

THE VALLEY AND EAST COAST VOICE

Vol.11 - No.8 P.O.Box 100 St.Marys. Friday September 8th, 1978. Price 10 cents.

Registered at the G.P.O. Hobart for transmission through the post as a periodical

The ISLAND OF TASMANIA

There's nothing on the mainland of Australia to match travelling throughout Tasmania - and there's probably nothing as economical. Certainly it's the nearest you can get to England's gentle countryside in this side of the world, with its soft green fields, shady village lanes and romantic old coaching inns.

As well, Tasmania is packed with history. First settled two years before the Battle of Trafalgar and only 15 years after Sydney, the island has a rich colonial heritage. Take Battery Point, Hobart's first residential area, built in the days when the size of a man's home reflected his position in the community. Thus Battery Point's dwellings range from massive mansions to the delightful doll's houses of Arthur Circle.

Australia's oldest bridge, built in 1823 is still in use at Richmond, and there are genuine ghost towns like Linda, dating from the rip-roaring mining days. Many old homes, such as Franklin House in Launceston Runnymede at New Town and Entally House at Hadspen, are open to the public and provide fascinating insights of what 19th century life was like.

Another pleasant way to step back into the past is to see the Derwent Valley. When the Norfolk Island settlement off the New South Wales coast was abandoned in 1808, displaced colonists were granted land in the valley. Today, it retains the atmosphere of yesteryear, with its many mellow old properties around places like New Norfolk.

Shot Tower, at Tarcoona, once world famous for the quality of its lead shot, is no longer a commercial proposition. However, demonstrations of the art are still given. The wild days of whaling have their echoes at Bicheno, now a superb East Coast holiday resort.

You can't visit Tasmania without encountering some aspect of its grim convict past. Prisoners considered too tough even for the harsh conditions as were in Sydney were sent here. A short drive from Hobart is Granton, where 200 convicts wheelbarrowed two million tonnes of stone. The watch-house they built in 1838 contains the smallest solitary-confinement cell ever used in Australia - only 50 centimetres square

and two metres high - convict man-traps and numerous punishment items.

Port Arthur, also near Hobart, was the main penal settlement and its extensive ruins attract thousands of visitors. The sad memories of the hell on earth those convicts endured until their final journey to the nearby Isle of the Dead should be shared by every Australian. If you're a gambler, you'll love the sophisticated glamour of Hobart's Wrest Point casino, first in the South Pacific area. And you don't have to bet like James Bond: stakes can be as low as 50 cents or as high as you dare.

Launceston is Tasmania's second city and busy industrial and commercial complex in a beautiful garden setting. Located at the head of the Tamar River, its focal point is City Park, with its enormous English Elms and Oaks, and the John Hart Conservatory, guaranteed to make a gardener's heart quicken. And your heart will positively pound if you're a trout fisherman visiting Tasmania. Scores of rivers, streams and lakes are well stocked with succulent browns and rainbows. The new Lake Pedder, set in scenery reminiscent of Scotland or Norway, is already attracting anglers from throughout the world.

Devonport and Burnie are well worth seeing and no one should miss the spectacular West Coast, a region of wild mountains, lonely valleys and dense rainforests. A trip up the Gordon River is like an eerie journey back in time to long before man inhabited Tasmania.

Remember this is on your own door step, help preserve it.

ST. HELENS

ANTIQUES

NOW LOCATED AT

"THE ANTIQUE HOUSE"

14 ATLAS DRIVE----- ST HELENS

Phone
76 1378

CLASSIFIEDS

WANTED KNOWN.....EAST COAST DISCO available for parties and fund raising. Reasonable rates. Phone 722155 or phone 722134.

FOR SALE.....Ford XB station sedan 1974/75 302 V8, automatic, radio, heater, two way tailgate, A.1 road test taxed for year. Bargain at \$4,150 ono. Also 1964 falcon station sedan only \$495 with reconditioned engine only 30,000 miles. Stock car trailer with cattle crate \$450. Phone St. Helens 761170.

REDLINE BUS SERVICE delivers this paper quickly and efficiently. Why not let them work for you??

FOR SALE...and removal garage and large workshop at Falmouth. Contact B.V. Skerritt, Campbelltown, phone 915583.

FOR SALE....MATHINNA, Shop, Residence and large garage, also second house. Open for inspection 9am Saturday 9th September.

FOR SALE...ST. HELENS House on 1 acre of land (.4 hectare) house is 175 sq. metres with shower and toilet off main bedroom plus normal bathroom and t.v. room plus 4 bedrooms. Some finance available. Phone 76 1462.

BURNS BRICKS ST. HELENS offer a brick laying service to purchasers of our bricks - phone 76 1462 for the cheapest rate for supplying and laying of our bricks. No job too big and we will look after the small customers. Phone 76 1462.

