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**May 2020**

Edition of

# **The Kentish Voice**

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Kentish  
**DELIVERED  
FREE**  
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# THE FUTURE IS IN OUR HANDS

*Stay  
Safe,  
Stay  
Home*

This year we have not celebrated Easter, or paid tribute to the ANZACs who fought and died for our freedom in the same way as we traditionally would. We are waging a different war, but one that we can all contribute to the outcome. If we keep this goal in mind and be aware of the part that we all as individuals play in that war, WE WILL WIN, and our world can be a better place for the efforts and sacrifices that we all need to make. "Every Cloud Has A Silver Lining"

**Be The Carrier!**




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Kindness, Patience, Love, Enthusiasm,  
and a Positive Attitude**

**Don't wait to catch it from others  
Be the Carrier**



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# THE KENTISH VOICE

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## EDITORIAL

We do hope that everyone is coping with the restrictions on daily life due to the coronavirus. Have you found that the slower pace has given you time to catch up on old hobbies and old friends left behind for lack of time in the busy lives that we used to lead? A focus on what is important to us helps to adjust to our new lives.

Many thanks to all the local businesses serving us on the frontline during these days of restricted trading. And thank you to the advertisers who are making it possible to continue publishing The Kentish Voice so we can all keep up with each other and what we can all be doing to get by at this time. Many thoughts expressed here and adopted into our daily lives under these crisis conditions will stand us in good stead for the rest of our lives.

Many thanks also to Dr Merran Dyer, Barbie Dyer, and Alan Dyer for their contributions this month. Read how Kentish coped with the pandemic of 1919. (see page 36 & 37)

Many are thinking about how they can make their lives more sustainable and less reliant on many of things that we had been taking for granted. Many stores have sold out of seeds for those who would like to grow their own food. Being aware that not everyone has the ground to grow their own food a reader has contacted me to say that they are prepared to set aside some of their land to enable others to grow their own produce. His only

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2700 copies delivered to Sheffield, Railton & Wilmot,  
areas as well as country roadside mailboxes.

Post Office Box holders can pick up their copy from  
Sheffield Newsagency or Railton Newsagency,  
& Wilmot Store

If we missed someone we are very sorry!

Please let us know so we can make sure that you receive  
future editions.

Or you can read a copy at

- Fudge 'n' Good Coffee
- Tasmanian Farm Shop
- Blacksmith's Gallery
- Bossimis
- \* Mountain Mumma
- \* Sheffield Library

**Or you can download your copy of**

**The Kentish Voice at**

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mgf8ap3xt5nkl24/AABv6EcThhw-  
qy8yUD0t1iNna?dl=0](https://www.dropbox.com/sh/mgf8ap3xt5nkl24/AABv6EcThhw-qy8yUD0t1iNna?dl=0)**



requirement is that the food produced cannot be sold but can be given away or traded for other produce. Do contact TKV in the first instance if you are interested in pursuing this idea.

Mother's Day will also be different this year. You can have flowers (see page 5 & 17) and food delivered (see page 17, 25 & 26) so Mum knows that you are thinking of her. Organise for each household to join together for a Mother's Day meal on Skype or similar. It will be different, and we will all remember Mother's Day 2020!

Lower Barrington Baptist Church is being innovative (see page 38), and the Weindorfer Memorial Committee in Wilmot has utilised Social Media to bring you a celebration of the 88th Gustav Weindorfer Commemoration (see page 5 & 39) Agfest 2020 is going on-line (see page 35).

The Cancer Council is calling all craft-minded people to create a Daffodil for Daffodil Day to be held later in the year. (see page 33). There are also innovative plans being made for the Biggest Morning Tea fundraising event. More details later.

As the date for modifying restrictions on business trading and our movements is constantly changing due to varying circumstances we just need to remember that we can help control the coronavirus by staying home for now. This is something that we can all contribute to so that we can venture out again sooner rather than later. Stay safe and well and take care of each other.

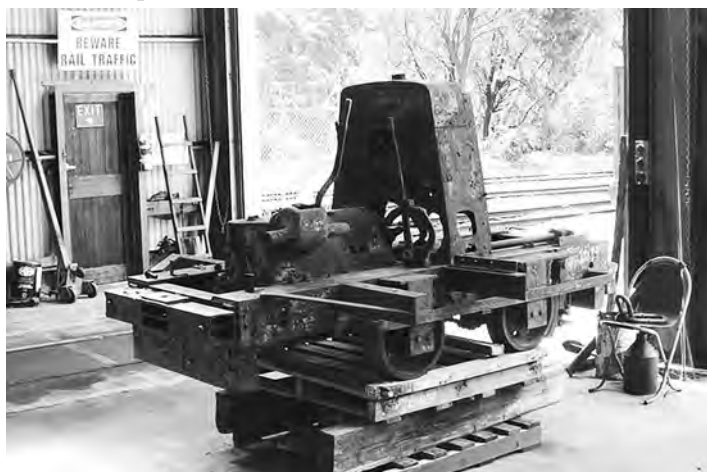
*Lesley & Doug*

# NEW LOCOMOTIVE FOR SHEFFIELD RAILWAY.

## *Rusty Ruston to restored beauty*

The President of Sheffield's Redwater Creek Steam and Heritage Society, Mr Chris Martin, has welcomed the arrival of a Ruston type 20DL diesel locomotive. Mr Martin said that this unit was intended to complement the existing Krauss steam locomotive service offered to the public on the first weekend of every month, and for shunting duties. The Society will now be able to continue its railway operation in times of total fire ban.

The Ruston, with its unique sloping engine cowling, serial number 235667, was constructed in 1945 as one of a batch of two foot gauge engines built in Lincoln for the British Ministry of Supply, it did not see war service and was reconditioned before being sent to Ruston and Hornsby, Australia, for resale. It was sold to the Melbourne and Metropolitan Board of Works, Victoria and used for water storage construction projects. It was later sold to Cornwall Coal Co, Fingal Valley in Tasmania. Acquired by the Don River Railway it was subsequently donated to the Sheffield Steam and Heritage Centre. The diesel motor had to be replaced.



**ABOVE:** *Rusty Ruston prior to restoration*

With that job completed by dedicated volunteers the machine was trucked to the Railway's site at Spring Street, Sheffield in February.

Mr Martin went on to say that this acquisition would allow the Society to run two trains at times of peak demand. The restored former Dulverton Railway Station will grace an island platform which recently obtained Council planning approval, allowing the two trains to pass each other in complete safety. He went on to say that it was most gratifying that the confluence of good fortune and the hard work of many volunteers was making the

Redwater Creek Railway into a premier tourist attraction in the Kentish region.



**ABOVE:** *The Ruston restored and ready to add to the attractions at Redwater Steam & Heritage Centre Sheffield*

## A New Train of Thought

One would be forgiven if they thought they had seen a train crashing through a fence during this year's Steamfest. As part of the Sheffield Steam & Heritage Centre advertising signage, artist Julian Bale was commissioned to create an interactive sign that would advertise the venue and its opening times. Julian said that it was a fun way to allow the public to engage even after closing time as there will be access and a platform being made behind for visitors to pretend they are driving the train. Julian was assisted by Daniel Bale and a visiting French artist who was keen to participate in the experience.



# Kentish U3A Inc. Monthly Report



Are you all getting into the groove now with staying at home, social distancing and washing your hands? COVID-19 is certainly hitting us hard, especially in the North West. All our classes and groups are still postponed till further notice. There will be a review before semester 2 commences and you will be informed of the decision made as everyone's safety is of the greatest consideration.

Now on a lighter note, some of our Tutors have come up with ways to keep their group involved.

**Paul, tutor of "What Bird is That",** has set his group an interesting task via email. Last year he set himself a goal to photograph as many Tasmanian bird species as he could within the calendar year. He managed to photograph 170 species. While housebound and not able to go into the field with the group, he has been emailing photographs, one at a time, to members for identification. He gives hints for the less common species to assist. If you are a U3A member and would like to join Paul's group to identify some of these birds you can call him on his mobile 0499 776 953.

**Margaret, tutor of 'Cryptic Crosswords',** is sending a new crossword each fortnight to keep her group occupied.

**Narelle, tutor of 'Balance and Bones',** has suggested her group could check out the website, 'Exercises for Seniors'. In fact if you feel you're not getting enough exercise anyone can give it a go.

In the spotlight and in their own words - Zumba, Mosaics and Boules.

**Colette, Zumba tutor.** *I really enjoy taking my Zumba class each week. It doesn't matter if you're not good at remembering specific steps as you pick it up by its repetitive nature and by watching your fellow class mates while having a lot of fun. Zumba is known for its fast pace, however, we do Zumba Gold, which is designed for 'older, active adults' and it doesn't include some of the more complicated steps that Zumba is renowned for. We start with a warm up, then some varied conditioning routines, then a nice cool down to slow your heart rate and some gentle stretching to finish. All you need are comfortable yogalights/tracks pants, a stretchy T-shirt, runners with low grip for easy turning, a bottle of water and a smile. It's a lot of fun, so if you love music and moving to it without feeling like you are working out, give it a go. I will be conducting Zumba classes, when they resume, every Thursday 2-3pm at the Kentish Health Centre. If you*

*need more information call me on 0439 426 665. I look forward to seeing you. Stay healthy and safe, Colette.'*

**Nita, Mosaics tutor.** *'Our mosaics group was going along in leaps and bounds. People were discovering unknown skills and enjoying sharing each others company. When the Corona Virus interrupted our work, three of us chose to complete the work we had started by taking the unfinished mosaics home. For others, who were unable to collect their work at the time offered, I would like to assure them that their unfinished masterpieces have been safely stored and can be finished when life returns to normal. Please ring me on 0437 795 374 if you would like to know more. Take care of yourselves, Nita.'*

**Nita, Boules tutor.** *'Another U3A success story. Together we were enjoying being together, outdoors, in the lovely Autumn weather. The Boules court is set in a delightful park near the community garden. We were able to keep safe distancing for a while, with careful cleansing of equipment and people handling their own, colour coded balls (read that as you like). Fortunately the balls and the pitch will still be there when this is over. Perhaps more of you will be able to join us when we come out of isolation. No previous skills are necessary and we have plenty of balls to share. I look forward to seeing you all at the end of the rainbow. Need more information? Call me on 0437 795 374. Cheers, Nita.'*

Do you have a hobby or a skill you are passionate about?

Would you like to share this passion with others. Leoni, our Course Co-ordinator, would love to hear from you. Contact her on 0429 705 062 and she can help you get started.

If you have any U3A news you want included in our monthly report contact me,

Narelle Newton (Publicity Officer Kentish U3A)  
on 0407 660 272.

## Dear Community Members,

Many of us may be feeling overwhelmed about the COVID-19 pandemic, and it is without doubt a very serious problem we face. But as a community many of us are rising to the occasion and there is a lot of good news mixed in with the bad.

Council would like to publish your stories in a bid to spread some positive news to our neighbours who may be feeling alone or stressed at this time. Please send us your inspiring, heartwarming or even silly stories, photos or videos about how you, your family or community group are connecting to one another and the wider community during this time of social isolation.

We intend to publish the stories on Council's Facebook page from Monday, 20 April 2020.

Please send your good news stories to Leigh Gracie at council@kentish.tas.gov.au.

Kind Regards,

Tim Wilson

MAYOR



### VET-TO-PET

We come to you

14 years at RSPCA Victoria  
Highly experienced in  
companion animals.  
Experienced in agricultural  
practice.

**Dr David East - house call vet**

**0432 432 394**

At home, at your convenience.

# Kentish Lions Actively Helping Community Members Who need Assistance With Shopping or Collecting Medications



Members of the Lions Club of Kentish wish to advise the Community that they are available to deliver groceries, medication or other items to people who are isolated or do not wish to make contact with others during these troubling times.

This a voluntary service .

If you need help or know of someone who does, please contact  
Jan Crosswell 0439 911 382  
Athalie Verrall 0439 738 770



Community Transport Services Tasmania is ensuring vulnerable Tasmanian's can continue to receive groceries and essential items, as well as access essential transport where required, is vital.

This is why they have now extended their current service to include transport of clients to essential medical appointments, plus the option of delivery of essential supplies such as groceries and pharmacy items where delivery is not available. Delivery services are free to eligible clients.

For further information email: [met@ctst.org.au](mailto:met@ctst.org.au) or call 1800 781 033

## STAY CONNECTED

Primary Health Tasmania invites local groups, clubs, and organisations to apply for a small grant to help stay connected via video-conferencing.

Grants of up to \$230 are available to contribute towards the purchase of an annual video-conferencing subscription.



