

# THE VALLEY AND EAST COAST VOICE

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## PROPOSALS TO AMEND SOCIAL SERVICES LEGISLATION ON DEPRIVATION OF INCOME FOR PENSION PURPOSES.

Many elderly citizens have been expressing concern about the implications of the Government's proposal to amend parts of the Social Services Act relating to the pension income test. To help reassure pensioners who do feel uncertain about the intention of the proposed new arrangements, relevant facts about this matter are set out below.

### WHAT IS THE GOVERNMENT PROPOSING TO DO?

To protect the rights of the great majority of pensioners by ensuring that a small minority of better-off people do not use artificial devices to divert welfare funds away from the needy into their own pockets.

To ensure that welfare payments and benefits go to those people who are properly entitled to them under the existing income tests. There is no proposal to reduce the amounts of income pensioners can have before losing entitlements to a pension or benefits.

To make certain that the laws that provide entitlements to pensions and benefits work effectively and prevent devices aimed at avoiding the income test. In order to avoid the operations of the income test some well-off pensioners keep large sums of money in non-interest bearing deposits, such as cheque accounts. This is often to the financial disadvantage of the pensioner and the advantage of the institution holding the money. For example, cases have recently come to our attention of people keeping amounts of up to \$50,000 in cheque accounts, and so foregoing possible interest of at least \$5,000 a year, in order to qualify for a Pensioner Health Benefit card, which is intended to help people in real need.

### WHY ARE THE CHANGES BEING PROPOSED?

We have recently seen the proliferation and active marketing of sophisticated and contrived schemes for avoidance of income in the face of which the existing provisions have been found to be inadequate in certain respects.

Such schemes enable some people who are well able to provide for their own retirement years to draw on the social security system. This not only means that taxpayers are being asked to support people who really do not need their help, but also inhibits the ability of the

social security system as a whole to provide a reasonable standard of income maintenance for those who do need assistance -- people who have little or no other income except what they receive as a social security pension.

The Government feels it is in the interests of the whole community to act to curb this practice.

### WHAT WILL THE NEW PROVISIONS MEAN FOR PENSIONERS?

There will be no change whatsoever for all but the very few people who have been using artificial devices in order to get pensions or benefits to which they have not been properly entitled.

#### FOR EXAMPLE:-

- 1 A single pensioner may receive \$20 a week of income or a married couple \$34.50 a week and still be entitled to the full rate of pension. In approximate terms \$20 a week is the return on \$10,000 invested at 10% interest per annum. A single pensioner could have about \$19,000 in the normal savings bank account which pays 3 $\frac{3}{4}$ % on the first \$4,000 and 6% on any balance and still get a full pension. A married couple could have about \$31,000.
- 2 Pensioners can also have income of almost double these amounts before their eligibility for a Pensioner Health Benefit card is affected. A single pensioner can receive up to \$40 per week and a married couple can receive up to \$68 per week in earnings or other income before they lose their entitlement to a Pensioner Health Benefit card and the other fringe benefits that go with it. This income increases where there are no children.
- 3 Even if people have more income than the limits for a full pension (\$20 per week for a single person and \$34.50 per week for a married couple), they are still entitled to some pension payment up to quite high levels of income.
- 4 In fact, since the latest CPI increases for pensioners, a single person can now have up to \$159.00 a week and a couple \$266.90 a week and still be getting a small amount of pension. On these figures a single pensioner could have investments worth \$80,000 earning 10% before losing all entitlement.

Cont'd page 7



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etc. Free quotes, cheap rates. PH.  
72 2329.

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ST. HELENS. PHONE 76 1151

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

ST MARYS Main St.  
HARDWARE St. Marys  
Phone 722240

Emergency Repair Material  
Available.

Nuts, Bolts, Screws, Nails,  
Plumbing Supplies, Paints and  
Glues.

Agents for McCulloch  
Chain Saws and Cultivators.



## WHAT'S ON

Empty Christmas Tree. Dec. 3rd 7pm.

The Empty Christmas Tree will be in the Church of the Good Shepherd from Dec. 3rd to Dec. 17th. A Social gathering will be held at the back of the Church. Beginning at 7pm. Gifts wanted for the three Church homes - Clarendon Childrens Home, Glenview Home for the Aged & Roland Boys Home. This an invitation to all people. Supper will be served.

### Sunday School Anniversary.

The Anglican Church Anniversary and prize giving will be held at the Church of the Good Shepherd, Cornwall, Dec. 13th, 10.30am. All welcome.

### ST. MARYS HOSPITAL AUXILIARY.

Christmas tea followed by Carols by Candlelight on Sunday 20th Dec. 1981.

### St. Marys Child Health Clinic.

Christmas party on the 17th Dec. 1981 at 2pm.

St. Marys Night Market. Friday Dec. 4th 7.30pm. Many and varied well stocked stalls.

The Fingal Valley Branch of R.A.F.T. will be holding its annual spring picnic on Sunday 6th Dec. Cars will meet at the Fingal Football Oval at 11.30am and will proceed to the picnic site from there. Bring your own meat etc. There will be a cover charge of 50c Adults - children are free. Everyone is most welcome to a fun day.