ST HELENS
Cecilia St
ST. HELENS

PH 76 1119
AH 76 1119

HARDWARE

COMPLETE RANGE OF HARDWARE. PAINTS, BUILDING SUPPLIES, GARDENING EQUIPMENT, GIFTWARE ETC.

AGENT FOR McCULLOCH CHAIN SAWS
KEYS CUT WHILE YOU WAIT. GLASS & MIRROR
CUT TO YOUR REQUIREMENTS

INSPECTION WELCOMED

YES, WE ARE OPEN SATURDAY MORNINGS

CLASSIFIEDS

FOR SALE....Huron Pine carvel built 16½ ft. half decked boat, needs repairs, \$100.00 ono. Phone 76 1378.

FOR SALE...Old Pine Dresser, blackwood table (round), mahogany book case, new lounge chairs, b.w. dining chairs, etc., phone 76 1378.

PRO COLOUR.....Approx. 36 hour delivery for processing and developing. FREE Kodak replacement film. STREETS GENERAL STORE SCAMANDER.

KINGS BUS SERVICE, St. Marys, St. Helens, Bicheno, Swansea. Phone Winnaleah.

ALLAN JACKSON IS YOUR MEDIBANK AGENT. LET HIM HELP YOU WITH YOUR CLAIMS!!!

GLAMOUR GOWNS are the bridal specialists: hire your gown, veil and flowers from as low as \$50.00. Latest bridal and evening gowns for sale also. Inquiries welcome at GLAMOUR GOWNS, Shop 3 Shaws Arcade, L'ton. Phone 318826.

FOR SALE.....One black Safe-n-sound Childs Car seat with yellow and black liner \$28.00 Apply Barry Gillies "Cullenswood" St. Marys.

FOR SALE.....Four new retreads 735x14 radial tread guaranteed. \$50.00. Phone 722251.

RICHARDS
HOME FURNISHERS

ST. HELENS

PHONE 76 1147

FOR ALL YOUR HOME FURNISHINGS

CALL & SEE US

FREE MEASURE & QUOTE FOR CARPETS

DRAPES, BLINDS AND SCREENS

P
C

PRO COLOUR APPROX 36 HOUR

DELIVERY FOR PROCESSING AND DEVELOPING.

FREE KODAK REPLACEMENT FILM.

STREETS GENERAL STORE SCAMANDER.

PIFFLE

MARY SHERRIN is home again from Campbelltown Hospital. All her Mangana friends are pleased to see her.

MAUREEN SWEENEY of Mangana is spending the school holidays with her friend Amanda Causby of Melbourne.

GAVIN WARD from Technical College Launceston is spending the school holidays with his parents the Kevin Wards of Mangana.

THE SHERRIN girls of Mangana are spending the school holidays in Hobart.

MRS. JIM JOHNS and her daughter Stephanie of "Rocklyn" Rosevale, spent a few days with Mrs. Upton, Mangana.

CONGRATULATIONS to Tony Ward and Andrew Francis of Mangana for winning trophies with Fingal Thirds.

WHATS ON CONTINUED:

ST. PAULS CHURCH GUILD ANNUAL FAIR AND FLOWER SHOW Saturday 9 September 2pm in Memorial Hall. Many Stalls. Afternoon tea.

A SPECIAL GENERAL MEETING of St. Marys Golf Club will be held in the Club House on Saturday 16th September at 4.45pm.
BUSINESS: The Committee has recommended that rule 5 be amended by deleting paragraph 2, which reads "No paid servant of the Club shall be on the Committee."
A motion for the deletion will be put to a vote by those attending this meeting which has been convened by request of your Committee.

LIONS CLUB OF ST. MARYS GIANT AUCTION IN AID OF MULTICAP ENTRANT CARMEN SUMNER. St. Marys Recreation Ground 14 October 1978. Barbecue & refreshments. Any person interested in disposing of unused items etc. please contact Gregg Tapp, Ian Waidoo, J. McGivern, B. Wright.

MOTOR PTY LTD

Sole Tasmanian Distributors

SALE REPRESENTATIVE for St. Helens Fingal and surrounding districts.
FOR STATESMAN, KINGSWOOD, TORANA, GEMINI AND ALL G.M.H. VEHICLES

CONTACT

CLEM TREZISE

BUS. 51 6444

RES. 94 7291

WHAT ON

CHILD HEALTH CENTRE...ST. MARYS. Sister will be in attendance at the clinic this Friday September 8th from 1pm.

IMMUNIZATION DAY at the Hospital on Monday September 11th from 1pm.

CHILD HEALTH MEETING at the Clinic on Thursday 14th at 7.30pm. All new mothers welcome.

R.S.L. WOMENS Auxiliary meeting Monday 11th September at 7.30pm at the Institute.

