

THE VALLEY AND EAST COAST VOICE

Vol II No ¹²¹³ P.O. Box 100 St Marys, Friday October 20, 1978. Price 10 cents
Registered at the G.P.O. Hobart for transmission through the post as a periodical.

CHANGES COME TO ALL

After so many years of a complete pharmacy service to the people of this area, we are sorry to say that this will soon end.

As you know Miss Therese Haley has been managing, whilst the pharmacy has been up for sale. Unfortunately extensive advertising has been unable to attract a pharmacist to St Marys. We therefore have no alternative but to close the pharmacy as such. However, so that people will be inconvenienced to the minimum, arrangements have been made to cover dispensed medicines. If you wish Dr Naidoo will phone your prescription to Mr Kelvin Viney in St Helens, who will bus the prescription up to St Marys. Fingal people may go to Mrs Hoggett, Campbelltown, or Mr Viney. I do not envisage that there will be any delay in getting your prescriptions to you.

Further, Jill and Kevin Faulkner have agreed to keep the doors of the pharmacy open as a Health and Beauty Store. Except for prescription of drugs, practically everything you were able to get before you will do so in the future. The big advantage here is that should a pharmacist at any time in the future wish to come to St Marys the basis of a pharmacy would be here. Our thanks must go to Jill and Kevin Faulkner for continuing the service. I would recommend that you support

Jill and Kevin in maintaining a basis for a pharmacy in the future.

Many thanks also to Dr Naidoo, Mr Viney, and Mrs Hoggett.

My wife and I are reluctant to leave after many happy years in St Marys, but for the education of our children the move is necessary. Also with your support of the new Health and Beauty Store a return in a few years is possible.

The pharmacy will close Friday Dec 1st. The new Health and Beauty Store will open the next Monday (Dec 4th).

My sincere thanks for your past support
ALLAN JACKSON

LIONS VILLAGE LICOLA

Lions Village Licola is a community that has been re-born.

Once a small but vital Gippsland timber township nestling in the shadow of the Great Divide, Licola's fortunes faded as the timber was worked out, and it virtually died as a community.

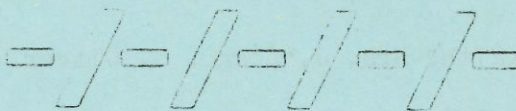
But all this has changed.

Ever since early 1970, at weekends and holidays, Licola has echoed to the sound of men and women at work, as Lions Clubs members from all over Victoria, their wives, and their friends, gave willingly of their time and energy to bring Licola back to life. These selfless and enthusiastic amateurs were later joined by expert tradesmen who built the major facilities.

They brought a vision for a future and a challenge.

A vision of a community which would accommodate hundreds of children - youngsters who special circumstances would make it almost impossible for them otherwise to have a holiday in the kind of environment enjoyed by more fortunate children.

If you think you know of a boy aged between 8 and 11½ years who is in need of this type of vacation, free of cost for 14 days (Jan. '79) please contact St. Marys 722231 or write to "Licola" Box 70, St. Marys.



ST. HELENS

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CLASSIFIEDS

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FOR SALE....HERBS: Mints, Lemonbalm, comfrey, tansy, camomile etc., 50c per container. Phone 761441 or call at Rauenbusch's, Top of Long Hill, St. Helens.

FOR SALE...Rotary Hoe Wolseley "Titan" 5 hp, 2 speed, as new \$500 ono. Phone 76 1441 or call at Rauenbusch, Top of Long Hill, St. Helens.

FOR SALE....E & M. BARBER - FINGAL Oddments in Ladies Shoes, children ladies and men's drapery. Good buys many well below cost. Only 7 days left.

WANTED TO BUY... Two Pekin or Roans Ducks about one year old. Mrs. M. Petersen, Scamander. Phone 72 5215. Phone evenings.

LOST.....ONE WHEEL TRIM ZD 70 - 71 model Fairlane at Gillies straight St. Marys. K. Deven Phone 76 1320.

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

THRIFT SHOP ROSTER

October 20th. Mrs. U. Camplin & L Spilsbury.