### WANTED TO RENT.

Holiday Shack on East Coast For 7 Days From January 10th  
Phone 722130..

### ST. MARYS CHILD HEALTH ASSOCIATION

Will be holding their Christmas party on Thursday 17th Dec at the clinic. Santa will be arriving 2pm, so mothers, please arrive earlier to avoid disappointment. Mothers are to provide Gifts for Each of their children to the value of \$2 to \$2.50 & these will be given out by Santa. Each child to bring his/hers cup (with name on) and Mum to provide plate please for the Table. Raffles to be Drawn.

### Wanted to Sell.

1 Night & Day Lounge with 1 Matching Chair. \$40  
1 Kelvinator Fridge \$80 All in Good Order. PH. David Smith 722162.

### For Sale.

250 Falcon Moter and Auto Transmi - ssion Complete. Will Separate. Ph. 722328.

Notice to Stall Holders for the St Marys Market. on Dec 4th. The Hall will be open to set stalls, From 6pm. Ready for 7.30pm Opening

"DO YOU REMEMBER" Competition was won by Mr Gordon Salter & Mrs Marg Oliver (Groom St) who shared First Prize of \$20. This was Donated By Mrs Olga Targett For which we are very grateful. Valley Voice would like to thank everyone who took part & especially to Mrs Targett on whose suggestion we ran this competition.

All Person wishing to put in Christmas Greetings to be in By Monday 7th December.

50c.

### THE LBS STATE WIDE BANK

EXTENDED TRADING HOURS.

Country Branches.

Scottsdale, St. Marys, Exeter  
9.00a.m. - 4.30p.m. Monday - Friday.

Lunceston: St. John Street.  
8.45a.m. - 5.00p.m. Monday - Friday.

Hobart: Liverpool Street.  
8.45a.m. - 5.15p.m. Monday - Friday

### TEENDSETTA

SPORTING CLUBS, SCHOOLS, SOCIAL CLUBS.

CLUB AND GROUP BADGES AVAILABLE.  
ALL DESIGNS AND COLOURS.

1" METAL BADGE WITH BROOCH  
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ALSO AVAILABLE T.SHIRTS, T.TOWELS,  
SPOONS ETC. ORDER NOW. PHONE  
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# CHURCH

# NEWS

## FINGAL-PORTLAND UNITING CHURCH

Sunday November 29  
Fingal 9.30am  
St. Marys 11.00am  
St. Helens 7.00pm

Sunday December 6  
Fingal 9.30am  
St. Marys 11.00am  
St. Helens 7.00pm

## ANGLICAN PARISH OF ST. HELENS St. Pauls Church

8.00am Eucharist every Sunday  
11.00am 1st Sunday sung  
11.00am M.P. second Sunday  
11.00am 3rd,4th,5th, Sunday

## St. Michael's & All Angels Church Pyengana

11.00am Eucharist 2nd Sunday  
11.00am M.P. 4th Sunday  
7.30pm Eucharist 2nd Sunday  
7.30pm Eucharist 4th Sunday

## Falmouth Church

9.15am Eucharist 1st & 3rd Sunday.

## ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday December 6th - St. Marys  
10.30am. Holy Trinity Parish Hall.  
Family Service with Guide Parade.  
All welcome.

Sunday November 29th 10.30am  
Cullenswood - Morning Prayer.

## CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assump-  
tion - Sundays Nov. 29th Dec. 6th  
9.00am

St. Helens - SS Helena & Stanislaus  
Vigil Mass - Saturdays Nov. 28th  
and Dec. 5th 6.30pm

Fingal - St. Joseph  
Sunday December 6 10.30am

Mangana - Our Lady of the Sacred  
Heart - Nov. 29th 10.30am

Bicheno - Community Church  
December 6th 4.00pm

Benediction of the Blessed Sacrament  
devotions to Our Blessed Lady,  
Stations of the Cross, and weekday  
Masses as announced at Sunday Mass.

The Sacrament of Baptism is given  
during the celebration of Sunday  
Mass after suitable notice and prep-  
aration.

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

PARISH PRIEST: Father Joe Medwin,  
The Presbytery, St. Marys, 7215.  
Phone 722252.

Please Note Church service notices  
for Christmas must be in by December  
7th.

# MEALS ON WHEELS

NOVEMBER/DECEMBER	ST. MARYS	FINGAL	MANGANA
Sunday 29	Marj Spilsbury	J. Parker	N. Ward
Monday 30	Judy Aulich	R. McKenzie	R. McKenzie
Tuesday 1	CYSS	I, Francis	R. Miller
Wednesday 2	Kaye Nailer	D. Parker	M. Bean
Thursday 3	Wendy Aulich	P. Rowlings	M. Francis
Sunday 6	Carol Faulkner	A. Oliver	L. Walters
Monday 7	Pearl Davern	R. Saunders	R. Saunders
Tuesday 8	CYSS	L. Mellows	L. Mellows
Wednesday 9	Jean Lohrey	M. Mace	Mrs. Death
Thursday 10	Margaret Bullock	H. Williams	M. Ward

## CHIROPODIST

MISS DORIS HOOPER:

In practice at the Doctor's  
Surgery - St. Marys.

