



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 52.06 16th April 2020

Deadline for 52.07 is at 5.00pm on Monday 27th April 2020



ANZAC DAY IN A DIFFERENT WAY IN 2020

RSL Tasmania is encouraging all Tasmanians to commemorate ANZAC Day on the 25th April this year in a different way than how they traditionally pay their respects to those who have fallen in service to this Country.

RSL State President, Robert Dick said “Although we are devastated by the need to cancel traditional ANZAC Day commemorations this year, we’ve been encouraged by the alternatives many of our community have shared. RSL Tasmania has adopted the Light up the Dawn campaign, and we ask that at 6am on ANZAC Day, let’s gather – separate but united – at the end of our driveways or on our balconies and observe a minute’s silence as the sun rises. RSL Tasmania is encouraging the community to pay their respects this year, and at the same time we must protect the health and safety of our veterans and all who honour them.”

“We are asking Tasmanians to follow Australian Government instructions not to gather in groups, and instead commemorate the day in different ways,” Mr. Dick continued. “ While we are faced with the ongoing COVID-19 pandemic, RSL Tasmania has been actively working with the Tasmanian Liberal Government and ABC Tasmania, to ensure that all Tasmanians have the opportunity to pay their respects and participate in a special commemorative service from their homes.”

This year, at 5.30am Australian War Memorial Commemorative Service will be on ABC TV, ABC Radio, Facebook and iView. For more information on broadcast and streaming services and start times, please visit www.awm.gov.au.

Let’s be united in the ANZAC spirit.

6.00am Light Up The Dawn

Across the nation, Australians are being invited to honour the service of our Defence Forces, past and present, by standing at their front door or on their balcony at 6.00am and observing a minute’s silence.

11.30am RSL Tasmania Commemorative Service - ABC Radio.

In a special event, RSL Tasmania will hold a private service. This event will not be open to the public, but we invite you to join in the live broadcast via ABC’s Facebook page and local radio.

“We Will Remember Them”

Locally, we all can still show our respect to our fallen and the service of our Defence Forces by laying your wreath in our Memorial Park at your leisure.

“Lest We Forget”



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ADVERTISING RATES - 2019

Business Card Size ads \$15	1/2 Page ads \$40
Intermediate ads \$18	Full Page ads \$60
1/4 Page ads \$25	Permanent Classified ads \$20p.a

Valley and East Coast Voice Inc.

Advertising rates for all community groups

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

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

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

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

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

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

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

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

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

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

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

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

Keep articles short, simple and to the point.

Letters are restricted to 300 words or fewer.

The Editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary.

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.



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.

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

EASTER 2020

Rejoice!

Aussie Easter occurs in Autumn, when grapes grow profusely on many a healthy vine. It's the time for celebrating hope and new beginnings, when our character we refine and life's goals define. Having Easter in Autumn can be an amazing, inspiring source of personal reflection and insight. It can teach us to prepare for any life storms that may come and batter us on a dark black night, so

Rejoice in Autumn!

Autumn is the season of colourful delights and "getting read for winter" preparations. Like the picking of fruit for preserves, jams and jellies for tempting home-made creations.

Enjoying being dazzled by displays of yellow, orange, red and gold leaves of deciduous trees.

Listening to the frantic humming and buzzing of committed, conscientious hard-working bees.

Idle, fat grasshoppers remain "laid back", with no thought for tomorrow in each empty head. Diligent gardeners hustle and bustle, harvesting produce, ensuring their families are fed. Armies of ants fulfil their purpose and plan of securing winter supplies before cold sets in. Our pantries are laden with pumpkins, onion, apples and aromatic quinces stored safe in a bin. Blue wrens alight and sing melodious songs of farewell to the last tattered summer roses. Camouflaged on mottle raspberry leaves, a praying mantis rests in reflective prayer-like pose. Outdoors, there's the beauty of pastel sunrises, vivid sunsets and night skies ablaze with brilliant star light. Indoors, there's contentment and comfort of a blazing fire providing protection from each chilly night. Take time to walk in the garden and absorb the myriad of Nature's delightful sights and sounds. Embrace the refreshing of God's presence in Creation that abundantly abounds. In a world now immersed in worry, confusion and fear, a garden is a sanctuary where everything is fine. Take comfort in the captivating sight of luscious grapes bulging, dangling on the robust vine. This sight is a reminder of the wise and wonderful words Jesus has for you and me. Words that give the certainty of the gift of joy, peace, love, strength and security, now and for eternity.

Rejoice!

Jesus proclaims, "I am the Vine and you are the branches!" These words are relevant, pure and true. He said, "Live in Me, just as I make My home in you. A branch cannot bear grapes unless it is firmly attached to the life-giving vine. The same applies to each of you; you will produce good fruit when I am yours and you are Mine!" (John 15: 1– 5a)

By abiding in God's presence, we accomplish and manifest His loving works and will. Though pandemics try to weaken us, we will produce the fruit of empathy, compassion and love, still.

Rejoice in Easter!

