

THE VALLEY AND EAST COAST VOICE

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LOCAL CEO TAKES STATE BUSINESS AWARD

In a major recognition for businesses from rural and regional areas, Medea Park Residential Care CEO Margaret Williams has been judged the winner of the "Purpose and Social Enterprise" Category of the Telstra Business Women Award, for which she was nominated by a staff member. In a telephone call she received on 28th April, Margaret was told that she had also been awarded the Tasmanian 2020 Telstra Business Woman of the Year.

"The award ceremony that was booked for the 19th March at the Glen Albyn Estate just south of Hobart was cancelled, and after several weeks we were notified that the announcement of winners would be made on Wednesday 29th April. I received a phone call from Telstra on the afternoon of 28th April, informing me that I was successful in winning both categories. I was completely overcome with emotions at the time. I was mystified as to why I had been awarded this honour, when I was aware of all the fabulous women that had been nominated in both the Purpose and Social Enterprise field, and all the other categories," Margaret said. "The normal process followed by Telstra is that there would now be national awards, but with the pandemic restrictions currently in force, Telstra wisely has decided to cancel the national ceremony for 2020. Whilst this is disappointing, it is completely understandable under the current circumstances."



Margaret called a staff meeting the next morning, to inform all that she had been successful. "It was a very emotional time and I especially thanked the staff member who had nominated me," she added. "To be honest, this award will not change the way I manage Medea Park, but I will take every opportunity that I get, to sing the praises of Aged Care Workers around Australia. These dedicated people work hard and receive very average salaries, and little public recognition for their efforts. Aged Care is often criticised, but in my opinion the staff work to the best of their ability to deliver "person centred care" in a dignified manner."

Having worked in senior management in the Health sector for a significant period, both here and in Melbourne, Margaret is very much aware of the changes in Aged Care, which she has worked in since 2003, and how the environment affects the residents, both full time and those in respite care. When she started at Medea Park nearly two years ago, Margaret found that it was running at less than ideal standards. Keeping the staff informed of the changes she was implementing, and allowing them to have input, enabled the atmosphere to improve greatly, and the residents and their families to be happier, an important aspect of their daily lives.

"I plan to continue at Medea Park to support one of the biggest employers in the Break O'Day area, and ensure that our older citizens are afforded the best care possible, staff retain their positions and the financial stability of the business is maintained," Margaret concluded.

We offer Margaret our congratulations, and thank her for all that she has done to improve the management of Medea Park, brighten the lives of the residents, consult their families and maintain the employment conditions for the staff of Medea Park.

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

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

STAY ON TOP OF YOUR HEALTH

While it is important for us to follow the “Stay Safe’ Save Lives” directions, it is also important that we keep on top of our regular health concerns while COVID-19 is around.

Diabetes, cancer, asthma, flu, arthritis, physiotherapy and other chronic health matters, along with our mental health, can’t be ignored, and so we need to make sure that we are continuing to see our doctors to manage these conditions. Primary Health Tasmania and General Practice Plus are currently running campaigns to remind everyone that health and wellbeing services are still ready and waiting to help patients at this time, and underlining that there are many safe ways to receive care.

It is important to know that you are allowed to leave your home to visit a doctor or health professional; it is one of the activities that IS allowed. This includes diagnosis of a new health concern, not just treatment for established health matters. We need to keep in regular contact with our GP and other health services, and missing or delaying regular medical appointments are not good health habits, and may put yourself in danger.



“Our message is clear: Don’t delay your GP visit because of COVID-19.

There are safe ways of getting all types of care, including phone or video appointments, and you don’t need fancy equipment or technical know-how to get your regular health care,” Primary Health Tasmania CEO Phil Edmonson has said. “The best thing to do is to call your GP or usual health service, and ask their advice. But don’t just roll up, make an appointment first!” If you are concerned about the cost of a consultation, talk to your GP or health professional.

THE ST HELENS RESPIRATORY CLINIC IS NOW OPEN!

Run by Ochre Health in partnership with the Health Department, the clinic is at the old St Helens District Hospital. Its purpose is to treat and test people suffering from any mild to moderate respiratory symptoms - fever, cough, shortness of breath, sore throat and/or tiredness. The clinic allows these patients to receive care separately from other patients at GP practices and health facilities, keeping everybody safer. It also means greater numbers of people can be tested for COVID-19, and positive cases can be identified and isolated quickly to minimize the spread of the virus in our community. It is one of the 100 respiratory clinics being set up by the Australian government across the country, to support patients throughout the pandemic.

In a statement released last week, Primary Health Tasmania CEO Phil Edmonson said, “These clinics sit alongside the existing Tasmanian Health Service clinics, but are different in that no referral is needed, and they offer assessment, testing and initial treatment, not just testing.” Dr John Hall, Ochre Health Director of Medical services noted, “The new clinic has strict infection controls and safety measures in place to protect staff and patients. This is part of a ‘no walk-ins policy’, and keeps patients with respiratory symptoms separated from general patients at general practices.”

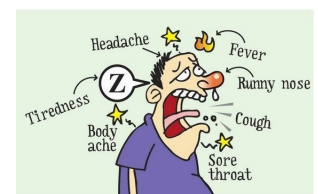
People with symptoms described above can book an appointment at the clinic by calling 6351 0007 or visiting ochrehealth.com.au/sthelens and selecting “Respiratory Clinic appointments”. **All patients need to make an appointment as the clinic does not accept walk-ins. There is no cost to the patient, and no GP referral is needed.** Anybody with severe flu symptoms should call 000 immediately instead.

St Helens GP Respiratory Clinic

Open Mon to Fri 12.30-4.30pm

03 6351 0007 (appointments can be made 9am-4pm)

Or visit ochrehealth.com.au/sthelens and select “Respiratory Clinic appointments”



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.

COVIDSafe app

Play your part in helping stop the spread of covid-19



New tool

The COVIDSafe app is a new tool, alongside testing and social distancing, to help stop the spread of coronavirus in Australia.



Timely notifications

It will help to keep Australians safe by speeding up the process of notifying people who have been in contact with someone with coronavirus.



Contact tracing

Created solely as a public health initiative, the app uses mobile phone technology to automate and improve the contact tracing that state and territory health officials are already doing manually.



Helping to protect

By downloading the app, you will help protect yourself, your family and your community.



Privacy and security

COVIDSafe has been developed to ensure your information and privacy is strictly protected. You can delete the app and all the app information from your phone at any time. The app only uses the information that's needed to identify close contacts and allow health officials to contact them and provide advice.



