and New with "You Know Who" - with Angelina	
	Arvo	Jackster's MUSIC BOX - with Jackster	The DownUnder Show - with Mary-Anne	The "No 80's Zone" - with the Tone	Jonno's Fusion Show - with Jonno	Under the Radar - with Feef	A Dose of Dr Dave - with Dr Dave	Star FM's 80's Show - with The Tone
	Late Arvo	In the BACKSEAT - with Astro or JAX	2 For Tuesday Request Show - with Shaun	Something Fishy - with Fyshy	Plugged in with your FLASHDRIVE - with The Flash	In the Mix - with Jonno	"Around the World" with your Hostess - The Tone	
	Evening	Monday Evening - with Star FM	Neville's Country Corner - and more with Neville	That 70's Show - with the Flash	The 90's New World Order - with Mathew	Magilla's Escape - with Magilla	The Party Pit Playlist by "Benji" - with Star FM	

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Dane Cumming

Property Representative - East Coast

- *A message to all my valued customers and clients...*
- I am delighted to announce that I have commenced with Roberts Real Estate as the property specialist for the East Coast area.
- With over 10 years real estate experience servicing the East Coast and having had a short break to refresh after operating a family real estate business, I am excited to once again be providing honest, reliable and professional service to property sellers and property buyers.
- With a proven track record for achieving outstanding results, I would like to extend an invitation to anyone looking to sell or buy in the area to contact me so we discuss your real estate requirements.

Buying or selling, I am ready to talk to you **today on 0419 630 019**

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always takes us HOME



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A MESSAGE FROM THE ROMAN CATHOLIC CHURCH

The parish administration of the sacraments is still open to the Catholic Christian Faithful, provided that we observe the restrictions as to the number of those people attending the baptism, wedding or funeral mass inside the church. However, in case of the funeral, those who wish to attend the funeral service, can attend at the grave site where they will keep the distance from each other as prescribed by the government.

For anointing of the sick, I may be called on 0437 324 227 or contacted by email: fr.bitz51@gmail.com or through the Parish office, contact number (03) 6372 2252 or email address: stmaryscpps@gmail.com.

Fr. Norberto Ochoa

BREAK O'DAY ANGLICAN CHURCH PARISH



There will be no services at Easter, in any of the Anglican Churches.

People can log on to our Facebook Page [www.facebook.com /anglicanbod](https://www.facebook.com/anglicanbod)

or

Read & think about the Easter readings;

Thursday night;

John 13 1-7, 31-35

Good Friday;

John 18. 1-19.42

Easter Day;

Matthew 28.10

Phone 6376 1144 for more information.



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KEEP CHILDREN SAFE ONLINE WHILE HOME SCHOOLING



Crime Stoppers has joined forces with the eSafety Commissioner (eSafety) to rollout a national Child Protection campaign, to help combat child sexual abuse and unwanted contact online. This campaign is particularly relevant with increased online activity and home schooling as a result of COVID-19.

Crime Stoppers Tasmania CEO, Mrs Mariae Leckie, said the national campaign was relevant to all families with school aged children and today released a video on Facebook for Tassie parents.

“There is no doubt that child sexual abuse material is rife on the internet, so it is more important than ever for parents and caregivers to be aware of the real and present dangers faced by children when they spend time online,” Mrs Leckie said.

“Predators are gaining increased access to children online through a range of popular apps, games and social media sites to solicit sexual images or video, or harm them physically. We want everyone to be vigilant and if you suspect or see something related to online child sexual abuse then report it immediately so action can be taken.”

In 2019, eSafety’s Cyber Report team concluded about 12,000 regulatory investigations into online child sexual abuse and other abhorrent violent material online.

eSafety Commissioner, Ms Julie Inman Grant, said research has shown that 1 in 4 young people have been contacted by a stranger online.

“Online safety starts in the home. And now, with children and young people spending more time at home and online in the face of COVID-19, we want to work with and support parents and carers throughout these challenging times, to help them stay alert, recognise the warning signs of unwanted contact and protect their children.”

“Online child abuse and exploitation can happen in many ways. The predator could be a stranger, an ‘online friend’ your child has never met face-to-face, or someone they actually know – this is why we have developed strategies to help parents talk to their child before a predator does.”

Child sexual abuse material can be reported anonymously to the eSafety Commissioner at; www.esafety.gov.au/reportillegalcontent



 <p>Free Wi-Fi</p> <p>8.30am-5pm</p>	<p>St Marys Library</p> <p>eLibrary</p> <p>www.libraries.tas.gov.au</p> 
<p>For all enquiries during the closures please call 6165 5600, 9.00 am - 5.00 pm, Monday to Friday</p>	<p>In the interests of public safety, all Libraries Tasmania will be closed until further notice. Still available are eBooks, music, movies, magazines, newspapers, research databases, language apps, etc.</p>

CLASSIFIEDS

Floor Mats—made from recycled plastic

Practical—Indoor/outdoor—Mould free

Hose wash—Contemporary—Casual

Looks like straw mat—Bright colours

Indigenous and other designs

Durable & Portable

Hard wearing indoor or roll/fold up for camping or picnics.