Details: Phone 002-570171 before  
8.00am any day.

## PASSING THOUGHTS

Take time to show appreciation -  
thanks is the frosting on the cake  
of life.

Marriage is a very fine institution,  
no family should be without one.

Do good and fear nobody; do ill and  
fear everyone.

He who laughs - lasts.

# SPORTS

## MENS VOLLEYBALL NOTES by Biased

Well it's goodbye Sams, C.B.A., Adidas and Misfits. Thanks for turning up to give the big boys match practice. Accept that you need to lift your game and look for 1982.

The "big boys" ended up being Warriors, Pub and the northern rivals Pelicans and St. Helens. The final ladder reads:

Warriors	48
Pub	40
Pelicans	36
St. Helens	34
Adidas	32
C.B.A.	20
Sams	14
Misfits	0

We must not dismiss the lower teams. The premiers will receive the pats on the back in due course, but spare a thought for those who improved during the season, even though they did not often get the score on the board.

Last issue we looked at the four teams leading at that stage. Put the limelight on the others and we see lowly Misfits capable of only a handful of sets. With proven sportsmen like John Clements, Gavin Ward, Erroll Lohrey and Martin Finch they have potential for better things. Many of the top players in our roster took at least 20 matches to become accomplished volleyballers. Let's hope Misfits stick at it!

Sams are mostly rookies, led by Robert Schier who will take no part in finals for the first time since he began volleyball. Scott Bean is digging and spiking consistently after a slow start and Leight Spilsbury is improving each match. The three brothers of Basil - Chiko, Paul and Possum - are entertaining to watch. Older players are jealous of young Possum's serve, and Nigel has a mean spike to accompany his menacing leaps. An early prediction - fourth or fifth next season for Samuels.

C.B.A. developed as a difficult opponent, although five-setters proved to be their undoing. Peter Bracket probably showed the most improvement and should be even better in his third roster. Ian Bradcaster was the principal striker (rather than spiker) at the net, and was reliable with service returns. Phil Bradmoore played with zest and Ian Bradbury played quietly and steadily. Old stagers Peter Bradley and Brabner would do justice to any combined

team because of their skills and competitiveness.

Finally, Pelicans have done just enough to gain a berth in the finals. Russell and Howard, the boys their rivals love to hate, have again marshalled their team-mates. Names like Harper and Wafts are modern North-east legends, regardless of sport. The defending premiers cannot be under-estimated.

Last Monday was a fitting climax to the roster matches. Congratulations to Warriors and St. Helens for the thrilling game that the whooping I dians won in five sets (the last 16-14) and to Pub and Adidas for the cliff-hanging (five sets ending 15-13) match which the green team of five stole from the red seven.

Thursday December 3rd sees Pelicans likely to oust St. Helens in the cut-throat final, and Warriors certs to force Pub into the preliminary. Vote counting and refreshments in the kitchen to follow. See you there.

## GUN CLUB NOTES

Very windy cold conditions but despite the weather a most enjoyable day with some good scores being recorded. Keens competition continues in the Wally Stokely Perpetual Shield with Brian Bailey on 20, Steven Saunders 15, Norm Knott 13.

Shoot held 15th November.

15 Target Double Barrel Handicap  
K. Aylett 15/15.

Best 12m Shooter - D. Aylett 13/15

30 Target Single Barrel Championship

A Grade	-	B. Bailey	22/30
B Grade	-	T. Symons	27/30
C Grade	-	D. Groves	24/30

Best 11m Shooter - B. Knowles

10 Pairs Deauville Doubles

1st	W. Kerrison	)	8/10
1st	B. Bailey	)	
2nd	K. Aylett	)	7/10
2nd	S. Saunders	)	

20 Target Points Score

A Grade	B. Bailey	52/60
B. Grade	T. Symons	57/60
C. Grade	N. Knott	64/90

Annie Oakley

1st J. Sidnell

High Gun

A Grade	B. Bailey	85/105
B Grade	T. Symons	98/105
C Grade	N. Knott	84/105



# CRICKET NOTES by 'HOW'S MAT'

SATURDAY 15TH. St.Marys played Scotts-  
dale No.2

## St.Marys Batsmen:

Les Newman bowled Wayne Boundy	3
Michael Holmes bowled W.Boundy	30
Terry Targett c Rush b W.Boundy	3
Raz McDonald bowled D.Casboul	6
Brian Birrell c Brown b Casboul	4
Ross Bean c Boundy b Casboul	18
S.Spilsbury c Doherty b Boundy	0
Gary Laycock b Boundy	1
Glen McDonald c Brown b Casboul	4
Les Lavelle NOT OUT	8
Andrew Lavelle bowled Boundy	0
Sundries	5
Total score	91

