

THE VALLEY AND EAST COAST VOICE

Vol. 15 No. 19 APRIL 22nd, 1983. PUBLICATION NO. TAC 0219

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REGISTERED BY AUSTRALIA POST.

CONTINUING THE DOLPHIN STORY FROM THE LAST ISSUE.

WITH TRAINING THERE IS NO DOUBT. THAT DOLPHINS CAN COMMUNICATE CLEARLY WITH EACH OTHER, BY A SERIES OF CLICKING, WHISTLING AND POPPING NOISES. NOT JUST COMMUNICATE CLEARLY, BUT COMMUNICATE IN AN INTELLIGENT MANNER. THEY HAVE BEEN OBSERVED IN A SCHOOL, FOR EXAMPLE, WHERE A SCOUT HAS GONE AHEAD, COME BACK AND REPORTED THE FINDING OF A NET OR BUOY TO OTHERS. ANOTHER HAS CHECKED THE FIRST'S FINDINGS AND THEN MORE SENT FORWARD TO FIND A SAFE WAY AROUND THE OBSTACLE FOR THE REST OF THE SCHOOL.

MAN HAS RECREATED THE DOLPHIN'S VOICE AND IS CONSTANTLY TRYING TO RECREATE THE SOUNDS TO COMMUNICATE BACK. SOME SCIENTISTS BELIEVE THAT WE WILL NEVER BE ABLE TO BREAK THE BARRIER AND CONVERSE WITH THE DOLPHIN.

BUT AFTER ALL, THE DOLPHINS' LEVEL OF INTELLIGENCE IS VERY SIMILAR TO OUR OWN AND IT MAY, IT JUST MAY, BE POSSIBLE. AND THEN WHAT OPPORTUNITIES UNFOLD?

PERHAPS A WORLD OF SCIENCE FICTION? TRY TO IMAGINE THE POSSIBILITIES: THE DOLPHIN CONTROLLING UNDERWATER PLANT AND FISH FARMS FOR FAMINE STRICKEN WORLD? PATROLLING BEACHES IN PLACE OF LIFESAVERS AND SHARK SPOTTING PLANES? REPORTING ON THE LIKELIHOOD OF A TIDAL WAVE OR STORM? THE FORMATION OF A DANGEROUS SHOAL IN SHIPPING CHANNEL? UNDERWATER RESCUE OR CONSTRUCTION WORK? ESPIONAGE?

IF ONLY WE COULD TALK TO THE
ANIMALS.

***** EDITORIAL

OVER THE 15 YEARS SINCE THE VALLEY AND EAST COAST VOICE COMMENCED, THERE HAVE BEEN SEVERAL EDITORS AND VOLUNTARY HELPERS WHO COULD PUT PEN TO PAPER, AND COME UP WITH A REASONABLE STORY.

WITH THE EXCEPTION OF ONE PERSON WHO WENT ON TO BETTER THINGS, NOT ANY OF THE WRITERS WERE PROFESS-

EDITORIAL

CON'D.

IN A PHONE CALL RECENTLY, THE CALLER SAID, "YOU ARE NOT A JOURNALIST!" I HAVE NEVER PROFESSED TO HAVING THE ABILITY TO WRITE!

THIS SMALL "NEWSPAPER" WAS STARTED BY COMMUNITY-MINDED PEOPLE, AS A MEANS OF LETTING THE COMMUNITY KNOW ABOUT, COMMUNITY NEWS; SUCH AS WHAT EVENTS ARE TAKING PLACE, OR HAVE TAKEN PLACE, WHO HAS ACHIEVED WHAT, AND WHERE, SPORTING EVENTS AND ACHIEVEMENTS, HAPPY OCCASIONS SUCH AS BIRTHDAYS, WEDDINGS, ANNIVERSARIES ETC.

AS WE ARE NOT JOURNALISTS, WE DON'T TRAVEL THE COUNTRY-SIDE LOOKING FOR NEWS. WE RELY ON THE PUBLIC TO SEND IN ITEMS, OR PASS ON NEWS.

WE DON'T HAVE THE FINANCIAL ASSETS TO BUY A PRINTING PRESS THAT WILL ALSO PRINT PHOTOS, WHICH ADDS MORE INTEREST WHEN YOU SEE FAMILIAR FACES LOOKING BACK AT YOU.

OUR ADVERTISING RATES ARE QUITE LOW IN COMPARISON TO OTHERS, BUT OURS ARE CALCULATED TO ONLY COVER OUR PRINTING, POSTAGE, REPAIRS, ETC. WE HAVE CONTINUED WITH THIS CONCEPT THAT THIS PAPER IS A NON-PROFIT "BUSINESS".

