



# THE VALLEY AND EAST COAST VOICE

**Established 1968**

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## NEW PLAYGROUND WELCOMES VISITORS TO FINGAL VALLEY

The renovated Avoca Playground at Boucher Park was officially opened on Tuesday 29 September 2020, by Senator Claire Chandler and Northern Midlands Mayor Mary Knowles OAM. With around 30 people present, including several children who happily played on the features of the park, Senator Chandler represented the Federal Government, while Andrew McGregor attended on behalf of the Tasmanian Community Fund.



Andrew McGregor, Mayor Mary Knowles OAM and Senator Claire Chandler at the opening.

Mayor Knowles said that the \$106,680 playground refurbishment was designed to give local children a safe and inviting space to explore the outdoors and develop physical, social, emotional, and cognitive skills. "The development at 15 Blenheim Street includes new play equipment – a tractor-slide, sheep shaped rocker and basket swing – designed to incorporate a farm theme, in keeping with the rural location," Mayor Knowles said. "The locals all know how difficult the past few years have been for Avoca, with the closure of the Avoca Primary School, the de-consecration of St Thomas' Anglican Church and the sale by the Anglican Church of the Parish Hall which housed the Post Office. Plus, over the past 10 years or so many families have had to relocate for work, as the mining and forestry industries downsized. However, small communities are built of resilient people who love their patch and who will do whatever it takes to keep their town vibrant and viable."

Before its closure, the Avoca Primary School students were asked what sort of playground they would like. They chose the tractor theme to show that they live in an agricultural environment, and living and working on a farm is a part of life for many families. The entrance statements as you come in to Avoca emphasise the presence of deer in the agricultural landscape, and the historic hunting background of many locals. "So, despite some of those students now being high school students, their choice is now the highlight of Avoca and this unique playground is being noticed, and has indeed put Avoca on the map of places to stop. Following the closure of the Avoca Primary School in November last year, Council hopes this playground will provide a place for children to work off energy, have fun, and interact with peers," Mayor Knowles continued.



The distinctive tractor slide, a favourite piece to play on.

Council received \$50,000 in funding from the Community Development Grants Programme, as well as \$36,680 from the Tasmanian Community Fund towards the refurbishment, which was one of the Northern Midlands Council's identified priority projects in 2019.

After the conclusion of the ceremony, the official party visited the Avoca Museum and Information Centre, and noted the significant achievements of the Avoca community.

Tasmanian  
**Liberal**

John  
Tucker MP

Liberal Member for Lyons

Avery House, 48 Cecilia Street, St Helens  
9 Gordon Street, Sorell  
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Authorised by John Tucker MP, 9 Gordon Street, Sorell TAS 7172

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 Valley and East Coast Voice  
 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.

Articles for publication may be left at the Fingal Valley Neighbourhood House, 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, 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. Whilst we value and welcome community input, the Fingal Valley Neighbourhood House does not provide specific feedback regarding any decision made not to publish a submission.

The Fingal Valley Neighbourhood House reserves the right at all times, without notice, to update, change or amend our guidelines. All information is correct at time of printing.

This newspaper is about the Fingal Valley and the East Coast, and the people who live here. If you have a story you would like to share, or a suggestion for an article or regular column, please contact the Editor. You can show off your literary talents and submit it for consideration, or the Editor can write it for you.

Photographs are important, too, so try to include them, with some information as to where and when it was taken, what the occasion was, and who is in it.

We also like to tell people about our sporting history, and tales of sporting prowess and vanished sporting events are also welcome.

Email me at: [valleyvoice@fvnh.org.au](mailto:valleyvoice@fvnh.org.au)  
 Editor, the Valley and East Coast Voice

**GROUND WORK UNDERTAKES LANDSCAPING AT COMMUNITY SPACE**

Big shout out to Ground Work Landscaping owner, Paul Henderson, who brought up three team members from St Helens, along with some great machinery, and worked solidly all day on Wednesday 16th September, to level all the earth in the St Marys Community Space, ready for raking and then grass seeding during the following week.

Volunteers came into the Space following this ground work, and spent some days raking and removing stones, after which Paul Aulich, our every busy President, seeded the area. This work completed what the volunteers had started a couple of weeks ago, and we thank the volunteers for their efforts and also thank Ground Works for their generous offer of assistance.



*Paul and the crew from Ground Works.*

The St Marys Community space is a multi-use public area, with facilities for skate-boarding, roller skating, bike and scooter riding, and includes outdoor exercise equipment, as well as swings and a barbeque shelter and seating.

The Association are hoping to open the Community space once the lawn is established, hopefully towards the end of October, as this ensures the safety of all those using the street park, skate ramps and other facilities, so watch the Facebook page where we put all the news.

This space will be fantastic for everyone in our local area and beyond, and we know already that we have groups champing at the bit to get down here and try out this remarkable street park facility.

Thanks again to the Tasmanian Community Fund for our major grant funding and every other agency that has made grants to this space. It is thanks to the wonderful generosity of people like Paul Henderson, owner of Ground Works, that we have managed to get this project completed.

“Once again, many thanks to Paul and his team, as what they completed in one day would have taken volunteers working with

limited resources weeks to get finished,” Janet Drummond, Chair of the committee commented.

Call in and check out their display next time you are in St Helens.



*The Ground Works crew hard at work.*



*Around the “Volcano”, seeded and ready to grow.*

The St Marys Hospital Support Association Inc  
will hold their **AGM** on  
**Monday, October 12th 2020,**  
at **7.00 pm** in the Day Centre Room  
at the St Marys Community Health Centre.

All welcome,  
Len Miles, President.  
Contact: 6372 2285



**GROUND WORK**  
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# Fingal Valley Neighbourhood House INC

Old Tasmanian Hotel  
20 Talbot Street, Fingal

**01/10/2020 - Update**

**We are observing social distancing and limiting numbers into the house and each room during this time.**

We will ask you some questions on entry to ensure everyone's safety.

We have started re-introducing some of our programs with the following updates:

**Royal Flying Doctors Bus** will be visiting again from Tuesday 6<sup>th</sup> to Thursday 8<sup>th</sup> October - drop by and see what is happening. There will also be a BBQ for Mental Health week on Thursday 8<sup>th</sup> October.



- Library and Op Shop are now open.
- Loaves and Fishes has now gone back to **Thursdays from 12pm and has returned to the Neighbourhood House for collections.**
- NILS Loans, transport, food relief etc are now back. Please contact the house for more details.
- Our history group is getting back underway and always looking for new volunteers - if interested please contact the office for more information.
- Next Bus trip to St Helens will be on 9<sup>th</sup> October. Call the office to book your seat.



## CRAFT

If you are interested in Mosaics or Craft of any kind please register your interest with the office and we can advise when these activities will be starting.

Alternatively, if you'd be interested in running a class, please contact us on the number below.

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).

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

**PATCHWORK**  
*Basics*

**LEARN HOW TO:**  
Cut (scissors or rotary cutter)  
Piece (by hand or machine)  
Hand applique

**MAKE SAMPLER BLOCKS**  
Can be made into a quilt, wall hanging, bag, table runners etc.

This introduction is to give you a taste of a therapeutic craft, enjoyed by millions of people all over the world.  
Enjoy friendship and learn a skill to last you a life time!  
Further programs may take place - depending on interest.

**WHAT TO BRING:** Notebook and a pen, glasses (if you need to wear them for reading/close up) and a display book.

**TO REGISTER YOUR INTEREST, CONTACT THE FVNH OFFICE ON 6374 2344**

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# FINGAL FOCUS

*Contributed by Mike Brouder*

A day without laughter is a day wasted...

When I left school, my first job was as a survey assistant with the Agricultural Bank of Tasmania, whose principal purpose was to facilitate the settling of returned servicemen on to the land for farming purposes. Some, or even most, of that land had to be cleared for settlement. That's where my job started.

The land had to be surveyed to determine where the drainage ditches would be best located. The need for sub-division was also obvious if settlers were to have secure tenure on their block of land, this would be needed later when the blocks were available for settlement.

I enjoyed the work except during the cold wet months, when I was knee deep in water. I soon noticed that I was losing weight fairly rapidly... I decided to see if I could get work in Hobart, a city I knew because I went to school there for a couple of years. I applied to the Public Service Commissioner to see if there were any jobs available and got a reply to the fact that there were four 'positions available' for which I could apply (if only those days could be brought back!!) There were three clerical jobs with the Education and Health Departments and a trainee job with the Forestry Commission. The trainee job was that of Trainee Photo-Interpreter with the Mapping Branch. This sounded much more interesting than clerical work. I applied and was told to get a medical examination. Later, I received a letter to attend an interview in Hobart at the Forestry Commission Head Office in Murray Street. I put on my best suit, to be honest my only suit, and headed south.

