

# THE VALLEY AND EAST COAST VOICE

**Established 1968**

Edition 52.10 11th June 2020

Deadline for 52.11 is at 5.00pm on Monday 22nd June 2020

## FUNDING BOOST FOR BREAK O'DAY COUNCIL

The Morrison Coalition Government recently announced the establishment of a new Local Road and Community Infrastructure Program, and is bringing forward \$1.3 billion of the 2020-21 Financial Assistance Grant payment to assist local governments across Australia.

Liberal Senator for Tasmania, Claire Chandler, said Break O'Day Council will receive \$647,406 as part of the \$500 million infrastructure program, which is focused on supporting local jobs and businesses, and energising local economies which have been impacted by the coronavirus.

"Funding through the new program will provide a great boost to Break O'Day Council to help deliver priority projects, such as upgrades to local roads and other community infrastructure projects," Senator Chandler said. "The Local Road and Community Infrastructure Program will not only support jobs, construction businesses and the economy, it will improve our local roads and provide for new and upgraded amenities to help communities stay connected. Potential road projects delivered through the funding may include constructing or improving bridges and tunnels, street lighting, and heavy vehicle facilities such as rest areas. Eligible community infrastructure projects include new or upgraded bicycle and walking paths, community facilities, picnic shelters, or barbeque facilities," Senator Chandler continued.

In the May 2020 newsletter, the Break O'Day Council mentions the construction of a new section of the Georges Bay Foreshore multi-user track. At present, to travel by foot or bicycle from the main wharf to the slipway, you need to



cross the main road in a number of spots, which can be dangerous in times of heavy traffic., or for slow-moving people. "No longer will it be necessary to climb up over the path at Kings Park and navigate the traffic at three slightly tricky intersections. Instead we will be able to enjoy the more relaxing approach along the edge of the Bay right from the St Helens foreshore. With funding assistance from the Federal Government, this project is now a reality and, fingers crossed, will be completed by later this year. A number of local contractors and suppliers are going to be involved in construction which is a great boost for the local economy. But we are all going to have to endure a bit of pain along the way unfortunately. There is going to be traffic disruption for a number of months affecting our travel around the bay whilst this all happens. Rather than get frustrated by this,

give those working on the site a friendly wave or thumbs up to show how much we are looking forward to when this is finished," wrote General Manger John Brown.

The Break O'Day Council is also looking for people to be employed in a number of projects within the Fingal Valley. If you are interested, you need to be able to perform manual labour, and have a good level of physical fitness. For more details, see the advertisement on page 3.

Applications close on Monday 22 June 2020, but if you miss the deadline, still apply, as they may require more employees for other projects.

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**For all account enquiries, please contact:**[valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)**ADVERTISING RATES - 2019**

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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

## A SLICE OF LIFE IN LOCKDOWN

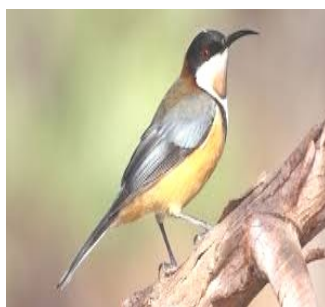
I fully understand the frustration and even grief that many are feeling during the COVID-19 virus lockdown, but this break in normality has also given us time to step back and get a new perspective on the world. Time to appreciate the joys of living so close to nature.

Life in this bucolic setting in Tasmania is normally pretty sedate, but in the past few months it's become even more tranquil. This has inspired me to observe my immediate surroundings more closely. Staying at home and pottering around in the garden, or just sitting in the autumn sunshine has given me time to see nature at work in my own backyard.

My garden is very much a work in progress, but it has come a long way in the dozen or so years I have lived here and thanks to the recent rains it has really taken off. It's almost like spring with new leaves sprouting and flowers blooming once again. As winter approaches, many plants are shutting down, but others are flourishing, such as the many grevillea and correa species in my garden. And while I am rewarded with the beauty of the plants themselves, an added bonus is the birdlife they attract.



I am being entertained every day by the antics of a variety of birds. The very striking New Holland Honeyeaters (left) with their black, white and yellow livery do battle several times a day with the very dapper eastern spinebills, pictured right. They are both attracted to grevillea and correa flowers, and are constantly chasing each other through the garden.



The bird bath is another disputed territory, and I have to remember to top it up daily. It has also been an opportune time

to spot the scarlet robins (below) that only come down from the hills when the temperature drops, and the endearing



fairy wrens, seen right, that are very busy competing for grass seeds and insects with the common house sparrows that are always here in abundance.

Other visitors include groups of yellow-rumped thornbills and grey fantails frolicking amongst the densely foliated callistemons and hakeas, as below.

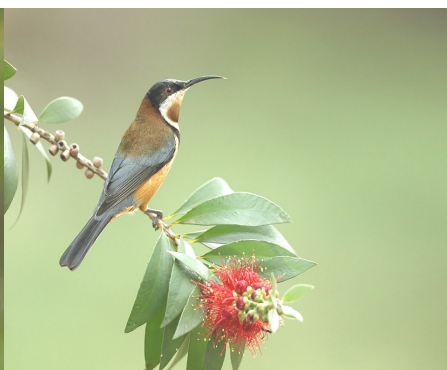
I don't have any large eucalypts in my garden yet, but in those nearby I can hear the melodious butcher birds and magpies. A



grey goshawk regularly surveys the area from a lookout in another neighboring tree, and the wedged tailed eagles often send my chickens running for cover as they swoop by.

Autumn is undoubtedly my favourite time of the year, notwithstanding the bracing mornings. The clear blue sky and gentle sunshine is a perfect combination for walking, gardening or just contemplating. During lockdown I have renewed my appreciation of rural isolation. Its distance from populated areas is no longer a disadvantage; in fact it has made it a haven. I haven't missed going to the shops at all, I have been too content staying home and enjoying the natural environment in my own backyard.