Ladieswear, Menswear, Children's wear, Footwear



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Come and see our friendly staff

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**Bahá'í Faith.**

**“O Son of Spirit!**

**My calamity is My providence. Outwardly it is fire and vengeance but inwardly it is light and mercy. Hasten thereunto that thou mayst become an eternal light and an immortal spirit. This in My command unto thee. Do thou observe it. ‘**

• [www.bahai.org](http://www.bahai.org)

**64 023426**

**0448 976 442**

## SHEFFIELD NEWSAGENCY

50 MAIN ST PH 6491 1135

E: [sheffieldnewsagency@bigpond.com](mailto:sheffieldnewsagency@bigpond.com)

### MOTHERS DAY 10TH MAY



**FLOWER ORDERS TAKEN NOW  
DELIVERY SERVICE AVAILABLE**

A SMALL FEE MAY APPLY FOR OUT OF THE TOWN BOUNDARY

**WE ALSO HAVE A RANGE OF CARDS, DARRELL LEA MUMS BAGS, CHOCOLATES, CANDLES AND MUCH MORE TO CHOOSE FROM.....**

**DELIVERY AVAILABLE**

**TEMPORARY OPENING HOURS BECAUSE OF THE CORONAVIRUS from APRIL 18TH**

**MONDAY – FRIDAY – 6AM TILL 2PM**

**SATURDAY – 6 AM TILL 1 PM**

**SUNDAY – 7 AM TILL 12 NOON**

**PUBLIC HOLIDAYS – 6 AM TILL 12 PM**

(SUBJECT TO CHANGE)

Papers will be available in the Festival IGA (The Don Store) after we close on Saturdays, Sundays & Public Holidays

# KENTISH COMMUNITY MENS SHED EXPANDS

While work has now come to a standstill given our 'new normal' way of life, the Team at Sheffield have done a fantastic job in quickly extending their shed by ninety square metres.

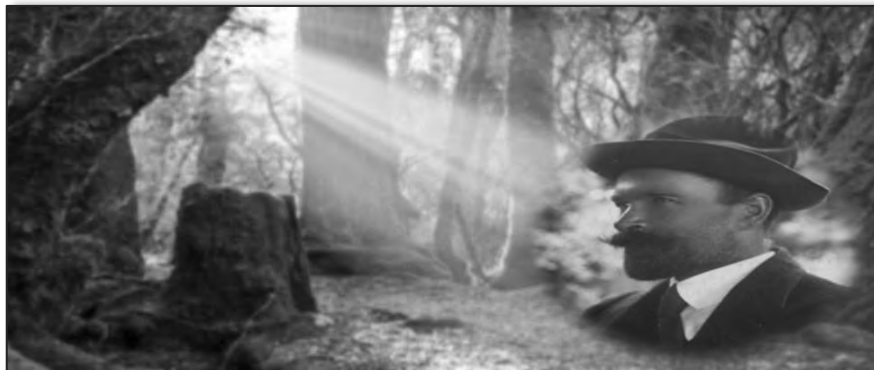
The project is a culmination of a lot of hard work carried out by a team, including President Terry Hughes, Vice President Mike Dennis, and Committee Member Paul Robinson. The extra space and Shed layout has been designed to provide a much better working environment for all Shed Members.



On completion (and post COVID-19) they hope to reach out to the community and offer their services and facilities to other organisations including U3A, Mentoring programs for learning craft work, basic car maintenance for senior school students, blacksmithing classes and community projects.

The Shed would like to thank in particular Paul Woods, Wood Drafting and Design for providing Council drawings, Paul Bramich, Braddons Building Surveyors for Council approval documents and a special mention to Hon Leonie Hiscutt MLC for guiding the request for funding through the Tasmanian Government and Tim Wilson the Mayor of Kentish Council for supporting our project.

**Shed News Autumn 2020**



## GUSTAV WEINDORFER 88<sup>TH</sup> MEMORIAL EVENT

The 2020 Weindorfer Memorial Committee in association with 'The Mountain Choir' will present an online event to commemorate the 88<sup>th</sup> memorial of Gustav Weindorfer.

Gustav Weindorfer was the inspiration in establishing our UNESCO recognised World Heritage National Park at Cradle Mountain.

Cradle Mountain National Park is one of the most highly desirable tourist attractions in the world. We are truly thankful of Gustav's vision and of his friends and supporters in keeping the vision alive –

***"a national park for all people for all time"***

Due to the times we are living in, Gustav Weindorfer's 88<sup>th</sup> commemoration featuring 'The Mountain Choir' will be available to view on the official Weindorfer Memorial Facebook page on the

**5<sup>th</sup> May 2020 10am - <http://www.facebook.com/pg/WeindorferMemorialOfficial>**

### The Mountain Choir

Directed by Elizabeth Sandman will perform excerpts from two songs, 'The Mountain' and 'Forest of Dreams'



*The Weindorfer Memorial Committee would like to thank the committee members, our sponsors and volunteers. If any of the public has information or stories relating to the Weindorfer's story, please contact us at [weindorfermemorial@gmail.com](mailto:weindorfermemorial@gmail.com)*

# STAY HOME

# SAVE LIVES

[coronavirus.tas.gov.au](https://coronavirus.tas.gov.au)

Tasmanian Public Health Hotline

📞 1800 671 738



Tasmanian Government

happy MOTHER'S day!

Mother's Day  
10<sup>th</sup> May



## THE MAGICAL WORLD OF TASMAZIA & THE VILLAGE OF LOWER CRACKPOT

Created by the Laird of Lower Crackpot you are invited to visit Tasmania's premiere family attraction

where f

Featuring 8 mazes (the largest in Tasmania)

Lower Crackpot

(le

Kids

Shady park

**Tasmazia is currently closed due to COVID-19 restrictions. We look forward to welcoming you back when we re-open. Stay Home. Stay Safe and it will be sooner rather than later.**

Open 7 days (except Christmas Day) Nov – Apr 9 am – 5 pm May – Oct 10 am-4 pm

At the entrance to Lake Barrington Rowing Course Phone: 6491 1934

# SAFE-KEEPING EACH OTHER

What makes the Kentish community so special to those of us who live here and so attractive to visitors? Surely our communal spirit and the many groups, clubs and events that connect us to each other. In such a supportive community the need to limit the spread of the coronavirus by keeping our distance from each other is particularly strange and difficult. Isolation goes against our natural tendency to want to reach out to each other at any time, but especially when things are tough.

As outbreaks of coronavirus spread through the North West Coast it is important that we are informed. It can be challenging to wade through the vast amount of (often conflicting) available information. This article seeks to summarise that information, address common questions about coronavirus, and offer suggestions about how to work together to protect ourselves, our loved ones and our community.

## WHY DOES COVID-19 SPREAD SO FAR, SO FAST?

The COVID-19 disease is caused by a coronavirus, called SAR-CoV-2. Why has this particular respiratory virus caused a widespread pandemic and significant loss of life?

First, this is a novel virus, which means that it has not previously been found in humans. When a large proportion of people in a community have been previously exposed to an infectious agent and developed antibodies against it, the spread of disease is limited by “herd immunity”. However, with novel viruses, entire populations are susceptible to becoming infected.

Secondly, the virus is highly contagious. Mathematical modeling shows that one person with seasonal flu can infect maybe 14 people in 10 days, but one person carrying the SAR-CoV-2 virus can infect hundreds or even thousands of people in that same timeframe.

This high rate of contagion is due to the high proportion of asymptomatic infections, and characteristics of the incubation period. 80% of people develop no or just mild symptoms. It may seem encouraging that most people infected do not get sick, but the opposite is true - the virus can be passed from people who are well or whose vague symptoms are not recognised. The incubation period for COVID-19 is usually between 2 – 6 days but possibly up to 24 days. People can be infectious during the incubation period, before showing symptoms. The SARS outbreak of 2003 was very different. Most infected people developed a severe illness within 24 – 48 hours and needed hospitalisation. They were not infectious until the second week, when they were usually isolated in hospital. This virus had a higher mortality rate, but lower spread of disease. Overall, it spread through five continents, with over 8000 cases and 800 deaths.

## SEVERITY OF COVID-19 DISEASE

While most people who are infected with this coronavirus do not develop severe disease, it can cause a serious and fatal illness. Mild disease can be a dry cough, sore throat, difficulty breathing or fever. Severe illness is due to bilateral pneumonia which can be followed by a life-threatening, irreversible immune response called a cytokine storm causing the lungs to fill with inflammatory cells and fluid. Nearly 2% of infected people require life-support in an Intensive Care Unit, and

almost half of those do not survive even with the best available care. Risk factors for serious illness have been well-publicised. These include people aged 65 and over; smokers; people with chronic illnesses (e.g. diabetes, hypertension, heart disease) or lowered immunity (e.g. receiving cancer treatment). However, younger people without identifiable risk factors have also developed severe illness and even died from the disease. As outbreaks of coronavirus spread through the North West Coast it is important that we are informed. It can be challenging to wade through the vast amount of (often conflicting) available information. This article seeks to summarise that information, address common questions about coronavirus, and offer suggestions about how to work together to protect ourselves, our loved ones and our community.

## HOW CAN WE PROTECT OURSELVES, OUR LOVED ONES AND COMMUNITY AT THIS TIME?

*In the midst of this pandemic, facing an invisible threat, it is possible to feel helpless and overwhelmed with fear. However, there are practical steps we can take, and continue to take, to reduce the spread of the coronavirus, to stay as healthy as possible, and to support others in our community even as we self-isolate.*

### a. Reduce the Spread

Knowing that the coronavirus can be passed between people without symptoms makes it easier to understand why we are being advised to “stay home, save lives”. Any of us can catch or pass on the virus without being aware that we are infected or exposed. Direct contact with someone who is infected or contact with surfaces that the virus has settled on can transfer the virus to another person. The virus enters our bodies through eyes, noses and mouths, so touching our faces after contact with contaminated surfaces can infect us.

- Stay home as much as possible
- If you are at increased risk due to age or chronic illness, arrange for someone else to do your shopping, or arrange home-delivery
- When in public places touch surfaces as little as possible. Avoid touching your face until you have been able to use hand-sanitiser or wash hands properly
- On returning home, leave shoes outside, wash hands for at least 20 seconds in soapy water, and change clothes in the laundry for washing.
- If you think you may need testing or treatment, use the symptom checker on <https://www.health.gov.au/resources/apps-and-tools/healthdirect-coronavirus-covid-19-symptom-checker> OR
- Contact your GP or the Tasmanian Public Health Hotline 1800 671 738.

# WHILE STAYING APART By Dr Merran Dyer

## b. Optimize Your Health

Now is a great time to check out any new health concerns and get any chronic disease under optimal control. Do you need a GP appointment to review your medications or management plan? Have you got new symptoms that need to be checked out? GPs across the country are noting that many people are not seeing their GPs for regular care. Many medical practices now offer telehealth consultations via phone or online video appointments, so, in most situations, patients do not need to leave their homes for ongoing medical treatment. Some people may consider that their 'normal' concerns are less important now – the opposite is true! GPs do have the time and interest to continue to look after their patients' general health needs even in the midst of this pandemic.

- Contact your GP for ongoing management of existing medical conditions to get optimal care
- Don't hesitate to get new problems checked out. If not serious, reassurance can help our mental health. Early intervention can avoid more serious problems from developing.
- GPs are particularly geared to assist with mental health issues. The stress associated with the virus itself, as well as necessary isolation measures, can affect all of us, those with existing mental health conditions and others as well.

## c. Take Active Steps to Stay as Healthy as Possible

The cornerstones of healthy living are taking care of our physical, emotional, relational and spiritual needs. But how many of us are finding it extremely difficult to put healthy lifestyle choices into practice now? Some people have increased workloads while others may be adjusting to loss of work and income. Learning new online technologies can be frustrating. Those who benefit from exercise classes or regularly go bushwalking may struggle to create new routines. Many people are lethargic due to boredom or anxiety.

Let's not get discouraged if we have down days or haven't yet found new ways to keep active – but celebrate each small step that builds well-being.

- Be creative in finding new ways to eat well, move well.
- Focus on aspects of healthy lifestyle that are possible in this new context
- Ask for help if feeling stuck or unable to move forward
- Be accepting of yourself when you fall short of your expectations
- Prioritise sleep – Everything improves after a good night's sleep!

## d. Look Out For Each Other

Many people are already actively caring for those around them in the community, through reinventing ways to support friends, family and people who are at increased risk of serious disease from COVID-19. Phone calls, online meetings, reading stories to grandchildren over the internet, delivering shopping to older people, helping people with internet technology – we will become even more creative in reaching out to each other while keeping our physical distance as this situation continues. Finding ways to contribute helps us all, those needing support and those providing it. • Be creative in finding new ways to eat well, move well.

## KEEPING OUR DISTANCE, CONTINUING TO CARE

It is imperative that we stay up-to-date with and obey government regulations regarding restricted activities and following distancing measures within allowed activities. This is especially true as further strategies to identify and control spread of coronavirus on the North West coast are implemented. Not only is social distancing getting harder as the weeks go by, it is different to anything else we do in our lives. Usually, when we commit ourselves to a short- or long-term plan, we can see the results of our hard work and thus receive inner or external affirmation for our achievements. But with social distancing, we cannot see if our individual actions in avoiding an extra shopping trip or meeting a friend or family member prevented someone from becoming ill. The absence of positive feedback makes it increasingly difficult to remain focused. We can only trust that the accumulation of our individual actions is assisting in restricting spread of this disease. These methods will continue to benefit us all now that community spread has been confirmed in this region. Let us continue to work together as we support each other by finding creative ways to keep our distance yet show each other just how much we care as we do.

