

THE VALLEY AND EASTCOAST VOICE

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A CLOSER LOOK

In recent years a trend has developed particularly in Tasmania which has resulted in many people leaving the hustle and bustle of city life for the peace and quiet of the country. This growing movement consists largely of young people who are disillusioned with the establishment and materialism and striving for a healthier more natural way of life. So, some come to Tasmania where the land is relatively cheap and endeavour to carve out an existence in the tradition of our pioneers. Some are successful and stay but many don't. The reasons why so many can't make a go of it are interesting and worth a closer look.

Let's use a typical example. A young couple have been living in Melbourne all their lives. They've worked and saved, bought a car and are paying off a house and settled into "the rat race". But every day they are reminded of the unhealthy environment in which they are living, by the noise, traffic congestion, air and water pollution, fast foods etc. and all the time a quieter, more peaceful and natural lifestyle in the country is becoming more appealing.

Eventually they will make the break, sell the house and furniture and come to Tasmania with ideas of buying land, building a house, growing all their own food and becoming self sufficient. It's all very romantic and at this stage, lots of fun. However, there are now major decisions to make and obstacles to overcome. Where to buy the land? How much land do we need? Should it be all bush or partly cleared? Do we want a place with a dwelling already there or are we going to build our own? Should we buy into a place as shareholders? They decide it would be better to have a place of their own and build a house themselves. So the land is bought and it is from this point on that the dream begins to crack. It seems the natural way to build a house, using onsite materials, has to be the best, so they decide on stone which is in plentiful supply on their land. Unfortunately, all the alternative

lifestyle magazines that they've read don't count for much when one has no building experience what so ever, so mistakes are made and local opportunist take advantage by overcharging for materials and help given. Then a garden has to be put in and again lack of experience means many failures. First the chimney wouldn't draw, then the wallabies destroyed the vegetable garden, then the goat got sick, chooks stopped laying, the possums all but killed the young fruit trees that they planted and the generator has broken down. So now the dream had developed more cracks and was starting to break-up. A major difficulty was the fact that it was just too great an adjustment to make. In the city, all facilities were at their fingertips. Now it was three miles to the nearest shop, fifty miles to a cinema. The romance of building a fire in order to get hot water has become sheer drudgery. This added to the fact that the money is running out and employment is difficult to find makes the couple believe that city life isn't so bad after all.

The other difficulty which ultimately leads the back to the city is a matter of attitude. Although they may have been prepared for sheer hard work this isn't enough. One has to expect succession of disappointments and failures and realize that it will take years to achieve even modest goals on the road to self-sufficiency.

Now let's take the couple in similar circumstances who "made it". They spend a couple of years travelling around the country before buying land, comparing prices and different lifestyles, picking up work where they could so as not to deplete their savings. At times they lived rough, went for long periods at a time without any luxuries in remote and isolated areas. In short they had a pretty good idea of what to expect before they'd bought their land so that when the hard times came, they were better able to cope than the first couple and more importantly recovered quicker because they had a better attitude.

Finally a word about self-sufficiency itself. To be self sufficient is to be able to provide all ones food, shelter, clothing, fuel, entertainment tools etc. without reliance on anyone else. Total self-sufficiency is virtually impossible.

CLASSIFIEDS

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FOR SALE....3 piece brown vinyl lounge
suite fabric cushions \$45.00. J. Beven
Illiard Grove, St. Helens 761470.

FOR SALE....14 square house on $\frac{1}{2}$ acre
block large garage plenty out building
and sun deck - two car ports. Also
3 half acre blocks on Tasman Highway.
One electric welder and two beach rods
odments. Phone 725284. N. Nichols.

FOR SALE...Few dresses, slacks, skirts,
apron lengths also kitchen odds and ends.
Phone 725284.

FOR SALE....1974 XB FALCON UTE. 351
T bar auto, tinted windscreen, radio,
steel belted radials, towbar, tornau
cover etc., very tidy unit. Ideal towing
vehicle. Price \$2800. Phone 725162.

FOR SALE....ST. MARYS 3 bedroom solid
brick home situated on $1\frac{1}{4}$ acres. Phone
722279.

FOR SALE.....Ladies short suede coat
trim with fur (new) size 10. Price \$40.
R. Scales, Cornwall. Phone 722319.

