



THE VALLEY AND EAST COAST VOICE

Established 1968

Edition 52.09 28th May 2020

Deadline for 52.10 is at 5.00pm on Monday 8th June 2020

COMMUNITY SPACE AT ST MARYS TAKES SHAPE

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



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

Construction commenced in March with specialist contractors Andrew Gill Contracting, working with Carlo Cassan, of Ramp Wizard, awarded the work to bring the facility to life.

St Marys Community Space Association member Janet Drummond said the community is excited to see work commence after lots of community input into the design and plenty of fundraising.

“The St Marys community has guided the project every step of the way, from the initial concept of a skatepark first raised at a council meeting in mid-2015, through an in-depth consultation process with the community, and engaging Simon Williams of Concrete Dreams design and drafting, which resulted in the expansion of the project to include features for all members of the community,” Janet said. “St Marys Community Space will provide a much-needed youth-focused facility in the area, as well as be a place for the community to play, exercise, and socialise together in a fun, safe, and positive environment.”



Construction is set to continue during winter, and all going to plan, it is likely to be completed around the end of June 2020. Community member Paul Aulich has donated many hours of time to assist in the preparation of the site and ongoing works.

The St Marys Community Space Association Inc. is a grass-roots organisation established for the sole purpose of coordinating efforts towards building the St Marys Community Space project. The groups aims are supported by Break O’Day Council and local community-based organisations and businesses.



Skateboard ramp under construction above, and finished, right. The approach and departures are being added.



A letter has been received about this project; it is printed on page 4. Please read it!

INSIDE THIS EDITION	
Emergency Contacts	2
The Cage Rattler	6
Crossword	23
Hospital	28-29
Crossword Solution	32

Editor: Elizabeth Death**Email:** valleyvoice@fvnh.org.au**Phone:** 03 6374 2344 **Website:** www.valleyvoice.com.au[Facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)

PO Box 322 Fingal Tasmania 7214

For all account enquiries, please contact: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

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

FUNDING BOOST FOR LOCAL VOLUNTEERS IN NATIONAL VOLUNTEER WEEK

The Morrison Government will provide a funding injection for 18 local community groups and organisations across Lyons to support the work of local volunteers.

Liberal Senator for Tasmania, Claire Chandler, said the funding injection was an important recognition of the amazing work volunteers conduct in local communities. "National Volunteer Week is an opportune time to acknowledge and celebrate the important contribution of our local volunteers," Senator Chandler said. "Whether it be running a local sporting club, providing access to local services, or protecting people and property from fires or other natural disasters, our volunteers contribute their time and effort to support their community in whatever way they can. The successful community groups and organisations across Lyons range from Mens' Sheds, Neighbourhood Houses, Volunteer firefighters, and local sporting clubs."

Successful Volunteer Organisations in Lyons include;

Bicheno Men's Shed Inc.

Bicheno Surf Life Saving Club Inc.

Binalong Bay Ratepayers' & Tennis Association Inc.

Brighton Cricket Club

Deloraine Country Housing Co-operative Society Ltd

Deloraine Football Club Inc.

Fingal Valley Neighbourhood House Inc.

Freedom Centre Incorporated

Longford Men's Shed and Associates Inc

North East BioRegional Network Incorporated

South East Boxing Club

St Helens Netball Association Inc.

St Helens Online Inc.

St Helens Sailing Squadron

Swansea RSL Sub Branch Inc.

Tea Tree Fire Brigade

The Mount Roland Rivercare Catchment Inc.

Wildcare Inc.

Nationally, volunteering has an estimated annual economic and social contribution of \$290 billion. The awarded grants are between \$1,000 and \$5,000. National Volunteer Week runs from 18-24 May. You can get involved in the online activities by visiting the Volunteering Australia website at: volunteeringaustralia.org

Information provided by Senator Claire Chandler, Liberal Senator for Tasmania



STAY ON TOP OF YOUR HEALTH

Don't delay your GP visit because of COVID-19.

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. 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.



Helpful Information about COVID-19

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

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

WWW.CORONAVIRUS.TAS.GOV.AU

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

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

Lifeline - 13 11 14

RAW - 1300 4357 6283

LETTER TO THE EDITOR

St Marys Community Space – Open letter to the Valley Voice

Some years ago, I was advised by my daughter Rebecca, who works at the St Marys School, that an Association had been formed to raise money towards the construction of a new street park including a skate park and a bike and scooter track, on a very suitable, vacant block of land on the way to the school, which had been donated by local council.

At that time, I had had some recent experience with the Skate Park at Hadspen, which was relatively new, and I found it wonderful for children to spend their time exercising and mixing with others. My father-in-law owned a house that backed onto this park and spent a great deal of his time outside, in his garden. He had requested that the local Meander Valley Council extend the height of his fence so as, in his words, he could not hear them yelling and swearing. When I asked him his reaction to it some months later, he said that he regretted asking for the extension to his fence as he missed hearing the children chatting and laughing and said it was a great thing and had had no trouble at all.

So, it was decided, in an effort to help get things started, and to support this great cause for kids in the local community, that my wife Cheryl and I would offer a \$500 donation. Every year my wife and I travel to St Marys to attend its annual Car Show. It is a great event where local, not so local and car lovers from all over our fine state gather for a show and shine. It is a help to local businesses in the town, a catch up for friends and a chance to make new. So, on the day of the car show in 2019, I publicly donated and challenged many of my local friends to do the same – to donate \$500 to this great cause.

At the time, fund raising was in the still in the early stages and the challenge was not taken up by many. Since then, the Association have continued to work hard to raise money and secure grants to get the project happening. You will see now, that the work has started and is looking fantastic.

I am writing to again challenge families within the Fingal Valley and surrounding areas to match my donation or give what you can to help complete this project for the kids in your community. Many of my friends from the Valley now have grandchildren and extended family who will enjoy this great facility. I know my grandchildren will.

Please give it some thought. If you can take up the challenge, please phone Janet Drummond on 0404 562 320, who is coordinating the fund-raising efforts. Every dollar helps.

Yours sincerely,

Tom Hendley

SENATOR ASKS FOR IDEAS AND INPUT

Do you have any ideas on how we can get Tasmania back to being the piece of paradise it has been? What can we do to help get our businesses trading, industries making, artists creating and our students learning?

Claire Chandler, Liberal Senator for Tasmania has made an appeal for our thoughts about what measures and policies we can implement, and suggestions for continuing local growth and investment. "I'd like to hear from you about what measures or policies you think should be put in place to get business up and running again, and Tasmanians back to work," she said in a recent press release.

"Of course, we will have to remain continually vigilant in protecting the community and each other from COVID-19 infections, right up until a vaccine is available. The commitment and discipline shown by the overwhelming majority of Tasmanians over the last two months has given us the opportunity to see the light at the end of the tunnel, a road back to a more normal way of life," she has commented. "However, there's no avoiding the fact that there is a tough road ahead and as a state we must think strategically and capitalise on every opportunity to get our local businesses thriving again, and to get Tasmanians back into work."