A Birdwatcher, Avoca





# 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.

**TALK TO A mate!**  
- 24 HOURS 7 DAYS -  
COMMUNITY WELLBEING, SUICIDE PREVENTION  
HELPING RURAL tasmania THROUGH THE TOUGH TIMES  
1300 HELP MATE  
(1300 4357 6283)

## 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.



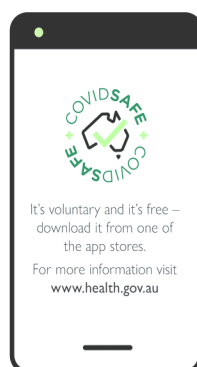
### Helping to protect

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.

## 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](http://www.lifeline.org.au)

**Beyond Blue:** 1300 224 636  
(24 hours, 7 days)  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**MensLine Australia:** 1300 789 978  
(24 hours, 7 days)  
[www.mensline.org.au](http://www.mensline.org.au)

**Kids Helpline:** 1800 551 800  
(24 hours, 7 days)  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Headspace:** 1800 650 890  
[www.headspace.org.au](http://www.headspace.org.au)

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

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

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





# FINGAL FOCUS

*Contributed by Mike Brouder*

*You love flowers but you cut them, you love animals but you eat them, you tell me that you love me .....now I'm scared!*

When I was coming home from town one evening when the road-works were still active, I noticed that a red traffic light was on, a bit ahead of me. I slowed, as one does, in preparation for stopping, but hoping I would be able to continue without stopping at all. I kept moving and moving and moving. "What the #@\* is going on?", I asked myself. When I was just slowly moving around a curve, I saw that the light was a portable one used by civil engineering firms for safe traffic control near their works. It was being towed by a ute, apparently moving the light away from the road site. Unfortunately, the red light was still on! I could have followed it for many kilometres, stopping when he stopped, moving forward when he moved forward. It could have been a long time getting home, if he had played games with me for a while. I hate to think!!! On another front, I feel a certain amount of disquiet when I see, or don't see, drivers who don't or won't indicate their intention to cross lanes. It makes normal common sense to show your intention. It is not only a safe practice, it is a courtesy to other road users. It may even save a life —might even be yours. I am sorry to see that a few truck drivers are amongst those "errant" drivers. This is a really sorry thing to see, because they are professional drivers.

\*\*\*\*\*

**An afterthought:** Now that numerous packets of toilet rolls have reappeared in the supermarkets, I can only assume that the standard of cooking has miraculously improved!!!

**Behind every** successful man is a woman, and behind her is his wife.....Groucho Marx.

**Get married early** in the morning, that way if it doesn't work out, you haven't wasted a whole day.....Mickey Rooney.

**Love has the** power to make you believe what you would normally treat with suspicion.....Mirabeau.

**A soccer team** were in a pub having a "jar" before the match. "My wife ran off with my best mate last night," said Pete. "That's a terrible shame," said the barman. "You're right there," said Pete. "He was meant to play in goal today!"

**A man goes into** a pub with a pig under his arm. The barman eyes him over and says, "That's the ugliest looking animal I've ever seen, where did you get him?" "Won him in a raffle," replied the pig.

**Where can you** find a tortoise with no legs?.....where you left it.

**A woman** bought a whole range of anti-ageing cosmetics, and spent the whole afternoon in her bedroom applying them to various parts of her body. Then she went downstairs and said to her husband, "Tell me honestly, darling, how old do you think I look?" He answered, "Well now, from your skin, 17, from your hair, 20, from your figure, 22." "Oh, you flatterer, you," she gushed. "Wait a minute, I haven't added them up yet," he said.

**A policeman** pulled over a driver and noticed a dog sitting in the back. "Is that dog licensed?" he asked. "I'm the only who drives," replied the driver.

**A police recruit** was asked what he would do if he had to arrest his mother. "Call for back up!" he said.

**Little Johnnie** had finished his summer vacation and gone back to school. Two days later his teacher rang up to say that Johnnie was misbehaving. "Wait a minute," his mother replied. "I had Johnnie for three months and I never called you once when he misbehaved."

**Independent:** What we want our children to be as long as they do everything we say.

**Full Name:** What you call your child when you're mad at him or her.

*Well, I thought they were funny.....Mike B.*



## **The Say by the “Cage Rattler”**

Without a doubt 2020 will be remembered as a year of crisis for a number of reasons. My fear is it could get a whole lot worse yet. In Australia, we kicked off with a drought. This drought also contributed to a bushfire crisis on a level never seen before. So much loss and damage to communities in several states. We get a grasp on that, and the "the virus" hits. Across the planet, this pandemic is still wreaking havoc in health terms, but also in a massive financial way. So much we've taken for granted also has been affected, but the ever growing loss of life in so many places across the world is almost too hard to deal with. Lockdowns, disruption, frustration and opportunities lost wherever you look. Thankfully, by world standards, we have so far done pretty well in comparison, although with winter to really hit and so much yet to be learned about the virus, a lot of apprehension still faces us in the long cold months ahead.

Now we have something else unfolding. It began in a country on the other side of the world but the insidious tentacles are already threatening us, directly or indirectly. I refer of course, to the George Floyd police brutality case in Minnesota that has kicked off huge race riots in the USA.

This, if not handled well, has potential to see unrest not just in America, but in so many other countries. The threat is real. The risk of insurrection among many western countries, not just the USA, has already been seen in the past two weeks. Despite pleas from the families of victims to not let things get out of hand, it seems these pleas are falling on deaf ears for a growing number of people, who are likely not truly protesting police brutality. Some of these looters and vandals are just using this as an excuse to cause mayhem, and thereby putting all genuine calls to address these incredibly important matters properly at great risk.

Worse than that, these mass protests in so many countries have the scary potential to set the pandemic off and running again, after all the fantastic efforts and sacrifices in these countries. That also includes here in Australia.

I'm sure all of us are willing this not to be the case. In the United States, the whole country via the procrastinations and gung-ho attitude of the Trump administration, has a real prospect of facing what is close to martial law. This is only exaggerated by the fact it's an election year, and even at the best of times, this leads to a fervour that few other countries see when electing or re-electing a new President .