October 27th. Mrs. J. Leggo. G. Oliver.

November 3rd. Mrs. U. Camplin. M. Maney.

CLASSIFIEDS

I WILL BE OPENING a Florist Shop shortly in St. Marys. Until then I will be working from home. Orders taken for fresh flower and artificial wreaths, hospital bowls, baskets etc. FLORAL EXPERIENCE GAINED IN LAUNCESTON. Please phone me at St. Marys 722134. Dot French.

FOR SALE....David Brown "Cropmaster" Tractor runs well. Also 10 furrow disk plough trailing. Could be made to 3pl \$1400 ono Mr. A. Joures, Lower Germantown Road.

WANTED...Someone to plough $\frac{1}{4}$ to $\frac{1}{2}$ acre cleared ground. Contact J. McGiveron 722231.

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

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 Launceston. 318826.

FOR SALE....Billard Table 4 cues, 2 sets of balls and scorer as new \$300. 4.5 freezer as new \$150. Contact R. Ryan, Scamander.

WANTED TO SELL...Pool table complete with accessories \$250.00. Phone 722218 weekend or evenings.

WANTED TO SELL...Wedding dress, edged in pale blue (size 10-12), Paleblue veil, head piece \$100.00 or nearest offer. Phone 722218 weekend or evenings.

WANTED TO BUY....Boat trailer with winch suitable for 12 foot boat. Phone 722218 weekend or evenings.

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TRADING CO.

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KEY CUTTING
SERVICE

PIFFLE

A VERY SUCCESSFUL morning tea and stall was conducted by the Womens Committee of St. Joseph's Roman Catholic Church in Fingal. Uniting Church Hall on Oct. 17th. Visitors attended from Melbourne, St. Marys, and Mangana. A raffle was won by C. Ward, St. Marys.

SEVERAL MEMBERS of "Sunshine-Welcome" Senior Citizens Club, Fingal have returned from an eight day tour to Adelaide recently. All declare it was "The-trip-of-a-life-time".

MR. & MRS. NOEL SUTTON have returned home after an enjoyable tour of New Zealand.

News From Fingal Rifle Club

The Fingal Rifle Club held its first roster on 8th October.

Scores for the first round "A" series were T. Johnson 98.8. Top of the rifle G. Bean 107.2 top handicap.

Scores with handicap

G. Bean. 89.2.18. 107.2
P. Donnellan. 97.3.6.103.3
T. Johnson. 98.8. 4. 102.8.
W. Johnson. 96.9.4.100.9

Division Two

G. Webster. 77.1.18.95.1.
S. Donnellan. 67.2.18. 85.2.

The open day held on October 15th was not the success the Club had hoped for but we gained one shooter who is very interested so that is encouraging to the club and made the day worth while. The Club now has nine members who are all very keen for the coming team shoots. It should be the aim of all members of any Rifle Club to teach as many people as possible the art of rifle shooting and firearm safety but we can not do this unless people come to us, so the Fingal Rifle Club invites people to come along to our Sunday morning shoots and join in with us.

Yours faithfully

T.W. Johnson.

Hon. Sec.

WHATS ON

TENNIS - - General meeting at the court on Saturday 21st October. All players welcome.

NEXT TUESDAY Oct. 24 Mesdames A. French, H. & A. Legro combine to hostess a morning tea party and stall in the Uniting Church Hall, Fingal, 10.00am. Funds will help to stock their stalls at the forthcoming Church of England Fair (Fri. Nov. 24). Everyone welcome.

ST. MARYS LADIES FELLOWSHIP will meet at Mrs. Olga Targett's 7.30pm. AMERICANA WARE PARTY. (Glassware, cutlery etc.) EVERYONE WELCOME.

OCTOBER 22nd Sunday. The Annual Combined Church service for Senior Citizens will be held in St. Peters, Fingal at 2.30pm, followed by afternoon tea in the Uniting Church Hall. Visitors expected from St. Marys, Cornwall and Fingal Clubs. Ladies a plate please.