The more people who use the app, the more effective it will be.

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

FINGAL FOCUS

Contributed by Mike Brouder

“Greater love hath no man than to lay down his life for his friends.”

Well, what can one say about Covid-19. Apart from everything else, it sure is a party spoiler.

Personally, I am isolated in a full house consisting of me and me. Over the years, I have bought several books and this seems the time to start to read them. I just wonder which will come first; my effort to read as many as I can, or shall I be overcome with “stir-crazy”?... I’ll let you know. Recently after a phone consultation with my doctor for a prescription, I went to the pharmacy at St Marys and the trip became an outing....WOW!

Hearing that Boris Johnson, British PM, was in St Thomas Hospital in London made me recall a time when I was at school. Now this story has nothing to do with Boris Johnson, he just serves as a link for the yarn. I was chosen to play in my first school representative team, the under-fourteen rugby team. I was both proud and nervous as I wanted to play my best. We were chosen to play against a St Thomas’ team, and when we arrived at our ground, we saw that the other team consisted of young 20 year-olds. It was the Second XV of St Thomas Hospital, doctors in training, who had come expecting to play our First XV. It was a royal stuff-up. We played a half of rugby but called it a day at half time, when the score was 26-6. They were too afraid to tackle us as we were mainly 12-13 year-olds. We also were a bit reticent to tackle them, as they were fast and big. It wasn’t even a training run for them. I don’t know what happened to our First XV, but when we were at school assembly on the following Monday, our Headmaster, Fr Brinkworth, praised us for our show of spirit. That was some consolation, even if the rugby wasn’t very satisfying.....

Found in a Fortune Cookie in a Chinese restaurant: “ You will meet a beautiful Chinese woman and you will give her money.....she is our Cashier”.

With a hatbox in her hand she greeted her husband. “Darling, I was down in the dumps today, so I bought myself a new hat.” “Oh,” he growled, “is that where you get them?”

Victor Borge, who was a brilliant pianist as well as a very funny man, was once urged by Irving Berlin to stick to playing classical music. Victor said, “Well, Irving every time I play Mozart, I hear a little voice whispering to me ‘Don’t do it, don’t play it’.” “ Do you recognise the voice?” Irving asked. “Yes, Irving, it’s Mozart,” Victor replied.

Some Rules of Golf (I think by a disgruntled golfer.)

- 1 No matter how bad your last shot was, the worst is yet to come. This law does not expire on the 18th hole, since it has the supernatural tendency to extend over the course of a tournament, a summer and eventually, a lifetime.
2. Your best round of golf will be followed almost immediately by your worst round ever. The probability of the latter increases with the number of people you tell about the former.
- 3 The higher a golfers handicap, the more qualified he is to be an instructor.
- 4 A golfer hitting into your group will be bigger than anyone in your group. Likewise, a group you accidentally hit into consists of a professional wrestler, a convicted murderer or a tax agent or something similar.

More rules to come in later editions.

(Well, I thought they were funny.....Mike B)

The Say by the “Cage Rattler”

If someone had told me last Saturday morning that I'd be in possession of a one-hundred-plus-year old War Medal by the end of the day, I wouldn't have believed them. But that's exactly what happened. In my 'Leaning Tower of Pisa' shed, I had been contemplating its replacement with a new 3 x3 metre one toward the end of the upcoming winter, and how to approach the dismantling of the old structure. I was up in the back corner deciding on a safe approach, and went to hold on to a beam as balance, when I felt a nail under my hand, but something less fixed also moved. On closer inspection, and to my total surprise, I discovered a silver medal. I have lived here for 46 years so far - and the past 30 of those on my own - and had no idea or contemplation that this item even existed, or indeed how it got there in the first place.

Once I got it outside, I could clearly see it was a medal from the Great War, as it was dated 1914 -1918. It has King George 5th and Latin writing on one side, and a depiction of a naked warrior on a horse on the other, as well as a skull, bones, sun etc.

On Sunday, I did some googling, and found a description of this actual medal. Six and a half million were minted, as well as a similar one in bronze that totalled 110,000. The silver version was engraved with the recipient's name and rank, enlistment date and which country, and this one has that detail. It was issued to servicemen from the U.K and British Empire countries, if the serviceman spent at least 28 days in the services between August 1914 and November 1918, which was the duration of the Great War. They were issued in 1919. The bronze ones went to servicemen that fought from other countries outside the empire, I believe.

Yesterday I contacted the Australian War Memorial, and they gave me some helpful tips, if I try and trace any contemporaries of the named recipient, who happens to be from the New Zealand Expeditionary Force, who enlisted in May 1915 it seems. Hopefully over time, I will be able to see if the family still exists. If not I'll be happy to find a good outcome for this medal's future.

Such a random thing to happen on a cold autumn Saturday, but that's just how things go sometimes eh ...

What do you think?

LETTER TO THE EDITOR

Recently something that my husband read on Facebook about 'FORTY', started me thinking about that number and how it is used outside of mathematics.

In the Bible, where there are numbers which have special significance, the number FORTY means a time of testing, and this is referred to many times, such as:

The rain fell on the earth during the Great Flood for 40 days and 40 nights.

When the waters subsided, Noah waited for 40 days and 40 nights before opening up the ark.

Moses led the people of Israel through the wilderness for 40 years after they fled from Egypt.

Jesus fasted for 40 days and 40 nights when Satan tempted Him.

After His resurrection, Jesus appeared to His Disciples and many others for 40 days.

Other uses include:

The practice of Lent consists of 40 days.

We say “Life begins at 40”.

An average term of pregnancy is 40 weeks.

To take a nap, we have ‘40 winks’

Some radio countdown programmes list the “Top 40” most popular songs.

In literature, Ali Baba had 40 thieves.

40 appears in some sports - the Grand National horse race only allows 40 as the maximum number of horses, and

Quarantine, a situation we are only too familiar with right now, meant 40 days isolation.

How many more instances of 40 can you think of? Maybe the younger members of the community could have fun looking for them.

Toni Brewster, Chain of Lagoons



Fingal Valley Neighbourhood House INC

Old Tasmanian Hotel Community Center

13/05/2020 - Update

Update from Fingal Valley Neighbourhood House

Online Access Centre re-opening Monday 18th May observing social distancing and limiting numbers into the centre.

FVNH will be operating from the Online Access Centre for 2 weeks from 18th May

With some restrictions currently being reviewed and modified we are continuing to review our current operations. The health and safety of our staff, volunteers and community are at the forefront of our priority.