We need to support local businesses, and use local service providers as much as we can over the next few months. The recovery will take quite a long time, so we must make sure that we look locally before we look further afield. Use Tasmanian businesses, and if there isn't what you want in Tassie, look interstate. Buy Tasmanian - grown produce, support your local farmers market, drink Tassie wine and spirits, have a holiday in Tasmania; it's a great place to see! If you can't find it in Tasmania, look interstate, before you look overseas. As the restrictions are eased, we should take the chance to explore our local area, and support the businesses we find; bakeries, cafes and restaurants, art and craft shops, supermarkets and garages. When you go on-line to buy something, look for local businesses to support; you might be surprised at what is available. Clothing, wine, jewellery, paintings and sculpture, and mounted photographs are just a few ideas.

"The focus for Australia during the recovery period should be on building the businesses and industries that employ Australians, but which also add to our national production capacity and supply chains. Food production, energy security, advanced manufacturing and high quality education and skills training will be critical industries that must be supported to rebuild and grow. Tasmania already has an excellent reputation in each of these areas, and we should look to build upon these strengths and create new jobs for Tasmanians," Senator Chandler concluded.

If you have any ideas, get in touch with Senator Chandler at: senator.chandler@aph.gov.au



St Marys Op Shop

Directly behind the Town Hall, plenty of parking available

Autumn & Winter 2020

Until 4th October 2020

So long as COVID-19 allows, please help us stay open by observing our requests to keep your distance, use hand sanitiser and limit numbers in store.

Monday - Friday

10:00am - 4:00pm

Phone: 6372 2889

Look for our signs and mannequin in the carpark ☺



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

The Say by the “Cage Rattler”

In about five billion years from now, there will be no signs of our existence where we sit now. In fact, for a very long time before that, anywhere between 1.75 and 3 billion years from now, we are expected to move into the 'hot zone' from the habitable zone from the Sun and that'll make any life impossible until the life giving orb finally eats us up as it also dies. Most astrophysicists and astronomy experts, as well as all other relevant scientists, conclude as we speak, that there is no way to be certain that life exists elsewhere in the entire universe. They do however say that it's likely, given the mind boggling number of stars that are around, used to be around and will be in the future, that the incredible chain of events that happened in a certain sequence here that formed the first cells, atoms and molecules which began the transition from this lifeless hot rock we started out as, is not necessarily a one off. I'm not sure of the mathematics on that now, but it is a substantial number of the odds, given the sheer volume of stars and planets out there; it goes without saying. However, as we currently sit though this place we call home in the cosmos, is it with absolute certainty.

Since “Opportunity”, “Curiosity”, “Pathfinder”, “Viking” and others explored Mars, there is strong evidence of water and ice on the red planet now. In some places only a metre down below the surface, but in the long distant past, on the surface liquid flowing water, even rivers, existed. Geology from the various Mars landers have confirmed that. This also means that life in some form was definitely likely on Mars. It is roughly 160 million kilometres further out from the Sun than us too. There are moons linked to the outer planets such as Saturn and Jupiter, with evidence of liquid underground water too, but no other building blocks of life as we know it. Comets also carry ice generally.

I sometimes think of such random things; probably proof of that is this commentary, but maybe this is the way we should be conveying the message to look after this incredibly special planet we are supposed to be looking after.....To put this into perspective, imagine if the complex series of events has actually only happened once to create life as we know it. Earth would literally be the most incredible place in the whole universe. Get your head around that thought. Of course as the scientists will tell you, there may well be forms of life that make no sense to us, and we'd not survive ourselves if we were there. Evidence of that even exists on Earth, where organisms live in some places that are incredulous to us. The definition of life for us though is all that matters, and until we find, or someone finds, creatures that have similar needs and tolerances to exist as organic matter, we are unique and very, very special. All 7.5 billion people now, all those that came before us and all those to come, and, just as important (many would say more important), all the animal fauna and plant flora species that have been crucial in how life even evolved at all from the first microbes a few billion years back on this third solid rock from the Sun is all the life that we know of. Maybe the message to all is that it's really within our grasp to make this special place even more so, by making sure we sustain its very existence way better than we're doing now. Once she's a goner, there's not much chance of it happening again as we perceive life to be. We do know that in maybe a couple of hundred billion years no life will be possible and a little over double that, the planet itself will be engulfed into the dying Sun, but even if what we do now helps life sustain for even a few million years, it's our responsibility. Before we "evolved", and especially before we stood erect and began wrecking the joint, there were many generations of water and land life that existed.

The Earth was formed roughly the size it is now about 4.54 billion years ago, and the first signs of single cell life is at 3.77 billion years....took about 770 million years for that to happen. Since then they've dealt with many time zones including paleo periods such as Cambrian, Ordovician, Devonian, Carboniferous, Permian, Triassic, Cretaceous and a few hundred million years of dinosaurs before we eventually turned up. There were mass extinctions too numerous to mention here, where upwards of 95% of life disappeared but returned and evolved, but they didn't deliberately treat the planet like we do. In literally a speck on the Earth Life timeline, we have compromised and overloaded our home like no other species before us. Isn't that a scary thought? Maybe the only thing that will really save this planet for millions of years will be another extra terrestrial impact like the one 65 million years ago. If that was to happen, I hope the few that survive learn from our mistakes and do a much more sustainable job before the whole place turns to cosmic dust....

on that cheery thoughtWhat do you think?





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

27/05/2020 - Update

Update from Fingal Valley Neighbourhood House

Online Access Centre has re-opened observing social distancing and limiting numbers into the centre.

FVNH will continue to operating from the Online Access Centre for the next 2 weeks (1 June – 12 June)

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 at least an extra 2 weeks from Monday 1st June 2020 until Friday 12th June 2020. We plan to be operating from the Old Tasmanian Hotel from the 15th 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 from 12pm until further notice and be available from the Op Shop room for the two weeks (3rd and 10th June).**


Play Centre is now open.

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*



Guy BARNETT
 Liberal for LYONS

Listening
 Caring
 Delivering

Tasmanian
 Liberals

P: (03) 6701 2170 - www.guybarnett.com.au
 E: guy.barnett@dpac.tas.gov.au  [GuyBarnettMP](https://www.facebook.com/GuyBarnettMP)

Authorised by: Guy Barnett, 76 Emu Bay Road, Deloraine Tas 7304

HERE TO HELP



Rebecca White MP
 Labor Member for Lyons

✉ rebecca.white@parliament.tas.gov.au
 ☎ 6212 2225
 For the latest health advice visit
www.coronavirus.tas.gov.au

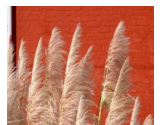
Authorised by REBECCA WHITE,
 33 COLE ST, SORELL

Tasmanian
Labor 

WEED OF THE MONTH- PAMPAS GRASS



Pampas grass is a declared weed that spreads aggressively by tiny windblown seeds that grow into very large tussocks. Relatively small numbers persist in parts of Break O'Day, despite efforts over the years to eradicate it. The autumn rains have produced new growth and flower heads that make pampas easy to spot and control now. 'Deadhead' and bag the flowers first, very carefully and securely. The dense roots can be dug and pulled out if not too large, or you have time on your hands and need the exercise! Treatment with herbicide is effective for large plants. For more information on identification, treatment and control look up pampas grasses on the 'declared-weeds-index' at dpipwe.tas.gov.au/invasive-species/weeds




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 TO START BUSHFIRE PREVENTION MEASURES IS NOW!