WEDNESDAY Oct. 25th a combined "get together" of the three clubs of St. Marys, Fingal and Cornwall and any other senior citizens who wish to attend will take place at the St. Marys Institute in the afternoon. TNT 9 television personalities Mr. Graeme Goodings and Mr. Jim Cox will be present to meet the people at afternoon tea. Transport: Fingal peoples travelling arrangements are as already announced. Cornwall people: The Lions Club will help with cars.

BICHENO GARDEN CLUB - Annual Meeting to be held tonight Friday 20th October. Guest speaker from Hobart.

SARAH COVENTRY JEWELLERY PARTY 1.00pm Saturday 21st OCTOBER at Ruth McGiveron's. Proceeds to aid Multicap. Nothing over \$20. Everyone welcome.

FINAL DISCO EVENING FOR MULTICAP FRIDAY 20th OCTOBER at COMMUNITY HALL ST. MARYS 7.00pm to 11.00pm

ST MARYS FLORIST

GIFT, HOSPITAL BOWLS & BASKETS,

WREATHS (fresh flower and artificial)

PHONE ST. MARYS 722134

ATTENTION EAST COAST RESIDENTS

WILLIAMS BROS

HAVE BEEN APPOINTED AGENTS

WEBSTER F & G

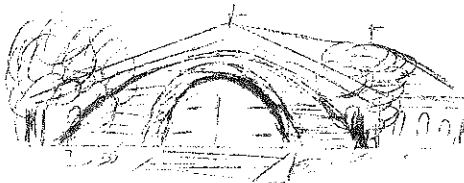
STOCK AND VETERINARY SUPPLIES

7 DAY SERVICE

PHONE 76. 1121

AH 76. 1373

CHURCH NEWS



UNITING CHURCH IN AUSTRALIA FINGAL - PORTLAND PARISH

Sunday October 22

Fingal	9.30am	Vincent
St. Marys	11.00am	Denney
St. Helens	7.00pm	Vincent

Sunday October 29

Fingal	9.30am	Vincent
St. Marys	11.00am	Vincent
St. Helens	7.00pm	Vincent

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

* * * * *

CHURCH OF ENGLAND PARISH OF ST. HELENS

Sunday October 22

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

**St. Helens 2.30pm Blessing of the Fleet at the wharf.

Sunday October 29

St. Helens	8.00am	H.C.
St. Helens	11.00am	Family Service

No Sunday School this week.

* * * * *

MEALS ON WHEELS

		<u>ST. MARYS</u>
Sunday	22	Bob Cook
Monday	23	Kath Lohrey
Tuesday	24	Alf Faulkner
Wednesday	25	Jim Napier
Thursday	26	Jean Freeman
Sunday	29	Mattie Leedham
Monday	30	Miss Thorold
Tuesday	31	Yvonne Salter

<u>FINGAL</u>	<u>MANGANA</u>
Mr. R.H. Yates	-
B. Saunders	B. Saunders
Pastor Vincent	Mr. J. Miller
Shirley Miller	-
Mrs. J.M. Burbury	Mrs. A. Tu
Mr. B. Saunders	-
Miss Nancy Ransom	Mr. J. Miller
Mrs. O. Saunders	Mrs. Sweeney

SCAMANDER GARDEN CLUB

THE MEETING ON OCT 18 WAS HELD AT THE HOME OF MRS E. FOLEY BEAU MARIS.

Mrs L.Easterly received a Birthday posy
Mrs Jarvis a visitor received a posy

COLLECTION OF WILD FLOWERS.

E.Jamison 1st. D.Lyle, L.Eastley equal 2nd.
E.Foley 3rd.

SIX DIFFERENT BLOOMS OF THE MONTH

E.Foley 1st. E.Jamison 2nd. D.Lyle 3rd.

ANY OTHER FLOWER

E.Jamison 1st. D.Lyle 2nd. Mrs Sa chse.

RAFFLE DONER

Mrs Sachse, WON BY E. Foley.

GUESING COMPETITION

M. Oliver, Luck Cup Winner by M. Oliver.

The next meeting will be held at the home of Mrs. Eastleys on November 15th.

