

# April Newsletter



## Life in "The Twilight Zone"

2020 will go down in history for a lot of the wrong reasons. It started with Australia being devastated by bushfires on a previously unimaginable scale. Just as we were getting the fires out the Coronavirus was starting to gain traction in China and very quickly became a global pandemic that poses a serious threat to every country on the planet.

All councils across Australia have been heavily engaged with both State and Federal government agencies during the last month, both in efforts to "stop the spread" of the COVID-19 and to be prepared to deal with a serious outbreak should it occur. I must say that I have been very impressed by the commitment and capability of all levels of government in dealing with this crisis and equally impressive has been the efforts of all Australians and their united commitment to "do the right thing".

The media speak of little else and, as important as it is that we all keep informed, I think most people get a little tired of hearing about COVID-19 24/7, so when I heard that the queen was going to give a "Coronavirus address" I did wonder what relevance this could possibly have. Nonetheless, I watched and it soon became apparent to me that no one had told Her Majesty that the AFL season was off, because in "footy speak" it seemed to me that she wasn't at Windsor, but rather was at the MCG where she took a high flying mark at roughly halfback, sprinted down the ground, and kicking from about 55 metres out, she "drilled" it right between the goal posts. No doubt she then had a well deserved cup of tea.

In roughly the time it would have taken for her cup of tea to cool down enough to drink, she united her people, gave them the resolve to do what needs to be done, made them feel proud to be doing the right thing, and gave them reassurance that "better days will come". She absolutely "nailed it" like no other world leader has managed to do and, when you think about it why, wouldn't she! This is a lady that has been Queen for almost 70 years and will, this month celebrate her 94th birthday. Boris Johnson is her 15th Prime Minister, Winston Churchill was her first! Her longevity gives her wisdom, perspective and great credibility both in the UK, the Commonwealth, and globally. In the UK she is now literally the "poster girl" for the fight against the Coronavirus. I think we could all learn and gain some inspiration from her words in these trying times.

As Australians we tend to be competitive and "sports mad" and we like to keep a keen eye on the scoreboard. At this point in time there is no question that we are doing very well on the COVID-19 scoreboard, but it is still early days and we need to maintain the disciplined approach for quite some time yet. Most of us have probably secretly dared to dream of being good enough to represent Australia in some shape or form and, in the fight against Coronavirus, we actually all are. What we do as individuals impacts that rather grim scoreboard, so let's all "play this" to the best of our ability and let's keep doing it "with quite good natured resolve". Australians are good at this and country people are really good at this. Just get the job done with no fuss and no panic and keep looking out for one another. It looks to me that that is exactly what the people of Franklin Harbour have been doing and happily, we are not yet even on the scoreboard.

It would seem that a lot of people are finding some good in all of this and that is not to downplay the tragic loss of life and economic hardships being endured by so many. It has provided an opportunity to "slow down, reflect and pause" and to get back to basics. Families are staying at home and doing things together, there has been a rapid escalation in people planting veggies and getting chooks, making things in their sheds and sewing rooms, pollution levels the world over have dramatically reduced, the world is at this point united in a fight against a common enemy (the civil war in Yemen was stopped because it was more important to fight COVID-19 together than to fight each other). In short, the mad rush to be here, there and everywhere has stopped. These are good things and it makes you wonder what the world will look like after this. Maybe, just maybe some positives will come out of this disaster. There is much to think about while we "lay low" and do the right thing and get through this, and of course we will.

We even got a special mention from the queen last week and her experience, position, and longevity make her a lady worth listening to, particularly when the going gets tough:

*"Whilst it can be difficult to remain hopeful in such challenging times, especially following the summer's devastating bushfires and recent flooding, I am confident that the stoic and resilient nature of the Australian people will rise to the challenge."*

*You will remain in my prayers in the coming months, with the resolute knowledge that with hard work, faith and unity, we will rise to the challenges ahead and ensure the health and vitality of all Australia's communities. I send my thanks and warmest good wishes to you all."*

*Queen Elizabeth II*

### **Major Projects update**

The Coolanie water scheme is now complete. There is water in the pipe and tanks, and it is ready for farmers to connect.