R.S.L. St. Marys Sub Branch and Womens Auxiliary Social Evening Friday 29th September at 7.30pm in Institute. All members and wives invited to attend. Ladies a plate please.

TONIGHT FRIDAY 8th Thirds Dinner at rear of Community Hall at 6.30pm. Parents and other interested persons are welcome at 7.30pm for the counting of Best and Fairest Votes and presentation of trophies. Guest speaker from Scottsdale Football Club.

TONIGHT...Friday 9th Annual General Meeting of the St. Marys Cricket Club 7.30pm at the St. Marys Hotel. Everybody welcome particularly new players.

A FASHION PARADE will be held at St. Marys September 29th with Asian and Continental Supper plus music for dancing in Community Hall, St. Marys. Donation \$5.00 p.p. in aid of Multicap/ Bookings available later date. To be announced.

ST. MARYS LADIES FELLOWSHIP will meet 18th September 7.30pm at Mrs. Olga Targetts. Everyone welcome.

TASMANIAN PENSIONERS UNION Fingal/St. Marys Branch will hold a meeting in the Institute on Tuesday September 12th at 2pm. All pensioners are cordially invited to attend.

VALLEY MAIN ST
ST MARYS.
TRADING Co

KEY CUTTING
WHILE-U-WAIT
SERVICE

LAMINEX TO ORDER

Phone 722227.

CHURCH



NEWS

UNITING CHURCH IN AUSTRALIA FINGAL - PORTLAND PARISH

Sunday September 10

Fingal	9.30am	Supply
St. Marys	11.00am	Supply
St. Helens	5.00pm	Denney

Sunday September 17

Fingal	9.30am	Petrie HC
St. Marys	11.00am	Petrie HC
St. Helens	5.00pm	Petrie HC

CHURCH OF ENGLAND PARISH OF ST. HELENS

Sunday September 10

St. Helens 10.30am H.C.
There will only be one service in the parish this day. Would all parishoners please attend to hear Archdeacon explain the new prayer book.

Sunday September 17

St. Helens	8.00am	H.C.
Falmouth	9.15am	H.C.
St. Helens	10.00am	Sunday School
St. Helens	11.00am	M.P.

CHURCH OF ENGLAND. PARISH OF AVOCA, FINGAL, CULLENSWOOD.

Sunday 17 9.00am H.C. Fingal. 10.30am H.C. Cornwall

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Marys of the Assumption
September - December Sunday 9.00am

St. Helens - SS Helens & Stanislaus
September, Vigil Mass Saturday 6.30pm

Fingal - St. Joseph

September, 1st, 2nd & 4th Sundays
10.30am

Mangana - Our Lady of the Sacred Heart
3rd & 5th Sundays 10.30am

Bicheno - Community Church

September - December, First Sunday
of each month, 4.00pm

CONFESSIONS heard in each church 15 mins. before Mass and at other times as announced. Any time by appointment.

PARISH PRIEST:

Father Geoffrey Jarrett,
The Presbytery, St. Marys 7215.
Telephone-(003) 72 2252

CHURCH OF ENGLAND PARISH OF AVOCA, FINGAL CULLENSWOOD.

Sunday 10th September

9.00am	H.C. Fingal
11am	H.C. Avoca
7.00pm	H.C. St Marys

Tuesday 12th 8.00pm H.C. Royal George

Thursday 14th 7.30 H.C. Mangana

Cornwall 7.00pm H.C. Avoca.

ST. MARYS

FINGAL

MANGANA

Sunday	10	Greg Tapp
Monday	11	Kath Lohrey
Tuesday	12	Margret Bullock
Wednesday	13	Elaine Ross
Thursday	14	Bob Legge
Sunday	17	Kevin Faulkner
Monday	18	Mary King
Tuesday	19	Mary Targett
Wednesday	20	Kim Napier
Thursday	21	Wendy Aulich

R. Saunders	-
K. Johnson	M. Bean
H. Mills	J. Miller
Shirley Miller	-
Cheryl Cox	Cheryl Cox
D. Williams	-
L. Parker	J. Miller
R. McGee	R. McGee
W. Davenport	-
M. Francis	M. Francis

THRIFT SHOP ROSTER

Sept 8 Mrs L. Faulkner-V. Bradbury

Sept 15 Mrs G. Hayes- U. Camplin

Sept 22 Mrs D. Morris- J. Faulkner



VALLEY FASHION WEAR

MAIN ROAD
FINGAL

Phone
74 2214

CLOTHING COMPANY MIX AND MATCH
SLACKS, SLEEVELESS JACKETS,
BLOUSES AND SKIRTS. SUMMER
COTTON TANNER FROCKS

SPORTS

FISHING NEWS

Anglers' Diary:- Sunday 10th September- Scamander Angling Club surf contest at Four Mile 12 noon to 4pm. Sunday 24th Sept- St Helens Surf Angling Club surf contest at Wrinklers from 2p. to 6pm.