RAFFLE DONER for Nov. E. Foley.

VALLEY FASHION WEAR

Phone 742214

Main Road, Fingal.

New RANGE SHOES AND SANDALS ALL SIZES.

NEW RANGE TOYS

LAY BY NOW

FOR CHRISTMAS.

SPORTS

page 5

FISHING NEWS

Angler's Diary:- Sunday 22nd October
(next Sunday) - St Helens Surf Angling
Club contest at Diana's Basin from 4 to 10
pm Sunday 5th November (Long weekend-
Scamander Angling Club bream contest at
Scamander River from 12 noon to 5pm.
(This is a warm-up for Swansea)
Scamander Angling Club held a surf contest
at Wrinklers Beach on 8th October with
good weather until the last hour when the
sea breeze came in hard from the N. E.
There was good water close to the beach,
but the old familiar pattern emerged.
Lindsay Sutton caught two flathead,
1lb 8oz & 1lb 3oz. & Kevin Littlejohn
weighed a cocky of 12oz. Roy Laidman
landed 7 miserable undersized cookies by
using a spinner. The other 17 anglers
went home with the proverbial wet ""
& no fish. Full marks to the Lions from
St. Marys & St Helens who went home with
bags from their fishing along the roadside.
With reference to commercial netting, a
letter has been received from the Division
of Recreation stating that our problems
have been noted. Similar problems have
been reported to them by others, such as
underwater divers, in different parts of
the State. The Division has completed its
data collection & is now engaged in
summarising the information in order to
present its plan for proper utilisation
of recreational areas in the State.
This is all part of the " Life - be in it.
campaign & all anglers are taking part
in this whether they realise it or not.

ST MARYS GOLF NOTES

Associates By Tee Up

Captain & Presidents Day

Stroke

Gross. Mrs M. King 83 (19)

Handicap. Mrs. E. Herring. 66 nett 2: (25)

Putting. Mrs. M. Death.

Nearest Pin Mrs. P. Davern.

Saturday Competition

Stroke

Mrs. I. Brennan. (22) 71 nett.

Mrs. C. White. (21) 72 nett.

Mrs. M. King. (19) 73 nett.

Stableford

Mrs. P. Davern 36 points.

Mrs. C. White. 30 points.

LIONS BINGO \$100 JACKPOT

Log Fire.
TUESDAYS 7.30 pm.

BICHENO LEGACY DAY GOLF RESULTS

A.I.F. Trophy

A. Austin. 58. net. EX Serviceman G. Heyes
61 net. Land Forces D. Randell. 62 net. Air
Forces. O. Whittle. 68 net. Navel Forces R.
Morgan. 67. net. A Grade GROSE D. Holmes. 77.
B. Grade. J. QUINN 78. A. Grade Net. S. Dawson
67. B. Grade. P. Bower 67. Limit Marker. V.
Preece 69. Hidden Hole. P. Luck. Legacy Trophy
E. Cruse. 63 net. Nearest Pin 6th hole
T. Donaghy. Nearest pin 4th hole K. Davern.
Straightest drive E. Ellis. Most use A. Alford
on c/ back Syd Hough. 9 hole Canadian 4 some
G. Summers & D. Randall net 30/

GOLF NOTES FROM BICHENO

36 hole Herbert Trophy. First day won by
H. Winter & B. Yates 64½ net. 2nd L. & C.
Furley 68½ net. The final will be played 22
October.

Gold Coast Trophy H. Winter 65 net. On Saturday
October 21st will be Captains Trophy for
members and associates a draw at 1pm.
22nd October the Gold Trophy will be played
for.

ST. HELENS BASKETBALL ASSOCIATION

Commencement of summer roster

A meeting is to be held at the hall on
Wednesday 18th October at 7.00 pm. All
teams wishing to compete in the roster
must be present on this night. Practice
matches will be held following the meeting.
This will only be a short roster
and will be a good chance for new players
to join and learn the game.

