

# THE VALLEY AND EAST COAST VOICE

**Established 1968**

Edition 52.07 30th April 2020

Deadline for 52.08 is at 5.00pm on Monday 11th May 2020

## ANZAC DAY 2020

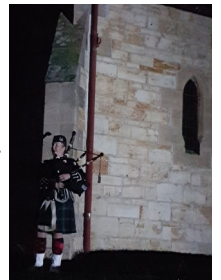


The usual hustle and bustle of vigils, parades, wreaths, and crowds was absent this year. The eerie silence around the cenotaph was disconcerting, and the quiet chorus of birds instead of the testing of public announcement systems, made it clear that ANZAC Day 2020 was going to be very different to normal.

As I drove around some parts of Fingal about 5.30 am, I noticed about 20 houses that either had lights on inside, or lanterns on gateposts and fences. As I drove past the Cenotaph in Fingal, I saw Vietnam Veteran Bill Eckhardt lay a wreath, then raise the national flag, before he stood, head bowed, paying his respects to the men and women who answered the call to arms, and who laid down their life, for the lives of their families and friends.



I stopped at the Catholic church, to hear the skirl of the bagpipes, as piper Selina Lyons, watched by her sons Nicholas and Oliver, played the dirges and hymns that inspired thousands of soldiers to face the enemy bravely, giving their last breath to preserve the freedom of their country, lit by a spotlight wielded by Rex Gorham, along with his family, Erin, Ryan and Max.



Around the corner in the main street, Louisa Rhodes and Marilyn Statham joined Janine and Peter McGill, as they listened to Bill Eckhardt play "Last Post", the bugle call that signifies the end of the day. "It was very strange not to be at the Cenotaph; it was so quiet afterwards, and very moving," said Marilyn.



Afterwards, watching the services on television, Mike, who was a child during World War Two, found the sight of the soldiers marching to be a very emotional one. "My dad was wounded in the Great War, and I remember his reflecting on the good times he had shared with his mates. He cried when war was declared in September 1939, as he knew what war is about", he told me. I'm sure others felt the same way.

I saw, too, the fire outside the hotel which is being restored, and wondered, "How many fires, which had kept the soldiers warm, had been left burning as they launched themselves out of the trench, to face the firepower of the enemy? How many had left the home fires burning, but had not come home, and had paid the price, for the freedom and liberty for their country? How many more will follow them, to ensure that we keep the opportunities and choices we have today? "



We must never forget the loss of life that war causes, nor the men, women and animals around the world that have paid that price.



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**For all account enquiries, please contact:**[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)**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.

[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)

03 6374 2344

PO Box 322 Fingal Tasmania 7214

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

**BREAK O'DAY COUNCIL ANNOUNCES LATEST COMMUNITY GRANTS**

At the 16 March Council meeting, the Break O'Day Council announced the recipients of the 2019-2020 funding as part of the Community Grants Program.

Every year the Council earmarks \$30,000 for community driven projects and receives a wide range of requests for support from various community groups throughout the area.

This year, seven Community groups from all across the municipality received a total of 27,772 in funding.

Mayor Mick Tucker said being able to support community projects was something very important to Council.

"As a small Council we often have the community expect us to deliver all types of projects, large and small. While we do everything we can, we do have limited funds and resources, and as much as we want to be able to do everything our community wants, it just isn't practical," he said.

"Forward thinking and pro-active community groups like the ones we have supported this year through our community grant process are so important, as they can deliver on grass roots projects. These community groups are at the very forefront of knowing what their community needs, and we look forward to seeing all their projects coming to fruition over the next 12 months." he wrote

"On behalf of Council I would like to congratulate all the community groups who put forward their ideas and wish every success to those that were successful in receiving funding."

The successful community groups and projects are;

<b>St Helens/St Marys RSL Sub Branch;</b>	Bench seating, St Helens Memorial Park- \$3,900.00;
<b>St Helens Little Athletics Centre;</b>	Build a purpose built cover for high jump mat- \$5,000.00,
<b>St Helens Christian Fellowship;</b>	Support for veterans and people who suffer from PTSD - \$5,000.00,
<b>Scamander Sports Complex;</b>	Community BBQ and Gazebo - \$1,872.85,
<b>St Helens Bowls Club;</b>	Upgrade kitchen facilities – replace stove - \$5,500.00,
<b>Fingal Valley Neighbourhood House;</b>	Replace fridge - \$1,500.00,
<b>Suncoast Pony &amp; Riding Club;</b>	Horsemanship Clinic - \$2,000.00.

**ANZAC DAY IN THE FINGAL VALLEY**

*Left; Joanne Cohen and John Watson.*

*Right; The War Memorial at Avoca*



Residents of Gipps Creek, Rossarden, Avoca, Fingal, St Marys, Scamander and St Helens, along with the towns in between, stood at their gates at 6.00 am on ANZAC Day, to pay their respects to those who have served their Sovereign and their country in battle fields all over the world. Mayor of the Northern Midlands Council, Mary Knowles, laid her wreath at the gate of Returned Serviceman John Watson in Rossarden, who is photographed with Joanne Cohen, another resident of Rossarden. "A younger Veteran thanking an older Veteran - Private John Watson "Watto", 8RAR, C Company, Vietnam War and Able Seaman Boatswains Mate, Joanne Cohen, Iraq War. The day before Anzac Day, 50 years ago, Private Watson was blown up by a land mine in the Vietnam War. I am so grateful that 50 years later I get to stand by his side, honour his service & thank him," said Joanne. The wreath was then taken to the War Memorial in Avoca, where Joanne, accompanied by her sons, laid it in place. The artwork on the label was created by John's great-nephew.

An initiative of the Returned Services League's "Light Up The Dawn" involved children, adults, service animals and veterans of all ages. Some members of the public were quoted as saying that they would like to do this each year, as they can't get to a regular ANZAC Day service.



STAY  
**HEALTHY** STAY  
**CONNECTED**

**NO TASMANIAN  
IS AN ISLAND** 🇹🇷

**Physical isolation  
doesn't have to mean  
mental isolation.**

Stay active, reach out to to  
people you trust, take time to  
relax, kick off your shoes and  
dance in the lounge room.

Mental wellbeing is a community  
journey – reach out if you need  
support.