I once heard a saying that rings pretty true. If America catches a cold, the rest of the world gets the flu. Just imagine if all this really descends into chaos. We'll all probably suffer in all sorts of ways. Let's hope and pray for sane heads, for common sense, and for Mr Trump to grow a brain, to help sort out an ever-growing mess in the United States.

I truly hope that in a few months from now, a lot of things will be a whole lot better, and that 2020 's second half will be looking optimistic for a way to a less traumatic conclusion to this current year.

What do you think?



# Fingal Valley Neighbourhood House INC

Old Tasmanian Hotel Community Center

**10/06/2020 - 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 at least the next week (15 June – 19 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 at least until Monday 22<sup>nd</sup> June 2020. We plan to be operating from the Old Tasmanian Hotel from then.

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 until further notice.**

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](mailto:admin@fvnh.org.au), SMS 0437 550 571 or send us a Facebook message.

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





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

**FINGAL VALLEY EMPLOYMENT OPPORTUNITIES - DROUGHT COMMUNITIES PROGRAMME - EXTENSION**

The Drought Communities Programme – Extension, is an Australian Government initiative to support communities in the most drought-affected regions of Australia. This funding programme will be used to support local community infrastructure projects that focus on; employment opportunities, stimulate local community spending, use local resources and provide lasting benefit to communities and the agricultural industries on which they depend.

Due to funding received from the Federal Government through the Drought Communities Programme, Council is developing a series of projects that fits with the above focus and is seeking candidates for employment via an expression of interest process.

Candidates should have suitable experience for a range of manual labouring positions, predominately in the Fingal Valley area. Further information can be found on the Break O'Day Council website or by calling the Council Office on 6376 7900 and asking for an information package. A good level of physical fitness is required for these positions.

Applications will close at 12pm on Monday 22 June 2020, however they can be accepted on a rolling basis should the need arise to re-fill any positions and will continue through to the end of 2020 when the funding finishes.

**John Brown  
GENERAL MANAGER**

from the mountains to the sea | [www.bodc.tas.gov.au](http://www.bodc.tas.gov.au)

TAS644181

#### SUNCOAST SPINNERS AND WEAVERS



It was beginning to look like to it was safe to venture out again and get back to group meetings but it's just a little too soon. Due to social distancing requirements and renovations at the Fingal Valley Neighbourhood House we won't be able to meet this month but July 21st is looking promising. So keep working on those "iso" projects and hopefully we will meet again next month. For any enquires phone Jacinta Allen on 6384 2355.



**Clr. Janet Drummond**

Break O'Day Council

0404 562 320

[janet.drummond@bodc.tas.gov.au](mailto:janet.drummond@bodc.tas.gov.au)



**Break O'Day  
COUNCIL**

**Kylie Wright**  
Councillor  
0439 742 946  
[kylie.wright@bodc.tas.gov.au](mailto:kylie.wright@bodc.tas.gov.au)

## 5 Minutes With the Mayor.



One of the reasons I personally love working with the Fingal Valley is because of the community spirit and the welcoming warmth that you all have. Perhaps it's because of the close-knit nature of the community there, but whatever the reason, the way in which the whole community bands together like one big family in times of crisis is something you should all be proud of.

This strength of community spirit has never been clearer due to the Bushfires in 2020 and now the Coronavirus. Having spent a fair bit of time in the Valley during the fires, one thing that I remember is all of the wonderful food which just turned up at the Fingal Valley Neighbourhood House from their volunteers to feed those helping out in the time of crisis. A special mention has to go to Gary Barnes, who sacrificed his entire holidays for the sake of his community.

These events unfortunately will shape the next 12 months or more, as we all work together to recover socially, individually and economically, but knowing the strength of this community, I know we will come out of this stronger and more connected than ever before. Council will certainly be doing their bit and we have already got shovel ready a number of projects for the Valley that aim to develop opportunities for employment as well as increase visitation... more on this in the next Valley Voice edition.

With such strong community spirit in the Valley, there is no better time to acknowledge and show gratitude for organisations, volunteers and individuals in our community by nominating them for a Community Achievement Awards.

A national awards program that recognises those that have shown a dedication to their communities, I am sure there would be no shortage of nominations from the Valley. So if you know someone worthy of one of these awards, head online to <https://awardsaustralia.com> and make your submission before they close on 22 July 2020.

### NOMINATIONS FOR COMMUNITY ACHIEVEMENT AWARDS ARE NOW OPEN

If someone has impressed you with their community spirit, why not nominate them for The Tasmanian Community Achievement Awards 2020? Nominations opened on 22 May, and the state-wide search for local contributors who are making a real difference in their community has begun. The Tasmanian Community Achievement Awards began in 2007, with the purpose of recognising individuals, organisations and groups who are making a difference in our local communities and state. These awards provide an opportunity to acknowledge their tireless efforts, and the impact their actions have on the community.

The Awards are all about the passion of people who are committed to making Tasmania a better place to live. Past winners have included Nate Cripps of Invermay, who was nominated in the MAIB Disability Achievement Award category. Nate has been profoundly deaf since birth. He and his partner Warren opened "Tweetie L'amour Pet Emporium" in Invermay, and he is Tasmania's first profoundly deaf person to open and run his own business. Recently the business has partnered with a disability organisation that offers employment opportunities for people living with a disability. Specialising in bird and pet products, Mr Cripps said Tweetie L'amour was a dream come true for him, and currently employs four trainees.



*Tweetie L'amour Pet Emporium Shop assistant Chloe Hansson, centre, with owners Nate Cripps, left and Warren Flannigan, right..*

The categories that are open for nominations are:

EPA Sustainability Award

Heather & Christopher Chong Outstanding Achiever Award

Get Moving Tasmania Physical Activity Award

Fonterra Australia Agriculture Award

MAIB Disability Achievement Award

Prime Super Business Achievement Award

Prime Super Employer Excellence in Aged Care Award

Tasprint Community Group of the Year Award .

