

THE VALLEY AND EAST COAST VOICE

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TAC219

HEALTH NEEDS OF ADOLESCENTS by Senator John Watson

In October 1979, the Commonwealth Government sponsored a National Youth Conference at which young people with a variety of experience, expertise & views discussed issues of concern to youth. One of the outcomes of this conference was a proposal 'that the specific medical (including psychiatric) problems of adolescents be recognised & catered for in adolescent medical units. The Government requested the Minister for Health to examine the appropriateness & availability of health-related services to youth in Australia, & to recommend to the Government that action was necessary in this area.

It is recognised that adolescents have trouble fitting into the health care system. This finding revolves around two points; firstly, the problem that medical practitioners were not always equipped to handle the problems of youth in a meaningful way & some doctors had - and still have - trouble empathising with this group; and secondly the seemingly cavalier attitude that members of this group have to matters of personal health particularly where criticism of behaviour of lifestyle is implied.

The concept of "adolescent medicine" is based on the idea that teenagers have special health needs and that a knowledge and understanding of adolescent behaviour combined with appropriate medical and personal care offer young people the best chances of good health.

A review of the reports from other countries and the literature and work available in Australia highlight the discrepancies between needs and existing services in some areas. As late as 1980, a working party established by the Australian College of Paediatrics prepared a report entitled 'Health Care for Adolescents in Australia' which stressed the need to develop an overall policy for the health care of adolescents in Australia. There are a wide

range of health care and related services in Australia available to youth which for the most part meets their needs. However there are problems encountered by youth in the adolescent stage which are not being met by existing health services;

The report commented that it is considered that health services for young people should not be isolated from the mainstream of general health services, although there would appear to be grounds in certain instances for the development of particular services directed towards the adolescent.

The World Health Organisation Regional Working Group on Health Needs of Adolescents identified four main themes relevant to adolescent health that could be applied in Australia. These were biological aspects, emotional problems sexually related behaviour and risk-taking behaviour,

The report considered these four areas in some detail together with those aspects of delivery of health services appropriate to youth. The conclusions drawn by the report are in the form of two recommendations that should make health services delivery to adolescents more acceptable to them as a group.

These recommendations looked at areas such as accommodation arrangements in hospitals, the setting aside of areas in hospitals to serve as focal-points for adolescent primary care; the provision of drop-in centres providing counselling and referral services and developing new approaches to health education and promotion which will encourage young people to make responsible decisions concerning the adoption of healthier lifestyles.

If you would like any further information on this report please contact Senator John Watson, P O Box 662, Launceston or phone 31 4544.

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72 2100.

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WHATS ON. C.W.L. Annual Luncheon i
in aid of Adopted Philippino Child.
April 20th Supper Room 12.30pm
Community Hall.

Letter to Editor.
The Fingal Festival was another success
This year, but at the opening ceremony
by Kevin Newman. It was clearly notice-
able that on the dias it was a one
sided affair. Mr Micheal Polley we
know could not attend, owing to a
bereament, but why other Government
and Independant members, which i
believe were in attendance, were not
on the dias. (Bewildered).

HANDY HINTS.
Ballpoint ink. Use anyl acetate on
acetates, Arnel, Dynel and Verel. Use
acetone on other fabrics. Some ballpoints
inks can be washed out and some are soluble
in methylated spirit. On acetats, use
1 part spirits to 2 pats cold water. Work
from the back of the stain over a thick
absorbent pad.

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WHATS ON

The Annual meeting of the Fingal Valley Welfare Committee for Senior Citizens will be held at St. Marys Institute on Monday, 29th March at 7.30pm. The meeting is chaired by the Warden of Fingal and is a public meeting. The annual reports of the Committee and associated Senior Citizens Clubs, Meals on Wheels, and Community Health and Home Nursing Service will be presented. There will also be a guest speaker from Department of Recreation, and the annual election of officers for 1982-83.

All are cordially invited to attend.

J. Miller
HON. SECRETARY.

ST. MARYS HOSPITAL AUX. FAIR.....
Friday the 26th March in the Community Hall. Well stocked Stalls and afternoon tea also available.

COUNCIL ELECTIONS.

Saturday 27th March 1982. Exercise your right. Show interest in your town.

LION NIGHT MARKET.

Friday April 23rd at 7.00pm. In the Community Hall, tea, coffee, ham-burgers, cakes and well stocked stalls.

The next meeting of R.A.F.T. will be held at 8pm on Tuesday 23rd March in the Fingal Uniting Church Hall. Guest Speaker will be Ruth Handby the field officer.