## Scottsdale bowlers:

D.Casboul	22overs	6m	4wks.	37 runs
W.Boundy	21.2	4	6	49

## Scottsdale Batsmen:

B.McDougal c L.Lavelle b M.Holmes	35
R.French L.B.W. R.McDonald	4
R.Rush run out	7
T.Allanby c R.McDonald b M.Holmes	7
A.Brown bowled R.Bean	1
K.Doherty NOT OUT	15
M.Dobson c G.McDonald b M.Holmes	6
W.Boundy NOT OUT	9
R.Murray c T.Targett B.Ross Bean	7
P.Allanby	
D.Casboul	
Sundries	5
Total score	79/96

## St.Marys bowlers:

M.Holmes	13overs	2m	3wks.	38runs
Ross Bean	8	2	2	11
R.McDonald	9	3	1	19
Les Newman	8	2	0	11
T.Targett	6	0	0	13

## SATURDAY 21ST NOVEMBER

St.Marys played St.Helens at St.Marys

## St.Marys Batsmen:

Les Newman c R.LeFevre b M.Richards	22
M.Holmes run out	40
Glen McDonald run out	2
R.McDonald bowled M.Semmens	21
Brian Birrell c B.Barr b M.Richards	15
Ross Bean c M.Semmens b M.Richards	12
G.Laycock c B.Barr b M.Richards	1
Scott Lancaster run out	6
Stephen Jones c McBeth b M.Richards	1
Les Lavelle NOT OUT	12
Andrew Lavelle bowled M.Richards	0
Sundries	8
Total score	140

## St.Helens bowlers:

M.Richards	16.4 overs	0m	6wks.	49runs
M.Semmens	4	0	1	17
B.Barr	14	6	0	20
S.Richards	9	2	0	10
M.Gofton	5	0	0	26

## ST.HELENS BATSMEN:

B.Halton c G.McDonald b L.Newman	76
A.Cooper bowled R.Bean	45
S.Richards c G.McDonald b B.Birrell	0
M.Richards stp L.Lavelle b M.Holmes	25
R.LeFevre c L.Lavelle b L.Newman	0
M.Gofton c R.McDonald b M.Holmes	6
M.Semmens NOT OUT	12
B.Barr bowled Les Newman	2

P.Riley run out	2
M.Semmens bowled R.McDonald	0
Sundries	8
Total score	181

## St.Marys bowlers:

Les Newman	9overs	1m	3wks.	50runs
M.Holmes	5	0	2	26
R.McDonald	7	1	1	21
Ross Bean	12	1	1	44
B.Birrell	6	0	1	33

## ST.MARYS TROTTERING CLUB NEWS

The club had a very successful season and it is hoped there will be continued support for this coming New Years Day.

At the annual meeting there were fifteen in attendance with Mr.Gordon Salter being re-elected as Patron and Mr.A.McKenzie as President.

Mr.Tom Spencer retired as Chairman after a very long association with the club. His services will be greatly missed as he was a very conscientious worker & always attended meetings. The new Chairman is Mr.Keith Johnson with Mr.Denzil Casboul as the Deputy Chairman.

Mr.Eric Beam was elected as Secretary, Mr.C.Semmens as Assistant Secretary & Mr.Keith Bullock was re-elected as Treasurer.

Mr.Semmens has certainly had a very long association with the club.

This year the club is providing \$6,000 in prize-money, the highest ever, with the St.Marys Cup being worth \$1,500.

The club will be holding working bees soon, on weekends, and it is hoped that many people will come along to lend a hand in preparing the track & grounds. Mr.Spencer, Mr. Semmens, Mr.Bill Lohrey & Mr.R.Grinham (ex-starter) are life members of the club. The club recently lost a long serving life member in Mr. John Spilsbury.

## OPTOMETRISTS

MR T.J. FOWLER

OPTOMETRIST WILL BE

ATTENDING ST. MARYS

HOSPITAL ON MONDAY 21st

DECEMBER . FOR

APPOINTMENTS

PHONE 316137.

Accouple could have almost \$140,000.  
Earning at the same rate.

WHAT THEN COULD BE QUERIED?

The Department of Social-Security will not query amounts held on interest bearing deposits. Nor will it query amounts held in non-interest bearing (current) accounts for normal domestic purposes. However, where more than \$2,000 is held by a single person in a non-interest bearing account or more than \$3,000 by a married couple, the Department may query the situation. This could result in some notional "income" being applied to those deposits and entitlement to pension or benefit could be adjusted accordingly.

WILL \$2,000 OR \$3,000 BE ALL THE MONEY PENSIONERS CAN HAVE, WITHOUT REDUCING THEIR PENSION?

No. As explained above, in addition to holding these sorts of amounts in non-interest bearing accounts, people will still be able to hold quite large sums of money in savings accounts or other interest bearing investments and continue to receive a pension, as they do now.

WHY HAS THE INTRODUCTION OF THESE NEW PROVISIONS BEEN DELAYED?

We have postponed the introduction of the necessary legislation to give effect to these arrangements until the next Parliamentary session. This has been done because we want to be absolutely sure that the new arrangements will work equitably in practice, will not affect the ordinary, everyday financial transactions of pensioners and will not impose undue restraints upon the way in which they manage their normal financial affairs.

A great deal of care is being taken over the new legislation to ensure that pensioners have the clearest guidelines in this very important area.

