

# THE VALLEY AND EAST COAST VOICE

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P.O. Box 100 St. Marys. 7215 Tasmania.

## ANIMAL WELFARE.

Most farmers are among the community's foremost animal welfare advocates. They have selected their career with a knowledge of its close affinity to nature.

The use & treatment of farm animals has become an issue of major community debate in the past year or so, particularly in the export of live sheep to the Middle East. Much of this has been led by urban based pressure groups, conducted on an emotional plane.

The use of animals for food production does impose some constraints on the behavioural patterns of animals but modern agricultural systems have brought major improvements in priority welfare areas such as disease detection & control, diet safety from predators, protection from climate & internal parasite control.

However, a need does exist for closer consultation between livestock producer organizations, State & Federal Gov. Departments, & responsible animal welfare standards. In contemplating legislation concerning animal welfare, particularly in attempting to lay down uniform standards & practices governments must be careful. Experience has shown that rigidity & inflexibility in laws often result in reduced, rather than improved, animal welfare.

By its very nature, agriculture entails a certain degree of exploitation of both plants & animals for human benefits. The decision as to whether or not we exploit animals, & if we do to what extent we exploit them, is in the final analysis an ethical one & as such should be made by society as a whole & not by one small sector.

Although some animals appear to have a relatively high intelligence it is misleading to attribute to them human feelings & mental experience. An animal's perception of its environment is totally different to the one humans perceive through their sensory organs.

There is generally broad agreement on the need for legislation on veterinary & animal welfare standards.

The consumer is safeguarded by such legislation in that selected animals are fit for human consumption & that animals utilized in this process are afforded a level of protection compatible with minimum welfare standards.

Farmers have been among the first to express concern at certain areas of livestock handling, transport & marketing, & have been instrumental in pressing for reforms in certain practices.

Reference: "Animal Welfare in Agriculture" A special study prepared by The Livestock & Grain Producers' Association of N.S.W. (For further information contact Senator John Watson, Launceston)

## T.H.E.C.

### TASMANIAN HYDATIDS ERADICATION COUNCIL

There were four new cases of hydatids and ten readmissions during the twelve months from January to December, 1980.

Two of these patients died during the year and hydatid disease was a major contributing cause of their death. One of the deaths was a man aged 92 who had never complained of ill health until recently when a complicated hydatid situation was diagnosed. Surgery was not feasible and he died whilst in Hospital.

The second death was one of the ten patients who had previously had hydatid operations and who were admitted for further surgery. She was a 75 year old woman who died as a result of massive hydatid disease of the peritoneum. She had been operated on many years ago for the removal of hydatid cysts on the liver. This means that thirteen Tasmanians had to go to surgery for the removal of hydatid cysts during the year. Although the number of cases is a slight increase on the previous year, (3 new cases and five readmissions in 1979), it is encouraging to note that there were no new cases in the 0-9 year and 10-19 year age groups and only one case in the 20-29 age group. This is the 6th year in succession that no new case has been reported in the 0-9 age group, and the fourth year in succession that no new case has been reported in the 10-19 age group. The four cases of hydatids in human came from Deloraine, Launceston, Burnie and Hobart.



# CLASSIFIEDS

WANTED TO BUY. St. Marys High School blazer and one summer uniform to fit girl 14, also 1 playpen for child. Phone 77 1156 during afternoons or evenings.

FOR ALL YOUR NEEDS.

CHECK THE DISPLAY ADS IN THE VALLEY VOICE, TRADE AND SHOP LOCAL - AND SAVE.

REDLINE COACHES....Deliver this paper quickly and efficiently. Why not let them work for you. L'ton Daily.

PLUMBER & DRAINER.....Free quotes, Fibre-glass septic tanks all sizes. W & D Churchill, Scamander. Phone 72 5217. PVC Sullage Drains. Odd jobs.

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WANTED.....Old style furniture and antique items. Also gold and silver jewellery. Phone 76 1378.

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WANTED TO BUY. 2 FT Wood must be good. Phone 722240.

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Fraser play-pen, steelcraft pram, carry-basket, outdoor swing - low chair, Vulcan electric heater, mirror ( 1' X 3' 5 ") Phone 722355.

UPHOLSTERER.... Truck and car seats, chairs and furnishings. Any upholstery required. No job too big or too small. Phone 722240 a week or 263858.