We have never known a socially separated Easter like this one of 2020. But we have constant reassurance that God's unfailing love, grace and protection is present in plenty! We are all surrounded by a many a trial, anxieties, frustrations desperation and unaccustomed isolation. Hold on! Stay firm! Overcome! Remember what the true celebration of Easter is all about. It is Jesus dying on the cross, then His triumphant resurrection from the tomb, so give a victory shout! Accept and appreciate all God's amazing blessings and read this bible verse; it will give you faith, hope, courage and comfort, no matter where it is the Corona virus path may lead. See this as a unique opportunity to help make the world a better place. We are not in this alone, for we have the support of each other and are immersed in God's amazing grace.

Rejoice - Romans 8;

"I'm absolutely convinced that nothing – nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable - NOTHING can get between us and God's love, because of the way that Jesus our Master embraced us." (Romans 8:38 - 39, The Message Bible.)

I hope you had a Happy Easter 2020.

Jesus is risen!

Beverley Rubenach

Helpful Information about COVID-19

We understand that you may be feeling worried about how quickly things change at the moment. Information about the COVID-19 situation is changing rapidly and it can be hard to know who and what information to trust.

The State Government has launched a dedicated site which is the best place for you to find up-to-date information.

WWW.CORONAVIRUS.TAS.GOV.AU

We recommend that you check this site and information regularly to ensure you are aware of the latest changes.

There are a variety of support services available to you. If you are not coping, please speak to someone now.

Lifeline - 13 11 14

RAW - 1300 4357 6283

LEARNING TO DRIVE? YES, YOU CAN!

A statement by Michael Ferguson, Minister for Infrastructure and Transport issued last week, says that it is all right for learner drivers to continue their times on the road.

“Parents can continue to supervise their learner driver family members. However, as we have always said, the safety and security of Tasmanians is our number one priority when it comes to protecting Tasmania from the spread of coronavirus.

Learner driving is considered a learning activity. If you are supervising a learner driver, you must adhere to the rules, only drive within your municipality, and only stop if you are getting essential supplies. If you do not have an essential reason to stop anywhere, you should not exit the vehicle while out and about.

Our message is clear, no one should be visiting outside their region or be away from their home without an essential reason. We all need to be sensible and help reduce the threat posed by COVID-19,” the statement said.

It is important that learner drivers continue to practice, so they don't lose the skills they have developed, and continue to build their driving experiences. With winter just around the corner, with rain, wind and in some places, snow, every outing provides valuable experience, which builds confidence in the young people, and prepares them for adverse conditions common in the colder months.

So keep supervising our young people as they become competent drivers, and help make the roads safer.





Fingal Valley Neighbourhood House INC

Old Tasmanian Hotel Community Center

14/04/2020 - Update

Fingal Valley Neighbourhood House has postponed operations of programs, events and activities.

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 activities including the Op Shop, Tai Chi, Bread, Legal Literacy and Garden.

Loaves and Fishes **will be** available on **Thursday** from **12pm this week**
and next week on Wednesdays for 12 weeks

Play Centre Is Now **Closed**. We will advise once information known around Term 2.
The 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, email 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”

How confused are you all with this rotten situation we find ourselves in? I am. Although we will try very hard to stick to new rules we live by, it's hard to fathom all the inundation of information we see, read and hear. All around the world, different countries have different rules and approaches. This is brand new, and the closest thing we've had to compare to what happened over 100 years ago. That was the Spanish Flu soon after the end of World War One. Ebola, SARS, MERS and such bear no real resemblance to this horrible thing.

I watched 'Sixty Minutes' the other night, and was interested to see that even within our own country, the experts can't really agree what ultimately the best approach is. Some are saying that trying to nip it in the bud now is best. Others are saying that's impossible and eventually we could be paying a higher price, by not letting us build up a “herd immunity” to the disease, because it'll be around for a while and a second wave is inevitable.

Times are strange and surreal as much as it's happened so quickly. A few short weeks ago, nobody would have guessed this could have unrolled like it has. The “stay home” thing is fine, essential travel only too, but the real risk is the mental issues that'll come from all that, if it lasts for too long. Many of us will literally become angry and frustrated, and that could easily lead to family and violence issues too. Some won't cope. No good saying otherwise, because we all know it's true. What I'm asking our Governments, is to sensibly consider relaxing lockdowns wherever it's possible and as soon as safely practicable, for that very set of reasons .

I can't mention too much specifically here due to certain responsibilities, but let's watch our very young people stay engaged and involved in all sorts of ways, via electronic means and the like. It's tough for all people involved with kids, to keep them safe but yet engaged at the same time, and I know our parents, educators, carers and extended families are doing everything possible to facilitate that over the coming months .

I'm hoping that the key to surviving all this, sane of mind and body, is common sense and respect both to and from all our Federal, all our State and Territory governments and Local Governments as well. More directly, police, emergency services and medical responders of course.

It's definitely a “suck it and see” situation as we speak, and it'll be maybe several months before we know how we come out of all this, but so long as we keep a sense of humour and sanity we'll be fine. Won't we ?

What do you think?

LETTER TO THE EDITOR

Have you experienced '*deja vu*' lately? The sensation you have seen or been aware of a situation before? If you are over 100 years old you might have experienced an earlier situation, but in the slim chance of you being quite so old, maybe you read *The Sunday Examiner* (22nd March, 2020), which featured something from Tasmania's history, and this stirred up the thought in the light of current events?