Due to the current building works at the Old Tasmanian Hotel, the site will be closed for 2 weeks from Monday 18th May 2020 until Friday 29th May 2020. At this stage we will be operating from there again from the 1st June 2020.

We will advise in coming weeks the re-introduction of activities including the Op Shop, Tai Chi, Bread, Legal Literacy and Garden.

Loaves and Fishes **will now be available on Wednesdays at 12pm until further notice and be available from the Op Shop room for the two weeks (20th and 27th May).**

Play Centre will be closed on Monday 18th May, hoping to reopen on Monday 25th May.

OPERATIONAL PROCEDURES

- We continue to provide information, advice and support to the community via phone, email and social media;
- **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 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*

5 Minutes With the Mayor



We asked the Mayor where he sees COVID-19 restrictions having had the most impact throughout the municipality, and where he thinks the municipality is heading once the restrictions are eased.

"The Coronavirus pandemic has certainly affected everyone and we are all re-examining our lives and how we do things. While there are challenges and areas that we will need to focus on, over all my observations during this time have been pretty positive. Our community has really stepped up, which is great as we are vulnerable due to our ageing population, people have been staying home and visitors for the most part have been staying away.

Not having our usual Easter visitors was a double edged sword...while it was good people stayed away and protected our vulnerable community, it was bad news for our local businesses who rely on this visitation.

At Council, we understand the financial impacts COVID-19 is having and will continue to have on our businesses which is why we introduced a Community Care and Recovery package which involves rate relief as well as a range of other activities. Those who would like to have a look can find a copy on our website. We would also encourage businesses and individuals if they are struggling with rates or other council related fees to give us a call to discuss as we are here and ready to help.

Aside from the financial, mental health and wellbeing of individuals has also taken a hit. This was particularly evident by the large amount of complaints Council received when the State Government closed all Parks and Reserves. Most of our beaches along the east coast fall under this banner and therefore had to be closed; people were devastated they couldn't undertake their regular beach activities. Luckily this is only temporary and we will return to life as we know it soon.

Because it is such an anxious time and people are really struggling mentally in our community, Council has been focusing on ways to boost confidence and wellbeing in the community overall. This will be ongoing and will involve a range of activities.

One area that we will focusing on once restrictions are lifted and visitors can return is the continued safety of our community. Once restrictions are lifted we will once again have people travelling to our area which we anticipate could cause some concern for those that are considered vulnerable. Because of this we want businesses and the community to keep up with social distancing. At the end of the day if we are all looking after ourselves and doing the right thing as individuals we shouldn't have to worry too much about what others are doing. To help get our community back on track from an economic perspective Council is developing a range of products that will be 'shovel ready'. Many of these projects relate directly to community infrastructure and tourism infrastructure and we are already seeking funding for some of these – including projects in the Fingal Valley. The reason we want to focus on infrastructure projects is because these provide employment opportunities for unemployed locals as well as utilize local goods and services.

In the meantime I would like to ask everyone to "Play for Team Tasmania". What I mean by this is that we all have a responsibility to support our local businesses. Where you can shop and buy local, consider things like ordering takeaway from a different business each week, or spreading your grocery shops around. This is a real chance for us to focus locally and I honestly believe that we will all come out of this stronger than ever before!

Remember too, that if you have any cold and flu-like symptoms, there is a Respiratory Clinic in St Helens based out of the old hospital. They don't accept walk-ins so you will need to make an appointment, which you can do by heading to www.hotdoc.com.au If you are feeling isolated, anxious or depressed, you are not alone, and there are services out there to help you: Lifeline 13 11 14 is just one."



Clr. Janet Drummond

Break O'Day Council

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Break O'Day COUNCIL
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RED SHIELD APPEAL GOES DIGITAL



Each year, the Salvation Army appeals to the people of Australia for donations to help those who need help, and after more than 55 years of knocking on doors and standing on street corners each May, the Salvation Army is taking the Red Shield Appeal digital, in response to COVID-19's impact on social contact.

Salvos living in communities from Smithton to Southport are asking Tasmanians to become digital fundraisers by going to digitaldoorknock.salvationarmy.org.au and using a suburb or postcode to find their nearest Red Shield Appeal to help those doing it tough.

Australians are facing an economic and social crisis unlike anything witnessed in recent decades and The Salvation Army is preparing to provide hardship support on an unprecedented scale. The Salvos hope to enlist 10,000 virtual collectors to sign up and fundraise for the Red Shield Appeal Digital Doorknock in May, to help meet the challenging times ahead of us.

The Salvation Army's Envoy Melanie Norton says, "We anticipate seeing some of the greatest need that we've ever seen in our 140-year history serving Australians. The Covid-19 crisis has financially crippled many Australians and it will take months to see the real impact it will have".

Money raised from the Red Shield Appeal Digital Doorknock will stay in local communities like Tasmania's East Coast and, among other things, help fund travel, accommodation and meals in the City, for major medical needs.



The Salvation Army's most recent annual report noted its social services provided more than 1 million sessions of care to Australians in need; helped 46,000 people experiencing homelessness, provided financial counselling to more than 65,000 and offered care to 13,000 people who were coping with the results of family violence. The past year also saw an ongoing response to drought, while Salvation Army Emergency Services responded to the rolling bush-fires crisis, by providing more than 500,000 meals and refreshments to first responders and displaced people.

"The Salvos are going digital this year, and its easier than ever to volunteer your time and help raise money for those in need. We are asking our local community to partner with us to provide the critical care needed as we face these challenging times. We know when the chips are down, Aussies come together and do what they can to give hope; this is no more important than now", says Envoy Norton.

Sign up and volunteer to fundraise: digitaldoorknock.salvationarmy.org.au , **and to leave no one in need,** please donate at; salvationarmy.org.au or call 13 SALVOS (13 72 58)

You are not alone.

Break O'Day Mental Health Directory

Break o'Day/Bicheno Suicide Prevention Trial



For all your COVID-19 News

Keep your dial on

STAR FM
RADIO

News up-dates every hour [6am-6pm]

Latest Department of Health
information

And happy music during these unprecedented times



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Great coffee all day!

Valhalla Ice Cream - 9 flavours!