Priced from \$40

Phone 0474 767 861 - Scamander

PAIN? LACK OF ENERGY? ALLERGIES?

I can help with this and more, using Kinesiology, Reset, Reiki and Access Barsâ.

Bicheno, Mondays; Fingal, Tuesdays;

St Marys, Thursdays.

Ph Bree on 0450 068 328

Work Wanted!

I am a qualified and experienced Landscape Gardener.

I have a Certificate III in Horticulture and am available to work in the area.

For more information call Mark on

0457 168 521

Moo Poo

See Normie

6372 2380

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DEFIBRILLATORS

St Helens Supa IGA -

Wall mounted inside the foyer, available during open hours

St Helens District High School -

In the swimming pool enclosure, available during pool hours

St Helens Football Club -

Located inside the club rooms

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance

St Marys District School -

In the swimming pool enclosure, available during pool hours

Scamander Sports Complex -

On the wall just inside the dining room doors

Binalong Bay - 24 hour access

Outside wall of the toilet block at the main beach carpark, Main Road, Binalong Bay

Fingal Valley Neighbourhood House -

24 hour access

On the wall outside the front door.

IN AN EMERGENCY CALL 000





Stay home.

Save lives.

For more information, visit www.coronavirus.tas.gov.au



Clr. Janet Drummond

Break O'Day Council

0404 562 320

janet.drummond@bodc.tas.gov.au

TASMANIAN WATER IS SAFE!

TasWater responding to Coronavirus (COVID-19)



In the face of the challenges presented by the Coronavirus (COVID-19), TasWater is working to ensure we continue to provide our customers with ongoing and secure water and sewerage services.

TasWater CEO Michael Brewster says our priority is the health and wellbeing of our staff, customers and the community.

"We are relying on expert medical and scientific advice and basing all decisions relating to our response to the COVID-19 virus on this," Mr Brewster said.

"I want to reassure the Tasmanian community that there is no evidence that the COVID-19 virus is transmitted by treated water or through the sewerage system," he said.

Existing water treatment and disinfection processes, including the use of chlorine, are effective in removing viruses and bacteria from water supplies, ensuring that your water is safe to drink.

There is no evidence of transmission of the COVID-19 virus via our sewerage systems, with or without sewage treatment, and it is expected TasWater's current disinfection methods are enough to kill any bacteria or the virus.

TasWater is programming operations to ensure we protect our employees and maintain staff levels to ensure the ongoing process of water and sewage treatment.

"We are also closely monitoring our work crews so staff are available for emergency callouts at all hours," Mr Brewster said.

"An incident team is in place at TasWater, and it will work with any broader emergency management programs set up by state or federal government authorities."

"We are also engaging with key state and local government agencies as required," Mr Brewster said.

Information on how TasWater is working to ensure your essential water and sewerage services will continue as the community responds to COVID-19 and more information can be found on our website www.taswater.com.au, Facebook or call 136992.



THRIVE MENTOR PROGRAM
ANZAC DAY
FUN RUN

25th April 2020
St Helens, Tas | 2020 Events

POSTPONED until
further notice

CLEAN CRACK LAUNDROMAT



Coin Operated
Washers and
Dryers

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St Marys

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and much, much more ...



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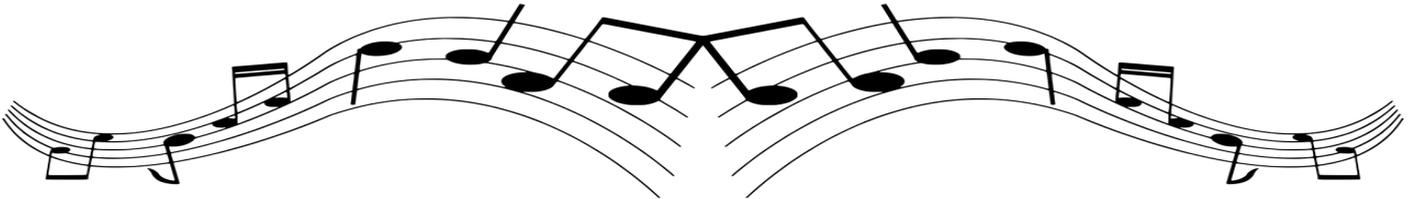
LIVE STREAMING CHANNEL

WITH ONE VOICE

#WOVathome



With One Voice Break O' Day Community Choir are now online and everyone can participate from the comfort and safety of their own home. Terese Tanner will be sharing a session at 6.15pm every Thursday night.



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Batteries, tyres (including white walls).
Old school V8s and 6s loved
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Stop the spread of germs

1 Cover your cough

2 Wash your hands with soap and water

Department of Health



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Specialist Clinicians—Gentle—No syringing—All ages

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Feel the relief. Hear the relief.

**Visiting Ochre Medical Centre,
St Helens**

Early July.

Dates and venue to be decided.