Dr Merran Dyer, Sheffield

## Stop the spread of germs



**Stay home.**  
**Save lives.**

# Handmade Music

I wonder whether, in these times of looking for creative occupations, I can interest anyone in the wonders of cigar box guitars?

Before I begin be warned - they can become addictive.

My first - based on an Arnotts biscuit tin - remains my favourite and was made using only hand tools, though subsequently I have found a bench drill, small disc and belt sander and a bandsaw to be very useful.

But to an old traditionalist like myself there is a unique pleasure and satisfaction in shaping things like instrument necks with spokeshave, rasps and many (happy!) hours of sand-papering while listening to your favourite music.

Most cigar box guitars have three or four strings, my preference being four. Fewer strings certainly makes it easier to play if you have struggled with a normal 6-string guitar.

To get the flavour of these things you couldn't do better than googling Cigar Box Nation, an American outfit whose articles, lessons and pictures (all free) cover just about every aspect of home-built instruments.

If you buy one book on the subject it should be "Handmade Music Factory" by Mike Orr (available from Carbatec).



*ABOVE: Dave Tranter of Railton*

Making your own soundbox is most satisfying especially if you are keen on Tasmanian timbers but using a tin or cigar box simplifies the process.

Op shops are a good source of tins. My other favourite for the soundbox is to use half a dried gourd though I haven't been able to find a Tasmanian source for these.

(If anyone knows if they are obtainable here please let me know). These bring new meaning to the expression, "Oh My Gourd.....".

A quick internet search will turn up several Australian sources for parts like tuning pegs, fret wire etc. Of course it's all cheaper ordering from distant realms

but when you are into a build who wants to wait weeks for parts to arrive? And anyway, shouldn't we be buying at home?

Most instruments have enough volume to use without amplification unless you are competing with amplified musicians but there are many ways of fitting pick-ups to go through an amplifier - and this is

where another addiction kicks in. Such things as effects units to add sounds like tremolo and sustain are pretty reasonably priced

as is my latest variation - one of those wireless units which mean you don't have to use a lead. Having been attached to keyboards for most of my musical life it's a revelation

to me to be able to wander about enjoying the thrills of tripping up over other people's leads, knocking over microphones and all the other excitements of live performance!

If there's any interest maybe we could have a question and answer column in this publication?

The last word is from Stevie Wonder; "Music is a world within itself, with a language we all can understand."



**Kentish House**

5 Austin Place, Sheffield

Mon-Fri 9am-4pm Ph. 6491 2322 / 0447 325 343

[kentishhouse@glenhaven.org.au](mailto:kentishhouse@glenhaven.org.au)

Kentish House continues to be open to offer support and assistance .

Emergency Relief and Food Pick Up on Wednesday's will be offered via phone.

Anyone seeking Emergency Relief or donated food items is asked to phone Kentish House 0447 325 343.

Assistance will then be delivered to your doorstep at an arranged time.

Nils (No Interest Loans) appointments are available via phone to complete applications.

For further information or an appointment contact Cassandra 0447 325 343 / 6491 2322.

Kentish House coordinator Cassandra is available via phone Monday – Friday 9am-4pm.

0447 325 343 / 6491 2322

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36 CLAUDE ROAD SHEFFIELD

# STAYING CONNECTED WITH TIM WILSON

Hello everyone,

With more people working from home, some people are seeing their internet speeds slow. So how can you increase your internet download speed? Have a look at these tips:

- Check what broadband plan you are currently using. Is there a plan with faster download speeds?
- Head to <https://www.speedtest.net/> and test your internet speed. It is best to test with a device plugged into your modem/router.
- How old is your modem/router? If more than 3 years, consider upgrading. Another option is to upgrade the firmware on your router. The firmware is built into your router and can often be updated. Google it.
- If possible, work with your device directly plugged into your modem/router - it is a faster connection than wifi
- Stay close to your wifi router and switch to the 5GHz range if available
- Just like peak hour vehicle traffic, the internet has peak hour as well. Try and use the internet in off-peak times (such as early morning)
- Read some reviews on the different Internet Service Providers (ISP). They are not all equal in service or products. If your ISP reviews poorly then consider changing to another

- Consider who else may be using the internet at your premises. More importantly is, what are they using it for? If they are streaming video non-stop then this will definitely slow the internet for you. The internet provided to our premises is a finite resource and it can become congested – like a road.



If you are now working from home, then chances are you may need to do some video conferencing. Free and popular products include Skype and Zoom. Zoom has moved to prominence in the recent future due to it's ease of use, impressive features and video quality. There have however, been some security concerns that at the time of writing have not been rectified. Skype is owned by Microsoft and is a solid product for personal use with Skype for Business having further features suited to the business environment. If you join online meetings, it may be necessary to turn off your video and leave audio on to improve the quality of sound. Again, planning online meetings for off-peak times will usually deliver a better experience. Skype is free but Skype for Business is a subscription product. Microsoft Teams seems to be the product that Microsoft is now putting all their efforts into. We will see a transition away from Skype for Business to Microsoft Teams over the next year. More about Microsoft Teams in a future article.

As many would be aware, the stockmarket has taken a pounding over the past couple of months. An easy to read website to keep up to date on the movement of the Australian Stock Exchange is Market Index. Follow this link: <https://www.marketindex.com.au/>

Please be aware that while libraries are currently closed to the public, they still offer impressive online services. Libraries Tasmania online services include free online magazines, newspapers, music, comics, books and audiobooks. There is more, much more. Head to: <https://www.libraries.tas.gov.au/> you will be amazed at what is offered.

Tim

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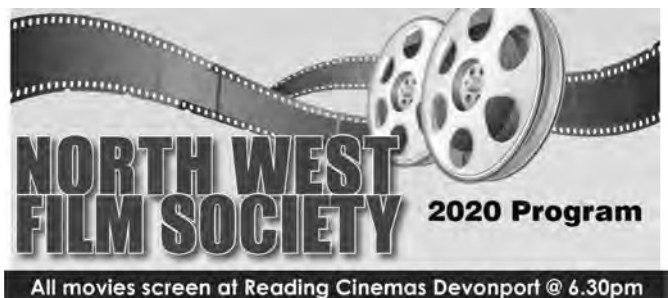
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All proposed screenings by Northwest Film Society have been cancelled at present.

Regrettably, following recent Government restrictions and the closure of Reading Cinemas, we will not be able to screen movies until further notice.

Membership will be held over in credit until such time as we are able to reconvene.

We will be in touch as soon as we have further news. We are disappointed, but look forward to seeing you again in the future.

Contact: E [nwfs@nwfs.org.au](mailto:nwfs@nwfs.org.au)

M 0431 484 727

# KENTISH COUNCIL

## RATES REMINDER

A reminder that the fourth and final rate instalment for the 2019/20 financial year is now overdue. Should you be experiencing financial difficulties, please contact our Rates Officer to discuss payment arrangement options.

## CHANGES TO COUNCIL MEETINGS DUE TO COVID-19

Due to the current **COVID-19** crisis and associated restrictions, Kentish Council meetings will be held remotely by teleconference **until further notice**. Meetings will not be open to public attendance, however audio recording of Council meetings will be made available after each meeting.

The agenda will be available for perusal on the Kentish Council's website.

Members of the public who would like to ask questions to the Council, that would normally have been heard during the Public Participation section of the meeting agenda, will need to provide their question on notice to the General Manager by **4.30pm on the Friday before each meeting**, by emailing [council@kentish.tas.gov.au](mailto:council@kentish.tas.gov.au) or post to PO Box 63, Sheffield Tas 7306.

## GOOD NEWS STORIES

Many of us may be feeling overwhelmed about the COVID-19 pandemic, and it is without doubt a very serious problem we face. But as a community many of us are rising to the occasion and there is a lot of good news mixed in with the bad.

Council would like to publish your stories on Facebook from 20 April 2020 in a bid to spread some positive news to our neighbours who may be feeling alone or stressed at this time.

Please forward your good news stories to Leigh Gracie at [council@kentish.tas.gov.au](mailto:council@kentish.tas.gov.au).

## WILMOT STREETScape REVITALISATION PROJECT

Kentish Council is in the final stage of preparing tender documents for the Wilmot Streetscape Revitalisation Project. The contract to undertake all civil and landscaping work will be awarded prior to the end of June 2020.

The aim of the project is to enhance and revitalise the Main Street of Wilmot to benefit locals and passing travellers. By undertaking practical road reserve improvements including fully asphalted road pavement and associated drainage improvements, border landscaping, delineated vehicle parking, and access improvements for both vehicles and pedestrians, this will benefit tourism opportunities to the village and surrounding environments.

The plans are available to view on Council website <https://www.kentish.tas.gov.au/council/public-notices>, by contacting Council on 6491 0200 or at Wilmot Country Store.

Should you have any questions or need to review the plans in greater detail, please contact Roads and Drainage Officer Stephen Ison by phoning Kentish

Council on 6491 0200 or email [stephen.ison@latrobe.tas.gov.au](mailto:stephen.ison@latrobe.tas.gov.au) by Monday, 20th May, 2020.

## TENDERS FOR CONSTRUCTION OF WILMOT MAIN STREET UPGRADE PROJECT

Tenders are invited for the Main Street Roadworks and Supplementary Landscaping Works associated with the Wilmot Main Street Upgrade Project.

Technical enquiries and documentation/specifications are available by contacting Council's Roads and Drainage Officer – Stephen Ison on 6491 0200. Tenders close at 4pm in Wednesday 3<sup>rd</sup> June 2020.

## SHEFFIELD MAIN STREET REVITALISATION PROJECT

Kentish Council wishes to advise we are in the final stage of preparing tender documents for the Sheffield Main Street Revitalisation Project. The contract to undertake all civil and landscaping work will be awarded mid-2020.

The aim of the project is to continue enhancing and revitalising the Main Street of Sheffield to benefit locals and passing travellers. By undertaking practical and aesthetic road reserve improvements including parking improvements, improved drainage, and detailed landscaping, this will benefit tourism opportunities to the township and surrounding environs.

The landscaping theme is designed to provide year-round beauty with minimal maintenance. Other community driven projects will improve the township aesthetics even further by providing artistic items of interest and historical significance.

Should you have any questions or need to review the design plans in greater detail, please contact Roads and Drainage Officer Stephen Ison by phoning Kentish Council on 6491 0200 or email [stephen.ison@latrobe.tas.gov.au](mailto:stephen.ison@latrobe.tas.gov.au) by Wednesday, 13<sup>th</sup> May, 2020.

## NEW ECONOMIC AND TOURISM DEVELOPMENT OFFICER APPOINTMENT

Many of you would have heard from our new Economic and Tourism Development Officer, Hannah Allwood. Hannah joins us with a considerable background in tourism and business management having worked for Tourism NT in Darwin across domestic and international marketing and destination development teams, as well as a Liaison role in the Ministerial office plus a number of years managing not-for-profit businesses like Deckchair Cinema and the Darwin International Film Festival. She is enthusiast to work with the local community and will also be assisting with the Sheffield Visitor Information Centre for the interim. If you need any assistance with economic and business development matters please contact her at Council.

## NEXT COUNCIL MEETING

The next ordinary meeting of Council will be held on Tuesday, 19 May, 2020 commencing at 7:00pm.

# Enhancing Your COVID

Who could have imagined, chatting around the table with family over Christmas, that by Easter we would all be holed up inside our homes, able to socialise only with those we live with, many unable to work, none able to travel and most of our shops shut? Coronavirus was relatively unheard of four months ago, now there is not much else to hear about. How do we go about surviving the isolation, financial pressures and relational stresses we experience and stay intact?



**1. Remember who you were before Covid19** – keep a hold of your identity, your purpose – who you were and why you do what you do. Knowing our identity holds us steady in stormy times.



**2. Check in with yourself emotionally – how do I feel?**

- ***It's OK to feel a bit frightened and fearful*** in this fight of our lives – it is scary! But don't let the fear control you. Limit the amount of news you are watching – only watch one of the recommended government news once a day – drowning yourself in multiple news watching only heightens your fear and anxiety. Keep responsibly informed but don't over do it.
- ***Find a way to direct the energy of your emotions*** towards something helpful:
  - o Does a certain type of exercise help how I feel? e.g. walking or playing cricket in the backyard with the kids?
  - o Does talking to a positive person help how I feel?
  - o Does making the conscious choice to think about a positive emotion help? (Serenity, love, joy, or gratitude etc)
  - o Does concentrating on what I do have rather than what I don't have help?
  - o If I make a worry jar and write down my worries and put them in the jar does it help?
  - o If I sing really loudly does it help my anxiety?
  - o Laughing makes us feel happier – find something everyday to laugh at, fake a smile with a pencil longways in your teeth for 5 mins and see if you feel happier
  - o Have some fun and try some things you might not have tried before.
- ***Be gentle with yourself*** – our body alarm systems have been activated with fear – calming and being kind to ourselves helps to turn this alarm system off.
- ***Resilient people apply creative ways to manage their emotions and direct this energy.***



**3. Pay particular attention to our mental health.**

This situation will affect all of us in different ways and we need to actively work on what we are thinking.