What we are going through now with COVID-19, all the business closures, job losses, sports venues and theatres shut down, strict rules and regulations about travel and social lives, quarantine, etc., has all been experienced in 1918-1919 – the Spanish Flu.

In Australia the medical profession was hard-pressed trying to cope with the influx of sick and dying people with the limited resources available to doctors and nurses of the day. Equipment was primitive compared to what is available today, as was communication.

It was thought that Tasmania's distance should protect the population, even as the same thought has applied to the current crisis. Although the island's isolation has at times been a hindrance to progress, the remoteness was indeed an advantage, because it was easier to control entering and leaving the island through Hobart and Launceston ports. A search through Google revealed that the 1918-19 pandemic was world-wide and killed millions – perhaps 3% of the world population. Solemn thought.

It seems incredible to realise we have been through much the same before, and it wasn't just '*deja vu*'!

Keep safe.

Toni Brewster.

RAW - HELP WHEN YOU NEED IT

With “social distancing” and “isolation” being the catchwords of the moment, some people find it hard to cope with life. Those who live alone can find it extremely hard for them, as we are told repeatedly that we need to stay away from each other to prevent infection. The weekly visitor who calls in for a cuppa, the person who helps in the garden, or the one who gives the house a good clean-up each week is sorely missed, and life can seem pretty aimless right now. Others may think that, in spite of the love of their families, it will just get worse, and they won't be able to cope. Some may even feel that life isn't worth living, and may contemplate ending their life.

RAW (Rural Alive and Well Inc.) is a not-for-profit organisation, helping individuals, families and the community through mental health issues, with a focus on reducing the prevalence of suicide in rural communities. They provide outreach support to rural Tasmania, as well as working with the community to undertake well-being initiatives.

RAW supports people who are doing it tough, by providing accessible and responsive outreach support services to Tasmanian communities. RAW service is free and confidential, and ready to help anyone who needs them. If you know of someone who you think needs their help, or feel the need to talk to someone about your problems, get in touch with them NOW!

RAW operates a 24/7 crisis line: 1300 HELP MATE, ready to talk to you now, and help you find your way through the dark times in your life.



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**HERE TO
HELP**

**Rebecca
White MP**

Labor Member for Lyons

✉ rebecca.white@parliament.tas.gov.au

☎ 6212 2225

For the latest health advice visit
www.coronavirus.tas.gov.au

Authorised by REBECCA WHITE,
33 COLE ST, SORELL





All Australians need to stay home unless for:

- shopping for what you need - food and necessary supplies;
- medical or health care needs, including compassionate requirements;
- exercise in compliance with the public gathering requirements
- work and study if you can't work or learn remotely.

Coronavirus has more serious impacts on older Australians, those over 70 years of age and Australians with existing health conditions or comorbidities.

National Cabinet's strong advice is for self-isolation at home to the maximum extent practicable for Australians:

- over 70 years of age;
- over 60 years of age who have existing health conditions;
- indigenous Australians over the age of 50 who have existing health conditions.

THESE GROUPS SHOULD LIMIT CONTACT WITH OTHERS AS MUCH AS POSSIBLE WHEN THEY TRAVEL OUTSIDE.

Stop the spread of germs



Department of Health



WORK AT NEIGHBOURHOOD HOUSE CONTINUES

Work on the Old Tasmania Hotel in Fingal, which houses the Fingal Valley Neighbourhood House, has continued over the last two weeks, both inside and outside.



After scaffolding was erected along the western-facing wall, holes are being bored in the wall and specialised grout is being inserted to stabilise it. “The sandstone was found to be harder than expected, so it is taking a little longer than we first thought to finish this,” the Valley and East Coast Voice was told by Tully, a workman on the project. “It’s hard to know what to expect in such an old building, but we are going along well, and are pretty much on schedule.”

Inside, most of the demolition work has been completed, and electrical and technology wiring has been started. Wiring for lights, power points and air conditioner units is mostly in place, and some walls are ready to be relined. The windows are in very good condition, and the plumbing for the kitchenette, male and female toilets and disabled access toilets has been put into place, ready for floor and wall replacement in those



Plumbing for the toilets upstairs, above, and downstairs, below.



New rafters in the main hallway upstairs.

rooms. Rafters have been replaced in some parts of the roof, and it is expected that the scaffolding for the replacement of the outer roof will be erected in the next week or so.

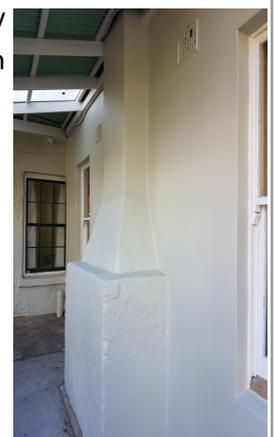


Cracks in the wall ready to be repaired, and a lovely mantelpiece above a fireplace.



AND WHAT’S HAPPENING OUT THE BACK....

Part of the work currently being undertaken at the Fingal Valley Neighbourhood House is repainting the outside. Colours sympathetic to the age of the building are being applied to the walls, eaves and trim. At the moment, it is confined to the back, in readiness for structural work in the next few weeks, but the front will also be stripped and repainted, as part of the restoration project. Here are a couple of photos of the painter, George Paap from Launceston, hard at work, and the back wall of the main building, ready for the second coat. George told us that he is enjoying playing his part in returning the “old lady” to her former glory.