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Eating Bismark Potatoes. \$ 6 Per pocket, also 6 caces Kennebecks. Ph. Scamander 725161.

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TO ADVANCE AUSTRALIA

WAKE UP AUSTRALIA.

THUMBS DOWN.

TO THOSE WHO RUBBISH AUSTRALIA AND

DUMP THEIR RUBBISH ON THE ROADSIDE.

MR. PHILIP GUNTON  
Barrister & Solicitor  
Is pleased to advise that he has commenced practice at Main Street, St. Marys on the FIRST and THIRD THURSDAYS and SECOND and FOURTH FRIDAYS in each month.  
For appointments Ph. 72 2172.

REGISTERED DENTAL MECHANIC.  
Will be visiting St. Helens, twice a month.  
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Everything needed for your baby, carry baskets, blankets and pushers.

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Glass & Keys cut while you wait.

Agent for MOBIL LP GAS and McCULLOCH Chainsaws.

Hire equipment, concrete mixer, Ramset gun and accessories.



## WHATS ON

WOMENS WORLD DAY OF PRAYER. Cornwall Friday March 6th 7pm. All welcome.

### ANNUAL GENERAL MEETING.

The annual General Meeting of the Fingal-Portland Branch of the A.L.P. will be held on the 12.3.81 commencing at 8.00pm at the residence of Mrs. C. Woods, Fingal.

### ST. MARYS DISTRICT HIGH SCHOOL.

#### ZEEHAN FIRE APPEAL.

Last Tuesday, 24th February, students from grade one to ten of St. Marys District High School conducted a charity drive, in the form of a cent line, to raise money for the Zeehan Fire Appeal. The total sum of money raised was \$90.00 which will be forwarded to the appeal. (Well done Ed. Valley Voice).

### Tennis Tournament

The St. Marys Tennis Club will hold a mixed doubles tournament on Sunday, March 29th, starting at 9.00am. Entry Fee - \$4.00 per head. Names to Maureen Bushing by March 22nd. First 18 couples will be accepted. Good Trophies. The Tennis Club Annual Dinner will be held at St. Marys Hotel on Saturday, April 4th. Interested members please contact Maureen Bushing.

### PARENTS & FRIENDS ASSOCIATION

The St. Marys District High School Parents & Friends Association will hold their Annual Meeting in the school library on Tuesday, March 17th at 8.00pm. Office bearers for the forthcoming year will be elected. Ladies a plate please.

### ST. MARYS HOSPITAL FAIR.

Will be holding their annual fair on Friday March 13th. Well stocked stalls, afternoon tea, an exhibition of paintings by Mr. Leo Cooke. Hey! Ho! Come to the Fair

Don't Forget the Fingal Festival March 7th & 8th this Saturday & Sunday. Coal Shovelling contest and other entertainments, food and refreshments available. See you at Fingal.

RED CROSS doorknock appeal 1981 will be held on Sunday 15th March please give generously when the collector knocks at your door.

RED CROSS General meeting to be held at the Hospital on Monday 9th March at 7-45pm, members please attend.

### FINGAL VALLEY WELFARE COMMITTEE

Annual meeting of the Fingal Valley Welfare Committee for Elderly Citizens to be held on Monday, March 16th at 7-30pm at the Uniting Church Hall, Fingal.

It is a public meeting & will be chaired by the Warden of the Fingal Municipality with guest speaker Dr Curran, Director of Geriatric and Community Welfare followed by an audio-visual display by Mr Tim McManus. Also Annual reports of club activities & elections of office bearers.

Ladies a plate. ALL PERSONS WELCOME.

## ST MARYS HEALTH & BEAUTY CENTRE

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# CHURCH NEWS

## UNITING CHURCH IN AUSTRALIA - FINGAL - PORTLAND PARISH

### Sunday March 8

Fingal 9.30am  
St. Marys 11.00am H.F.  
St. Helens 7.00pm H.F.