Phone 1300 380 060

Comfort Clean Ear

Micro-suction wax removal clinic

Home Visits are available on request!

Be kind to your mind



Take time to unwind

[Break O'Day Mental Health Directory](#)

Break o'Day/Bicheno Suicide Prevention Trial

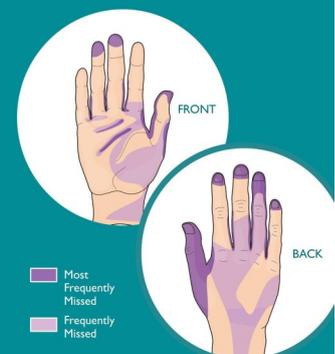
Protecting yourself from coronavirus



Hand Washing Procedure

- 1 Wash with water and soap, ensuring the entire back and front hand surface is covered
- 2 Lather palms together
- 3 Lather between fingers
- 4 Focus on both front and back of thumbs
- 5 Make sure to reach the back of your hands
- 6 Lather wrists and rotate

Frequently missed spots when washing hands



Most Frequently Missed
Frequently Missed

For more information, visit www.health.tas.gov.au/coronavirus



A GRAND OLD LADY IS GETTING A NEW LOOK

RENOVATIONS ON FINGAL VALLEY NEIGHBOURHOOD HOUSE GET UNDER WAY

Work has finally begun on the restoration and renovation of the Old Tasmania Hotel in Fingal, which currently houses the Fingal Valley Neighbourhood House. Built in the 1850's by Daniel Pestell, the two-storey building is a major landmark in the main street, and it's restoration will lift the image of the town, once a major part of the coal-mining industry.

Through grants in previous years, the ground floor underwent major work, having walls re-surfaced, windows repaired, and the floors sealed. The installation of power points and light switches sympathetic to the time-frame of the building were the finishing touches, and the Fingal Valley Neighbourhood House was proudly shown off at the "Spring Brides Wedding Dress Parade" in 2018.

In 2019, the Federal Government promised funds to continue the restoration of the building to its former glory, under the "Drought Communities" scheme, and, along with the Break O'Day Council's work to upgrade and stabilize the building, it is expected that it will once again draw people to explore the building's charms.

Work on the second storey commenced about four weeks ago, and is well under way. "It's slow, but progressing well," the foreman told the Valley and East Coast Voice. "Most of the floors are not level, so we need to fix that, and some of the doors need new architraves, or even cutting into the wall. The roof will be hard work, as they used fitches instead of the proper rafters in some places. When the place was built, there were no building regulations, so the work that has been done since then is pretty ad hoc. The old girl is over 150 years old, so lots of things have dropped, but when it is finished, she will look grand," he added. It is expected that work will be completed on schedule in July.



New lining and floor



Details of a lath and plaster wall

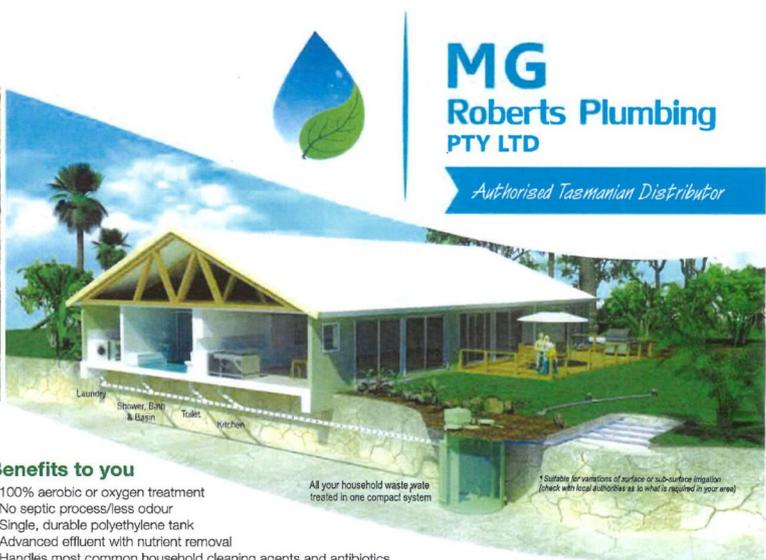
SUNCOAST SPINNERS AND WEAVERS



The Suncoast Spinners meetings are on hold for the time being due to the COVID 19 virus. But don't be disheartened! There couldn't be a better time to dust off that old spinning wheel, fish out the abandoned crotchet hooks and start click-clacking those knitting needles so that when we meet again, we will all have lots of "show and tell". In the meantime keep washing those hands, keep your distance and stay safe. Look forward to seeing you all on the other side.



For further information phone Jacinta on 6384 2355.



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Roberts Plumbing
PTY LTD
Authorised Tasmanian Distributor

The trusted name in waste water

Ozzi Klean has been a trusted name in sewage treatment since the 1990s. As an Australian owned and operated manufacturer, Suncoast Waste Water Management developed and released the range of household Ozzi Klean products into the market after decades of extensive experience within the sewage treatment industry. By installing an Ozzi Klean Sewage Treatment System you can join the many thousands of households already enjoying the benefits of an endless supply of recycled water to reuse on your property for watering gardens, lawns and trees. The Ozzi Klean Sewage Treatment System treats up to 2,000 litres of waste water every day. This is equivalent to 10 persons using 200 litres of water each day. Operating on a cyclic, fully aerobic basis, waste water treatment is highly efficient, processing it into irrigation water within hours.