There will be a morning tea and trade table in aid of R.A.F.T. at 10.00am on Tuesday 23rd March at "Stratuspey" All welcome to attend.

Ante-natal classes will commence on March 25th contact Matron at Hospital

Bichenor Garden Club.

Flower Show, held Feb. 13th 1982 proved to be a great success this year with keen competition in most sections, especially in cooking & photographic sections. We fortunate in having judges from Hobart, Swansea, St. Marys and Fingal. It was also well attended by the community & visitors.

L. Pratt
Sec.

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OPTOMETRIST

MR. T.J. FOWLER

OPTOMETERIST will be attending

ST. MARYS DISTRICT HOSPITAL on

Monday the 5th April.

For Appointments:

Phone 31 6137

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

Sunday 21 March

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

Sunday March 28

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 and 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.

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption - Sundays March 21,28

9.00am

St. Helens - SS Helena & Stanislaus - Vigil Mass Saturdays March 20 and 27

6.30pm

Fingal - St. Joseph

Sunday March 28th 10.30am

Mangana - Our Lady of the Sacred Heart - Sunday March 21st 10.30am

Bicheno - Community Church

1st Sunday of Month 4.00pm

ANGLICAN PARISH OF THE FINGAL VALLEY

Priest-in-charge - Rev. Peter Waller

Sunday March 21 - Lent 4

9.00am H.C. Fingal
10.30am H.C. Cornwall
3.00pm H.C. Mangana
7.00pm H.C. RoyalGeorge

Sunday March 28 - Lent 5

9.00am H.C. Fingal
10.30am H.C. St. Marys
3.00pm H.C. Mathinna
7.00pm ELECTION SYNOD FOR NEW

BISHOP - H.C. Launceston

Grammar School Chapel.

Wednesdays in Lent - 7.30am H.C.

Fingal

MEALS

ON

WHEELS

MARCH/APRIL

ST. MARYS

FINGAL

MANGANA

Sunday	21	Gerald Aulich	M. Saunders	N. Ward
Monday	22	Pearl Davern	R. McGee	R. McGee
Tuesday	23	Aileen Lancaster	M. Mace	C. Upton
Wednesday	24	Karlene Richards	C. Hodgson	C. Hodgson
Thursday	24	Shirley Britton	J. Hall	J. Hall
Sunday	28	Jeff Faulkner	P. Mills	Jean Miller
Monday	29	Bonnie Crawford	R. McKenzie	R. McKenz ie
Tuesday	30		W. Johnson	M. Ward
Wednesday	31	Shirley Blackman	P. Davis	P. Davis
Thursday	1	Pam Lynch		

HOUSEHOLD HINTS

BLOOD: Soak washable fabrics as soon as possible in salted water, or in an enzyme pre-soaking solution. Wash in cool suds or in cold water in a machine. Traces of the stain can be bleached in either liquid or powder bleach depending upon the fabric involved. You can also sponge with hydrogen peroxide and expose the stain to fresh

air, keeping moist with peroxide until the stain fades. Rinse well to remove traces of peroxide.

EGG: Scrape off any solids. Soak in a non-metal container with enzyme-soaking compound and if a stain remains, rub in powder detergent. Rinse and wash. The stain must be totally removed before heat is applied.

C H I R O P O D I S T

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SPORTS

ST. MARYS TENNIS CLUB

St. Marys Blue and St. Helens fought a close battle in the 1st semi-final of the Midlands Pennant Tennis Association at St. Helens on Sunday 6th March with a win to St. Helens 5 sets to 4.

In the 2nd Semi-final St. Marys Red was very fortunate to win on a forfeit from Campbelltown which enabled St. Marys Red to go straight to the grand final.

In the preliminary final on Sunday 13th St. Helens proved too strong for Campbelltown winning 7 sets to 2. Now St. Helens will meet St. Marys Red in the grand final on Sunday 28th March to be held at St. Marys. This should be a very good match as each team had a win and a loss against the other in the roster matches.

The St. Marys Tennis Club's Singles Tournaments are drawing to a close with the finals to be held on

Saturday 20th March - Childrens - 12.00pm and the ladies and mens to follow.