- ***Just like eating healthy food we need to feed our minds healthy thinking patterns.*** Choosing good thoughts and putting aside unhealthy and anxious thoughts. Focusing on the good things in our lives – what do we have rather than what we don't have. We are not stuck at home we are SAFE at home, we are saving lives by staying home.
- ***Stilling our minds*** and controlling our thought patterns are helpful.
  - o Find some mindfulness practices that work for you.
  - o Concentrate and become aware of your breathing.
  - o What is your favourite song that calms your mind?
  - o Is there artwork, poetry or quote that calms you? A favourite photo of a place that stills your spirit?
  - o Does journaling help your organise your thoughts?
- ***Gratitude:*** noticing what is wonderful, beautiful, awesome and good in your life, practising seeing and giving thanks for these things helps our mental health
- ***Am I staying present to the now?*** Leave the future to the future. Let go of the past. Be aware of the 24 hours that you are in now and live those.



# -19 Survival Skills

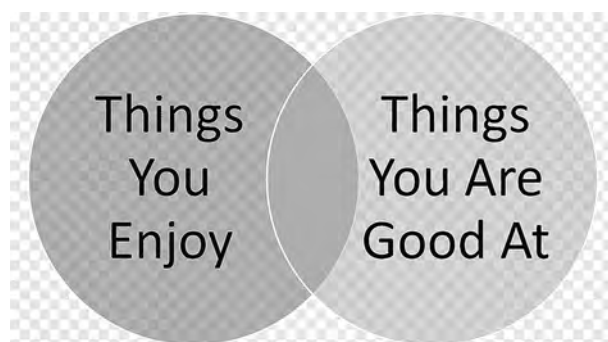
## 4. Physical health

- **Appearance:** Don't let your appearance go – get up, make your bed, shower, keep clean and tidy, wear bright colours – these things all help you to feel good
- **Sleep:** this is a great time to catch up on our sleep.
  - o Waking to the natural light is great for your biological clock.
  - o Go to bed early and make sure you get the recommended amount of sleep for your age group.
  - o Keep away from the blue light of screens a good hour before you go to sleep – you want to activate not deactivate your sleep hormone.
  - o Exercising daily helps your sleep habits
  - o Journal if you need to still your mind to sleep
  - o Have a bath or shower before you go to sleep
- **Exercise:**
  - o How am I moving my body today?
  - o You don't have to have a home gym – be creative, set up an obstacle course at home for kids and yourself, dance to some music. Skip. Use cans of soup as weights, mow your lawns. You can go for walks to exercise. Notice things you haven't seen before on your walks. The most important thing is to move your body some how some way during the day! What works for you? and make it fun.
- **Eating well:**
  - o How does your body tell you its hungry?
  - o What body sensations do you feel when you are hungry?
  - o Taste your food, do you like the look, the colour, the texture, the smell and taste of your food?
  - o Why are you eating? – Are you hungry? Are you angry? Are you lonely? Are you tired?
  - o Is the food you're eating giving you energy or does it make you tired?
  - o How much food can you eat until you are satisfied? Are you eating too much? Stop when you are 7/10 full – is that enough?
  - o Are you drinking enough water?

Positive *thoughts*  
generate positive  
*feelings* and attract  
positive life  
*experiences.*

## 5. Cultivating a positive challenge orientation:

Change the negative way you look at this situation – look at this event as a challenge to be welcomed. This is an opportunity to hit a reset button. What opportunities are there in this situation? What can I learn about myself? How can I make this situation work for me? What projects or tasks can I start or finish now I have time? What study could I do to improve myself? Which people can I connect with? Name 3 unexpected positives that have come from this experience and what can be gained from embracing these. Sit quietly with the challenges and obstacles I encounter and brainstorm new and different ways to look at them. Be creative, adaptable and innovative. Be inspired. Break big things down to smaller short term and achievable goals. Set 2 or 3 challenging and realistic goals for you to achieve.



## 6. Knowing your strengths, capacities and boundaries:

Have a healthy sense of your strengths and capabilities in a crisis and know when you need to ask for other's strengths. Be realistic about what is possible, what can you try, what can't you achieve. Create an appropriate boundary on what you can do and what you need help with? How much can you help others without overextending yourself. Do you have a buffer in place for unexpected stresses to happen? What strengths do you have? What is your most helpful contribution to our community, to others, to yourself at this time? Gather and organise this information and then make wise and courageous choices.



## 7. Resilient people have the ability to establish structure, carefully plan and then to put these into practice.

Resilient people take the information they have gleaned about themselves, make a systematic and realistic plan and then set the plan in motion. What can you control? What can't you control?  
(Continued on Page 16)

# Enhancing Your COVID -19 Survival Skills (cont. from page 15)

- **What is your daily routine?**

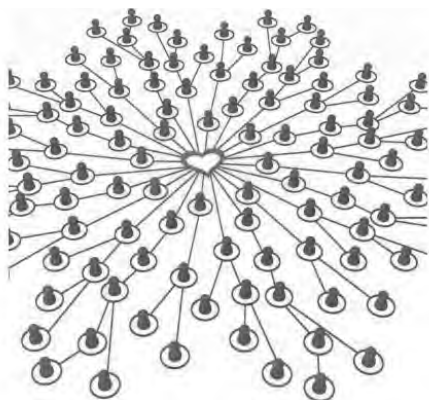
- o Have you included
  - Creativity time
  - Quiet and mindfulness
  - Daily fun exercise
  - Healthy food
  - Sleep habits
  - Time for supportive people

- **What is your weekly plan?**



## 8. Grit and determination

This is a difficult time for everyone. We may need to call on that good old determination, the 'never give up when things don't go our way' spirit, that extra 5 percent, that bit of oomph – grit, this is the time the 'rubber hits the road'. Don't lose site of the big picture. Peter Gutwein says it – don't get complacent. We need to persevere thru this situation even though some things are not comfortable, it is not easy, we are restricted in what we can do and the places we can go until we get to the other side. This will not last for ever. Keep our eyes on the prize. Keep our focus and work out the important things to do to survive this event. We can do this – we are Australians!!



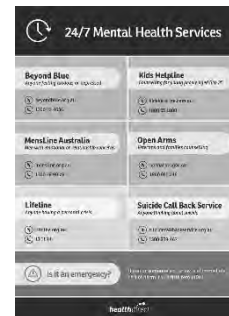
## 9. Supportive relationships

One of the hardest things about this Covid19 crisis is that usually in times like this we come together to support each other. In this case we can't do that. Our most vulnerable people are the hardest to communicate with. They are the most technically challenged group and communication is difficult. This is a painful situation!

Who do you feel loves and supports you? Resilient people do not tough it alone. Who are the people who listen, support and

encourage you? How are you attempting to connect with these people in this time of need? They may be family, people you work with, people who just plain like you, or your supervisor or mentor. Who do you love and support and how are you reaching out to them?

Learning new ways of connecting with people is part of the challenge. Don't tough it alone – reach out – it's healthy.



## 10. External Resources

Create your own list with contacts who can help you with finances, material supplies, information, resources, support. Make the most of what is available – government agencies and networks. Learn where and how to access these. Draw on other people's expertise. Create a suppliers list. Who can't you find – then ask someone for help?

### Barbie Dyer

Sheffield School Health Nurse

RN BHSc (Acupuncture) Dip Clinical Massage

### Acknowledgment:

**This has been adapted and developed with permission from an original article by Tim Dyer, March 2020**

## LETTER TO THE EDITOR

As the unaccustomed social distancing continues it's good to see some cheering ideas being swapped via email and on the internet-thingy.

I'm not usually a great computer enthusiast but extreme times call for extreme measures!

Something that especially brightened one of my days recently was again seeing the youtube video from a 2005 concert featuring Arlo Guthrie's delightful comedic song/monologue, "Alice's Restaurant". I recommend it as a 16 minute spirits lifter. Then there's music favourites from way back. I'm not sure why but music from one's younger days somehow seems more cheering when the world is turning upside-down and inside-out. To me the cheerful simplicity of singers like Fats Domino and his contemporaries reminds one of a simpler world of which, right now, we wouldn't mind a large slice.

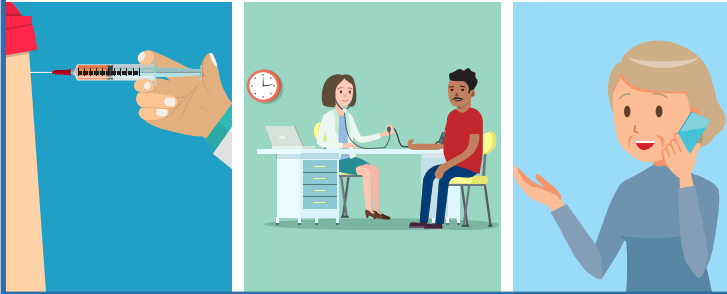
And books like Wind in the Willows and Winnie the Pooh, while regarded as being essentially for children, can also be a tonic for world-weary adults.

If you've never tried them, give them a go. You may be pleasantly surprised.

Living in the past? Not really, just reminding us of happy times while looking forward to a better world than the one we are presently working through.

David Tranter, Railton

# KEEP YOUR HEALTH ON TRACK



Now more than ever, it's important to keep your health and wellbeing on track. Your GP and health services are still there for you, so there's no need to put off or miss medical appointments, or ignore symptoms during isolation.

There are safe ways of getting all sorts of care, including consultations, vaccinations and prescriptions. You may be able to have a phone or video appointment or even have your medicines delivered.

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## SPORTING ACTIVITIES

### SHEFFIELD GOLF CLUB

Due to the COVID-19 very little golf was played.

The members only played one comp. That was the Hertz Summer Shield won by Winston Duff with a 64 nett. Second was Greg Collis with a 66.

The ladies played one game of pennant before the remainder of the games were cancelled. Their first game against Devonport ended 2.5 games each. They played their second round of singles Div 1 Gross & Nett winner was Robyn Jones with 168 Gross and 144 Nett.

Div 2 Winners were Gross Winsome Sherriff and Nett Kathy Davies with 139 nett.

No Vets games were played.

The course is still open for social golf only 18 players on the course at any one time, only two persons per hole.

Please keep up to date via papers and radio as things change from day to day.

Just a reminder that annual subscriptions are due by 26th April. If not paid you will be required to pay the \$15.00 Green Fees.

Sheffield Golf Club 6491 1184

Men's President Lyle Thomas 0418 141 727

Lady's President Janice Milner 0437908780

Green Fees (per Day): Adults \$15 and Juniors \$2

### RAILTON BOWLS CLUB

Hi to everyone, I hope that everyone is staying home and most of all staying safe. Even though our season has come to a very abrupt end, there were no final games for everyone to enjoy company before our winter, of course our dinner and AGM were both cancelled, we will let everyone know when we can all get together again, hopefully it wont be that far away.

Well done to everyone who assisted throughout the season, wonderful effort by a few. We really require people to stand up and look at taking on positions within the club, we would all love just to enjoy our bowls but that is not how clubs work, they require members to assist and take on positions so it doesn't just get left to one or two. Think this through and put your hand up to take on positions next season.

End of year raffle was well supported, the winners were:

1st Prize: Gus Jackson

2nd Prize: Noel Purton

3rd Prize: Trevor Charlesworth

4th Prize: Daryl Castles

Thanks to the wonderful sponsors for these prizes: Sthil Shop Devonport, Railton Motor and Tyre, The Sheffield Shed and Anvers Chocolates.

Our green has been upgraded for this year, thanks to the small group who all pull their weight to get it done, Noel has just starting cutting it again and hopefully we will get some warmer weather, so the grass gets growing well.

All the best everyone, stay safe and better still every few days ring someone and find out if they are ok or require something, you never know when we might have to assist others. I know our members will be there if required.

See everyone soon, I hope Noelene Purton Secretary

## COMMUNITY NOTES

### KENTISH COMMUNITY MENS SHED SHEFFIELD

I am happy to say the new extension of the Mens Shed has been completed to lockup stage. With the electrical work progressing along quite well and ready for equipment to be put in place in the near future.



The painting of the floor will commence shortly by Peter Morris. Once done this will require a couple of weeks to dry.

With the Covid-19 lockdown – stay home and keep safe. Our members are keeping their spirits up by phoning each other and emails.

