

Next Council Meetings:
18 July and 15 August at 10am in the Council Chambers, St Helens

From the General Manager - John Brown

The Break O'Day Community Wellbeing Project hit the ground running last year and is already making a difference. Wellbeing conversations have been capturing hopes and ideas, new connections were nurtured and the first group of Certificate in Creating Wellbeing participants developed wellbeing actions and activities across Break O'Day that is benefiting the whole community.

This year's Certificate in Creating Wellbeing kicks off on Saturday 9 July at the Falmouth Community Centre where new participants will begin creating wellbeing for themselves and others and it is not too late to join in.

The wellbeing project focusses on what is working well in our community so that this can be built on. The participants build on strengths to help others see, and focus on the good stuff in life to help them develop their own positive wellbeing habits. Just like riding a bike, if you practice good wellbeing habits, you get better at them and your wellbeing improves.

If you would like to get involved give Leah, our wellbeing project officer a call or invite her to your club or group to host a wellbeing conversation. These wellbeing conversations are a fun way to focus on what is great about our community and help you share your hopes and ideas for wellbeing in Break O'Day. Contact Leah at wellbeing@bodc.tas.gov.au or 0439 826 491.

Last year we had the inaugural Festival of Wellbeing and this was a great success. It is coming back this year so save the date! This year's Festival of Wellbeing will be held on Thursday 6 October. Join our planning group and help create a fabulous day of wellbeing for our community.

If you want to know more about the project have a look at the website <https://www.bodc.tas.gov.au/community/health-and-wellbeing/>

Off the Track Sculpture Trail launched



Pictured above: Local artist Andrew Redman's sculpture, Rhythm and Flow located near Lions Park.

Now as you follow the track around Georges Bay in St Helens you will have more than just the beautiful scenery to enjoy, you will also discover some new sculptures.

As part of the Bay of Fires Winter Arts Festival the St Helens Destination Action Plan Group are launching the Off the Trail – Sculpture Walk.

The walk sees two new sculptures installed on the Georges Bay Multi-User Track in St Helens including; Rhythm and Flow by local sculptor Andrew Redman and Sea Sculptures by Gavin Wagner.

Rhythm and Flow is a totem like structure carved from Macrocarpa and is located near Lions Park at the Tasman Hwy and St Helens Point Road intersection.

Sea Sculptures features three skeletal fish made from deformed steel and is located at Beauty Bay on the large, concrete retaining wall.

The St Helens Destination Action Plan Group president Matt Gibson said he was excited to be able to launch the trail.

"The St Helens DAP group has been working hard behind the scenes to be able to share this project with the community and we are really happy to finally be able to launch Off the Trail.

"We were overwhelmed by the talent that the expression of interest process revealed and would like to thank all those that took the time to share their ideas with us.

"We would like to officially congratulate Andrew Redman and Gavin Wagner for being this year's successful artists," Mr Gibson said.

The Group's plan is to launch a new sculpture each year as part of the Bay of Fires Winter Arts Festival.

"We hope that each year we can add a new sculpture to the trail and add to the already great experience of enjoying Georges Bay," Mr Gibson said. This project would not have been possible without funding from the Tasmanian Government and support from East Coast Tourism.

For more information on the sculptures go to www.offthetrailsthelens.com.

Mental Illness - Reducing stigma

Article from www.healthdirect.gov.au

Everyone can help reduce stigma about mental illness.

When negative stereotypes come up in conversation or in the media, you can actively dispel myths and educate people against harmful, inaccurate stereotyping.

Be mindful about the words you use when describing yourself or others, avoiding insensitive and hurtful words, and words which define a person by their condition.

Speak up when you hear people make inappropriate comments about mental illness. People living with mental illness

should be respected and accepted just like everyone else.

People with mental health problems are entitled to the same rights and opportunities as everybody else. Challenge it if you see examples of discrimination or of bullying. Discrimination in the workplace against someone with mental health issues is against the law in Australia under the Disability Discrimination Act.

This also applies to people with physical disabilities – we can all be part of the solution to reducing stigma around physical disability and mental illness in our community.

Plastic Free July - Plastic Free Events

This month is Plastic Free July and Council thought that this would be the perfect time to start talking about our Single Use Plastic Policy.