CYSS NEWS

There's two things I'd like to mention in
this issue. Firstly, the firewood ser-
vice. A lot of people have expressed
concern that it may have folded up. Well,
I'm happy to report that we can continue
to provide wood if we can get plenty of
orders in quickly. So if you want wood,
now is the time to order. If we get a
lot of orders soon, then the scheme's
future is assured, it not then we'll have
to call it quits. We can supply any
length or amount that you want at the
best prices.

Secondly, Yoga classes are commencing this
Friday - that's May 2nd at Todd's Hall
St. Marys at 7.00pm. The classes will
be conducted by Jennie Willans who, as
you may know, is extremely competent.
The classes are available to everyone
so I hope a lot of people will take
advantage. For more information contact
Jennie - Phone 725223 or CYSS or just
turn up Friday.

FOR SALE....1 pair size 5 Football Boots
(Addidas) \$8. 1 pair Girls size 4 Long
Boots \$10. Both in very good order.
Phone 72 5133 L. Ferrier.

WHAT'S ON

ANNUAL GENERAL MEETING MEALS ON WHEELS
FINGAL VALLEY 7.30pm MAY 13th Hospital.

MODERN BALLET CLASSES starting Monday
5th May in the Institute.

2-5 years	3.00pm-4.00pm	(1.5)
6-12 years	4.00pm-5.00pm	\$2.00
12-15 years	5.00pm-6.00pm	\$2.00
Adults	6.00pm-7.00pm	\$2.50

Inquiries please phone A. Webb 722372
J. Stewart 742183

ROAB LODGE FINGAL will be presenting Life
Memberships to Brothers M. Francis, V.
Francis, A. Woods and D. Saunders at our
meeting 16 May. All Buffs welcome.

STALL held in the Salvation Army Hall 7th
May 7.00pm. Clothes, sweets, cakes and
other goods for sale. - Everyone welcome.

JOIN OUR HOME LEAGUE you are welcome. Be
there at 5 at the Army Hall. Please don't
be late as you'll miss the Roll Call.
There's lots of singing, lots of fun
and prizes won and when its over you'll
agree - The Home League's a good place to
be. Every Wednesday afternoon.

C.Y.S.S. CRAFT STALL every Wednesday 11.00am
Todds Hall.

FILM NIGHT - "CADDIES" Fingal Community
Hall 8.00pm Tuesday 13 May.
St. Marys R.S.L. Hall 8.00pm Wednesday 14
May.

BROWNIE & GUIDE LUNCHEON The local Association
for the Brownies and Girl Guides will be
holding a luncheon on 7th May 1980 12.30pm
\$2.50 per head - Supper room Community Hall.
Bookings may be made with M. Aulich - 722165.
L. Ferrier - 725133, J. Costain - 722147 or
W. Aulich 722283.

TASMANIAN PENSIONERS UNION FINGAL/ST. MARYS
BRANCH will be held in the Uniting Church
Hall, Fingal 14 May, 1980 at 2.00pm. All
pensioners are invited to attend.

ANZAC DAY RAFFLE - results.

1st prize	Doreen Tapp
2nd prize	Elsie Targett
3rd prize	Mattie Leedham

ST. MARYS FOOTBALL CLUB RAFFLE - results

1st.	W. Fisher, Newnham
2nd	Glen MacDonald, St. Marys
3rd	G. Gill, St. Marys.

MINI LOTTO 20c Ticket available at Casboults,
Health & Beauty, Bakery and Sams. Jackpot
for 3.5.80 - \$108.49.

CHURCH

NEWS

FINGAL PORTLAND PARISH CHURCH NOTICES

Sunday May 4

Fingal 9.30am
 St. Marys 11.00am
 St. Helens 5.00pm S.S.A. followed
 by family tea.

Sunday May 11

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

CHURCH OF ENGLAND SERVICE TIMES

FIRST SUNDAY EACH MONTH - Cullenswood 10.30am
 2ND SUNDAY EACH MONTH - St. Marys 10.30am
 3RD SUNDAY EACH MONTH - Cornwall 10.30am
 4TH SUNDAY EACH MONTH - St. Marys 10.30am

CATHOLIC PARISH OF ST. MARYS

Centenary Mass - St. Joseph's Church, Fingal
 4th May, 1980. Celebrant, Most Rev. Sir
 Guilford Young, D.D., K.B.E. Archbishop
 of Hobart. Music by the St. Marys Cathedral
 Choir, Hobart. Director of Music, Mr.
 Noel Ancell.