I'm sure that not many people in the Fingal Valley have forgotten the two weeks in late December of 2019 and early January this year, when the threat of fire hung over Mangana, Fingal and Mathinna. The fire at Mangana had been deliberately lit, and the one at Mt Malcolm was a result of flying embers from that fire. Many people were amazed that fire could travel so far and so quickly, and that so much native forest was destroyed, some of which will not recover in our life-time.

Recently, the Tasmania Fire Service along with Parks and Wildlife and Sustainable Timbers Tasmania, has been conducting Fuel Reduction Burns all over the state. This is so that, hopefully, no residents or wildlife will go through the strain and tension of waiting to see if a fire will destroy their homes and habitats in the near future. Areas to be included are identified throughout the state by each of Tasmania's 10 Fire Management Area Committees. These areas are risk assessed using a combination of local knowledge and computer modelling, undertaken by the Bushfire Risk Unit.

About 42 per cent of the state has vegetation that is suitable for fuel reduction burning. These include areas of dry eucalypt forests, scrub, heathland and button grass. Rainforest, wet eucalypt forests and alpine vegetation are not suitable for burning. Although Winter will be with us soon, with cold temperatures, frost, ice and snow, we all need to prepare for the Summer, and the fire season, which seems to start earlier each year.

What can people do to prepare their properties?

Property owners and occupiers must take primary responsibility for fire safety on their own land. This includes preparing their homes each winter and spring through creating and maintaining defensible space around their homes, ensuring roof gutters are clean of combustible material, and removing fallen ground litter (leaves, twigs) as well as fire-prone shrubs and other combustibles that could threaten their properties during bushfire events. If residents have some concerns in respect to a vacant allotment adjoining their property, they can seek advice from their local brigade or council in relation to whether this is a fire hazard that could be mitigated through hazard abatement notices prior to the summer.

If everyone within communities who can undertake bushfire risk preparation on their own property, then collectively this creates a safer community for all. Visit this link relating to property preparation to see how to get ready for the next fire season.

<http://www.fire.tas.gov.au/Show?pagelid=colbushfirePrepareActSurvive>



COMMUNITY COVID-19 STORIES

Do you have a story you want to share about your experiences during the COVID-19 emergency? Have you have been feeling isolated, and didn't know where to turn to? Are you tired of all the misinformation about the virus? Maybe you find all the information confusing. Have you gone through an experience that has left you feeling in pieces? Has something you were looking forward to been cancelled because of the emergency? Or do you know of someone who has gone out of their way to help you? Are there a reflections you would like to share?

The Tasmanian Archives (a part of Libraries Tasmania), and Tasmanian Museum and Art Gallery (TMAG), are partnering to collect Tasmanians' experiences of the COVID-19 pandemic, both bad and good.

We are reaching out across Tasmania to collect photographs, writing and a variety of objects that document the community's experience of COVID-19.

Please send your submissions or enquiries to:

covid19stories@education.tas.gov.au

More information can be found at: <https://libraries.tas.gov.au/features/Pages/covid-19-stories.aspx>

Share your experiences of life during the shutdown, and how you coped with social isolation.



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	with Jukes
	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
	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	with 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

St Marys Market

is going ONLINE from 1st June.

Look out for us in the Facebook Marketplace

If you are missing the fantastic fresh produce and tasty treats, not to mention the beautiful arts and crafts normally available each month at St Marys Market, then find our new online market on Facebook. It's called...

St Marys Market Online

Join the group to find out what's new at the St Marys Market.

If you are a BODRA member then post your whole market stall or just one item you have for sale.

Just search Facebook for St Marys Market Online.

Brought to you by Break O'Day Regional Arts



Where to get help

Department of Health
Social Work Services: South: (03) 6166 8354
North: (03) 6777 1427
North West: (03) 6478 6119

Lifeline: 13 11 14
(24 hours, 7 days)
www.lifeline.org.au

Beyond Blue: 1300 224 636
(24 hours, 7 days)
www.beyondblue.org.au

MensLine Australia: 1300 789 978
(24 hours, 7 days)
www.mensline.org.au

Kids Helpline: 1800 551 800
(24 hours, 7 days)
www.kidshelpline.com.au

Headspace: 1800 650 890
www.headspace.org.au

Rural Alive and Well (RAW): 1300 4357 6283
(24 hours, 7 days)
www.rawtas.com.au

For all available information on coronavirus in Tasmania visit: www.coronavirus.tas.gov.au
Feeling unwell or need support? Contact the Tasmanian Public Health Hotline: 1800 671 738



CLEAN CRACK LAUNDROMAT



**Coin Operated
Washers and
Dryers**

Open 7 Days

**32 Main St
St Marys**

**OPENING HOURS,
APPROXIMATELY
SAME AS COACH
HOUSE RESTAURANT**

GONE RUSTIC STUDIO + GALLERY

**Become a VIP today
at gonerustic.com**



ECO FA
ORGANIC
ART O
FIBRE + T
JEWEL
HAND
GIFTS



ECO FASHIONS, ART, GIFTS + MORE!

ethical shopping
classes + exhibitions
vintage, upcycled or new
see the artist in action

37 MAIN STREET, ST MARYS, TASMANIA
gonerustic.com - 0417027424

Stay home. Save lives. Help stop the spread of COVID-19.

Practice strict social distancing and stay home
to protect your family and the community.
This is our best defence against coronavirus.

How to do social distancing



Avoid handshakes
or hugs.



Keep your distance.
(1.5m or about two steps)



Stay healthy,
stay connected.



Reach out for support
(See back page for helpful numbers)



Only go out
for essentials



Wash your hands.
(Frequently and for at least 30 seconds)

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



We would love to hear your thoughts or feedback on
how we can improve your experience with Star FM.

Your participation is completely anonymous with no
identifiable information collected and we thank you for
helping to shape the future of your local radio station.



You can complete the survey by going to our website

www.starfm.org.au

or alternatively call

6376 1306

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

**AUTOMATIC ELECTRIC DEFIBRILLATORS**St Helens Supa IGA -

Wall mounted inside the foyer, available during open hours

St Helens District High School -

In the swimming pool enclosure, available during pool hours

St Helens Football Club -

Located inside the club rooms

Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance

St Marys District 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.



IN AN EMERGENCY CALL 000

Harris Funerals

St Helens, Bicheno & Fingal Valley

We are here when you need us.

Burial or cremation, traditional or unique funeral services available.