COMMONWEALTH EMPLOYMENT SERVICE

NEW CES JOB CENTRE OPENS

A new Commonwealth Employment Service Job Centre has opened for business at Kings Meadows, bringing to three the number of CES Offices servicing Northern Tasmania.

The Office Manager, Mr Terry Searson, said the opening of a Job Centre at Kings Meadows would result in direct benefits to all CES clients.

"By placing this Office directly in the market place we become more visible and as such our efficiency and effectiveness will be enhanced", he said.

The Kings Meadows Job Centre, situated at 124 Hobart Road, will service the local suburbs of Kings Meadows, Youngtown, Punchbowl, and Prospect and the Municipalities of Westbury, Campbell Town, Evandale, Portland, Deloraine, Fingal, Longford and Ross.

Mr Searson said that he and his staff were eager to fully capitalise on the benefits afforded them in their new environment. "Their aim was to facilitate the smooth operation of the labour market and to this end both employers and job seekers could rely on receiving personal contact at the Job Centre from skilled officers who have special knowledge of the job market."

"Our clients deserve the support of an efficient Commonwealth Employment Service and the opening of this new Job Centre at Kings Meadows is tangible evidence of our intention to achieve this aim", he said.

Lions cakes are now available in time for Christmas. When you purchase a Lions cake, remember it is a donation to a worthy cause (sight saving).

Here is a true and recent story told last year at a Lions Convention.

In her own words Mrs Margaret Roddick told her story of how she was blinded in a car accident at the age of 16, she is now 30 years of age, married and has 6 children.

Some eighteen months ago, the Lions of District 20I Q3 donated \$51,000 from Christmas cake profit to the Mater Hospital in Brisbane to purchase some equipment for their Vitrectomy Clinic, this equipment and the skill of the surgeons has given Mrs Roddick back her sight, she now has 100% vision in both eyes with special glasses.

Imagine 14 Years of darkness then being able to see her husband and six children for the first time.

Mrs Roddick has assisted us on a number of occasions since regaining her sight, because she realizes that selling Lions Christmas Cakes, helped get her sight back. She also realises that there's a lot more "Margaret Roddicks" that need our help.

Also at the Canberra Convention this year, the delegates voted to support the new Lions National project "Hearing Dogs". and that 25% of each District's share of the Christmas cake money should be directed towards this project.

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COMMUNITY NEWS  
COMMUNITY NEWS

Have you heard of R.S.V.P. ?

Usually means, in English, please reply.

R.S.V..P. also stands for Retired Senior Volunteers Program.

R is for retired, which we all become one day,

S is for Seniors who give help along the way,

V is for volunteering, which makes everyone feel great,

P is for a program in which all participate.

R.S.V.P. is all about helping retired people to reach out into the community again, re-investing a lifetime of skills and experience.

HELPING.

Helping people in the community especially the sick, disabled and those less fortunate.

Do you dig?

Some of the things you can do -----  
Gardening for the housebound and sick.

Act as an adoptive aunt, uncle or grandparent - mind a baby.

Look at the wealth of experience the retired person can give in these two areas alone - let alone others.

Discover all the wealth of things you can do under the R.S.V.P. auspices.

- meals on wheels
- helping the handicapped
- helping the families of the handicapped.

- adoptive family scheme, aunt/ uncle/ grandparent.

- gardening

- doing 'Hear-a-book'

- home maintenance for the housebound and many,

many,

many more.

Where? Here in your community!

Do you wish to help?

Contact the R.S.V..P. office, Division of Recreation, (Ina Dallas) Kirksway House, Kirksway Place, Battery Point, 7000.

Phone: 002 303743

or on the local scene the executive committee of the Fingal Valley Welfare Committee for Senior Citizens.

Have you heard of T.A.S.C.O.T.A.?

Teaching

Assisting

Servicing

Co-ordinating

Organising

Tasmania's - Ageing

The Tasmanian Council on the Ageing, is responsible for T.A.S.C.O.T.A.

The Council is all about 'caring'.

Its aims and objectives are:

1. Teaching - Educational programmes, "How to live meaningfully after retirement" etc.

2. Assisting - Arranging meetings, exhibitions, surveys, seminars, providing information on housing, pensions, concessions, etc.

3. Servicing - Newsletters, fund raising, referral services.

4. Co-ordinating - State and Regional conventions, seminars, representation at Government and local level.

5. Organising - Forming local voluntary organisations for the promotions of welfare for elderly persons.

6. Tasmania - We need TASCOTA. It is an organisation made up of caring people from Senior Citizen's Clubs, Statutory and Charitable Bodies providing services for the Ageing, Service Clubs and from the community.

7. Ageing - We are all ageing. It may not be long before you, personally, will be looking for answers to this age old problem, the problem of ageing. You can help yourself find those answers by helping others.

Perhaps you are aware of some need or some disadvantage being experienced by the elderly in your area. TASCOTA welcomes such information. It also warmly invites you to become involved at a local level.

For further information please contact the State Office or your nearest Regional Branch.