St. Marys - St. Mary of the Assumption
 Sundays 4 and 11 May 9.00am

St. Helens - SS Helena & Stanislaus
 Vigil Mass Saturdays May 3 and 10 6.30pm

Fingal - St. Joseph
 May 4 - Centenary Mass May 11 10.30am

Mangana - Our Lady of the Sacred Heart
 3rd Sunday each month 10.30am

Bicheno - Community Church
 1st Sunday of each month 4.00pm

MEALS ON WHEELS

MAY

Sunday 4
 Monday 5
 Tuesday 6
 Wednesday 7
 Thursday 8

 Sunday 11
 Monday 12
 Tuesday 13
 Wednesday 14
 Thursday 15

ST. MARYS

Selby Targett
 Heather Gillies
 CYSS
 Karlene Richards
 Val Leedham

 Karon Bean
 Judy Costain
 CYSS
 Kaye Nailor
 Yvonne Salter

FINGAL

L. Rubenach
 Mrs. K. Johnson
 Mrs. I. Francis
 Mrs. M. Mace
 Mr. R. McGee

 M. Saunders
 Mrs. J. Francis
 Mrs. Sharon Hall
 Mrs. O. Saunders
 Mrs. H. Williams

MANGANA

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SPORT

FOOTBALL NOTES

After the first three rounds it appears as though Campbell Town and Avoca are going to be once again the teams to beat, with St. Marys and Fingal the big improvers and should get closer to the top sides as the year goes on.

Swansea and St. Helens should improve as the year goes on so the F.D.F.A. patrons should be able to look forward to a very good year's football.

All clubs appear to have recruited some big name players amongst them being Rod Howell ex Launceston to captain and coach of St. Marys.

Adrian Lee ex East Devonport to captain coach of St. Helens.

Peter Devlin to Fingal and Wayne Allan ex City South to Avoca.

This weeks games see St. Marys and Fingal old rivals for many years, clash at St. Marys in the match of the day. St. Marys who have Ken Maynard and Robert Wilson both in top form, on the forward line and Cook and Viney both playing well around the ground should give the Blues a good tussle.

Fingal have also gained some good players in Young, Hogan and with Sulzberger and McKenzie in top form already, could prove too strong for the young Tigers.

At Avoca the home side should prove too strong for the Swans who seem to be improving as the year goes on but it will take a big effort from the Bay boys to curb players like Allan, Davidson and Cain of Avoca.

The other game this week sees Swansea travel to Campbell Town and it appears hard to see the Bulldogs open their account against the strong Robins side.

The following week 10.5.80 St. Marys travel to Swansea and should be too strong for the Bulldogs. Fingal and Avoca meet at Fingal and Avoca should get up and win the four points. The other game between Campbell Town and St. Helens at St. Helens will be a Campbell Town win.

LADIES VOLLEYBALL NOTES

ROUND 9

Game 1. Kiwis d Targetts 15.3, 15.2 and 15.7. J. Lynch and A. Greenwood best for Kiwis and V. Leedham and L. Johnson best for Targetts.

Game 2. Bankcard Green d Bankcard Blue 15.11, 5.15, 15.7 and 15.11. J. Gray and M. Richardson best for B/Green and S. Binns and C. Williams best for B/Blue.

Game 3. Tobys d Blackwoods 15.9, 15.12 and 15.1. J. Aulich, K. Bean and V. Streets best for Tobys and T. Goss and P. Mitchell best for Blackwoods.

ROUND 10

Game 1. Bankcard Green d Tobys 15.3, 15.6, 14.16, and 15.6. Best for B/Green: C. Hendley and M. Richardson. For Tobys: Karon Bean and Roberta Harwood.

Game 2: Kiwis d Blackwoods 15.0, 15.2, 15.9. Best for Kiwis: J. Lynch, J. Aulich and A. Greenwood. Best for Blackwoods S. Wright, T. Goss and P. Mitchell.

Game 3: Bankcard Blue d Targetts 15.3, 15.2 and 15.7. Cindy Williams, Chris McCarty best for B/Blue and L. Johnson, Maree Targett best for Targetts.

The roster has finished with the following results:

BANKCARD GREEN	40
KIWIS	28
BANKCARD BLUE	24
TOBYS	20
BLACKWOODS	8
TARGETTS	0

SEMI FINALS 7.15 START 6.5.80

Tobys v Bankcard Blue
Kiwis v Bankcard Green

Counting of votes for Best and Fairest will take place after the semi finals and ladies are asked to bring a plate please.

