

THE VALLEY AND EAST COAST VOICE

Vol. No. 11. No. 9. P.O. Box 100 St. Marys, Friday September 22nd, 1978 Price 10 cents.

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The Invisible disease: HYPOCHONDRIA

No form of illiteracy is so widespread as ignorance about pain - what is it, what causes it, how to deal with it without panic. Almost everyone can rattle off the names of at least a dozen drugs that can deaden pain for every conceivable cause - all the way from back aches to haemorrhoids. But far less known is the fact that a great many pain symptoms are self-limiting; that they are not always an indication of poor health; that they are frequently the result of tension or insufficient sleep or overeating or smoking or excessive drinking or inadequate exercise or boredom, and that the surest way of eliminating pain is to eliminate the abuse.

Pain increases with fear. The fear that pain may be an indication of grave illness can in itself create other symptoms lacking organic significance. Doctors' surgeries are crowded with people who are terrified because of minor pains and who are convinced that some thing dreadful is happening to them. Instead of being able to give adequate attention to patients genuinely in need of treatment, doctors now find their time soaked up by people who have nothing wrong with them except a temporary indisposition or psychogenic ache. Many such patients feel indignant if the doctor tells them that their pain is psychogenic. In fact, most patients have the notion that they really haven't got their monies worth from a visit to the doctor unless they are told they need medication.

But if ignorance about the nature of pain is widespread, ignorance about pain killing drugs is even more so. What is not generally understood is that many of the vaunted pain-killers alleviate pain without correcting the underlying condition. Thus a star sportsman with a torn muscle or tissue damage, may need sustained rest more than anything else. But his team is battling to win. So the trainers reach into their kits for a strong dose of medication. Presto, the pain disappears! The star performs superbly, but it could be his last good game. The drug did not repair the torn muscle or cause the damaged tissue to heal. What it did was relieve the

symptoms, enabling him to play hard, further damaging tissues and himself. Little wonder that many athletes are cut down in their prime.

The most popular of all pain-killers, of course, is aspirin (and compounds that contain aspirin) - and deservedly so. These drugs are generally considered to be amongst the safest available.

However, contrary to popular opinion, aspirin can be dangerous when not correctly used. Among other things, it can cause internal bleeding.

Nor is aspirin the only painkilling drug known to have serious side-effects.

Dr. Daphne Roe, of Cornell University, has presented evidence of a wide range of hazards associated with sedatives and other drugs. Some of these drugs interfere with the ability of the body to properly absorb or use certain vitamins and minerals in food, producing an increased risk of malnutrition. In some instances, there is also the danger of interference with the ability of the body to replenish its blood supply.

Painkilling drugs are one of the great advances in medical history. Properly used, they can be a boon in alleviating suffering and in treating disease. But their indiscriminate use is making psychological cripples and chronic ailers out of millions.

Perhaps the time has come to make knowledge about pain an important part of the regular school curriculum. For the populace at large, perhaps some of the techniques used by public-service agencies to make people cancer-conscious can be used to counteract the growing terror of pain and illness. People ought to know that nothing is more remarkable about the human body than its recuperative drive, given a modicum of respect.

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FOR SALE....Young Baby Budgies. Weekends only. Apply Barry Gillies, Cullenswood.

INFANT SCHOOL ENROLMENTS FOR 1979

Parents are reminded that enrolment ages (as at January 1) are as follows:-

Grade 1: 5 years 6 months and over
 Prop.: 5 years - 5 years 5 months
 A.M. Kinder: 4 years 6 months - 5 years
 P.M. Kinder: 4 years - 4 years 6 months.
 Younger children may be accepted but not younger than 3 years 6 months.
 If you have a child to enrol for 1979 would you please contact the appropriate school so that staffing can be arranged.

CLASSIFIEDS

FOR SALE.....David Brown "Cropmaster" Tractor runs well. Also 10 furrow disk plough trailing could be made to 3pl \$400 ono.

WANTED.....A book "Biology the Easy Way" Phone 722184 St. Marys.

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FOR SALE....One 8 Ball Table complete, hardly used. M. Oliver Groom Street, St. Marys.