State Office:

The Tasmanian Council on the Ageing, 2 St. Johns Avenue, New Town, Tasmania, 7008.

Telephone: (002) 28 1897

The Fingal Valley Welfare Committee for Senior Citizens.

What is a Senior Citizen?

People growing older?

This applies mainly to people entering the fifth decade of life but this does not mean younger people cannot take an active interest in the lives of the Senior Citizen - you can only be preparing your own future. Interested? Contact your local group - now.



LADIES VOLLEYBALL NOTESWEEK 10 17.11.81

Game 1 Tassie Devils d Kiwis  
3-2 (2.15, 15.12, 16.14, 12.15, 15.5)  
S. Blackman, J. Gray best for  
Tassie Devils. T. Lynch, A. Read  
best for Kiwis.

Game 2. Smurfs d Tobys 3-0 (15.12,  
15.9, 15.9). Mary Targett and Anne  
Bennet best for Smurfs and Roberta  
Harwood and Karon Bean best for  
Tobys.

Game 3. Webbs Bakery forfeited  
to Youth Club.

SEMI FINAL

TASSIE DEVILS d Tobys 3-0 (15.12,  
15.7, 15.8). D. Dorgelo best for  
Tassie Devils and Robetta Harwood  
and Tanya Goss best for Tobys.

KIWIS d Smurfs 3-2 (15.10, 11.15,  
10.15, 18.16, 15.5). T. Lynch,  
V. Aulich best for Kiwis and M.  
Beach, C. McCarty best for Smurfs.

BEST & FAIREST COUNT

Mary Targett won Best and Fairest  
on a countback from Jos Lynch.

Results:

|                   |    |
|-------------------|----|
| Mary Targett      | 15 |
| Jos Lynch         | 15 |
| K. LeFevre        | 10 |
| A. Read           | 10 |
| R. Harwood        | 10 |
| Mary Beach        | 9  |
| Karon Bean        | 9  |
| Julie Gray        | 9  |
| Tanya Goss        | 7  |
| Anne Birrell      | 6  |
| Chris McCarty     | 6  |
| Vanessa Aulich    | 5  |
| Dot Cashion       | 5  |
| Judy Aulich       | 5  |
| Shirley Blackman  | 5  |
| Carol Dorgelo     | 4  |
| Anne Bennet       | 4  |
| Sharryn Binns     | 3  |
| Atholie Greenwood | 3  |
| Maree Targett     | 3  |
| Pam Davis         | 3  |
| Tania Streets     | 2  |
| Tammy Payne       | 2  |
| Julie Toombs      | 2  |
| Val Streets       | 2  |
| Kath Blair        | 2  |
| Tania Leedham     | 1  |
| Lesley Johnson    | 1  |
| Cheryl Hendley    | 1  |
| Penny Mitchell    | 1  |
| Tracy Lynch       | 1  |
| Andrea Hayes      | 1  |
| Janet Targett     | 2  |

PRELIMINARY FINAL

1st December

TASSIE DEVILS v SMURFS

7.30pm Start.

WHAT'S ON CONTINUED

ST. MARYS LADIES FELLOWSHIP will  
meet Monday 30 November 7.00pm  
Institute. Don't forget plates  
of supper. Launceston Ladies will  
be there.

ST. MARYS LADIES FELLOWSHIP will  
travel to Bicheno on Wednesday  
9 December leaving Library carpark  
at 6.20pm.

RUBECLA - German Measles.

Rubella - or German measles, as it is  
commonly known - is an infectious  
disease that produces a rash, fever,  
and enlarged glands.

It is usually very mild, especially  
in children. Sometimes, it is so  
mild that a person may have the  
disease without even knowing it.

But the danger in rubella is not  
how it may affect the person who  
becomes ill, but the risk it poses  
to the unborn.

If a pregnant woman (especially in  
the first four months of pregnancy)  
gets even a mild attack of rubella,  
her baby can be born with a defective  
heart, or defects in eyesight or  
hearing, or even born mentally  
retarded.

From this, you will realise how very  
important it is for all girls to be  
vaccinated against rubella: it will  
help safeguard their babies in the  
future.

Doctors strongly advise that girls  
should be vaccinated before the age  
of 14 ... and this can be done con-  
veniently, and free, through the  
immunisation programs at all Tasmanian  
schools. Alternatively, it can be  
arranged by your family doctor.

A single injection of vaccine will  
provide protection right through  
the child-bearing years.

Early immunisation is advise because  
the vaccine cannot be given to a woman  
who is already pregnant. The feeling  
is: be early, be sure...there is no  
turning back the clock.

The rash caused by rubella looks  
somewhat like the rash of measles,  
and it spreads all over the body.  
Usually, though, it is most notice-  
able on the face, neck, and upper  
chest.

A person suffering from rubella is  
infectious for about seven days before  
and four days after the onset of the  
rash.

## MEALS ON WHEELS

Meeting was held on October 27th. at the St. Marys Hospital.

The Secretary, Mr. Jack Miller, who is also a member of the Meals on Wheels executive of Tasmania reported on the recent meeting held at Campbell Town, at which the matter of delivery of meals to Scamander was discussed. He said that the possibility of supplying meals was to be investigated.