In each category, up to 4 finalists are selected, and the judging panel includes representatives from award partners, community leaders and independent judges, with the judging taking place during September, 2020.

To nominate someone you think has made Tasmania a better place, go to: [www.awardsaustralia.com/tascaa](http://www.awardsaustralia.com/tascaa)

Nominations close on Wednesday, 22 July 2020, and the awards will be presented in Hobart on Friday, 6 November, 2020.

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

## St Marys Market

is going ONLINE from 1<sup>st</sup> 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



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[www.starfm.org.au](http://www.starfm.org.au)

or alternatively call

**6376 1306**



 Free Wi-Fi 8.30am-5pm	<b>St Marys Library</b> eLibrary <a href="http://www.libraries.tas.gov.au">www.libraries.tas.gov.au</a> 
For all enquiries during the closures please call 6165 5600 9am-5pm Monday - Friday.	<b>We aren't open just yet...</b> Still available are eBooks, music, movies, magazines, newspapers, research databases, language apps, etc.

...but our "Click and Collect" service is now available!

Members are able to browse the on-line "Click and collect" catalogue and place holds, then collect items from the **St Helens** library, from 10.00am - 12.00 pm, and from 2.00pm - 3.00 pm, Monday to Friday. At **St Marys**, members can pick items up on Monday, Wednesday and Friday from 2.00 pm - 3.00 pm, and on Tuesdays and Thursdays from 11.00am - 12.00pm.

Don't forget that you can join on-line if you are not currently a member. And remember, there is still **so** much to explore on-line at: [www.libraries.tas.gov.au](http://www.libraries.tas.gov.au)



**COVID-19 Stories**  
Do you have a story to share?





### 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? Is there something you are very grateful for? Or do you know of someone who has gone out of their way to help you? Are there any 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](mailto:covid19stories@education.tas.gov.au)

More information can be found at: <https://libraries.tas.gov.au/features/>



### MORE OF COMMUNITY SPACE REVEALED

Work is continuing on the St Marys Community Space street park, and it is really taking shape, with many features now clearly identifiable. A large-scale concrete pour which took place last week enables the public to see most of



the facilities that children and adults will be able to enjoy, and the youth of the area will be able to use to sharpen their skateboarding skills. The birds nest swing has been sited, and as this swing can seat 2 adults or 4 children, it can be enjoyed by families. Looking back over the park from the back of the volcano feature, it can be seen how all the elements are joining up, as the bike, scooter and skate track starts to loop around the park, as illustrated in these photographs. The volcano feature is also well under way, which will test the skills of the skateboarders of St Marys and visitors.



The next stage is the construction of the barbecue facility, involving the pouring of the base, followed by the installation of the barbecue and the construction of the BBQ shelter as per the advertised plans.

The St Marys Community Space is expected to be completed in July, followed by an official opening on a date yet to be decided.



**FROM THE ANGLICAN CHURCH**

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

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

Rev Mike Wakefield

Anglican Church, St Helens.

**A MESSAGE FROM THE ROMAN CATHOLIC CHURCH**

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

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

Fr. Norberto Ochoa

**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

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Life Changing Music,  
Uplifting Talk



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RADIO

**LISTEN NOW**

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

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

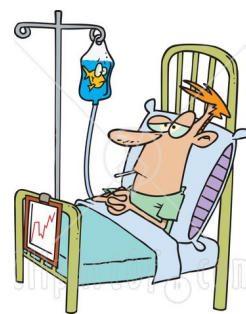
We advise members that subscriptions of \$5.00 are now due, and payable to the Treasurer by June 30, 2020.

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

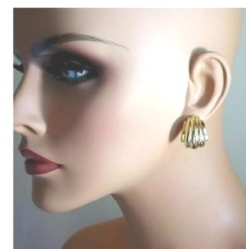
Main Street St Marys

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](mailto: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

### **PAIN? LACK OF ENERGY? ALLERGIES?**

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

Bicheno, Mondays; Fingal, Tuesdays;

St Marys, Thursdays.

Ph Bree on 0450 068 328

### **Work Wanted!**

I am a qualified and experienced Landscape Gardener.

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

For more information call Mark on

0457 168 521

### **Moo Poo**

See Normie

6372 2380

# 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



## RAINBOWS AND RADISHES

By Bloomin' Iris



Hello to all the happy gardeners out there.

Winter has well and truly arrived but there is still some lovely colour after the fall of the autumn leaves.

Polyanthus, pansies, and calendulas are opening up with pretty colour. I still give them a liquid feed. I have also a few jonquils starting to burst open with a lovely splash of gold, along with my winter roses which I have never fed in the many years I have been here; I guess they must get enough nutrient from the mulch of the falling leaves. They are always prolific with their flowering and make a gorgeous show every winter.

The rose bushes are looking a little sad now and are in need of pruning at this time of the year. Rake around the bottom of your bushes when you have pruned to get up all the diseased leaves and put them in the bin. Roses tend to get black spot if the leaves are damp for a prolonged period, and are often subject to powdery mildew. I hit them with the white oil. There are numerous uses for this very effective oil, I also use it for scale, sooty mould, white fly and aphids. In winter in the Valley it is cold & damp for long periods of time, and this is when a lot of these pests are prolific. If you use the white oil, follow the instructions on the can, do not spray on windy or really hot days.

### Pruning your Roses.

It is time to prune many things and our prickly Queen of the Garden is no exception. Our beautiful roses will love you for giving them a good prune.

Always be sure to use clean sharp cutting implements, and wipe with bleach or methylated spirits in between each bush, so as not to transfer disease. Cut just above a bud with the bud slanting outwards, open up the inside of the bush and clear out any stems that have grown in the middle. This encourages good air flow, which means fewer pests and less disease. Use lime sulphur to spray the roses after you have pruned them; it is available with instructions at all good garden centres or hardware stores. I remove about a third of the growth; you can take more than that, as roses are a very hardy plant and will put out wonderful growth in spring. Then is the time to give them a good feed of rose fertiliser, along with a bit of potash at the beginning of spring, and follow up with a liquid fertiliser & seaweed solution, about every 4 weeks. You will be rewarded with abundant blooms and beautiful colour in your garden.