Benefits to you

- 100% aerobic or oxygen treatment
- No septic process/less odour
- Single, durable polyethylene tank
- Advanced effluent with nutrient removal
- Handles most common household cleaning agents and antibiotics under normal use
- Cost effective and reliable
- Safe and environmentally friendly
- Lower running costs due to Ozzi Klean cyclic aeration process
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Ozzi Klean advantages

Ozzi Klean Sewage Treatment Systems are built to last. The heavy-duty polyethylene tank is up to 20mm thick and is, weight for weight, 100 times stronger than concrete. As the Ozzi Klean tank is roto-moulded and completely seamless, there is no risk of seepage, leaking or root intrusion.

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WASTE TRANSFER STATIONS

BREAK O'DAY MUNICIPALITY

Eagle Street, **ST HELENS**, includes recycling; OPEN 10am – 4pm every day.

Coach Road, **SCAMANDER**, includes recycling; OPEN 10am – 4pm Tuesday and Thursday and 2pm – 5pm Sunday.

Gray Road, **ST MARYS**, includes recycling; OPEN 10am – 4pm Tuesday and Thursday and 2pm – 5pm Sunday.

North Ansons Bay, Road, **ANSONS BAY**; OPEN 12pm – 4pm Wednesday, 10am – 4pm Sunday and 12pm – 4pm on Monday long weekends.

Rossarden Road, **FINGAL**; OPEN 10am – 4pm Tuesday and Thursday and 2pm – 5pm Sunday.

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

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

BLACK WATER DUMP POINTS

BREAK O'DAY MUNICIPALITY

St Helens—117 Tully Street, St Helens

Fingal—13 Talbot Street, Fingal

St Marys—Harefield Road, St Marys.

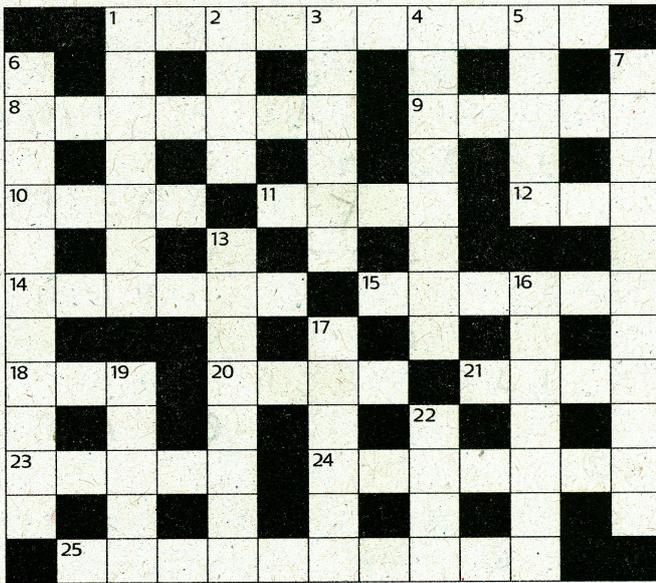
No charges apply to use black water dump points.



**TIP SHOPS CLOSED
UNTIL FURTHER NOTICE**



Crossword 52.05



ACROSS

- 1. City in Louisiana, USA (3,7)
- 8. Female ruler (7)
- 9. Mineral element (5)
- 10. Common sense (4)
- 11. Highland group (4)
- 12. Perish (3)
- 14. South American wild cat (6)
- 15. Burial casket (6)
- 18. Nought (3)
- 20. Firearm's calibre (4)
- 21. Pluck (4)
- 23. Film director, _ _ _ Polanski (5)
- 24. Rudolf _ _ _ , famous Russian dancer (7)
- 25. Track suitable for horses (6-4)

DOWN

- 1. Roman sea god (7)
- 2. Period of time (4)
- 3. Outcome (6)
- 4. Capital of Alberta province, Canada (8)
- 5. Eminent (5)
- 6. James Bond actor, (4,7)
- 7. Relative tan [anag] (11)
- 13. Merged (8)
- 16. Author of *The Odessa File* (7)
- 17. Alloy of copper and tin (6)
- 19. Madagascan monkey (5)
- 22. Killer whale (4)

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Chemical Spraying Specialists

Boom Spray Spot Spray Cut & Paste

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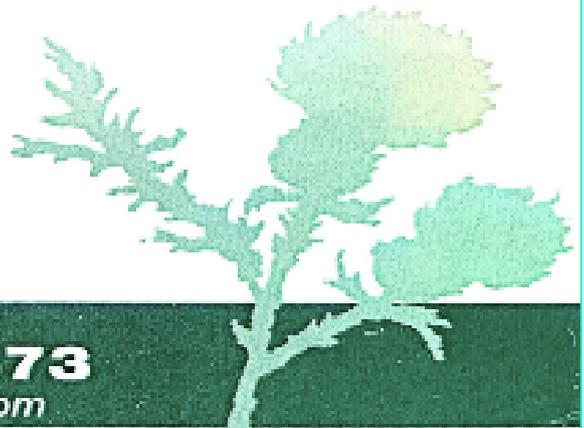
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ANY WEED, ANYWHERE!!!