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 Program Guide		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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
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	Big Daddy Davo's Blues Mix-hosted by Dave	



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FROM THE ANGLICAN CHURCH

If you need to speak to someone, or require pastoral care, contact Rev Mike Wakefield, on 03 6376 1144, or email anglicanbod@outlook.com



I will be able to meet and talk to you or direct you to someone who can help you, depending on the circumstances.

Rev Mike Wakefield

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



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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

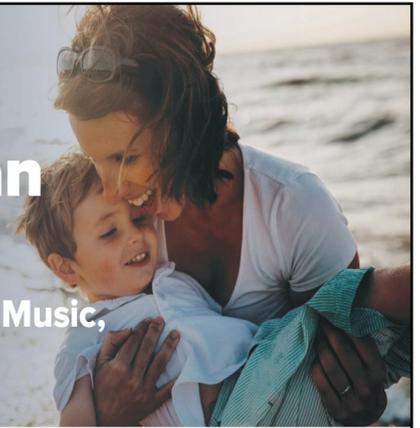
Fingal Valley Neighbourhood House - 24 hour access

On the wall outside the front door.

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The Fingal Online Access Centre is closed until the end of April when hopefully we will take a look at re-opening, adhering to strict conditions of social distancing. If you have printing or emailing you require, contact the Fingal Valley Neighbourhood House and we will assist you.

Keri Webb, Co - ordinator.



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www.libraries.tas.gov.au



For all enquiries during the closures please call 6165 5600, 9.00 am - 5.00 pm, Mon - Fri

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.

THANK YOU!

A big shout -out to Denis and Ann from Eureka Farm Scamander, for their donations of pears, apples and nashi fruit they have been so kindly donating to the Loaves and Fishes Food Bank Program.

Your generosity is greatly appreciated.

St Marys Community Health Centre and Fingal Neighbourhood House.



CLASSIFIEDS

<p>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</p>	<p>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</p>
<p style="text-align: center;">Moo Poo See Normie 6372 2380</p>	<p style="text-align: center;">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</p>

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.

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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

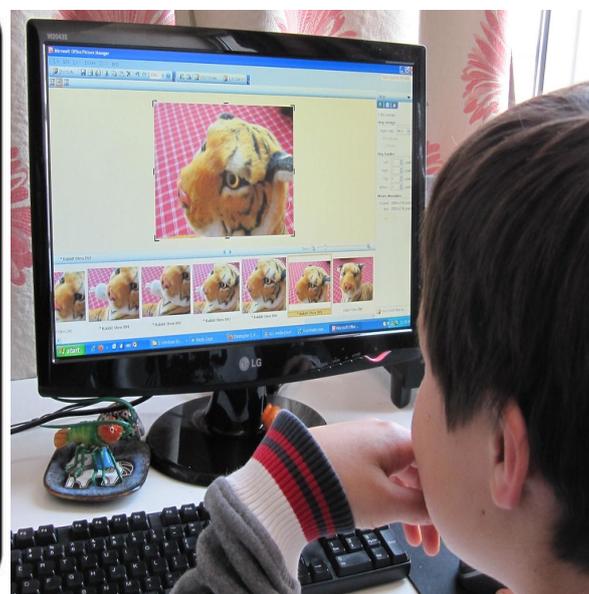


Clr. Janet Drummond

Break O'Day Council

0404 562 320

janet.drummond@bodc.tas.gov.au



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- A persistent cough
- A new or changed spot on your skin

... once or more?

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- Coughing up blood
- Blood in your pee



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04/2019

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St Marys Community Space Association Creates “Street Park”

Residents and visitors to the East Coast township of St Marys, and the Fingal Valley, will soon be benefitting from an infrastructure project that has deep roots within the local community and will meet the need for more recreational facilities in the town.



What has transpired is a facility called The St Marys Community Space, a ‘street park’ which includes skateboarding obstacles and ramps plus a bike and scooter track. Outdoor gym equipment, picnic areas, a birds nest swing and BBQ have been included into the design so families will be encouraged to spend time together outdoors.

Construction commenced in March with specialist contractors Andrew Gill Contracting awarded the work to bring the facility to life.



St Marys Community Space Association member Janet Drummond said the community is excited to see work commence after lots of community input into the design and plenty of fundraising. “The St Mary’s community has guided the project every step of the way, from the initial concept of a skatepark first raised at a council meeting in mid-2015 through an in-depth consultation process which resulted in the expansion of the project to include features for all members of the community,” Janet said. “St Marys Community Space will provide a much-needed youth-focused facility in the area as well as be a place for the community to play, exercise, and socialise together in a fun, safe, and positive environment.”

Construction is set to continue during winter, and all going to plan, it is likely to be completed around the end of August 2020.

The St Marys Community Space Association Inc. is a grass-roots organisation established for the sole purpose of coordinating efforts towards building the St Marys Community Space project. The groups aims are supported by Break O’Day Council and local community-based organisations and businesses. The project is being developed on land donated by the Break O’Day Council, with support from many local businesses and individuals, as well as the Tasmanian Community Fund.