**Don't hesitate  
to get in touch**



Lifeline: 13 11 14

Beyond Blue: 1300 224 636

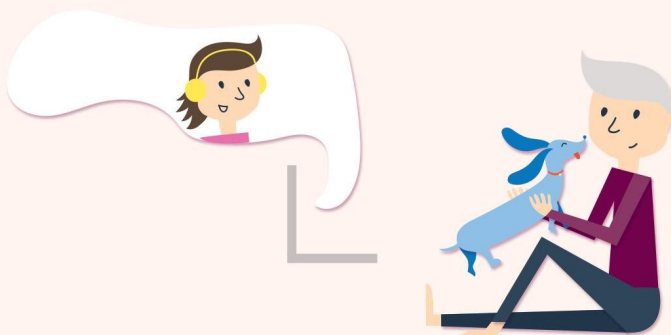
MensLine Australia:  
1300 789 978

Kids Helpline: 1800 551 800

Headspace: 1800 650 890

Rural Alive and Well (RAW):  
1300 4357 6283

Alcohol and Drug  
Information Service and  
Family Drug Support:  
1800 811 994



Like us on Facebook @stayhealthystayconnected







**Fingal Valley  
Neighbourhood House INC**  
Old Tasmanian Hotel Community Center

**29/04/2020 - 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 now be available on Wednesdays until further notice**

**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](mailto: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*

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WINTER APPAREL, TOYS AND HARDWARE    100'S OF EXTRA SPECIALS EACH WEEK  
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BEST PRICES ON BULK DOG FOOD AND BIRDSEEDS  
SENIOR DISCOUNT WEDNESDAY                      CARRY-TO-CAR SERVICE  
HILLYS REWARDS CARD-SAVE POINTS DURING THE YEAR TO PAY FOR XMAS GROCERIES

**OPEN 7 DAYS A WEEK**

**HILLYS FOR GREAT SERVICE AND LOWEST PRICES ON ALL YOUR SHOPPING NEEDS.**



## STAYING CONNECTED ON THE COMPUTER

While we are being told that we need to stay at home to prevent the spread of the COVID-19 virus, we still need to keep in touch with other people for our mental health and wellbeing. For some of us, that is easy as we have a network of friends we chat to regularly. For others, though, this can be a problem. Perhaps they don't know many people on-line, or are concerned that reaching out could expose them to scams and rip-offs. Here are a few sites on Facebook that are safe to look at.

'Break O'Day Forum', 'Hinterland Herald News for the Valley to the Sea' and 'St Helens Crazy Kids at Home' are local sites.

'We're Going On A Bear Hunt', 'Bake O'Day and Beyond Cooking Group,' and 'Bin Iso Outing' are others that may inform and amuse you.

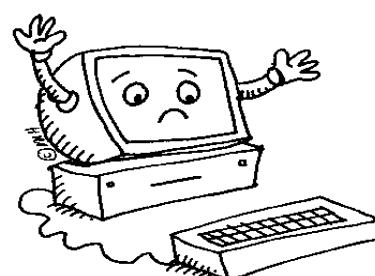
If you find or know of any more, let me know, and I'll list them next issue...

## AND ON ANOTHER FRONT...

If you have any news to share, or know of something interesting, let me know about that, too; I'm always looking for local news, from Avoca, to Bicheno and St Helens, and all places in between! My address is; [valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)

Happy hunting!

Editor.





## CRIME STOPPERS REPORTS HIT ALL-TIME-HIGH

Tasmanians are increasingly using Crime Stoppers services to give information about crime. The number of reports more than doubled in the last five years to 2019. Crime Stoppers provides a safe way for people to provide information discreetly, remain nameless, and not deal directly with Police.

Crime Stoppers Tasmania has also experienced a huge increase in online crime reporting, with now over two thirds of reports submitted through the Crime Stoppers website. “The statistics tell us that our range of campaigns on crime is relevant to the community, and there is a growing awareness of Crime Stoppers as a confidential and anonymous reporting system for crime,” said Mr David Daniels OAM, Chair of Crime Stoppers Tasmania. “Most tips relate to drugs, but other serious criminal offences such as wanted persons, fire arms, murder, theft, sex offences, and even road offences are also reported,” added Mr Daniels.

Last year (2019) marked the 25<sup>th</sup> year of operations in Tasmania, delivering many community campaigns, including the most successful annual Crime Stoppers Week to date. In 2019, reports to Crime Stoppers provided key information for police investigations. Some major investigations included:

- ◆ Information regarding a murder in northern Tasmania, which led investigators to change their search location, finding the deceased in bushland. This led to the arrest of a number of individuals.
- ◆ Recovery of stolen goods in bushland as a result of a report to Crime Stoppers. The goods were valued at over \$100,000, and had been missing for a number of months, with no significant leads as to their location.
- ◆ Information about a false report to Police where a serious crime had been committed. As a result, Police changed the direction of their investigation and were able to charge the offenders involved.

Crime Stoppers has been working hard to increase public awareness of its 100% private community service as an alternative option to report information on crime and criminals without revealing their identity. “There is also an increasing understanding that the community can itself play an effective role in keeping Tasmania safe. Increasingly, criminals don’t have friends in Tasmania,” said Mr Daniels.

Anyone with information relating to crime in their community can contact Crime Stoppers anonymously at [crimestopperstas.com.au](http://crimestopperstas.com.au) or 1800 333 000.

**IF YOU KNOW SOMETHING, SAY SOMETHING! CLICK OR CALL ANONYMOUSLY! If the information relates to an incident in progress, it is important to call Tasmania Police directly on triple zero (000) for an emergency and 131 444 for the Police Assistance Line.**

Crime Stoppers Tasmania operates as an independent non-profit, community organisation that supports solving crime, by providing ways to report crime anonymously. It is part of an international program that has been in existence for over forty years.

By offering anonymity and rewards for information leading to charges being laid, Crime Stoppers recognises the three major problems faced by the police in generating crime-solving information:

- ◇ Fear of reprisal
- ◇ Apathy
- ◇ Reluctance to get involved

and provides ways to overcome these obstacles.

Create a safer Tasmania for our children, for our families, for each other.



## POWER SUPPLY IS SAFE DURING COVID-19 EMERGENCY

### “CUSTOMERS ARE PROTECTED DURING THIS DIFFICULT TIME”.

With the financial pressures from job losses facing many people in this time of emergency, power bills are a real cause for concern, and the news that the State Government has taken steps to alleviate the worry has been welcome news. “There is no doubt that reliable energy is an essential part of people’s lives, and is something that individuals, families and businesses cannot do without. The Government understands this, and Tasmanians can rest assured we have taken action to safeguard our energy supply over coming months as the COVID-19 pandemic continues to unfold. Our energy supply remains secure with Hydro Tasmania, TasNetworks and Aurora activating their pandemic and Business Continuity Plans, to ensure security of supply. Through our Tasmania-First Energy Policy, we have been committed to reducing the cost-of-living pressure for Tasmanians and delivering the lowest regulated electricity prices in the nation by 2022. By capping the increase in regulated power prices over this time, the Government has protected the average electricity consumer from increases of nearly 20 per cent. It’s true that Tasmanians have paid some of the lowest electricity prices in the nation for some six years now, but we recognise we need to do more during these challenging times”, the Minister for Energy, Guy Barnett, said in a press release earlier this month.