I arrived at the Head Office on time, and after a short wait I was shown into the office of Colonel Denis Lane who was head of the Mapping Branch. He was a gentleman of "The Old School". He set me at ease by saying, "Have a seat, old chap," and we proceeded to talk about all sorts of things. Eventually he said that we really ought to have a look at the kind of work which was done. He brought out a pair of aerial photos and a stereoscope. He told me that the job entailed studying the photographs through the stereoscope, to determine information about the forest. I admitted that, "I can't get the hang of it myself, old chap". We went into the general office to see what was done each day. That was about it. I went home to Smithton and awaited any news about my future..

A letter arrived, at last, informing me that I was to report to the Forestry Commission Head Office, where I would commence duties on August 27th, 1951.

\*\*\*\*\*

**A man takes** his bull mastiff to the vet and says "I think he has a lazy eye." The vet picks the dog up and studies him. "Yes, you're right. He has a lazy eye. I think I'll have to put him down." "What!" cried his distraught owner. "Just because he has a lazy eye?"

"No," replied the vet, "he's just too heavy!"

**While I was watching** the football one weekend, my wife and I got to talking about life and death and the need for leaving wills. I told her that I never wanted to exist in a vegetative state, dependent on machines and taking fluids from a bottle. She got up, unplugged the TV and then to my amazement threw out all my beer and scotch. I guess it's tough being married to a smart a...!

**Aspiring psychiatrists** from various colleges were studying emotional extremes. "Just to establish parameters, what is the opposite of joy?" the lecturer asked them.

"Sadness" said a Melbourne student. "And the opposite of depression?" "Elation" said a Sydney student. "What is the opposite of woe?" he asked a student from a Snowy Mountains Agricultural College. "I guess that would be 'giddy-up'", the student replied.

**Definitions: Diplomat** - A man who can convince his wife that she would look fat in a fur coat...

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

## The Say by the “Cage Rattler”

The good old St Marys Pass, eh.... the age old topic of the Pass, as to whether it's time to consider a long term alternative or to keep maintaining the status quo. There's pro's and cons on both sides I guess. Why I mention this now, is that in recent weeks I've been up and down the old girl a bit more often than usual, and have noticed how many times the surface has been patched and needs to be again by the looks of things. The bitumen is actually breaking up in a few places.

Considering that St Marys Pass and Elephant Pass are the only genuine access to the East Coast from the west, it is true that as summer approaches these two passes are pretty darn important. Given that the pandemic is presently curtailing interstate traffic, maybe it's an opportunity to do some more repairs in this regard. Over the years during closure from floods or fires the vulnerability has also been evident, and has prompted discussion at times on whether an alternate over the top might not be something to consider as the area becomes more populated and indeed popular for visitors.

In recent times we've seen many hundreds millions of dollars spent in larger regions across Tasmania, and most of us have seen great safety improvements to highways and such across the state. I understand this will continue into the future. Then there was some gains made between St Marys and Cornwall Avenue with some widening and guard rails, but in the past few years at least, other than some bank fortifying, the road surface over the 5.8 kilometres is just about the same with a few repairs here and there .

The down side if ever there was serious consideration to another route to the coast is the Passes are beautiful drives especially for tourists and if a new road perchance was to happen, these two historic passes might well be taken out of service. It's a moot point that I bring this up, because the likelihood of a better route is extremely remote for all sorts of reasons, not least funding.

Perhaps the real question we should be putting to our politicians both Federal and State is this - Tasmania has some magnificent tourist drawcards like Freycinet Peninsula, Douglas Apsley, Bay of Fires, camping, fishing, mountain biking etc , and not forgetting the Fingal Valley too as part of that, but the coastal roads in particular that need to carry ever-growing volumes of visitors and locals don't seem to get the degree of upgrades other areas do. Not saying they don't get maintained because they do, but with Tassie becoming a favoured destination of many visitors from all over the place, I'd like to think that the upper East Coast will feature strongly with traffic and transport infrastructure planning in the next decade or two.

For those of us that travel especially the St Marys Pass often, wouldn't it be great to see this nearly 6 kilometres of breathtaking tarmac get increasing improvements as the years go by. I wonder whether we will still be wishing for that in ten years time, or will the iconic road be a little more secure from the next fire or flood as the funding becomes available to do so. In the short term, I hope some of the broken surfaces will soon be repaired again before the end of the year and before the festive season arrives once again .

What do you think ?

### **NEXT STAGE IN NEIGHBOURHOOD HOUSE UNDER WAY**

As more activities at the Fingal Valley Neighbourhood House resume, work has begun on the lift-shaft, which will allow access to the second floor for those with mobility issues. At the moment, the original stairs are being used to get to the offices and meeting room, but being a little steep and having narrow treads means that carrying paperwork storage units can need assistance. After the completion of the formwork for the shaft, the lift will be obtained from the manufacturer and installed later in the year.



*Digging the lift shaft base.*



*Shaun Moore checks the blockwork inside the shaft.*



*The completed lift shaft base.*

**FIND CANCER EARLY !**

**Have you had any of these...**

**... for more than 4 weeks?**

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- An unusual pain, lump or swelling anywhere in your body
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- A persistent cough
- A new or changed spot on your skin

**... once or more?**

- Blood in your poo
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- Blood in your pee



If you have and you are over 40...

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COVID-19 has brought with it many challenges and as we are regaining normality, you might have been wondering if it is safe to visit your doctor. Rest assured, your doctor and health services are still there for you, so there is no need to put off or miss important medical appointments or ignore symptoms that may have arisen during isolation. Doctors are providing a safe environment for those who need to visit and are providing options over the phone via telehealth services. Call your doctor to discuss whether to visit the practice in person or have a telehealth appointment.

Finding Cancer Early is important as the earlier cancer is found, the greater the chance of successful treatment. Stay connected with your health care service, know your body and continue to participate in the National Cancer Screening Programs. If you have symptoms, don't delay seeking medical advice.

Look after your health and wellbeing.



For more information visit [findcancerearly.com.au](http://findcancerearly.com.au) or call 13 11 20

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04/2019

**BICHENO BUSY FINGERS GROUP**

The Bicheno Busy Fingers group commenced meeting in 1999 with just four people. Since then, it has grown somewhat, and our average membership runs at 16. The group brings together people of Bicheno and surrounding areas who love to stitch, craft and chat. The group's current membership covers ages 40 – 80+. Busy Fingers meets regularly on Thursdays between 11.00am and 3.00 pm at the Bicheno Bowls and RSL Club. Members bring their own lunch and work to do. New members are always welcome.

Over the many years since its inception the group has produced hundreds of quilts, many more knitted items, and contributed to fundraising for local community causes and other groups. The first Quilt and Craft show was held in 2004, and many skills have been on display ever since, including knitting, toys, bags, beadwork, quilting, needlework and tapestry.

One of the features of the now biennial show is the Charity table, where all members make and donate goods for sale. Proceeds are given to Anglicare to assist in their work and fundraising efforts. In addition to participating in producing items that they love, the Group has also contributed to many and various community efforts, including: Days for Girls, Blankets of Love, and has made many quilts for raffles, and made donations to various nursing homes, and other worthwhile causes.

This year our Quilt and Craft Fair promises to be spectacular. During COVID-19 lockdown we were limited to using materials on hand and members have produced a wonderful array of knitted items, quilts and other craft. Come along to the show on October 24 or 25<sup>th</sup> and see for yourselves.

For further information, or to join to group, contact Pamela O'Hara on 0419 261 241.

