THE VALLEY AND EAST-COAST VOICE

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WHEN IS SICK TOO SICK FOR SCHOOL?

There is a difference between feeling sick & being too sick to go to school. Sometimes, however, it's difficult to determine.

The following points may help parents decide whether a 'sick' child should in fact go to school, or whether a day or two in bed is called for.

Temperature: This tells a great deal. A child with a temperature of 38 degrees C (more than 100°F) should stay at home - so, indeed should an adult.

Headache: Not a stay-away reason in itself... unless there is a splitting pain. However, a headache could

ing pain. However, a headache could be a symptom of a fever, so the child's temperature should be taken.
Cold: a heavy cold is a germ-spreader, & the child should be kept at
home. But if there is just a runny
nose & no fever. it's off to school
with an adequate supply of tissues.
Stomache Ache: a stomach ache can
be serious at any age. Gramping be serious at any age. Cramping pains that limit activity or cause diarrhoea or vomiting are very definitely reasons for keeping the child at home. However, problems at school could cause imaginary stomache aches. If you have doubts, speak to a teacher: it's important that such problems be sorted out.

Coughting or sore throat: a hacking cough usually means a stay in bed.
Normal coughing is a healthy sign the child getting rid of nucus. A
number of minor virus infections can cause a sore throat, but white spots in a sore throat, call for medical attention. child with a sore throat needs watching - his temperature could go up. Toothache, earache, rashes: Many earaches are caused by infection, & the child should have a dental check as soon as possible. Earache can be just a part of a cold, but any child who has sharp, stabbing pains or ear discharge should see a doctor. A rash could be measles, chicken pox & the like; or could just mean the child is allergic to something. If a child has an unexplained rash & a temperature, he or she should see a

temperature, he or she should see a doctor. It's best to keep the child at home until you know what caused

the rash.

ARE YOU A LITTERBUG!!!!

Are you pleased to be able to live in Tasmania? or proud of the fact that you are able to live here? A stranger from another country just driving around & not talkint to anyone would think that we are all ashamed of our state. Rubbish & litter all along the roads, signs shot down, lolly papers, tins & bottles. How dreadful it all looks!

Don't be upset over being told how dirty & untidy you are. It's only thoughtlessness, you are not using your head. Do you allow your family to make a mess at home? Well be fussy when you go out. Besides, every time the Council or Government send along a man to clean up, this costs more money which could be spent on roads & bridges.

This is our place & its up to us to keep it tidy. A bag in the car for rubbish is marvellous & it's surprising how soon the family learns to use it. Then you take your lunch out, put all remains back in your box to take home. Perhaps you have a garden? Perhaps you have a few chooks? They like scraps?! or you could dig a trench & bury your rubbish! You will be surprised how things will grow there in the Spring.

The are really very lucky to live in Tasmania. It's clean, nothing is too far away & we have lovely beaches, rivers & hills. - so! Let's look after our place a bit better! After all, our roads are our front entrance & they don't look so good do they?

TRENDSETTA

of ST. MARYS Pm. 722 372

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WANTED TO BUY. 1 3/4 bed and mattress in good order. Phone 74 2217 after 5 pm.

REDLINE COACHES. Leliver this paper quickly and efficiently. Why not le them work for you. Launceston Daily.

The St. Helens History Home opposite the Bayside Inn, St. Helens invites all north-easterners to make a visit to them and discover the history of Portland Municipality. Each visitor is given personal attention.

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As much as the R.S.L. regrets it
they have decided to raise the
charges of bookings of the R.S.L.
building owing to higher costs, as
below. From 1st August 1980.

Fairs, Socials, Concerts, Public and Political meetings.
DAY: \$10.00. NIGHT: \$15.00

Weddings \$25.00 Club Meetings \$10.00

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1 Fish tank, stand & access. \$60
(or both \$120), 1 coal fork \$5,
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any model ford \$5, 1 Windscreen
visor suit early model Holden \$5,
1 old hand carved chair \$10
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David Streets, Grant St. St. Marys.