This project has been a major success for this area and we would like to thank everyone that has contributed to this very worthwhile scheme.

Good progress continues to be made with the earthworks for the Marina Basin with the Northern breakwater now almost complete and looking very good.

### **Council Office**

Our council office remains open should you need to come in, but we do encourage you to try and deal with any council business, questions or queries via telephone or email.

### **Dr Joy O'Hazy**

Please be advised that Dr Joy O'Hazy a Women's Health Practitioner will be conducting phone consults until restrictions are lifted due to the COVID-19 at the Cowell Medical Practice once a month on the following dates:

20th May & 17th June. Please contact the surgery on (08) 8629 2504 for an appointment.

### **Council After Hours - Friendly Reminder**

**Please ring Council on 0428 292 019 for after hours emergencies. This phone is only monitored after hours so don't ring it during Office hours.**

### **Cowell Hospital**

Please find attached an update from the Cowell Hospital regarding visiting hours and services.

### **March Rainfall - 9.6mm**

**Shane Gill**

**Chief Executive Officer**

## LIBRARY UPDATE

# ACCESS TO LIBRARY ITEMS

With thanks to our very understanding Council and School Principal, we have implemented some temporary measures to allow patrons access to library materials.

Please understand this arrangement could change at any time with the current health crisis.

The library are operating a **"Call & Collect"** service for library patrons.

For those self isolating the library will provide a **"Drop & Wave"** service where items can be delivered to your door.

There are strict guidelines for these services, so please call or email us for more information.

Phone - 8629 2320

Email - [cowell.library@plain.sa.gov.au](mailto:cowell.library@plain.sa.gov.au)

### Telecross REDi COVID-19

South Australia



A free, daily phone call to check on the wellbeing of people impacted by COVID-19 isolation measures.

1800 188 071  
[register.redcross.org.au](http://register.redcross.org.au)



### SOCIAL DISTANCING

IS ONE OF THE BEST THINGS WE CAN DO TO STOP THE SPREAD OF CORONAVIRUS.



1.5 METRES

So let's all avoid crowded places and try keeping 1.5 metres apart whenever and wherever we can. It won't be forever, and it's a way we can all play our part in helping stop the spread of coronavirus.

SWAP	SWAP	SWAP
 Handshake X	 Wave ✓	 Face-to-face X
 FaceTime ✓	 Big night out X	 Movie night in ✓

WHERE SOCIAL DISTANCING IS NOT POSSIBLE, ALWAYS PRACTISE GOOD HYGIENE. FOR MORE SOCIAL DISTANCING TIPS, VISIT [STOPTHESPREAD.SA.GOV.AU](http://STOPTHESPREAD.SA.GOV.AU)

[sahealth.sa.gov.au/COVID2019](http://sahealth.sa.gov.au/COVID2019) [facebook.com/SAHealth](https://www.facebook.com/SAHealth) [@SAHealth](https://twitter.com/SAHealth)

Government of South Australia  
SA Health

## Contact details & Elected Members

**Mayor RJ Walsh**

0429 862 922

[walsh@franklinharbour.sa.gov.au](mailto:walsh@franklinharbour.sa.gov.au)

**Cr. S Franklin**

0427 296 001

[franklin@franklinharbour.sa.gov.au](mailto:franklin@franklinharbour.sa.gov.au)

**Cr. TP Rehn**

0428 292 239

[rehn@franklinharbour.sa.gov.au](mailto:rehn@franklinharbour.sa.gov.au)

### CONTACT DETAILS

P 08 8629 2019

[council@franklinharbour.sa.gov.au](mailto:council@franklinharbour.sa.gov.au)

[www.franklinharbour.sa.gov.au](http://www.franklinharbour.sa.gov.au)

**Cr. DM Wagner**

0428 618 175

[wagner@franklinharbour.sa.gov.au](mailto:wagner@franklinharbour.sa.gov.au)

**Cr. AG Giles**

0428 855 909

[ggiles@franklinharbour.sa.gov.au](mailto:ggiles@franklinharbour.sa.gov.au)

**Cr. RL Deer**

0427 005 720

[deer@franklinharbour.sa.gov.au](mailto:deer@franklinharbour.sa.gov.au)

### Emergency / Out of Hours

0428 292 019

# Anzac Day - 25th April 2020



Due to cancellation of formal ANZAC commemorations nationally the RSL is promoting **Light Up The Dawn** activities. This encourages Australians to commemorate from their homes, driveways and balconies to show individual but united remembrance of sacrifice and service because ANZAC Day belongs to the people. The concept has come about from a public and RSL groundswell on mainstream and social media. We need to make the most of the circumstances - we are all in this together.

