

THE VALLEY AND EAST COAST VOICE

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

THE MEDICATED SOCIETY

Australians must take a more responsible attitude towards their own health, eat correct foods, exercise sensibly & reduce stress. Many would then be less dependent on drugs such as sedatives & tranquillisers. The Senate Committee Enquiry into "Another Side of the Drug Debate" found that there were a number of areas of concern the first being the increasing use of doctors for a wide range of problems often of a minor nature. The second is the expenditure by the community on medication. In 1978 - 79 the cost of medication was estimated at \$800 million or based on a population of 14.5 million some \$55 for every man, woman & child in Australia.

The Report suggested that we should be attacking the prime causes of the conditions that assail us rather than just the condition itself. Simply put "prevention is better than cure".

There have been a number of changes in the nature of illnesses over the past 50 years. In the 1930's the main causes of death for all age groups were infections & parasitic diseases. However, because of improved environmental conditions & in part because of medical advances the death rate from these causes has declined. New diseases have come to the forefront, including some which cause death & others which cause considerable illness. The first group includes heart disease (36% of all deaths) & cancer (20% of all deaths). The second group includes minor psychological disturbances. While illnesses like heart disease & some cancers are associated with old age it is thought that the environment & one's lifestyle may also contribute to the high incidence of this type of illness. In addition modern living is said to contribute to other diseases such as hypertension, chronic bronchitis & liver cirrhosis.

As a society we should be looking to removal of some of the stresses of life, to improving environmental & social factors, & to instituting programmes to encourage people to be more health conscious. These programmes could take the direction of

measures to reduce the under age drinking problems & the road toll by lowering the permitted blood level to .05.

The other type of disability we have to combat are those caused by stress & hypertension. What we have to ask ourselves is whether we wish to treat sufferers of anxiety with drugs or take actions to remove the cause of the anxiety. In a population of 14.6 million in 1980, 3.3 million prescriptions of anti-depressants, 3.7 million prescriptions for tranquillisers & 2.7 million prescriptions for sedatives were issued.

Drug treatment is an important part of healthcare in a modern community but let us be aware of inflated expectations in regard to drugs.

HEALTH CHANGES

REMEMBER It only costs a local call to find out.

From 3 August until 30 September 1981 the Department of Social Security in Tasmania will have special telephone lines open to people with questions about the new Disadvantaged Persons Health Scheme.

For the cost of a local telephone call people can contact an expert and have their question answered.

The Hotline will operate between the hours of 12 midday and 2,00pm Monday to Friday and from 6-9pm Monday to Thursday.

The telephone numbers to ring are: Metropolitan Hobart (002) Area Code defines metropolitan.

Telephone 34 3627

All Other Areas in Tasmania

Telephone 008 001199



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2 FT. Dry Bush wood.
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not let them work for you.
St. Marys....L'ton.....St. Marys..
DAILY

NOW AVAILABLE IN ST. MARYS.....
SUZUKI MOTOR CYCLES & SPARE PARTS.
ALSO OUTBOARD MOTORS. PH. 72 2328

FOR ALL YOUR NEEDS.

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

WANTED TO BUY.

Old style furniture, chests, tables
chairs, etc. To restore. Any
condition. Phone 76 1378.

FOR SALE. 67 Mini.Van- good going order
-spare parts and panels including motors.
71 Falcon Ute.-good reg,tyres,engine.
Contact Wayne Miller-Fingal 742243.

For Sale 1 pair size 12 "Ockerlong" Tootal
Grey School Trousers Brand New \$9.83.
Several items of bessemer Ware Wholesale
Prices Stainless Steel Frypan-Saucepan
& Wok. Phone 722231.

For Sale Mazda 1975 Capella-Coupe
White with Black trim. 11 months Reg. New
Battery Immaculate Condition. Agive away
Price at \$2,100 Phone 722354 or Yellow
house just past phone box Falmouth.

WANTED Approximately 300 Acres Forest
Country anywhere in Northern Half of
Tasmania. Must have permanent water and
20 Acres of Cultivable Land Not Necess-
arily cleared Price to \$10,000. Please
Contact Paul and Carolyn Bailey Hurstbridge
Post office Victoria 3099 Tel.(03)7182743
Or Dale Wright. ST.Marys Ph. 722337.

FOR SALE Private Land 70 Acres. For Details
Ph. 771 156.