No report has been received from the St Helens Club on their contest at Swincart, so it is obvious that nothing spectacular took place.

The big news is that there was a run of blackback last week as predicted by another well-known fishing writer. Unfortunately, they didn't run fast enough & a Devonport fisherman, with full support from his private air force, cleaned up a few tons off Falmouth before sailing South to Eaglehawk Neck for the big killing. Five hours fishing next day from Mariposa to Four Mile failed to produce a single bite. No one denies the right for a professional to make a living & thus provide work for others in the processing industry. However, the thousands of recreational fishermen in Tasmania must surely have some rights of their own. Past approaches to Government authorities to have certain small areas reserved for amateur angling have failed. This is solely due to the lack of a single voice for these anglers & we have found from experience that an approach from one Club is rebuffed on the grounds that the Club only represents one hundred or so members. The only solution appears to be the formation of a Tasmanian association. The fresh-water anglers have been unable to achieve this simple goal, so how the surf fishermen can do it remains a mystery. I would be happy to donate a small trophy for a winning suggestion.

BICHENO GOLF NOTES

72 hole Championships. First 36 holes played. A battle between two Cyrils.

1st gross C. Brown 169

2nd " " C. Furley 174

1st net C. Furley 134

2nd " " C. Brown 135

Final 36 holes to be played 16, 17, September

LIONS BINGO
\$100 JACKPOT

LOG FIRE

TUESDAY 7 30.

Golf Notes Bicheno continued
Associates

Final round for Silver Spoon Trophy. won by Joy Dehle 70 net c/b from Jean Leaver.

ST MARYS GOLF NOTES by Tee-up

Members 36 Hole Foursome Championships

1st Division 1st 18 hole

M. Barnes- C. Mitchell (14) 59 net

D. Holmes- K. Davern (10½) 65½

2nd Division

D. & G. Haas (32) 58 net

G. King- G. Kerrison (24) 61 net

Nearest to pin. P. Davern

2nd 18 hole 1st Division

J. McDonald- C. Davern (19½) 60½

2nd Division

S. Bean- N. Britton (24½) 59½

Nearest pin. P. Davern

Final 36 hole Championship

D. Holmes- K. Davern 151-21-130.

C. Mitchell- M. Barnes 156-28-128

36 Hole Handicap

N. Britton- S. Bean (49)- 123

J. McDonald- C. Davern (39) 127

ASSOCIATES Presidents Day

Best net Mrs K. Wright (36)-64

1st Nine Gross Mrs E. Herring 46

" " " Miss C. White 45

2nd " " "

Bradman score Mrs G. Singline

Putting Mrs R. Gill

Bogey

Mrs E. Herring (19) 3 down

Mrs I. Brennan (17) 4 down

Mrs J. Cornelius (22) 6 down.

ST MARYS FOOTBALL CLUB TROPHY

Winners:- Seniors- Best and Fairest.

Chris Burgess. Runner-up. Best and

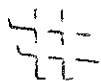
Fairest Les Newman. Leading Goal Kicker

Ken Maynard. Best Clubman Garry Richards

Most Consistent John Schier. Most Dedicated

Jamie Lowe. Special Awards for outstanding

continued on page 9



ENDSETTA



St MARYS

P.H. 722372

STUBBIES GAB TROUSERS FOR MEN AND YOUTHS NOW IN STOCK ALL COLOURS

NEW RANGE OF BRASS VASES, GIFT LINES ETC.. SPRING AND SUMMER

GEAR NOW ARRIVING

ST. MARYS BAKERY

Jim & Dianne
SPRIGGS

for PIES

PASTIES

BUNS

PASTRIES

CAKES

L.C. "CACTUS" FREEMAN

A FIRST FOR ST. MARYS

24 HOUR CARTAGE SERVICE

WOOD, GRAVEL AND

GENERAL CARTAGE.

PHONE 72 2369

D.K. & C.M. BARNES ST. MARYS

WILL DELIVER WREATHS

FRESH AND ARTIFICIAL FLOWERS

BRIDAL BOUQUETS

PHONE: 72 2367
72 2265

HARVEY WALLACE- WILLIAMS

OPTOMETRIST, OPTICIAN AND
CONTACT LENS PRACTITIONER.

IN ATTENDANCE AT ST. HELENS ON
THE LAST FRIDAY IN EVERY MONTH.