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Maurice 0438 081 473

Email: allweedsolutions@bigpond.com



St John's Wort
Ragwort

Dandelion

Broadleaf

Dockweed

Boneseed

Hawthorn

Thistles

Cumbungi

Bracken Fern
Willow Trees

Capeweed

Blackberry

Holly

Ivy

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Gorse

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Pampas Grass
Wild Raddish
Serrated Tussock

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PHONE 6372 2143

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(CLOSED MONDAY AND TUESDAY)

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Camping gear
Ropes and pegs
Torches
Batteries
Fishing equipment
Ice
Bait
BUT THAT'S NOT ALL.....



Extended range of gifts
Toys for children aged 3 and above
Greeting cards
Great coffee all day
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Kiddies's cup \$3.00
Large cup \$6.00
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Tools, nails, screws, nuts and bolts
Fencing gear
Farm gates
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AND LOTS MORE!

**DON'T FORGET TO SEE DANA AND HER FRIENDLY STAFF AT C & D'S IGA
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St Marys
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Kodak prints from 45¢

Ear piercing \$27

includes earrings and solution with qualified staff
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9.00 am to 5.00 pm

Pharmacist in store all day.

**Stop the spread
of germs**



Department of Health





How do you contact us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

Facebook: Hub4Health

Our Aim:

To support and facilitate health and wellbeing programs to rural and remote communities within the Break O'Day Municipality and beyond.

Active4Life Gym is closed due to the Australian Government Regulations relating to venues during the pandemic. This includes programs such as Yoga, Pilates and Zumba

These measures will be in effect from noon 23 March 2020 for a period of one month initially.

These measures will then be reviewed by the Hub4Health board based on advice from the Australian Health Protection Principal Committee to the Tasmanian Government.

Memberships will be suspended for the period of closure with no loss access time to participants once we reopen. **For more information please contact admin@hub4health.org.au**



With One Voice Break O'Day Community Choir are now online and everyone can participate from the comfort and safety of their own home. Terese Tanner will be sharing a session at 6.15pm every Thursday night. <https://www.facebook.com/WOVLive/> everyone welcome



LIVE STREAMING CHANNEL
WITH ONE VOICE
 #WOVathome

Building Blocks Weekly Challenge #2

WHAT'S COOKING?

Send us a photo or recipe of something you cook with your child and go in the draw for a **\$100 gift voucher** from the Purple Possum Whole Foods (online order and delivery can be arranged)

txt Tanya: 0400 002116 or E: tanya.greenwood@hub4health.org.au or Post on Facebook "Tanya Build Blocks" your best photos for a chance to win prizes!



Zumba with Laura
 More info or to sign up:

M: 0417 335 965

Instagram
 @zumba.lauram



All Building Blocks face to face programs are currently suspended but please look for our online program including:

- Weekly Challenges to do at home with your child with great prizes to win
- Parenting tips and information
- Online story telling and music sessions

Plus we have a great home lending library or games, books and activities to share for free.



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Call us today for a **FREE SOLAR QUOTE**
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WE'LL BEAT IT BY 5%

Install one of our leading brands of
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-Floor mounted-
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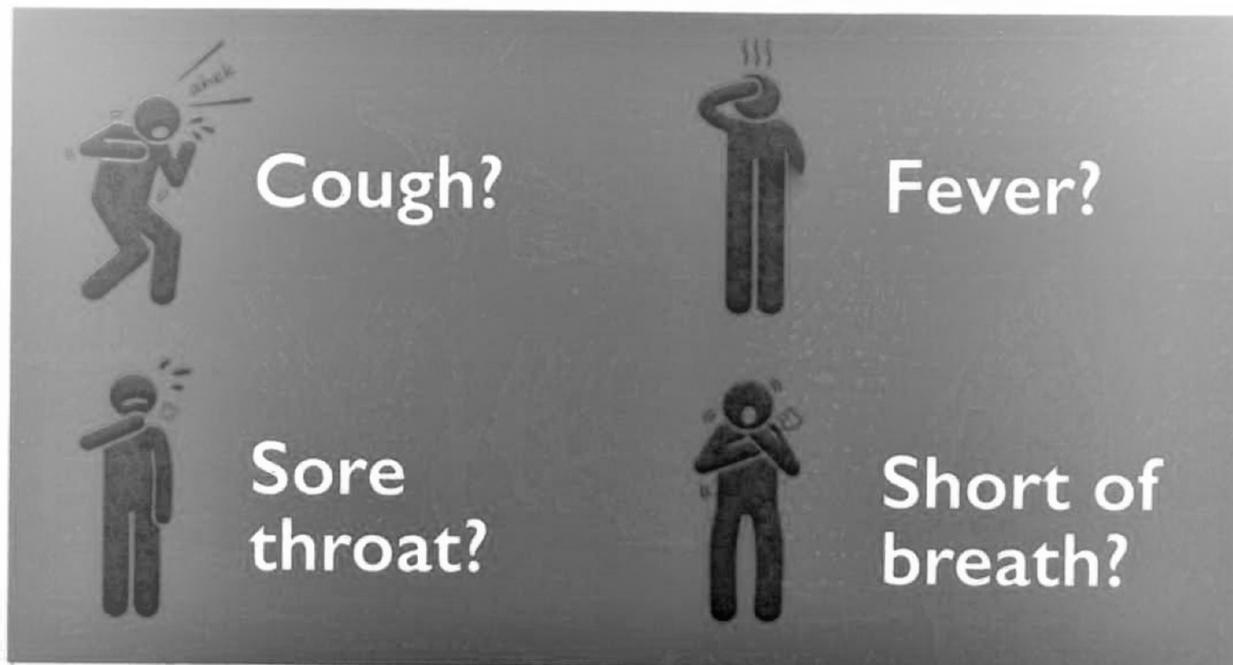
Electrical Contractors
Servicing the East Coast from Pyengana down Coles Bay
and through the Fingal Valley
Lic: 933671