Office & Chapel:

46 Tully Street St Helens

6376 1153 ~ 0418 133 420

tamara@harrisfunerals.com.au

Member of the

Australian Funeral Directors Association

**Vision Christian Radio**

**Life Changing Music,
Uplifting Talk**



VISION CHRISTIAN RADIO

LISTEN NOW

BINALONG BAY	87.8FM
ST HELENS	88FM
ST MARYS	88FM
FINGAL	88FM

St Marys District Hospital Support**Association Inc.**

We advise members that subscriptions of \$5.00 are now due, and payable to the Treasurer by June 30, 2020.

For your convenience, payments can be left at the St Marys Post Office.

Thank you,

Len Miles, President

Murray Bennett, Treasurer

**BLOCKED EARS?**

Specialist Clinicians - Gentle - No syringing - All ages

MICRO-SUCTION**WAX REMOVAL CLINIC**

Comfort Clean Ear provides specialist ear cleaning using dry and gentle micro-suction. No water, no dangerous syringing.

Your ears are in good hands at Comfort Clean Ear.

Feel the relief. Hear the relief.

Visiting Ochre Medical Centre,

St Helens

Early July.

Dates and venue to be decided.

Phone 1300 380 060

Comfort Clean Ear

Micro-suction wax removal clinic.

Home Visits are available on request!

St Marys PHARMACY

Main Street St Marys

Ph 6372 2844

Kodak prints from 45¢

Ear piercing \$27

includes earrings and solution with qualified staff Bec, Sally and Maddy.



OPEN MONDAY TO FRIDAY;

9.00 am to 5.00 pm

Pharmacist in store all day.

**Fingal Online Access Centre**

29 Talbot St. Fingal Tasmania 7214

Phone/Fax: 0363742222

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



The Fingal Online Access Centre is open from 9 am - 2 pm daily, adhering to strict conditions of social distancing. All our normal services are available.

If you have printing or emailing you require, call in, and we will assist you.

CLASSIFIEDS

Floor Mats—made from recycled plastic

Practical—Indoor/outdoor—Mould free

Hose wash—Contemporary—Casual

Looks like straw mat—Bright colours

Indigenous and other designs

Durable & Portable

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

Priced from \$40

Phone 0474 767 861 - Scamander

Moo Poo

See Normie

6372 2380

PAIN? LACK OF ENERGY? ALLERGIES?

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

Bicheno, Mondays; Fingal, Tuesdays;

St Marys, Thursdays.

Ph Bree on 0450 068 328

Work Wanted!

I am a qualified and experienced Landscape Gardener.

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

For more information call Mark on 0457 168 521

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**

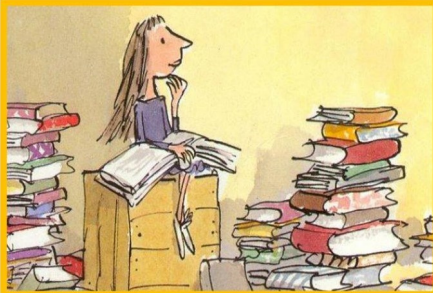
THE BEST JOURNEY
always takes us HOME



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

Roberts

real estate



MOUNT ELEPHANT AND BEYOND BOOK GROUP

BOOK REVIEW

Written by Pam Bretz.

For the second month our Book Group met with a Zoom meeting. We don't enjoy it as much but it's better than nothing. We discussed the novel "*A Hundred Small Lessons*", by Australian author Ashley Hay. Set in Brisbane and spanning over 60 years, it tells the story of two families and a house. Elsie and Clem Gormley, a working class family, bought the house in the 1940's and raised their twin son and daughter there. Jump forward 63 years, and we meet Lucy Kiss and Ben Carter, a professional couple who have moved from Sydney to Brisbane with their 2 year old, Tom. They have bought the house of the widowed 89 year-old Elsie, when she had to leave it after a fall and move into aged care.

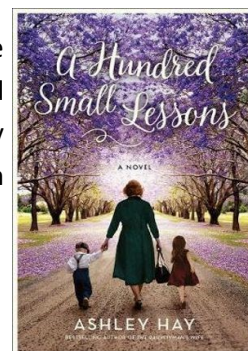
Lucy is not finding it easy to settle in this new city, though she loves the house, and she feels isolated and prey to "visitations" from what she thinks of as Elsie's spirit. Meanwhile, Elsie dreams of her old familiar life back in her house and pines for connection with it and her family. This is really a story centred on the two women and their experiences of motherhood and domesticity. How different are these two women's expectations of life! Elsie fulfilled her dream of raising a family in a world limited by her role. Her only disappointment is the relationship with her daughter, who does not identify with her mother's expectations that she too will follow Elsie's path in life. It is not until midlife that Elsie realises that there are other ways of living and looking at life, when she is asked to pose for her portrait by a local artist.

Lucy is an older first time mother and has travelled widely and lived in many places. Although she is a devoted mother, she feels anxious and isolated. Ben does his best to support her emotionally and is a loving father, but he begins to worry and perhaps question Lucy's mental state when she senses something she describes as a *vardegør* - "a version of oneself gone on ahead." This sense of the surreal preoccupies her, and leads to a crisis in their lives which is happily resolved in the end.

This is an engaging and quite complex story, moving as it does in time and between the demented Elsie and the displaced Lucy. It is a thoughtful exploration of family and relationships, motherhood, and the search for identity in the middle of domesticity. Hay moves us between eras using motifs that recur in both lives, and makes connections between characters that reveal the chance nature of life.

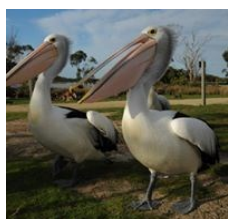
A good read!

Editor's note: "*vardegør*" is a Norwegian word, with "/" through the "o".



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.





CRAFTY PEOPLE CAN HELP CANCER RESEARCH

Cancer Council Tasmania are appealing to crafty folk to help raise funds for cancer research and support services, as they prepare for Daffodil Day on 28th August, 2020. Daffodil Day traditionally sees stalls set up all around the country, selling commercially-produced items including daffodil pins, and fresh daffodils, a welcome sight after the gloom of winter. Over \$56,000 was raised last year, which helped provide funding for world-class research into various types of cancer.

After discussions with members of the community and brainstorming, Cancer Council have decided to move away from selling commercially-produced items, and move towards encouraging sustainability and local production. In 2020, as a symbol of unity against cancer, Cancer Council are asking you to **cut, sew, stick, glue, knit and crochet for Daffodil Day 2020**, in your home!

The project is called 3,000 Daffodils, and also offers participants the chance to make other items, such as cards, jewellery, candles, dream catchers, cushion covers and quilts, either with a daffodil theme, or yellow in colour. These will be donated to Cancer Council and used to stock the stalls, and all funds raised by the sale of these items will go directly to cancer research being undertaken in Tasmania. Patterns, hints, tips and further ideas are listed on the webpage, at cancertas.org.au/3000-daffodils-register, along with a registration form, which has the terms and conditions that need to be complied with. There is also room for you to make suggestions about other articles you could create.



Volunteers are also being sought for the stalls in August, and details about this can also be found on the webpage.