**Bicheno Busy Fingers  
Quilt & Craft  
Show 2020**

Saturday 24th October  
10am - 3pm  
&  
Sunday 25th October  
10am - 2pm

Bicheno Memorial Hall

Entry - gold coin donation

Stall holders & Charity Trade Table



Covid19 social distancing conditions apply

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>STAR FM</b></p> <p><b>Program Guide</b></p>  	<b>Brekkie</b>	Start your working week  with <b>Sandy</b>	Enjoy your Fruit Loops  with <b>Sandy</b>	I see Stars  with <b>Sandy</b>	Eggs Over Easy  with <b>Skuter</b>	Alphabet Soup  with <b>Jewels</b>	It's the Weekend  with <b>Shaun</b>	Magilla's Jazz until 9.30 ...followed by Magilla's Magic Mix until Noon
	<b>Morning</b>	Feeling good  with <b>Jewels</b>	The Good, the Bad...and the Ugly  with <b>Skuter</b>	The Fusion Show  with <b>Jonno</b>	Rhythm N' Reggae  with <b>Big Daddy Davo</b>	Simply 60's  with <b>PUGS</b>	Old and New with "You Know Who"  with <b>Angelina</b>	with <b>Magilla</b>
	<b>Arvo</b>	Jackster's MUSIC BOX  with Jackster and Porsche	DownUnder and more  with <b>Mary-Anne</b>	"Around the World" with your hostess  The Tone	The All Australian Show  with <b>Pugs</b>	Under the Radar  with <b>FEEF</b>	A dose of Dr Dave  with <b>Dr Dave</b>	Star FM's The 80's Zone
	<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>	Plug in your FLASHDRIVE  with <b>The Flash</b>	"Rock On"  with <b>Jonno</b>	"No 80's Zone"  The <b>Tone</b>	with <b>The Tone</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>	Thursday Nights  with <b>Star FM</b>	Magilla's Escape  with <b>Magilla</b>	The Party Pit Playlist by "Benji"  with <b>Star FM</b>	Big Daddy Davo's Blues Mix  hosted by <b>Dave</b>

**'TICKET TO PLAY' BACK ON TRACK**

Earlier this year, the State Government funded vouchers to help pay the costs involved in children joining a sporting club, which lapsed during the COVID-19 lockdown. Now, the scheme has returned, with two vouchers, each worth \$100.00, being available to many families, which can be applied for by parents of eligible students and children.

With the cost of membership being too expensive for many, the major objective of 'Ticket to Play' is to increase the number of students aged 5 to 17 participating in organised sports and activities. This can include Tasmanian sports clubs, Scouts, Girl Guides and Cadets organisations which are approved under the scheme. The vouchers can be used for membership or registration, and it is hoped that this will lead to an increase in participation in sporting activities across the State.

The scheme, which began in 2019, was a great success, with over 6,000 vouchers being issued, and is seen as being part of the resumption of sport and recreation activities in Tasmania following the COVID-19 restrictions, and therefore part of the recovery process for the state. The State government has committed to running the scheme for a further four years

For more information, go to: [tickettoplay@communities.tas.gov.au](mailto:tickettoplay@communities.tas.gov.au)





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8th Oct  
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FREE  
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Neighbourhood  
House

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## COVID-19 Small Business Energy Support Grant Program

This grant program will assist Tasmanian small businesses impacted by COVID-19 with their electricity, water and sewerage costs.

One-off grant payments of \$1,000 are available to eligible businesses in embedded networks, and those businesses who have not been eligible for the COVID-19 electricity, water and/or sewerage waiver available from service providers from 1 April 2020.

Applications are now open and will close at 12 noon on Monday, 26 October 2020.

For more information visit [www.business.tas.gov.au](http://www.business.tas.gov.au) or contact Business Tasmania at [ask@business.tas.gov.au](mailto:ask@business.tas.gov.au) or on 1800 440 026.

## MENTAL HEALTH WEEK

Mental Health—It's everyone's business

Department of State Growth



**WIN** a share of  
**\$17,500** to renovate  
your home this Spring!



## Fancy renovating your home ?

Get a free market update from LJ Hooker St Helens during Spring to go into the draw to win a share of \$17,500 in renovation vouchers!

Contact your local agent  
**Kate Walsh 0419 683 904**



**ANGLICAN CHURCH**

**SERVICE TIMES**

contact 6376 1144



**St Helens**

St Paul's: 9.30am every Sunday

58 Cecilia Street, St Helens.

**St Marys**

Holy Trinity: 10.00am every Sunday

13 Main Street, St Marys.

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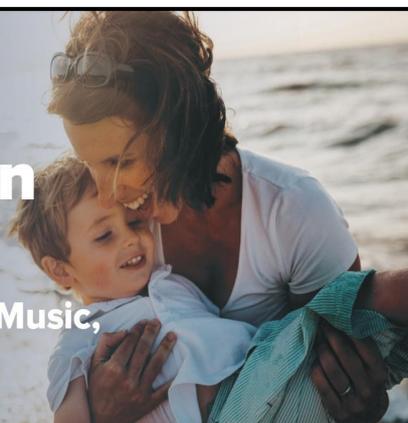
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**2020 PALLIATIVE CARE AWARDS HAVE BEEN OFFICIALLY LAUNCHED**

Do you know a person who is looking after someone who has a life threatening or terminal illness?

Palliative Care Tasmania is pleased to announce the launch of the fourth annual Tasmanian Palliative Care Awards, celebrating compassion and excellence in all areas of Palliative Care and end of life support.

So what is palliative care? Briefly, palliative care is person and family-centred care provided for a person with an active, progressive, advanced disease, who has little or no prospect of cure and who is expected to die, and for whom the primary goal is to optimise the quality of life. It helps people live their life as fully and as comfortably as possible when living with a life-limiting or terminal illness.

Chief Executive Officer of Palliative Care Tasmania, Colleen Johnstone, encourages people to take the time and nominate those in the community who undertake this difficult role.

“People and organisations working, volunteering and caring for those living with a life limiting illness or who dying are some of the most selfless people in our community,” she said. “We’ve made the nomination process very easy and it should only take a few minutes to nominate someone – please take the time, you will make someone’s day just by nominating them.”

Nomination forms are online at: [www.pallcasetas.org.au/2020-tasmanian-palliative-care-awards](http://www.pallcasetas.org.au/2020-tasmanian-palliative-care-awards), and should only take about 10 minutes to complete. Self-nominations are also welcomed, and paper forms are also available by request. Nominations are open until 14 October. If anyone needs support to complete a nomination, please don’t hesitate to contact Palliative Care Tasmania, on 03 62312799 for assistance.

The award categories are;

Outstanding Palliative Care Professional proudly supported by Millingtons;

Outstanding Palliative Care Organisation proudly supported by Millingtons;

Outstanding Palliative Care Volunteer/Carer proudly supported by Carers Tasmania; and

Outstanding Palliative Care Community Advocate, proudly supported by HESTA.

More information about each category is available online.

Nominations open 1st September and close 14th October 2020, and finalists will be announced on 29th of October. The Online Awards Ceremony will be held on 5th of November, and every nominee will receive a certificate of recognition for their valued contribution.

Nominating someone and recognising their efforts is a wonderful thing to do! Who are you going to nominate?



## TASSIE SEEKERS

Meet fortnightly for readings, discussions, talks etc.

Non-denominational, loosely based on the format of spiritualist meetings.

First and third Sunday each month.

St Marys Hall, 23 Main Street, at 2.00 pm.

Free entry. Donations welcome.

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Break O'Day  
Suicide Prevention Trial Site

# mental health & WELLBEING DAY

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6th Oct  
2020

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VOICE CHOIR 12 NOON  
MEET SOME LOCAL SERVICES  
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& more

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WELCOME  
ALL AGES

FREE EVENT

10am - 2pm  
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Triangle  
Crn Burgess and  
Foster Street

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contact admin@sthelensnhh.org.au

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Mental Health—It's everybody's business



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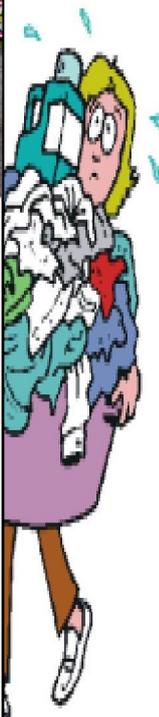
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# Mental Health It's Everyone's Business

Join us for an information and discussion session.

We would love to hear your thoughts on

- mental health
- needs and gaps in services

There will be a short presentation and an opportunity for questions.

Come along and meet some local mental health service providers.

Come along and find out the latest information on the Break O'Day & Bicheno Suicide Prevention Trial Site.



**WHEN:** 7th October 2020

**TIME:** 6.30pm—8.00 pm

**WHERE:** St Helens Bowls Club

*Light supper included - RSVP please*

Need help with transport? Contact St Helens Neighbourhood House before September 25th and we can arrange free transport.