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 NEW SPEEDO FROCKS BONDS GOTCHA TOPS
 CHERRY LANE FROCKS FLORAL, FLOUNCES

PIFFLE

MRS. MICHAEL SMITH of Launceston has been holidaying at St. Marys. She was the guest of Mrs. May Nancy and also visited many of her old friends. An afternoon tea party was also given her. Mrs. Smith is in her 93rd year and is enjoying good health and for the past four years has been at Nazareth House, St. Leonards.

MEMBERS of the St. Marys Garden Club are sorry to hear Mr. Bill Graham is a patient in St. Marys District Hospital. Hope you are soon well again. MEMBERS are pleased to hear Mr. Col Royle is home again from being a patient in the Launceston General Hospital. Good Luck Fellows.

RAFFLE WINNERS

S.M.F.C. Ladies Comm. raffle - 500 cans won by Stan Hardcastle, drawn at Football Dinner by Mrs. George Shaw. Toy Rabbit won by Tania Jones. Toy Monkey won by Mrs. Barbara Mitchell. These two raffles were drawn by Sen. Con. D. Cornelius.

ST. MARYS BOYS CLUB RAFFLE will now be extended and drawn at Games Evening on 13th October.

RETURN THANKS

I WOULD like to thank most sincerely all my Friends and Relations for the beautiful cards, letters, flowers and gifts and visits given me while I was in St. Marys District Hospital. Special thanks to Dr. Naidoo and the Staff for their untiring care, also to the Senior Citizens and Fellowship members.

Mrs. Elsie Targett.

RITA & CHARMAINE MITCHELL wish to extend a sincere thankyou to the members of the Lions Club who helped with their gardening.

WHATS ON

MR. ALF FAULKNER invites any persons who are interested in flowers to see the Daffodil display at his home in Groom Street, St. Marys.

RESULT OF RAFFLE conducted by Multicap East Coast entrant Carmen Sumner.
1st. Ruth McGiveron, St. Marys.
2nd J. Horne Claremont.
3rd B.J. Harwood, C/- P.W.D. Launceston
4th K. Johnson, Launceston

A FASHION PARADE will be held at St. Marys in the Community Hall on September 29th at 7.30pm. Admission \$5.00 double \$3.00 single. Lucky door prize. Light supper. In aid of Multicap.

8 BALL CALCUTTA October 1st (Sunday) Scamander Hotel-Motel. Entry Fee \$1.00 by Sept. 30th. In aid of Multicap.

ANNUAL MEETING, St. Marys Hospital Auxiliary will be held on October 2nd, 1978 at the Hospital at 7.30pm. Followed by the showing of slides by Mr. & Mrs. K. Crowden. Savoury supper and members are asked to bring a plate.

RED CROSS BUTTON DAY & STALL Friday 29th September at 11am conducted by Portland Branch at St. Helens. Red Cross Diaries for 1979 available, Stick on Pens, cakes and sweets etc.

LIONS ANTI LITTER, The Lions Clubs of St. Helens and St. Marys will be conducting a road side cleanup on Sunday, 5th October. The two clubs will walk between St. Helens St. Marys, Picking up rubbish enroute.

THE NEXT MEETING of the St. Marys Football Club has been changed to Wednesday September 27th at 7.30pm.

SEPTEMBER 26 Tuesday 10.00am at Shell Station Scamander Hobbytex Luncheon \$1.00. Proceeds in aid of Scamander Sporting Project.



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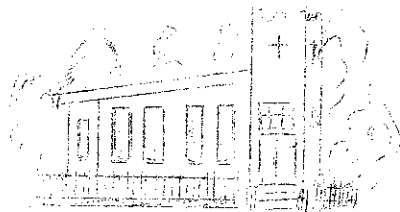
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CHURCH



NEWS

UNITING CHURCH IN AUSTRALIA FINGAL - PORTLAND PARISH

Sunday September 24

Fingal	9.30am	Vincent
St. Marys	11.00am	Vincent
St. Helens	5.00pm	Vincent

Sunday October 1

Fingal	9.30am	Vincent
St. Marys	11.00am	Vincent
St. Helens	7.30pm	Vincent

Sunday School is held at 10.00am at St. Helens Hall.