Story by Adrian Smith and Photographs by Janet Drummond.

Coronavirus
(COVID-19)

KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **[health.gov.au](https://www.health.gov.au)**



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St Helens**

Early July.

Dates and venue to be decided.

Phone 1300 380 060

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Home Visits are available on request!

BREAK O'DAY COUNCIL—WEED OF THE MONTH

SPANISH HEATH is one of Break O'Day's most serious invasive weeds. It's an early season flowering shrub carrying millions of tiny seeds by late winter. Landowners are obliged to contain and control Spanish heath and everyone can do their bit to reduce its spread. It requires well timed treatments to control, and the next few months are the best. Spanish heath can be hand dug (roots and cut stems can re-sprout) or treated with herbicides (spraying or using the cut-stump method). Find and treat isolated plants first and follow-up next season. Slashing dense patches can reduce seeding this season, but must be before flowering and is not enough control. Do not mow or slash



after flowering and be very 'hygienic' around Spanish heath. Get more detailed information via: www.dpipwe.tas.gov.au/invasive-species

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

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

BLACK WATER DUMP POINTS

St Helens—117 Tully Street, St Helens

Fingal—13 Talbot Street, Fingal

St Marys—Harefield Road, St Marys

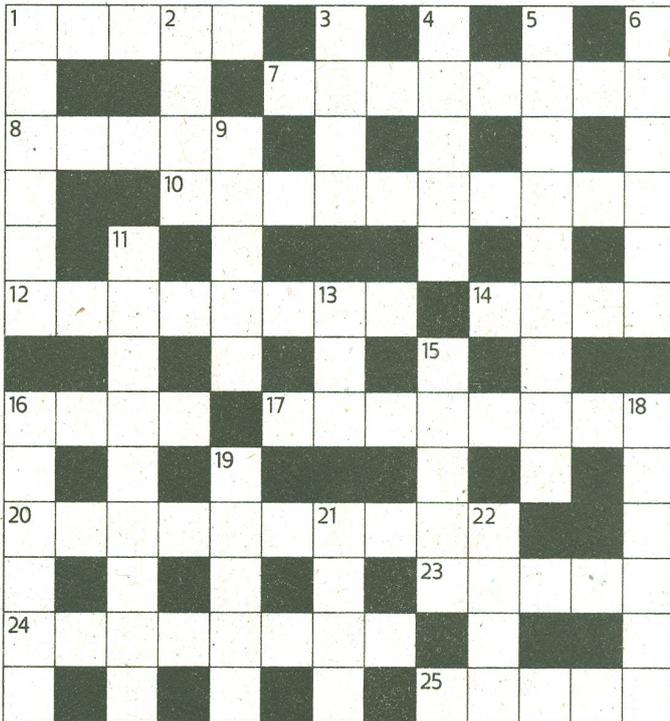
No charges apply to use black water dump points.



**TIP SHOPS CLOSED
UNTIL FURTHER NOTICE**



Crossword 52.06



ACROSS

- 1. Show off (5)
- 7. Agreement (8)
- 8. Purpose, reason (5)
- 10. Lively Scottish dance (3,7)
- 12. Not hurting! (8)
- 14. Blood vessel (4)
- 16. Fall in drops (4)
- 17. C.O.'s assistant (8)
- 20. Later (10)
- 23. Plant with stiff, spear-like leaves (5)
- 24. Enhanced (8)
- 25. Two-masted boat (5)

DOWN

- 1. Nursery rhyme girl (2,4)
- 2. Tune (4)
- 3. Bung (4)
- 4. Saltpetre (5)
- 5. Levy on wages (6,3)
- 6. Reduce (6)
- 9. Agree (5)
- 11. Scaled-down model (9)
- 13. Piece of turf (3)
- 15. Singer, ___ Holly (5)
- 16. Small crown (6)
- 18. Beat soundly (6)
- 19. Dress (5)
- 21. Snooker star, ___ Higgins (4)
- 22. Certain (4)