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

CORONAVIRUS



International travel within the last 14 days

-OR-

Close contact with a person confirmed to have
Coronavirus

STOP

**Unless urgent attention required,
please return to your vehicle and call reception on
6387 5555 to arrange to be seen.**

Further information

Coronavirus Information Line 1800 020 080

Public Health Hotline 1800 671 738

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

HAND HYGIENE

Hand hygiene has never been more important.-and not just against the COVID 19 but against ALL cold like symptoms. We are entering the flu season as well so the rates of people being unwell are naturally going to increase.

WASH YOUR HANDS!!!!

The St Marys Community Health Centre has hand sanitiser gel at all entry points to the Centre. Please use in on entering and leaving the building. Clean hands are your best defence.

Help protect yourself and others by being compliant and practising good hand hygiene habits.

Hot soapy water is just as effective for hand washing.

Practise good hygiene and be kind to each other at this time.

PATHOLOGY- FASTING BLOODS

No food or anything to drink other than water **for a minimum of 12 hours prior to having bloods taken.**

You can still take morning medications.

If you require bloods to be taken prior to 8:30am, please ring 6387 5555 at least 24 hours before to make an appointment with Nursing Staff

NON-URGENT BLOODS

If you require non-urgent bloods to be taken, please present at the nurse's station between **8:30am until 12 midday Monday-Friday.**

If unable to attend during these times, please contact St Marys Community Health Centre on 6387 5555 at least 24 hours before to make an appointment with the nursing staff.

Scripts and Doctors Appointments

Please ensure doctors appointments are booked **PRIOR** to your medications running out, or **IN ADVANCE** if you attend this practice regularly.

We are not able to issue scripts during the weekends; please ensure you have enough in advance. **Please be aware we are not able to issue scripts by phone.**

The St Marys Community Health Centre is a Compulsory Service and will remain operational during this time.

St Marys General Practice reminder

Dr Latt wished to remind the community of the following exceptions to bulk billing at the St Marys Community Health Centre

The above are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your appointment. If you have any concerns, please contact us and we will try and address them

- ◆ Driving licence renewals
- ◆ Requested medical reports
- ◆ Insurance medicals
- ◆ Harness medicals
- ◆ Pre-employment checks

Non Attendance of Doctor's Appointments

Please be aware there is a

Non-attendance policy at this Practice.

If you miss 3 appointments you will be sent an account. If you miss a 4th appointment you may be referred to another Medical Practice

Due to demand non-urgent doctor's appointments need to be booked at least **2 weeks in advance.** Waiting periods can apply.

GP Surgery Hours: Monday - Friday

8:50am- - 10:00am

(10 :00 am-10:30 am reception closed)

10:30 am - 12.30 pm

(1:00 pm- 1:30 pm reception closed)

1:30 pm - 3:00 pm

(3:00 pm- 3:30 pm reception closed)

3:00pm - 4:30pm

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

DOCTORS ROSTER

Doctor's appointment is needed to see our GP's. It is not a drop in clinic. Waiting periods to see your doctor may be experienced, please be patient.

Dr C. Latt

2/4/20– 16/4/20

Dr B. Newton

Friday 17/4/20

Dr K. Rawsley

3/4, 7/4 & 17/4/2020

INR tests require a 5 minute doctors consultation. Please inform reception when booking.

WAITING AREA AT THE HEALTH CENTRE

The waiting area for **all services** at the St Mary Community Health Centre is in the reception. Please report to reception upon arrival and the consultant you are here to see will be told and they will come and collect you from this area.