CHURCH OF ENGLAND PARISH OF ST. HELENS

Sunday September 24

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

Sunday October 1

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

CATHOLIC PARISH OF ST. MARYS

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

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

Fingal - St. Joseph
September & October - 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 FINGAL, AVOCA, CULLENSWOOD

September Sunday 24th		October Sunday 1st
Fingal	9.00am HC	Fingal 9.00 am
St. Marys	10.30am HC	Cullenswood 11.00am
Avoca	7.00pm -HC	Avoca 7.00pm

MEALS ON WHEELS

	ST. MARYS	FINGAL	MANGANA
Sunday 24	Eric Bean	M. Saunders	-
Monday 25	Joan Smith	B. Hughes	J. Miller
Tuesday 26	Mary Richardson	A.S. McKenzie	Mrs. McKenzie
Wednesday 27	Ruth McGill	Nancy Ransom	-
Thursday 28	Jeân Löhrey	B. Saunders	Mrs. A. Turner

CORNWALL CHURCH OF ENGLAND Sunday School
resumes Sunday Sept, 24 at 10.00am Old and
new pupils very welcome.

THANKSGIVING SUNDAY, OUR LADY OF THE SACRED
HEART CHURCH, MANGANA, 1st October, 1978.
Special celebration to mark the completion
of the renovation of this beautiful church.
Solemn Mass at 11.30am followed by B.Y.O.
picnic lunch and barbecue in church and
school grounds. Benediction at 3.00pm St.
Mary's Cathedral Boys' Choir, Hobart, will
be providing music at both services. A
welcome to all from far and near.

SUNDAY, 1st OCTOBER: No Mass at Fingal or
Bicheno today.

SUNDAY, 8th October: Mass at Fingal, 10.30
a.m., Bicheno, 4.00pm

NOTHING UNION- Cornwall October 3rd 10.30am
Holy Communion.

VALLEY FASHION

Phone 74 2214
Main Road, Fingal

WEAR

ROSSY TOPS NOW ARRIVED

NEW SUMMER STOCK ARRIVING

EVERY DAY

SPORTS

PAGE 5.

FISHING NEWS.

Angler's diary Sunday 24th September (next Sunday), St. Helens Surf Angling Club surf contest at Wrinklers from 2 to 6 pm. Sunday 8th October - Scamander Angling Club surf contest also at Wrinklers from 11am to 3 pm. The surf contest next Sunday will give all Scamander members an opportunity to support the St. Helens Club without having to travel long distances which is the usual practice. It must be regarded as a warm-up for the inter-club contest this season. Congratulations to "Salmo" who took the time and trouble to write to our daily paper on the subject of netting. If only a few more anglers were to do likewise, our fishing might be improved in time.

Scamander Angling Club held a contest at Four Mile last Sunday week. As usual, fish were scarce but for once the winning fish was a reasonable size. It was caught by one of our most regular competitors Lindsay Sutton, & weighed 21lb 3½ oz. Brother Norman was second and Noel (Bones) Apted was third - it is sufficient to say that their two fish were much smaller. Mrs. Janieson won the ladies trophy with a cocky salmon.

Did you hear about the angler who offered a piece of a big salmon to a Scottish friend? Which piece would you like? The tail end, starting from just behind the ears.

.....

GOLF NOTES. - Bicheno

Final Members Championship won by C. Brown 337.

2nd C. Furley 352

Equal 3rd. D. Martin & W. Lisbet 382.

Handicap. 1st C. Brown 269

2nd W. Nesbit 270, 3rd C. Furley 272

4th Round Silver Medal won by C. Fletcher 59 net.

Legacy Day 7th Oct. entry form available. Entries close 30 Sept.

LIONS BINGO JACK JACK POT

LOG FIRE.

TUESDAYS 7.30. pm.

BASKETBALL RESULTS + Grand Final.