MENS VOLLEYBALL ROSTER18.3.82

FINGAL	V	SAMS	WARRIORS
WARRIORS	V	ST. HELENS	TEACHERS
C.B.A.	V	TEACHERS	ST. HELENS

25.3.82

WARRIORS	V	TEACHERS	C.B.A.
C.B.A.	V	SAMS	TEACHERS
BYE - ST. HELENS & FINGAL			

ST. MARYS DISTRICT HIGH SCHOOL PARENTS & FRIENDS ASSOCIATION

The Annual General Meeting of the above was held on Tuesday 16th March and the following office bearers were re-elected for the coming year:-

President:- Len Miles

1st Vice President:- Gerald Aulich

Secretary:- Maureen Bushing

Treasurer:- Audrey Wright

In his Annual Report the President stated that average attendance at meetings in 1981 was 21 which was much better than previous years.

The school canteen is running very smoothly but the number of volunteer helpers is very small. Several projects for the school had been financed for the year and the Education Department has agreed to repair ill-fitting windows, install heaters and paint the school hall after P. & F. had expressed concern at its very poor condition.

Meetings are held on the third Tuesday of each month and new members are welcome to attend.

ST. MARYS LADIES VOLLEYBALLWEEK 2 - 9.3.82

Game 1. Youth Club Blue d Youth Club Black 3-2 (15.3,15.9,5.15,15.9,7.15) Kath Blair and Kath LeFevre best for Y.C. Blue and Kathryn Read and Kristine Barr best for Y.C. Black.

Game 2. Tassie Devils d School 3-0 (15.0,15.2,15.3). Shirley Blackman and Penny Mitchell best for Tassie Devils and Melissa Aulich best for Juniors.

Game 3. Tobys d Smurfs 3-1 (15.1,13.15,15.13,15.10). Karon Brown and Jo-anne Aulich best for Tobys. Mary Beach and Anne Bennet best for Smurfs.

WEEK 3 - 15.3.82

Game 1. Tassie Devils d Kiwis 3-1 (15.9,16.18,15.11,15.8). Leslie Johnson and Dot Cashion best for Tassie Devils. Jos Lynch best for Kiwis.

Game 2. Smurfs d Youth Club Blue 3-1 (10.15,15.6,15.10,15.6).

Game 3. Juniors d Youth Club Black 3-1 (17.15,9.15,15.9,15.4) Karen Rowe and Janine Harris best for Juniors and Kristine Barr, Marce Targett best for Y.C. Black.

WEEK 4 - 16.3.82

Game 1. Tobys d Youth Club Black 3-0 (15.3,15.6,15.0). Karon Brown Best for Tobys. Janine Pitt best for Y.C. Black.

Game 2. Kiwis d Smurfs 3-0 (15.8,15.11,15.4). V. Aulich best for Kiwis and Mary Targett and Anne Bennet best for Smurfs.

Game 3. Tassie Devils d Youth Club Blue 3-0 (15.6,15.10,15.11) S. Blackman, A. Greenwood best for Tassie Devils. Kath LeFevre and Elaine Fox best for Y.C. Blue.

ROSTER:WEEK 5 - 22.3.82

TOBYS	V	KIWIS	SMURFS
SMURFS	V	Y.C. BLACK	KIWIS
SCHOOL	V	Y.C. BLUE	Y.C. BLACK
TASSIE DEVILS - BYE			

WEEK 6 - 23.3.82

SMURFS	V	SCHOOL	T.D.
TASSIE DEVILS	V	TOBYS	KIWIS
KIWIS	V	Y.C. BLACK	TOBYS
YOUTH CLUB BLUE - BYE			

WEEK 7 - 30.3.82

SCHOOL	V	KIWIS	TOBYS
TOBYS	V	Y.C. BLUE	SCHOOL
TASSIE DEVILS	V	Y.C. BLACK	Y.C. BLUE

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International Health Conference.

Cont. From Page 7.

Being a conference of international standard the costs of attending are high so it is hoped that support is forthcoming from each community in raising funds to enable a delegate to attend.

During the length of the conference the organising committees will hold recreational activities for all world visitors which will have an Australian flavor. The opening and closing ceremonies will be at the City Hall while daily sessions will be divided between the University and West Point, Hobart.

RUNNING INTO FITNESS.

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ST MARYS GARDEN CLUB.

Next meeting to be held R.S.L Hall on the 25th March, 2pm. Details of Meeting;

Special arrangement.. one consisting of fruit & Vegetable

Home Product... raspberry jam

Veg of the month.. lettuce

CompetitionMarj Aulich

Raffle... S. Blackman.

There will be the usual trade table, and we welcome any donations here.

RATEPAYERS INFORMATION.

DOG CONTROL. Residents are reminded that the dog tax must be paid each year, and applies to all dogs that are aged four months or more.

Change of Tenancy. Owners and residents generally are reminded that before any dwelling within the Municipality is let it is necessary to have the property inspected by the Council Health Inspector and that a certificate of Occupancy be obtained. Any enquires regarding this matter can be directed to the Council Office.