A. NIGHT AT THE THEATRE.

ON 3rd 4th & 5th Of September The Bicheno
Players will be Presenting their Latest
Production of The Suspence Thriller "Intent
To Murder" Which will be held at the Bicheno
Hall. A bus will be running on the 5th
for this exciting show departing at 7pm,
from the Lions Park St Marys and returning
after the show. Costs for evening are
Adults \$8.50. Children \$4.00. That includes
Return Bus Fare and Tickets to the show
Enjoy a cheap evening out. Don't Delay
Book Today. Ph. 722172 St Marys or Book
at St Marys Health & Beauty Centre.

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WHAT'S ON

CHURCH OF ENGLAND SERVICE TIMES.

August 23rd St. Marys. 10.30am.
August 30th Cullenswood. 10.30am.

ST. MARYS R.S.L. WOMENS AUXILIARY.

A cent afternoon will be held in the Institute. Thurs. Aug. 27th at 1.30pm.

V. Bradbury
(Hon Secretary)

POSITION VACANT

Person with own transport required to work with unemployed people. Experience not necessary. Applications to P.O. Box 28, St. Marys by Wednesday 26.8.'81. Enquiries to 72 2267.

POSITION VACANT. FORESTRY COMMISSION

RELIEF TYPIST

A relief typist is required by the Fingal District Office From 31.8.81 to 18.9.81, inclusive.

Application in person, with references, to District Forester at District Office, Legge Street, Fingal, Between 9.00.am and 5.00pm.

A Street stall will be held on Friday August 28th in aid of the Catholic Church.

ST, Marys Garden Club.

The next meeting of our club will be held next Thursday, 27th August in the R.S.L. Hall and will commence at 2pm. Details of Cooking, arrangements sections etc. can be obtained from notices in the shop windows or by phoning Marj Aulich, 722165. All are welcome, and don't forget, their will be a Trade Table. Contributions welcome.

THE LBS STATE WIDE BANK

Have you enquired about an L.B.S. STATEWIDE Bank Guaranteed Home Savers Account and consequent Guaranteed Home Loan

Why Not Ring 7 2 2 2 1

St Marys & Region Branch and find Out.

BLUES WIN FLAG. CAN THEY DO IT AGAIN

This was 1971 Can they Do it 1981.

Fingal defeated St Marys by 10 points in the Grand Final and clinched their second premiership in three years. In the first quarter, the Tigers played all over the Blues with Bye playing well at full forward, Newman dominating the wing and Dean and Lynch impassable in the back line.

In the second quarter, Bye made his 100th goal for the season and put St Marys 6 goals in front. However, at this stage a "dennybrook" started after Dean was injured in the centre of the ground and Tapp and Singline clashed on the half back line for St Marys.

After everthing settled down Fingal were the first to start playing football with Smith and Barnes outstanding for the Blues, so that the Tigers lead gradually whittled away.

HIGHLIGHTS OF THE GAME.

Bye's 6 goals, making a tally of 102 for the year.

Spectators entering the ground to join the donnybrook in the second quarter.

Two woman attacking a Fingal player with fists and fingernails after the game.

Umpire Hannam not allowing two of the best marks of the day by Mc Carter and Bye in the last quarter.

PASSING THOUGHTS

Look after the old, they have come a long way - and look after the young, they have a long way to go.

A man who has a "Why" to live for can put up with almost any "How".

Acting without thinking is like shooting without aiming.

Even if you're on the right track you will get run over if you sit there.

ST MARYS
HARDWARE

MAIN ST,
ST MARYS.

PH. 722249

Emergency Repair Material Available

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

Glues.

Agents For Mc Culloch

Chain saws and Cultivators.

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

Sunday August 23
Fingal 9.30am
St. Marys 11.00am
St. Helens 7.00pm

Sunday August 30
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. Michaels & All Agnells 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 August 23, 30 9.00am

St. Helens - SS Helena & Stanislaus August 22, 29 Vigil Mass 5.30pm

Fingal - St. Joseph August 23 10.30am

Mangana - Our Lady of the Sacred Heart Sunday August 30 10.30am

Bichenor - Community Church Sunday first in each month 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 preparation.

PARISH PRIEST: Father J. Medwin, Phone (003) 72 2252.