Path laying of bricks continues from Bannons Forge to the gate entrance by Noel Bass doing a great job. We received a load of mulch for our landscaping delivered by A1 Tree Service. This will be placed in our revamped garden and a new area close to the Blacksmith shop.



**ABOVE & RIGHT:**  
*Noel Bass hard at work*

The Kentish Men's Shed in Spring Street, Sheffield is closed at present.

Terry Hughes, President  
0429 122 520.



### SHEFFIELD LIBRARY

#### **Due to the ongoing Covid-19 issues, Libraries Tasmania are now closed**

We will let you know via our website and social media channels when this changes.

Now is a great time to visit our website to access our eResources online, or call us on our new 'one-stop' number if you have any questions. You can reach us on (03) 6165 5600 from Monday to Friday, 9:00 am to 5:00 pm. Sheffield library phone is currently not being answered.

#### ***Please hold onto your library items until we re-open.***

The current return date on most borrowings has been extended until May 5, this will be reviewed closer to the date. If you have items that are showing a different return date, we no longer charge for late items, so you will not be charged a fee.

You may notice your account still has items listed that you returned around the time of our closure. Due to our system being suspended just prior to our closure, these items have not yet been checked in. Once we begin to process these items, you will see them come off your record. As we no longer charge overdue fees, there will be no impact on your membership.

All holds have been suspended until we are able to fill them. Your holds will not be cancelled, and you will not lose your place in the queue. Holds that are still waiting to be picked up will be available when our libraries reopen.

***You can access eBooks and stories, eMagazines, eComics, eNews and journals, eMusic, eFilm and eLanguages. You can also browse our online databases, historical newspapers, family history resources, research and reference material—among so many other things.***

#### **Go to [www.libraries.tas.gov.au](http://www.libraries.tas.gov.au).**

\* Select eLibrary on the home page, where you will find information about borrowing eResources online.

\* For family history, historical newspapers, family history, or research and reference material, select the Tasmanian archives + heritage link.

**Ancestry** for libraries is currently able to be accessed from your home computer, just use your normal library log in.

#### ***Some films on Beamafilm I have enjoyed –***

**2040** – documentary on simple steps we can take now to help mitigate climate change

**The Artist is Present** – documentary on a live performance by the artist Marina Abramovic at MOMA in New York. I loved this, and found it quite moving and challenging.

**Night Train to Lisbon** – Based on the 2004 novel by Swiss writer Pascal Mercier and starring Jeremy Irons. A beautiful and thought provoking film.

**Around the Block** - 2013 Australian drama film starring Christina Ricci. The film revolves around an American drama teacher (Ricci) who, through drama and acting, develops a friendship with a sixteen-year-old Aboriginal boy during the 2004 Redfern riots.

Hoping you all stay healthy, and looking forward to seeing you all once we come out the other side of this situation. Jen

### RAILTON COMMUNITY PROGRESS ASSOCIATION

#### **What direction now?**

There will always be down-turns; upswings; disasters and catastrophes. Just as there will always be new directions; opportunities and adjustments.

Now is the time to review our individual and collective abilities and assets. For example, Tasmania has seen the development of a strong and diverse agricultural sector. But not here in Railton. Why not? We have the same rain, sun and soils. It could be said that close to town we have smaller properties. If that is the case, then all we need to do is operate collectively.

Milk goats for dairy products is one area that could work as a collective, and the offspring raised for goat meat. So, not only do we bring property owners together but then it flows into the community with the construction of a dairy/ cheese making facility and a small dedicated abattoir.

Growing new types of vegetables, fruits, flowers and medicinal plants is another way of bringing landowners together and create manufacturing opportunities.

Share your ideas and let's see what we can come up with. Contact Angus on 0448880726, or post on Facebook: Railton Community Progress Association.

#### **Message from the President.**

Dear Kentish community members

The RCPA wishes good health and wellbeing to all of you. We trust that, although life looks a lot different to what it was just a few short months ago, that you are all keeping well and in good spirits through this historic passage of time. Thank you to all essential workers in the Kentish community for your ongoing efforts and all employers that are doing their best to keep things ticking over. Support local business as much as possible as times are tough for many right now. Together we are able to face these difficult times just a little easier.

Continue to look after yourselves, families and others to be safe and healthy. Hopefully things get back to normal soon!

Simon Hyvattinen, President RCPA Inc

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### THE HUB INC. REPORT

How life has changed. We would never have thought that the HUB would be closed indefinitely.

Thank you for not leaving items at the front door or the drop of area, as at this time we are unable to process items.

We are aware that some things were left at the front door, sadly we were told that someone was seen taking some of those items.

Keep safe and well, and we look forward to seeing everyone when we are able to open again.

Thank you again, your support helps us to support clubs, groups and individuals in our Kentish Community.

The Committee



## KENTISH GARDEN CLUB

### *Keep in contact with social media*



As garden club meetings have ceased for now due to restrictions imposed by the coronavirus lockdown, the Kentish Garden Club has launched a Facebook page. Our aim is to keep everyone in touch through the page by sharing what's happening in our gardens. It is an open group. Club members along anyone with an interest in gardening can see the page by searching on Facebook for Kentish Garden Club. Like and follow the page to see regular updates. Think of it as your local gardening magazine.

On the site we've shared photos of meals made from homegrown harvest and put up lots of photos of what's in flower. A photo of garlic cloves before planting attracted lots of likes and some great comments as did a photo of a late flowering of clematis in the garden. It is also a forum to ask questions and to answer other gardener's queries.



**LEFT: Purple clematis in flower in autumn.**

There are lots of social media sites for those with an interest in plants and gardens. One that's extremely popular and receives lots of posts on Facebook is Gardening in Tasmania. Also worth following are Australian Cottage Gardens and Perennial Poppies. Both pages post lots of interesting photos and comments and also share links to other pages.

Social media is also a way to have fun. In recent weeks a page named Bin Isolation Outing has garnered lots of Facebook followers. The page encourages people to dress up when they take out their garbage bin. It has ignited householders around the world to have fun. Easter saw bunnies putting out the bin and recently there have been lots of super heroes at work! A new trend has been wedding dresses. An New South Wales couple who were married in April posted their Bin Isolation Outing in their wedding clothes and were overwhelmed with 27,000 likes and 4,900 comments – and yes, they did take the bins out. The group was started on March 28 and has almost 1 million followers.

There's also a Facebook group urging followers to post the view from their window (with the hast tag #stayathome). The range of views from windows around the world has shown many lovely scenes and glimpses of beautiful gardens. When I joined the group last week there were already almost 300,000 members. Social media is a great way to get us outside even if it is only

## KENTISH GARDEN CLUB (CONT..)

to photograph the garden to have something to upload to Facebook, Twitter or Instagram or to pick a bunch of flowers to brighten that at home office for the week ahead.

For more information about the Kentish Garden Club call me on 0488 047 011, visit [kentishgardenclub.com.au](http://kentishgardenclub.com.au) or follow us on Facebook.

Jennifer Stackhouse

President, Kentish Garden Club

## PIZZA CONNECTION

*"As food is to the body, so is God's word to the soul."*

Donald Trump claims he is a wartime President as the USA and indeed the world, respond to the battle with Coronavirus. From 1939 – 45, WW2 raged with its effects reaching virtually every country in the world. Within a year or two, much of Europe was under the domination of Adolf Hitler, Great Britain was the next to fall. Can we learn from the response of the people in Great Britain to what has been described as their “darkest days” as we face the war with Coronavirus?

The then King called on the people to a day of prayer on the 26th of May 1940, there was effectively a total commitment to the call. Their army was trapped on the beach at Dunkirk in France with no hope of rescue. Hitler in that confidence, reassigned much of his weaponry to another cause believing his airpower was enough to prevent rescue of the troops. On the 28th of May, two days after the day of prayer, overcast skies kept his planes on the ground and at the same time, the sea between France and England was so calm that a fleet of small boats was able to rescue some 338,000 troops from the 28th of May until the 9th June.

A hymn which was almost the theme song for this period was written over 200 years earlier, it contained words such as; “O God our help in ages past, our hope for years to come – sufficient is thine arm alone and our defence is sure – be thou our guard while troubles last and our eternal home.”

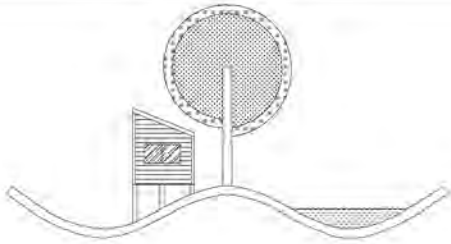
On the 9th of June, Winston Churchill gave his most famous speech to Parliament acknowledging God's response to the prayer day held 14 days earlier, referring to the “Miracle of Deliverance”.

Our next pizza night was set down for 29th of May but has now been cancelled. In the meantime, we have asked 5 of our previous pizza night speakers to give us their reaction to the present virus in 8 – 10 minute clips which we will put up on our Face book site. To access; Google Sheffield Pizza Connection and click on videos.

For further information, Craig 6429 3372, John 6491 2525, John 0407 877 104.

## WEINDORFER MEMORIAL ONLINE EVENT

The Gustav Weindorfer 88th Memorial Commemoration featuring The Mountain Choir  
Online viewing event on the 5/5/2020 at 10:00am on the official Weindorfer Memorial Facebook page  
[www.facebook.com//pg/WeindorferMemorialOfficial](http://www.facebook.com//pg/WeindorferMemorialOfficial)



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# Look After Yourself &

Self-isolation won't last forever but being confined to your home does have the potential to cause boredom and stress.

As well as finding innovative ways to socialise with family and friends, it is also important that you maintain some physical exercise as well as keep the mind active.

You might like to consider the following (some may have fees associated with them):

1. Keep in touch creatively with family and friends by telephone, email or social media. Maybe you can chat over a virtual dinner with Facetime ...
2. Start a wish jar for all of the things that you wish you could have done while in self-isolation. You'll then have lots of activities for when you emerge on the other side.
3. Chalk art inspirational words and pictures on your footpath for all to enjoy.
4. Put a teddy in your front window for those enjoying a walk to discover
5. Visit museums. [artsandculture.google.com/partner?hl=en](https://artsandculture.google.com/partner?hl=en)
6. The Louvre, based in Paris, offering virtual tour online for free- [www.louvre.fr/en/visites-en-ligne](http://www.louvre.fr/en/visites-en-ligne)
7. The San Diego Zoo has a live webcam for animals- [zoo.sandiegozoo.org/live-cams](http://zoo.sandiegozoo.org/live-cams)
8. Melbourne Zoo also has live webcams [www.zoo.org.au/animal-house](http://www.zoo.org.au/animal-house)
9. Explore the surface of Mars on the Curiosity Rover- [accessmars.withgoogle.com/](http://accessmars.withgoogle.com/)
10. The British Museum virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies- [britishmuseum.withgoogle.com/](http://britishmuseum.withgoogle.com/)
11. Geography with National Geographic- [kids.nationalgeographic.com/](http://kids.nationalgeographic.com/)
12. Live video of the National Zoo and Smithsonian Learning Lab- [www.si.edu/kids](http://www.si.edu/kids)
13. This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals- [climatekids.nasa.gov/](http://climatekids.nasa.gov/)
14. Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design- <http://www.kidsthinkdesign.org>
15. Movement and mindfulness videos created by child development experts- <http://www.gonoodle.com>
16. Maths as a fun part of your daily family routine- [bedtimemath.org/](http://bedtimemath.org/)
17. Music is for everyone- [musiclab.chromeexperiments.com/Experiments](http://musiclab.chromeexperiments.com/Experiments)
18. Listen to astronauts read stories from space- [storytimefromspace.com/library/](http://storytimefromspace.com/library/)
19. Maths games galore - [gridclub.com/](http://gridclub.com/)
20. Science experiments that you can do at home - <http://www.stevespanglerscience.com/lab/experiments>
21. Grammar- Work on the 8 parts of speech- <http://www.grammaropolis.com>
22. Scratch teaches students all about coding- [scratch.mit.edu/](http://scratch.mit.edu/)
23. A wonderfully detailed way to get kids engaged in the world of art- <http://www.metmuseum.org/art/online-features/metkids>
24. Short videos about numbers - <http://www.numberphile.com>
25. Let's kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos- <http://www.virtualmusicalinstruments.com>
26. A large selection of fun songs to help teach preschool students- [www.songsforteaching.com/preschoolkindergarten.htm](http://www.songsforteaching.com/preschoolkindergarten.htm)
27. Coding for 4-10-year-olds- <http://www.kodable.com>
28. For budding Marine Biologists- take a deep dive into ocean life. [ocean.si.edu/](http://ocean.si.edu/)
29. Science podcasts to listen to with your kids- [medium.com/kidslisten/19-great-science-podcasts-you-can-listen-to-with-kids-6fe46ac506b8#.rb23iuaw6](https://medium.com/kidslisten/19-great-science-podcasts-you-can-listen-to-with-kids-6fe46ac506b8#.rb23iuaw6)
30. ABC- Educational resources- [education.abc.net.au/home#!/home](http://education.abc.net.au/home#!/home)
31. Kids News- [education.aec.gov.au/teacher-resources/](http://education.aec.gov.au/teacher-resources/)
32. The Big List of Children's Books <http://www.weareteachers.com/virtual-author-activities>
33. Tips to support children's development 0-3 [www.thebasicstasmania.com/parents](http://www.thebasicstasmania.com/parents)
34. Have a house party via a group video chat app
35. Khan Academy - educational - <https://www.khanacademy.org>
36. The zone of regulation application (<https://www.zonesofregulation.com/the-zones-of-regulation-app.html>) is designed to foster self-regulation skills in a fun and exciting ways
37. Little writer tracing app - <https://apps.apple.com/au/app/little-writer-the-tracing-app-for-kids/id515890480> - is fun and so easy to use that your kids will think letter tracing is a game