VERY RARELY DO WE HAVE OUR HEAD ABOVE WATER ENOUGH, TO PURCHASE OTHER THAN NECESSITIES, BUT THIS IS THE WAY IT WAS ALL PLANNED IN THE BEGINNING.

WE WOULD WELCOME ANY PRINTABLE NEWS ITEMS, NEW ADVERTISERS, SPORTS ITEMS NOT ALREADY BEING COVERED, FUNNY STORIES, EVEN SHORT STORIES OF 200 - 500 WORDS. IF YOU WOULD LIKE TO COMMENT ON ANY TOPICAL SUBJECT, PLEASE FEEL FREE TO WRITE IN AND DO SO. ANY LETTERS FOR PUBLICATION MUST BE SIGNED BY THE SENDER, BUT YOU MAY USE A "NON-DE-PLUME" IN PRINT.

WITH A LITTLE MORE SUPPORT FROM THE LOCAL COMMUNITY-MINDED PEOPLE, LET'S HOPE WE CAN IMPROVE THE QUALITY AND QUANTITY OF THIS SMALL PUBLICATION.

REMEMBER, IT IS PUBLISHED FOR

CLASSIFIEDS

LOST. CHROME ELECTRONIC QUARTZ
MANS WATCH. WOULD FINDER
PLEASE RETURN TO L. SPILSBURY.
PHONE 72 2125.

WANTED. Any items of mining equip-
ment of yester-year to help stock
the St. Marys Mining Display. Any
person who has any old picks, hats
lamps or anything connected with
mining they wish to donate please
contact any Lions Club member.

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PLEASE NOTE. That the cost of
Classifieds ads will be \$1.00
for 25 words. Forthwith.

FOR SALE. 1 3' chest of Drawers
1 Safe & Sound car seat & 1 babys
bassinet. Phone Pam Peake 722390.

What's On continued.

Cornwall wanted- Each Thursday
afternoon players for Euchre or
500 or indoor bowls- Venue Corn-
wall Hall-Time 1.30 p.m.

Meeting

Church of the Good Shepherd Corn-
wall- May 3rd - Annual meeting of
Cornwall Mother's Union 10.30 a.m.
All Welcome.

Opportunity Stall.

May 3rd. Church of the Good Shep-
herd Cornwall. Time 2 p.m.
Blouses Jumpers etc. in very good
condition. Cakes, Vegetables etc.
Proceeds towards erecting fence
around church.

Do You Need Help?

The Occupational Assistance Ser-
vice is at 38a Brisbane St. L'iton
See the artical inside back page.

ST. MARY'S LADIES FELLOWSHIP
will meet 25th April at 7.30 p.m.
Clinic. Bring old photo of self
and any antique article. Also
bring along sample of favourite
slice and recipe.

Northern Regional Library Bookmobile
will visit - Epping Forest, Conara
Falmouth, Scamandon Beaumaris, on
May 17th and June 7th. Also on
May 18th and June 8th they will be
visiting Binalong Bay, Stieglitz,
Ormley, and Avoca.

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baby.

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SALE SALE
35 % OFF

STARTS TUESDAY APRIL 26TH

BE EARLY FOR BARGAINS.....

The Fingal Valley Resource Group will be holding a General Meeting at St. Marys District Hospital Tuesday 26th of April at 7pm in the Recreation room. The main purpose of this meeting is to discuss the Establishment of a Volunteer Services Programme for the Fingal Valley area. An open invitation exists for any interested people to attend.

Secretary F.V.G.R.G.
J. Moore.

There will be a morning tea and trade table in aid of R.A.F.T. at 10.30am on Tuesday 26th April at Strathspey. A donation for the hamper raffle would be appreciated.

Rossarden Women's Group will be holding a meeting on Wednesday 27th April at 1pm at the Hall.

Business: Election of office bearers.

Programme of next months activities.

Anzac Day Services April 25th 1983 as follows:

Dawn Service 6am at Cenotaph.

The march will assemble at 10.30am and march up the street and back to the Cenotaph for the 11am Service.

Everyone is welcome to attend these services.

Hon. Secretary
J. McGee.

FASHION PARADE in aid of St. Marys Tennis Club on Saturday 23rd April at St. Marys Hotel at 8pm. \$3.00 single - \$5.00 double. Hot supper provided. Attractive models will feature new seasons fashions from Black Gold Boutique. Limited number of tickets available at St. Marys Health & Beauty Centre or Black Gold Boutique.