MEALS

ON

WHEELS

AUGUST/SEPTEMBER

ST. MARYS

FINGAL

Sunday 23
Monday 24
Tuesday 25
Wednesday 26
Thursday 27

Sunday 30
Monday 31
Tuesday 1
Wednesday 2
Thursday 3

Marj Spilsbury
Bonnie Crawford
CYSS
Kaye Nailer
Margaret Bullock

Carol Faulkner
Joan Smith
CYSS
Jean Lohrey
Shirley Britton

Mr. J. Clements
Mrs. C. Hodgson
Mrs. J. Hall
Mr. R. McGee
Mrs. J. Burbury

Mr. R. Saunders
Mr. B. Johnstone

CHIROPODIST

MISS DORIS HOOPER: In practice at the Doctor's Surgery - St. Marys. Details - phone 002-570171 any day before 8.00am

TRENDSETTA

OF ST. MARYS

UNDER NEW MANAGEMENT

SALE NOW ON

BARGAINS GALORE
DRASTIC REDUCTION ON

WINTER STOCK...

CALL AND SEE GARRY AND VAL.

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Suzuki Motor Cycles now available at reduced prices:

GSX1100 was \$3925 now \$3500
GS1000E was \$3395 now \$2995
GS1000G \$3350
GS850 was \$3450 \$2995
GSX750 was \$3195 \$2600
GSX250EX \$1495
GSX250X was \$1795 \$1395
DR400 was \$1950 \$1600

CALL OR SEE BILL TARGETT
PHONE 722328, ST. MARYS.

SENIORS:

At Avoca on Saturday, 9th August St. Marys failed to become a finals prospect, they went down to Fingal by 11 points. It was a game where neither side produced high standard football.

Some St. Mary's players were found wanting & were not prepared to get to the ball first, the reason for 'moth-balls' for the remainder of season.

Better players on the day were Ken Maynard, a great year 'Tasman', you would be the top ruckman in the Association - so keep up the summer training.

Des Faulkner was back after an injury & played a real back-mans game along with Robert Schier & the Association 'Best & Fairest' player, Stephen Cooke, who tried hard all day. Without their continued efforts and those of Adrian Moylin, Dale Ridgers and Andrew Viney, the margin could have been greater.

Coach, Terry, may have been disappointed on the day but during the 1981 season St. Marys won more games than previous years & club morale has been high.

A job well done Terry!

Now is the time to start working towards a 1982 premiership.

RESERVES:

Well what can one say -- a poor first half not worth mentioning & then -- perform like premiership material in the second half, to win by 74 points.

A great boost for the preliminary final at Fingal against Avoca.

The large crowd at Avoca witnessed some great kicks for goal by George 'Fitzroy' Hollis, who seems to perform better as the crowds get bigger.

Stan 'Smirky' Hardcastle pushed a few through the big opening & the old 'Buffalo', Alan Lynch, who is nearing his 300th game, made his presence felt all day.

Young players in Scott Bean, Roger Salter and Shane Goss with support from the Midson brothers & Tony Singline helped the teamwork along to achieve a very good win.

Come on all 'TIGER' supporters, be at Fingal early Saturday & cheer the Tigers on!

THIRDS:

Do not forget the Dinner & Trophy night this Friday night at the St. Mary's Hotel Dining room - 6pm.

Best & Fairest count along with trophy presentation.

Congratulations to Dwayne Jones, David Scales, Paul Barnes, Luke Andrews, Michael Davis & John Double for representing the North-East in the Primary School Football Carnival at Scottsdale and for taking out the trophy for the most games won.

Also to local girl, Simone Lynch, who represented the North-East in the Netball Carnival at Smithton. Well done Simone!

CLUB NOTES:

Annual Dinner & Trophy presentation on Friday, 4th September, at the Community Hall.

Invitations are now out & prompt replies will be appreciated, for catering purposes.

Any person who feels they have been overlooked on the invitation list contact Michael Brown - Tickets \$10 per head.

FOOTBALL RAFFLE:

1st prize: 200 litres of petrol

2nd prize: set of 30 glass goblets

Tickets are now on sale.

200 litres of petrol is worth winning

The St. Marys Football Club would like to thank Wendy and staff for the lunch they provided prior to the first semi-final. The 'Tiger' decorations & colours around the bar & lounge certainly added to the enthusiasm --- Well done Mandy, Jill & Janice.

Also a thanks to the local business people for donating club jackets, they really help in giving the club a professional look.

ALL COMMUNITY MINDED PEOPLE especially footballers and followers - you are asked to help with a full scale working bee at the recreation ground, all day on Sunday, 23rd. August. Please bring tools of trade.

Anyone who has some left over white paint the club would appreciate a donation. Which will mean at least two paint brushes plus 'brushers' will be needed on the day.

It will be a worthwhile effort as it is for the community.