# Mind your Mind

38. ABC kids podcasts - <http://www.abc.net.au/radio/podcasts/kids-family-podcasts>
39. P.E with Joe – type in P.E with Joe into Youtube
40. Consider exercise DVDs, dancing, floor exercises, yoga, walking around the backyard or using home exercise equipment.
41. At home workouts for adults - <https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ>
42. PE for kids and adults - [https://www.youtube.com/watch?v=4wzoy\\_J3L\\_c&t=471s](https://www.youtube.com/watch?v=4wzoy_J3L_c&t=471s)
43. Learn a new language - <https://www.duolingo.com>
44. Free lessons on many topics i.e. videography, business, art, cooking, coding, self-improvement - <https://www.udemy.com/courses/search/?src=ukw&q=free>
45. Art for kids - <https://www.youtube.com/user/ArtforKidsHub>
46. MommyPoppins – Coronavirus guide for parents <https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resources-kids>
47. Family Guide Boredom Busters - <https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2>
48. 50 Best Indoor Activities - <https://www.itsalwaysautumn.com/best-indoor-kid-crafts-activities.html>
49. Family Games Night - <https://playivities.com/20-family-game-night-ideas>
50. Not enough, check out this giant list of ideas for being home with kids [https://docs.google.com/document/d/1ajKj\\_LvG2rE8STfkVNHcCbD-vK0OPClwlptoaP8MXNQ/mobilebasic](https://docs.google.com/document/d/1ajKj_LvG2rE8STfkVNHcCbD-vK0OPClwlptoaP8MXNQ/mobilebasic)
51. Emerging minds includes a curated selection of resources to assist parents and carers to support their children during COVID-19 - <https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak>
52. Aha! Parenting has some relevant blogs and parenting tools at -  
<https://www.ahaparenting.com/blog/working-home-with-kids-coronavirus>  
<https://www.ahaparenting.com/blog/keeping-siblings-from-each-others-throats-during-quarantine-forced-togetherness>  
<https://www.ahaparenting.com/blog/were-all-suddenly-homeschoolers>  
<https://www.ahaparenting.com/parenting-tools/intelligent-creative-child/boredom-busters-good-for-kids>
53. The World Health Organisation (WHO) has advice for parents on how to communicate with children in various situations during the COVID-19 pandemic. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting> - 68k

## Where to Get Help if Stressed

**Department of Health Social Work Services:**

**North West: (03) 6478 6119**

**Lifeline: 13 11 14 (24 hours, 7 days)**

**Beyond Blue: 1300 224 636 (24 hours, 7 days)**

**MensLine Australia: 1300 789 978 (24 hours, 7 days)**

**Kids Helpline: 1800 551 800 (24 hours, 7 days)**

**Headspace: 1800 650 890**

**Red Cross - 1800 733 276**

**Salvation Army - 13 72 58**

**Rural Business Tasmania (financial counselling) - 6334 2768**

## One-Stop Shop for the Tasmanian Gov't Response

Please use the Tasmanian Government website for major updates on [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

This website remains the single source of truth for information relating to the Tasmanian response to COVID-19.

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[www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

# Leonie Hiscutt MLC

Liberal Member for Montgomery

I'm still here to help...

Given the current circumstances of the Coronavirus outbreak, it's important for you to understand that my office is still available to support you through this period. We won't be able to see you face to face, but my team and I are working and available to assist.

**Stay home.  
Save lives.**

Public Health Hotline:  
1800 671 738  
Business Tasmania Hotline:  
1800 440 026  
[www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)



If you need me during this time, please get in touch via 6425 8300, [leonie.hiscutt@parliament.tas.gov.au](mailto:leonie.hiscutt@parliament.tas.gov.au) or Facebook (@HiscuttForMontgomery).



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*Please take the time to check on your family, friends and neighbours.*

## Robert's Gardening Tips

With the Coronavirus restrictions in place, I find I have a lot more time at home to work on my garden. There are a number of projects that I had started which need to be completed. About 3 years ago I started to build a small retaining wall in front of the standard flowering cherry and across the front of the house. I had grown a number of English box and had planted them along the wall and they are now looking good. This time last year, we had 3 large hydrangeas growing in front of the verandah, and each winter we have had rats and mice burrowing in under them, under the verandah and into the house. So, last winter I propagated 150 cuttings, and now sadly those plants have been removed. A 30cm trench was dug alongside the verandah, filled with cement and a rock edging was mortared in place – creating a new garden bed. Soil from elsewhere was placed into the bed to a depth of 25cm. Now the rodents will need mining equipment and oxygen tanks to get in !! Next, I had to level off the terrace, so I removed 30 wheelbarrow loads of soil from there further down the hill for another project. I then made a brick edge between the verandah and the English box hedge, and another garden bed was made under the flowering cherry. Next step, the gravel and mulch. Because we have 5 acres, it is cheaper to buy these by the truckload, so these were already on site. Also, about 3 years ago, I picked up at the tip, a table and 4 chairs (1950's era), and so after some much needed restoration,

they are ready to be placed. So those jobs are all done now, time to sit down with a cup of tea and some Anzac slice and enjoy my new terrace and the view. What projects are you up to?

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Authorised by Mark Shelton MP, 10A Marlborough Street, LONGFORD 7301

BUSINESS	LOCATION	OPEN/ CLOSED	DETAILS/ NOTES
Basilico	Sheffield	Open	Takeaway orders call 0434 119 813 and ready meals from their deli. Open Tuesday to Saturday 4.30-7.30pm
Blacksmith Gallery Café	Sheffield	Closed	Closed for the time being as of Friday 27 March.
Bossimis Bakery	Sheffield	Open	Takeaway orders in bakery and phone orders to 6491 1298. Hours of 6am – 2pm.
Burgers and Bikes	Railton	Open	Takeaway orders only – can be placed in store and on 6496 1188. Trading hours: 5.30am and 7pm, 7 days.
Fudge and Good Coffee	Sheffield	Open	Takeaway orders and home delivery – orders can be placed at the café and phone orders 6491 1383. Trading hours changed to: Monday to Saturday: 7am to 2pm Sunday: 8am to 2pm
Highland Restaurant – Cradle Mountain Lodge	Cradle Mountain	Closed	Highland Restaurant and Waldheim Day Spa closed as of Wednesday 25 March until further notice.
Limestone Café Bakery	Railton	Closed	Closed from 31 March until further notice.
Moo Choo	Sheffield	Open	Takeaway orders can be placed at the café and phone orders 6491 1709. Trading hours currently as per below: Weekdays 5am – 6.30pm Saturday 6am – 6.30pm Sunday 7am – 6pm.
Mountain Mumma	Sheffield	Closed	Closed for the time being.
Railton Pizzas	Railton	Open	Takeaway orders to be placed 6496 1888. Opening hours: Wednesday, Thursday and Sunday 5.30-7.30pm Friday and Saturday 5.30-8.30pm
Round Hill Café and housing	Cethana	Closed	
Seven Sheds Brewery, Meadery and Hop Garden	Railton	Take away and online sales only	Driveway and online sales available – free home delivery in Tasmania.
Sheffield Hotel	Sheffield	Open	Phone orders preferred on 6491 1130. Evening meal takeaways from 4.30-8pm Monday pizzas 4-8pm. Lunch takeaways on weekends from 11.30am – 2pm. Orders can be placed in the bottle shop. Bottle shop open from 11am – 8pm. Check their Facebook page for Easter trading hours. <a href="https://www.facebook.com/Sheffieldhoteltasmania/">https://www.facebook.com/Sheffieldhoteltasmania/</a>
Sheffield RSL & Citizen's Club	Sheffield	Closed	For foreseeable future
T's Chinese Restaurant	Sheffield	Open	Takeaway orders on 6491 2244 from 5.30-8.30pm, 7 days.
The Truffledore	Lower Barrington	Closed	
Wilmot Country Store	Wilmot	Open	Takeaway only orders call 6492 1512. Trading hours: Monday to Friday: 9.30am - 2.30pm Saturday: 9am- 12pm Sunday: Closed
Wilmot Hills Orchard and Distillery	Wilmot	Online sales only	Online sales via <a href="http://www.wilmothillsdistillery.com.au/">http://www.wilmothillsdistillery.com.au/</a>

**“Act as if what you do makes a difference. It does.”** William James

# LETTERS TO THE EDITOR

## Time to re-invent Kentish, again?

Winter has come early for most businesses courtesy of coronavirus, and while everyone hopes that spring will bring a return to normal trading and social gathering, it may not. And may never be quite the same again.

So, while humanity is taking an enforced break from travel and other things, now would be a good time to start planning for when we come out the other side of the pandemic.

One thing that is clear is that a slow relaxation of the lockdown is unlikely to allow overseas visitors into the state any time soon. Nor are mass gatherings or events likely to be an option for a while. For Kentish, that means the two main planks of our economic strategies are out the window! But, that just means we have to start thinking smarter and look for other ways to do business or make events happen.

For example, an outdoor event that has developed a Covid plan along with all the other OH&S requirements is more likely to get a tick of approval to proceed as restrictions start to become relaxed. AGFEST could have been cancelled or postponed in May, but is going online this year to be an event “in the cloud”. It’s a bold experiment by Rural Youth Tasmania to try and rescue something for this year and has at least had backing from the state government to make it happen at short notice. Good on them for giving it a go, because it is throwing a lifeline to many ag businesses and suppliers.

Tourism may need to focus on Tasmanians rather than overseas visitors, but that might not be a bad thing – just different. We all need R&R of some kind, and if restrictions are reducing overseas travel then Tasmanians will be looking closer to home for holiday experiences.

Agriculture could take a more prominent role in the future. We have some wonderful produce here and quality niche products – saffron, truffles, hazelnuts, herbs, coffee, berries, wine, beer, cider .... Rather than relying on visitors coming to a cellar door, can we find ways to take the cellar door to them? Collaborative approach to marketing, online market place ....?

However, the one thing that is staring everyone in the face right now that could open up doors to jobs for the future, is technology. Social media is the lifeline for many right now and is showing how important technology is to the backdrop of daily life. Software development, artificial intelligence, virtual reality, communications - these are the career pathways of the future – so why is this not front and centre of our economic development strategies?

Perhaps a good starting point to progress ideas for the future economy of Kentish would be the establishment of some form of Business Enterprise Centre here in Kentish. It can be started in the cloud. Let’s get the ideas flowing and then see where it goes.

Julie Hargreaves Claude Road

---

It has been said many times recently that we are living in unprecedented times. For most people, never in their lifetime have they experienced such a large health and economic crisis. The impacts of COVID-19 are all pervasive for every single member of society.

The Tasmanian Government’s highest priority is the health, safety and wellbeing of Tasmanians as we continue to act on the best advice we have available.

As the Premier has advised, we urge those who can, to stay at home, unless you have a reasonable need such as getting

essential supplies, going to work or school, exercising or caring for someone. If we all do our bit to take care of ourselves and others, we can help save lives.

These are indeed very difficult times, but together as Team Tasmania we will get through.

As this issue is constantly evolving, I urge you to keep up to date with the latest information from the following sources:

- Daily updates from Premier Peter Gutwein on his Facebook.
- Tasmania Government dedicated coronavirus website [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)
- Australian Government dedicated coronavirus website [www.australia.gov.au](http://www.australia.gov.au)
- This site also includes Registration for people self-isolating to enable governments to provide direct support and information
- Australian Government Department of Health website [www.health.gov.au](http://www.health.gov.au) and also their Facebook page
- Tasmanian Government Department of Health [www.health.tas.gov.au](http://www.health.tas.gov.au) website and also their Facebook page
- The Australian Government has also developed an app for mobile phones. The app is available through Apple (iOS) and Android. There is also a WhatsApp information chat service. You will need to download the app to your phone or your computer.

The above sites have all current information including factsheets and important contact numbers.

You will be aware that both the Tasmanian and Australian Governments have provided the most significant Social and Economic Support Packages in our history. These measures are to ensure all Tasmanians have access to the help and assistance they need during this time, and that we are all best placed when we emerge on the other side of this virus.