It has been hard times this past few months with having to isolate! Thank goodness for the garden, it is always beautiful at any time of the year, uplifting & peaceful, and I guess many of us who love gardening have been fortunate to be still doing what we love.

On a finishing note: Don't forget to feed those lovely greens growing in your vegie patch and maybe plant a few radishes.

### 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.



## 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

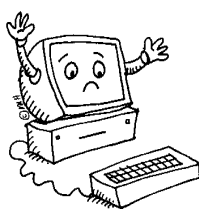


FREE2B GIRLS



### 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 Op Shop

Directly behind the Town Hall, plenty of parking available

Autumn & Winter 2020

Until 4<sup>th</sup> 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 ☺





## 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.

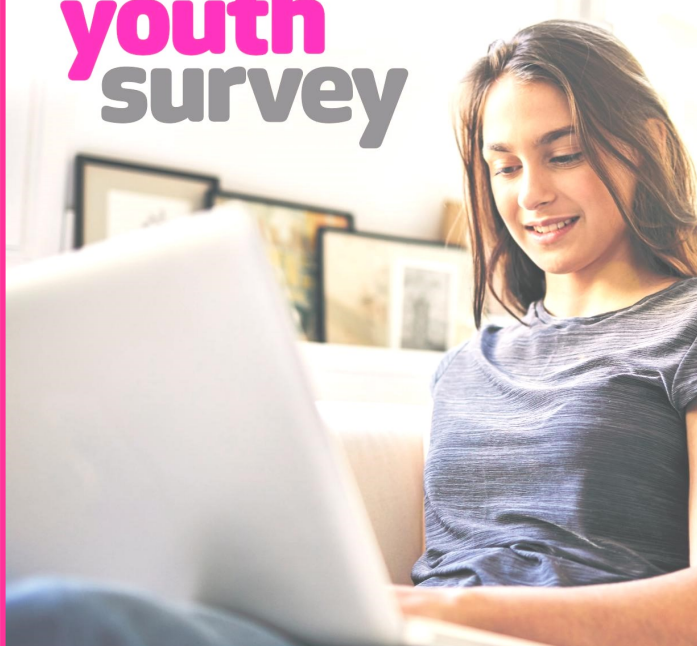
Go on-line and fill out the survey, at [missionaustralia.com.au/youthsurvey](https://missionaustralia.com.au/youthsurvey), and give us your ideas and opinions.

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](https://missionaustralia.com.au/youthsurvey)**



## CLEAN CRACK LAUNDROMAT



**Coin Operated  
Washers and  
Dryers**

**Open 7 Days**

**32 Main St  
St Marys**

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



Family owned since 1972

## CALTEX ST MARYS

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

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[caltexstmarys@bigpond.com](mailto:caltexstmarys@bigpond.com)

# GARAGES AWNINGS CARPORTS

## GARDEN SHEDS & AVIARIES

**Available: KITS: SLABS: INSTALLATION**

**CONTACT: Dave at DCM SHEDS**

**PH: 0490 704 327**

**Email: [dcmsheds@gmail.com](mailto:dcmsheds@gmail.com)**

**We are local and we are the manufacturers**

**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 &amp; Paste

Certified, Licensed &amp; Experienced

Fully Insured

**ANY WEED, ANYWHERE!!!**

for a free quote, phone:

**Maurice 0438 081 473**Email: [allweedsolutions@bigpond.com](mailto:allweedsolutions@bigpond.com)

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

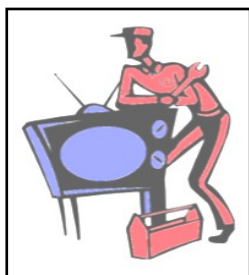
**ANY WEED, ANY WHERE!!!**

Blackberry Holly Ivy

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

# ***The Antenna Guy***

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

**Call Josh 0408 388 322 / 6377 1150**

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**Phone: 6374 0444**

**Fax: 6374 2342**

## 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



# HILLY'S 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.**



## Responsible Dog Ownership

Now that we are allowed to walk our furbabies on the beach again, it is a good time to remind all Break O'Day dog-owners about being a responsible dog owner.

1. Before you head off to the beach have you checked whether you can take your dog to that particular part of the beach and whether they are allowed on lead or off lead? Look out for the signs, right, or you can check this information on our website under "My Property, Dogs".
2. When you are walking your dog on a lead, the lead must be no more than two metres long unless it is a designated off-lead area.
3. Pick-up after your dog. Some areas have doggy-doo bags provided, but this is not a given so make sure you have a plastic bag to pick up after your pup. The reason that the Break O'Day Area has established clear on and off lead areas, as well as dogs prohibited areas, is because of our native and threatened birdlife. It is important that we are all responsible dog owners and do the right thing to ensure that our beaches remain as pristine and a sustainable habitat for birdlife like the hooded plover, oyster catchers, shearwaters and more.

Be a responsible dog owner!

GREEN



Dog off lead  
area/beach

BLUE



Dog on lead,  
always

RED



Dogs Prohibited

ORANGE



Restricted Area  
Check conditions  
of access - typically  
on-lead only  
31 March to 1  
October.

Find a copy of the Dog  
Management Policy and a map of  
our Dog Zones here, [www.bodc.tas.gov.au/property/dogs](http://www.bodc.tas.gov.au/property/dogs)



**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

## HELP STOP ELDER ABUSE

The restrictions we are experiencing during the COVID-19 pandemic can make it hard for many of our older residents to live from day-to-day. Not having the normal support network can be very distressing, and cause some to lose self-confidence.