The second Annual V.F.L. Grand Final Day Champagne Breakfast will be held at the St. Marys Hotel.

Tickets will be available soon.

Keep the date free and take along Mum, your wife or a friend for a morning out. Saves washing up, a good morning assured.

* * * * *

There will be a football trip to Hobart leaving on Friday, 11th. September, and returning on Sunday 13th. September. Anyone wishing to make this trip contact Glen McDonald.

An S.O.S. to all former players of the St. Marys Football Club.

Are you interested in forming an Old Players Association and helping to compile the club's activities of past years, with the view of a possible Old players reunion in 1982.

Contact Les Lavelle - 722130.

Many thanks to all who contributed to the Cent Evening on Tuesday, 11th. August. \$82.00 was raised for the St. Marys Football Club.

ST. MARYS STUDENT MATHS STATEWIDE COMPETITION

A pupil at St. Marys District High School, Scott Lancaster, has won a statewide competition run in conjunction with Information Technology Week. The competition involved a poster-sized project on the use of computers. Scott, a grade 9 student, did his project on the use of a computer by Mr. R. Legge in managing the Cullenswood property. Scott's winning project was headed, "Can You Milk a Cow with a Computer?"

As a result of the win, St. Marys district has received good publicity. Scott has won an Ohio Challenger computer, and the school has been given a Tasma Turtle programmable robot.

ST. MARYS TENNIS CLUB ANNUAL MEETING

The St. Marys Tennis Club held their annual meeting on Wednesday, 12th August with a low attendance of seven.

Office bearers for the coming season are:-

President - Neil Stewart
Secretary - Maureen Dushing
Treasurer - Jenny Stewart

The coming season will be a busy one for our club with us being the host club for the Midlands Tennis Association Pennant and we hope to make a start on our second court and upgrading the existing one.

Tennis will begin on the first Saturday in September, the 5th from 1.00 p.m. onwards. Ladies days will start on Wednesday 9th at 1.30 p.m. New members are very welcome to come along and join in.

Subscriptions for this year are:-
Family - \$10.00 (excludes working children)

Single - \$ 5.00

Student - \$2.00

50c ball fee on Wednesdays and Saturdays.

Membership fees to be paid to Treasurer by 1st November, 1981.

ST. MARYS GOLF NOTES

Associates - President & Vice President Day. President Mrs. King, Vice President Mrs. P. Davern, welcomed the associates and presented trophies to the winners of the various competitions held on the day. Captain Miss C. White on behalf of the Associates thanked Mrs. King and Mrs. Davern and presented them with a posy of flowers.

ST. MARYS GOLF NOTES CONT.

Associates enjoyed a lovely afternoon tea.

Results:

1st Division Stroke Miss C. White (25) 68 2nd Division Mrs. J. Lohrey (36) 60.

Putting 1st Div. Mrs. E. Herring 31. 2nd Div. Mrs. Y. Davern 32.

Nearest Pin Mrs. G. Singline, Mrs. K. Wright.

Bradman's Score Mrs. N. Mitchell

Unlucky Golfer Mrs. D. Holmes

Members Foursome Championships

Saturday Gross: S. Dawson - K.

Davern 78, D. McKenzie - J. McDonald

81, D. Hayes-G. Kerrison 81.

Handicap D. Hayes-G. Kerrison (21)

60, F. Singline-K. Spilsbury (16)

69, S. Dawson-K. Davern (8½) 69½.

Nearest Pin: D. Holmes.

Sunday, S. Dawson-K. Davern 77,

D. Holmes-M. Holmes 79, D. McKenzie-

J. McDonald 80. Handicap: G. King-

G. Slessor (19) 62, D. Hayes-G.

Kerrison (21) 64, L. Cook-R. Spil-

bury (15½) 66½, J. McGee-C. Davern

(22½) 67½. Championship winners

Gross: S. Dawson-K. Davern 155.

Handicap D. Hayes-G. Kerrison, (42)

124.

Associates - Stroke Mrs. J. Lohrey

(33) 68. 4th Round Silver spoon

Mrs. M. King (20) 71 Mrs. M. Nolan

on c.b. from Miss C. White 73.

Members - Stroke M. Holmes (10)

66 C. Berwick (14) 69 I. Calvert

(23) 71, T. Viney (21) 73.