1) Fonzie's defeated Bluebirds 17 - 12
Goals " S. Dilger 8 / K. Coleman 4
" S. Gordon 7 / D. Coleman 4
" M. Lohrey 2 / J. Richards 4

2) Reds defeated Saints 57 - 29
Goals J. Bevan 25 / M. Griffiths 15
P. Bradley 10 / G. Rowlings 8
M. Coleman 9 / P. Coleman 4
R. Harwood 7 / T. Treloggen 2
M. Herring 6 /

The season finished with the Presentation Dinner and Cabaret at the St. Helens Hotel on Friday 8th September. TROPHY WINNERS:

Women:

Best and Fairest - B. Hollis
Runner-up - D. Coleman
Goal Scorer - S. Gordon
Runner-up - B. Hollis
Most improved - N. Afeaki

Men:

Best and Fairest - M. Griffiths
Runner-up - R. Harwood
Goal Scorer - P. Bradley
Runner-up - R. Harwood
Most improved - M. Richards

A summer roster will commence later if there is enough interested.

S. Dilger.
Sec.

MEMBERS BOGEY - Golf St. Marys.

1st Division. C. Mitchell (10) 4 up.
M. Barnes (11) 1 up.
2nd Division. J. McDonald (14) 3 up.
R. McGiveron (13) 2 up.
3rd Division. J. McGee (19) 2 up.
M. Rushton (20) 1 up.

Nearest the Pin. M. Rushton.
Bisque Bogey. M. Death (27) 2 up on
C/B. R. Gill (19) 2 up. E. Herring
(19) 1 up. I. Brennan (17) 1 down.



TRENDSETTA

ST. MARYS.

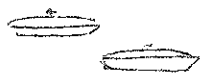
PHONE 722372.

COME VIEW OUR COLLECTION OF NEW SEASONS FASHION AT THE FASHION PARADE ON 29th September, AT 7.30. IN AID OF MULTICAP

CALL AT TRENDSETTA FOR A COMPREHENSIVE RANGE OF GIFTS.

ST MARYS BAKERY

Jim & Dianne
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FOR

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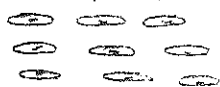
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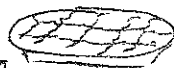
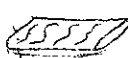
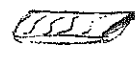
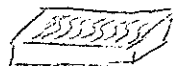
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VOLLEYBALL COMPETITION

BY TIME-OUT.

In the last round of matches on 14th. September there were not any surprise results with the winners being Adidas, Footie Franks & Alpine.

The 1st. game between Adidas & C.B.A. was a well fought match with both teams showing a big improvement in their teamwork. C.B.A. strengthened by the return of Peter Bradley played extremely well in this match and their first win cannot be far away. Adidas teamed very well with their setting up and spiking but served very poorly and left the back of the court too open. The result of the game was 3-1 to Adidas. Glenn McDonald was very consistent throughout the game and Ian Bradbury did well for C.B.A.

The 2nd. match between Jetsetters and Footie Franks failed to reach a very high standard with players on both sides losing many points by hitting the ball with open hands when it was below chest height.

By winning this game 3-1 Footie Franks have now moved into 2nd spot on the ladder and I hear that they now have visions of making it to the top. I would suggest that the only way they could do this is to borrow a ladder from the Hydro and take it in turns climbing up that. After my comment about pricked skins last time it seems that one overweight Fottie Frank, who shall remain anonymous, literally burst his skin during this game and had to be subbed before he was had up for indecent exposure, sorry Wayne.

Best players in this game were Greg Tapp & Steve Salter for Footie F's. & Kent Wells & Mark Read for the Jetsetters.

The 3rd. game was won by Alpine 3-1 over a luckless C.B.A. After their good game against Adidas, C.B.A.

were expected to win this game but after going to a 1-0 lead gradually faded out of the match losing the

last game 15-2. John Schier again played well for Alpine also Ricky Lohrey showed much improvement.

"Fingers" Johnson at one stage in the game instead of looking like a mountain climber looked more like he was crawling along a desert looking for water. Rod Woolley played well for C.B.A. & Chris McGregor's serves were the best of the night.