**You can choose your own time or method of remembrance. Or you can listen live to the ABC891 local radio as Peter Goers will be reciting the Ode on air at 5:55, followed by the playing of the Last Post and two minutes silence. I know some people will be playing the Last Post on their own instruments, in their driveways, as a mark of respect.**

If you wish to conduct your own service at home, log on to <http://rslsa.org.au/light-up-the-dawn/> for the full service.

Another terrific site is [www.rslanzacspirit.com.au](http://www.rslanzacspirit.com.au)—ideas to get the kids involved.

How different this day will be to last year, when we commemorated our 100 years. But no matter the circumstance we will never forget to remember and honour their sacrifice and service from all conflicts.

## LEST WE FORGET.

If anyone takes photos of how they pay their respects, and are happy to share them on our FB page that would be appreciated. Please visit Cowell RSL FB for updates.

S Grund (secretary/Cowell RSL Sub Branch.)



## DATES TO REMEMBER

**DISTRICT COUNCIL OF  
FRANKLIN HARBOUR  
COUNCIL MEETING**

Wednesday 13th May 2020  
@ 1:00pm via electronic  
location

**GOLF SEASON**

Sunday 19th April First  
game—9 hole  
Ambrose teams of 2  
names in by 12:45pm  
tee off at 1.00pm

**THE FOLLOWING EVENTS HAVE BEEN  
POSTPONED**

**BOWLS—NIGHT OWLS**

**RSL :Cards for everyone**

**Men's Snooker & Pool**

**Bingo Wednesdays**

**Bar & a Sausage Sizzle Fridays**

## Looking after yourself in dry times



Living in dry times is tough, and for those also supporting others, formally or informally, there are additional stressors, often higher workloads and it can be harder to 'turn off'.



Your wellbeing is crucial but also critical to your ability to support others. You have a responsibility to yourself and the people you support to value your wellbeing.

### IDENTIFY SIGNS OF BURNOUT

- Lacking energy and drive
- Resenting supporting others, work and 'the system'
- Lacking empathy and increased cynicism
- Becoming overwhelmed easily
- Challenged by change, having a narrow and immediate focus
- Feeling defensive or indispensable to your community/workplace

### SIMPLE (BUT IMPORTANT!) TIPS

- Turn off by switching your phone off, leave the office on time
- Build in daily routine
- Prioritise and clarify what you will not be able to do at work
- Do things that you enjoy, pleasure and leisure reduces stress

- Wind down before bed, exercise, eat well and sleep
- Make time with family and friends

### START TO SLOW THINGS DOWN

- Assess your energy levels
- Respect how you are feeling
- Find people to talk to, connecting and unloading can diffuse stress
- Focus on what you can control, not what you can't
- Check in with yourself regularly, have visual wellbeing reminders or set trigger points

For more information on Red Cross' work contact [contactus@redcross.org.au](mailto:contactus@redcross.org.au)

- Lifeline: 13 11 14 and [toolkit](http://toolkit.org.au)
- Beyond blue: 1300 224 636
- Kids Helpline: 1800 551 800
- FarmHub [farmhub.org.au](http://farmhub.org.au)
- Red Cross' [supporting children booklet](#)
- Red Cross: [Coping with a personal crisis booklet](#)

## **Eyre and Far North LHN Director of Nursing, Cowell Hospital & Aged Care**

### **Deb Clements**

I am responsible for our local hospital and will be providing regular updates about our work on preparation for the coronavirus.

At this stage, I and my team am focused on how we protect the vulnerable members of our community, including the elderly and those with compromised immune systems.

The Cowell Hospital and Aged Care is changing some arrangements in response to the virus.