### Sunday March 15

Fingal 9.30am H.F.  
St. Marys 11.00am  
St. Helens 7.00pm

## CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption  
Sundays March 8, 15 9.00am

St. Helens - SS Helena & Stanislaus  
Saturdays March 7, 14 Vigil Mass 6.30pm

Fingal - St. Joseph  
Sunday 8 March 10.30am

Mangana - Our Lady of the Sacred Heart  
Sunday March 15 10.30am

Dichono - Community Church  
First Sunday each month 4.00pm

## MEALS ON WHEELS

MARCH	ST. MARYS	FINGAL	MANGANA
Sunday 8	Jeff Faulkner	M. Saunders	
Monday 9	Jin Napier	Mrs. Sharon Hall	J. Miller
Tuesday 10	CYSS	S. Lowe	Mrs. M. Ward
Wednesday 11	Shirley Blackman	Mrs. O. Saunders	Mrs. M. Francis
Thursday 12	Pan Lynch	Mrs. H. Williams	Mrs. A. Turner
Sunday 15	Mattie Loothan	P. Mills	
Monday 16	Pearl Davern	Mrs. L. Parker	J. Miller
Tuesday 17	CYSS	Mrs. J. Gow	Mrs. J. Gow
Wednesday 18	Cheryl Hendley	Miss J. Egan	Mrs. Death
Thursday 19	Mrs. Leon Cook	Mrs. P. Davenport	Mrs. R. Miller

## POSITION PAPER

Your ability to think is greatly affected by your position. On your feet, you think faster, but you also tend to make hasty, even rash, conclusions. You have the best sales resistance and are at your most commanding, but your ability to remember is at its worst. In a reclining position, you are more apt to think creatively. Thoughts will come more slowly and are more profound, and memory is at its best. Also you are most receptive to suggestion and the ideas of others.

Tests at a University supportsitting as the best all-round position for thinking. Thoughts may not come as fast (or rattled) as when you're standing, or as creative as when you're lying down, but it's the best compromise science has come up with.

National Enquirer

## CHIROPDIST

MISS DORIS HOOPER IN PRACTICE AT THE DOCTOR'S SURGERY, ST. MARYS

FOR DETAILS RING:- 002-570171 - ANY DAY BEFORE 8.00AM

## CHIROPRACTOR

LAUNCESTON chiropractor PAUL SEARLE D.C. is now visiting SCOTTSDALE and ST. MARYS every TUESDAY on a PERMANENT basis. He can be consulted at the following places and times:-

### SCOTTSDALE

Kendall's Hotel

9.30am - 12.15pm

### ST. MARYS

Mrs. Mancy's Flat, Main Street,

3.30pm - 6.30pm

APPOINTMENTS can be made through the week by phoning LAUNCESTON 318898

BOWLS - ST. MARYS

The St. Marys Bowls Club conducted a very successful Bowls Day sponsored by the Launceston Bank for Savings. Players from all the east coast clubs took part. Mr. Tom Yost, General Manager of L.B.S. presented the winning teams with their trophies. Winners: J. Davern, Paul Davern, E. Herring, A. Jarvis. Runners Up: W. John, E. John, K. Woodberry, L. Woodberry.

LADIES VOLLEYBALL NOTESROUND 1

Game 1: Targetts & Blackwoods 3-0 (15.5, 15.2, 15.4). V. Leedham and J. Gow best for Targetts. Janine Harris and Mandy Powell best for Blackwoods.

Game 2: Kiwis & Smurfs 3-1 (15.11, 16.14, 9.15, 15.3). Judy Aulich and Vanessa Aulich best for Kiwis. Anne Read best for Smurfs.

Game 3: Tobys & Bankcard 3-0 (15.6, 15.7, 15.8). Team effort by Tobys and Mary Beach best for Bankcard.

Game 4: Tassie Devils & Blackwoods 3-0 (15.5, 15.6, 15.3). Carol Dorgelo best for Tassie Devils and Mandy Powell, Janine Harris best for Blackwoods.

ROSTERROUND 2 10.3.81

Tassie Devils	v	Kiwis	SMURFS
Targetts	v	Smurfs	KIWIS
Tobys	v	Kiwis	BANKCARD
Bankcard	v	Blackwoods	TARGETTS

ROUND 3 17.3.81

Kiwis	v	Bankcard	T.D.
Tassie Devils	v	Tobys	BANKCARD
Smurfs	v	Blackwoods	TOBYS
Tobys	v	Targetts	SMURFS

Fees of \$6.00 each player must be paid by 2nd roster game (10.3.81). Full uniform must be worn by 2nd roster match also, or 3 penalty points per set will be awarded against each team per player out of uniform. Athol Greenwood has been re-elected President, Mary Beach Secretary and Leslie Johnson re-elected Treasurer. The Volleyball Ladies would like to thank Mary Richardson for her work as Secretary for the past two years.