LADDER.

ADIDAS	20
F.FRANKS	12
ALPINE	8
JETSET	8
C.B.A.	0

VOLLEYBALL CONTINUED *PAGE 7*

By the time this article is printed the round for Thursday 21st. will have been played and these results will be in the next issue.

On Thursday the 28th. there will be four games played instead of 3.

MATCHES FOR THURSDAY 28/9/78.

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

THURSDAY 5th. OCTOBER.

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

During the next round i.e. 28th. September, movie film will be taken of all teams playing that night and this will be shown at a film evening to be had later on in the season. This evening will also include film of international matches & also either a football final or cricket match.

WOMENS COMPETITION.

A women's competition is now under way with games at the Community Hall each Tuesday night at 7 p.m.

Any ladies interested in playing will be very welcome and if you have not played volleyball before don't worry as everyone is starting the same. It is hoped to start a mini roster with 3 teams from St. Marys & 1 from Fingal so would the Fingal ladies & girls please attend this Tuesday.

The ladies that have already started are beginning to play well with Mary Targett, Anne Read, Chery Woolley & Margaret French showing out.

Don't forget ANY females interested every Tuesday at 7 p.m. with sand-shoes.

MENS COMP.

Each men's team is expected to take part in a wheelbarrow race from Fingal to St. Marys on Sunday 22nd October. Four pushers per team are allowed and the passenger must be a female 14 years of age or more. Sponsors are required (per kilom.) and forms are available from Rod Woolley. Proceeds are for the Football Club which helped financially to get volleyball started. Will team captains arrange their teams for this race. Refreshments will be served afterwards at the Clubrooms.

ST.MARYS GOLF NOTES. By Tee Up.

Associates: 36 Hole Foursome Championships.

1st 18 Hole.

Mrs. G.Holmes & Mrs. M.Nolan
19½ (66½)

Mrs. P.Davern & Mrs. C.Barnes
26 (69)

2nd 18 Hole.

Mrs. E.Herring & Miss C.White
23 (66)

Mrs. I Brennan & Mrs. M.King
20½ (67½)

Final.

Mrs. G.Holmes & Mrs M.Nolan
176 - 39 - 137

Mrs. E Herring & Miss C.White
183 - 46 - 137

36 Hole Handicap on play off.

Mrs. G.Holmes & Mrs. M.Nolan
36 Hole Mixed Foursome Championship

1st 18 Hole 1st Division.

Mr. & Mrs. D.Holmes (14) 64
2nd Division

Mr.C.Mitchell & Mrs.C.Barnes (22) 62
2nd 18 Hole 1st Division

Mr & Mrs. D.Holmes (14) 64
2nd Division.

Mr. C.Mitchell & Mrs C.Barnes (22) 64
Final 1st Division.

Mr. & Mrs. D. Holmes
156 - 28 - 128

Mr.K.Davern & Mrs M.King
163 - 29 - 134

2nd Division.

Mr. C.Mitchell & Mrs, C.Barnes
170 - 44 - 126

Mr.K.Leedham & Mrs. Leedham
177 - 49 - 128.

Members Stableford.

S.Bean (24) 49 pts.

R.McGiveron (16) 44 pts.

C.Berwick (16) 43 pts.

Nearest Pin - S. Spilsbury

Eclectic 1st Division.

M.Holmes (7½) 25½

R.McGiveron (9) 26

2nd Division

R.Bean (11½) 25½

R.Spilsbury (11) 27½

Nearest Pin - J.McDonald.

.....

AUST CARE FREEDOM FROM HUNGER
DURING THE COMING WEEK.

BINGAL. MRS. VIKI WOODS. MRS. A. WOODS.

MRS H. WILLIAMS. MRS RIKI COWIE.

MRS MC. GEE. MRS H. LEGRO.

MRS SUTTON LOWE. MRSK K. JOHNSON.

MRS BOB. SAUNDERS. MRS RUTH SAUNDERS..

MANGANA. MR J. MILLER.

YOURS. FAITHFULLY,
BRUCE SAUNDERS.