Phone the team on 6376 1134 or email [admin@sthelensnhh.org.au](mailto:admin@sthelensnhh.org.au) for more information



St Helens Neighbourhood House

Break O'Day & Bicheno Suicide Prevention Trial Site

Supported by Primary Health Tasmania under the Australian Government's Primary Health Network

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<p style="text-align: center;"><b>Moo Poo</b>                  See Normie                  6372 2380</p>	<p style="text-align: center;"><b>Work Wanted!</b>                  I am a qualified and experienced Landscape Gardener.                  I have a Certificate III in Horticulture and am available to work in the area.                  For more information call Mark on                  0457 168 521</p>

<p style="text-align: center;"><b>HAYSHED</b>  <b>IGA SUPERMARKET</b></p> <p style="text-align: center;">TRADING AS HOLDER BROS</p> <p>Trading Hours:</p> <p>Monday to Friday    8.00 am to 5.30 pm                  Saturday            8.00 am to 10.30 am                  Sunday                8.00 am to 10.00 am                  (Sunday; papers and normal trading)                  Public Holidays..... 8.00 am to 10.00 am                  Good Friday..... CLOSED                  Christmas Day..... CLOSED</p> <p style="text-align: center;">Phone : 6374 2171                  Fax : 6374 2393</p> <p style="text-align: center;"><b>Meat, fresh and frozen</b>  <b>Vegetables, fresh and frozen</b></p> <p>All regular grocery lines available at special IGA prices.</p>	<p style="text-align: center;"><b>HAYSHED CAFÉ</b>  <b>COFFEE SHOP HOURS</b></p> <p style="text-align: center;"><b>Monday to Friday.... 8.00 am to 1.00 pm</b>                  CLOSED WEEKENDS</p> <p style="text-align: center;">Toby's Estate Coffee                  Fresh rolls and sandwiches,                  made to order                  Lasagne, Pasta Bakes,                  Potato Bake, Quiches, Pies                  Cakes, Slices, Biscuits</p> <p style="text-align: center;"><b>31 Talbot Street, FINGAL</b>                  Phone: 6374 2171                  Fax: 6374 2393</p>
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## 5 Minutes With the Mayor.



### LOOKING FORWARD/LOOKING BACK

When I look back at where we have come from since I first started my term with Council, I must say how proud I am to be the Mayor of this amazing community.

Thinking back to before opening the St Helens MTB network - we kept saying that this project would have great benefits for our towns and communities, but I don't think even we could have believed the numbers of people that are coming to our area to enjoy them.

After losing a large chunk of our busy season visitation to the coast with the pandemic, the trails have continued to bring Tasmanians to the network, which has provided our businesses with a boost that, for some, will now tie them over to the summer.

When I head up to the Trailhead, I see whole families of mountain bikers, from little tackers to Mum and Dad, heading off to hit their favourite trails. You will also see the experienced riders heading off on the shuttles and coming back in to the trailhead all smiles and adrenaline. The atmosphere up there is all excitement, and during these difficult times, witnessing this joy is a real ray of sunshine.

Where to from here? This is something we are always thinking about and we are exploring opportunities for more trails for both bikes and walkers. This includes projects in the valley like a railway ride from Fingal to St Marys. It's all just dreams at the moment, but not so long ago so were the mountain bike tracks!

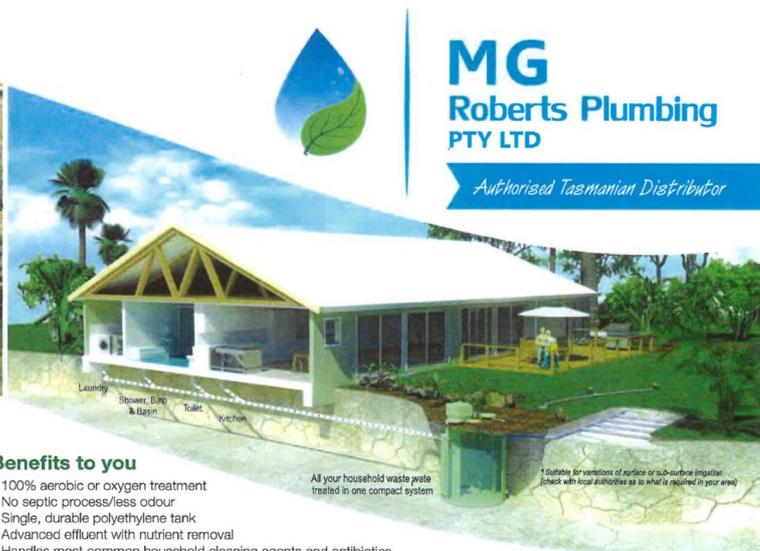
Here in Break O'Day, we understand that we need to look after all of our community and we also want our community to grow. We need to give good reason for people to come to our area and stay! Projects like this create jobs and this in turn creates more investment in our area. This doesn't just mean developments, it also draws service providers to our region.

As a municipality that is the 5<sup>th</sup> most tourism reliant municipality in Australia, we will not be sitting on our laurels, as the way forward for all of us is to be positive and proactive in our quest. This way we will be able to provide jobs for our children, keeping them in our area, as well as give reason to families to move to our municipality.

So when I look back to where we have come from, it really has been an amazing journey but I still believe the best is yet to come! When we come out of COVID-19 restrictions, it will be a new tomorrow for us all, and we will once again welcome interstate and international visitors to our region. I would urge people in business to start making sure you are ready for the, because no doubt they will be just as excited to be here as we are to have them here, and they will want to see and experience it all!

*An aerial view of the St Marys Car show in 2019*





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## WASTE TRANSFER STATIONS

### BREAK O'DAY MUNICIPALITY

North Ansons Bay Road, ANSONS BAY: OPEN 12 pm - 4 pm Wednesday, 10 am - 4 pm, Sunday and 12 pm - 4 pm on Monday of long weekends.

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

Eagle Street, ST HELENS, includes recycling: OPEN 10 am - 4 pm every day.

Coach Road, SCAMANDER, includes recycling: OPEN 10 am - 4 pm Tuesday and Thursday and 2 pm - 5 pm, Sunday.

Gray Road, ST MARYS, includes recycling: OPEN 10 am - 4 pm Tuesday and Thursday and 2 pm - 5 pm Sunday.

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

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

### BLACK WATER DUMP POINTS

St Helens - 117 Tully Street, St Helens

St Marys — Harefield Road, St Marys

Fingal - 13 Talbot Street, Fingal

No charges apply to use black water dump points.



## TIP SHOPS NOW OPEN

### St Helens Tip Shop

Sunday to Friday

11am – 2pm,

Saturday 11am – 4pm

### St Marys Tip

Tuesday and Thursday

11am – 3pm,

Sunday 2pm – 4pm





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**Face-to-Face Safe Spaces**  
*monthly peer support sessions in*  
**St Helens**



An opportunity to chat and share information with other families and friends of someone with mental ill health

*starting Thursday 8<sup>th</sup> October, and then on the first Tuesday of every month*

Thursday 8<sup>th</sup> Oct | Tuesday 3<sup>rd</sup> November | Tuesday 1<sup>st</sup> December  
 5-6.30pm | St Helens Neighbourhood House | 25 Circassian St

*light refreshments provided*

*These forums are for families and friends of a person with a mental illness and are not open to service providers*

Register [here](#), send us an email, or join us on Facebook for more information

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 🌐 [www.mhfamiliesfriendstas.org.au](http://www.mhfamiliesfriendstas.org.au)



**ST MARYS PACING CLUB**

**ANNUAL GENERAL MEETING**

**9<sup>th</sup> October at 7:00pm**  
**St. Marys Pacing Club Rooms**



A plate of food would be greatly appreciated

ALL NEW MEMBERS WELCOME




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You can borrow titles for 21 days.

### Get started

Have a look at the tutorial for an overview of how BorrowBox works.

### Need help?

Try BorrowBox's **help** or contact St Marys Library. You will need your library card number and your password/PIN - if you have forgotten your password/PIN, you can reset it.