As of 1 January 2023, any events held on Council owned land or in Council buildings will need to be plastic free.

This means that if you, or your organisation is planning an event on Council owned land or in a Council building (see full list under Council Facilities on our website), you will need to include providing reusable or compostable packaging. But don't worry we will do all we can to make it easy for you!

We understand that this is a big change but something we felt was necessary to not only reduce waste going to landfill or ending up in our environment

but also because we want to lead by example.

To make it easy for individuals and organisations to adhere to the new policy we have developed a one page flyer – this can be found on our website under Community Events. We will also be sending this flyer to local community groups.

Also, in an effort to make it easier for people to have plastic free events Council has been collecting secondhand crockery and cutlery from our tip shops to stock our facilities. Event organisers will be able to use this if required.

By working together we can all do our bit to protect Break O'Day for generations to come.

Customer Service Charter and Feedback card

We recently reviewed our Customer Service Charter and decided that we wanted to make it more customer friendly.

To do this we have developed a Customer Service Charter Flyer which is available on our website or you can pick one up from the office.

We also wanted to make sure our community knew all the ways they can talk to us. To make this easy we have developed a Customer Feedback postcard.

The postcard features a QR code which links to a page on our website that goes through in detail all the ways you can have your voice heard by Council.

You can find the Customer Service Charter and information on Customer Feedback on this page on our website under My Council / Customer Feedback.

Fees and Charges

At the June Council meeting on Monday 27 June, Council adopted the new fees and charges. This can be found on our website under; My Council/Fees and Charges.

History Room Local's free month

St Helens History Room is pleased to host the Australian National Maritime Museum's travelling exhibition called 'Remarkable Australians and their boats'. The exhibition will be on display from now until October 2022. Learn about Muki's bark canoe from South Australia and read about the various Australians and their connections to some interesting vessels.

Local content relates the very remarkable Ewart Tucker and his associations with some very interesting boats including the Arga, the Argonaut and the Rahra. Marvel at the model boats on display of the Jane and the St Helens, built by local model makers Ian Summers and Tony Lawson-Brown.

The St Helens History Room is once again pleased to announce free admission during August for all visitors, so take advantage and come in from the cold and visit our cosy museum.

Your tips for avoiding, reducing and recycling waste

Last month we asked you to tell us about your tips for avoiding, reducing and recycling waste, here is what you said:

Tony said:

"I keep all our glass jars and use them to store things like flour etc. I also use them to store left overs in the fridge like half a tin of opened tomatoes, coconut milk and such."

Lynne said:

"We use all our cardboard on the ground and we put mulch on top of it. This stops the spread of Spanish heath and also the spread of any seed that has blown through. The mulch on top seems to create a really

nice bed for healthy young grass to generate rather than seeds and weeds."

Esther said:

"I have been reusing plastic milk cartons to plant my seedlings in. I cut them in half and put soil in the bottom half – they act like mini green houses and I have had great success with the seedlings."

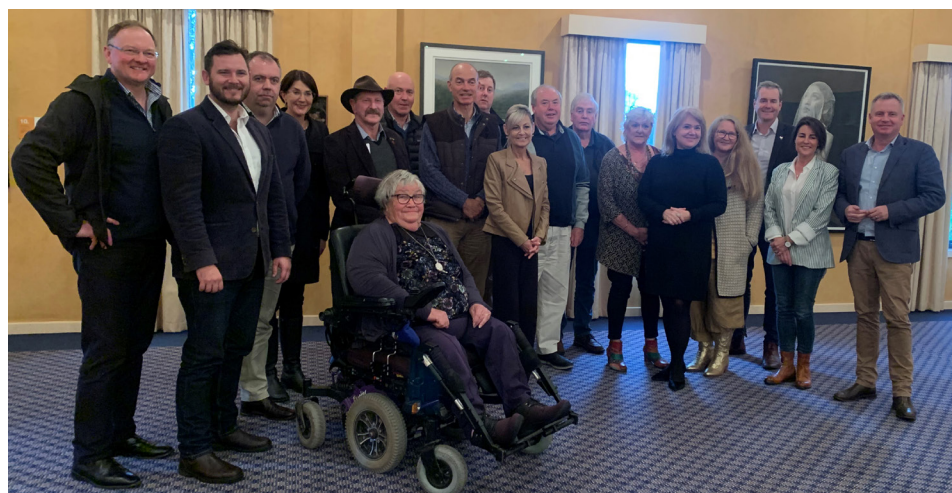
Share your tips by emailing admin@bodc.tas.gov.au