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REVERSE CHARGES.

MUNICIPALITY OF FINGAL

ST. MARYS WARD

DENZIL CASBOULT

Having been born in St. Marys and lived and worked in the area for over 30 years it is not necessary to introduce myself.

I have served for five years as councillor for the St. Marys Ward, the past three as Deputy Warden and two as Municipal Representative on the Northern Regional Library Advisory Board.

At election time it is very easy for candidates to make big undertakings and give promises which are quite often impossible to fulfill afterwards.

I make only two promises -

To concern myself with the whole ward area, people and organisations, as I have always done.

To work through the council to improve the ward wherever possible, as I have done for the past five years.

I again urge that all electors exercise their right to vote, and I respectfully request your No. 1 vote on March 27th.

Voting hours 12 noon to 7p.m.

Authorised.
L.J: Spilsbury,
St. Marys.

INTERNATIONAL HEALTH CONFERENCE

In August this year the International Union for Health Education will hold its 11th. International Conference on Health Education in Hobart from 11-22 August.

The conference is held every three years and this will be the first time the conference has been held in the Southern Hemisphere or outside Europe or the Americas.

Delegates are expected from almost every country in the world and it is the first time Tasmania has hosted a truly international conference.

The President of the Australian Society of Health Educators, Mr. Paul Hindson, is chairman of the organising committee.

The theme of the conference is "Health for all by the year 2000" and about 500 scientific papers will be presented covering all

aspects of health.

One of the delegates will be the director-general of the World Health Organisation, Dr. Halfdan Mahler.

The conference will be in four languages - English, French, Spanish and Japanese and there will be a huge team of interpreters.

Professor I.C. Lewis of the Department of Child Health at the University of Tasmania is chairman of the Tasmanian Scientific Committee for the conference & has invited approximately 200 Tasmanian organisations to participate in the conference. Tasmania along with other Australian states wish to make the most of the opportunity of having an International conference in Australia. It is hoped to be able to send as many delegates as possible, from each state.

Continued on page 6.

MUNICIPALITY OF FINGAL
ELECTION OF COUNCILLOR
FOR ST. MARYS WARD

VOTE 1 NICHOLSON, PETER

"LET'S MAKE IT HAPPEN"

Personal background in brief	A. Performance of some 16 years as Managing Director of a Statewide Company.
	B. Owner of a retail establishment in the town of St. Marys.
	C. Member of a Community Service Organisation.
	D. Family man with two young children.
	E. Supporter and member of sports clubs in our area.

Reason for standing	I am a firm believer that if you are a member of the Community, then it is your <u>DUTY</u> to participate and endeavour to put back into that Community whatever you can, because of the community acceptance that you receive as an individual.
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"TEN POINT PLAN"

Platform	<ol style="list-style-type: none">1. To do whatever possible to improve the standard of living of all of us living in this area.2. To support a water reticulation scheme which will give us all a better chance of security in the event of disaster.3. To further support the introduction of more recreational facilities for our young.4. To actively engage in the further implementation of geriatric care for the aged.5. To improve and enhance the beautification of the Town which we call our home and already enjoy.6. To assist in seeking further funds from State and Federal Governments to achieve the aims and objects of our Community, notwithstanding the fact that we still and must also help ourselves.7. To encourage the formation of a Chamber of Commerce to encompass the District to assist the Council in its submissions for its requirements. In other words give more impetus to our needs because more voices give more hope for success.8. To develop the concept that "St. Marys" is "The Tourist Gateway To The Coast" to influence more activity, more investment, more jobs.9. To support in full the development of industrial activity which will provide jobs, revenues, investment to assist in stabilising our local economy.10. Above all else to try to make people really aware of the fact that we live in an area that has a potential far greater than many, provided that we as people are prepared to stand up and do something to make it all happen.
----------	--

Naturally, as I am a Candidate I ask you to vote for me, however, notwithstanding my stated interest, the real issue is to vote on election day for whoever is your choice and thus show that you have the interest, and enthusiasm at heart as I do in improving this Community for the well-being of all.

TASMANIA'S TOURIST ATTRACTIONS

Last week we visited Devonport via this column, and to continue, we are still near Devonport, namely:

DON RIVER TRAMWAY, Forth road, Don.