LIONS CLUB GIANT AUCTION

IN AID OF MULTICAP ON

SATURDAY 14 th OCTOBER

ST. MARYS RECREATION GROUND

A LIONS CLUB MEMBER WILL BE CALLING
ON YOU SHORTLY LOOKING FOR ITEMS
SUITABLE FOR AUCTION. PLEASE HELP THIS
WORTHY CAUSE.

THERE WILL BE A BAR-B-QUE AND

REFRESHMENTS WILL BE AVAILABLE ALSO

A DISPLAY OF MODEL AIRCRAFT WITH

RADIO CONTROLLED AIRCRAFT PERFORMING
ACROBATICS ETC

FROM 11.30pm.

DISCO AT NIGHT S.M.F.C. Rooms.

ANALGESIC TOXICITY.

Two common analgesics, Aspirin and Paracetamol, are apparently regarded by many people as harmless and they consume them freely without being aware of their hazards. However this apparent safety is deceptive, since in overdosage Paracetamol produces fatal hepatic necrosis (liver damage) in man. And just recently, acute chronic liver damage has been reported after long term, low-dose Paracetamol, in a man, without underlying liver disease. A 53yr old man developed hepatic necrosis after taking Paracetamol 4 Gram/day (eight tablets), for about a year, for chronic pain. The reason for this patients sensitivity to the drug is unclear but it is an indication that the drug is not as harmless as it was once first thought, and should only be used for long term therapy under strict medical supervision. Similarly, chronic Aspirin use produces gastrointestinal hemorrhage and kidney failure. Large doses of analgesics have also been linked with high blood pressure and the risk of giving birth to stillborn and under weight babies

APPLICATION INVITED FOR LAD WITH
VIEW TO APPRENTICESHIP
SCHOOLSBOARD ESSENTIAL PREFERENCE
TO LEVEL 111 MATHS & ENGLISH
APPLY IN WRITING P.O.BOX 86 ST MARYS

ST. MARYS DISTRICT HIGH SCHOOL PARENTS & FRIENDS ASSOCIATION

Approaches to St. Helens parents of children attending St. Marys District High School have indicated good support for a Parents & Friends Association meeting at St. Helens as suggested last July. The next meeting therefore, of this organisation will be held in the Anglican Parish Hall on Tuesday, October 17th at 8.00pm. Further details will be available in the next issue of the Valley Voice.

We have also been advised that a school car-teen workshop will be conducted at a venue to be nominated in Launceston on Monday, October 9th from 9.30am to 2.30pm. Speakers will be school dental therapists, Chairman of Cosgrove High School Canteen Committee and various senior members of the Education Department. Would any parent wishing to attend this meeting please contact the St. Marys District High School on Monday 25th September.

Members who attended the last meeting will also recall the President being asked to write to the Premier, Mr. Doug Lowe concerning proposed woodchip traffic through St. Marys. The following reply was received and is published for the public's interest.

"Dear Mr. McManus,

I wish to refer again to your letter of 25th July, and am now able to give you the latest information concerning the route to be taken by log trucks at St. Marys.

The road from Upper Scamander to St. Marys is currently under construction by the Forestry Commission.

Several routes from German Town to St. Marys have been investigated and this would be the reason for the apparent confusion. Following these investigations, it is planned that the road will join the Tasman Highway north of St. Marys, near its junction with the Lower German Town Road. I have shown the proposed road with a dotted black line on the attached map. A by-pass could be constructed in the future from there to a point near Gray should it be agreed to do so.

In September, 1977, Cabinet decided that the construction of the by-pass be deferred and no Government commitment given. I believe it is too early yet to decide the extent of any problems that will arise from the extra log traffic that will pass through St. Marys. It is expected that increased traffic in 1980/81 will be six trucks per day coming from the German Town direction and six per day coming from the Fingal direction. In 1981/82 this would rise to nine per day from each direction and 14 per day in 1982/83. The proportion coming from the Fingal direction will reduce after that, most traffic coming from the direction of German Town.

I believe therefore, that full consideration of the effects on St. Marys can be assessed during the early stages of use of this road.