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

 Free Wi-Fi  6am-9pm	<p><b><u>St Marys Library</u></b></p> <p>31 Main Street, St Marys</p> 
<p><u>Opening Hours:</u></p> <p>Mon: 12.30-4pm                  Tue: 10am-12.45pm                  Wed: 12.30-4pm                  Thurs: 10am-12.45pm                  Fri: 12.30-4pm</p>	<p>We have more than books. Borrow a DVD, CD or magazine. Search our website and order a title from anywhere in the state. Check out our e-resources too. It's all free!</p>
<p><b>eLibrary:</b> <a href="http://www.libraries.tas.gov.au">www.libraries.tas.gov.au</a></p>	

# 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.

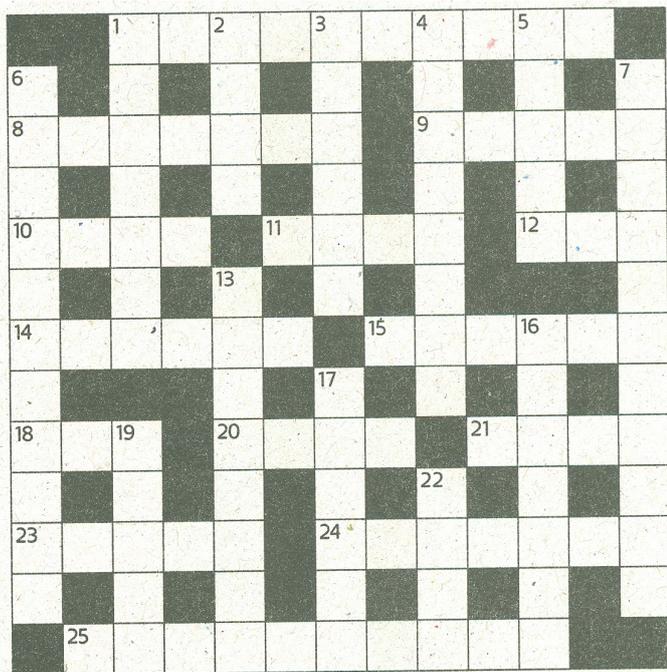
The State Government has launched a dedicated site which is the best place for you to find up-to-date information.

**[WWW.CORONAVIRUS.TAS.GOV.AU](http://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.

# Crossword 52.18



### ACROSS

1. Fortress (10)
8. Greed (7)
9. Alan \_\_\_\_, ex-Animal's organist (5)
10. Send for (4)
11. Jumping parasite (4)
12. Nightfall (3)
14. Conventional (6)
15. Fly-trap (6)
18. Statute (3)
20. Highway (4)
21. Facts and figures (4)
23. Cultivated (5)
24. Stupid (7)
25. Magnanimity (10)

### DOWN

1. Strut (7)
2. Sortie (4)
3. Sewing tool (6)
4. Seven-side polygon (8)
5. French river (5)
6. Bell-ringing (11)
7. Similarity (11)
13. D.H. \_\_\_\_, British novelist (8)
16. Affluent (7)
17. Gambling club (6)
19. Entire (5)
22. New Zealander (4)



## 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.



## St Marys Market

1<sup>st</sup> Saturday of the month, 9am-12pm\*

St Marys Community Hall

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\*Subject to COVID-19 restrictions changing. Social distancing, hand sanitisation & attendance recording conditions apply.

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Senator Claire  
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✉️ Senator.Chandler@aph.gov.au  
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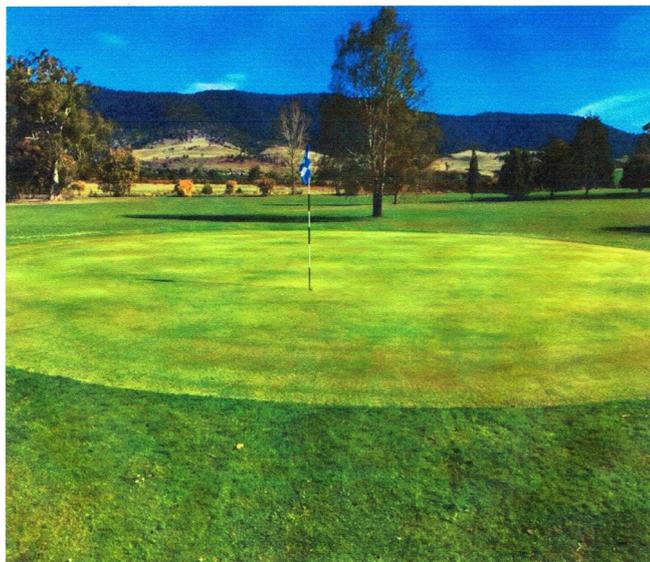
Authorised by: Guy Barnett, 76 Emu Bay Road, Deloraine Tas 7304

# JOHNS FAMILY CHARITY GOLF DAY SUPPORTING LIFELINE TAS

## 28/11/20 3 PERSON AMBROSE MALAHIDE GOLF CLUB FINGAL

SUPPORTING LIFELINE TASMANIA

\$60 per team breakfast and BBQ lunch included 10am start



Inquiries to Andrew Johns 0427854555

The Malahide Golf club are looking forward to a day of laughter and fun, along with great golf, as the annual Johns Family Charity Golf Day is held on 28th November, 2020.

The proceeds of the day are donated to Lifeline Tasmania, an organization which offers support in the area of suicide. People considering suicide often feel very isolated and alone. They may feel that nobody can help them or understand them. They believe that suicide is the only way out of the difficulties that they are experiencing. Lifeline offers counselling services to those who feel the need to end their own life, and support to the family of those who do so. It also provides advice and support to anyone who is impacted by suicide, as well as community education and workshops to help prevent suicide.

Founded in 1963, Lifeline is Australia-wide, and is staffed by trained volunteers, who are available 24 hours each day, every day, and is funded by donations, as well as Government funding. Lifeline in Tasmania commenced in 1973, as two chapters, which merged in 2012 to become Lifeline Tasmania.

“Over 50 people supported the day last year. We hope that as many people as possible come along and have a good day,” said Andrew Johns, one of the organizers.

Phone Andrew on 0427 854 555 with any queries.

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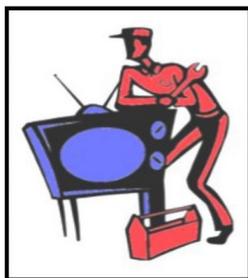
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information

And happy music during these unprecedented times

## FINGAL VALLEY NEIGHBOURHOOD HOUSE HISTORY GROUP



20 Talbot Street

FINGAL 7214

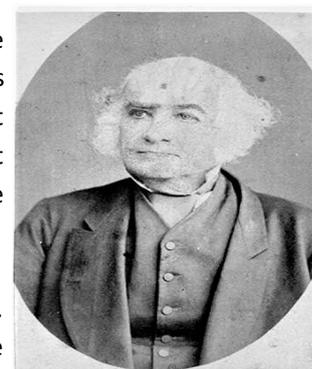
Phone (03) 6374 2344



The probation stations in the Fingal Valley were chiefly built to house convicts who were building roads and bridges in the 1830's to 1840's. In August 1844, one property had a slab hut to accommodate 40 probationers who were stationed there to finish the road, while Mr Sinclair at "Ormley" had 60 probationers under his supervision. Another outstation near "Killymoon" had huts to accommodate 50 men for road works. The same stone as was used to construct the Tasmania Hotel in Fingal was used to construct a wall around the probation station, and by 1858 the hotel also had a brewery and a blacksmith's shop. At some stage, there was a wheelwright in Fingal named John Warring. Wheelwrights were an important part of society, as the rough roads and tracks, along with the inclement weather, caused wheels to break more easily than the tradesmen were accustomed to back in Britain.

Falmouth was used as a shipping port to transport goods and passengers in and out of the district. At the other end of the valley at Avoca, it was a totally different story. The St Paul's River would constantly flood in heavy rain, and has been recorded at reaching 3 metres in height in 1852, so the mail, goods and passengers had an awful time trying to get across. A government boat was used to cross the river and horses had to swim across. A bridge was built by the convicts and finally completed in 1848.

From 1853, coach services were established, some used for mail contracts others for travellers. There was an Omnibus operated by John Smith in 1873, which he sold to Samuel Page. Page would leave Hobart Town with his mail coach to the Corners (Conara), he would change conveyance and stay overnight and finally reach Fingal at 10.30am the next morning. He would also have an overnight stay at the Corners when he left from Launceston and leave at 5am the next day for Avoca and then Fingal.



*Samuel Page, who ran the Hobart to Launceston coach service.*

When gold was discovered in 1856, settlements sprang up in many places, and there was a new need for transport, with bullock teams bringing in the heavy loads. A special coach ran from Hobart to Fingal to carry prospectors to the fields. When a prospector found another goldfield, the prospector returned to Hobart with his samples, but he would not disclose the location of his find.