Kiddies's cup \$3.00

Large cup \$6.00

Single cone \$4.00



DON'T FORGET TO SEE DANA AND HER FRIENDLY STAFF AT C & D'S IGA FOR ALL YOUR NEWSPAPERS AND MAGAZINES

STAR FM Program Guide  		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Brekkie	Start your working week with Sandy	Enjoy your Fruit Loops with Sandy	I see Stars with Sandy	Eggs Over Easy with Skuter	Alphabet Soup with Jewels	It's the Weekend with Shaun	Jukes Jazz until 9.30..then ...followed by Jukes Jukebox until Noon
	Morning	Your Host with the Most with Terry Post	The Good, the Bad...and the Ugly with Skuter	Getting "Jiggy with it" Australian Style with Terry	Rhythm N' Reggae with 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	The "Rock" Show 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 DaddyDavo's Blues Mix hosted by Dave

TASMANIANS URGED TO HAVE THEIR SAY ON RURAL WATER USE STRATEGY

Access to reliable water is important for everyone, especially those involved in agriculture, and all Tasmanians are now being invited to have their say on how our rural water resources are used in the coming decades.

The Rural Water Use Strategy, due for completion in early 2021, will guide the State's future water management arrangements, to ensure integrated, fair and efficient regulation of our water resources.

The Tasmanian Government recognizes the importance and value of water. Tasmania represents 1 per cent of Australia's land mass but has around 12 per cent of the nation's fresh water supply, and 27 per cent of Australia's freshwater dam storage capacity. The Rural Water Use Strategy will ensure sustainable outcomes for irrigators, rural communities and the environment, taking into consideration the changing climate.

The public now has the opportunity to provide feedback on the Rural Water Use Strategy Position Paper. Extensive consultation has already been undertaken with more than 20 key stakeholders, including Hydro Tasmania, TasWater, Tasmanian Irrigation and the Tasmanian Farmers and Graziers Association. The Position Paper aims to gain feedback from the general public, provides a summary of the key successes, identifies challenges and also provides an overview of proposals that may be included in the Rural Water Use Strategy.

The sustainable development of our water resources has the potential to greatly increase opportunities in irrigated agriculture in Tasmania, helping to deliver the Tasmanian Liberal Government's plan to grow the value of Tasmanian agricultural production to \$10 billion by 2050.

Public comment on the Rural Water Use Strategy Position Paper is open until 5pm on Friday 26 June 2020 and can be viewed on the DPIPWE website: <https://dPIPWE.tas.gov.au/water/waterlegislation-policies-and-strategies/rural-water-use-strategy> and feedback can be provided via email to: water.policy@dPIPWE.tas.gov.au or by mail to:

Water Policy – Rural Water Use Strategy Water and Marine Resources Division,
Department of Primary Industries, Parks, Water and Environment
GPO Box 44 HOBART TAS 7001

(Information supplied by Guy Barnett, Minister for Primary Industries and Water)



STAYING CONNECTED ON THE COMPUTER

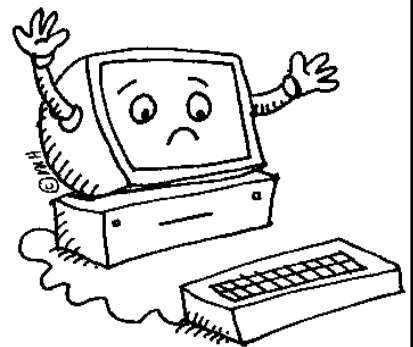
While we are being told that we need to stay at home to prevent the spread of the COVID-19 virus, we still need to keep in touch with other people for our mental health and wellbeing. For some of us, that is easy as we have a network of friends we chat to regularly. For others, though, this can be a 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 would like to see inside some of the top museums of the world, visit: <https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

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



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

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 or through the Parish office, contact number (03) 6372 2252 or email address: stmaryscpps@gmail.com.

Fr. Norberto Ochoa

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St Helens District High School -

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St Helens Football Club -

Located inside the club rooms

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance

St Marys District High School -

In the swimming pool enclosure, available during pool hours

Scamander Sports Complex -

On the wall just inside the dining room doors

Binalong Bay -

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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ST MARYS	88FM
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St Helens History Room Update

The St Helens History Room was closed to the public on 25 March, but we are still working and arranging displays for when we can have you all back to visit again. Please take a moment to view the foyer cabinet display at the centre when paying bills at Service Tasmania where a tribute to Anzac Day has been installed. Once we reopen, we will have a great exhibition to share, 'On Yer Bike!' This display was planned for the inaugural MTB race 'Dragon Trail' for late March 2020 and you will find some beautiful historic images of locals and their bikes plus a pictorial history on the Cycling Club of St Helens. Visit our website for further information; www.sthelenshistoryroom.com

Stay home and stay well everyone..... see you on the other side!

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St Helens

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Email: fingal.oac@education.tas.gov.au



The Fingal Online Access Centre will reopen on Monday, 18th May, from 9 am - 2 pm daily, adhering to strict conditions of social distancing. If you have printing or emailing you require, call in, and we will assist you.

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St Marys, Thursdays.

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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.

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

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robertsrealestate.com.au
danecumming@robertsre.com.au
41A Foster Street, **Bicheno** | 03 6375 1495

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real estate

OPEN IN BICHENO

These businesses in Bicheno are open and ready to serve you...