So gather up all your craft materials and get busy creating a daffodil or two, or something else to brighten the day, and raise funds for vital cancer research and support!

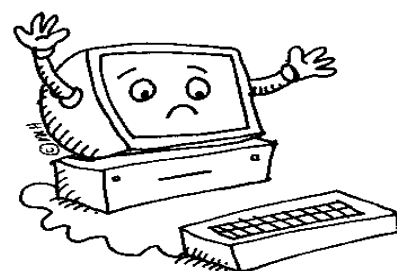
STAYING CONNECTED ON THE COMPUTER

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>





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



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

Nails, screws, nuts and bolts

Tools

Farm gates

Padlocks

Painting equipment

Stock feed

AND LOTS MORE!

Fencing gear

Rope

Cement

Chicken feed

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

THE MISSION AUSTRALIA ANNUAL YOUTH SURVEY IS NOW ON.

If you are aged between 15 and 19, it's your chance to tell us what you think about issues affecting you. In this rapidly changing world, young voices matter, and it's important during this period of unprecedented change, that you, the young people, still have meaningful opportunities like the *Youth Survey* to share your thoughts, concerns and aspirations, to help shape policy and service changes that are important to you. Unemployment, drugs, sexuality, peer pressure, education, support for families, equality, transport, finances, racism...all these are issues that may affect you, and your thoughts and opinions need to be heard.

Go on-line and fill out the survey, at missionaustralia.com.au/youthsurvey, and give us your ideas and opinions.

Survey closes on Friday, 14th August, 2020.

If you're 15-19 years old, living in Australia and want to have a say about the things that affect you, here is your chance!

MISSION AUSTRALIA 2020

youth survey



**Please complete online before
Friday 14 August 2020 at
missionaustralia.com.au/youthsurvey**



NEW WEATHER STATION TO PROVIDE FLOOD WARNINGS FOR ST MARYS

Construction by Council of a new automatic rain gauge station for a Flash Flood Warning System for St Marys is nearing completion. Heavy rain will be monitored by it and another weather station at Gray, operated by the Bureau of Meteorology, to provide flash flood alerts to emergency services and the community.



The new automatic rain gauge weather station near St Marys Council will operate to provide early warning of flash flooding for the community and emergency services.

The Flash Flood Warning System is part of the St Marys Flood Mitigation project, funded by the Australian Government's Community Development Grants Programme. Traffic barriers were recently installed to complete the first stage of the Flood Mitigation project, which has raised the bridge to The Flat at St Marys to reduced flood risks for Main Street and homes and businesses along it.

The new station has a tipping-bucket rain gauge counting each millimetre of rain as it falls and a radio link to send data to the Bureau of Meteorology, joining data from Gray. Council's works crew at St Marys has built the new station with instruments and expertise supplied by the Water Monitoring Section of DPIWE. Together the two stations will monitor weather from the south east and north east, which can bring very heavy downpours and flooding to St Marys. An alerts system will watch the data at the Bureau for rain intensities expected to lead to significant flooding in the town and send warning messages to prepare for flooding in the coming hours.

Unfortunately *Community Flood Planning* by the SES, another part of the St Marys Flood Mitigation project, has been delayed due to SES resources being diverted to the state's COVID-19 response effort. Work is still underway to build a low flood levee bank to protect homes on Groom and Story Streets.

The Flash Flood Warning System is one of several priorities for St Marys in the *St Marys Flood Risk Management Plan*, which followed the 2016 floods and a Flood Studies project that involved the community in modelling flood behaviour and mitigation options for St Marys for the first time.

More information on the flood mitigation works, St Marys Food Risk Management Plan and the earlier flood studies project, can be viewed and downloaded from Council's website www.bodc.tas.gov.au/environment/water-management/ (St Marys tab), or contact the Council office.



The Flat bridge has been lifted one meter higher to reduce flooding on Main Street St Marys.

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



A problem shared



is a problem halved.

🔍 Break O'Day Mental Health Directory

Break o'Day/Bicheno Suicide Prevention Trial

ALL WEED SOLUTIONS - READY TO COME AND ATTACK THOSE GARDEN INVADERS!**All Weed Solutions**

ABN 605 6549 5606

Chemical Spraying Specialists

Boom Spray Spot Spray Cut & Paste

Certified, Licensed & Experienced

Fully Insured

ANY WEED, ANYWHERE!!!

for a free quote, phone:

Maurice 0438 081 473Email: allweedsolutions@bigpond.com

ANY WEED, ANY WHERE!!!

St John's Wort Ragwort Capeweed Dandelion Broadleaf Dockweed Boneseed Hawthorn Thistles Cumbungi Fennel Bracken Fern Willow Trees

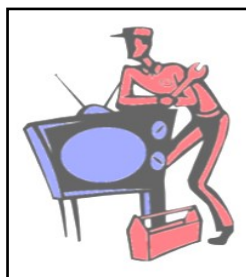
Blackberry Holly Ivy

Patterson's Curse Flat Weeds Salsify Stinging Nettle Erica Boxthorn Onion Weed Spanish Heath Pampas Grass Wild Raddish Serrated Tussock

Broom

The Antenna Guy

- Antennas
- VAST (free to air by satellite)
- TV tuning
- Home entertainment setup
- All areas serviced
- Get clear reception anywhere!

**Call Josh 0408 388 322 / 6377 1150****Gas Plumber****Call James 0431 602 214**

FOR ALL YOUR GAS PLUMBING NEEDS.

Heat Pumps Ducted Systems — All Brands

Ovens and Cooktops

All Hot Water Systems

Water Tanks and Pumps

Wood Heaters

Email: blizzardair@live.com.au

Servicing The East Coast And The Fingal Valley

Call For a Free Quote!

Pensioner Discount





Member of the Australian Cement Group

Energy for Tasmania since 1886
from the coal rich Fingal Valley

Reliability

Quality

Consistency

The Cornwall Coal Company NL

Esk Highway

Fingal TAS 7214

Phone: 6374 0444

Fax: 6374 2342



Family owned since 1972

CALTEX ST MARYS

Mechanical repairs and
all routine servicing.
Batteries, tyres (including white walls).
Old school V8s and 6s loved
and nurtured, even Holdens!
• FUEL AVAILABLE 24 HOURS •

41 Main Street. Ph: 6372 2335
caltexstmarys@bigpond.com

HILLY'S IGA ST MARYS

A FULL SERVICE SUPERMARKET
WITH EXTENDED RANGES IN GROCERY, DAIRY, FREEZER, AND GENERAL MERCHANDISE
LARGE DELICATESSEN, SEAFOOD, MEAT, AND FRUIT & VEGETABLE DEPARTMENTS

HILLYS FAMOUS BBQ CHICKENS MADE-INSTORE PIZZAS
COOKIES FRIED CHICKEN BURGERS, POPPETTES AND WRAPS
HUGE VEGAN AND GLUTEN-FREE RANGE, ALL CLEARLY TICKETED
WINTER APPAREL, TOYS AND HARDWARE 100'S OF EXTRA SPECIALS EACH WEEK
FREE PIECE OF FRUIT FOR THE KIDS

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.