PRELIMINARY FINAL 13.5.80

7.30 START

TRENDSETTA

of ST. MARYS PHONE 72 2372

MOTHERS DAY:

Suitable gifts for Mother on Sunday.

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Full page \$25.00

Classifieds; 50c each 25 words or
part thereof

SPORT

FISHING

Scamander Angling Club held their last contest for the year at Wrinklers Beach last Sunday. About twenty fish were landed which is not enough to get you excited. Winner was visitor R. Jackson with a 2lb. flathead. Don't be mistaken about this as Club Secretary was a non-starter that day. Runner-up was the consistent Cyril Turner with Bill White from Ross taking third prize.

All Club members will receive a newsletter soon, giving details of forthcoming events in the first six months of 1980.

Game fishermen will soon learn of some alterations to the rules, recently made by the International Game Fishing Association and approved by the Game Fishing Association of Australia. Two new line classes have been introduced - 2 kg and 4kg while the old 3kg will be dropped. The reason behind this is that the I.G.F.A. is the recording body for all world records and in the U.S.A. these records include fresh water fishing as well. The maximum length for double line and trace has been increased to 13 metres for all line classes. The maximum allowable length of the trace is 9 metres which leave 4 metres for the double. These two lengths may be varied by the angler, provided that they fall within the above limits. Tasmania will not adopt the new line classes until the 1980/81 season.

As this may be the final edition of this paper, I would like to say thank you on behalf of all anglers to all those volunteers who have laboured so long and so hard to produce the paper. We hope that even at this late stage a few more willing workers will step forward to enable further production to be made.

To all anglers, a Merry Christmas and tight lines in 1980.



GUN CLUB

This Sunday, 16th December, the feature event to be shot will be the 'Tasmanian Double Rise Championship'. Shooters are expected to travel from many parts of the state to compete for the coveted red sash (which identifies a Tasmanian champion) and trophy for the winner of each grade-A.B.C.D.

Supporting events should make this an extremely interesting programme.

SHELL SERVICE STATION

SCAMANDER

Jim and Flo Harris invite you to browse around their store. General and Christmas gifts, for the young and not so young.

Have a cuppa in the Tea Rooms afterwards.

Open till 9 p.m.

LEUCOCACTUS FREEMAN

WOOD

GRAVEL

GENERAL CARTAGE

PHONE 722 369

THUMBS UP

...to the family who cleaned up the corner of the main highway and Harefield Rd.

ST. HELENS GUN CLUB

(1) 15T DB Handicap: T. Aulich,
H. Thomas, A. Styles. 15/15
Best Front Marker - W. Smith 14/15

(2) 10T Points Score Eyeopener:
T. Aulich, A. Styles. 30/30

(3) 20T Points Score Championship:

A Grade: B. Bailey 59/60

B Grade: R. Dakin 57/60

C Grade: W. Kerrison 51/60

Best 11m. Shooter - G. Chapple
47/60

(4) 20T DB Cash Handicap:

1st - P. Thomas 30/30

2nd - R. Groves 29/30

3rd - B. Bailey 32/33

(5) 10 Target "Mini"

1st R. Dakin 12/12

HIGH GUN

A. Styles 92/95

AUTUMN POEMS WRITTEN BY GRADE 3 PUPILS OF ST. MARYS DISTRICT HIGH SCHOOL.

Here the leaves flutter in the
gutter,
Some leaves are in the butter.
Hear the trees whistling in the
breeze,
Some leaves make me sneeze.
Some leaves are in my hair,
Some leaves are on my chair.

JulieAnne Birrell

Leaves, leaves, as they flitter,
Some brown, some yellow like
butter.

As they go down the town
Some are red, some are brown.
Leaves, leaves as they fly,
Some low, some high.

Anthony Thorne

Can you see the leaves?
They have blown from the trees.
I can see some of brown,
As I walk down our town,
Look at them flutter,
Down to the gutter.

Debbie Stewart

Whirling leaves, golden abd brown,
They are all over the town.
The trees that are bare,
Make knots in my hair:
Look at all the trees,
As they sway in the breeze.

Deidre Rushton

MACQUARIE

LEGISLATIVE COUNCIL ELECTION
SAT. MAY 24 8 a.m. - 8 p.m.