ST. HELENS GUN CLUB

Shoot Held 16th August

15 Target Double Barrel Handicap

W. Zolnyiak

T. Von Steiglitz

S. Saunders

Best 11m Shooter - C. Zolnyiak

13/15

30 Target Double Barrel Cham/ship

A. Grade J. Murphy 44/45

B. Grade S. Saunders 29/30

C. Grade N. Knott 30/33

Best 11m Shooter - C. Zolnyiak

20 Target Mixed Targets

A. Grade J. Murphy 35/39

B. Grade T. VonZteiglitz 20/20

C. Grade W. Zolnyiak 17/20

10 Target Single Barrel

1st S. Zolnyiak 10/10

2nd J. Murphy 19/20

3rd B. Bailey 18/20

Annie Oakley 1st B. Bailey

High Gun

A. Grade B. Bailey 67/75

B. Grade T. VonZteiglitz 71/75

C. Grade W. Kerrison 62/75

CROSS COUNTRY

The St. Marys District School held the Primary School cross country in ideal conditions on Tuesday, 18th. August. Successful runners were;

11 & 12 year old boys - Dwayne Jones 1
Dale Harding 2
Damien Lavelle 3

11 & 12 year old girls- Philippa Faulkner 1
Chaine Freeman 2
Tanya Madden 3

10 year old boys - Drew Berwick 1
Rodney Bushing 2
Douglas Leane 3

10 year old girls- Narelle Hayes 1
Kathleen Squires 2
Tracey Gamble 3

9 year old boys - Brent Leedham 1
Paul Mason 2
Craig Cox 3

9 year old girls- Sally Cook 1
Debbie Stuart 2
Jody Newman 3

8 year old boys - Christopher Hayes 1
Kirk Mc Giveron 2
Jason Johnson 3

8 year old girls- Katrina Kerrison 1
Trudy Franklin 2
Janelle McCarty 3

The school would like to thank the parents who gave of their time to help out on the day.

MEALS ON WHEELS

The next meeting of the MEALS ON WHEELS COMMITTEE will be held on Tuesday, 8th. September, at the St. Marys District Hosp. commencing at 7pm.

Fingal Valley Welfare Committee for the Elderly Citizens will hold its next meeting at the St. Marys District Hospital on Tuesday, 8th. September, commencing 7.45 pm.

Elderly Citizens Week will be held in September.

The Fingal Valley will be celebrating the week by holding a combined meeting of the three clubs, Cornwall, Fingal & St. Marys, at the R.S.L. Institute on the 15th. Sept. 1981, commencing at 2.00pm.

Children from the St. Marys School will be presenting musical items on the day.

ANNUAL GENERAL MEETING of the ST. MARYS FOOTBALL CLUB will be held on SUNDAY, 11th. OCTOBER, 1981 at 2PM.

REMINDER!

St. Marys Football Club THIRDS Annual Dinner

this Friday - 21st. August at the St. Marys Hotel, in the dining room.

* * * *

ST. MARYS FOOTBALL CLUB

Page 7

COACHING POSITION, SEASON 1982.

PLAYING OR NON-PLAYING

SENIORS

RESERVES

&

THIRDS (UNDER 16's)

WRITE TO THE SECRETARY

CLOSING DATE IS MONDAY,

31ST. AUGUST, 1981.

REIN CROSS

BLOOD BANK

WILL BE AT THE

INSTITUTE HALL

ST. MARYS

MONDAY 24 AUG

FROM 7PM/ 9PM

HELP SAVE A LIFE

GIVE BLOOD

BECOME A

BLOOD DONOR

THIS IS A WORTHWHILE CAUSE
AND WE NEED YOUR SUPPORT

Since my last letter to "Do You Remember" many things have come to mind. The dear friends of yesteryear, who have quite often been spoken of at times. There was Amy and Walter Scales, Reg and Ella Toombs, Marion Oliver, Mr. & Mrs. Les Rowlings and of course the Colrain Family (Michael, Nan and Agnes). We have often been in contact with them over the years, with the exception of Marion Oliver. We seem to have lost contact with her, but would love to see her address published. The thing that I seem to always look for when travelling into Cornwall is the old school. I can recall we had an air-raid shelter dug just outside it, during the war years.

My dad worked at the screens for years and then moved on up to the coalmine. Recently some very old photos of the early miners at Cornwall were on display at the Fingal Library and my parents were delighted to see them, especially my Dad.

P.R.

In 1913 our Doctor at St. Marys was Dr. Harrison. We had an outbreak of diphtheria. As we all had a turn of it, he put us in a hospital over at Harefield. It was only a Dutch barn with a tarp over it. It had a saw-dust floor so us boys made a hole under it and we went after rabbits. We brought plenty of rabbits back to the nurse, but I think she would have locked us up only she had no place to put us. Then a great flood came and everything floated. We had to get out in the middle of night.