### **Visiting Hours**

Visiting hours have changed, in line with national requirements to:

- 2.00pm - 3.00pm or
- 6.00pm - 7.00pm only
- one visit per day
- limited to two people
- 15 minutes duration
- maintain a distance of 1.5 metres between each person.

I need to ask you not to visit if you have cold or flu symptoms or are feeling unwell.

We will be enforcing these measures – this is about protecting our hospital patients and aged care residents.

Phone and social media contact is strongly encouraged and we will do all we can to enable this.

### **Service Changes**

We are also changing the services we offer, in order to meet requirements regarding social distancing, non-essential travel and reductions in gatherings, among others. We are doing this to ensure all professionals remain well and are able to care for our community.

Any requests for non-urgent procedures may be no longer be available locally or not available in a way that you are used to.

For example non-essential blood taking, change of dressings and removal of sutures may not be done in your GP surgery or Emergency Department on demand (as they are now).

However, we may provide advice to you regarding an alternative, have a clinic available or you may be referred to another nearby facility.

Be assured, that if the service you want is necessary, you will get the service you need.

Emergency Departments remain open for urgent presentations however Cowell is not currently accepting admissions. Cowell patients requiring admission will be transferred to Cleve District Hospital or appropriate hospital for admission.

If you are feeling really unwell or have a serious injury either call 000 for an ambulance (as you would normally) or you can ring the hospital for advice and further instructions

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If your matter is non-urgent, can you make other arrangements, like calling your usual GP practice for advice. You can ring the hospital for advice if you are unsure.

If you have cold or flu symptoms and think you may have coronavirus, please ring your GP practice first and ask for an assessment. You will be advised whether you need testing and you will be advised of a date and time for that test.

Even if you don't think you have coronavirus but have cold or flu symptoms, ringing ahead allows health professionals to use protective equipment as a precaution ensuring they remain well and available to provide care.

Please DO NOT come directly to the hospital.

We are continually monitoring the situation and may need to make further changes based on any spread of the disease in our community or changes in the availability of staff.

### **Self Isolation**

If you are in any of these categories, you must isolate yourself for 14 days:

- Close contact with a confirmed case in the last 14 days
- International travel in the past 14 days
- Interstate travel in the past 14 days
- Cruise ship passengers and crew who have disembarked in the last 14 days
- Visitors to the Lyndoch Hill and Barossa Chateau from 14 March 2020

If you are in one of these groups, even if you receive a negative test result over that time – you need to stay away from others for the full 14 days.

- Anyone who is sick with fever, sore throat or cold and flu like symptoms and has been at Adelaide Airport, including in the terminal or car park, in the last 14 days should self-isolate and contact their GP for testing

We are sorry for any inconvenience that these arrangements may cause, but in the interest of our residents and staff remaining in good health and slowing down the progress of this virus, we hope that you will all do your part.

### **For more information:**

- Call the COVID-19 hotline 8am – 8pm seven days a week: 1800 253 787
- Check these websites for up to date information:
  - SA Health website: [Coronavirus disease 2019](#) page
  - Commonwealth Health website: [www.health.gov.au/health-topics/novel-coronavirus-2019-ncov](http://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov)
  - Eyre and Far North LHN Facebook page: <https://www.facebook.com/EFNLHN/>

# NEWSLETTER



## Camping Around Franklin Harbour

Did you know that camping areas are provided in the following areas within the Franklin Harbour:

The RV Park, with locations accessible through to the township of Port Gibbon , Lucky Bay and Ulbana Weir (Payne's Weir)

All campers must have self contained toilet facilities with the exception of Lucky Bay & Port Gibbon .

Port Gibbon Township has the following facilities: a playground, toilets and coin operated hot showers.

Lucky Bay has the following facilities: a boat ramp, toilets and coin operated hot showers.

Permits are required to camp within the area for \$5 per night per vehicle or \$25 per week per vehicle with a maximum stay of 14 days. These can be purchased at the allocated pay stations at the locations listed as well as the Council Office, Cowell Hardware, Cowell Roadhouse.

Local Residents and Rate Payers are able to camp at no cost.