GEORGE SHAW

SEEKS YOUR SUPPORT
FOR RE-ELECTION.

He is: A FULL TIME MEMBER.

EXPERIENCED AND DEDICATED COMMUNITY WORKER.

ACTIVE in Local Government, Church, Community & Sport.

TRUSTED BY THE PEOPLE.

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George says: Thanks for the honour of being your
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The independence of the Upper House is of utmost
importance.

The Legislative Council is neither the Government
nor the Opposition. It is a House of Review and
can best fulfil that function with non-party
members.

Would you support an umpire who wore a team guernsey?

BE SURE VOTE ☐ SHAW GEORGE
and for other candidates in order of preference.

VOTING IS COMPULSORY.

Authorised by Joyce A. Shaw, Perth.

ST. MARY'S HIGH SCHOOL REPORT

On 2nd April, St. Mary's District High School visited Campbelltown District High School for a one day sports trip. The following were the results of the matches:

Baseball: St. Marys defeated Campbelltown 25 - 8. Best players in an exceptional team were David Herring, Paul Britton, Shaun Aulich & Ricky Groves.

Boys Volleyball: St. Marys won all three sets 15 - 9, 15 - 13, 15 - 6. Good team effort.

Girls Volleyball: As did the boys, St. Mary's girls defeated Campbelltown 3 sets-nil. All played well.

Cricket: St. Marys defeated the Campbell team 178 runs - 113 runs. Best players were Scott Williams, Darren Bean, Dale Ridgers, Micheal Williams & Greg Cooke.

Vigoro: St. Marys won 133 runs - 107. Best players were Cindy Hume, Susan Cornelius, & Tracy Jupp.

Softball: Campbelltown defeated St. Marys in a very close game 21-19. Best players were Andrea Hayes, Tanya Turner & Rosemary Riley.

Results of matches played against Cressy, when they visited the school for a one day sports trip on the 16th April, are as follows:

Cressy vs St. Marys

Girls Volleyball: The first game was played with an easy win for St. Marys, 15-6. The second game was about the same, but with a score 15-8.

The third game was more competitive with a game score of 16-13. This set was faster & the closest of the 3. Best players: Ralene Read, Tanya Leedham, Julie Wright, Tanya Goss.

Cricket: No outstanding players. Dale Ridgers made the highest score of 10 for St. Marys. The final score was St. Marys all out for 47 & Cressy 3 for 79. A convincing win to Cressy.

Boys Volleyball: None of the players was outstanding, but they played to the best of their ability. The first game was 15-3, an easy win for Cressy. The second game was another easy win 15-2. The match was won by Cressy with the final game score being 15-5.

Softball: Both teams were equal in the first half of the game, but St. Marys played better in the last half to win 30-13. Great effort by all players. Best players: Tanya Turner, Andrea Hayes, Rosemary Riley, Karen Rowe.

Vigoro: Team played to the best of their ability, but were unable to beat a well placed Cressy team. Final scores were 90-47, Cressy favours. St. Marys best players: Cindy Hume,

Debbie Cooper, Trudi Brooks, Janie bb, Susan Cornelius.

Baseball: St. Marys played exceptionally well to beat Cressy 27-4. Pitcher & catcher played well to keep Cressy's score down. Best players were David Herring, Shaun Aulich.

Debating team: The topic discussed was "Sport and Politics are Divisible" Cressy being the affirmative & St. Marys the negative team. Cressy won. Members of the St. Marys team were Tanya Turner, Tanya Goss and Leigh Faulkner.

GARDEN CLUB

30 members & visitors, with representatives from Fingal, Seamander, St. Helens, & Bicheno attended our Annual meeting on the 24th April.

A very enjoyable time was had by all with the winners of the various competitions being M. Royal, S. Blackman & Mrs. Midge French. Raffle winner was J. Gordon, & V. Parker had a very 'Lucky' afternoon by winning both the Lucky chair & Lucky Door prizes.

Our officers for the coming year were elected at our previous meeting in order to 'relieve' our visitors of the 'monotony associated with election nominations'(?). Office bearers remained much the same with Marg. Aulich & Molly Aulich retaining their original positions of President & Secretary/Treasurer respectively. L. Rattray was elected as our no.1 vice-president & M. Oliver as our no.2 v-p, & S. Blackman as Valley Voice reporter.