RING:

KELVIN VINEY PHARMACY 76 1374

W. LOCKETT & SONS

FUNERAL DIRECTORS

CAMPBELL TOWN

Enquiries may be directed through-

D. E. Casbault, St. Marys,

Phone 72 2143

OR

T. Pears, Campbelltown. Ph 81 1167

Bruce Davidson
Funeral Director

D.F. & M.D. MATTHEWS

ST. HELENS

FOR ALL

HOME FURNISHINGS

ELECTRICAL APPLIANCES

SCREENS AND

BLINDS.

PHONE 76 1438

BP

SERVICE STATION

B. & J. A. SPILSBURY

VICTA MOWERS

AGENTS FOR :

CHAIN SAWS

SEE BRUCE FOR
THE GOOD JUICE

ST. HELENS

Phone
76 1162

BAKERY

Smallgoods - Cakes - Pastries
WEDDING & BIRTHDAY
CAKES ICED

BUS ORDERS TAKEN

VOLLEYBALL COMPETITION.

BY TIME-OUT.

THE ROSTER MATCHES FOR TUESDAY THE 29th. AUGUST PRODUCED SOME VERY WELL FOUGHT MATCHES. THE 1ST. GAME BETWEEN FOOTIE FRANKS & C.B.A. ENDED IN A 3-1 WIN TO THE FRANKS. C.B.A. WITH 3 NEW PLAYERS IN THEIR SIDE TOOK SOME TIME TO SETTLE DOWN BUT THEN BEGAN TO SHOW GREAT PROMISE. BRETT KELLAWAY & ROD WOOLLEY PLAYING THEIR 1ST. GAMES PLAYED WELL. THE FOOTIE FRANKS ALTHOUGH WINNING THIS MATCH FAILED TO SHOW ANY REAL FORM AND AT THE FINAL WHISTLE SEEMED WELL IN NEED FOR A REST OFF OF THE BIG COURT.

THE 2ND. GAME PRODUCED THE BEST CLASH SEEN SO FAR IN THE ROSTER. ADIDAS JUST MANAGED TO SCRAPE IN BY DEFEATING ALPINE 3-2. THIS GAME WAS VERY EXCITING THROUGHOUT AND ALPINE WITH THE SUPPORT OF A VERY VOCAL CROWD CAME WITHIN A WHISKER OF DEFEATING THE TOP SIDE. ALPINE LED 10-4 AT ONE STAGE IN THE LAST GAME BUT THEN ADIDAS COOL UNDER PRESSURE AND WITH LES NEWMAN SERVING WELL CAME BACK WITH A DEVASTATING RUN TO WIN 15-12. ADIDAS PLAYED VERY WELL AS A TEAM TO BE WORTHY WINNERS OF THIS GAME WITH LES NEWMAN, & STAN HARDCASTLE SERVING WELL & MICHAEL BARNES & TERRY TARGETT PLAYING WELL AROUND THE COURT. ALPINES BEST WERE JOHN & ROBERT SCHIER & STEPHEN ADAMS.

THE 3RD. GAME RESULTED IN A 3-1 WIN TO JETSETTERS OVER FOOTIE FRANKS. FOOTIE FRANKS WON THE 1ST. MATCH BUT THEN THEIR FITNESS BEGAN TO TELL AND THEY WERE LOOKING FOR A PLACE TO LIE DOWN FOR THE REMAINING GAMES. RUMOUR HAS IT THAT SOMEONE PRICKED THEIR SKINS AFTER THE LIGHTNING PREMIERSHIP AND DEFLATED THEM. JAMIE LOWE WAS JETSETTERS BEST PLAYER BOTH AROUND THE COURT AND WHILE SERVING. G. TAPP PLAYING HIS 1ST. GAME PLAYED WELL FOR FOOTIE FRANKS.

TUESDAY 5TH. SEPT.

THIS ROUND SAW THE OFFICIAL OPENING OF THE SEASON WITH ALL TEAMS BEING REPRESENTED WITH SIGNS & BANNERS IN THE HALL. CR. CASBOULT THANKED THE SPONSORS ETC. AND DECLARED THE ROSTER OFFICIALLY OPEN.

THE 1ST. GAME WAS A VERY LACK LUSTRE GAME WITH ADIDAS RUNNING OUT EASY WINNERS OVER JETSETTERS 3-1. THIS GAME FAILED TO REACH A VERY HIGH STANDARD AND ONLY IN THE 4th. GAME DID ADIDAS START TO TAKE THE MATCH SERIOUSLY. DEREK SUMMERS GAINED MANY POINTS FROM HIS SERVICE DURING THE 4 GAMES. KEITH COOK PLAYING HIS 1ST. GAME PLAYED VERY WELL SETTING HIS TEAM MATES UP CONSISTENTLY. KENT WELLS ALSO PLAYED & SERVED WELL.

VOLLEYBALL CONTINUED.