State parliament meets in St Helens

On Tuesday 28 June the State Government held their cabinet meeting in St Helens which provided a great opportunity for the General Manager, Mayor and Councillors to meet with cabinet to discuss issues that are important to our community. At the meeting Council thanked the government for their assistance on previous projects and raised the following topics for discussion; Housing including investigating re-purposing the Old Hospital as Emergency Accommodation for homelessness in our area, Supporting Doctors in

remote areas, funding for the Business Enterprise Centre and the challenges we have faced with the development of the Burns Bay carpark. – The Premier said he would respond to all comments in writing.

The State Government also reiterated their commitment to providing Council with \$500,000 to build a pump track/s. We plan to open this project up to community consultation and are currently working on the best way to do this – stay tuned by keeping an eye on our Facebook page or the Community Engagement Section of our website.



Community Engagement Updates

We have several engagement projects out in the community at the moment that we are asking for feedback on. These are:

GEORGES BAY ACTIVATION STRATEGY SURVEY

This survey has been developed so we can understand how people use Georges Bay to better plan for the future of the area.

The survey asks you to tell us how you use areas of Georges Bay and the St Helens Foreshore, how often and what improvements you think we should consider.

Once this survey is completed, your feedback will be passed on to consultants who will use this information, along with other research, to develop a Georges Bay Activation Strategy.

VOLUNTEER SURVEY

We are co-designing a Volunteer Strategy with a community working group and Volunteering Tasmania. To do this we first surveyed the community to understand the opportunities and barriers to volunteering. We then workshopped this information and

started developing a strategy.

We now have a second survey out asking you to test the group's thinking on what we should focus on.

Once we have collated feedback we will develop a Volunteering Strategy for Break O'Day.

RECREATIONAL TRAILS STRATEGY

On July 22 we will host an online meeting where we will present the Draft Recreational Trails Strategy.

The Recreational Trails Strategy was developed by TRC Tourism who will present the information session.

The document is comprehensive so the areas we will be focusing on in the session are the Strategic Priorities and Actions (page 6) and Potential and opportunity for Trail Development (page 81).

To attend the online session you will need to register through Eventbrite, you can find this link as well as links to the Draft Recreational Trails Strategy on our website under My Community / Community Engagement and then click on the Recreational Trails tab.

WHAT'S ON

East Coast Swans Game

25 July

Senior men's teams host Evandale at home. Auskick at 10.30am, Reserves 12.00pm and Snrs 2.00pm.

Barn Dance

9 July

Held at the St Marys Town Hall. Live band will be calling dances for all skill levels and ages. Dinner and refreshments will be available. Tickets \$10 and \$25 for the family. Door sales only. Cash only. All proceeds to Street 2 Home Program.

Wellbeing Certificate

9 July

This year's Certificate in Creating Wellbeing kicks off at the Falmouth Community Centre. Get involved in the Wellbeing Project. Invite Leah, our wellbeing project officer, to your club or group to host a wellbeing conversation. Our wellbeing conversations are a fun way to focus on what is great about our community and help you share your hopes and ideas for wellbeing in Break O'Day. Contact Leah at wellbeing@bodc.tas.gov.au or 0439 826 491.

Keep up to date about the project at www.bodc.tas.gov.au/community/health-and-wellbeing/, join the Break O'Day Community Wellbeing Project facebook group or contact Leah for more information.

LOCAL MARKETS

St Helens - Every Saturday

The Markets alternate between setting up their stalls at the Portland Hall or in the Visitor Information Centre Carpark.

St Marys - First Saturday of the month

Held at the St Marys Hall.

Community Group contacts update

We are currently updating our community group list. We use this list to contact community groups where required as well as promote them to our community.

We recently sent out a form to all the groups we currently have on our list asking for details we need to stay in touch and promote your events and activities.