“That’s why our unprecedented second stimulus and support package contains specific measures to give hip pocket relief to those Tasmanians who are doing it tough and who need additional help. These measures include capping electricity prices for 12 months for all households, businesses and community sector organisations on regulated tariffs, and investing a further \$1 million into our nation-leading No Interest Loan Scheme (NILS) to significantly increase the provision of loans to those in need. Aurora will also invest \$5 million to assist customers with bill relief, waiving fees or charges, freezing debt, and payment plans, in addition to a range of other support measures. Aurora will deliver this through a dedicated COVID-19 response team. And if anyone is struggling to pay their bills, Aurora Energy will not be disconnecting any residential or small business customers, without their agreement during this crisis. This is line with our strong position that consumers be protected during this difficult time. These measures will help Tasmanians who are unsure what the future holds and while the months ahead may be difficult, we will continue to support Tasmanians as best we can as we deal with the ongoing impacts of the COVID-19 pandemic “

**If you are worried about your electricity bill, contact Aurora Energy on 1300 132 003, to discuss the options available.**

*(Information from press release from Guy Barnett, Minister for Energy)*



**Clr. Janet Drummond**

*Break O'Day Council*

0404 562 320

janet.drummond@bodc.tas.gov.au



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



## TIME FOR YOUNG PEOPLE TO GET CREATIVE.

## ART COMPETITION NOW OPEN

Send us a photo of your artwork with your entry form to be part of the online exhibition in July

## BODRA YOUTH ART PRIZE 2020

THIS YEAR'S THEME MARKS THE 30TH ANNIVERSARY OF AUSTRALIA SIGNING THE UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD. ENTRIES WILL BE ASKED TO REFLECT ON AND CONSIDER:  
ARTICLE 24: CHILDREN AND YOUNG PEOPLE HAVE THE RIGHT TO A CLEAN ENVIRONMENT

ENTRIES INVITED FROM CHILDREN AND YOUNG PEOPLE  
AGED 4-18 YEARS.  
EXTENDED ENTRY DATE DUE 1ST JUNE 2020.

more information and entry form:  
[admin@hub4health.org.au](mailto:admin@hub4health.org.au)  
[www.bayoffireswinterartsfestival.com.au](http://www.bayoffireswinterartsfestival.com.au)  
[www.hub4health.com.au](http://www.hub4health.com.au)  
5 Portland Crt, St Helens Tas 7216

**FREE ENTRY**



The BODRA Youth Art Prize will be held in 2020 as a separate event due to cancellation of the Bay of Fires Arts Festival. We are planning an exciting digital exhibition and hope to have a live exhibition also when circumstances allow.

Presented by Break O' Day Regional Arts and Hub4Health **ENTRIES ARE NOW OPEN!**

Entries must be received no later than 5pm, **1st June 2020 –extended deadline**

Just complete the entry form and post or arrange collection

E: [admin@hub4health.org.au](mailto:admin@hub4health.org.au) P: 5 Portland Crt, St Helens 7216.

Entry is open to all persons aged 4 - 18 years (kindergarten—Grade 12)

### The theme for the 2020 BODRA Youth Art Prize

'United Nations Convention on the Rights of the Child: Article 24: Children and young people have the right to a clean environment'

All entries must show consideration on, interaction with, and understanding of the theme. We accept the following Visual Art forms: Drawing, Painting, Sculpture, Clay work, Photography, Printing, Textiles and Digital images (see Terms & Conditions for details of film, moving images or digital sound piece entry)

Great Prizes in all ages and People's Choice vote at the exhibition venue to be confirmed

### Terms and Conditions of Entry:

- This art work has *not* been previously exhibited, including on-line
- Entry is free with **one** entry per child or young person only
- Digital works must be no more than 1 min in length and formatted as .mp4 or .mov or .avi files.
- Sound pieces must be no more than 1 min in length and formatted as .mp3 or .wav files
- Still images should still be printed and posted to us
- The artist agrees that BODRA and Hub4Health may use the work and the entry information
- The artist statement and profile have been completed
- Artwork must be clearly labelled on the back with artist name, age and school

Entry of artwork is accepted as agreement to Terms and Conditions by the artist & Parent/Guardian

More information at <https://www.bayoffireswinterartsfestival.com.au/>

Due to the Bay of Fires Winter Arts Festival being cancelled, the BODRA Youth Art Prize, formerly the Bay of Fires Youth Art Prize, is now open for entries, which close in June. The intention is to give voice to the ideas of young people and to promote the creative arts in our community. The prize has been going for a number of years as part of the Winter Arts Festival at St Helens, and is open to children and young people aged 5-18 years. Building Blocks has run the event for the last 2 years.

In 2019 we had over 300 entries and exhibited at Portland Hall. Due to social distancing and the important "Stay At Home - Save Lives" campaign, we are holding an online exhibition this year, and hope to potentially show the art work later in the year. Entries come from across Tasmania and are of a very high standard. An entry form, which has further details, can be obtained by emailing Hub 4 Health.

So, young people of Tasmania, start creating, and get your entry in now!

# Stay home. Save lives.

For more information, visit  
[www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)





## ST MARYS HARDWARE AND GIFTS

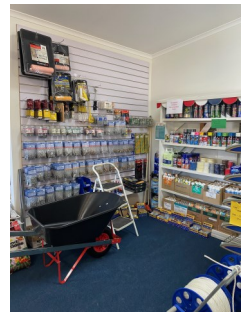
(FORMERLY ST MARYS NEWSAGENCY)

3 Story Street, St Marys 7215 Phone 6372 2143

OPEN WEDNESDAY TO SUNDAY

8.00 am to 4.00 pm

(CLOSED Monday and Tuesday)



### THE BIGGEST RANGE OF HARDWARE, CAMPING AND GIFTS

#### IN THE FINGAL VALLEY

##### Camping gear

##### Ropes and pegs

##### Torches Batteries

##### Fishing equipment

##### Ice Bait

##### Nails, screws, nuts and bolts

##### Tools Fencing gear

##### Farm gates Rope

##### Padlocks Cement

##### Painting equipment

##### Stock feed Chicken feed

##### AND LOTS MORE!

##### Extended range of gifts

##### Toys for children aged 3 and above

##### Great coffee all day!

##### Valhalla Ice Cream - 9 flavours!

Kiddies's cup \$3.00

Large cup \$6.00



Single cone \$4.00

Waffle cone \$4.50



DON'T FORGET TO SEE DANA AND HER FRIENDLY

STAFF AT C & D'S IGA FOR ALL YOUR NEWSPAPERS

<b>STAR FM</b>  <b>Program Guide</b>    		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Brekkie	Start your working week with <b>Sandy</b>	Enjoy your Fruit Loops with <b>Sandy</b>	I see Stars with <b>Sandy</b>	Eggs Over Easy with <b>Skuter</b>	Alphabet Soup with <b>Jewels</b>	It's the Weekend with <b>Shaun</b>	Jukes Jazz until 8.30..then ...followed by Jukes Jukebox until Noon
	Morning	Your Host with the Most with <b>Terry Post</b>	The Good, the Bad...and the Ugly with <b>Skuter</b>	Getting "Jiggy with it" Australian Style with <b>Terry</b>	Rhythm N' Reggae with <b>Big Davo</b>	Simply 60's with <b>PUGS</b>	Old and New with "You Know Who" with <b>Angelina</b>	
	Arvo	Jackster's MUSIC BOX with <b>Jackster</b>	The DownUnder Show with <b>Mary-Anne</b>	The "No 80's Zone" with <b>The Tone</b>	Jonno's Fusion Show with <b>Jonno</b>	Under the Radar with <b>FEFF</b>	A dose of Dr Dave with <b>Dr Dave</b>	Star FM's 80's Show
	Late Arvo	In the BACKSEAT with <b>Astro or JAX</b>	2 For Tuesday Request Show with <b>Shaun</b>	Something Fishy with <b>Fyshy</b>	Plugged in with your FLASHDRIVE with <b>The Flash</b>	The "Rock" Show with <b>Jonno</b>	"Around the World" with your Hostess The <b>Tone</b>	with <b>The Tone</b>
	Evening	Monday Evening With <b>Star FM</b>	Neville's Country Corner and more with <b>Neville</b>	That 70's Show with <b>The Flash</b>	The 80's New World Order with <b>Mathew</b>	Magilla's Escape with <b>Magilla</b>	The Party Pit Playlist by "Benji" with <b>Star FM</b>	Big Daddy Davo's Blues Mix hosted by <b>Dave</b>