It is important that elderly people feel safe where they live, and that their voice is being heard and listened to. Sadly, abuse and manipulation are still occurring, and may be worse as people continue to observe social isolation.

COTA provide a range of aged care information and support services for individuals, families, groups and service providers, and can talk to you about the different options, and help you to access the services you need. COTA is happy to speak one-on-one, in small groups, at meetings, and hold information sessions.

If you see elderly people being abused, or suspect that elder abuse is happening, please phone ELDERHelp on 1800 353 374, and talk to them about what is happening.

Let's do all  
we can to  
stop elder  
abuse.







## The trusted name in waste water

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

### Benefits to you

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

### Ozzi Klean advantages

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

www.  
[mgrobertsplumbing.com.au](http://mgrobertsplumbing.com.au)

**OZZI KLEAN**  
Water & Waste Water

**Call Michael Roberts today for a QUOTE on 1800 623 821 or email: [michael@mgroberts.com.au](mailto:michael@mgroberts.com.au)**

## 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 of long weekends.

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

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

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

### BLACK WATER DUMP POINTS

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.

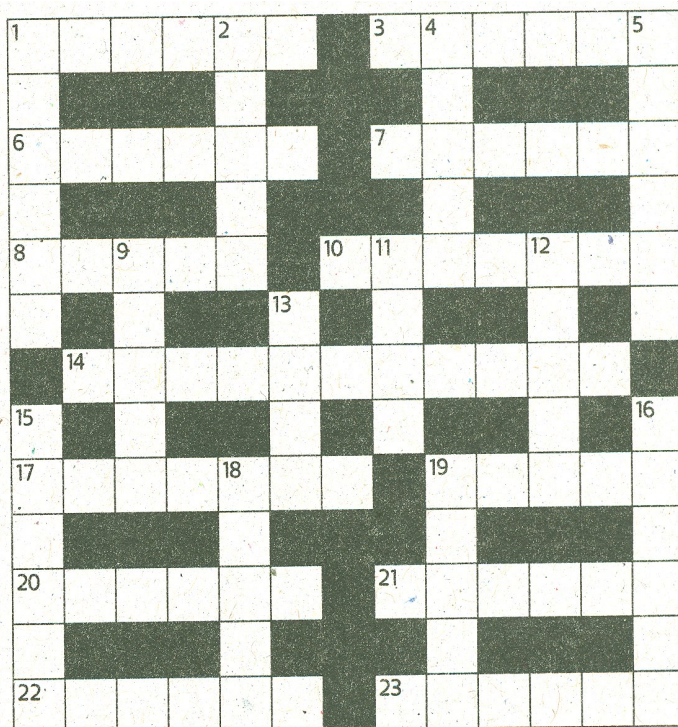


**TIP SHOPS CLOSED  
UNTIL FURTHER NOTICE**





# Crossword 52.10



## ACROSS

1. Decrease (6)
3. *The Quare* \_\_\_\_, Brendan Behan play (6)
6. Old car! (6)
7. Hot-water spring (6)
8. Telly Savalas TV character (5)
10. Road passing above another (7)
14. Manchester United FC's ground (3,8)
17. Import duties agency (7)
19. Slumbered (5)
20. Live (6)
21. Nepalese soldier (6)
22. Whole (6)
23. Air journey (6)

## DOWN

1. Reprimand (6)
2. Inspect (5)
4. Opponent (5)
5. Salvation Army journal (3,3)
9. & 12 Down – Author of *Around the World in Eighty Days* (5,5)
11. Vitality (4)
12. *See 9 Down*
13. Lip (4)
15. Not plentiful (6)
16. Royal house of Scotland (6)
18. More ancient (5)
19. Long oar (5)

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### “THANKS” TO ALL TASMANIA’S VOLUNTEERS

Guy Barnett, Liberal Member for Lyons, recently acknowledged the contribution that volunteers make to Tasmania.

“Volunteers make an invaluable contribution to local communities. The Tasmanian Liberal Government recognises and acknowledges the many thousands of Tasmanian volunteers who give tirelessly to help their local communities. With many of Tasmania’s most active volunteers over the age of 65, and therefore falling into the higher risk category in relation to COVID-19, we now need more Tasmanians to put their hand up to volunteer. At the heart of our local communities, volunteers selflessly contribute in so many ways. These volunteer tasks include community transport, meal delivery, social connection and shopping. They may also help with food packaging, shopping, and distributing food and medical supplies. The Tasmanian Government has provided \$130,000 through the Economic and Support Package, to mobilise volunteers through EVCREW (emergency volunteers crew). If you can spare some time to volunteer, register at Volunteering Tasmania <https://www.volunteeringtas.org.au/for-volunteers/emergency-volunteering/>,” he said in a press release.

The Fingal Valley knows the value of volunteers, with the bushfires earlier this year creating the need for help from outside the area. The Tasmania Fire Service and the State Emergency Service could not have provided the support they did without the volunteers drawn from other parts of the state. They were not the only agencies who drew on their volunteers; many other organisations also called on volunteer members to offer support in other ways at that time. In times of crisis, many organisations swing into action, with few being paid for their efforts, such as Ambulance Tasmania. But there are many other non-crisis organisations whose membership is made up largely of volunteers. Support groups such as Lifeline, Beyond Blue, Red Cross, Salvation Army and Canteen also rely on volunteers to offer comfort and support to the public, along with Tasmania’s On-line Access Centres and Neighbourhood Houses.

“Thank you again to all of the hard working volunteers across the state who have stepped up in the current COVID situation and who will also play a vital role as the state recovers,” Mr Guy concluded, and the Valley and East Coast Voice agrees, and suggest that YOU find an organisation you can give a helping hand to. You may be surprised at how much you enjoy it!

### NEW ROOF FOR NIEGHBORHOOD HOUSE

Work on the Fingal Valley Neighbourhood House is continuing, and progressing at a good rate. The roof is being replaced, with work on that commencing three weeks ago, and as these pictures show, the original shingle roof is still in place. Installation of ridge capping and guttering is expected to be started soon, and with the repainting progressing at a steady rate, the building is looking better each day. Work began on removing the old concrete in the entrance earlier this week, and with the installation of a sliding glass door, the building will present a new face to the public.