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1 give notice of a

Special meeting

Annual Meeting and to discuss the plans for the rebuilding of Hohy Itinity Church of England in St. Marys.

The meeting will be held on Worknesday 30th July in the Parish Hall, at 7:30 pm.
All parishioners and other interested people invited to attend

Cris W. Cave

WHATS ON

MEXT MEITING of the St. Marys District Mospital Auxiliary will be held on Monday August 5. Business arising: Conference resolutions. Progressive Dinner arrangements which is being held on August 15. Bookings may be made with Sucretary Mrs. A. Birrell 722339 or Mrs. Doris Bullock 722167.

STREET STALL Friday July 25 10.30cm Church of England. Streets vorandah, Main Street. Donation of Goods greatly approciated.

STALL will be held in the Solvation Army Hall Cornwall 30 July at 7.00pm. All welcome.

C.Y.S.S. Film Nights ment film is on the 6th August "DOG DAY AFTERNOON" \$2,00 donation, St. Marys R.S.L. Hald at 8,00pm.

TASMANIAN PRISIONER'S UNION PIN GAL/ ST, MURYS. BRANCH will neet at the Institute, St. Marys Wednesday 15 August 1980. All members are invited to attend. There will be a Trade Table, so please bring a small gift for the table. Indies a plate please.

C.Y.S.S. NEWS

Once again we are asking the public if they have any craft work or articles that they have made and would like to sell, to bring them into Todds Hall so that we can display thom on our craft stall table. The stall has not been open for quite some time and to lack. of goods to sell.

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CLASSIFIED CONTINUED

FOR SALE.... 64 E.H. Holden Waggon suitable for wrecking with 149 red motor going \$200. Quantity 2' firewood easy access \$5 ton. Phone 765161.

LETTER TO THE FLHOR

Dear Sir,
I resent the tone of the letter printed in your last edition from Mr. Grieme Donn. At the two public neetings of the "Moke Up Australia" movement (at which Mr. Donn was conspicuous by his absence), it was unanimously agreed that the organisation would be strictly NON-PARTY in its political outlook. One of lits principle objectives is to create an aw memoss of the dangers of division in the community. Mr. Deen sets out to create such a division. We do not like the prosont state of the Australian Mation, but we do not place the blame on any one individual nor any group of individuals. Instead we believe that poor examples of social tehavious are being set bytany of our country's leaders, be they political both Commonwealth & State, or nunicipal, employer and workers erganisations.

Movever, on the credit side, Mr. Dean has provided as with a perfect example of the "blow you Jack, I'm right" attitude which is the curse of Australia

Bob Jackson.

GLASGIF UD & CONTINUED

FOR CALE . .. Vell kept reather board hone situated a double block, fitted with cluminium windows, 2 or 3 bedrooms, lounge with gos he der out ated throughout. Contact M. Chesshire, Clave Street, St. - Marys -

Pol Silk, ... be Elto & Dop with two easy chair - in good order. \$100 or bost offer. Whoma 742256.

FOR SAME... THREE BEDROOM House, sep. dining apen, longe, large kitchen, sep. toller, laundry and bathroom, off peak beating and open fire placed phone connocted, special tank, partly furnished on approx. 2 acres of good land, Inside form limits. \$13,000 onc. Phone 722293 or coul and see D. Streets, Grant St.St.Marys.

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7.00pm

CHUSSA

CHURCH	OF	ENGLAND	PARISH	OF	AVOCA.
FINCAL	ă: (CULLENSWO		**************************************	Production Comp. 7

Sunday July	<u>27</u>		
9.00an 10.30an 7.00pn 3.00pn	Fingal St. Marys Avoca Mathinna	(annual H.C. H.C. E.P.	neet.)
Sunday Augus 9.00an 10.30an	t 3 Fingal St. Marys	M.P. H.C.	

H.C.