Beachfront Bistro	Open for takeaways except Sunday	6375 1111
Beachfront Bottleshop	Open 11 am - 7 pm Monday - Friday; 11 am - 6 pm Saturday, 11 am - 5 pm Sunday	
Bicheno Bakery	Open everyday from 6 am, may close at 2pm	
Bicheno Bowls and RSL	Takeaway alcohol available from 4.30 - 6pm	
Bicheno IGA	Open Monday - Friday 7.30 am - 5pm; Saturday, 10 am - 5 pm; Sunday 10 am - 2 pm	
Bicheno Newsagents	Open Monday - Friday 9 am - 3 pm; Saturday 7.30am - 1 pm, Sunday 8 am - 1 pm	
Bicheno Pharmacy	Open Monday - Friday 9 am - 5.15 pm; Saturday, 9 am - 12 noon	
Bicheno Post Office	Open Monday - Friday 10 am - 4 pm. Mail deliveries still occurring	
Bicheno Surf Shop	Open Wednesday - Sunday 11 am - 4 pm. Closed Monday and Tuesday	
Calows Coaches	Running all services as normal, including freight	
Diamond Island Resort	Takeaways available, \$5.00 delivery fee	6375 1610
Earth, Land and Sea Gallery	Open 10 am - 4 pm every day. Natural hand sanitizer available	
Farm Shed	Open as bottle shop Monday - Friday 10 am - 4 pm	
Little Bay Patisserie	Takeaways open Wednesday - Sunday 8.30 am - 2 pm; Deliveries, Wednesday - Sunday, pre-order before 2 pm day before, EFTPOS	0447 345 688
L J Hooker	Open Monday - Friday, 9 am - 5 pm; Saturday, 10 am - 1 pm	
Log Cabin General Store	Monday - Friday, 9 am - 3 pm; Saturday, 10 am - 3 pm; Sunday, 10 am - 2 pm	
Long Point Surf Shop	Open every day, 10 am - 2 pm	
Nourish Your Soul Fresh Produce Pop-up Shops	Thursday, 10 am - 2 pm; Sunday 9 am - 1 pm	
Pasinis	Open daily for takeaways until 8 pm, last order 7.30 pm, payment over phone	6375 1076
Pondering Frog	Open every day for takeaways, 8 am - 5 pm, phone ahead for orders,	0412 631 299
Rae and Partners	Monday to Friday; contact Alex 0477 221 160, or Bevan 0437 955 992	
Rainy Day Laundromat	Open every day, 8 am - 6 pm. Last load in by 5.30 pm. Access via rear carpark	0447 119 847
Roberts Real Estate	Contact Paul, 0428 637 516 or paulwhytcross@roberts.com.au	
Seahorse Licensed Café/Restaurant	Open every day for takeaways, 5 pm - late	6375 1677 or 0491 136 217
<u>Vineyards</u>		
Craig Knowe Cellar Door	Wine available from website or phone. Takeaway cheese boards and platters	0499 901 109
Devils Corner	Delivering wine to locals. Place orders by 1 pm, Monday and Wednesday at; info@devilscorner.com.au	
Freycinet Vineyard	Open every day 10 am - 5 pm	
Gala Estate	Wines and Gala Merino products on-line: www.galaestate.com.au or call Grainne	0408 681 014

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Headspace: 1800 650 890
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Alcohol and Drug
Information Service and
Family Drug Support:
1800 811 994



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RAINBOWS AND RADISHES

By Bloomin' Iris



Autumn is one of my favourite seasons of the year. The beautiful reds of the maples, ornamental grapevine & claret ash are complimented by the gorgeous golden elms and graceful golden poplars; a myriad of colours blended together along with the evergreens, which makes one gorgeous canvas that Mother Nature treats us to at this time once a year. Your garden does not have to be dull, colourless and boring coming into winter, there are many perennials & annuals still flowering at this time. Cyclamens are really spectacular - I have the miniature ones flowering in my garden by the hundreds, such a bright splash of colour, I can't help but feel happy every time I walk by them.

Pansies & their cousins violas are still beautiful, just cut the straggly bits off, fertilise and watch them grow for another round of flowering. They are supposed to be annuals, but I have had some of mine for a few years now; I just keep trimming them back & they keep flowering. Don't forget to plant Iceland poppies, polyanthus, primulas, cornflowers, English daisies & calendulas to name a few more. Do not plant lobelias or cineraria, they just dissolve after one or two frosts here in the valley.

Although the air is now becoming cold, at times the ground is still relatively warm. It is a good time for planting your deciduous and evergreen trees. Remember to mix compost into the soil prior to planting these lovely trees, and they will reward you with abundant growth come spring.

Bulbs are grown now for beautiful spring flowers too, that can mean growing fabulous pots of colour or cut flowers from the garden. I find it difficult to cut them, they always look so beautiful as flowering drifts of colour. Whatever way you decide to grow them you will be happy that you did. If you decide to grow them in pots, use the best bulb mix you can buy, never use garden soil, as it compacts in the pot when watered, and they need a good balanced potting mix. When growing in the garden, work some organic matter & potash into the garden soil. You can put a bit of organic fertiliser in the bottom of the hole when you plant, but if you use an inorganic one, put a little soil on top of the fertiliser, as it may burn your bulbs. Fertilize regularly with liquid fertilisers, but only as often & at what strength the instructions say. Organic fertilizers are made from natural or organic things that were once living, so they are a better choice.

Time to plant your root veges. Carrots, turnips, parsnips, spring onions and beetroot etc. Also plant brassicas, cabbage, broccoli, spinach, and chard, also called coloured spinach. They have finer stems, look great amongst the vegetables with their pink, yellow & white coloured stalks, and, I think, a sweeter taste than the traditional large white silver beet; still it is a matter of preference. You can still grow lettuce, and don't forget your herbs - parsley, mint, oregano, and thyme. The list is a long one.

Writing a column is a new experience for me. I'm a home gardener not an expert but I have been invited by our lovely Editor Elizabeth to write a small article for each month. If there is anything that I can help you with please email the editor & she will pass on the request to me; I will try to help. I hope this one has been of help to all you happy gardeners out there.

Did I mention that now is the time to grow radishes? It is always time to grow radishes!

Until next time, may your garden end up as colourful as a rainbow.

Bloomin' Iris.

Got any garden produce to share?

East Coast Natureworld are looking for apples, pears and other fruit, along with kale, silver beet and leafy greens.

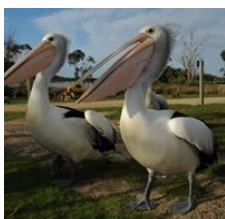
The animals that live here would love some juicy fruit or vegetables that you don't need, so if you can drop them

here, we'll be very happy—and not hungry!

Call East Coast Natureworld

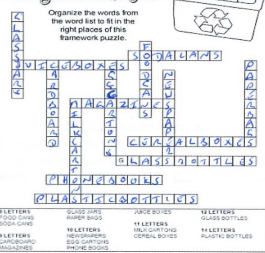
on 6375 1311

for more information.

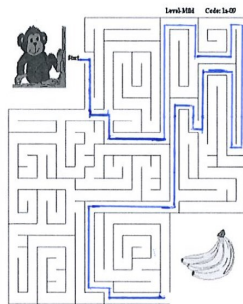


ANSWERS TO OUR PUZZLES

From issue 52.07

FRAMEWORK
Things We Can Recycle

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

**THE FREE2BE
CREATIVE
CHALLENGE****CREATE & SHARE
FOR WEEKLY PRIZES**

- Weekly theme and winner announced every Sat 1pm Star FM

- Open to people age 10 - 16 in the BOD area.

- All creations accepted.

- Art, music, dance videos, food sculptures, poetry, photography, whatever!

- Photograph and submit new work by Friday 5pm each week. Join anytime!

**TO FIND OUT WEEKLY THEME AND
ENTRY DETAILS**

SMS "GET CREATIVE" TO 0422 742 297
OR EMAIL- F2BGIRLS@GMAIL.COM

**FREE2B GIRLS**

**WEEK 1
BEGINS
SATURDAY
MAY 2ND**

YOUNG PEOPLE CHALLENGED TO BE CREATIVE

Free2b Girls is 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 the photo 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

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 Marys.... 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 Marys, 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 and I'll post a pack out to you.