FOR SALE

1997 Nissan Navara Flat Tray 4WD,
registered until 1 November 2020.

Good old workhorse, needs new tray floor
\$1000

Home-made single horse float,
registered until 6th May 2021
\$500

Both located at Fingal

Phone 0438 319 955

**MORE THAN MEETS THE EYE**

25 Gardiners Creek Road, St Marys

4 3 2 161m2 1062m2 Land Size



You've driven past this iconic home but have you ever wondered why our Vendors have loved living here? Let me tell you!

The home is filled with sunlight, has views to Ben Lomond and St Patricks Head, there are bountiful bedrooms and bathrooms for the whole family. Then there are the sheds and garaging - it's man cave heaven! On the upper floor is a sun filled master bedroom adjacent to the second living room which doubles as a cinema room - but also ideal as a parent's retreat. A separate living room down the hallway keeps the kids happy as well. I would be pleased to show you through this substantial home, so please give me a call today to arrange a suitable time.



Heidi Howe
Ph 0409 823 524
Sales Representative
Harcourts St Helens
38 Quail St, St Helens, 7216

Harcourts
St Helens



1800 ELDERHelp
(1800 353 374)

I am **treated** with **respect** by family and friends

I **know** how my **money** is being spent

I **choose** what happens in my **home**

Decisions about my life are in my **best interest**

My will reflects my **own wishes**

I **know** where my **medication** is

If you answered **'no'** to any of these statements, you may wish to **talk to someone you can trust.**

If you experience, witness, or suspect elder abuse, call the **free and confidential** National Elder Abuse phone line for information, support and referrals.

In an emergency, contact **000.**



A collaboration between the Australian, state and territory governments

Need help to have your say?

Who can we help?

We work with **older people**, people living with **disability** or **mental health** issues, and people who use **alcohol or drugs.**

Your concerns are important!
We want to listen and help!



Give us a call, send us a text, or email us.



Tell us about your problem and what you want to happen.



We will listen to your concerns and help you find a way forward.



Here's how to get in touch:

Freecall **1800 005 131** or if you're from interstate or on a mobile call **(03) 6224 2240.**

You can text us on **0457 806 963**, or email contact@yoursaytas.org

www.yoursaytas.org

Advocacy
Tasmania

C & D EXCAVATIONS

For all your earthmoving requirements

- Road gravel.
- Top soil and screened topsoil.
- Sand and rocks.
- On-site screener 20mm - 75mm.
- 20 tonne excavators with tilt bucket, ripper, rock and log grabber and quick hitch.
- D65 Komatsu dozer with ripper and tilt blade.
- 10 yard tipper.
- Compaction roller.
- Wheel loader.

Dams, roads, firebreaks,
land clearing, house sites,
drainage, bridge construction
and much, much more ...



LOCAL OWNER&/OPERATOR WITH
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

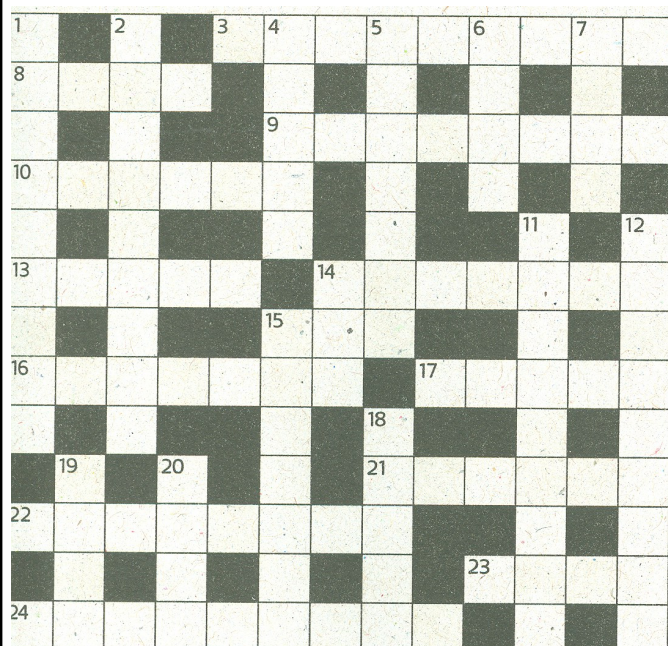
No charges apply to use black water dump points.



**TIP SHOPS CLOSED
UNTIL FURTHER NOTICE**



Crossword 52.07



ACROSS

3. Oddball (9)
8. Lightly-cooked (4)
9. Part of a church (8)
10. Respect (6)
13. Say (5)
14. Submissive (7)
15. Counterfeit (3)
16. Fifth Greek letter (7)
17. Keyboard instrument (5)
21. Narrow gorge (6)
22. Month (8)
23. Nobleman (4)
24. Early (9)

DOWN

1. Cherished (9)
2. Playwright (9)
4. Provide for (5)
5. Passed by (7)
6. Throw (6)
7. Simple game! (1-3)
11. Very funny (9)
12. Recuperated (9)
14. Source of energy (3)
15. Sleeping, quiescent (7)
18. Moisture-extractor (5)
19. Swerve (4)
20. Dour (4)

HAYSHED IGA SUPERMARKET

TRADING AS HOLDERS BROS

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

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

HAYSHED CAFÉ

COFFEE SHOP HOURS

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

Closed weekends

Toby's Estate Coffee

Fresh Rolls and Sandwiches

made to order

Lasagne, Pasta Bakes,

Cakes Slices, Quiches

31 Talbot Street , Fingal

Phone: 6374 2171

Fax: 6374 2393

HAYSHED IGA SUPERMARKET NOW OFFER FREE DELIVERY IN FINGAL. JUST RING TO PLACE YOUR ORDER, AND IT WILL BE DELIVERED TO YOUR DOOR.

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

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



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

SENATOR JONATHON DUNIAM
LIBERAL SENATOR FOR **TASMANIA**

🏠 Ground Floor, 85 Macquarie Street, Hobart TAS 7000
☎ 03 6231 2444 ✉ senator.duniam@aph.gov.au 📘 SenatorDuniam