LADIES VOLLEYBALL GRAND FINAL 1980

Bankcard Blue & Kiwis 3-1 (15.6, 15.6, 8.15, 15.7). All played well for Bankcard Blue. J. Lynch, J. Aulich & T. Streets best for Kiwis.

The Volleyball Ladies would like to thank Derek Summers and Peter Lohrey for umpiring the finals. It was very much appreciated.

ST. MARYS GOLF CLUB

Special General Meeting Will be held on March 27 1981 in the Club House.

Business:- To elect three members to fill the vacancies on the Committee. Time:- 7.30pm.

St. Marys Golf Club Opening Tournament on Sunday March 8th. Starting Time 9:00am. Mens Foursome, Ladies Foursome, Mens 18 Hole Stroke. Post Entries.

K.A.B.C.A CLEANER TASMANIA

Since its launch in February last year, the K.A.B.C.'S "Do The Right Thing" litter reduction campaign has had a significant impact on the public.

Virtually all Tasmanians, young and old alike, recognise the campaign slogan and associate it with the need to make their State a cleaner, more beautiful place.

What has brought about this recognition? The answer lies in action and the scope and depth of the litter reduction activities aimed at fostering responsible attitudes towards disposal of litter. All of these activities are part of the Positive Litter Control programme. "Do The Right Thing" Campaign successes include:

- the installation of roadside litter stations on highways in the north & south;
- distribution of more than 500,000 car litter bags;
- effective public education through television, press, radio and schools;
- co-ordinated clean-ups;
- the collection of many thousands of cans for re-cycling;
- presentation of numerous anti-litter displays at public places;
- co-operation on litter reduction programmes for major sporting and recreational events;
- a State-wide competition for children;
- promotion of Positive Litter Control techniques through the respected Tassie Tidy Towns competition.

ST. MARYS

TRENDSETTA

722372

NEW RANGE OF MEN'S PURE WOOL JUMPERS & CARDIGANS, MATCHING SLACKS, SHIRTS & JACKETS . . .

\* \* \* \*

LADIES - - - NEW WINTER GEAR NOW ARRIVING

\* \* \* \*

O'NIGHT TRAVEL BAGS - REASONABLY PRICED AT \$25!!

## FOOTBALL NEWS 'MAYHEM' AHEAD

The committee of the St. Marys Football Club has appointed the following persons for the coming season.

Senior Coach: Terry Barnett (non-playing)

Second's Coach: Michael Brown - Captain and Coach.

Third's Coach: Gordon 'Bob' Jones.

Specialist Coach: Graham Kearney.

Patron: Mr. Gordon 'Spot' Salter.

President: Les Lavelle.

Vice Presidents: Tim Johnson.

Treasurer: Gary Street.

Acting Secretary: Gary Richards.

Committee: Les Norman, George Booths, Michael Schier, Michael Wright, Robert Schier, Ricky Dobroy, Scott Bean, Nigel Britton, Rodney Hunt, Terry Lockwood.

Seniors captain and vice captains to be appointed plus a players representative to the committee.

A finance committee will also be set up under Chairman, Greg Tapp. Any players or club supporters wishing to help in any way contact Gary Richards or Les Lavelle.

Training got under way last week with 24 players turning up for a run. The track this year is very hard and did nothing towards making it an easy training run.

This year the club has two 'incentive' trophies for attendance and participation at training Tuesdays and Thursdays.

It is great to have Billy Mitchell back with the club as trainer, along with Ian Faulkner.

The club would like to hear from any person who has First Aid experience & who can be in attendance on Tuesday & Thursday training nights and for both home & away games, on Saturdays. Should there be more than one person interested they could, along with the committee, organise a roster system.

### COMING EVENTS

The next committee meeting is on Monday, 9th March, at the club rooms commencing at 7.30pm.

Saturday, March 14th, there will be a 'Hole in One' Competition at the St. Marys Oval commencing at 1.00pm.

Prize: \$200.00 or \$50.00 for the one nearest the pin.