Specifically, in relation to business support, refer to the Business Tasmania website [www.business.tas.gov.au](http://www.business.tas.gov.au) or call them direct on 1800 440 026. Federally, you can access information at [www.business.gov.au](http://www.business.gov.au)

Aurora and TasWater have also implemented assistance schemes and information is available on their websites.

I encourage everyone to be vigilant with their own personal hygiene and to keep in touch with vulnerable members, such as the elderly, in our community.

Again, please where possible, stay home, save lives.

Guy Barnett, Liberal Member for Lyons

---

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

Rebecca White, Labor Member for Lyons

---

Big thanks to the shops in Sheffield who have been able to stay open during this isolating time. Especially to the few who have been delivering. Good friends have also been very helpful.

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# Fun With Words

In addition to our Crozzle provided by local contributors this month we have three extra puzzles for your enjoyment - Join Together and two Add a Letter. You will find the solutions on page 33.

## Add a Letter

metal horse through inch  
stand heater upper water  
**o a r p n s i c**

Add one Letter to each Word to create a New Word.

**\*\* Only use each Letter Once \*\***

## Join Together

- |              |           |
|--------------|-----------|
| 1. Arm       | A. Pipe   |
| 2. Back      | B. Arch   |
| 3. Belly     | C. Cap    |
| 4. Bile      | D. Blade  |
| 5. Ear       | E. Pit    |
| 6. Eye       | F. Box    |
| 7. Finger    | G. Line   |
| 8. Foot      | H. Button |
| 9. Jaw       | I. Cage   |
| 10. Knee     | J. Bone   |
| 11. Rib      | K. Lid    |
| 12. Shoulder | L. Duct   |
| 13. Voice    | M. Nail   |
| 14. Wind     | N. Drum   |

Connect each Number with correct Letter

eg. 14A = WindPipe

## Add a Letter

\_any \_spy \_ape \_use \_bet  
\_one \_ear \_ell \_awn \_new  
\_ill \_ate \_gee \_hat \_ore  
\_art \_box \_ale \_pod \_rag  
\_age \_elf \_nit \_ere \_owl  
\_end

Add 1 letter to the front of each word to make a new word.

**\*\* Only use each Letter ONCE though you will need an extra "U" to go with "Q" \*\***

SOoooo you will need 27 in all to enable you to have a ball.

## TIME FOR TOUGH CHOICES: FACE TO FACE OR ONLINE?

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Authorised by Brian Mitchell MP 53B Main Road Perth

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

# May Crozzle

M O M M Y R T L E I N N I M  
 T H A I R H T I D E R E M E  
 G Y U L A S M N E E R U A M  
 A R D D M I L L I C E N T M  
 R O E R M V R A R I O M I E  
 O L T E R A G R A M O L L Y  
 M L T D M M O M M M L R D M  
 A A E I O G I A U Y E O A M  
 R M N N R S I R R M L G A A  
 T A I A S S I E I E D R R B  
 H C M Y I E M R M A I Y A E  
 A Y M E L I S S A A M S M L

Mabel  
 Macy  
 Mae  
 Magda  
 Maisie  
 Mallory  
 Mara  
 Margaret  
 Margo  
 Marleen  
 Maria  
 Marie  
 Martha

Mary  
 Matilda  
 Maude  
 Maureen  
 Mavis  
 Maya  
 Meg  
 Melissa  
 Melody  
 Meredith  
 Merle  
 Meryl  
 Mia

Mildred  
 Millicent  
 Milly  
 Mimi  
 Mina  
 Minette  
 Minnie  
 Miriam  
 Missy  
 Moira

Molly  
 Mona  
 Monica  
 Morag  
 Mum  
 Muriel  
 Myra  
 Myrtle

All words go in a straight line but in any direction – Up, Down, Left, Right, Diagonal. Most words are joined to another word by at least one letter, so any letter may be used in more than one word. Circle the words in the graph as you find them and when all the words are circled, there will be letters left over, write these on the hyphens to discover the “Theme Word/s”.

**Solution**  
**Page 21**



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# 3,000 Daffodils

**Don't sit still, create a Daffodil!**

28th August 2020

*Cancer Council invites you to create a Daffodil for Daffodil Day to be held in August*

This year we're calling all Tasmanian artists, crafters, hobbyists and dabblers to join us as we cut, sew, glue, knit and crochet our way towards Daffodil Day! Daffodil

Day is one of Cancer Council's most iconic & much-loved annual campaigns, which raises life-saving funds for world-class cancer research. Over 3,000 Tasmanians are diagnosed with cancer every year. Across Tasmania, we set up stalls in public places and sell fresh daffodils, daffodil pins and an assortment of merchandise. Last year we raised \$56,000.

We think it would be a wonderful symbol of unity against cancer if we were able to produce 3,000 daffodils from an assortment of re-purposed materials. This is why we have called this project 3,000 daffodils.

So don't sit still - create a daffodil!

Go to <http://www.cancertas.org.au/event/3000-daffodils-project/> to find out more.

*Watch this space for some news on a new concept for Cancer Council's Biggest Morning Tea especially tailored to the current situation with Covid-19 restrictions!*

## "Add a Letter 2" Possible Solution

Zany, Espy, Nape, Ruse, Abet,  
Lone, Pear, Yell, Dawn, Knew,  
Will, Fate, Ogee, That, More,  
Quart, Xbox, Bale, Ipod, Crag,  
Gage, Self, Unit, Here, Jowl, Vend.

**There will be words that could have a variety of beginning letters, so it may be quite difficult to use all 27 letters. :- )**

## "Add a Letter 1" Solution

Mental Hoarse Thorough Pinch  
Strand Cheater Supper Waiter

## "Join Together" Solution

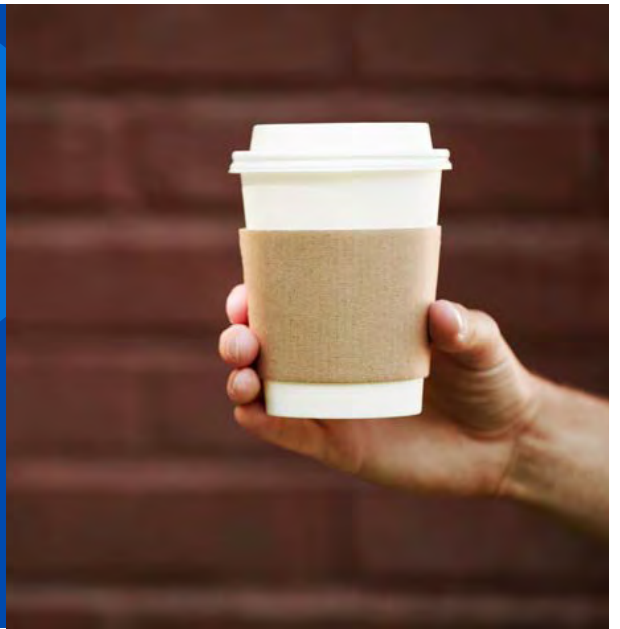
1E 2J 3H 4L 5N 6K  
7M 8B 9G 10C 11I  
12D 13F

# TIME TO RALLY TOGETHER

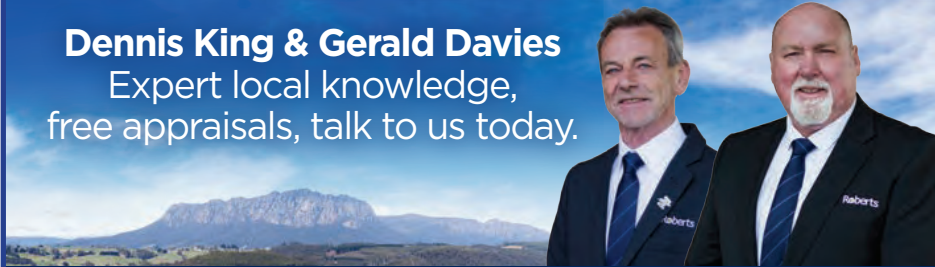
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# AGFEST 2020 A VIRTUAL REALITY

Posted by Agfest Administration

Posted Apr 15, 2020

Agfest 2020 is going ahead – but will be moved from the paddock to the cloud to enable exhibitors to generate much-needed trade and to stimulate Tasmania's economy during the current COVID-19 pandemic.

The Rural Youth Organisation of Tasmania, organisers of the three-day field days that inject more than \$20 million into the local economy each year, announced the heart-breaking decision to cancel Agfest 2020 in March while the community united to fight the coronavirus. Instead of dwelling on what could have been, this group of innovative young Tasmanians has been investigating all opportunities to run a virtual event to fuel economic activity.

In partnership with the Tasmanian Government and local design and project management companies, a ground-breaking online platform will be designed, developed and marketed to a global audience to enable up to 1000 companies to promote Agfest specials. And instead of three days, Agfest 2020 will run online for three weeks.

It is expected deals will be offered on a wide range of products – from tractors and towels, to sheds and swimming pools, to woollen socks and water tanks, to chemicals and caravans, to lawn mowers and lice control, to boats and banking products, to pumps, plants and potato peelers.

Agfest Chairman Ethan Williams said the project is a huge undertaking and one that would hopefully make a real difference to local businesses and the Tasmanian economy.

“Rural Youth and the Agfest Committee are ever so grateful to the Tasmanian Government for recognising the importance of this innovative idea and providing a much-needed grant to enable us to design, develop, promote and manage this project,” Mr Williams said.



**RURAL YOUTH AGFEST**  
7TH – 28TH MAY 2020 ONLINE

“We know many of our highly-valued exhibitors had already purchased stock, booked accommodation and flights, engaged extra staff and spent considerable money on signage and design for their stands. And many of these companies heavily rely on revenue from the event as they head into the quieter winter months.

“Rural Youth and Agfest have been so appreciative of the high levels of support and understanding demonstrated by our exhibitors, sponsors, contractors and suppliers in light of the cancellation so we are delighted that we can now develop this platform to generate sales and economic activity to support them.”

The focus is to launch Agfest 2020 in the Cloud on 7 May, the scheduled opening day for the planned-paddock event. Rural Youth has this morning informed all exhibitors of the exciting new initiative and will be providing further information as soon as possible regarding the online sign-up process.

Rural Youth State President Jake Williams encouraged all members of the Agfest family to utilise the Agfest 2020 in the Cloud platform to promote their deals and online-shops, as well as all Tasmanians to jump online from 7 May to “shop their hearts out”!

“This is a great opportunity to buy local and support our businesses so that they can continue to employ our community members and be in the best possible position post COVID-19.”

## Cancer Council Unite in Yellow Gala

Join Cancer Council Tasmania and AFL legend, Sam Newman, at Devonport's paranaple convention centre on Saturday 24th of October 2020 for a night to remember at the Unite in Yellow Gala.

At 62 years old, Sam Newman was diagnosed with prostate cancer. Now, 12 years later, he lives to tell his story. Come and hear his story at the Unite in Yellow Gala!

Key points:

- Event: Saturday 24th October 2020
- Venue: paranaple convention centre, Devonport
- Auction on the night of event will include numerous sporting memorabilia and money-can't-buy experiences

• Tickets are \$150 pp or \$1400 for a table of 10

• Unique cars will be on display

• Special guest: Sam Newman

More details to follow soon – so watch this space!

# The Great Influenza Pandemic of 1919

## - *How our Kentish community coped* by Alan F Dyer

During the latter part of 1919 the whole Kentish community was severely affected by the Great Influenza Pandemic that raged worldwide taking around 30 million lives, including 11,552 in Australia, 225 in Tasmania and at least 8 in the Kentish area. It all started in 1918 on a pig farm in Fort Riley, Kansas, USA. When the flu spread to humans it killed 650,000 in USA before crossing the Atlantic with American soldiers fighting WWI in Europe, where hundreds of thousands more died. It travelled to Asia with an estimated 15 million deaths in India before going worldwide. Returning diggers brought it back to Australia late in 1918 where it soon spread to all States.

This super-virulent strain of the flu could kill healthy young adults within a couple of days. Spread by airborne germs which bred on the back of the tongue, it took only one breath of contaminated air from an infected person to catch it. Almost at once victims began to feel unwell. Temperatures climbed, heads throbbed, tongues became furred and they lost all appetite. Next morning their shoulders and back ached, the neck became stiff and the tongue covered with a thick creamy scum. Vomiting and diarrhoea usually followed, the skin developed a bluish plum-coloured tinge and by nightfall they could be dead.

Tasmania was in fact one of the last places on earth to be afflicted by this terrible scourge. Strong hopes were held that somehow our island would escape, but after six months of incessant vigilance, in the second week of August 1919 the disease was detected in Hobart and soon spread State-wide. Within a few days there were 27 cases and 4 deaths, including a dedicated young doctor of Launceston and a young nurse in Hobart. However, the Tasmanian Health Dept had benefited greatly from the prior experience of every other state and all their advance planning here paid off. Both the Claremont Military Camp in Hobart and the Car Villa Quarantine Depot in Launceston were prepared as emergency hospitals. Also, the strong remedial action immediately adopted by Government undoubtedly reduced the number of lives lost.