The donation by this group of \$200.00 was gratefully received. There are several groups in Tasmania who do not have hospital based kitchens & staff and financial assistance from the more fortunate groups such as St. Marys/Fingal was welcome.

### The Fingal Valley Welfare Committee for Senior Citizens.

A meeting was held on October 27th. at the St. Marys District Hospital.

A report from the Secretary concerning the building of further home units for the elderly revealed that Mr. Baldock M.H.A., Minister for Housing, had not yet acceded to a request for a meeting, so much so, he enlisted the aid of our good friend Mr. George Shaw who had advised he would arrange a meeting, as soon as Parliament rise, with this committee, the Council and Mr. Baldock.

A report was given that the Senior Citizens Week was celebrated by a meeting and afternoon tea at the R.S.L. Institute Hall, St. Marys at which Mrs. Le Fevre gave an interesting talk on her recent trip overseas. The thanks of this committee goes to Mrs. Le Fevre. Also at the meeting the St. Marys school children entertained the meeting with singing which was enjoyed by all those present.

The annual church service was this year held at St. Josephs Church, Fingal. Rev. Fr. Medwin & Rev. Colin Purton conducted the service

A report from each club in regard to their recent activities was delivered by representing members of the committee. This included the Golden Years Senior Citizens - Cornwall, 'Sunshine - Welcome' Senior Citizens - Fingal & the Silver Threads Senior Citizens Club - St. Marys.

\*\*\*  
St Mary's Child Health Association  
continued...

The clinic will also be conducting a stall at the St Mary's Market on evening of December 4th, 7.30pm.

We will be selling cakes, veges, baby clothes, some toys etc. We would gratefully appreciate if any one could help out with donations to our stall. 'Goods' may be left with Shirley Blackman (Aulichs Lane) if necessary. ph 722 310

## JUNK FOOD AND TELEVISION

by Senator John Watson

A recent review on children & television conducted by the Senate Standing Committee on Education & Arts reported that a survey by the Department of Surgery at Melbourne University showed that almost 25% of the children surveyed ate no vegetables and almost a third ate no fruit.

Nutritional deficiencies in children, especially of high fibre foods, could lead to health problems in adult life. Professor Avril Sali, an associate Professor of Surgery at Melbourne University has indicated that "the advertising of sweets and junk foods on television are potent to kids than smoking advertisements."

In a recent survey of Sydney school children 17% of boys & 12% of girls were obese. Obesity is closely associated with diabetes, high blood pressure, coronary diseases and strokes.

The Australian diet now contains more highly processed foods in proportion to less-refined foods. Obesity is increasing amongst Australian children, and also carious teeth are common in Australian children.

Foods with a high content of sugar, fat, salt and/or energy and little fibre are frequently promoted, and advertised on television during the programmes watched by children.

A child's nutrient needs, to be satisfied, must be met from a variety of foods. Television exposure to advertising and promotional campaigns of a limited category of food stuffs does little to encourage the consumption of the right types to meet this need.

The advertisers argue that advertising of foods and confectionary does not cause overconsumption. Research, establishing more precise relationships between health and diet, could take as long as twenty or thirty years. In the meantime, the highly persuasive television advertising of processed foods which contributes to unbalanced dietary habits in children continues.

\*\*\*\*\*

### GARDEN CLUB - ST MARYS.

All members & partners are welcome to attend our annual Christmas party/dinner to be held at the RSL Institute on evening of December 4th, at 7pm.

Fun time should be held by all.

\*\*\*\*\*



# ST MARYS HEALTH & BEAUTY

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JEWELLERY,

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PLUS+++++ CLOCKS, RADIOS,

SHAVERS,

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AND LET THEM HELP YOU.....

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CENTRE IS OPEN ON SATURDAY MORNINGS...

HAPPY SHOPPING... SHOP LOCAL AND SAVE!!!

## CYSS

The Fingal Valley and East Coast Community Youth Support Scheme would like to assure the community of its continuing programme.

During the recent controversy over the funding of the scheme many people were left uncertain of the outcome. The situation at the moment is that the scheme will continue until the end of February 1982, after which guidelines for an ongoing programme will be introduced.

We will be initiating a programme of activities and classes to help the young unemployed develop skills and interests over the summer period.

Some activities we hope to develop in this area are: photography classes, basket work, driving lessons, dressmaking, wood working, inter C.Y.S.S. recreational/social days, horse riding, cookery, painting, camping trips and pottery.

Any ideas on classes or activities are welcomed. We have a Centre located at Todds Hall, St. Marys and facilities include 8 ball and table tennis tables, radio cassette player, books, magazines and information pamphlets.

We are able to assist with Social Security and C.E.S. problems.

There are experience staff to help with personal and confidential problems. We are presently requiring tutors in craft and recreational activities at St. Marys and St. Helens.

Any assistance or information will be gratefully appreciated. Also at this point we would like to thank all those involved in the "Save the C.Y.S.S." campaign. Contributions of support were successful at this stage and your continued involvement may ensure its long term success.

Bernard Needham  
Project Officer.