S. Dilger. (Sec)



TRENDSETTA

ST MARYS

Phone 722372

"JUST ARRIVED" BOYS "STUBBLES" SHORTS FULL RANGE OF COLOURS
FROM SIZE 6 TO 16

FOR THE GIRLS BEAUT NEW RANGE OF "LYN MAID"

NEW GIFTS ARRIVING EVERY WEEK NOW IS THE TIME TO START YOUR XMAS SHOPPING

ST MARYS GOLF NOTES CONT'D
BY TEE UP.

Spilsbury Trophy.36 Holes.

1st 18 Hole

R.McGIVERON (17)57 nett

S.DAWSON (12)60 nett

2nd 18 Hole

R.McGIVERON (17)58 nett

D.HAYES (32)59 nett

N.BRITTON (23)59 nett

D.FORREST (27)59 nett

FINAL

R.McGIVERON (34)115 nett

Associats

Stableford

I.BRENNAN (19)36pts. P.DAVERN (18)34pts.

E.HERRING (22)33pts.

FLAG

E.HERRING (25) 18 Fairway.

G.WHITE (21) 18 Fairway.

R.GILL (25) 17 Green

* * * * *

STIR-FRIED VEGETABLES

This method leaves vegetables still crisp and juicy and retains most of their goodness
4-5 cups sliced vegetables, 2 sliced onions
1 in green ginger cut in slices, 1 clove garlic
bruised and skinned, ½ teaspoon cornflour
soup water, 2 teaspoons soy sauce, 4 table
spoons peanut oil, salt to taste.

Blend cornflour in a little of the water then
add remaining water of soy sauce.

Heat oil in pan and add onions ginger and
garlic. Cook gently till onion is transparent
Dis card ginger and garlic then add vegetables.

Cook over medium heat, stirring for three minutes,

sprinkle water mixture over vegetables
toss well and season to taste with salt
Cook for two minutes untill vegestables
are tender serve immediatley, Chose
two or more vegetables and prepare like
this.

LAUNCESTON BANK FOR SAVINGS

NEW FOR LAUNCESTON BANK DEPOSITORS:—

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NOVEMBER

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SALE

20% OFF ALL STOCK

AT

ST MARYS

PHARMACY

VOLLEYBALL COMPETITION.BY TIME-OUT.

The results of games played on the 5th. October were as follows:

Game 1. This was quite an entertaining game being very close throughout with C.B.A. winning 3-2 against Jetsetters. Newcomer John Marshall for C.B.A. showed considerable promise in the games that he took part in. Jetsetters with 9 players available found substituting difficult and failed to come up with a set team.

Game 2. Adidas continued on their winning way by defeating Alpine 3-1. This was also a very good game and Alpine although failing against the weaker sides always seem to lift themselves against Adidas and produce a top effort. Bruce Cornelius playing his first game for Alpine was a capable player and if he stays with the game with his height should become a top player. Captain Tim "Fingers" Johnston showed that the added responsibility he now has, has lifted his game. Adidas although only playing with 5 men played very well with their team work a highlight.

Game 3. Footie Franks defeated Jetsetters 3-0. I would like to give them a good write-up for this performance but as I did not see the game

12th. October.

The games for this night got off to a good start with C.B.A. playing Alpine in a real crowd pleaser and the applause given by the spectators at the end of the match was well justified. The recovery shots from both teams in this game was outstanding with returns being made from impossible situations. The result went 3-2 to C.B.A. with their best being John Marshall who spiked and blocked very well and Steve Bradford who continues to improve every week. Bruce Cornelius again played well for Alpine along with Ricky Lohrey.

Game 2. This was a very one sided game with Adidas powering to an easy 3-0 victory over Jetsetters. Adidas still remain the team to beat although only playing with 5 men as their team work is getting down to a fine art.

Game 3. Footie Franks tried to do an Adidas in this game in only using 5 players but went down 3-0 to C.B.A. in one of the poorest displays seen since the competition began. On account of this win C.B.A. have now jumped into 2nd place only 4 points behind Footie Franks and now seem

VOLLEYBALL CONTINUED.

likely to take 2nd. spot soon and qualify to play Adidas in the final. Best for C.B.A. were again Marshall, Bradford and McGregor. Gus Richards tried hard for Footie Franks with his serving being the only bright spot in their team.