### Tasmania Shuts Down

On Saturday evening 16 August 1919, the director of the Tasmanian Health Department assumed supreme power granted to him under a very recent act of parliament for use in the advent of an outbreak of a contagious disease epidemic. He sent telegrams to all police stations in Tasmanian declaring the immediate prohibition of all public gatherings. Public hall, picture theatres, billiard rooms, all indoor entertainment resorts, churches, school and libraries were ordered close at once. All upcoming military parades, sports events, race meetings, outdoor gatherings and entertainment were also cancelled. No person was to remain in a hotel bar longer than five minutes and masks were to be worn by people travelling on public transport where there were more than three people.

Immediately police from every part of the island began to carry out these instructions. They spent that Saturday evening emptying picture theatres and dance halls, dispersing people wherever they were congregated. For five weeks there wasn't a social gathering, church service or sports event held in the State. Boarding schools and all similar institutes were closed. Even functions to welcome soldiers returning from the war were prohibited. This robust reaction did cause some strange and rather humorous situations. With all gatherings, meetings, functions cancelled, it meant that all the very people responsible

for re-scheduling these events were also forbidden to meet - and they had very few telephones.

By Monday morning 18 August, public excitement reached panic proportions. Chemist shops were besieged with requests for every kind of flue antidote. All well-known cold cures, chest and throat medications, even thermometers, were quickly sold out. Instead of calming people, newspapers couldn't resist the opportunity to exploit people's fear. One Hobart reporter said doctors were unable to respond to all calls made upon them as patients could now be counted in hundreds. He wrote: *Yesterday a doctor visited a home in Sandy Bay where the whole household were down. The woman of the house, being in the best condition of them all, arose to admit the doctor but she collapsed in his arms. He feared she would succumb before he could get her back to bed. At another home a family of seven was down with three of them delirious and the rest powerless to assist when help arrived.*

One of the first requirements ordered by the Director of Health was for doctors to mass inoculate all Tasmanian school children. The Sheffield Town Hall was commandeered for this purpose and amongst the first vaccinated were **Ron Atkins** and **Rita Gibson**. Whatever the inoculation was, it was soon deemed worthless and discontinued.

By the end of August 1919 there had been 59 deaths - 39 in the south, 11 on the West Coast, 8 in the North and one of the North West Coast. This local person was a 32-year-old man admitted to the Latrobe hospital on the 23 August, who died the next day. By now thousands were ill across the State and there was a pressing need for more medical staff. As the epidemic had subsided on the mainland, Tasmanian health authorities called there for help. Within a few days the steamer **Marrawah** bought the first lot of helpers into Devonport: three doctors, six sisters and nine nurses. One doctor went to Burnie, one nurse to Sheffield, all the others down the West Coast to Queenstown and Zeehan. The following week 35 additional doctors and nurses arrived on the steamer **Rotomahana** at Devonport and were taken by special train to Launceston where the mayor of the city was responsible to allocate them to the neediest areas. Two days later another 35 arrived by the **Loongana**. The Royal Albert Hall in Launceston was commandeered as a central relief depot staffed with a matron, sisters and nurses on call for attending critical cases around the clock. All over the State special isolation hospitals were established to deal with the worst cases.

### Sheffield has 1st Case on N W Coast

On 29 August the first case of this contagious flu on the NW Coast was reported at Sheffield. A nurse driven in a motor car left Devonport at midnight to attend to the sufferer. Soon more local cases requiring medical attention followed and the services of *Dr Ferris of Ulverstone* had to be obtained for a few hours. The local medico at the time was *Dr G Musgrove Parker*, but *Dr Edward Addison of Devonport*, just back from 12 months in the USA and *Dr J H Drew from the mainland*, were assigned to come up and help him. The recently built **Drill Hall in Albert Street** was turned into an isolation hospital and the Kentish Council began advertising for people willing to help in any way with the emergency to register at the Council Chambers.

Among the voluntary helpers at the Drill Hall were the two

# How Kentish Coped (Continued) by Alan F Dyer

Salvation Army lassies stationed at Sheffield and **Lionel & Dora Weeks** of Barrington. Prior to their recent marriage, Dora Weymouth of Hobart belonged to the Volunteer Aid Defence Corp helping wounded soldiers who had been repatriated back to Hobart. In fact, that's how Dora first met Lionel Weeks, a wounded soldier originally from Staverton. After their marriage, they moved onto a Soldier Settlement property at Barrington. **Mrs Alice Green**, wife of the local solicitor and leader of the local Red Cross organized all the soup and food requirements for these patients. Let's follow some abbreviated news reports in 1919 on how the epidemic developed in Kentish.

**Sept 4** – Influenza seems to be spreading through the Sheffield district. Dr Addison, acting for Dr Parker who is down with the flu, reported two fresh cases on Monday. There were now eight patients in isolation hospital at the Drill Hall, three seriously ill. Last week the Council Clerk got in touch with the Mayor of Launceston who agreed to allow one more nurse to come to Sheffield to help attend bad cases.

**Sept 5** -Sheffield had its first death. It was **William Godwin (30)** relieving officer at the Sheffield Post Office. The same day a young nurse **Ida Stubbings** at the Latrobe Hospital also died. This caused an emotional reaction among the nursing staff, especially as her white casket was carried by the Matron and nine chosen nurses out of the hospital to the waiting hearse and later from the hearse to her open grave in the Latrobe cemetery.

**Sept 7 David Kirkcaldy (48)**, husband of **Martha (nee Goss)** succumbed to the flu virus leaving a family of six children, two other children having previously drowned. Martha raised her young family in a house down the Old Wilmot Road. The victim was the g/grandfather of the David Kirkcaldy who presently lives in Roland.

## Kentish in Crisis

**Sept 11** Most NW coastal towns have been fortunate to escape any serious visitations of the epidemic. But others have been less fortunate, especially **Sheffield**, where two deaths have occurred and many hundreds of infectious cases. Owing to the illness of the Kentish warden, the local doctor, the health inspector, the policeman and others, the council clerk **Mr A D Soutar** has been running the whole show. He has had a lively time sending help to various parts of the district. Even inland districts like **Erriba and Moina**, among the mountains, have demanded the service of nurses for their stricken residents. The council now have seven nurses moving around treating the sick. **Will Howe** of Sheffield was the next to die in the isolation hospital in the Drill Hall. He was a prominent member of the local Salvation Army. Out at **Wilmot** dozens of folks came down with the flu, including **William Maxwell's** whole household of nine. The locally improvised hospital at **Robert Quail's boarding house** was not large enough to take all the cases, so **Mrs Charlotte (Dot) Glover's 14 room boarding house** was also used. Similarly, up at **Erriba and Moina**, public halls were turned into makeshift hospitals. At **Railton** nurses and volunteers took over **Pedder's Hall in Foster Street** to bed down the sick and dying. Ada Ling, the local baker's wife, well known for her care of the sick, worked almost non-stop trying to relieve their suffering.

Back in **Sheffield**, local manager of the Commercial Bank **Maxwell Bruce JP** was just two weeks into his six weeks of accumulated leave, when he was recalled back to Sheffield, because his relieving manager and staff had come down with

the virus. **Frank Hughes** had just moved from Launceston to open a new motor garage in Main St next to the Sheffield Hotel, when he and his motor car were commandeered to drive nurses to stricken families in outlying districts. **John Craze**, mine manager at Round Hill and **Dave Mason** of Barrington volunteered to do the same. By the end of September, the number of nurses employed around Kentish had risen to nine.

At one stage all **Claude Road** had the flu, some seriously, yet strangely **Staverton and Paradise** missed out. Barrington had mild cases except for **Dave Russell** and **Mrs Wm Pullen** who became gravely ill.

Other locals who died were: **Reuben Rouse (31)** labourer; **William Brooks (29)** Sheffield jeweller, **Zoe Ralph (2)** daughter of Frank Ralph the local barber; **James Boutcher (60)**, farmer of Roland and **Alf Rolls (65)** Barrington blacksmith. When the last patient hospitalized in the Drill Hall was ready to be discharged, they prepared to close it down, but next day six new cases arrived, five being young children from the same family.

A month later **Devonport** got caught on the **second wave** of this terrible virus when nearly half the people of that town went down with it. There, the Red Cross Society invited all affected families to display a white flag on their front gates. The town was divided into sections under the supervision of willing lady workers who kept watch for these distress flags. Once spotted, volunteer runners carried the message to special soup kitchens which sent back relief in the form of soup, broth or milk foods. When the influenza epidemic finally subsided, the Kentish district held a public 'welcome home' for 12 local soldiers that had returned from WW1 during the recent shut down. They were **Corporal L Porch, Air Mechanic Singleton, Privates E Nunn, C Padman, G Moles, W Bray, C Listner, T Milne, A Rouse, W Hope, J Morris, and B Thompson**. Three of them, Porch, Bray and Thompson had married while overseas and were pleased to introduce their wives. The Kentish council meeting on 6 Nov 1919 calculated the cost of fighting this terrible epidemic locally as £874 15s 7d. This included the mass inoculations fees, medical fees, salaries of the nurses, travelling expenses and the cost of fitting out isolation hospitals at Sheffield, Railton, Erriba and Moina. With the local municipal health rate of only bringing in about £200 annually, worried councillors were quickly reassured by the Tasmanian Premier that the State Government would pick up the cost.

While most businesses suffered badly during the epidemic, some companies prospered. The manufacturers of Aspro were quick to assert their claim that *'it was now universally acknowledged that Aspro tablets have done more to smash the influenza epidemic than any other antidote.'* Similar claims were made for Dr Morse's Indian Root Pills. Their sales increased to 5 million pills a month. With restrictions on all entertainment venues, the new Edison Gramophone Company grabbed the opportunity to advertise what wonderful entertainment you could have in your own home by playing His Masters Voice records on their new gramophones. It worked; their sales soared as well.

Alan Dyer's Books  
are now available as  
e-books online at  
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**CHURCH NOTICES**

**Please note that all Church Services have been cancelled until further notice due to Government order in response to the COVID-19 threat to your health and the wellbeing of our community members. Please contact the various Churches for guidance and current advice as this situation is constantly evolving.**

**Lower Barrington Baptist Church**

Sheffield Road, Lower Barrington  
Pastor: Rev Chris Aulich  
The church services are being held via emailing the service sheets to those with computers and hand delivered to those without a computer.  
One of the three Bible studies is working via skype.  
Contact Steve – 0409 944 296 for Bible study groups.



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**DAY!** 

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**Holy Cross Catholic Church**

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**Anglican Churches**

Church Service Times :

**Railton**

2nd Sunday H.C. 9 a.m.

4th Sunday M.P. 9 a.m.

**Kimberley**

1st & 2nd Sundays MP. 10:30 a.m.

3rd Sunday HC. 10:30 a.m.

4th Sunday Home Church 10:30 a.m.

5th Sunday No services

**Roland Gospel Hall**

Sunday Worship 10AM - 11AM  
Fellowship (Family Service)  
11AM-12NOON ALL WELCOME



**Sheffield Bible Chapel**

45 High Street Sheffield  
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Enquiries please phone 6491 1447.  
Youth Group Enquiries please phone Daniel on 0459 900 299.

**Stay home.**  
**Save lives.**

**POLICE REPORT**

The World, Australian and local news is dominated by the COVID19 epidemic which continues to hold us all to ransom. Like a lot of people all over the country, members of the Kentish municipality are understandably frustrated by the fact they are required, for the most part, to remain at home. This is done for the greater good of the community and the health of all Australians. There seem to be guidelines and restrictions on numerous differing digital media platforms, some saying different things. The best place to view current guidelines is by looking at the Department of Health and Human Services web page located at [dhhs.tas.gov.au](http://dhhs.tas.gov.au) and following the COVID19 link. Please follow these simple rules for the time being as the sooner we beat the virus, the sooner we can have the restrictions lifted and finally catch up with those loved ones in person.

The Kentish municipality again had minimal crime activities through the last reporting month with two break-ins in the Sheffield area. There was also two stealing's in the Staverton area with a number plate stolen from a motor vehicle and the theft of a lock from a gate. All matters are being investigated.

If you have any information that may assist police with any matter call police on the numbers provided.

Emergency	000	Non urgent	131444
Sheffield Station	6478 6012	Latrobe Station	6478 4099

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**Send classified or display ads to advertising@thekentishvoice.com.au or to The Editor 12 Victoria St Sheffield**

## WHATS ON IN MAY?

As People innovate during these strange times and we have some events that are going ahead on-line.:

- The 88th Gustav Weindorfer Commemoration will be celebrated by The Mountain Choir on May 5th at 10.00am. (see page 6).  
<http://www.facebook.com/pg/WeindorferMemorialOfficial>

- AGFEST 2020 is going on-line from 7th to 28th May (see page 35).

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