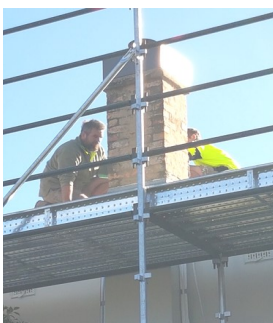
Old roofing iron being removed.



The first new sheet of roofing iron being put in place.

Inside, construction upstairs is also progressing well, with the walls having been painted, and the completion of plumbing and electrical, as well as installation of skylights, scheduled to begin shortly. Five offices and two meeting rooms, along with a small kitchen, will provide space for a variety of community services, including the Valley and East Coast Voice and counselling, as well as training and meetings.

Chimneys being repaired.



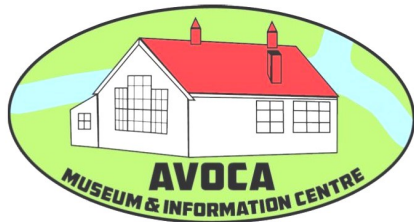
The old shingle roof, being overlaid for the new roof.



View from garden at the rear.







## Avoca Museum and Information Centre

Old School Building  
AVOCA TASMANIA 7213

**Free WiFi**

### Avoca Museum & Information Centre ANNUAL GENERAL MEETING

10am at AMIC Tuesday 23rd June 2020

To be followed by a General Meeting

Social distancing will apply

Bring your lunch

**New playground** taking shape at Avoca thanks to the Federal Government, the Tasmanian Community Fund and the Northern Midlands Council. The 'tractor' rural theme promotes the beautiful environment around Avoca.



### New glass display cabinets for the Avoca Museum & Information Centre

Thanks to the Federal Government's Stronger Communities Program and the Tasmanian Community Fund AMIC has been successful in gaining funding for 3 more glass display cabinets and a glass table top for the map drawers to protect the aged original cloth map of Avoca which has been donated to AMIC.

The display cabinets, which match those we already have, will exhibit items from the Avoca Primary School, St Thomas' Church and the Post Office.

When things get back to normal after Covid-19 social distancing and hand hygiene will be in place when you visit the museum.

The AMIC Committee and community appreciate these funding opportunities which support our efforts to preserve and protect our history.



**Rossarden and Friends Kid's Christmas Group** next meeting is Tuesday 30th June 2020,  
10am at the Avoca Roadhouse (earlier time) - Social distancing will apply



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



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LIBERAL SENATOR FOR TASMANIA

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

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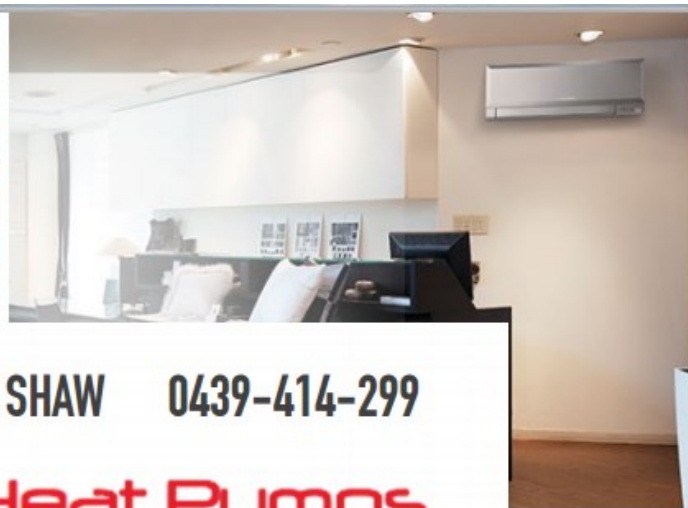


Avery House, 48 Cecilia Street, St Helens  
9 Gordon Street, Sorell  
john.tucker@dpac.tas.gov.au  
Ph: (03) 6165 7840

 John-Tucker-Lib-MP-for-Lyons

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# 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**

**11/6/20– 26/6/20**

**Dr K. Rawnsley**

**12/6, 16/6, 19/6, 23/6 & 26/6/2020**

**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 health 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 staff member will come and do a health assessment on you before entering the building.

Currently **inpatient visiting hours are 2:00pm– 6:00pm with a maximum of 1 visitor per visit.**

Please refer to Public Hospital Visitors information in this edition of the Valley Voice.

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

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. An appointment is still needed. 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. Please discuss this with the reception staff when making an appointment.
  - \* 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 the public maintain adequate social distancing (1.5 metres).
  - \* 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. Some phone consultations may still be available.

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



# St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

## Everyone is encourage to continue to:

- \* maintain physical distancing;
- \* practice good hygiene and wash your hands;
- \* get tested if you have any symptoms;
- \* work from home where possible (noting some employees, due to the work that they do, have continued to work from their worksite, and that it remains safe for them to do so);
- \* stay at home if you are unwell; and
- \* download the COVIDSafe app.

*Vulnerable people in the community are still encouraged to stay home and protect their health.*

The easing of restrictions will continue to be based on Public Health advice and changes will be made depending on Tasmania's circumstances.

Thank you for your ongoing cooperation and patience with how you currently access our health services .

## **St Marys General Practice reminder**

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

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

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

## **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**

PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS



# Public Hospital Visitors

Do NOT visit a hospital, outpatient department or clinic if you have:

- ✗ a fever, cough, sore throat, runny nose, gastrointestinal symptoms; or
- ✗ been advised to quarantine



Apart from parents / carers visiting Neonatal Intensive Care

Visitors must complete the 'Visitor Screening Tool' on arrival.