LADDER.

ADIDAS	40
FOOTIE FRANKS	20
C.B.A. TRAVEL	16
ALPINE	12
JETSETTERS	12

MATCHES FOR 26th. OCTOBER.

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

2nd. NOVEMBER.

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

The finals set down for the 9th. November will consist of a consolation final between 3rd. & 4th. teams playing the best of 5 games. The 1st. & 2nd. teams will then play the best of 7 games for the premiership after which the winning team will receive their trophies which will be presented by Cr. Denzil Casboul.

This Sunday a wheelbarrow race will be conducted at The Football Oval with each volleyball team competing with teams of 4 pushers plus a female passenger (14 years or older). The race will consist of 40 laps of the bike track with prizes being given to the winning team. Sponsors are to be sought per lap and sponsorship forms are available from Rod Woolley or Stan Hardcastle. Refreshments and food will be served at the ground with the race starting at 11.30. Novelty events such as a cricket ball throwing contest, bowling contest, rolling pin throwing for the ladies & a treasure hunt for the children will be held, and all players and families are urged to attend and support this day, the proceeds of which will go to the Football Club.

WOMENS ROSTER MATCHES.TUESDAY 24th. October.

BANKCARD	V	TRENDSETTERS
BLACKWOODS	V	CHANNEL NINE

TUESDAY 31st. OCTOBER.

BLACKWOODS	V	BANKCARD
TRENDSETTERS	V	CHANNEL NINE

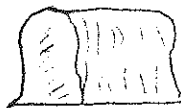
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ST MARYS BAKERY

Jim & Dianne
Spriggs



FOR
PIES



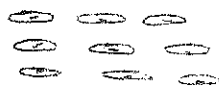
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BUNS

PASTRIES

CAKES

ETC.



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A.H. 72 2265

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A FIRST FOR ST MARYS.

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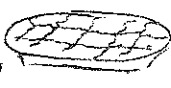
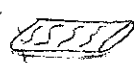
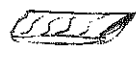
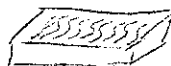
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AGENTS FOR :

CHAIN SAWS

SEE BRUCE

FOR

THE GOOD JUICE

WOMEN'S VOLLEYBALL CONT.

The roster is now starting to improve considerably with games being closely fought and the standard getting better each week.

The results of games played on 10th. October are as follows:

Game 1. This was a very even contest resulting in a 3-2 victory to the young Blackwoods team over Bankcard. Players to do well were Janine Williams who proved to be the match winner for Blackwoods and Anne Read for the same team. Best for Bankcard were Debbie Gray and Mary Richardson.

Game 2. This game was of a particularly high standard and also went the full 5 games with the result favouring Trendsetters 3-2. Good serving and returns were made by both teams with Margaret French outstanding for Trendsetters. As well as Margaret, Janice Bradbury was a good player being the most consistent server on the night & Tracey Lynch also played well. For Channel Nine the best were Joss Lynch & Athlea Greenwood and Sandra Gillies playing her 1st. game did well.

TUESDAY 17th. OCTOBER.

Game 1. This game between the 2 younger teams was a very even contest with victory going to Trendsetters 3-2. Blackwoods took the court with only 4 players in this game and did a magnificent job to extend the top team and nearly win the match. Best players in this game were Michele Williams, who was the best server on the night, Kathryn Miles & Janine Williams who all play for Blackwoods. The best for Trendsetters were Jenny Midson & Margaret French (although a late arrival). This win has now put Trendsetters 4 points clear of their nearest rival, and coach Phillip Midson must be well pleased although Vanessa Aulich & Tracey Lynch will have to start taking the game more seriously.

Any other ladies desirous of a game please contact Kathryn Miles.

Game 2. Channel Nine proved to be too strong for Bankcard in this game winning 3-1. This game had some good points played and the team work of both sides is starting to improve. Best players were Karlene Richards & Mary Targett for Channel Nine & Kaye Nailer & Patsy Burgess for Bankcard.