Old Mr. Schier took us out with the horses and buggy. The doctor had a goat farm at the top of St. Marys Pass. It wasn't long before they spread all over the Pass. They shot quite a lot that got down with the sheep and others shot them off the Pass Road. When the Doctor arrived back from Burnie he took a good dog to round them up. I think he only found about twenty-five. He then sent them of the train to Burnie.

H.B. Bushing,
Newman Street,
ST. MARYS.

ST MARYS GOLF CLUB

CABARET

ROLL UP AND HAVE A GOOD
TIME.

MEMBERS, ASSOCIATES & FRIENDS

WELCOME

LUCKY DOOR

PRIZE

CHOCOLATE

WALTZ

MUSIC

MRS. WOODS

SATURDAY

22-8-81

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(ST. MARYS)
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(D. BAILEY)

(G. RICHARDS)

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COME AND SEE US ABOUT YOUR
HEATING.

WE HAVE CORALITE AND HEATING OIL
FOR YOUR HOME, AND ANTIFREEZE FOR
YOUR CAR.

SEE BRUCE FOR THE -GOOD JUICE.

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PHONE 722143
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PHONE 311167

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OR PART THEREOF.

WHY NOT LET THIS PAPER

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SELL YOUR UNWANTED ARTICLES
THROUGH

VALLEY AND EAST COAST VOICE.

STARTRUST

By Grandma Moses
Fortnight beginning August 20th.

LEO: July 24 - August 23

Be prepared to cope with a partner on a share basis today, failure to do this could cause hassels. You may not feel like creating wonders but they will still be expected. Avoid wishful thinking at all costs.
BEST DAYS: 22, 25, 26

VIRGO: August 24 - September 23

Avoid impulsive actions today as finances may be affected, to your detriment. Be careful not to betray a trust, resist distractions whilst shopping. A confused message needs time to consider, avoid taking action.
BEST DAYS: 23, 24, 31

LIBRA: September 24 @ October 23

Look for the large crowds now & you could gain on the emotional level. Be careful of heresay relating to career matters. Others could doubt your motives, reassure them, leave no doubt.
BEST DAYS: 21, 29, 30

SCORPIO: October 24 - November 22

Seek a positive outlet for your high energy level now. Hidden information could play havoc with financial matters. Private discussion of personal matters will help to resolve difficulties experienced lately.
BEST DAYS: 20, 25, 27

CAPRICORN: December 22 - Jan. 20

Search for outside companionship & problems with partners will be lessened. These problems could relate to outside interests, be firm. Remember that charity begins at home. Accept an invitation.
BEST DAYS: 22, 28, 1

SAGITTARIUS: November 23 - Dec. 21

Act on all sudden impulses & a sudden journey will bring surprises. Take time out to express your ideas others will be impressed. Travel alone when shopping, the results will be far better.
BEST DAYS: 26, 30, 31

AQUARIUS: January 21 - Feb. 19

Attend to personal needs & cultivate positive thoughts. Outside forces play havoc with a relationship, try to heal the rift quickly. Social activities are highlighted & could result in new friends.
BEST DAYS: 21, 24, 27

PISCES: February 20 - March 20

Indecisions could bring regrets in the future, you may have to choose between outside interests & family matters. Spread your time among a variety of people to avoid any feelings of favouritism.
BEST DAYS: 30, 1, 2

ARIES: March 21 - April 20

Impatience with partners could relate to disagreements with domestic issues today. Attend to correspondence tomorrow, you will be expected to come up with all the answers. A friend could cause hails with travel plans.
BEST DAYS: 23, 29, 31

TAURUS: April 21 - May 21

Persistence & overcoming opposition guarantees success with a new project. Give assistance to a friend or relative, your reputation could be at stake. Unusual behaviour from a partner requires tact, wait until the afternoon.
BEST DAYS: 25, 26, 1

GEMINI: May 22 - June 21

Avoid speculation, concentrate on a co-operative working project. Do not place a strain on emotional contracts now. Resist distractions at all times, it makes life a lot easier. Don't forget to bargain whenever possible.
BEST DAYS: 28, 30, 2

CANCER: June 22 - July 23

Place your faith in an Aquarian today & you could obtain financial gains. Attend to all routine matters, don't expect others to carry the load, work alone for the best results. Take care of health.

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