The 29th June 1886 saw the opening of the Fingal Railway line, this being the same year Cornwall Coal operations began, and by 1887 contracts had been settled with the Government and Main Line Railways, who were buying 1000 tons of coal at 7/- per ton. The railways will feature in an article later this year.

The first car to travel the Main Rd (Midland Highway) was probably that of Dr A.H. Clarke who endeavoured to drive a 5hp petrol-driven tiller steered Oldsmobile from Hobart to Fingal in 1902. One of 30 imported by A.G. Webster and Sons and



*The Hobart to Launceston stage-coach in 1872.*

assembled in Hobart, it broke down at Bridgewater. Apparently, an agitated woman reported to a policeman that the Doctor was lying dead underneath the carriage and the horses had broken loose and bolted. He was merely lying underneath greasing it!



*A 1902 tiller-driven Oldsmobile.*

# ST MARYS HARDWARE AND GIFTS



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Erica  
Boxthorn

Onion Weed  
Spanish Heath

Pampas Grass  
Wild Raddish  
Serrated Tussock



## RAINBOWS AND RADISHES

By Bloomin' Iris



Hello fellow gardeners

Spring is here with trees decked in the most beautiful blossoms. The big fat Bumble Bees are busy at work in my garden, and I suspect also in yours.

The fruit trees are a picture. With their beautiful pink & white flowers adorning the branches, it is lovely driving in the valley and seeing them in all the gardens.

### Pruning your fruit trees

Fruit trees can be pruned as late as early spring **usually** before blossoms & leaves are showing as the tree is then dormant, however some orchardists prune when blossoms are on the trees, it is then easy to see which limbs have not survived and can be cut out.

I keep my branches fairly low so the crop can be reached easily.



Your fruit trees will benefit from a good feed in early spring. You can also use Epsom salts on a tree to give it a boost of magnesium at the rate of two tablespoons per three square metres. **Early spring is the best time to fertilise fruit trees.** Fertilising in late spring or summer may stimulate late summer growth that can be more prone to winter injury.

Try to keep fruit trees in a vase shape, where the middle branches growing in the tree are removed, as this helps the other branches to get good sunlight and minimise disease from overcrowding, and promoting a better crop.

Trees will then get fairly equal sun. Branches that do not have good sunlight usually have smaller fruit, and sometimes will these branches stop fruiting. Larger fruit is generally apparent on branches with good sunlight.

Not forgetting the flower garden, Spring is also a time to clean up the old dead leaves from your Hellebores (winter roses). The beautiful lime green new leaves will quickly replace the old leathery leaves. I have been removing my flowers now, as the seed pods will pop open before you know it and the baby plants come up in the thousands and are hard to remove when they get a good root system. I love my winter roses, but the extra plants can be a nuisance in your garden!

I have been getting some lovely radishes in my garden; how about you? It won't be long before we can put out our tomato seedlings in the valley! The weeks don't take long to fly by. I can't wait; nothing like the flavour of tomatoes from your own garden.



Until next time, may we see lots of spring rainbows and harvest lots of sweet spring radishes.



# AUTOMATIC ELECTRIC DEFIBRILLATORS

## Binalong Bay

Outside wall of the toilet block at the main beach carpark, Main Road, Binalong Bay

## St Helens District High School

In the swimming pool enclosure, available during pool hours

## St Helens Supa IGA

Wall mounted inside the foyer, available during open hours

## St Helens Football Club

Located inside the club rooms

## Scamander Sports Complex

On the wall just inside the dining room doors

## St Marys District High School

In the swimming pool enclosure, available during pool hours

## Falmouth Community Centre - 24hr access

Wall mounted outside Morrison St entrance

## Fingal Valley Neighbourhood House - 24hr access

On the wall outside the front door.



## IN AN EMERGENCY CALL 000

### EMERGENCY RELIEF

#### NORTHERN TASMANIA

Emergency relief providers help people in times of financial crisis. Assistance includes: food; transport; chemist vouchers; part-payment of utility bills; clothing; and budgeting support.

Emergency relief providers also link people to other services, to help address the reasons for a financial crisis.

**Emergency Relief organisations provide services directly to regional communities. It is not necessary to travel into Hobart for support.**

Please contact an organisation for advice and assistance.

<p><b>Launceston City Mission</b> (03) 6335 3000 www.citymission.org.au</p>	<p><b>Launceston Benevolent Society</b> (03) 6344 4213 www.lbs.org.au</p>
<p><b>The Salvation Army Tasmania</b> (03) 6323 7500 www.salvationarmy.org.au</p>	<p><b>St Vincent De Paul Society</b> (03) 6326 5551 www.vinnies.org.au</p>
<p><b>The Helping Hand Association</b> (03) 6391 2498 www.findhelptas.helping.hand</p>	<p><b>CatholicCare Victoria Tasmania</b> 1800 819 447 or (03) 6332 0600 www.catholiccaretas.org.au</p>

#### FINANCIAL COUNSELLING SUPPORT

If you or someone you know requires financial counselling support:

**National Debt Helpline**  
1800 007 007  
www.ndh.org.au

**Gambling Helpline**  
1800 858 858  
www.gamblinghelponline.org.au

www.anglicare-tas.org.au/financial-counselling

**Housing Connect**  
1800 800 588

www.communities.tas.gov.au/housing/housing-connect  
A one-stop shop for all your housing and support needs.

### HELPLINES & INFORMATION

<p><b>In all emergencies call the Police 000 line</b> <b>Tasmanian Government Family Violence Response and Referral Line</b> 1800 633 937</p>	
<p><b>1800RESPECT</b> 1800 737 732 www.1800respect.org.au</p>	<p><b>Mensline Australia</b> 1300 78 99 78 www.mensline.org.au</p>
<p><b>A Tasmanian Lifeline</b> 1800 98 44 34 taslifeline@lifelinetasmania.org.au</p>	<p><b>Kids Helpline</b> 1800 551 800 www.kidshelpline.com.au</p>
<p><b>Lifeline</b> 131 114 www.lifeline.org.au</p>	<p><b>Beyond Blue</b> 1800 512 348 www.beyondblue.org.au</p>
<p><b>Carer Gateway</b> 1800 422 737 https://www.carergateway.gov.au/ If you or someone you know is a carer</p>	
<p><b>Disability Information Helpline</b> 1800 643 787 www.dss.gov.au/disabilityhelp If you or someone you know has a disability</p>	
<p><b>Older Australians and Carers COVID-19 Support Line</b> 1800 171 866 Older people and their carers are encouraged to call</p>	
<p><b>Tasmania Public Health Hotline</b> 1800 671 738 www.coronavirus.tas.gov.au For the latest information about the coronavirus (COVID-19) in Tasmania</p>	
<p><b>Find Help Tas</b> A central online directory of community services across Tasmania. Supported by TasCOSS and member organisations www.findhelptas.org.au</p>	
<p><b>National Coronavirus Helpline</b> 1800 020 080 www.australia.gov.au Information on coronavirus (COVID-19) and help with the COVIDSafe app 24 hours a day, seven days a week</p>	



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Bicheno Triangle - in the centre of town



CELEBRATING MENTAL  
HEALTH WEEK

TUESDAY 6TH OCTOBER 10-2PM  
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TRUCK ON SITE  
LOTS OF FUN FREE ACTIVITIES



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Feel the relief. Hear the relief.

**Visiting Ochre Medical Centre,**

**St Helens**

**On Monday, 30th November, 2020**

**Phone 1300 380 060**

Comfort Clean Ear

Micro-suction wax removal clinic.

**Home Visits are available on request!**

## St Marys **PHARMACY**

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OPEN MONDAY TO FRIDAY;

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**THINK SOMEONE NEEDS A HAND?**

**SEND THEM A KINDNESS CARD!**

The Break O’Day Council has developed a way you can connect to your community. A ‘Kindness Card’ is a postcard-sized offer of help, that you just tick to indicate how you can help, add your name and how they can contact you, and pop in their letterbox, or give to someone you think needs a bit of a hand.

The Council has developed Kindness Cards to give members of the community a simple way of offering support or help to others, so that we can have a part in creating a more connected community.

Both the sender and the receiver of a Kindness Card benefit, as kindness has been shown to improve physical and mental outcomes for all involved, and can start a relationship that blossoms into friendship. Just like a smile, a bit of kindness can go a long way!

Kindness Cards can be collected from the main Council office, 32–34 Georges Bay Esplanade, St Helens, during normal office hours, and you can pick up as many as you need.