LADDER

TRENDSETTERS	12
CHANNEL NINE	8
BLACKWOODS	4
BANKCARD	0

Reply To Mr G. A. Shaw MLC From Mr D. Baldock MHA.

Dear Mr. Shaw,

I regret the long delay in replying to your letter of 26th June, 1978 in which you make representations to have the Mathinna Road reconstructed and sealed.

I am well aware of the points you raise in your communication and I regret that at the present time it is not possible to make funds available for this work. However, a full report on Rural Arterial Roads throughout the State is nearing completion and it may well be that following this examination there will be a re-assessment of priorities within the State. I regret that at this particular time I am unable to give you any firm indication as to when this work is likely to be undertaken.

Yours faithfully,

Mr D. Baldock.

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3 L E G G L E D R A C E S.

C R I C K E T C O N T E S T S.

T O S S I N G T H E R O L L I N G P I N F O R T H E L A D I E S.

T R E A S U R E H U N T S & R A C E S F O R T H E

K I D S.

M A K E I T A F A M I L Y D A Y A N D S U P P O R T T H E T I G E R S

I N ' 7 9 .

A D M I S S I O N F R E E .

BLOOD PRESSURE CONTROL WITH SALT FREE DIET

Hypertension is often an asymptomatic disease i. e. it produces no noticeable symptoms although it can be a potential killer. When high blood pressure is detected by a doctor, it is common practice to place a patient with no previous symptoms on a group of medication, which in themselves produces side effects. These may not be serious but can be annoying, particularly since the patient may have to take the drugs for the rest of his life. A number of authorities have implicated the excessive intake of salt with hypertension, and it has been suggested that it may be better treated with a salt free diet instead of drugs.

Professor A. Doyle, a leading Melbourne doctor states that a salt free diet that a mild hypertension, is about as effective as using diuretics. However the problem is that the patient tend to have even less capacity to comply with a low salt diet, than they do with taking tablets. Most patients allow the sodium free intake to vary from day to day, so that the effect of a sodium free diet is less satisfactory and less likely to be consistent than it is with diuretics (fluid tablets).

Theoretically, however our salt diet is adhered to a very satisfactory result can be obtained. Commercially available products such as Pressor Salt provide a suitable salt substitute and its use should be encouraged in hypertension.

COUNCIL NOTES. ST. MARYS WARD.

At the last council meeting, building approvals for this ward totalled over \$97000. That a significant sum for one meeting and it indicates activity in the Ward is continuing, although to a casual eye it may be invisible.

One thing that is distressingly visible is the unrelenting destruction of street signs. We cannot afford the cost of continuing repair and replacement so I suppose we concede defeat to the wreckers. When the signs are all gone, what will be the next target?

Roads sealing is soon to begin throughout the municipality. To prepare and seal a gravel road costs from \$14,000 to \$18,000 a mile so it can soon be realised why all roads and streets cannot be given the attention we would like to see.

Many people have spoken to me about the comment in the last issue regarding the methods used to raise local taxes (rates) Without exception, they have all agreed that taxing improvements (such as putting down a path, building a garage, installing a hot water service) is unfair. There is not space enough to continue the examination this time but I ask you to think of answers to these questions in the meantime.

I) A house on a block five miles

from the town pays more rates than the same size block in the centre of the town. Why?

2) which land (not the improvements on it) is the most valuable. Obviously the town block. Why is the town block more valuable?

The answer to the questions are related closely. When you can answer No. 2 go back to No. 1 again and find the paradox in the rating system used at present.

Further comments from readers are invited.

ST. HELENS GUN CLUB

Results of shoot held 15/10/78

Event 1. 15 target d/b H/cap
W. Kerrison 15/15 best 11 metre shooter - M. Skipper 14/17 best 12 metre shooter M. Herring 13/15

Event 2. 5 target continental eye-opener, shared by R. Groves, J. Groves, R. Dakin, D. Forrest, T. Symons and S. Saunders 5/5

Event 3. 20 target Continental Championship.