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



NICK SHAW 0439-414-299

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**How do you contact us?****Email:** admin@hub4health.org.au**Web:** www.hub4health.org.au**Facebook:** Hub4Health**Our Aim:**

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

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

These measures will be in effect from noon 23 March 2020. Now that the Tasmanian Government stages of reopening have been released we will be reviewing to check the appropriate date for gym programs to commence. Hub4Health board decisions will be based on advice from the Australian Health Protection Principal Committee to the Tasmanian Government.

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



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

**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 for an invitation to join the meeting via ZOOM.

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

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
www.bayoffireswinterartsfestival.com.au
www.hub4health.com.au
5 Portland Crt, St Helens Tas 7216

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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

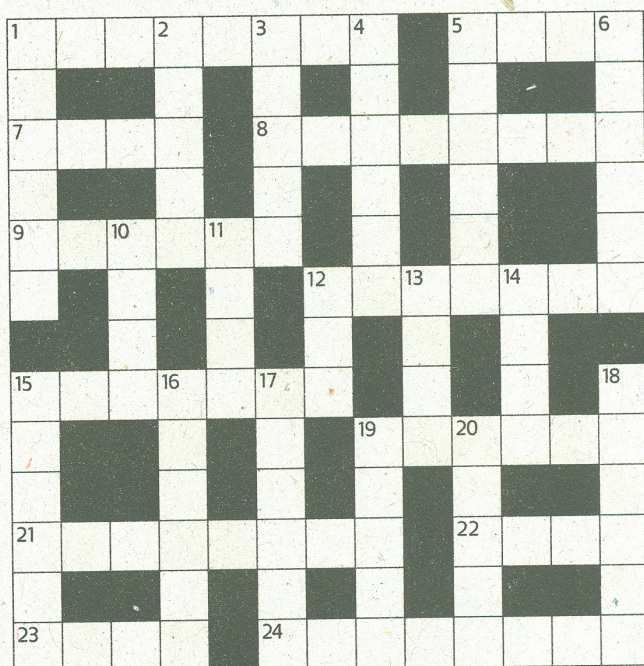
No charges apply to use black water dump points.



**TIP SHOPS CLOSED
UNTIL FURTHER NOTICE**



Crossword 52.07



ACROSS

1. Roofed with reeds (8)
5. Narrow (4)
7. Prayer ending (4)
8. Italian volcano (8)
9. Up-to-date (6)
12. River that flows through Kiev (7)
15. Nigel ____, violinist (7)
19. Famous cartoon dog (6)
21. Roman numeral M (8)
22. Island group, capital Suva (4)
23. TV's Mrs Batty! (4)
24. Residence (8)

DOWN

1. Emotional shock (6)
2. Metric weight (5)
3. Safe place (5)
4. Pattern (6)
5. Barbaric (6)
6. Male teacher (6)
10. Mend (4)
11. Journey (4)
12. Period of time (3)
13. Country bordering Iraq (4)
14. Mexico's currency (4)
15. Young feline (6)
16. Whirl of stars (6)
17. Actor, ____ Sutherland (6)
18. Secretarial skill (6)
19. Marsh grass (5)
20. Edible entrails (5)



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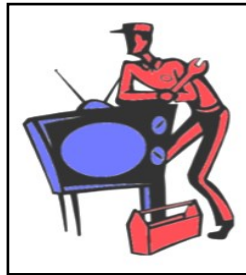
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IDEAS FROM "BUILDING BLOCKS"



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 of games, books and activities to share for free.

Just contact our office for more information at admin@hub4health.org.au

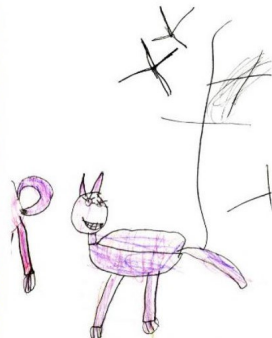
As we return to our usual programs and activities it will be important to continue to stay safe

Key points

- Children will probably have many and mixed feelings about coronavirus (COVID-19), physical distancing and self-isolation.
- Talking with children about this situation can help them cope.
- Children need accurate, age-appropriate information, plus opportunities to ask questions and talk about feelings.

Physical distancing means staying at home as much as possible. It protects your family and community. Raising Children's Network is a great place to get the information you need

<https://raisingchildren.net.au/>



Building Blocks Weekly Challenge #8

WHAT ARE THE ANIMALS IN YOUR WORLD?

Animals play a special part in the lives of children - pets and farm animals but we are also the wildlife in our local community - birds, native animals and sea creatures. This week's challenge is to share a special drawing or photo of a pet or favourite animal or an activity that has lots of animals eg zoo or farm play, movie or book. **3 National Story Time sets to win and Parent/carer gift voucher for \$50**

txt Tanya: 0400 002116 or E: tanya.greenwood@hub4health.org.au or Post on Facebook "Tanya Build Blocks" your best photos to go in our weekly prize draw

Due the 17th May



Recipe for Coconut Cloud Dough:

1 cup baby oil (ANY oil should work. Do not use baby oil if you have a child likely to taste this, stick to vegetable oil.)

4 cups plain flour

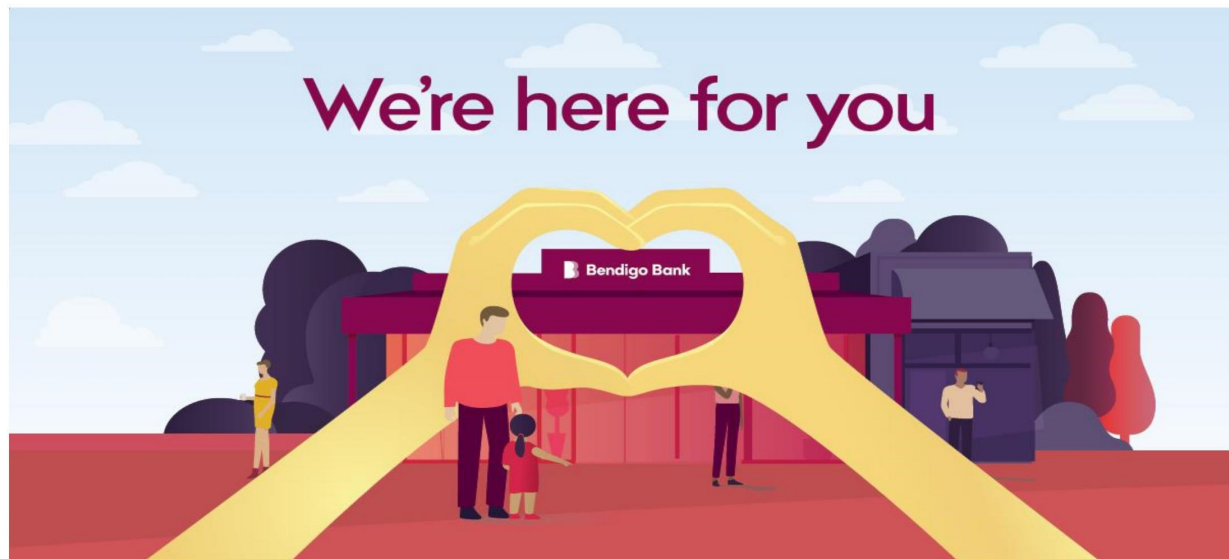
1 cup corn flour / starch (I used this to make it whiter, but if you don't have any convert this to ordinary flour)