Kindness Cards—a way to get connected!

**Show someone some**

# Kindness

**We’re giving our community a simple way to connect**

Kindness Cards give you a way to offer help and support to others you think are struggling in subtle way.

You can find out more on our website, [www.bodc.tas.gov.au](http://www.bodc.tas.gov.au)

Kindness benefits both the receiver and the giver and has been shown to improve physical and mental health outcomes for all involved, it’s like a smile, a little bit of kindness can go a long way.

You can collect Kindness Cards during business hours from the main Council Office at 32-34 Georges Bay Esplanade, St Helens.

## A WEEK OF WONDERFUL IDEAS

*we all have a role to play*

A WEEK OF WONDERFUL IDEAS is a 1 hour online event to support mental wellbeing. We all have a role to play in our own mental wellbeing and those around us, by sharing the things that work for us we can support others and gain support for ourselves.

WHERE: Online (we will send the link once you register).

WHEN: 11am daily – Monday 5th October to Friday 9th October 2020.

WHAT: Each day there is a different activity of wonderful ideas shared by participants and facilitated by TasPPL.

MUSIC MONDAY

*(share your favourite music)*

SHOW AND TELL TUESDAY

*(share your creative outlet)*

WALKING WEDNESDAY

*(join us on a virtual walk in your local area)*

THINKING THURSDAY

*(brainstorming ways to be grateful and show kindness)*

FUN FRIDAY

*(sharing things that are fun, we are passionate about and that bring happiness and joy)*

Join us to celebrate what we know about mental wellbeing and the role we all have to play.  
**Email [people@tas ppl.org.au](mailto:people@tas ppl.org.au) by 30/9/20 to register and get the daily link.**

This event is supported by a Mental Health Week Grant from the Mental Health Council of Tasmania and the Tasmanian Government.





### Allied Health Services

available by Telehealth or appointment:

#### Launceston Chiropractic

Gareth is now visiting St Helens on Wednesdays for appointments at Hub4Health.  
Telephone 6331 8898

#### Rural Psychology

##### Sam Sturmer

Rural psychological services with mental health accredited social workers. Telehealth appointment only. Please call Tess Crawley and Associates for appointments on 6331 057. Now visiting St Marys fortnightly.

#### Bay of Fires Physio

Neidra visiting St Helens H4H.

For appointments at Hub4Health

Telephone: 0499 317 929 or

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

### Rooms for Hire

Hub4Health have rooms available for permanent or casual use for local allied health and community services organisations at **5 Portland Court St Helens, and at**

**23A Main Rd St Marys (rear of Town Hall)**

Reasonable rates and great position. Flexible hours and room sizes

### 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



*Feel good, do good, sing for good and join ...*

## WITH ONE VOICE Break O'Day

Weekly  
Tuesdays, 5.30pm – 6:30pm

**Where:**

Scamander Beach Resort  
158 Scamander Ave  
Scamander

**Conducted by:**

Terese Tanner  
(0422 657 782)

- No supper provided, but participants welcome to book and stay for a meal afterward.
- No alcohol during choir rehearsals.
- No transport provided but contact Terese for carpooling options.
- Children under 16 must be supervised by an adult.
- COVID-19 Safe Session.

**Would you like to be inspired, unleash your creative potential and improve your well-being? Then a *With One Voice* choir is for you!**

There are **no auditions** and **no singing experience is necessary**. age, race, religion, disability and disadvantage fade away. Families, professionals, students, seniors, migrants, refugees...**everyone is welcome**.

*With One Voice* choirs are led by friendly and experienced conductors and meet weekly followed by supper.

Choir is a great place to find your voice, find friends, de-stress, build well-being and confidence, learn new skills and connect to your community. Participation is by tax-deductible donation.

Simply come along and you will be warmly welcomed.

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

(03) 8679 6088 | [withonevoice@creativityaustralia.org.au](mailto:withonevoice@creativityaustralia.org.au)



**Active4Life Gym Memberships** at our St Marys facility. Memberships are easy to apply for and the low fees are used to support the ongoing operation of the community gym. Range of programs to attend or flexible access with a fob.

The induction sessions for new members are on **Tuesdays 1.30-pm** with Jason—**booking essential**.

## St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

### 'STOP' DO YOU NEED TO ENTER THE HOSPITAL?

#### CHANGES AT THE ST MARYS COMMUNITY HEALTH CENTRE

- \* Due to the 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.
- \* Pathology- bloods or those who have scheduled GP appointments are still able to come to have these services.
- \* If you only require renewal of a prescription/s please contact reception on 6387 5555. 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.
  - \* Currently inpatient visiting hours are 2:00pm- 6:00pm with a maximum of 2 visitor per visit.
    - \* 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).
- \* What's on at the Centre- please check with your health professional as some suspended services have recommenced. Some phone consultations may still be necessary.

#### RENOVATIONS AT THE CENTRE

The St Marys Health Centre is currently having the flooring replaced throughout the entire building. Please be aware of changes to how you access some services over the following weeks to accommodate this.

#### DOCTORS ROSTER

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

<u>Dr C. Latt</u>	<u>Dr K. Rawnsley</u>	<u>Public Holiday</u>
1/10/2020-16/10/2020	6/10, 7/10, 9/10, 13/10, 14/10 & 16/10/2020	Thursday 8th October 2020

INR tests require a 5 minute doctors consultation- please inform reception when booking.

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.

# St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

Phone: 6387 5555

## PUBLIC HOLIDAY

Thursday 8th October 2020

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

## CTST-Community Transport Services Tasmania

Phone: 1800 781 033 for bookings.

## **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**

## MENTAL HEALTH WEEK - WE ALL HAVE A ROLE TO PLAY

Mental Health Week is part of a national mental health promotion campaign held in October each year, and incorporates World Mental Health Day, held globally on 10 October. The purpose of this awareness week is to engage communities in activities that promote mental health and wellbeing and also increase understanding and reduce stigma about mental illness, and how it impacts on the lives of people in our community. Given all that has already happened in 2020 we think the theme this year couldn't be more appropriate. We all have a role to play to find ways to support our own mental health and the mental health of our families and friends. During the COVID-19 crisis we have had to develop new and innovative ways of keeping connected, checking in with each other and preventing ill-health where possible. Each year around 3000 Australians take their lives and the suicide rate for Aboriginal and Torres Strait Islanders is around twice that of non-Indigenous people. These statistics are unacceptable.

Preventing suicide is a complex problem and a one-size-fits-all strategy for dealing with the challenge may not be the best approach. This is exactly what the National Suicide Prevention Trial is all about. We recognise that the causes of suicide and the resources needed to prevent it will vary from town to town, and from region to region. The National Suicide Prevention Trial was launched 2016 with 12 sites, and this major trial aims to provide tailored support services relevant to each individual community.

The Tasmanian component of the National Suicide Prevention Trial is funded through Primary Health Tasmania across three locations: Break O'Day, three north west municipalities (Burnie, Central Coast and Devonport) and Launceston. All three locations are using the Black Dog Institute's LifeSpan suicide prevention model – a community-led approach that is aimed at reducing suicide and suicide attempts by building the capacity of the community to better support people facing a suicide crisis.

Initially slated to end in June 2020, the Australian Government announced in January it would provide \$13.4 million in 2020-21 to extend the National Suicide Prevention Trial sites for a further year, including funding to enhance the evaluation of the various suicide prevention activities across the country, and is a time-limited trial to test the effectiveness of a new approach.

St Helens Neighbourhood House hosts the Suicide Prevention Trial Site for the Break O'Day and Bicheno area. The Trial Site is governed by a local Working Group, who volunteer their time selflessly to help people in our community with mental illness. The working group meets bi-monthly to plan and deliver activities aimed at reducing self harm. They work on strategies that will encourage people to have conversations about mental health that may lead to those with mental health issues seeking help without the fear of being stigmatized.

Recently the working group have been planning a host of activities to take place during Mental Health Week, and we would love for our community to join us for a conversation around Mental Health. The activities start on Tuesday 6th October, at the "Triangle", on the corner of Burgess and Foster Streets in Bicheno, starting at 10 am, and continue with a morning at the Fingal Valley Neighbourhood House on Thursday 8th October, from 10 am—2 pm.

In between, there will and event held at St Helens Bowls Club on Wednesday 7<sup>th</sup> October at 6.30 pm. So as to ensure that everyone is supported to attend, we are providing free transport on the night. You will get to meet members of the working group for the Trial Site as well as service providers. Its an opportunity for you to provide feedback or ideas you may have that will help make a difference in our community.