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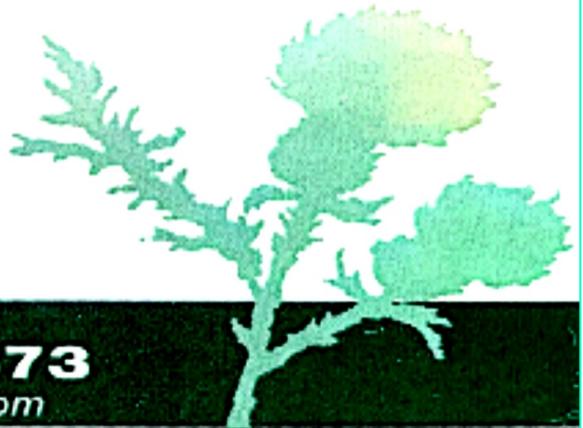
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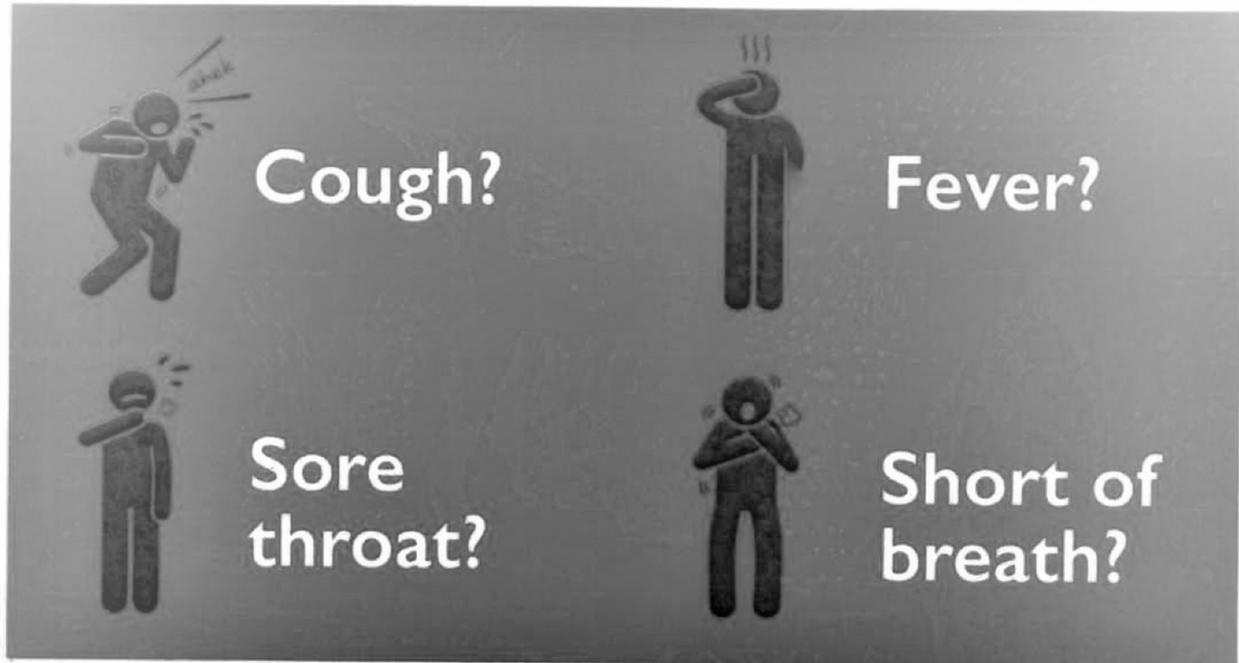
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St Marys Community Health Centre

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

DOCTORS ROSTER

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

Dr C. Latt

21/4/20– 1/5/20

Dr B. Newton

17/4/20-20/4/20

Dr K. Rawnsley

17/4, 21/4, 24/4, 28/4 & 1/5/2020

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.

ENTERING THE CENTRE

Due to the ongoing COVID-19 outbreak the St Marys Health Centre is required to do a triage– a health check and temperature check of ALL persons entering the site.

On arrival at the Centre you will need to press the intercom bell at the entry door where a nursing staff member will come and do a health assessment on you before entering the building.

Currently **NO VISITORS** are allowed in to see patients unless the patient is Palliative Care or you are a parent of a child.

Community members requiring Pathology– bloods, or those who have scheduled GP appointments are still able to come to the Centre to have these services.

Please ask yourself... *DO YOU NEED TO ENTER THE HOSPITAL?*

We will keep our community updated with changes to our service processes fortnightly on this page.

Please see below for further details or ring 6387 5555 and speak to the staff about any concerns you may have.

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 unable to have visitors unless the patient is Palliative Care or you are a parent of a child.
- * Flu vaccinations are not yet available from this site. Please check with your 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

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 it 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 **or 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 wishes 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

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

10:30am - 12.30pm

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

1:30pm - 3:00pm

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

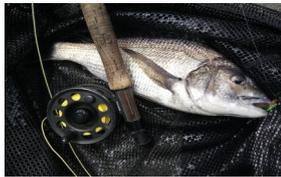
3:00pm - 4:30pm

GONE FISHING

The world certainly has changed since our last report with the COVID19 virus throwing our worlds into chaos, and with the government bringing information and rules on restricted travel movements to make us all hopefully safe from this deadly contagious virus. It is important that we all take the advice given and stay home for everyone's health.

This advice has **certainly** bought a stop to the trout fishing season, with all Hydro lakes and waters within National Parks closed. Restrictions on fishing allow everyone to be permitted to go fishing only in your residential municipality, but in reality it is in everyone's best interests to pack the gear on the shelf and have a spell.

On Saturday the 21st March we did have a productive trip to Georges Bay at St Helens, with the intention to catch the incoming tide and to use the predicted calmer winds of the early morning to fish the oyster racks around the bay for bream on soft plastics and hard body lures. The lure that did bring a couple of nice sized bream undone were ZMAN soft plastic grubs in motor oil colour, paired with a 1/16th jig head, cast hard against the racks and worked slowly; mostly the bream will pick up the grub on the pause between slow lifts and retrieve techniques. It certainly does make you hold your breath when you see the silver of a bream's side slide over the racks heading for your lure, hopefully to take it. This method of fishing



can be very frustrating at times with you knowing the bream are there but not interested in your offerings at all: they seem to take themselves into a shutdown mode much like us sometimes. The real challenge when hooking up to one of these fish is to keep them from charging into the safety of the oyster racks and busting you off. Other fish were also caught during the session, with plenty of salmon and mackerel schools busting up in the bay. We did set up a berley trail with the intention of some tasty garfish to take home; these fish should have returned to the bay by this time of the year but unfortunately none were to be seen.