Our next monthly meeting will be held on 29th May commencing 2pm in the RSL hall. Our judges of the various competitive sections will be L. Mitchell & M. Royal.

Vegetable of the month - cauliflower
Home product - Anzac biscuits (4)

Special arrangement - bowl berries
Raffle for that meeting to be provided by E. Hughes & Lucky door prize to be donated by J. Gordon. A competition is to be organized by Molly Aulich & M. Royal to arrange the birthday posies.

Don't forget our trade table! A reminder to members of our club, that the Fingal Garden Club's Annual meeting will be held on Monday 12th May in the Uniting Hall (Fingal), commencing 2pm. Would be appreciated if some members could attend this meeting & represent our club.

LIONS CLUB BLOOD PRESSURE SCAN.

The blood pressure check conducted by the St. Marys Lions Club on April 18th showed that 15 persons out of the 199 tested did not know that they had high blood pressure !!!!!!!!!!!!!

STARDUST

By Grandma Moses
Fortnight beginning 3rd May, 1980.

ARIES: March 21 - April 20
Demonstrate dependability by attending to all tasks conscientiously, do not neglect personal or business responsibilities for selfish reasons.
Lucky Days: 5, 8.

TAURUS: April 21 - May 21
A short trip in connection with business could prove beneficial, a special discussion with friends could prove helpful, family could support you.
Lucky Days: 9, 14.

GEMINI: May 22 - June 21
Show interest in a relative or neighbour's concern, spend some time reading up on a subject you have been neglecting, do not be too hasty.
Lucky Days: 10, 13.

CANCER: June 22 - July 23
A relative or friend could be a little demanding of you, this could be due to neglect on your part. Avoid discord yourself by being tactful, especially if you would be remaining neutral.
Lucky Days: 8, 9.

LEO: July 24 - August 23
Think twice before speculating, all is not what it seems to be & second thoughts may save you from some loss. Pleasant & unexpected news may reach you.
Lucky Days: 14, 16.

VIRGO: August 24 - September 23
Give all matters your personal attention & do not trust to others to get things done. The assistance of an older person later will be helpful.
Lucky Days 4, 6.

LIBRA: September 24 - October 23.
Try to tie any loose ends before starting anything new. Any ideas which are new & not imitative should be acted on. Friends may be helpful.
Lucky Days: 7, 11.

SCORPIO: October 24 - November 22
This is a good time to join a group. You will meet new friends & interests. Avoid hasty speech, listen well before making judgement.
Lucky Days: 12, 14.

SAGITTARIUS: November 23 - Dec. 21
Share costs with someone & take a short trip for pleasure. Differences can be resolved if you want to, but obstinacy will provoke them.
Lucky Days: 10, 14.

CAPRICORN: December 22 - Jan 20.
Business affairs still good providing common sense is used in making decisions, check luggage if travelling & dates for appointments.
Lucky Days: 13, 16.

AQUARIUS: January 21 - February 19
A detached attitude in dealings with others will pay in the long run, changes are in the air, don't grieve this is a sign of growth.
Lucky Days: 13, 15.

PISCES: February 20 - March 20
Quarrelsome people may be around you just now. This may call for a little tact & diplomacy, be careful but don't hesitate to stand your ground if you are imposed on.
Lucky Days: 11, 14.

FOOD VALUES:

FRUITS AND VEGETABLES

(A) Fruits: 1 portion of fruit means any one of the following:-
1 small pear or apple, 1 medium orange or peach, $\frac{1}{2}$ large grapefruit or 1 small mango, 1 large mandarin or nectarine, 2 medium apricots, figs, plums or prunes, $\frac{1}{2}$ cup unsweetened stewed fruits, $\frac{1}{4}$ cup diced fresh fruit, 15-20 cherries or grapes, 1 small or $\frac{1}{2}$ large rockmelon, $\frac{1}{2}$ slice watermelon or pineapple ($\frac{1}{2}$ cm thick), 1 small banana, 125ml (4 fl oz) fruit juice.

"Egg yolk has a very high content of cholesterol.

(B) Starchy Vegetables: 1 portion of these vegetable means:
 $\frac{1}{2}$ cup (90g or 3 oz) carrots, pumpkin or beetroot
 $\frac{1}{3}$ cup (60g or 2 oz) broad beans, corn, peas, parsnip or potatoes.

ST MARYS
BUTCHERY

PHONE 72 2274

WE DON'T KEEP THE BEST -

WE SELL IT!!!!