## ST HELENS WALKING GROUP ENJOY THE SCENERY



Though relatively short, a good contingent of 14 took up the offer of a heady coastline bush walk from Moulting Bay to Humbug Point and back on Wednesday, 4th March 2020. Easy walking on a well used track, the outlook across the Bay as we traversed through accumulated seaweed beaches, an estuary, grasses, melaleuca scrub, and on to the rock shelf at the Point, was spectacular. Lovely warm walking weather; just a hint of rain.



How sad, it would seem that the Scamander walk on 11th March 2020 was the last Heart Foundation event in the St Helens area before the very necessary and proper shut down occurred. It was a sunny morning and most people experienced a side of Scamander they had not been to before.

About 14 walkers left from the Wrinklers car park and wound our way over bush tracks on the western edge of town behind the caravan park and emerged at the fire shed.



We then walked through the wildflower reserve crossed the highway and returned behind the houses on the eastern side of town. It was an easy walk which finished at Jo's coffee van, where many of us stopped for a chat and a coffee. There are only two photos of this walk but since then, Ted has been walking every day - seeing some wonderful things. Some of these images have been shared on the Facebook (St Helens Hub4Health Walking Group) page for other members to enjoy. Ted thoroughly recommends everyone to do the same to keep fit - it is fun by yourself or with close family.



The walking group will reconvene when safe to do so.

Look out for the April article as we explore the history and foundation of the St Helens Hub4Health Walking Group.

**St Helens Walking Group** is part of Hub4Health and the Heart Foundation's efforts to encourage walking as a daily exercise to improve and maintain a healthy lifestyle. It's great fun and always refreshing, with as much or as little as you desire in learning and social opportunities. A variety of leaders within the group are very capable of leading each walk on an adventure within the allotted time frame along with providing interesting information and/or walking conditions for the track being taken. Residents and travellers in St Helens and surrounding districts are welcome to join in the walks. Have \$2.00 ready for the driver if you want to car-pool and be at *Hub4Health in Portland Ct, St Helens by 8.50am on a Wednesday or on the 3<sup>rd</sup> Saturday of the month for a longer walk. (\$5.00 for carpooling on Saturday walks).*

For more information contact **Pam Bretz on 0439 547 529 or Alex Buchanan on 0428287753**



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A free, confidential service for women, men and families experiencing distress or difficulties as a result of pregnancy or pregnancy loss.

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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](mailto: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

Anglican Church, St Helens.

**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](mailto:fr.bitz51@gmail.com) or through the Parish office, contact number (03) 6372 2252 or email address: [stmaryscpps@gmail.com](mailto:stmaryscpps@gmail.com).

Fr. Norberto Ochoa

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Fingal Valley Neighbourhood House - 24 hour access

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**News from Break O'Day Anglicans April 2020**

For the first time in living memory, all churches across our great nation have been forced to close their doors. How can we stay socially connected with each other, while being physically distant? Here are some practical steps we can take to help each other, and how we can support and care for each other at this time :

1. Pray for each other.
2. Go shopping for those who are too scared or can't go themselves at this moment.
3. Donate to food banks and charities. Don't hoard but give, demonstrating that it is God we trust in, not our pantry size.
4. Phone each other regularly. Isn't it great to hear a voice as opposed to texting all the time?
5. Display gratitude to our essential service workers.
6. Offer help to single parents.
7. Encourage our medical professionals.

I am sure you can add to this list, these are just a few thoughts.

**Church Services:** Please check these online and digital church services if you would like to "attend" church any time in the months ahead.

Anglican Diocese of Tasmania - Cathedral service 8am

Family service from Sorell Anglican Church - 10am and 3pm

Afternoon service Kingston Parish

Also join us at the Anglican Parish of Break O'Day face book page : [www.facebook.com/anglicanbod](https://www.facebook.com/anglicanbod)

If you would like to receive our Parish news each week by email, please contact [anglicanbod@outlook.com](mailto:anglicanbod@outlook.com) to arrange a copy. If you are needing support or help through this time please ring 6376 1144. Also Anglicare services are still operating from their office in Cecilia Street, St Helens. Contact the Team on 1800 111 878.

We encourage everyone to pray at this critical time. Even if you have never prayed before - please pray for our Prime Minister, our Premier, and the National Cabinet who are working very hard to make decisions to protect us and keep us functioning as a nation. In the meantime, stay safe and do what the health authorities are advising - KEEP CALM and STAY HOME.

**Vision Christian Radio** - our 4 stations in Break O'Day are a life-line at the moment, when we can't gather together for church. See the ad in this newspaper for their frequencies: Fingal, Binalong Bay, St Marys and St Helens. If you have grown weary from the constant barrage of information on TV and secular radio, why don't you try a new radio station? Interesting discussion, talk back, uplifting music, and at 6.30pm every night a children's programme. And don't forget, good old fashioned radio drama with Lamp Lighter Theatre every weekend at 6.05pm on Saturdays. For a weekly program go to [vision.org.au](http://vision.org.au) and click on Radio Program Guides.

Stay safe, stay well, stay connected, stay smiling.



**Fingal Online Access Centre**  
 29 Talbot St. Fingal Tasmania 7214  
 Phone/Fax: 0363742222  
 Email: [fingal.oac@education.tas.gov.au](mailto:fingal.oac@education.tas.gov.au)



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.



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For more information call Mark on 0457 168 521

**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.

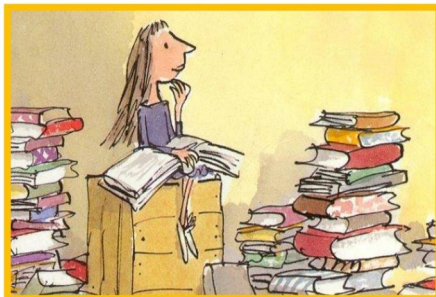
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## **MOUNT ELEPHANT AND BEYOND BOOK GROUP**

### **BOOK REVIEW**

**Written by Pam Bretz.**

Like most gatherings, our Book Group was unable to meet this month and we all miss the get together very much. Nevertheless, we are all still reading and sharing opinions in other ways, and look forward to coming together soon...

Our book for February was "I Am Malala, or The Girl Who Stood Up For Education And Was Shot By The Taliban". This is her story told with the aid of Christina Lamb, a well respected British journalist from the 'Sunday Times'. The girl is Malala Yousafzai and she was living in a province of Pakistan called Swat -"in the shadow of the Hindu Kush mountains." Her father, a teacher, is a firm believer in education for girls, something not held to be very important in this Muslim country and very actively opposed by the hardline fundamentalists, the Taliban. Her father had opened several schools and was an active campaigner against the influence of the Taliban - supporting local leader, Fazlullah. From the age of 10, Malala worked with her father to bring education to the girls of her community, and she often spoke at public meetings, thus becoming a target of the Taliban.