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



Senator Claire
CHANDLER

Senator for Tasmania

Your new
Liberal Senator
in **LYONS**

☎ 03 6223 1135
✉ Senator.Chandler@aph.gov.au
📘 SenatorChandler

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



Brian Mitchell MP
Your Federal Member for Lyons

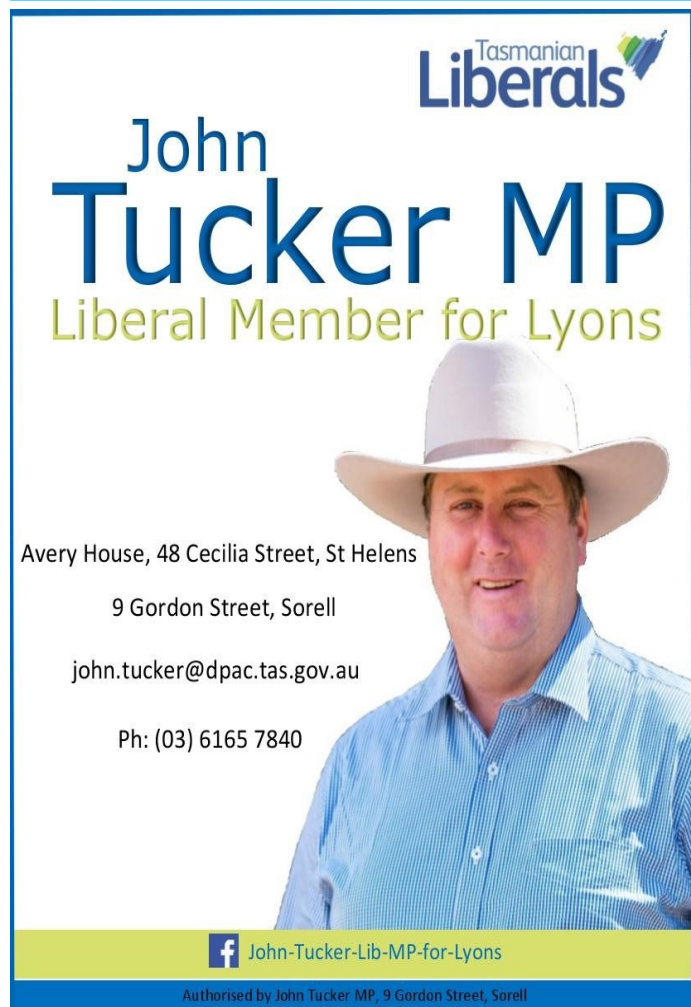


Contact Brian:
6398 1115 (Perth office)
brian.mitchell.mp@aph.gov.au



REBUILD OUR REGIONS

Authorised by Brian Mitchell MP 53B Main Road Perth



John
Tucker MP
Liberal Member for Lyons

Avery House, 48 Cecilia Street, St Helens

9 Gordon Street, Sorell

john.tucker@dpac.tas.gov.au

Ph: (03) 6165 7840

📘 John-Tucker-Lib-MP-for-Lyons

Authorised by John Tucker MP, 9 Gordon Street, Sorell



NICK SHAW 0439-414-299

**Coastal Heat Pumps
& Solar**

Lic no. L076081
Lic no. A4155228

Specialising in both Domestic and Commercial projects
Tax deductible for business
Tier 1 supplier, for the best quality solar systems
1 kW - 100 kW systems available
Call us today for a **FREE SOLAR QUOTE**
Already have a quote?
WE'LL BEAT IT BY 5 %

Install one of our leading brands of
Heat Pumps today and stay **WARM** this **WINTER**
while still staying **COOL** in **SUMMER**.
-Floor mounted-
-Wall mounted-
-Fully Ducted systems
-up to 18kW



St. Helens Electrical

Domestic, Commercial, Industrial
New houses, wiring and repairs
Underground mains supply

Lighting Specialist
Interior and Exterior
Advice, sales, and installation

Heat Pump/Heater Installations
Supply and install all brands
Floor, Wall, Ducted
Advice on all home heating

Solar Installation
Domestic and business
1kW to 100kW

Call for a free quote

Rod Shaw 0407-615-072

Nick Shaw 0439-414-299

24798 Tasman Highway
St. Helens, Tas. 7216

Email:
sth.electrical@gmail.com



Electrical Contractors
Servicing the East Coast from Pyengana down Coles Bay
and through the Fingal Valley
Lic: 933671



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

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

FREE ENTRY



Building Blocks Weekly Challenge #10

SHARE YOUR AUTUMN EXPERIENCES

Autumn is a fantastic time of year - the gorgeous colours and brisk days are perfect for family fun. This weeks challenge is to share some ideas on autumn activities to do with your child/ren - art, craft, playing in the leaves - the ideas are endless. Prize this week is child jungle play pack, pamper pack and \$50 gift voucher

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



Hub4Health would like to thank all the volunteers who assist with our programs. We appreciate the time and effort that you put towards ensuring our community has a range of accessible programs for all to enjoy



Remember: 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.

Cooking at home with your family?

Try this easy recipe:

SAVOURY MUFFINS / SCONES

125 ml water
125 ml milk
1 egg
60ml olive oil
265g Plain Flour
10g Baking Powder
10g Caster Sugar
20g sunflower seeds
20g Pepitas
110g Australian Fetta Cheese
75g Tasty Cheese

(shredded)
75g vintage cheddar
50g baby spinach

Combine the dry ingredients in a bowl. Add wet ingredients and spinach and mix until combined. Fold through crumbled cheese gently. Spoon 160g into each muffin case. Garnish with Pepitas, black sesame and white sesame.

Bake at 175 degree C for 27 – 30 minutes.

**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.

We have had some information from the State Government on the transition out of the lockdown regulations. The process for gyms to reopen is dependent on meeting the physical distancing requirements (4m2 per person) as well as cleaning of the space and equipment and user hygiene. We are currently working through the requirements for both Break O'Day Council (as the owner of the venue) and the State Government.

At this stage it looks as if an opening later than Stage 3 (July) is potentially the most likely option but we are hopeful of restarting some small classes which do not use equipment sooner at Stage 2 if possible. All members will be updated by email or contact us at admin@hub4health.org.au for more info.



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 a 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
For appointments at Hub4Health
T: 0499 317 929 or

www.bayoffiresphysio.com for more details.

Zumba with Laura Online Classes are here...YIPEE!!

Go to lauramckinnon.zumba.com to find out everything you need to know - class timetable, how to access classes, prices, register for classes. There are classes Monday-Saturday and they're super easy to access! Just watch in your web browser - no apps required!

Plus Zumba Gold is coming very soon! Zumba Gold is a low impact version of Zumba which is perfect for active older adults, Zumba newbies, those just getting back into exercise or are rehabbing injury...or anyone who wants a lower impact dance workout!

Follow me on [Facebook](#) and [Instagram](#) for all the latest news, or send me an email at zumbawithlauram@gmail.com if you'd like to be on my email list.



St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

DOCTORS ROSTER

Doctor's appointments 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

28/5/20-4/6/20 & 11/6/20- 12/6/20

Dr Newton

5/6/20- 10/6/20

Dr K. Rawnsley

29/5, 2/6, 5/6, 9/6 & 12/6/2020

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?

Clean hands are your best defence.

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

- * 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 face - to - face depending on the situation.
- * Bloods – **Pathology hours are 8:30am-12:00 midday** unless a prior appointment has been made with the nursing staff.
 - * 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.

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

PUBLIC HOLIDAY

Monday 8th June 2020

Normal Doctor Surgery hours will resume the day after the public holiday. Please refer to the After Hours contact numbers for during this time.