There will be a b'que & refreshments available at the ground.

Everyone welcome to try their luck for 50c a shot.

The first practice match of the season will be played against the Old Launcestonians Football Club at St. Marys on Sunday, March 15th, starting at 1.00pm. B'que & refreshments available at the ground for players and supporters.

Hope to see a lot of supporters turn up to watch the local boys perform & give encouragement to our coach Terry & new recruits on the day.

The second practice game will be played at Perth against the Perth Football Club on Sunday, 22nd March. A bus will leave St. Marys at 10.30am. Further details about the bus later.

April 2nd. - Thursday night, Chad Morgan and Laurie Pincombe will be back in town at the St. Marys hotel, \$7.00 a head. Bookings now open, at the hotel or phone 722181, get in early as limited sales available.

Also remember the Playgirls are coming to the local hotel, 17th. March, Tuesday night.

The club would like to see more young players at training, Tuesday and Thursday nights. Also any ex-players who have given the game away for a while & now representing 'Norm' of T.V. fame, the training sessions can help keep you fit, especially now the club has obtained weights etc., and it helps in supporting the town teams.

Don't forget the MINI LOTTO, tickets now available - \$200.00 Jackpot.

## CRICKET NEWS 'HOW'S ZAT'

The season has drawn to a close for St. Marys. The Finals start this Saturday & the local boys did not perform well enough in the last three games to make the finals. They went down to Ringarooma & Pyencana and the last game against Logerwood was a 'washout'. They had to win all 3 games to make the finals.

It was a great effort for their 1st. year in the strong Scottsdale Assoc. and credit must go to all players. Praise must also go to all players & supporters for the way in which they presented themselves on & off the field and to the ladies who organised and prepared the wonderful afternoon teas & b'ques after the games, this has now put the name of St. Marys Cricket Team in very high regard in the North-East Coast and must make the people of St. Marys proud to know that cricket as a sport can also make for good public relations between other towns outside the Valley.

March 6th, this Friday night the club will hold its Annual Dinner at the St. Marys Hotel commencing at 7pm. Invitations have been sent out to club members & supporters, so make the effort & reply, to the Secretary, & come along & make it a great night.

Players and their families will hold a barbeque - picnic day at Four Mile Creek on Sunday, 8th. March, starting 1.00pm. to round off the season.

Congratulations to Stan Hardcastle for representing the Scottsdale Association in the Grand Final of

the Tasmanian Country Week held in Launceston against the strong Huon Association. Stan finished up with the fine bowling figure 4/102 from 30 overs. The Huon team proved too strong for the Scottsdale Association boys over two great days of cricket.

Last Sunday the St. Marys cricketers & families travelled to Scamander to do battle against Max Rawnsley's 11, or was it 12, on a damp pitch. Acting Captain Ross Bean won the toss & decided to bat against some very fine bowling from Eric Hayes, A. Maney & P. Craven. Along with some good spin bowling from John Wishaw & Pat Riley Scamander dismissed St. Marys for 127 runs. The top run-getters were: Graham Lynch & Murray Schier retiring with 32, Terry Targett N.O. 16 & Raz McDonald 13, Sundries came next.

Rain started falling when it was Scamander's turn to bat. Led by their Skipper Max & his Deputy Pat Riley Scamander soon found runs hard to get & were dismissed by great bowling of Shane Gavaghan. Next to grace the crease were Eric Hayes & John Wishaw, the heavy-weights of the team who made the runs flow with big hitting. Eric retired with 36. Charlie Maney held his end up while John Wishaw, with his runner, pushed the total along. With some fine bowling from 'Doug Walters' Lavelle, some of his catches would do 'Dougie' proud, Scamander were in big trouble until hard-hitting Jack Sainty came to the crease. This followed a big discussion with the Captains about the alleged transfer fees being paid to the Wrinklers for Jack's services. The game continued with Jack really wielding the willow which made St. Marys lose grip on the game, he retired with 32. With only two wickets in hand and needing 22 runs Scamander batted on but Spaz Spilsbury cleaned up the tail and Scamander were all out for 105.

A big thanks to Max and his Committee for a wonderful day and for the other games played throughout the year between both teams. At the end of the series St. Marys led 3 games to nil but Scamander may be hard to beat next year now that transfer fees have been granted.