2 cups desiccated coconut + more to sprinkle over the top for fun!

Simply mix the oil into the dry ingredients with your fingertips until it is fully combined. It should resemble damp sand



Coconut Cloud Dough



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Call in or phone us at your local St Helens Branch, located at 41 Cecilia St, St Helens.
P: 6376 2560

Public Announcement

Three times a year our Bendigo Community Bank grants funds to local community groups and projects. At this critical time for our region your Board will devote the current grant round to support those doing it tough. Our Neighbourhood Houses and Anglicare conduct relief programmes providing food and care packages to families and individuals in need across Break O'Day. We will provide \$3000 to support those programs.

Be assured that as things return to normal, our regular grants to individual community groups will resume.

Meanwhile, stay safe!

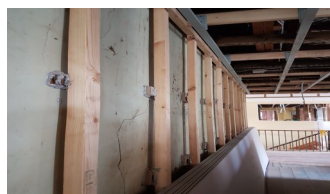


WORK CONTINUES UPSTAIRS AT TASMANIA HOTEL, FINGAL

Work is continuing on the restoration and renovation of the Old Tasmania Hotel, which houses the Fingal Valley Neighbourhood House. In my latest visit, I was impressed with how clean and tidy the worksite is, and commented to the building contractor, Shaun Moore, who showed me over the second storey. "Safety is very important," he



told me. "A tidy worksite helps prevent workers being hurt." The use of personal protection equipment including glasses and masks, ensures the safety of workers Sid and Hamish, seen here, left, unpacking the Pink Batt insulation for the ceiling, before handing it to Tully, right, to put into the ceiling space. Ceilings throughout the building are suspended, as movement over the years has seen them become uneven. "R4.1 insulation is recommended for the ceiling, as it minimises the loss of heat through the ceiling, while R2.5 has been specified for the walls. It insulates to localise heat, and improve acoustics, which helps ensure privacy and aids concentration," I was told.



Walls have been packed, to straighten, more in some places than in others, as they have become bowed over the years, and where it is possible, the walls have been patched, as can be seen right. This wall is the front room, which I have photographed previously, and it is looking very good.



Tempering valves have been installed, as pictured below left. These limit the maximum temperature of the hot water, keeping it safe for the user washing their hands in the wall-hung basin in the accessible toilet, which is suitable for both disabled and ambulant users.

We moved out onto the verandah, where Shaun showed me how a leaking down-pipe had caused the supporting framework to rot. "This will need to be fixed, then we can complete the work out here."



Building contractor Shaun Moore measures the verandah door.

He then outlined the work planned for the next few weeks. "This week, we will finish putting the insulation in the walls and ceilings, then hang plasterboard which was delivered today. Next week, the plasterer will finish the joints, and the western wall, which was stabilised a few weeks ago, will be painted." I asked why the scaffolding had been put up around the building, but no work had been done. "First, it was required for us to safely and accurately measure the roof, so that we could order the special heritage galvanized corrugated iron. That is coming from Adelaide, as it has a deeper corrugation, and is made only in South Australia. We expect that will be delivered shortly, and we can then start to replace the roof. We are right on schedule, and are enjoying working alongside the staff of the Fingal Valley Neighbourhood House, and giving the grand old building a new lease of life."



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

Dr C. Latt

14/5/20-29/5/20

Dr K. Rawnsley

15/5, 19/5, 22/5, 26/5 & 29/5/2020

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
 - * For flu vaccinations enquiries please ring reception on 6387 5555 for details
- * What's on at the Centre– please check with your health professional as some services have been temporarily suspended at this time

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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

Thank you to our Community

On behalf of the St Marys Community Health Centre we would like to thank our community for your ongoing cooperation and patience with the changes to how you currently access our health services.

WASH YOUR HANDS!!!!

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

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

Hot soapy water is just as effective for hand washing.

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

PATHOLOGY- FASTING BLOODS

No food or anything to drink other than water

for a minimum of 12 hours prior to having bloods taken. *You can still take morning medications*

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

NON-URGENT BLOODS

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

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

Scripts and Doctors Appointments

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

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

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

St Marys General Practice reminder

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

These 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

SUNCOAST SPINNERS AND WEAVERS



Happily, it looks like the Suncoast Spinners may be meeting again in the not too distant future. I, for one, will be looking forward to the first show and tell of all our COVID-19 lockdown projects. So just to whet your appetites, here are some examples from our very productive members.



Lyn has been busy knitting this amazing throw rug (left) from her own hand spun alpaca in a beautiful lacy pattern for her very lucky sister. And in anticipation of



the weather to come, Wendy has made these very cosy and spectacular-looking gloves, and also knitted some lovely poppies for Anzac Day, pictured above right.

The last time I looked at my spinning wheel it had not only acquired a layer of dust but also two bags and a scarf. At least it's being put to some use. But I haven't neglected textiles entirely - In my down time I have been working on my hook rug which has been a winter project for the past three years and counting. Looks like it will be a work in progress for some time yet....

So while it may still be some time before we can meet up again, there are endless projects to enjoy in isolation. And now the wet weather is keeping me inside, it might just be the day to dust off that old wheel and give it a spin, so I don't forget what it's real purpose is.

The next meeting is yet to be determined, but watch this space. For any enquires phone Jacinta Allen on 6384 2355.

Till we meet again, keep your distance and stay safe.