What a great month so far it has been with the wonderful rainfall, all our local creeks are once again flowing freely which will allow the trout from our local rivers to spawn from late April into May to replenish our river systems for years to come.

Winter is now approaching, and with travel restrictions in place, it may be time to do some maintenance to your boat, your fishing gear, build up some brownie points with your wife and do those jobs you promised you would when the fishing season ends, or even sit down and tie a few flies in anticipation for when we can once again venture outside our front gates and cast a line. Until then, tight lines,

The Happy Hooker.

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.



ST MARYS SPORTS CENTRE NEWS

By Volen Tier

Big couple of weeks at the club, especially a few weeks ago, that saw 60 people attend Mark Oliver's Schnitzel Night on 13th March, 2020. A great fundraiser for our club, especially with 13 travelling from down the coast for a good feed and company. Thank you so much to Mark and Shaun "Knackers" McCarthy for the cooking on the night and the assistance in the kitchen, and our regular great volunteer group that catered, served, cooked desserts and worked hard to make it such a successful night, plus club volunteers.

On Saturday, 29th February, we hosted Bicheno in our last roster game of the year. Most had been at the meal night the previous evening, so what a fantastic effort, with the full match report below.

On Sunday, we had an action-packed JAM Session. Numbers were down a little for this one, but still kept the wheels turning at the Centre, with around 30 artists and guests on the day and a great time had by most. Our Friday night crib nights have had to be postponed due to COVID-19 regulations. No, Cookie still hasn't won one yet, his world ranking is sinking faster than the Australian share market...



BOWLS: We hosted Bicheno, and came away with a 19-shot win in the last roster game of the season— closer on the rinks that the scoreboards showed, as the Bicheno team has improved so much over the last few seasons. Unfortunately our hopes in the final series were dashed, also due to strict new regulations, but given the average age of most club participants, the correct decision was made. Swansea were crowned 2019 - 2020 Pennant Winners, as they finished on top of the ladder. No club games were able to be completed;

let's hope we can play them prior to the commencement of our next season, around September.

GOLF: Nice to see Diesel back for a hit on Sunday, joining a couple of our regulars for a walk and a chat. We are starting to see a few players on the course again, and with the greens being scarified, pinned and fertilised at present, the course should be looking a treat in the coming months. Nice also to see Lake St Marys again on the 9th fairway; been a while since we have seen that, almost like Lake Eyre, hasn't seen water for a long time!



St Marys Golf Course.

AT PRESENT, GOLF IS STILL ABLE TO BE PLAYED ON A SOCIAL BASIS, WITH GROUPS OF TWO PLAYERS, AND NO MORE THAN 10 ON THE COURSE AT A TIME - SUNDAY AT 11.00 AM IF YOU WANT A HIT.



Also, just to ease the mind of the person who reported to police that we had an illegal gathering the day after strict rules were put in place, we are allowed to have our volunteers on the course and bowls rink. As required by regulation, a list of their names is displayed in the foyer of the club, if anyone wishes to take a trip over and have a look.

St Marys Sports Centre

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



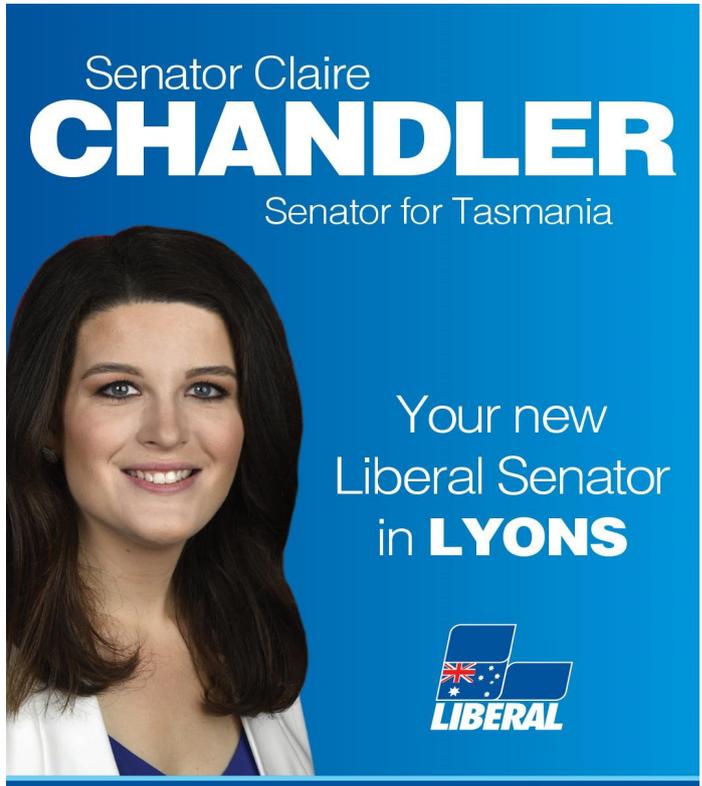
"I extend a warm welcome to our newest Tasmanian Liberal Senator - Claire Chandler"