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption Sundays July 27 and August 3 9.0)Oar
St. H clens - SS Helena & Stanislaus Vigil Mass Saturdays July 26 and	
August 2 5.3	io Englos
Fincal - st. Joseph	
Sunday July 27 and August 3 10.3	i0an
Mangana - Our Lady of the Sacred Heart 3rd & 5th Sunday of nonth 10.3	i0an
Bicheno - Community Church 4.0 1st Sunday of each month	

FINGAL-PORTLAND UNITING CHURCH

Avoca

Sunday July	27		
Fingal	9.30an		
St. Marys St. Helens	11.00an 5.00pn		10.00

St. Helens	11.00an 5.00pn		10.00
Sunday August	3		

Fin,	gal	9.30an			
	Marys	11.00an	Sunday	Scho	01
St.	H elens	5.00pm	11	**	10.00

Benediction of the Blessed Sacrament, Devotions to Our Blessed Lady, Stations of the Cross and Weekday Masses - as announced at Sunday Hass.

Reconciliation in the Sacrament of Penance: You may go to Confession in each church before Mass, and at other times as announced. At any time by private arrangement.

O Parish Priest: Father Medwin, The Presbytery, St. Marys, 7215. Phone 72 2252.





MEALS ON WHEELS FINGAL VALLEY

4		The state of the s	TACALLA A LITTILLI T	
JULY/AUG	GUST	ST. WARYS	FINGAL	MANGANA
Sunday Monday Tuesday Wednesday Thursday	27 28 29 30 31	Keith Cook Jin Napier CYSS Shirley Blackman Yvonne Salter	R. Saunders Mrs. J. Hall Mrs. D. Woods Mrs. O. Saunders B. Saunders	Mrs. J. Hall Mrs. Sweeney Mrs. B. Death
Sunday Monday Tuesday Wednesday Thursday	3 4 5 €	Karon Bean Poarl Davern CYSS Jean Lohrey Len Miles	A. Oliver R. McGee Mrs. H. Mills Mrs. M. Mace B. Saunders	J. Miller Mrs. M. Francis B. Saunders J. Miller

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 time:-

SCOTTSDALE Kendall's Hotel 9.30an - 12.15pm

ST. MARYS Mrs. Maney's Flat Main Street (next to Bakery) 3.30pm - 6.30pm

APPOINTMENTS can be made through the week by phoning LAUNCESTON 318898

FISHING NIMS

Angler's Diary: Sunday 17 August - Scan- FINGAL and ST. MARYS staged a great semiander Angling Club surf contest at Four Mile Creek from 11mm to 3pm.

Scanander Angling Club hold a surf contest at Wrinklers Beach last Sunday week, As usual, fish were scarce, but by using a spinner, Roy Laphan lunded 8 cocky salmen. Heaviest fish went to Wayne Richards with 1 1b 121 ozs, second was Roy Laphan with 112 ozs and third Dick Apted who won the toss from Cyril Showell, wins for C.MPBELLTOWN, AVOCA and ST. MARYS. cach having a 21b cocky. Junior prize was won by Darron Richards who is starting to follow his father's foctsteps. The Club Committee has resolved that the Suzuki outboard motor will be awarded to the member catching the heaviest scale for big things from Manion and Wilson in ible and the dead line for joining has been set at 28th February 1981. The newber catching this fish will also be recognised at the Club Champion for the year. Roy Laphan has presented a trophy for the member who weighs in the heaviest total weight of scale fish for the season. Only fish caught in the surf will count for this trophy. A decision on the interclub contest was deferred until the future of the St. H elens Surf Angling Club becomes clearer.

DISCIPLINE is the answer. Well done Tigers.

warz weigt speech block warre, block 1002m ware 0,74 verse

Could we get more workers for the Club? If Dad is only prepared to knock, perhaps Mum may help the Ladies.

FREE

FOOTBALL NOTES

ONE EYE

final preview on Saturday when the Blues proved just too strong to reverse the result from the previous clash and win by one point. Both teams had good players and they appear to be very evenly matched.

CAMPBELLTOWN and AVOCA both had very comfortable wins over SWANSEA and ST. HELENS.

The last roster match of the season to be

The first semi-final at Avoca should attract a big crowd as old rivals ST. MARYS and FINGAL meet to decide who will go on to the pre-final. St. Marys will be hoping fish (including bream) during the 1980/81 the ruck and Viney and Howell to keep kickseason. Financial members only are elig- ing them into attack. Fingal will be looking for big games from Scott Marshall in the centre, Woods and Young around the ground if they are going to get over the enthusiastic young Tigers.