THE 2ND. GAME BETWEEN ALPINE & FOOTIE FRANKS ENDED IN AN UPSET WIN TO FOOTIE FRANKS 3-2, AFTER ALPINE LED 2-0. FOR THE 1ST. TIME SO FAR FOOTIE FRANKS STARTED TO PUT THEIR 3 HITS TOGETHER & THIS RESULTED IN THEIR WIN. JOHN SCHIER AGAIN PLAYED WELL FOR ALPINE AND TIME & TIME AGAIN THREW HIMSELF AT THE BALL IN AN EFFORT TO URGE HIS TEAM ON. GUS RICHARDS, STEVE SALTER & RON MCCARTY WERE THE BEST FOR FOOTIE FRANKS.

THE 3RD. GAME WAS FOUGHT TO 5 GAMES BETWEEN C.B.A. & JETSETTERS WITH JETSETTERS DRAWING AWAY IN THE LAST GAME TO WIN 3-2. BRETT KELLAWAY & CHRIS MCGREGOR PLAYED WELL FOR C.B.A. AND WITH THE RETURN OF PETER BRADLEY TO THEIR TEAM NEXT WEEK SHOULD GIVE THE REST OF THE TEAMS A RUN FOR THEIR MONEY. JAMIE LOWE, MARK READ & KEITH COOK WERE THE BEST FOR JETSETTERS. WITH 8 ROUNDS TO GO THE MAIN INTEREST IS WHO WILL FINISH 2ND. TO PLAY ADIDAS OFF IN THE FINAL, AS VERY LITTLE SEPERATES THE OTHER 4 SIDES.

THURSDAYS MATCHES. 14-9-78.

C.B.A. TRAVEL	V	ADIDAS
FOOTIE FRANKS	V	JETSETTERS
ALPINE	V	C.B.A. TRAVEL

LADDER POSITIONS. POINTS.

ADIDAS	16
JETSETTERS	8
FOOTIE FRANKS	8
ALPINE	4
C.B.A. TRAVEL	0

KNOW YOUR RULES.

HELD BALL: WHEN THE BALL COMES TO A REST MOMENTARILY IN THE HANDS OR ARMS OF A PLAYER, IT IS CONSIDERED AS BEING HELD. THE BALL MUST BE CLEARLY HIT. SCOOPING, LIFTING PUSHING OR CARRYING SHALL BE CONSIDERED AS HOLDING.

NET DRIVEN INTO PLAYER: WHEN THE BALL IS DRIVEN INTO THE NET WITH SUCH FORCE AS TO CAUSE THE NET TO CONTACT A MEMBER OF THE OTHER SIDE SUCH CONTACT SHALL NOT BE CONSIDERED AS A FAULT.

CENTRE LINE: TOUCHING THE OPPO-NENTS COURT WITH A FOOT OR FEET IS NOT A FAULT, PROVIDING THAT SOME PART OF THE FOOT OR FEET REMAINS ON OR ABOVE THE CENTRE LINE.

HITTING THE BALL: THE BALL MAY BE HIT WITH ANY PART OF THE BODY ABOVE AND INCLUDING THE WAIST.

DECIDING GAME: A TOSS IS MADE FOR SERVE OR ENDS WITH TEAMS CHANGING ENDS WHEN THE SCORE REACHES 8.

VELOCITY OF GROWTH IN VEGETARIAN PRE-SCHOOL CHILDREN.

The increasingly popular dietary regimes that many young adults have adopted in recent years have both beneficial and adverse effects. Young adults who have adopted vegetarian diets often place their children and young infants on such diets. Reported adverse effects of some vegetarian diets in young children include malnutrition and rickets and more common, defects in length weight and haemoglobin levels. A study of growth velocity of vegetarian children was undertaken to determine any variations from expected norms.

Findings:

The permanent consequences of growth retardation depend on its timing, severity and duration. From birth to 3 to 6 months growth is usually satisfactory, independent of the nature of the environment. However, in the second phase of growth, 6 to 8 months malnutrition or disease may cause a retardation in growth. Breast milk alone no longer supplies adequate nourishment, the weaning diet may not be satisfactory for the maintenance of a normal growth velocity, and the infant loses his acquired immunity at the very time his exposure to pathogens in the environment increases. In the final phase of pre-school children's

growth, 18 months to 5 years, velocities may be at a normal or elevated level. During this period catch-up growth is possible but because of the low velocity of growth and the long duration of the insult there may be a failure to overcome a previous retardation and a smaller size may result nonetheless. Vegetarian children were smaller and growing more slowly before age 2 than would be expected from normative data. This suggests that at a period when growth is very rapid the individual is more vulnerable than in a later phase of infancy. Implications:

Neither smallness nor largeness as the end result of growth velocity confers any known health advantage or disadvantage. However, the growth retardation found among vegetarian pre-school children may suggest a less than optimal nutritional or health status. Vegetarian children's growth should be closely monitored. If intervention efforts to maintain growth velocities within norms are to be undertaken, they should begin during the first year of a vegetarian child's life since this is when deviations begin to occur.