<u>FOR SALE</u>	<u>FOR SALE</u>	<u>FOR SALE</u>
SURFBOARD.	\$100.00	

O'NEAL WET SUIT, medium size, good condition	\$50.00
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SUZUKI R.M. 250cc	\$600.00
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## COMMUNITY HEALTH

HOW SAFE IS YOUR HOME? ? ?

IS IT SAFE FROM ACCIDENTAL POISONING?

SOME POINTS TO MAKE YOUR HOME MUCH SAFER:

DON'T.....

... store cleaners such as bleach in bottles which originally contained soft drinks - children may not realize that someone has switched the contents.

... take medicine in front of young children - and don't call pills 'sweets'.

... transfer medicines from their original containers.

... give anyone "double doses" of medicine just to make sure it will work!

... administer medicines prescribed for one member of the family to another person suffering an apparently similiar illness.

DO.....

... keep all medicines, including even the most mild forms, out of reach of the children. This also includes make-up, fingernail polish and remover.

... destroy all surplus medicines - return them to the chemist, or flush them down the toilet.

... check label instructions carefully.

... keep all cleaning liquids, paints, varnishes, and so on away from children.

IS YOUR HOME SAFE FROM FIRE?

HERE ARE SOME MORE POINTS TO HELP MAKE YOUR HOME SAFE FROM FIRE:

DON'T.....

... panic over a frying pan fire, and never try to move the pan or add water. Smother the flames with a lid, board or damp cloth.

... smoke in bed.

... place hot (or warm) ashes into a cardboard box or newspaper.

... drape makeshift shades over light-bulbs or have plastic shades too small or close to the bulb.

... position your colour T.V. so that the back touches the curtains.

... position furniture or clothing near a fire or heater.

... let children play with matches.

DO.....

... provide deep ashtrays for smokers.

... ensure ashtrays are of a solid material, not inflammable.

... remember that many household products are inflammable - the list includes kerosene, turps, methylated spirit, many adhesives, paint strippers, solvents and dry cleaning agents.

... unplug appliances not in use.

... position all types of heaters in a safe place, and make sure they're properly guarded.

.... buy nightwear in flameproof fabric

... always keep a safe guard in front of open fires - the safest type are the ones

# TENNIS

The St. Marys Tennis Club has had a very successful season this year. Once again we were able to field two teams to compete in pennant tennis in the Midlands Tennis Association, with one team finishing third on the ladder. Other teams in the roster were Rossarden, St. Helens and two teams from Campbell Town.

In the first semi-final at St. Marys on Sunday 1st March, St. Marys defeated St. Helens 7 sets to 2, and will now play Rossarden in the preliminary final at Fingal on Sunday March 8th. The team is Stephen Cooke, Andrew Francis, Mattie Leedham, Yvonne Salter, Maureen Bushing and Jos Lynch. Emergencies are Richie McDonald and Anne Bennet.

At the moment the club is organising singles tournaments for men and ladies. The draws are displayed in Casbault's and Sam's shop windows. A children's tournament will be held at a date to be determined in March and a mixed doubles tournament on Sunday 29th March.

Social tennis is played on Saturday afternoons and ladies play on Wednesday afternoons from 1.30 on. Any interested people are most welcome to join in on these days.

The Club dinner will be held at the St. Marys Hotel on Saturday 4th April. Any interested members please contact Maureen Bushing.

# APOLOGY

Last year the St. Marys District High School received generous support from business people in the valley and east coast who contributed towards the cost of the school magazine.

Two generous contributions, Mr. Greg Tapp and Mr. Ray Booth, were omitted from the list of acknowledgements, published in the magazine. We apologise for the omissions and wish to thank them, along with the other business people, for their support.

Without the help of all concerned, the excellent magazine could not have been produced.

I. A. Lancaster,  
Principal.

## BICHENC GARDEN CLUB.

Bichenc Flower Show held on 28th February 1981. in War Memorial Hall. The show was a great success. Flower Exhibit were down owing to the dry weather. The school ran a cake stall, there was also a spinning demonstration, Pot plant stall, Guessing of the pumpkin, lady's provided afternoon tea. Garden Club is donating \$100.00 towards black-out curtain for hall. The Flower Show was opened by the Warden of the Glamorgan Council.