PUBLIC HOLIDAY

FRIDAY 10 April, MONDAY 13 April

& TUESDAY 14 April 2020 – Easter

Normal Doctor Surgery hours will resume the day after the public holiday.

Please refer to the After Hours contact number for during this time.

Emergency 000

GP Assist 1800 780 011

Ambulance 1800 008 008 non emergency

Lifeline 131 114

St Marys Community Health Centre

6387 5555

If possible please ring before presenting after hours 6387 5555

STOP

DO YOU NEED TO ENTER THE HOSPITAL?

- * If you only require renewal of a prescription/s please contact reception. Scripts can then be faxed to the Pharmacy and collected from there.
- * If you need some medical advice please ring reception for an appointment. Appointments will be either by telephone or by face to face depending on the situation.
 - * If you have an emergency dial '000' for assistance.
- * If unsure about what you need please ring 6387 5555 and a triage assessment will be carried out.
- * Hand sanitiser is located in all areas of the Health Centre. **Please use it on entering and leaving the building.**
- * There are changes to the seating in the reception area to ensure clients maintain adequate social distancing.
 - * Inpatients are limited to a max of x2 visitors at a time for 30mins visiting time. Please see nursing staff before entering the Wards.
- * Flu vaccinations are not yet available from this site. Please check with you local pharmacy for availability if required.
 - * What's on at the Centre– please check with your health professional as some services have been temporarily suspended at this time

Information on this page supplied by: St Marys Community Health Centre, Gardiners Creek Rd, St Marys Tasmania 7215

These advertisements are paid for by the members. They do not reflect the political views of the FVNH, its staff or volunteers.



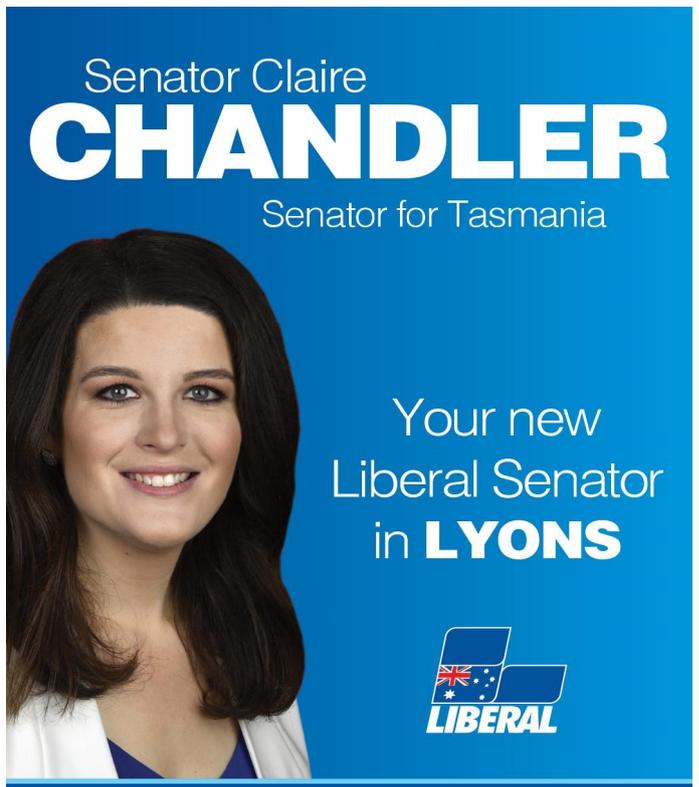
"I extend a warm welcome to our newest Tasmanian Liberal Senator - Claire Chandler"

SENATOR JONATHON DUNIAM
LIBERAL SENATOR FOR **TASMANIA**

🏠 Ground Floor, 85 Macquarie Street, Hobart TAS 7000

☎ 03 6231 2444 ✉ senator.duniam@aph.gov.au 📘 SenatorDuniam

Authorised by Senator Jonathon Duniam, Liberal Party of Australia, Ground Floor, 85 Macquarie Street, Hobart TAS 7000.



Senator Claire
CHANDLER

Senator for Tasmania

Your new
Liberal Senator
in **LYONS**



☎ 03 6223 1135

✉ Senator.Chandler@aph.gov.au

📘 SenatorChandler

Authorised by Senator Claire Chandler, Liberal Party of Australia, Level 13, 188 Collins Street, Hobart TAS 7000