> It appears that ST. MARYS could also have their seconds and thirds in the first semi-final so it will be a big day for the Tigers if they wan!t the season for them to last a little longer.

COMPETITION - DESIGN FOR FINGAL SCHOOL

THE CASE COLD WAS NOW AND AND THE COLD WAS

(i) A School Badge (ii) A School Motto

Conditions of Entry:

l. Any person may enter

Entries should reflect the school's situation and philosophy which is

A: To provide a sound basic eduction in the skills of communication and nathematics.

B. To provide a safe environment where each and every child can have some form of success.

3. Entries will be judged on originality and applicability as well as artistic merit.

For the badge, simplicity for printing purposes will be a consideration.

Entries close with the Principal, Fingal Primary School, Fingal 7214 at 12 noon, Friday 15 August 1980. PRIZES: A \$10.00 open order on Birchalls Pty. Ltd. Launceston will be awarded to the winning entry for the badge amd for the notto.

ST MARYS

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T. PEARS, CAMPBELL TOVE, PH. 81 116Y

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. ... W. CHAIN SAWS

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2 " " \$4.00

1 " double column: \$4.00

1 doored dolami. 74.00

\$7.00

Full page #25.00 Classifieds; 50c each 25 words or

part thereof

MEASLES - MORBILLI

Common communicable disease of child-hood characterized by fever & cold symptoms & resh, occurs predominently in winter and early spring. Majority of children develop morbilliknock or scratch the glass. The prior to pre-school & nearly all children have had morbilli by the tenth year of life. Morbilli can recur. Morbilli itself does not present a threat except in an already ill child but the resultant complications can. These usually present respiratory complications or as encephalitis in approx. 5% of cases. To reduce the incidence of complications measles(morbilli) Vaccinations is available to all children as part of the Health Department Schedule & given at approx since early this century and twelve months of age. GERMAN MEASLES - RÜBELLA Common communicable disease of childhood also & is very mild in comparison with morbilli, presents with mild cold symptoms & a few spots normally and can occur without recegnition, being so mild. Rubellas only danger is to the unborn child and can have selious effects should the mother contract rubells in the first three months of pregnancy. It is difficult to assess how seriously the unborn child may be affected. Once a young girl has had rubella there is lifelong insurance of immunity for self and future babies. Rubella vaccination is available to all young girls between 11 - 13 years as a part of the Health Department Schedule, & usually arranged by the local school. Should a woman over thirteen years of age find she has not been vaccinated and is not sure she has had rubella then she should contact her local doctor. Once he is sure she has no insurance of immunity he can errange for her to have the rubella vaccination as long as she is not pregnent & there is no risk of pregnancy for up to three months following the vaccination, otherwise like the disease itself it could affect the unborn child. Thetreetment and care of a child with measles, either type, depends on the presenting symptoms. Should an unimmunized person conme sles in adulthood the resulting symptoms are frequently

TAKE A LOOK AT

Take your time and browse around the 28 separate tanks containing

more severe.

phundreds of different species of creatures from the ocean off Bicheno.

The contents of cach tank are noted on the illuminated panel sbove each window. Plesse do not specimens have been provided by the fishermen of Bicheno and other parts of the State, and Without their co-operation and support, this display would not be possible.

Bicheno has been a fishing port for about 180 years, commencing with sealing and whaling. In 1854 a coal mine was opened a few miles north of the township, and coal was shipped from the port for many yerrs.