On Tuesday October 9th 2012, she was shot while travelling home from school on the school bus. A bullet passed through her forehead down into her neck and shoulder, and she was rushed to the local military hospital and from there to Peshawar, the capital city of the region. Her condition deteriorated, but thanks to two visiting British doctors, a flight was arranged to take her to the Queen Elizabeth Hospital in Birmingham where, with good care, she recovered and was eventually reunited with her parents and younger brother. They now live in Birmingham, unable to return to their home because of continuing violence from the Taliban, and Malala continues her fight for the education of girls, addressing the United Nations in New York on her sixteenth birthday, and receiving the Nobel Peace Prize in 2014, the youngest ever Nobel Prize laureate.

She is obviously a remarkable young woman, now studying at Oxford, and of course we had all heard of the terrible attack on her. Few of us, however, knew the story of her path to that point or anything much about the history of that region, but this book changed all that. She gives us a short lesson on the political history of Pakistan, and tells us of her love for her homeland, the Swat district, which she describes as "a heavenly kingdom of mountains, gushing waterfalls and crystal-clear lakes." This is a very conservative part of the country and is a hotbed of Taliban propaganda and influence, being very close to the border of Afghanistan. Osama bin Laden had been living in this area for some years under the very noses of the locals and the Pakistan military when he was discovered and killed by a secret American operation. We certainly are not given a favourable impression of the incompetent and corrupt military and the very troubled political system of the country.

Malala and her family are fervent Muslims and we get a sense of how deeply the religion is imbedded in life there, even for well educated people like her and her father. The masses of the poor and uneducated are in the hands of the radical and West-hating ideologues of the Taliban. The schism between Sunni and Shia interpretations of the Koran prevents cohesion and unity. Malala's family are Pashtuns, a proud ethnic group with ancient connections to Iran.

Over the course of her account we do get a sense of her as a person. She is highly intelligent, ambitious and driven, and very much the apple of her father's eye. She obviously has a very strong belief in herself and is extremely confident, competitive and very proud of her achievements, as well she should be. There is not much room for relaxation or frivolity in her life, but we do get glimpses of more typical teenage behaviours in her relationships with her girlfriends and her younger brother. Inspiringly she says, "I know God stopped me from going to the grave. It feels like this life is a second life. People prayed to God to spare me, and I was spared for a reason - to use my life for helping people."

Once again we all felt grateful to be living where we do!

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**1**



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cough**

**2**



**Wash your  
hands with soap  
and water**

Department of Health



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### A MESSAGE OF ENCOURAGEMENT FROM REBECCA WHITE, MP

Over recent weeks, we've seen and experienced unprecedented changes to life as we know it – here in Tasmania, around Australia and throughout the world. In the space of just a few days, we've gone from what we've always known – work, school, day-to-day activities and outings, sports gatherings and social get-togethers – to a life based largely at home, keeping our distance from each other, even loved ones. It's an ever-changing situation and for many in the community, especially our most vulnerable, uncertainty and anxiety are never far away.



That's why we all need to pull together during this crisis and take every available step to keep Tasmania safe from the threat of COVID-19. There is no greater challenge than protecting our community from this insidious disease and supporting businesses so that they survive this crisis.

Labor called for the government to mandate that all arrivals to Tasmania must be quarantined for 14 days and we commend them for this decision. The decision to close a large number of non-essential services also has our support. We know these decisions are hard and will have a lasting impact, but strong measures will save lives and these are the right choices. In these extraordinary times we all have a responsibility to do the right thing. This is not just about personal health; it is about public health. If individuals fail to follow public health advice, it will inevitably mean people are unnecessarily put at risk. We need to do all we can to stop the spread of COVID-19.

We have the advantage in Tasmania of being able to learn from what's unfolded in other parts of the world. No government has regretted taking strong action early; governments across the world have regretted not taking stronger action when they had the chance. We need to learn from their mistakes. If we act strongly and decisively now, our economy has a better chance of recovering earlier than elsewhere, and we will see a faster return to normal life.

Please know that I am working together with the Premier every day. There is no room for politics right now. I have made it clear to the Premier that the Labor Party will support any measure taken to protect the health of Tasmanians. But we will hold him accountable if action is not taken quickly enough.

It is also very important that anyone who can stay home does. This will keep you safe and keep our community safe. I know these difficult times can be very stressful and everyone is feeling the impact. Be kind to yourself and to others. Check in on those you think might be struggling with a phone call or offer to help get the groceries for someone if you know they can't leave the house. These are unprecedented times and we must work together. It is important we all act as a community to do the right thing so we can save lives. Together, we can get through this.

*Please know that I am still working for you during these difficult times. If I, or anyone from my office, can assist you we will. We are still here for you. You can get in contact via my office number on 6212 2225 and my email address is: [rebecca.white@parliament.tas.gov.au](mailto:rebecca.white@parliament.tas.gov.au). Feel free to also contact me through my Facebook page if you have any concerns or would like to share information. Please stay safe everyone, stay home if you can and keep up to date with information by using the official site, [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)*

#### Engouraging Quotes

**The darkest night is often  
the bridge to the brightest  
tomorrow**

**Jonathan Lockwood Huie**

#### Suicide Prevention Trial

St Helens Neighbourhood House hosts the Suicide Prevention Trial Site Coordinator for Break O'Day and Bicheno Area. The Trial Site is governed by a local Working Group and funded through Primary Health Tasmania. The working group meets bi-monthly and have established an activity plan that outlines some strategies and activities to

test different approaches to reducing self-harm and suicide.

If you would like to know what mental health services are available in our community please go to the St Helens Neighbourhood House website at [www.sthelensnhh.org.au](http://www.sthelensnhh.org.au) and download our 'Directory for Local Mental Health Services'. The directory is updated every three months and includes useful information such as how to access services and if there are any associated costs.

### YOUNG PEOPLE CHALLENGED TO BE CREATIVE

Free2b Girls are busy connecting with the young people of Break O'Day, and has been busy working with BOD council organising a Free2be Creative Challenge. It's our way of trying to stay connected with young people in the BOD area and maintain levels of creative inspiration - which can be so important in keeping spirits uplifted during these strange, isolating times. The idea is to create something - anything - based on a weekly theme, photograph it, send it in and win a prize if it's judged the best. And by anything we mean anything; video, artwork, sculpture, poetry, food sculptures, song writing - as long as it's related to the theme and not offensive in anyway, it'll be accepted!

First prize each week is a \$50 voucher from a local business. 2nd Prize is a Swims Cafe T- shirt and 3rd prize we're still working on! After 5 weeks we hope to have a major prize but that's still to be confirmed... Weekly themes will be decided by a local community group, with 2 judges picking the winner. Prizes will be announced at 1pm on Star FM every Saturday, starting May 2nd.