The Don River Tramway, owned and operated by the Van Diemen Light Railway Society Inc., is a unique "live" museum railway on which the visitor can ride into "yesteryear" on either a vintage diesel or steam-hauled train, depending on which one is operating at the time. During the first 3½ years of operation over 50,000 passengers have been carried. The train ride starts at Don Village which adjoins the old Forth Highway at Don and is made along the original railway (or tramway as it was originally called) which dates back to the early 1800's. The track meanders along the banks of the picturesque Don River to Coles Beach Station, a distance of 3.5km from whence it retraces its steps back to Don Village.

At Don Village there is a large well presented display of old railway carriages, dating back to 1869 and steam locomotives dating to 1880. The display also includes other machinery associated with the old steam and early railway era's.

Open Sunday & Public Holidays:-

12.00noon to 4.00pm (Winter)

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Admission (includes train ride):-

Adult \$1.00, Childr & Pensioners 50cents.
(charges currently under review)

DELORAINÉ

THE MILITARY MUSEUM, Bass Highway, D'raine

Although established in 1977, the Military Museum is linked historically with the row of small brick cottages behind which it is located. These cottages were built to house the Officers and their families of the Army detachment which was stationed in Deloraine. The Hobby Horse Toy Shop is now situated in one of the cottages and it is here that the visitor pays the nominal admission charge to enter the Museum.

The Museum contains a private collection of militaria which ranges from the Boer War to the present day. On the ground floor are displayed a variety of armoured vehicles, guns and trucks, the earliest of which is a 1914 four-wheel drive truck and the most recent a 1957 Ferret Scout Car.

Upstairs are displays of war souvenirs, items of equipment, early photographs, badges and documents.

Open daily- 9.00am to 5.30pm weekdays,
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STARDUST

By Grandma Moses

Fortnight beginning 19th March 1982

PISCES: February 20 - March 20

It seems possible that some business propositions may cause you to lose a great deal of money, so you must consider all proposals very carefully. Don't leave yourself open to criticism.

BEST DAYS: 20, 26, 31.

ARIES: March 21 - April 20

Your efforts in all avenues will be well appreciated, more so by close friends and family. You are able to say the right thing at the right time and will give a lot of joy to those around you.

BEST DAYS: 23, 24, 1.

TAURUS: April 21 - May 21

There is a lot going for you now, so enjoy every bit of it. You must remember to allow time to rest, otherwise your health will suffer. Take a new look at an old friend, as a lovely surprise is in store. BEST DAYS: 19, 21, 30.

GEMINI: May 22 - June 21

Although you may not like the task in front of you, it is necessary that you push yourself to finish. Do not let any routine work fall behind, as you will regret it. Take some time out to give yourself a 'facelift'.

BEST DAYS: 20, 22, 27.

CANCER: June 22 - July 23

An overall happy and well adjusted period with a feeling of inner confidence. You will even enjoy a little hard work, the results will be worth it. Do not take family arguments too seriously. They won't amount to anything.

BEST DAYS: 22, 24, 1.

LEO: July 24 - August 23

Most things seem well adjusted but finances may cause a little strain. Your career seems to be enjoying a boost, so make the most of your opportunities. Do not push romance too hard or you may regret it.

BEST DAYS: 20, 25, 26.

VIRGO: August 24 - September 23

You will enjoy a lot of unexpected activity. Invitations will be exchanged in quantities and there are a lot of pleasant changes. Attend to your appearance with care and you will be noticed.

BEST DAYS: 21, 22, 28.

LIBRA: September 24 - October 23

A good period for finances but there is some underlying uneasiness. Time to catch up with friends and relatives that you have been neglecting. You may find studying harder than usual, so lock yourself away and ignore interruptions.

BEST DAYS: 25, 28, 31.

SCORPIO: October 24 - November 22

You may have the feeling of walking on a tightrope, so think things out with care and remember to appraise each problem with care. Once over this patch you will be able to guide others with authority.

BEST DAYS: 27, 29, 30.

SAGITTARIUS: November 23 - December 21

A good time for those willing to work for success. Do remember to keep your cool. Losing your temper achieves exactly nothing. Avoid sloppy work, make sure that all you say, even in writing, is correct.

BEST DAYS: 19, 20, 22.

CAPRICORN: December 22 - January 20

If you are romantically inclined you may be surprised to find out how much you are thought of. Day-to-day tasks should seem a little easier because you are totally relaxed and confident. Remember to take things as they come.

BEST DAYS: 25, 26, 1.

AQUARIUS: January 21 - February 19

Before presenting your ideas to people, ensure that they are being put at their best, otherwise people may think that you are trying to be smart, and your point of view will be lost. Don't use a lot of big words when small ones will do, as it may not be appreciated.

BEST DAYS: 29, 30, 31.

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