Commercial fishing has flourished Bicheno was a pioneer port for the abstone industry 25 years ago now one of Australia's important exports. Plans are currently developing to build oyster hatcheries at the Gulch, and oysters ere flourishing et Moulding Lagoon, a few miles south. The ides of building s Ses Life Centre was sparked from a joint State-Commonwealth tourism study carried out by Peat Marwick Mitchell about seven years ago. They recommended that a Fisheries Interpretation Centre be built at the Gulch by the State Government. Due to lack of funds, the recommendation was not carried out. In 1978, Bill Bailey and Brian Winspear became convinced that there was a need for such tourist attraction, and that it could be. a commercially viable proposition. With their wives, they formed a partnership, produced a lease on Crown foreshore, obtained loan funds from the Federal Government Decentralisation Scheme, and the centre opened for business on 1st October 1979. Its rapid completion would not have been possible without the enthusiastic support of many State Government departments the Federal Government, the Glamorgan Council and Bicheno res-

In our squarium there are so many creatures only found in this part of the world, some of which cannot be traced for naming. Don't miss the largest species of crab in the world - or the amazing ser horses and their family.

TAKEA LOOKAT

Don't hesitate to ask any questions and when you leave the Centre by the front loor, turn left and circle the building to see our fairy penguins park penguins park.

By Grandma Moses Fortnight beginning July 25

LEO: July 24 - August 23 Apply yourself to the boring issues as well as the exciting possibilities that exist' & you will be more content in everyday matters. Bring your special enthusiasm to each project to gain support from one in authority. BEST DAYS: 27, 30, 3

VIRGO: August 24 - Se tember 23 This is not the time to be impulsive, work out all the details then make necessary decisions. Do not get so involved in the little things that you lose sight of the large concept. Keep all appointments. BEST DAYS: 29, 31, 5.

Become more involved in affairs affecting family & friends. Take up a cause that could improve the status of your community. Let your voice be heard. 27th is a good day for an initial romantic date. BEST DAYS: 28, 4, 7

SCORPIO: October 24 - November 22 A good time to begin a vacation, enrolling in a refresher course or for starting firm relationships. Cultural activities are stressed. Take extreme care of your reputation don't cause the tongues to wag. BEST DAYS: 29, 1, 7

SAGITTARIUS: Nov ember 23 - Dec. 21 You are very energetic in the social world - your charm & sense of humor holds you in good stead. Avoid being taken advantage of your willingness is apt to be taken for granted. Mail arrives from distant friends. BEST DAYS: 25, 26, 4

CAPRICORN: Dec. 22 - January 20 Around the 27th concentrate on matters that deal with finances.

ST MARYS BUICHERY

WE DON'T KEEP THE BEST!:

WE SELL IT

PHONE 722 274

AQUARIUS: January 21 - Februar 19 Travel is not recommended until after 30th. If you travel be car ensure all is in working order & drive carefully Check family fin-ances - cash flow may be sluggish. so s end wisely. Family outings very rewarding. BESt DAYS: 26, 1, 3

PISCES: February 20 - March 20 Remember that assumptions can be dangerous - a bit more investigation is very necessary. If advise is required seck professional aid rather than from a well meaning friend who does not have the qualifications. BEST DAYS: 28, 2, 4.

ARIES: March 21 - April 20 If you are involved in a project simply because you fee obliged then you should quit - lip service is not; enough - All or nothing. Friends & social outings are all very important now. Promote your-self without being obvious. BEST DAYS: 31, 1, 7

TAURUS: April 21 - May 21 A current disturbing situation will pass quickly, be calm & bide your time. New friends are witty & fun to be with - your sense of humour is matched. Life is full of fun & you are enjoying it to the hilt. BEST DAYS: 25, 26, 1

GEMINI: May 22 - June 21 A family member pays a most enjoyable & memorable visit. Nostalgia gives you a warm glow of content-ment - enjoy this visit to the fullest. Keep strict control of your enotions - there isn't room now for pettiness & jealousy. BEST DAYS: 27, 28, 1.

CANCER: June 22 - July 23

A warm glow surrounds ordinary proceedings - there is an element of
the unexpected that can be most Check your budget carefully. You have a great capacity for friend— the unexpected that can be most ship. Try a slightly warmer approach Travel with care & guard your health the unexpected that can be most be ship. Try a slightly warmer approach deed of complete unselfishness— resolve to react similarly when the state of the care with the unexpected that can be most the unexpected that the unexpected resolve to react similarly when the need arises. BEST DAYS: 27, 29, 2.

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