## SCOTCH GINGERBREAD.

7 oz plain flour  
1 oz cornflour  
1/2 level teaspoonful mixed spice.  
1 level teaspoonful ground ginger.  
1 level teaspoonful bicarbonate of soda.  
4oz soft brown sugar  
4oz sultanas.  
1oz walnuts, chopped.  
2 eggs.  
3 fl. oz corn oil.  
3 tablespoonful milk.  
4 tablespoonful black treacle.

Grease and line a 2 lb loaf tin.  
Sieve the flour, cornflour, mixed spice, ginger, bicarbonate of soda and soft brown sugar into a mixing bowl.  
Stir in the sultanas and walnuts.  
Mix together the eggs, pure corn oil and milk, stir into the dry ingredients with the black treacle and beat to form a smooth batter.  
Pour into the prepared tin and bake at 350deg. F. 180deg. C. regulo 4, 1 to 1 1/2 hrs.

DO YOU KNOW WHAT IS ?

- 1 A DINGO'S BREAKFAST.....
- 2 A STOCKMANS LUNCH.....
- 3 A BURKETOWN MOSSIE NET.....



TERM C.B.A.

3 MTHS 10-5%

4 MTHS 11%

5-13 MTHS 11-75%

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# STARDUST

By Grandma Moses  
Fortnight beginning 5th March, 1981.

AQUARIUS: Jan 21 - February 19  
Don't allow yourself to listen to the latest gossip, especially if a loved one is involved. You have more energy than usual now - use it to the best advantage while you can. Travel with care & guard your health.  
BEST DAYS: 6, 12, 17

PISCES: February 20 - March 20  
You can put your confidence in your mate now - if you are asked to attend a gathering of relatives then oblige cheerfully. Conquer romantic longings that cannot be satisfied. Call or visit a long forgotten friend.  
BEST DAYS: 8, 11, 16

ARIES: March 21 - April 20  
Assert yourself steadily & with determination & you will prove your leadership ability. Stay in familiar places - don't roam. Be sympathetic with the troubles of others. Smile, even if you feel sad.  
BEST DAYS: 7, 9, 13

TAURUS: April 21 - May 21  
Make the extra effort to finish all work & leave a clean slate. This is a must so that you can relax. Be cautious with anything that holds potential danger - you'll need to be rather tactful at times.  
BEST DAYS: 10, 12, 17

GEMINI: May 22 - June 21  
Delay seeing people about personal matters until the mood is right. This is a good time to plan a long trip. Consult your mate about matters of entertainment. You are comfortable with the family around.  
BEST DAYS: 11, 14, 18

CANCER: June 22 - July 23  
You have a lot to think about & it is becoming more & more appealing to make a basic change in life. Make absolutely sure that this is the right move for you. You will profit greatly from new experiences.  
BEST DAYS: 6, 7, 17

LEO: July 24 - August 23  
When criticism of your efforts is aired take it without bad temper, do not let yourself be the cause of resentment. Be skeptical of business deals suggested by visitors. Who will be the beneficiary?  
BEST DAYS: 8, 12, 16

VIRGO: August 24 - September 23  
Be exceptionally cautious in all cash transactions - ensure that it is all correct. Now is a good time to count your blessings & take stock of the riches you enjoy; Life has given you a lot & there is more yet.  
BEST DAYS: 7, 10, 11

LIBRA: September 24 - October 23  
Do not allow someone selfish to take up your time & interfere with your plans & personal life too. You must end this right now before real trouble looms. Remain calm at all times. Guard your health.  
BEST DAYS: 13, 15, 18

SCORPIO: October 24 - November 22  
You are enjoying a creative mood & your ideas are both attractive & sensible. Spend some time planning for a redecoration job in the future. Try a new & unusual approach, you will be amazed at the results.  
BEST DAYS: 5, 14, 17

SAGITTARIUS: November 23 - Dec. 21  
Your mind is wandering & so you become absent-minded & impractical. You may tend to lose all sense of restraint when away from home. With this in mind you will come out of this period without much harm done.  
BEST DAYS: 9, 15, 16

CAPRICORN: Dec. 22 - January 20  
Although you are very busy in your employment your thoughts are always with the family. Do all within your power to create a happy mood at home. Spend time entertaining the children.  
BEST DAYS: 10, 14, 18

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