Entry is easy! Photograph work, send it in with your first name, age and a few words describing how it relates to the weekly theme and a contact detail so we can be in touch. You can text photos to 0422 742 297.....or email [f2bgirls@gmail.com](mailto:f2bgirls@gmail.com)

And this challenge is not just for girls. All young people between 10 -16 years old are invited to participate - so boys, start getting creative too! The first Challenge starts on May 2nd and entries close Friday May 8th at 5pm. Listen to Star FM 1pm Saturdays or contact 0422 742 297 for more details.

And we haven't forgotten about our St Marys girls! Chloe and Kelsey (the facilitators) have been maintaining an online connection with some of the older girls and are about to put together little surprise gifts to send out to all Free2b girls in St Mary's.. just to stay connected and keep them inspired. And for any new girls who may be interested, we are putting together a welcome pack to send out soon, with info about Free2b Girls St Mary's and how to participate while the doors are still closed. So any girls between age 10-16 who want to join the St Marys Free2b Girls and start attending the group when we're allowed to open the doors again, please contact Tani - 0422 742 297 or [f2bgirls@gmail.com](mailto:f2bgirls@gmail.com) and I'll post a pack out to you.

Let's see what the young people of Break O'Day can create!



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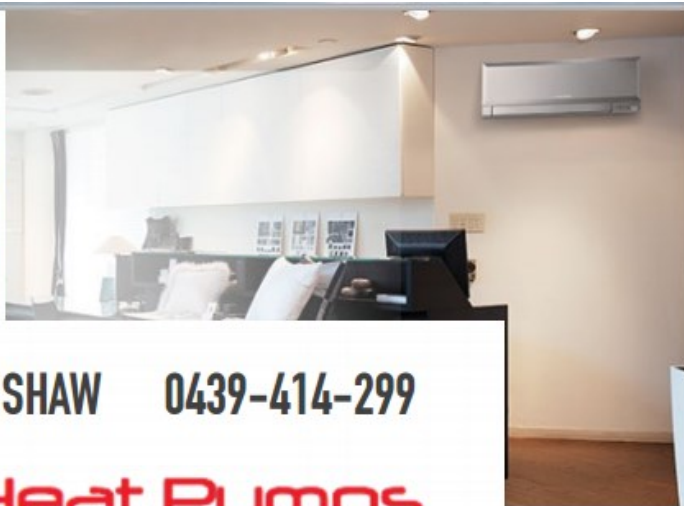
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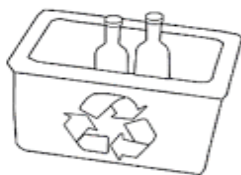
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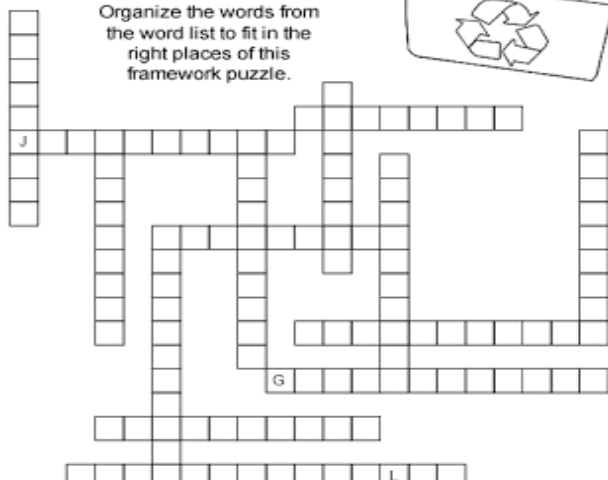
## A PAGE OF PUZZLES

# FRAMEWORK

## Things We Can Recycle



Organize the words from the word list to fit in the right places of this framework puzzle.



8 LETTERS  
FOOD CANS  
SODA CANS

GLASS JARS  
PAPER BAGS

JUICE BOXES

12 LETTERS  
GLASS BOTTLES

9 LETTERS  
CARDBOARD  
MAGAZINES

10 LETTERS  
NEWSPAPERS  
EGG CARTONS  
PHONE BOOKS

11 LETTERS  
MILK CARTONS  
CEREAL BOXES

14 LETTERS  
PLASTIC BOTTLES

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

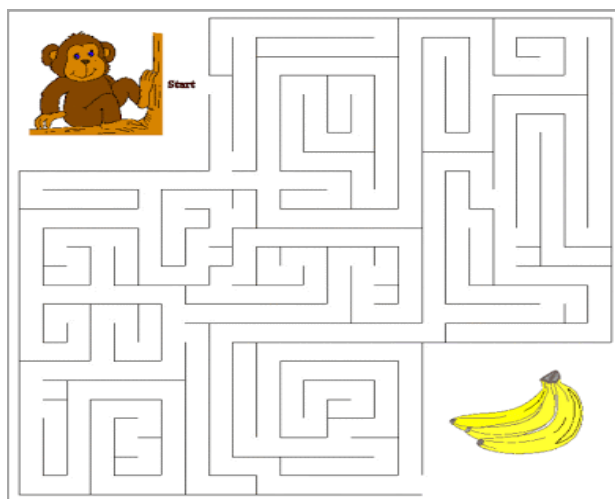
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## WORD SEARCH

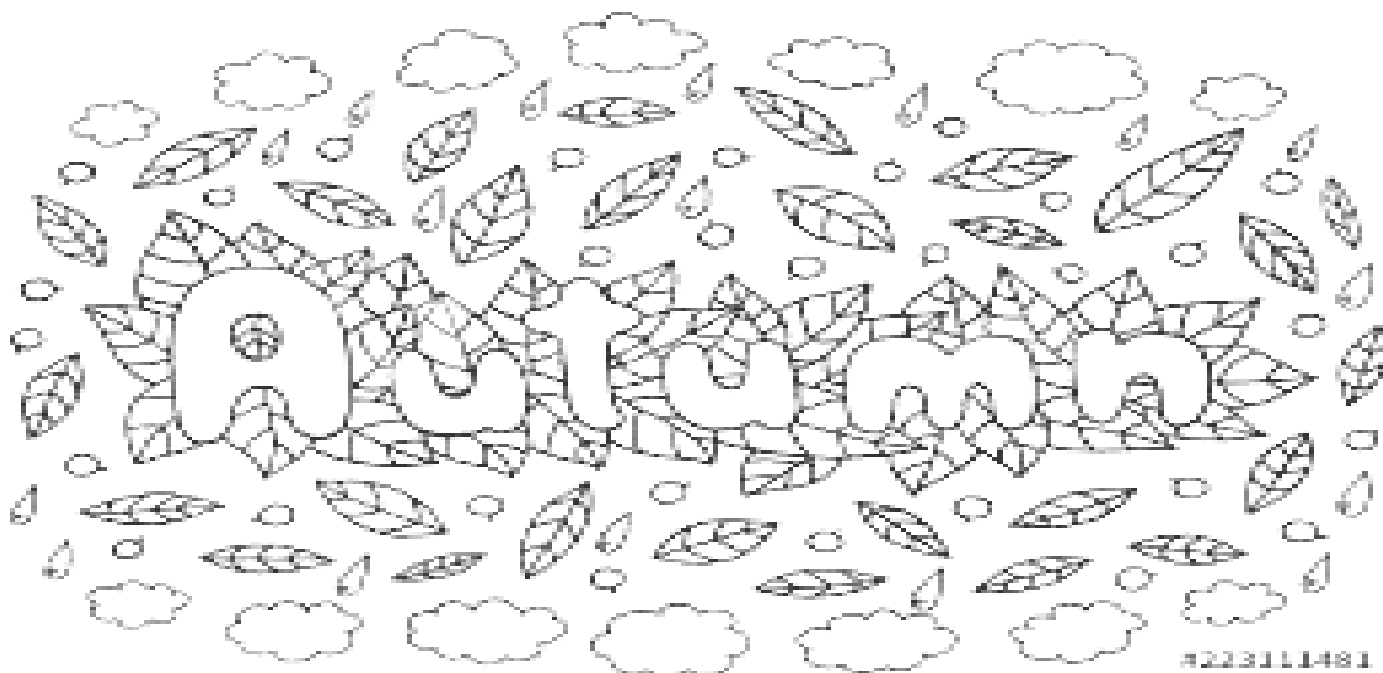
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Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards, and may intersect. All letters are used.