PREMIER

Doug Lowe.

WHAT'S ONCONTINUED

THEFT SHOP ROSTER:

September 22	Mms. D. Morris, J. Faulkner
" 29	Mms. V. Haas, B. Haas
October 6	Mms. M. Hayes, J. Bushing

FREE FILM EVENING FINGAL & DISTRICTS COMBINED FIRST AID DIVISION & FINGAL STATE EMERGENCY SERVICE Invites you to attend a film evening to be held at the Fingal Town Hall on 26/9/78 at 7.30pm.

SATURDAY SEPTEMBER 30th WATCH the V.F.L. Grand Final on 3 Colour T.V.s at St. Marys Football Club Rooms 1pm - 6pm \$10.00 ticket includes all beer and food.

SATURDAY OCTOBER 7 St. Marys Cricket Club Cabaret at Recreation Ground. EAST COAST DISCO.

SUNDAY OCTOBER 22 St. M.F.C. Wheel Barrow Race. Fingal Hotel to St. Marys Recreation ground. Teams of 5 required. Sponsor forms available C.B.A. & L.B.S. and Valley Trading.

SATURDAY November 4 - Calcutta to be run on Melbourne Cup by S.M.F.C. at Hotel.

CHILD HEALTH CENTRE St. Marys. Sister will be in attendance at the clinic, this Friday 22nd September from 1pm.

ST. MARYS SUB BRANCH & Women's Auxiliary of the R.S.L. will be holding a social evening on Friday Sept. 29th at 7.30pm Institute. Ladies a plate please.

L.B.S.

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STARDUST

By Mercury

Fortnight from September 25th.

ARIES: Mar 21 - Apr 20

You may need to do more than your share to avoid misunderstandings with those you love, get some fresh air this weekend, don't be over emotional. Lucky days 29, 30.

TAURUS: Apr 21 - May 20

Aspects favourable for creative activities and awareness of the place you occupy in your group, music is a good means of self expression, old friends could also move back into your circle. Lucky days 24, 27.

GEMINI: May 21 - June 20

Put into practice some of your best ideas, your energy should be high, moderate exercise never hurt anyone and you will need some to get off extra weight. Lucky days 24, 29.

CANCER: June 21 - July 22

A chance yo try something new in the way of a career may beckon you, one in authority may trust you to handle things well, a travel need may arise in connection with relatives. Lucky days 24, 4.

LEO: July 23 - Aug 22

Good ideas proliferate and there's no point keeping them to yourself, by saying what you think you may impress someone important, do not invite unnecessary expense. Lucky days 30, 2.

VIRGO: Aug 23 - Sept 22

You may not be able to use the money making ideas that come in the wee hours straight away, but remember them for future use, you will feel more enthusiasm for clearing away a long time obligation. Lucky days 23, 5.

LIBRA: Sept 23 - Oct 22

This is a good time to get out and circulate, friends can provide information that is useful about some local situations, listen to the voice of experience. Lucky days 27, 29.

SCORPIO: Oct 23 - Nov 22

Educational concerns interest you, you may take on a small task connected with children, let others assist where possible, you are good at helping with community projects. Lucky days 1, 4.

SAGITTARIUS: Nov 23 - Dec 2

Respect the privacy of others, it's their right to remain silent about anything they wish to, expressing your business ideas or engaging in discussions will prove productive, don't overdo your enthusiasm though. Lucky days 26, 30.

CAPRICORN: Dec 22 - Jan 19

You may not have a clear picture of what is required of you, verify instructions to avoid mistakes, keep harmony with family & children, home is a good place to be. Lucky days 31, 2.

AQUARIUS: Jan 20 - Feb 18

Don't assume you know all the answers, check before getting involved in something new, postpone any trips just now, keep life orderly, relatives who are older may be a hazard. Lucky days 25, 28.

PISCES: Feb 19 - Mar 20

Your health may be a little unstable, if you feel weak do not drive yourself to work, keep the diet sensible, news from a distance is not good but you will learn something of value. Lucky days 25, 4.

* * * * *

ST MARYS
BUTCHERY

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sizes

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