GARDEN CLUB.

Ten members attended St. Marys Garden Club meeting held on August 31st. Apologies from L. Rattray and M. Royle. Members are sorry to hear Mrs. L. Rattray has been in hospital and hope to see her back again soon. We all missed you. R. Brough received a birthday posy. Owing to, two of our members being away sick competitions were not as plentiful. Mrs. K. LeFevre was welcomed as a visitor and received a posy. Open Arrangement: A. Llewellyn 1st, 2nd, 3rd. Intermediate: L. Mitchell 1st R. Brough 2nd. Novice: A. Jarvis 1st. 2nd 3rd. Vegetable of the month: P. Llewellyn 1st 2nd 3rd. Parsnip. Any other vegetable: E. Hughes 1st P. Llewellyn 2nd. M. Oliver 3rd. Something Old or Antique: E. Hughes 1st, A. Jarvis 2nd. P. Llewellyn 3rd. Winning Articles, an Old Letter, Watch Chain, Railway Ticket Puncher all over 100 years old. Light Fruit Cake. Molly Aulich 1st E. Hughes 2nd. Raffle Winner: P. Aulich. Lucky Door P. Llewellyn. Competition M. LeFevre.

LAUNCESTON BANK FOR SAVINGS

NEW FOR LAUNCESTON BANK DEPOSITORS: --

FREE CHEQUE ACCOUNT FACILITIES: Govt.

Stamp Duty only payable.

INSURANCE SERVICE

Building and contents

MOTOR VEHICLES, THIRD PARTY, LIFE, TRAVEL

SERVICE, TRAVELLERS CHEQUE, BOOKING

ARRANGEMENTS, PASSPORTS, Term Deposits

earn up to 9.25%

HIGHEST SAVINGS BANK INTEREST IN TASMANIA

CALL & SEE US

LAUNCESTON BANK FOR SAVINGS - ST. MARYS

ST. MARYS FOOTBALL CLUB NOTES CONTINUED

Special Awards for Outstanding Services to Club Gregg Tapp and Alan Lynch.

Reserves: Best and Fairest, Michael Brown. Runner-up Best and Fairest: Micheal Cook. Best Backman: George Gall. Best First Year Player: Michael French. Hardest Trier: Phillip Midson. Most Consistent Michael Barnes: Most Determined; Rocky West.

ST. MARYS GARDEN CLUB NOTES CONTINUED

Next meeting September 28th 2pm Methodist Hall. Donore Raffle: M. LeFevre, Lucky Door, L. Mitchell, Competition: M. Oliver. Home Produce Jelly Cake to be sold. Vegetable of the Month: Onion. Special Competition: An unusual bottle. Visitors and New members are welcome. A. Llewellyn appointed posy hostess for three months.

TOUCHE!

That bearded member of St. Marys Badminton Team must have really had last Monday night on his mind. When getting ready for work on Monday morning he put his sandshoes on.

We hear that a local Telecom employee is learning to play the organ. If anyone has any spare music sheets available we are sure that it would be appreciated. Perhaps, if he becomes proficient enough, we will be treated to an organ recital at Christmas interspersed with recorded music.

WHAT'S ON CONTINUED

R.A.F.T. Dr. Brian Corrigan consultant Rheumatologist in Sydney and medical officer to the Australian Olympic team will be discussing back problems and arthritis at the next meeting of the Fingal Valley Branch of R.A.F.T. This will be held at 7.30pm on Saturday 9th September in the Fingal Presbyterian Hall. Everyone is welcome to attend.

RECIPE -- TUNA CASSEROLE CURRY

1 tin tuna	1 dess. curry
2 hardboiled eggs	1 tables. tomato
1 onion	sauce
1 cup cooked rice	
3 cups milk	3 flour to thicken
	3 pineapple rings

Cook chopped onion in butter. Take from heat stir in flour and then add milk. Return to heat to thicken. Add chopped eggs and other ingredients. (Drain tuna)

A D U L T E D U C A T I O N

BICHENO: Basic Weaving (Mrs. Bate) 751237 7.30pm Wednesday from September 13. Makepeace Avenue (Get in touch with Mrs. Gates). 10 sessions \$12.00

ST. MARYS: Keep Fit - Mr. C. McGregor 7.30pm Mondays 18 September. St. Marys School (Get in touch with Mrs. K. Lohrey) 725175. 10 sessions \$12.00

FINGAL: Dressmaking Mrs. E. Saunders, Grey Street (742129). 7.30pm Wednesdays 13 September at Fingal School (Get in touch with Mrs. Saunders). 10 sessions \$12.00.