ABLE	MORNING	V V I L L A G E G P E U
AMAZING	NOTICE	A M A Z I N G R I P E N
ANKLE	PEACE	C Y L I N D E R A B L E
ARCHITECTURE	RIPE	U A S S E T T T N D R X
ASSET	SALAD	U V N L I S T A T U E P
CANAL	SHEET	M U I A H H I H T Y L E
CARPET	SHOEHORN	S O G S L E M C R U E C
COLONY	SIZE	M P R O I E E A S E G T
CROSS	SLEEP	S A O N O T I C E M A E
CYLINDER	SPLINE	M T C N I D E A L O N D
DIARY	SPONGE	S T E H G N S R C L T M
EASE	STATUE	A I C M I E G P O E S E
ELEGANT	STEM	L R Z L I N T E L S L L
GAITER	STRIP	A E P E A C E T O K E O
GIANT	SUN	D S H O E H O R N I E D
GOODS	TAPE	M A J O L I C A Y N P Y
GRADE	THREAD	
IDEAL	TIME	
LEDGE	TIRE	
LINTEL	TOOL	
MACHINERY	TUG	
MAJOLICA	UNEXPECTED	
MARSH	VACUUM	
MELODY	VILLAGE	
MOLESKIN	VISIT	



## COLOUR ME IN



4223111481

## SOME IDEAS FOR MUMS OF YOUNGSTERS



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

- Weekly Challenges every Monday to do at home with your child (0-8 years) with great prizes to win each week
- 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. Just contact our office for more information at [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

### Strong Families Strong Communities Top 10 Tips

1. Celebrate achievements, large and small.
2. Take the time to play and have fun with your family.
3. Appreciate your family and community – everyone matters!
4. Encourage each other and offer support.
5. Participate in local events and get to know your community—but observe physical distancing too so could be online sessions or events
6. Build connections with older relatives and community elders— keep in touch with neighbours and friends via the phone or even a letter
7. Reduce your stress – remember you

8. need time out too!
8. Do something with your family that helps others.
9. Take time out from technology and enjoy family time together.
10. Be generous with your time in your family



## Dorset Community House

**FREE local online session on**  
**“Bringing Up Great Kids” with Tanya Greenwood**  
*Hosted by Dorset Community House*

#### At these sessions you will:

1. Explore children's growth and development
2. Understand how kids communicate through their feelings and behaviour are designed to help you build strong positive relationships with your kids.
3. Look at the important messages we want to pass on to our kids and how we can do this

#### Register for any of the below:

April 30th 1.30pm - 2.30pm

May 7th 1.30pm - 2.30pm

May 14th 1.30pm - 2.30pm

Online via Zoom (Internet access required).

Cost is FREE!

Contact Tanya on 0400 002 1116 or email at [tanya.greenwood@hub4health.org.au](mailto:tanya.greenwood@hub4health.org.au)

(03) 6352 2765 Follow us @dorsetcommunityhouse

Sensory Play Challenge—this is great to support children's development and wellbeing and great fun too!

#### Quick Sand

Quicksand is nothing more than a soupy mixture of sand and water,

- 1 cup of cornstarch
- 3/4 cup water
- food coloring (optional)

In a plastic bowl or bin measure 3/4 cup of water in a plastic measuring cup.

Add a couple of drops of food colouring to the water.

Measure 1 cup of cornstarch into a plastic bowl or bin.

Slowly add the water and food colouring. Mix. It will take about 10 minutes to be evenly mixed. You may need to add more water and/or cornstarch to get the consistency just right.

**Don't pour down the sink after!!**



# C & D EXCAVATIONS

*For all your earthmoving requirements*

- Road gravel.
- Top soil, screened topsoil.
- Sand and rocks.
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- D65 Komatsu dozer with ripper and tilt blade.
- 10 yard tipper.
- Compaction roller.
- Wheel loader.

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OVER 25 YEARS EXPERIENCE

*Call Dana or Craig: 6372 2033/0439 722 032*

## 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.

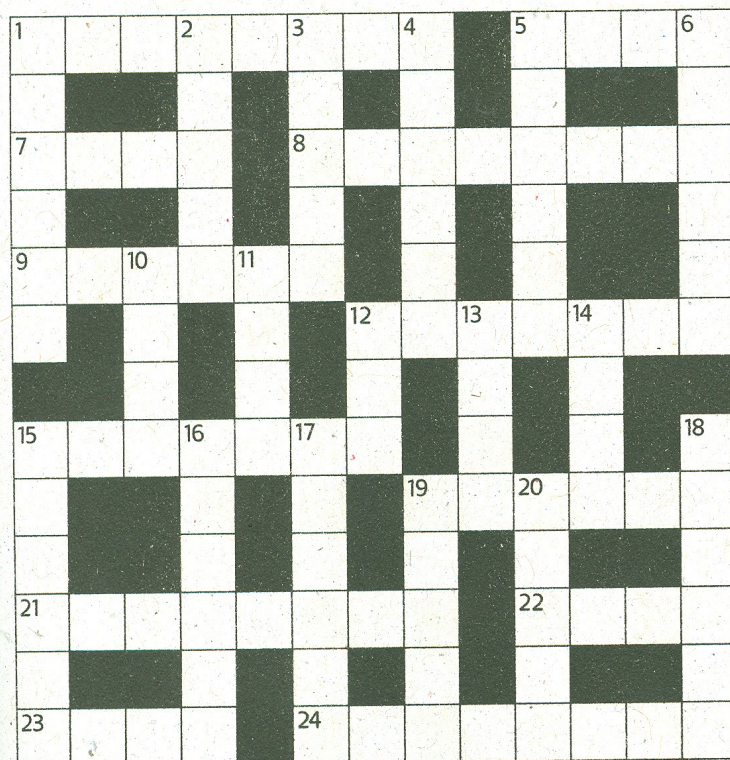


**TIP SHOPS CLOSED  
UNTIL FURTHER NOTICE**





# Crossword 52.07



## ACROSS

1. Grand Prix racing team (8)
5. Expensive (4)
7. Film, \_\_\_ Poppins (4)
8. Cap-count [anag] (8)
9. Director, \_\_\_ Hitchcock (6)
12. Demolish (7)
15. Castle cell (7)
19. Country east of Norway (6)
21. Vision (8)
22. Fever (4)
23. Orderly (4)
24. Roman numeral XIX (8)

## DOWN

1. Australian marsupial (6)
2. Stratum (5)
3. Miss (5)
4. Neighbourly (6)
5. Leave (6)
6. Hand back (6)
10. Open pie (4)
11. Soothe (4)
12. Follower (3)
13. Swear (4)
14. Informed (4)
15. Steer (6)
16. Gruesome (6)
17. Essential gas (6)
18. Not detected (6)
19. Glossy fabric (5)
20. Specific (5)

# My Horizons

## Program Information

### MyHorizons

MyHorizons is a connection point, we can work with you in groups and one on one to help you reach your goals and get you connected with other services as needed.