Emergency 000

GP Assist 1800 780 011

Ambulance 1800 008 008 non emergency

Lifeline 131 114

St Marys Community Health Centre

6387 5555

If possible please ring before presenting after hours
6387 5555

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,

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

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.**

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



FISHING REPORT

By The Happy Hooker



The trout fishing season is now closed, with only a few lakes that remain open all year for those brave enough to venture out to have a fish during the winter days. The Inland Fisheries have been busy stocking lakes around the state with fish captured from their spawning runs in the Central Highlands creeks. Lake Leake has received 1200 brown trout from the Great Lake weighing up to 800gm, to replenish the stocks; these fish should be great sport in the oncoming season. More information can be found on the IFS website. The Snowy River running into Lake Leake is also flowing, and a local has reported that lake fish are up the river spawning to help natural recruitment.

Salt water fishing has been consistent at St Helens both in the sheltered bay and also for those venturing outside to chase a feed of tuna or a tasty old flathead to take home. There have been some encouraging reports of some nice sized flathead being caught not far from the beach and also out in water a bit deeper. Flathead are an excellent all round fish reasonably easy to catch on bait or lures, and when you drift across a patch you can sometime hook them in quick succession. Simple rigs of two or three hooks with a sinker to get you to the bottom quickly is all that you require; you can also drop a soft plastic or surf popper on your set up that will get you a result. Just remember that the legal size limit is 32cm for a sand or tiger flathead and a bag limit of 20. Flathead have two prominent spikes on their gill coverings which can spike you and can make you bleed and be quite painful; I always handle flatties with a towel and hook remover to eliminate this happening. Garfish have also been reported back in the bay. These tasty little morsels are normally easy to catch, simply set up a burley trail comprising of a tin of cat food, bread and a drop of tuna oil in a burley bucket, and drop it over the side. I also drop a couple of surf sinkers in the bucket to make it sink to have the burley away from the surface, and this should keep the pesky seagulls away and hopefully bring the fish to you. A simple rig of a float with a piece of chicken skin on a long shank small hook 50cm under the float is all that is needed. These fish are perfect to introduce kids to fishing as they will come right up to the boat into the burley trail, and can be seen easily in their many numbers.

Winter is also a good time to do some maintenance on our boats. Check your trailer wheel-bearings and replace if any doubts. Having good bearings is peace of mind when travelling, and let me say from my own unfortunate experience, it is not a good situation when your trailer wheel-bearings collapse and the wheel comes off and goes past you and your trailer strikes the roadway! Bearings are like most things; you get what you pay for and it is a good idea to put the best bearings in your trailer that your budget will allow.

Life-jacket checks and maintenance is also a good winter job when you will not need the use of them as much. A good wash and check of zippers and straps is easy to do. Self inflatable jackets are different, and they are required to be checked by the owner, and under marine and safety law, it is the owner's responsibility to ensure they are serviced in accordance with the manufacturer's recommendations. All life jackets used in Tasmania from 1st January 2021 will need to adhere to the new Australian standard AS4758.1, and more information on life jacket standards can be found on the MAST website. Remember, the cost of a reliable life jacket is small price to pay to prevent the loss of a loved one's life.

Until next time, tight lines. The Happy Hooker.



Free
Wi-Fi

8.30am-5pm

St Marys Library

eLibrary

www.libraries.tas.gov.au



For all enquiries during the closures please call 6165 5600
9am-5pm
Mon - Fri

We aren't open just yet...

Still available are eBooks, music, movies, magazines, newspapers, research databases, language apps, etc



ST MARYS SPORTS CENTRE**by Volen Tier**

As we are well into the Government isolation rules, not much to report from the Centre, as our doors have been shut for several weeks now. A fair bit still going on around the golf course, and the bowls rink; as we get towards Winter, maintenance and levelling of greens now take priority. Thanks to our dedicated volunteers, many hours have gone into making our greens better come the growth season in Spring. Many emails have been sent to clubs, asking us for what we see as the biggest challenge when we can finally open our doors again; maybe just instilling the confidence in people to actually go out into the public arena may be our biggest challenge.

Bowls: A message has been sent to our intrepid crew, stating that as the season was so abruptly cancelled, we are looking to finalise our club pairs and singles at the start of the new season in early September, if we are permitted. This will also apply to our end of season dinner and trophy night, which also had to be postponed.

Golf: Still a few having a hit, mostly I suppose because it is one of the few sports that people are still able to compete in, and the fact that some of us are looking to get outdoors whenever we can. Some new faces on the course this Sunday, as well as a couple of our regulars; nice to see Peter O'Toole and Speed Maher having a hit. If anyone would like to participate, came along at 11 am every Sunday for tee-off time; I'm sure you will enjoy being out in the open air.

Busy time, as we do not have the income at present, but still we have the bills coming in, and we were lucky to be the beneficiary of a couple of small grants recently, which will keep the wolves from the door in the short term, however with machinery comes the maintenance and fuel costs as well as products for our greens. Let's hope we can have the doors open soon at the Centre, and see some of our regular faces back enjoying the club, maybe under changed conditions but better than being closed.

Hope everyone stays safe; in the words of a past long-term writer of this column, good hitting and rolling.

**St Marys Bakery****Ph: 6372 2490**

Fresh bread, rolls and buns, pies, pasties and hot food.

Cakes and biscuits.

Coffee, cold drinks and ice creams.

OPEN: Sunday—8.00 am 2.00 pm

Monday to Friday 7.30am—3.00 pm

CLOSED SATURDAY



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@GMAILCOM**

**WEEK 1
BEGINS
SATURDAY
MAY 2ND**



FREE2B GIRLS





**PROUDLY SUPPORTING
OUR LOCAL COMMUNITY**





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

THE VALLEY AND EAST COAST VOICE

is available at the following outlets:

- | | |
|--|---|
| <ul style="list-style-type: none"> ◆ Avoca Post Office ◆ Avoca General Store ◆ Fingal Post Office ◆ Chelle's Place - Fingal ◆ Hayshed - Fingal ◆ Mathinna Post Office ◆ Coach House Restaurant - St Marys | <ul style="list-style-type: none"> ◆ C & D's IGA - St Marys ◆ Hilly's IGA - St Marys ◆ Hilly's IGA - St Helens ◆ St Helens Newsagency ◆ Scamander Supermarket ◆ Mouth Café - Scamander ◆ The Farm Shed - Bicheno |
|--|---|

Printed and published by:

Fingal Valley Neighbourhood House Inc.

PO Box 322

FINGAL 7214



0 609722 951852

Crossword Solution

ISSUE 52.08

Across: 1. Thatched, 5. Slim, 7. Amen, 8. Vesuvius, 9. Modern, 12. Dnieper, 15. Kennedy, 19. Snoopy, 21. Thousand, 22. Fiji, 23. Nora, 24. Dwelling.

Down: 1. Trauma, 2. Tonne, 3. Haven, 4. Design, 5. Savage, 6. Master, 10. Darn, 11. Ride, 12. Day, 13. Iran, 14. Peso, 15. Kitten, 16. Nebula, 17. Donald, 18. Typing, 19. Sedge, 20. Offal.