ST. MARYS: Woodwork Mr. G. Denney 722284 7.30pm Wednesdays 20 September (Get in touch with Mr. Denney) 10 sessions \$12.00

ST. MARYS: Painting Mr. Leo Cook (water colour) 12 September 12 7.30pm. Get in touch with Mrs. K. Lohrey 725175.

ST. HELENS: Chinese Cooking Mrs. J. Cheung 3 pm Mondays 18 September at St. Helens School (Get in touch with Mrs. K. Lohrey 725175) 10 sessions \$12.00.

ST. HELENS: Welding Mr. T. Eade (761116) 7.30pm Wednesdays 20 September at St. Helens School. Bring a note book. Get in touch with Mr. Eade. \$12.00 10 sessions.

ST. HELENS: Pottery Mrs. D. Forrest 761245 Tuesday 19 September 7.30pm St. Helens School (Get in touch with Mrs. Forrest 10 sessions \$12.00.

ST. HELENS Water Colour Painting Mr. Leo Cook, St. Helens School Monday September 11th 7.30pm 10 sessions \$12.00.

PROBLEMS RELATED TO DRUG THERAPYBLOOD PRESSURE AND THE PILL

A recent survey in Scotland showed a significant rise in blood pressure in women taking oestrogen-progesterone pill combinations. The rise was potentially serious and showed after four years on the pill, a mean rise in systolic pressure of 14mmHg and in diastolic of 8.5mmHg. Small increases in pressure do carry a significant risk and for this reason the pill should never be administered without strict regular blood pressure control. If long term contraceptive therapy is needed say more than three years, then some alternative method other than the pill is advisable. It must be emphasised that it is not appropriate to be treating hypertension (high blood pressure), if the patient is taking the pill, as this may only aggravate the condition.

* * * * *

ST MARYS branch of RED CROSS
Meeting Monday 18th Sept R.S.L.inst.
7 30,P.M.

STARDUST

By Mercury

Fortnight from September 8

ARIES: Mar 21 - Apr 20

Someone new in your circle is interesting, an older relative may need help badly, curb your impatience, a surprising turn of events on the job scene. Lucky days 11, 14.

TAURUS: April 21 - May 20

Work hard to achieve major projects this month, someone may apologise for a recent inconvenience, forgive them, creative efforts have a practical start on others, it's refreshing and surprising on some. Lucky days 12, 15.

GEMINI: May 21 - June 20

Check out on family commitments well in advance to avoid conflicts between career obligations and family plans, be careful when driving, you may expect your workload to increase. Lucky days 15, 17.

CANCER: June 21 - July 22

Thoughtfulness about a friend can lead you into a new relationship, appreciate this person's honesty, your help may be needed in family discord, keep a firm hand on your pocket book. Lucky days 15, 17.

LEO: July 23 - Aug 22

Cautious is suggested in money matters when you are inclined to overspend, an idea you had may surface, this is beneficial to you, find a way to turn a sudden advantage into a long range benefit. Lucky days 16, 17.

VIRGO: Aug 23 - Sept 22

It may be necessary to watch your health, so be careful what you eat, there may be a change in your life coming up, you should not overlook the need to seek help in your work. Lucky days 16, 19.

LIBRA: Sept 23 - Oct 22

Rely on your own resources just now, fortunate trends give you a chance to increase harmony in your home life, but a great deal depends on how you manage the strong influence. Lucky days 11, 20.

SCORPIO: Oct 23 - Nov 22

Differences with friends or relatives can upset you if you let it, don't allow angry impulses to speak out, go for a hard walk instead, travel a little if possible, don't ignore worthwhile friends or insist on having your own way. Lucky days 18, 20.

SAGITTARIUS: Nov 23 - Dec 21

You may have to do a lot of thinking about an important business matter, so weigh your words when making any decision, do not let others take too much of your time. Lucky days 12, 18.

CAPRICORN: Dec 22 - Jan 19

Concentrate your efforts on completing an important personal project soon, take care your doubts don't interfere with your plans, but keep far out plans practical. Lucky days 15, 17.

AQUARIUS: Jan 20 - Feb 18

Look at necessary details, avoid overall views which may be too broad, don't become "too big for your britches", know your limitations, rising prices may mean a revision of your budget at this time. Lucky days 17, 20.

PISCES: Feb 19 - Mar 20

Knowing where you stand now with another will be a stabilizing factor in your outlook, mull over the long term ramifications carefully, listen to advice. Lucky days 16, 18.

ST MARYS
BUTCHERY

We don't keep the best -

WE SELL IT !!!

Phone 72 2274

THE CARLYLE

Main Road St Helens Ph 72 1175

NEW FUZZ DENIM JEANS FOR LADIES,
sizes 10-18

WINTER STOCK STILL REDUCED.

MENS JEANS, YAKKA JEANS, LEE JEANS