## NEWS RELEASE FROM THE OFFICE OF DR. JULIAN AMOS - MINISTER FOR PRIMARY INDUSTRY.

The Department of Agriculture will be represented at the Devonport Show this year for the first time.

The Department will exhibit a three part display over both days of the show (27th & 28th November) covering biological pest control, soil levels and farm computers.

Recently, the Department received international recognition for its work in nematode control over currant borer moth. This will be featured along with explanations of parasites, use of insect diseases, insect-resistant plant strains and management procedures.

Examples of living plants will be used to demonstrate the importance of soil pH, and its effect on crop yields.

The third facet will be an exhibition of a micro computer as a farm aid. The Department's 'Apple' computer will be demonstrating its farm uses in accounting, budgeting and data storage.

Department of Agriculture staff will be on hand to demonstrate and answer questions.

## ST. MARYS DISTRICT HOSPITAL AUXILARY MEETING.

At the Hospital Auxilary meeting it was decided to hold the Xmas Carols at the Community Hall on December 20th at 8.30. Mr. Moore will be the compare. Arrangements were also made for the Xmas Party. The Auxilary decided to donate \$400 towards the Beeker System, that is to be installed at the Hospital by the Red Cross. This will assist in easier and quicker contact with the drivers of the Ambulance. The total cost of this system will be approx. \$1200. Donations to the Hospital this year also have been Variable Height bed valued at \$800. Glucametic for Diabetics use \$150. Aqua pad mattress \$140. Assistance to buy Photocopier \$500. Six Patients Dining Room Tables \$250. The next meeting of the Auxilary will be held in February 1982, when arrangements for the Annual Fair which will be held in March.

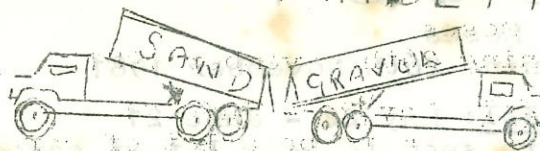
## St Marys Child Health Association.

Our next meeting will be held on Thursday 10th Dec. at the clinic 2pm. Will arrange Christmas tree & view flat re. furnishings etc.

Both raffles - then occasional table & toy dog - are on display & tickets can be bought from various retail outlets on the town, or from members of the clinic.



# TERRY TARGETT



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# STARDUST

By Grandma Moses  
Fortnight beginning 26th November 1981

## SAGITTARIUS: November 23 - Dec 21

Now is a time of solutions that will bring about improvement all around you. A time of joy for all you meet, avoid differences with your partner. Time lost in disharmony can never be recovered.

BEST DAYS: 28, 1, 4

## CAPRICORN: December 22 - Jan 20

There is a lot happening for you now, things will be exceptionally busy around the home & a lot of financial arrangements to make. I foresee life to be contented and a lot of fun.

BEST DAYS: 30, 2, 7

## AQUARIUS: January 21 - February 19

There is a tremendous financial emphasis now, avoid over-spending as it will cause many problems. You will need to be especially tender in your attention to a loved one.

BEST DAYS: 27, 29, 6

## PISCES: February 20 - March 20

If a day appears to begin badly then try to sit back and allow it to progress without you - the results will be better. Make a point of communicating with the family.

BEST DAYS: 2, 4, 5

## ARIES: March 21 - April 20

Anticipate the arrival of some long awaited good tidings over the next few days; Contact will be made with the most unexpected friends from the past. Health good.

BEST DAYS: 3, 8, 9

## TAURUS: April 21 - May 21

You may expect to find comfort in some craft which utilises your hands - this may also bring new friends into your realm. Your family should not be forgotten in your new interest.

BEST DAYS: 28, 30, 6

## GEMINI: May 22 - June 21

There seem to be a lot of career openings for you now - but the chances are that you will have to work very hard to earn them. Put aside your reservations - take a short journey with a friend.

BEST DAYS: 1, 2, 7

## CANCER: June 22 - July 23

You may well feel in a spending mood and spend more for pleasure than for thrift. It is a happy time and should be enjoyed to the fullest. Get away from your routine if you feel it necessary.

BEST DAYS: 28, 5, 4

## LEO: July 24 - August 23

Your scene is changing and new aspects of the scene appear before you almost daily. Your goals are coming closer all the time. Make sure of your family's comfort & peace of mind.

BEST DAYS: 30, 3, 7

## VIRGO: August 24 - September 23

You could become very emotionally involved in your partner's affairs. Clashes appear though & a lot of extra diplomacy will be needed in a hurry. Do your best to smooth out the problems of life.

BEST DAYS: 26, 1, 2

## LIBRA: September 24 - October 23

Work situations & the hassles may cause you some worries and delay the completion of your tasks. Take the family out for a treat of the most unexpected they could ask for. A good morale booster for you all.

BEST DAYS: 27, 29, 5

## SCORPIO: October 24 - November 22

Socialising, extra spending and enjoying yourself is all part of your 'scene' for now. Do not let the pace get you down, remember to take all things in moderation. Try to remain patient with the family.

BEST DAYS: 27, 30, 6

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