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HISTORY OF THE ST HELENS HUB4HEALTH WALKING GROUP

Local resident Beryl McDonald, in conjunction with The Healthy House convenor Fiona Watts, started the group around the 1990s, with the aim of encouraging the over-fifties to get out and have gentle walking exercise and social interaction. Terry Doherty was the organiser from about 1994 to 1999, and was instrumental in starting Saturday walks further afield, such as Branhholm and Fingal, utilising the then 'YoYo Bus' owned and operated by Lanny Bleakley, for transport at a very nominal rate. Bryan Edhouse was organiser from 1999 to 2009, and saw the group numbers grow from 20 members to over 70, mainly due to a policy of reporting stories and photos about the group's activities to local media. The present walking group is led by Alex Buchanan, who took over from Bryan in January 2019, who, with other walkers from the group, plan an annual calendar of walks. These are very well researched and prepared walks for sometimes quite large groups - not a job for the faint-of-heart! The group continues to grow from strength to strength and the walking is always interesting. There are weekly Wednesday walks and then each month, there is a longer more challenging walk in the region. The group is all voluntary and is still auspiced by the Hub4Health facility in St Helens.

Another earlier walking group out of St Helens was called 'St Helens Ramblers', run by June Clayton. The first outing of the St Helens Ramblers was on 28 May 1988. June's husband Ted took over the running of the group after June died, and subsequently renamed the group 'June's Ramblers'. They met on the 4th Sunday of the month and word was spread via a notice which Ted posted on the board in the foyer of the St Helens Library. After congregating outside the St Helens Neighbourhood House, each walker, with their own lunch bag, would disperse as a group, via car-pooling, for the day. A typical annual calendar then for the group included: Halls Falls, Enstone Park and the Walnut Tree, Churches at Mangana and Fingal, Marouard Beach, Avoca and Royal George, Grants Point... and the list goes on! By the time the 1990's came, this group had folded, giving rise to the formation of another group of walkers to develop in St Helens, and so the Hub4Health (previously the Healthy Community House) Walking Group was established. This photo was taken in 2017, when the H4H group walked from Elephant Pass to the coast near Falmouth.



The group awaits the lifting of restrictions so that the annual calendar of walks can be enjoyed once again in this lovely area of the state.

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

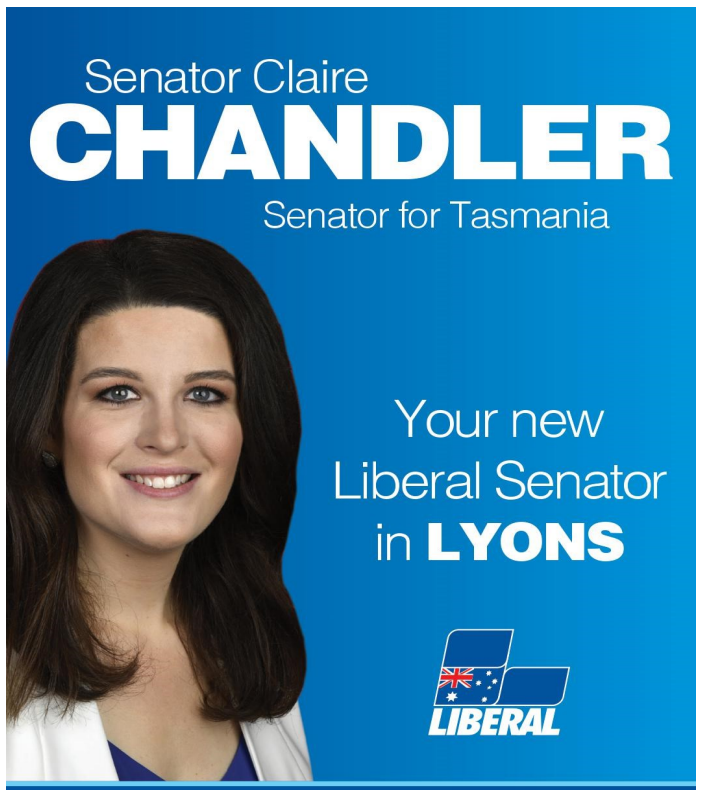


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Stop the spread of germs



Department of Health



EAST COAST SWANS MISS ANNUAL TRIBUTE MATCH

“Patrons will now have to wait until 2021 for our annual outing to Pyengana.”

After a break of 64 years, football returned to Pyengana in 2017. The brainchild of Michael Lefevre, the annual Pyengana game has been an outstanding initiative, now cemented into the Swans Calendar. Shown right is a snapshot of some of the key volunteers that work tirelessly each year to prepare this incredibly picturesque setting, a great example of ‘we will build it and they will come’. And turn up they certainly do; patrons flock from right across the far north east and down the coast to make this an outstanding day with a feel of yester-year. Each year we pay tribute to the rich football history of the region, with the Swans Senior Team wearing an original jumper design of a club long gone. In 2017, the Swans Senior Team wore the original



Pyengana playing jumper design, pictured left. Plans were all set weeks back to recognise the Pioneer/Gladstone Clubs, but due to the restrictions, we were unable to enjoy the day. We extend a huge thank you to Michael, Carol & Hannah and the extensive team of volunteers that pull this magnificent occasion off each year.

‘Up the Gana!’



Action in the first Tribute Game at Pyengana Football Ground, in 2017.

(Information taken from East Coast Swans newsletter “Keeping In Touch”)

VIEWS SOUGHT ON WRINKLERS TOILET BLOCK REPLACEMENT

Recently, letters were sent out to Scamander residents to seek feedback on a fresh new design and upgrade to the current Wrinklers toilet block and carpark. The design came from a Monash University 3rd Year architectural student and was commissioned by Council as part of the Great Eastern Drive Roadside Stop Design Study. Council looked at six sites for the new design, and with its scenic location, easy access and the fact that the toilet block was due to be replaced, Wrinklers seemed the perfect location. The design for this area is in 2 parts – the toilet facility located within the existing carpark and a boardwalk to the end of the existing car park, where people can enjoy the vista of the area and take those memorable shots.

The new design will not only see the construction of the new toilet block but will also include;

- Address the issue of safety for cars entering and exiting the site safely
- New turning signage from the highway entry
- The addition of a viewing structure to enhance the pull over experience

If you would like to offer feedback on the design, please email to admin@bodc.tas.gov.au and mark it “Wrinklers Project”; or you can mail or drop your feedback into the main office located at 32-34 Georges Bay Esplanade, St Helens, 7216. If dropping off feedback, please use the letter box outside the office.





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, 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

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is available at the following outlets:

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| ◆ 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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Crossword Solution

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