MyHorizons is a state-wide program, meeting individuals in their local community and running groups to support you in building life skills and understanding your wellbeing.

### Who is this program for?

You can use MyHorizons if you have a mental illness, are not engaged with State Mental Health Services and are not eligible for NDIS.

### How do I start?

You can contact MyHorizons program on the details below or by talking your GP or other clinical provider.

Call us on 1800 290 666

Email: myhorizons@baptcare.org.au



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the best of care

Baptcare

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St Helens

Early July.

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**How do you contact us?****Email:** [admin@hub4health.org.au](mailto:admin@hub4health.org.au)**Web:** [www.hub4health.org.au](http://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 until the 15th May at least.

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 open. For more information please contact [admin@hub4health.org.au](mailto:admin@hub4health.org.au)



re-

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



Allied Health Services Available by Telehealth or appointment:

**Launceston Chiropractic**

Gareth is now visiting St Helens on Thursdays for appointments at Hub4Health  
T: 6331 8898

**Rural Psychology****Sam Sturmer**

Rural psychological services with mental health accredited social workers. Telehealth apt only - Please call Tess Crawley and Associates for appointments on 6331 057

**Bay of Fires Physio**

Neidra visiting St Helens H4H on Mondays  
For appointments at Hub4Health  
T: 0499 317 929 or

[www.bayoffiresphysio.com](http://www.bayoffiresphysio.com) for more details.

Zumba with Laura  
More info or to sign up:

M: 0417 335 965

Instagram  
[@zumba.lauram](https://www.instagram.com/zumba.lauram)

**Break O'Day Health Network Meeting**

Local allied health and community services providers are invited to attend an online network meeting on the **26th May from 11-12.30pm**

Please contact [admin@hub4health.org.au](mailto:admin@hub4health.org.au) for an invitation to join the meeting via ZOOM.

A great chance to catch up and share the challenges, issues and opportunities for community support at a time of COVID-19 in Break O'Day.



# St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

## DOCTORS ROSTER

Doctor's appointment are 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

**30/4/20-15/5/20**

Dr K. Rawnsley

**1/5, 5/5, 8/5, 12/5 & 15/5/2020**

**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 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

# 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 **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 wishes to remind the community of the following exceptions to bulk billing at the St Marys Community Health Centre.

The below 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**



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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



### EAST COAST SWANS RECOGNISE RECORD HOLDER

Amongst other items in the latest issue of the Suncoast Swans newsletter, their highest games played recorder holder, Life Member Doug Coker-Williams, is recognized for his contribution to the club. Doug commenced playing in 1953 at the age of twelve and played his last game as a fifty-six year old. Records fail them, however Doug thinks that having played two games on the one day a number of times, he could have played as many as a thousand games!

Doug represented the club in a number of Fingal District Football Association representative teams, the first being when he was only twenty. He won a number of club "Best and Fairest" awards, and was awarded "Best Club Person" in 2007. *"Garth Barber was one of the best ruck-men I played with, along with Dean Blunt. Deano was always a laugh, both on and off the field," Doug recalled.*

Doug has been an absolute stalwart of the club. For many years Doug tirelessly cared for the ground and, beyond his playing days, Doug umpired for several years. As quick as he was on his feet as a player, Doug was lightning with the whistle too, so it was always best to bite one's tongue!

The two most recent recruits, Luke Graham and Matty McConnon, pictured right, were introduced to the club members. "When Swansea announced at the last minute that they were going into recession for the 2020 season, we were delighted when Luke and Matty reached out to see if they could play with us", wrote Club President, Steve Walley. "Local Swansea boys, Luke and Matty have played at Swansea in recent years, and Matty won the senior "Best and Fairest" award in 2018. Having representation from as far south as Swansea makes us truly an "East Coast" team. Welcome, boys," he concluded.



*Doug Coker-Williams at the age of 51, proudly holding the NEFU Reserves Premiership cup in 1994.*



## HAYSHED IGA SUPERMARKET

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#### Trading Hours:

Monday to Friday.....8 am to 5.30 pm

Saturday..... 8 am to 10.30am

Sunday.....8 am to 10.00am

#### Sunday papers & normal trading

Public Holidays.....8 am to 10 am

Good Friday.....Closed

Christmas Day.....Closed

**Phone : 6374 2171**

**Fax : 6374 2393**

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Vegetables fresh and frozen,  
All regular grocery lines available  
at special IGA prices**

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#### COFFEE SHOP HOURS

**Monday to Friday....8 am to 3pm**

**Closed weekends**

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**Fresh Rolls and Sandwiches**

**made to order**

**Lasagne, Pasta Bakes,**

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**31 Talbot Street , Fingal**

**Phone: 6374 2171**

**Fax: 6374 2393**

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**PAYMENT WILL BE DISCUSSED WHEN YOU PHONE TO PLACE YOUR ORDER.**



Incorporating  
St Marys Newsagency  
**38 Main Street St Marys**  
**Phone: 6372 2240**  
**Open; Mon-Thurs 7.30am-6.30pm**  
**Friday 7.30am - 7.00pm**  
**Saturday 7.30am - 6.30pm**  
**Sunday 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](mailto: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  |
| ◆ Fingal Post Office                | ◆ Hilly's IGA - St Helens |
| ◆ Chelle's Place - Fingal           | ◆ St Helens Newsagency    |
| ◆ Hayshed - Fingal                  | ◆ Scamander Supermarket   |
| ◆ Mathinna Post Office              | ◆ Mouth Café - Scamander  |
| ◆ Coach House Restaurant - St Marys | ◆ The Farm Shed - Bicheno |

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PO Box 322

FINGAL 7214



## Crossword Solution

### ISSUE 52.06

**Across:** 1. Boast, 7. Alliance, 8. Point, 10. Gay Gordons, 12. Painless, 14. Vein, 16. Drip, 17. Adjutant, 20. Afterwards, 23. Yucca, 24. Enriched, 25. Ketch.  
**Down:** 1. Bo Peep, 2. Song, 3. Plug, 4. Nitre, 5. Income tax, 6. Lessen, 9. Tally, 11. Miniature, 13. Sod, 15. Buddy, 16. Diadem, 18. Thrash, 19. Frock, 21. Alex, 22. Sure.