## Maximum number of visitors allowed at one time



**1 support person or visitor**

- Community Centres
- Emergency Department
- Maternity Unit (during labour and birth)
- Outpatient Clinics
- Short Stay Surgical Unit



**2 parents / carers or visitors**

- Department of Critical Care Medicine
- Neonatal Intensive Care (parents / carers)
- Palliative Care
- Pediatric Unit (parents / carers)
- Operating Theatre and Recovery Room (parents / carers of children only)

## Exemptions

To request an exemption on compassionate grounds, contact the facility you wish to visit and talk with the Nurse Unit Manager or Associate (NUM) or Associate NUM.

Exemptions may apply to:

- palliative care visits during the terminal phase of care; or
- sibling visits to Neonatal Intensive Care.



### How do you contact us?

**Email:** [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

**Web:** [www.hub4health.org.au](http://www.hub4health.org.au)

**Facebook:** Hub4Health

### Our Aim:

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

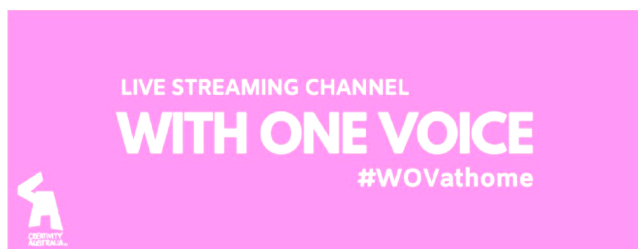
**Active4Life Gym is closed due to the Australian Government Regulations relating to venues during the pandemic.** This includes programs such as Yoga, Pilates and Zumba

These measures took 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. We are working on a plan for a staged re-opening with small groups, larger groups and then individual use over the course of the next few months. 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](mailto:admin@hub4health.org.au) or stay updated on our Facebook page

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



BUILDING BLOCKS INVITES YOU

## JUNE WALKING GROUPS

**Starting from 16th June** - weekly pram and toddler friendly walks for families with children 0-5 years all welcome. All sessions start at 10.30am and approx 45 min. Free. BYO children bike, drink and snacks.

ST HELENS: TUESDAYS STARTING AT LIONS PARK  
SCAMANDER: WEDNESDAYS AT WINIFRED CURTIS RESERVE

ST MARYS: THURSDAYS ST MARYS REC GROUND  
BICHENO: FRIDAYS MEET AT PARK OPP BP SCHOOL

More Info Tanya: 0400 002116

If you or your child are unwell please stay at home. 20 people per group max. Cancelled if weather is too wet - check our Facebook Page for updates

### Expressions of Interest—Active4Life Gym St Marys

Hub4Health are seeking expression of interest for the regular cleaning of the Active4Life Gym in St Marys. Must have ABN and cleaning experience. Cleaning schedule to meet COVID-19 safe workplace standards

Please contact our office by the 16th June for further information via [admin@hub4health.org.au](mailto:admin@hub4health.org.au)  
No offer necessarily accepted



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**ST MARYS SPORTS CENTRE NEWS****by Volan Tier**

Great news late last week, that we could open our doors to a few members. It was a bit of a rush to get all the necessary paperwork filled in, but we finally opened after a round of golf on Sunday. Basic beer sales at present, but with a bit of time to get things up and running, we should be somewhat back to normal on Thursday night. Just letting everyone know that due to the current updated restrictions, you cannot enter the club without registering in the Visitors' book, with address and phone number. This is required of all, including members, as well as following the regular hand-cleaning rules.

Much work is going on around the place, even though we have been shut down. Regular cutting, spraying and maintenance is required to keep on top of things. A big "thank you" to Doctor Rick for his efforts in repairing both golf ball washers and his tireless work in the bunkers, also to Bobby for the garden work; it doesn't go unnoticed. Well done to you both, a real team effort.

There will be meal nights organised soon, we just have to get through the current restrictions.

**GOLF:** Our regular Sunday competition is bringing a few players along. Good to see a few on the course, along with our ladies who regularly play, and some interested new locals. Things are finally on the pick-up on the course and don't the greens look great?

Competitions in the last two weeks have seen Macca, of all people, winning two weeks back, and Macca and Speed Maher cleaning up this week - I'm sure that there must be a drug test taken shortly, looking for performance-enhancing drugs. We all enjoyed a great feed of curried sausages after the hit, and they went down a treat in the cold weather. Chef Carrick will cook up a storm next Sunday, and for a minimal cost of \$5.00 a game, that is surely the best value entertainment going around. See you there at 11.00 am on Sunday.

A couple of competition ideas have been floating about, but we will hold them back until more details are available; also if you are from another club, you are quite welcome to join us for a leisurely hit, as a few are doing at present.

**BOWLS:** Nice to hear Audrey Clingo is on the mend after recent surgery, and also Peter LeFevre, who has cut his hand badly whilst building a new bench saw; looks like it worked well, Peter!

**Winter opening hours: Thursday, 5.30 pm; Friday 5.30pm; Sunday 2.00pm.**

**GOOD HITTING AND ROLLING.**





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**Phone: 6372 2240**

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**Friday 7.30am - 7.00pm**  
**Saturday 7.30am - 6.30pm**  
**Sunday 8.00am - 6.00pm**

### CND IGA ST MARYS

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

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

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

**PLEASE NOTE:**

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

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

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

PLEASE NOTE: no cash will be accepted on delivery.

Our aim is to keep our community safe.

CND IGA St. Marys

### THE VALLEY AND EAST COAST VOICE

is available at the following outlets:

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

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PO Box 322

FINGAL 7214



0 609722 951852

## Crossword Solution

### ISSUE 52.09

**Across:** 3. Eccentric, 8. Rare, 9. Transept, 10. Admire, 13. Utter, 14. Servile, 15. Dud, 16. Epsilon, 17. Piano, 21. Ravine, 22. February, 23. Duke, 24. Premature.

**Down:** 1. Treasured, 2. Dramatist, 4. Cater, 5. Elapsed, 6. Toss, 7. 1-Spy, 11. Hilarious, 12. Recovered, 14. Sun, 15. Dormant, 18. Dryer, 19. Veer, 20. Grim.