**THE OLD TASMANIAN HOTEL
COMMUNITY CENTRE**

**Proudly serving
the East Coast and
Valley community!**

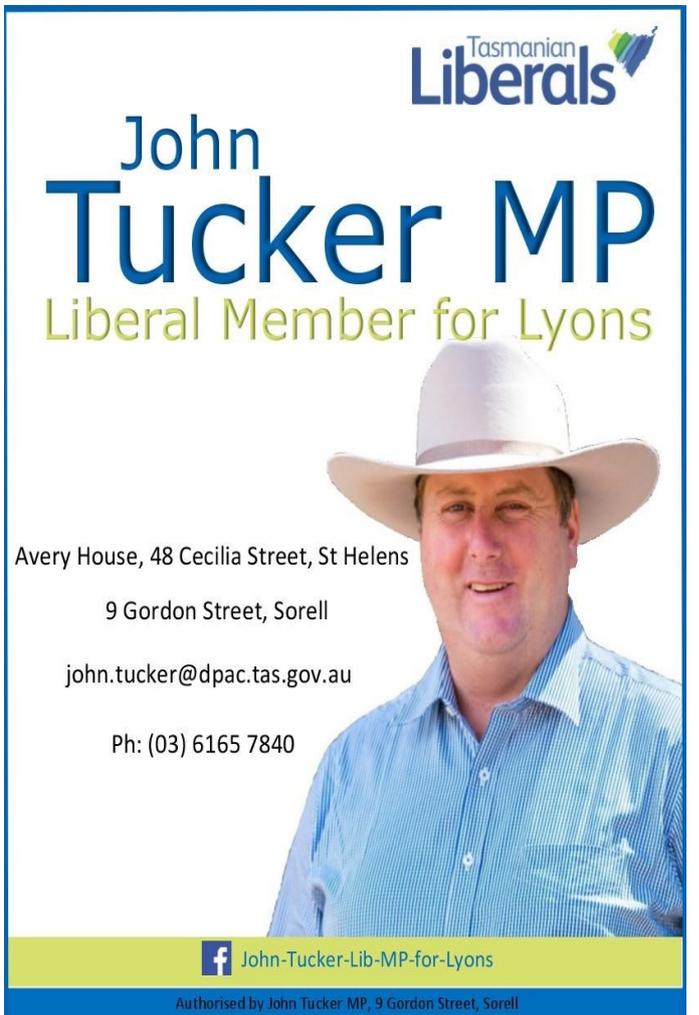
Brian Mitchell MP
Your Federal Member for Lyons



Contact Brian:
6398 1115 (Perth office)
brian.mitchell.mp@aph.gov.au

Labor  **REBUILD OUR REGIONS**

Authorised by Brian Mitchell MP 53B Main Road Perth



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Liberals

John
Tucker MP
Liberal Member for Lyons

Avery House, 48 Cecilia Street, St Helens

9 Gordon Street, Sorell

john.tucker@dpac.tas.gov.au

Ph: (03) 6165 7840

📘 John-Tucker-Lib-MP-for-Lyons

Authorised by John Tucker MP, 9 Gordon Street, Sorell



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Sat 7.30am- 6.30pm
Sun 8.00am- 6.00pm

CND IGA ST.MARYS

Due to the recent change in circumstances re the coronavirus, Dana and the team at C & D's IGA will now be doing free home deliveries daily, in the St Marys and surrounding district area.

To arrange a delivery, you will need to do the following:

- ◆ email your order to shop@cndiga.com.au, type HOME DELIVERY & your SURNAME in the subject line
- ◆ send a text to 0437 248 033 stating HOME DELIVERY with your order
- ◆ call 6372 2240 (you may have trouble getting through at times)

PLEASE NOTE:

There is a large quantity of out-of-stock items at present. Please let us know if you are happy for us to replace your request with an alternative product, we do have maximum quantity on some items.

ALL ORDERS MUST HAVE YOUR NAME, PHONE NUMBER AND DELIVERY ADDRESS.

The total must be paid via EFTPOS prior to delivery. We will call and get your payment details and arrange a delivery time and your goods will be dropped at the door or gate. If you are not at home, a photo will be taken as proof of delivery.

PLEASE NOTE: no cash will be accepted on delivery.

Our aim is to keep our community safe.

CND IGA St. Marys

THE VALLEY AND EAST COAST VOICE

is available at the following outlets:

- | | |
|-------------------------------------|---------------------------|
| ◆ Avoca Post Office | ◆ C & D's IGA - St Marys |
| ◆ Avoca General Store | ◆ Hilly's IGA - St Marys |
| ◆ The Farm Shed - Bicheno | ◆ Hilly's IGA - St Helens |
| ◆ Fingal Post Office | ◆ St Helens Newsagency |
| ◆ Chelle's Place - Fingal | ◆ Scamander Supermarket |
| ◆ Hayshed - Fingal | ◆ Mouth Café - Scamander |
| ◆ Mathinna Post Office | |
| ◆ Coach House Restaurant - St Marys | |

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Crossword Solution

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CROSSWORD 8

Across: 1. Pegasus, 5. Serum, 8. Apt. 9. Alike, 10. Organ, 11. Evita, 13. Medal, 16. Italic, 18. Job, 19. Bali, 20. Love, 22. Lit, 23. Danube, 26. Shawl, 29. Apple, 31. Raven, 32. Risky, 33. Now, 34. Kilts, 35. Scenery.

Down: 1. Psalm, 2. Guild, 3. Steel, 4. Sari, 5. Stoat, 6. Regal, 7. Manacle, 12. Tibet, 14. Era, 15. Adieu, 17. Allah, 18. Julep, 19. Bo Derek, 21. Vow, 24. Novel, 25. Banns, 26. Serve, 27. Aisle, 28. Lay-by, 30. Paws.