If you are part of a community group and you haven't received this from us, we don't have the right details for you! Please contact Community Services by calling the office on 63767900 or email, community.services@bodc.tas.gov.au

Council Works Reports

General Project updates:

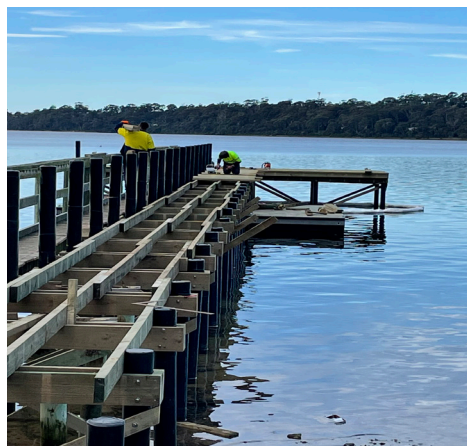
- Kirwans Jetty reconstruction completed and facility open to the public.
- Clearing trees and general clean up after the severe weather event over the June long weekend
- Foreshore Shared Pathway works connecting Talbot Street jetty to O'Connors Beach in progress.
- Erosion barrier remediation works below Treloggens Track over a distance of 600m in progress.

Road grading complete:

- Upper Scamander Road
- Mathinna Plains Road
- Ansons and North Ansons Bay Roads
- Policeman's Point
- Eddystone Point

Road Grading coming up:

- Roses Tier Road
- Upper Esk and Tyne Road
- Unsealed roads (St Helens area)
- Lottah Road is currently being graded which will be followed by culvert and drain clearing.



Council Works team members reconstructing Kirwans Jetty

Weed Management

Binalong Bay: Hemlock, thistles, mullein, caper spurge, African daisy, Torch Lilies (Kniphofia)

Stieglitz: Hemlock, thistles, mullein, caper spurge, mirror bush, African daisy, mirror bush, butterfly bush

Kings Park, St Helens: Broadleaf weeds, African boxthorn, thistles

St Mary WTS and trotting track:
Various weeds

Weed of the month - Patersons curse



Patersons curse (aka Salvation Jane) or *Echium plantagineum* is a significant pasture weed that can be toxic to livestock. It has attractive purple flowers and bristly leaves. It is a declared weed in Tasmania. It is spread by seed: eaten by livestock and birds, water, soil, machinery and fodder. Controlling Patersons curse early, while it is a small

flat rosette stage plant is important. Once flowering stems shoot in spring control options and effectiveness are much reduced. Manual removal and digging needs to take out roots including 20-40cm of tap root if it has developed. Flowering parts need to be destroyed as flower shoots and seed can continue to mature. Biological control insects provide some help for control programs, as can managed grazing. Heavy infestations are likely to need careful selection and timing of herbicide treatments to control. Eradication depends on follow-up to prevent any seeding and weed hygiene to avoid introduction of this weed. For more information lookup Patersons curse online at www.nre.tas.gov.au/invasive-species/weeds/

Natural Resource Management Committee vacancies

Are you interested in volunteering some time on the Break O'Day Council Natural Resource Management (NRM) Committee?

Looking after the natural environment is a shared challenge that involves balancing our use of land, water and biodiversity resources to ensure they are sustained and available for future generations. Council's NRM Committee is made up of representatives from

the community, industry sectors and government. There are vacancies at present for representatives for the community, forest industry, agriculture and the education sector.

If you would like more information or would like to express an interest in joining the NRM Committee, please contact Council's NRM Facilitator Polly Buchhorn on 6376 7900 or polly.buchhorn@bodc.tas.gov.au.

Responsible Cat Ownership - Our Desexing and microchipping subsidy

Did you know that now, by law, you must have your cats desexed and microchipped?

Compulsory desexing and microchipping was introduced in March as part of changes to statewide cat management led by the Tasmanian Government to promote 'responsible cat ownership'.

Break O'Day Council encourages all cat owners to value their companion cats and get them desexed and microchipped. To help we are offering a subsidy to cat owners who might struggle to afford complying with the new legislation.

The subsidy is available to owners in Break O'Day with a Tasmanian concession card (it may be extended to encourage people to give semi-owned cats a permanent home). Please contact the office on 63767900 to discuss with

our staff or see our website under My Property /Cats for more details.

For more information on responsible cat ownership, visit www.tassiecat.com – you will also find information and links on our website.