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



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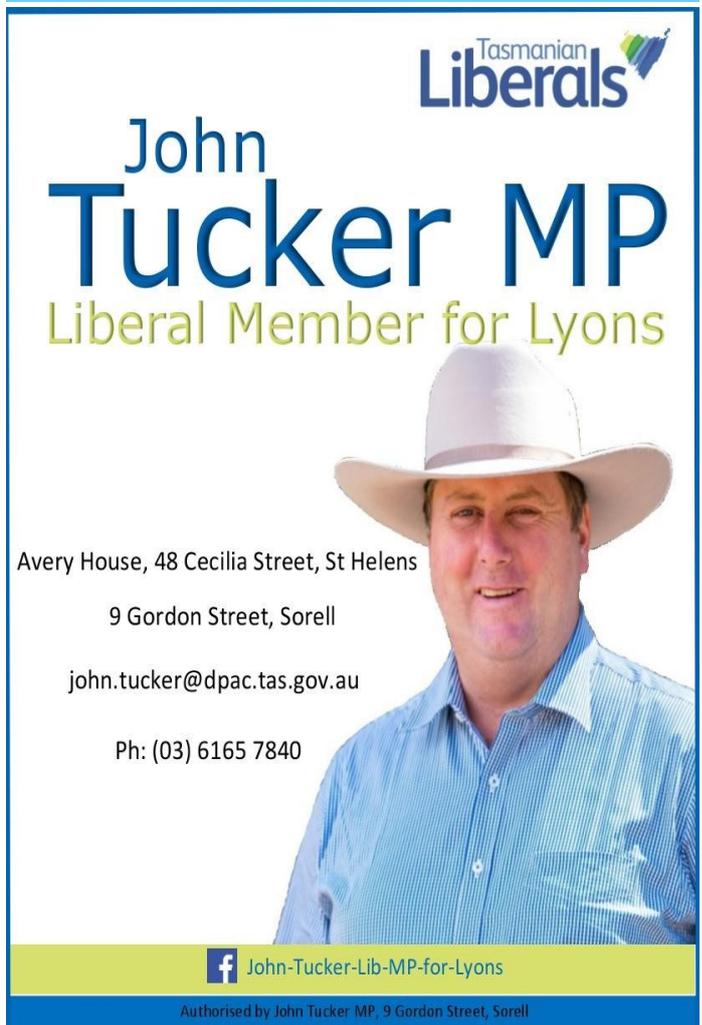
Brian Mitchell MP
Your Federal Member for Lyons



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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Avery House, 48 Cecilia Street, St Helens

9 Gordon Street, Sorell

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MONSTER AUCTION BRINGS IN FUNDS FOR LOCAL FOOTBALL CLUB



The East Coast Swans Football Club recently held a Monster Auction, which raised funds for the club to continue competing in the Northern Tasmania Football Association roster. In the absence of games, there is the opportunity to share a whole range of things that make life inside a footy club vibrant and inspiring.

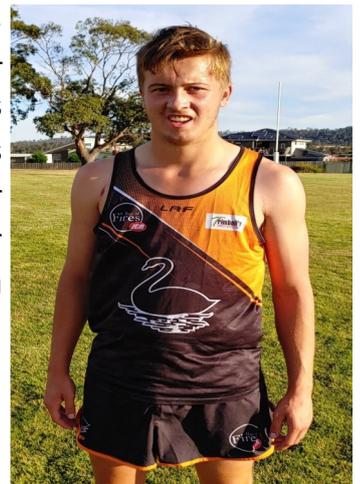
“We were just blown away by the support shown by our community for our inaugural ‘Monster Auction’. The donations of items just kept rolling in, great numbers turned up on the day and the bidding was lively making for an outstandingly successful event. As well as being a great revenue raiser, we hope people had some fun, maybe picked up a bargain or made a great contribution to the club. A huge thank you is extended to everyone who donated and or submitted items, the variety made it feel like there was something for everyone. Thanks to the bidders, we know on some occasions you had the club in mind with what you paid. Thanks to auctioneer extraordinaire Greg Harris and offsider Paul LeFevre. As always Michael LeFevre you are just amazing with what you initiate and take on for the club,” Club president, Steve Walley, wrote in the club’s latest newsletter.

“Help was also provided by Dooly, Fyshy, Amanda, Carol and Hannah, and it was extremely appreciated. The committee know many others helped big time in the lead up, and on the day, and they wish to thank everyone involved. We will be back same time in 2021, bigger and better,” he concluded.

As pictured below, at the season launch held that night, Ricky “Gadget” Crossingham proudly presented his



son Ethan with his prized number “8” playing jumper, which he wore in over 450 games. Ricky is the second-placed all times game player, firstly with the St Helens Football Club team, then with the East Coast Swans team. Ethan has returned to the Swans team after playing at a higher level, and joins a number of other returning players, including Liam Devonport and Beau Calow, pictured right.



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- ◆ email your order to shop@cndiga.com.au, type HOME DELIVERY & your SURNAME in the subject line
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- ◆ 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.

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