The theme for this year's Mental Health Week is 'We all have a role to play', so why not come along and join with your community in a safe, welcoming environment. See the notices on pages 8, 12 and 13 for more details, and we hope to see you there!





**NICK SHAW 0439-414-299**

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**Rod Shaw 0407-615-072**

**Nick Shaw 0439-414-299**

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St. Helens, Tas. 7216

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

**ST MARYS HOSPITAL AUXILLARY TIP SHOP -**

Recycling your surplus goods

A big thankyou to everyone who has been sorting their tip loads and dropping off excess goods at the Tip Shop before heading down to the landfill piles. Lots of excess goods have made their way to the Tip Shop over the last month and have been snapped up quickly by customers.

Tip Shop customers are always looking for excess building materials: bricks, pavers, gyprock, pipes, fencing, gates, timber, wire, windows and external doors. No amount is too small as customers are often looking for small quantities to complete minor repairs. Carpet and underlay in good condition are also in demand. We love to match customers with donations so let us know if you are looking for something in particular and we'll try and let you know if it turns up.

Our new Facebook page 'St Marys District Hospital Auxiliary Tip Shop' is gaining traction - look out for 'What's in the Tip Shop' this week, and coming soon, a special feature, 'Rad Repurposing'. You can also find upcycling ideas at the 'Upcycleit' Facebook page, and more information about rethinking waste at this link: [rethinkwaste.com.au](http://rethinkwaste.com.au)

The Tip Shop is a great place to volunteer and right now, we have an enthusiastic group of volunteers with a range of skills, experience and passions. Some are potting plants and herbs to sell in the Tip Shop, while others are tinkerers who are breathing new life into materials that have been languishing at the rear of the Tip Shop. Call in and see upcycling in progress or browse and see what we have in store.



Our fruit bowl, a repurposed top section of an antique bird cage.

Remember your efforts are supporting the St Marys community by:

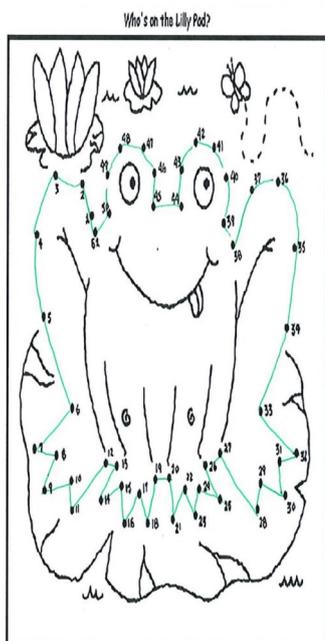
- enabling residents to share goods and reuse others' waste - as we know, one person's trash is another person's treasure!
- reducing the amount of material that goes to landfill, prolonging the life of the waste transfer station
- raising money for the St Marys Hospital (all money raised goes to the Hospital).

Look out for the Tip Shop staff who can assist you to separate your load - just ask for assistance. Current hours are Tuesday and Thursday 11am - 3pm and Sunday 2 - 4pm. Please also be aware that COVID-19 workplace requirements are in place for visitors to the Tip Shop and staff will assist with maintaining these requirements.

You are always welcome at the St Marys Tip Shop.

The Tip Shop Team

**SOLUTIONS TO PUZZLES LAST ISSUE.**



Spring Word Find

a	n	i	m	a	s	f	z	r	
x	c	h	i	c	k	c	l	b	a
w	b	u	n	n	y	q	o	r	b
f	a	z	x	a	w	n	w	a	b
r	s	p	r	i	n	g	e	i	i
o	k	v	s	u	n	n	r	n	t
g	e	g	g	v	m	e	s	e	f
s	t	o	h	e	g	r	a	s	s

egg bunny chick basket grass  
spring animals rabbit flowers frogs  
sun rain

**SPRING ESL CROSSWORD PUZZLE**  
Look at the numbers on the pictures and write the spring vocabulary in the crossword puzzle.

FIND THE BENT WORDS!

**Spring**

A	P	R	I	S	U	N	L	G	R
S	U	E	L	T	H	G	I	S	E
E	L	S	S	U	O	H	D	O	E
E	B	K	E	F	B	I	R	W	N
D	S	Y	N	R	E	S	S	I	G
L	T	S	E	E	N	G	G	N	R
I	N	G	S	S	H	A	S	S	A
B	C	H	N	E	D	R	M	A	Y
L	R	A	M	H	T	W	O	R	G
O	S	S	O	M	Y	O	U	N	G

Find all the words from the word list (ignore spaces and dashes):

APRIL	MARCH
BIRDHOUSE	MAY
BLOSSOM	NESTLINGS
BLUE SKY	SEEDS
FRESHNESS	SOWING
GARDEN	SUNLIGHT
GREEN GRASS	YOUNG GROWTH



## ST MARYS SPORTS CENTRE

By Volun Tier



What an incredibly busy time at the Centre right now. Lots of work going on inside our club, with the renovations well in advance. The men's toilet and change room are completely stripped back ready to be plastered, and the work on the bar about to start. The new pellet heater has been installed, thanks to funds from the club itself, and is working a treat. There has been a nice increase in the numbers playing golf and the bowls season about to kick off, with all the clubs having their opening days in the next month. Our excursion into night golf happens this Saturday, 3rd October, with a capacity field booking in; should be a great night of entertainment. Well done to Jackson Spilsbury for his assistance with organising the event, and also to Kirk Cooper with helping Jackson with our new look Facebook page, it has certainly been a shot in the arm as far as interest in the club is concerned.

**Euchre night:** What can we say, Danni Turner clean-sweeping the opposition with six straight wins to claim the spoils; no one else a chance to claim the wold title and bragging rights for a few weeks. Everyone enjoyed the "surf and turf" feed for supper, fish fingers and sausages.

**Members Draw:** Well, ladies and gents, we finally had a winner this fortnight, with Kevin Faulkner present, and taking home a bottle of rum. This week's number was Roger Donald, who was not present to claim the prize.

**Footy tipping:** Only one week of tipping due to the bye before the finals, was taken out by out-of-area raider Bradley McDonald, who collected the cash at the end of the night.

**Golf:** A field of 10 took to the course last week, just a friendly round and a chat this time with Speed Maher taking the honours for nearest the pin and this week, Mark Carrick again claiming the win to be well and truly back in form with the clubs. All enjoyed the after-game feast and a few glasses of cheer. Come along Sunday at 11 am for hit off and a great out, cost just \$5.00.

**Bowls:**As mentioned in the intro, busy times ahead with Swansea opening day on Sunday the 4th October, St Marys on Saturday the 10th, Scamander on the 17th, Swansea Lightning Premiership on Saturday 24th and Nan Stuart Day at Scamander on Sunday 25th October. Busy month ahead. Bowls training is at present on Friday evening at 3 pm, all wishing to practice or learn the game are very welcome to attend, as we are still looking for a few extra players for our pennant season, so come along and enjoy a rollup, if the weather permits.

**OPENING HOURS: Thursday** 5.30pm - footy and bar snacks. **Friday** - bowls training at 3.00pm, happy hour 6.30pm - 7.30pm and members' draw at 8.00pm, footy and bar snacks. **Sunday** - golf at 11.00am, followed by footy and bar snacks at 2.00pm.

Until next time, good hitting and rolling.





**38 Main Street St Marys**  
**Phone: 6372 2240**

**Email: shop@cndiga.com.au**

**WINTER TRADING HOURS:**  
 Mon -Thurs 6.30am - 6.00pm  
 Fri 6.30am - 6.30pm  
 Sat 7.00am - 6.00pm  
 Sun 8.00am - 5.30pm

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**Crossword Solution**

ISSUE 52.17

**Across:** 1. Perfume, 5. Help, 7. Mime, 8. Sable, 9. Isle, 10. Fuel, 12. Recluse, 13. Little, 18. Rye, 19. Lament, 23. Platoon, 25. Rout, 26. Sari, 27. Inane, 28. Sofa, 29. Rise, 30. Daniels.  
**Down:** 1. Pistol, 2. Robust, 3. Useful, 4. Ember, 5. Heirloom, 6. Piece, 11. Level, 13. Sign, 14. Idol, 15. Tortoise, 16. Error, 20. Action, 21. Escape, 22. Towers, 23. Poser, 24. Nomad.