A Grade - A. Tucker 18/20

B Grade - P. Lohrey 19/20

C grade - M. Symons 17/20

D Grade - J. Groves 12/20

Event 4 20 target mixed metreage

1st - R. Dakin 25/26

2nd - W. Kerrison 24/26

Event 5. 10 target single barrel E/Cap - shared by P. Lohrey and A. Tucker 10/10

High Gun over events 1, 3 & 4
P. Lohrey 60/65

Strong wind gusts caused an additional handicap to all shooters for most of the day but several shooters proved they could handle the conditions, W. Kerrison from Pyengana shot consistently all day to record the only perfect score in the 1st event, 2nd place in the 4th event and 2nd in the High Gun. Rod Dakin shot extremely well in the Mixed metreage event, this event was shot 5 targets from 11 metres behind, 5 at 14m, 5 at 17m and 5 at 24 metres behind and Rod shot everything that moved except his last bird at the FRONT mark. Over the past three shoots we have been pleased to see a growing number of juniors shooting, it is the aim of every club to encourage young people to learn to shoot correctly and to treat their firearms with the respect due and it won't be long before we see the names of M. Needham, A. Barber, M. Skipper and our trap boy G. Chapple figuring in major wins. Next month our club will stage the STATE Deauville doubles Championship as well as a major handicap event so watch the next issue of the Valley Voice for more details.

By Mercury
Fortnight from Oct 20

ARIES: Mar 21 - April 20

You will do best if you are sincere and purposeful in your dealings with others, this might be a good time to seek out fresh points of view & meet new people, avoid brooding, keep your mind on practical matters. Lucky days 25, 30.

TAURUS: April 21 - May 20

Don't hang onto plans that are only a hindrance about money, open your mind to new ideas, join a group for worthwhile purposes, if you go to see a relative who is ill make out you would have come anyway. Lucky days 25, 28.

GEMINI: May 21 - June 20

Don't rush matters that need time & concentration, good relationships with those close to you will be a pleasure to you, children could be a help in some way. Lucky days 27, 1.

CANCER: June 21 - July 22

Opportunity to finish a project as desired is present, it may take a week or two to complete but don't worry, listen to family ideas, you may learn something. Lucky days 22, 28.

LEO: July 22 - Aug 22

Expect delays in business affairs, government dealings & legal affairs & eventually you'll emerge on the other side with a substantial sense of values regarding materialistic matters. Lucky days 27, 31.

VIRGO: Aug 23 - Sept 22

This could be a good time to make a clean sweep around you & rid yourself of the clutter you don't really want or need, be quiet & settle your thoughts. Lucky days 26, 31.

LIBRA: Sept 23 - Oct 22

You are in a period where some extra responsibility or promotion may be given you, when you can benefit by study, and perhaps a journey, you may hear some unexpected & happy news from a distance, check your health, ears, eyes and teeth. Lucky days 30, 2.

SCORPIO: Oct 23 - Nov 22

Planning for new trends seems wise, make more use of your talents, cut down on expenses, you are slow to make a change, set yourself some long range goals, concentrate particularly on how other people fit in. Lucky days 26, 28.

SAGITTARIUS: Nov 23 - Dec 21

Loved ones will provide support for your endeavours, you feel well sustained, be careful with expensive equipment, be appreciative of good friends & the help & concern they give you. Lucky days 27, 2.

CAPRICORN: Dec 22 - Jan 19

This is a good time to get to work on projects you have been dawdling along with or postponing, you will be glad if monetary rewards come from this, seek advice from an older, more experienced person about your ideas. Lucky days 28, 30.

AQUARIUS: Jan 20 - Feb 18

An argumentative frame of mind will not endear you to others, so calm down, self discipline is essential, make the most of the time to put human relationships on the most stable basis, this will last for a long time. Lucky days 25, 23.

PISCES: Feb 19 - Mar 20

Now is a good time to stabilise yourself, it may mean a new outlook toward your present situation that will make you more content with what you already have, health may also be improved. Lucky days 31, 4.

* * * * *

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