St. Marys Golf Club held its 25th Annual Legacy Day on April 9th. In that time the club has donated \$12,300 to Launceston Legacy. To mark the occasion, Launceston Legacy Club members donated a pewter mug from the members fund to show their appreciation. The presentation was made by the Clubs vice-president, Mr Trevor Guy. The club unfortunately had a windy day for the occasion but despite this there was good support from throughout the District.

Last week the Silver Threads Club, St. Marys held a very successful Bowls Tournament. Thirty-two teams participated and we thank them all for coming. Our special thanks goes to Mr. Brown from the Deloraine Club who organized the tournament and the St. Marys Lions Club who sponsored us. We would also like to thank Mrs Daphne Denney, Mrs Una Curtis and Mrs Kath Blair for the wonderful job they did with the lunches. Our thanks also to Mr. Greg Tapp, Mr Peter Nicholson and Mrs Rose Binns for their gifts. Thankyou everyone who helped in anyway to make this Tournament so successful. Our Club has been trying for years to win a trophy and this time won first & second.

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Fine Food - Family Concessions.

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CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

Sunday April 24

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

Sunday May 1

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

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
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ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday April 24th

9.00am	H.C.	Fingal
3.00pm	H.C.	Mathinna
6.00pm	E.P.	St. Marys
7.00pm	H.C.	Avoca (Vestry)

Sunday May 1

9.00am	H.C.	Fingal
10.30am	H.C.	St. Marys
7.00pm	H.C.	Royal George

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption - Sundays April 24, May 1 9.00am

St. Helens - SS Helena & Stanislaus Vigil Mass - Saturdays April 23, 30 6.30pm

Fingal - St. Joseph Sundays April 24, May 1 10.30am

Mangana - Our Lady of the Sacred Heart - 3rd & 5th Sundays each month 10.30am

Bicheno - Community Church May 1 4.00pm

Benediction of the Blessed Sacrament, Devotions to Our Blessed Lady, Stations of the Cross and weekday masses - as announced at Sunday Mass.

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

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

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

CHIROPODIST

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

MEAL ON WHEELS

APRIL/MAY

Sunday	24
Monday	25
Tuesday	26
Wednesday	27
Thursday	28

ST. MARYS

Selby Targett
Mary King
Wendy Haas
Alf Faulkner
Pam Lynch

FINGAL

C. Rankin
J. Egan
J. Hall
A. McKenzie
H. Williams

MANGANA

N. Ward
C. Upton
J. Hall
A. McKenzie
M. Francis

Sunday	1
Monday	2
Tuesday	3
Wednesday	4
Thursday	5

Dianne & Ricky Ward
Jim Napier
Gail Gamble
Mr. & Mrs. Hallock
Heather Griffiths

A HAPPY MOTHERS DAY

TO ALL MOTHERS ON MAY 8th.
FROM ALL THE STAFF OF THE VALLEY VOICE

LADIES VOLLEYBALL NOTESWeek 12.4.83Game 1.

Kiwis d Dynamos 3-1 (15.12, 15.4, 7.15, 15.12) Vanessa Aulich best for Kiwis and Kath Blair, Tammy Payne and Michelle Bennett best for Dynamos.

Game 2.

Rejects d Wombats 3-1 (15.5, 14.16, 15.11, 15.8) Maree Targett best for Rejects. Mandy Cummings and Julie Hogarth best for Wombats.

Week 19.4.83Game 1.

Rejects d L's Belles 3-1 (12.15, 15.10, 15.9, 15.7). Margaret French and Dana Young best for Rejects. Roberta Harwood best for L's Belles.

Game 2.

Dynamos d Wombats 3-0 (15.2, 15.4, 15.2). All played well for Dynamos. Mandy Cummings best for Wombats.

ROSTER26.4.83

Dynamos	v	Rejects	L's B
Kiwis	v	L's Belles	Rejects
		Wombats	Bye

3.5.83

L's Belles	V	Wombats	Kiwis
Kiwis	v	Rejects	Wombats
		Dynamos	Bye

ST. MARYS INDOOR BOWLING CLUB

Thirty-Two teams from throughout the State met at St. Marys last Thursday 14 April to compete in a tournament in the Institute

St. Marys No. 3 team of Kath Cooper (Skip), Linda King, Linda Mitchell and Francie Madden won the tournament and St. Marys No. 2 team of Meleita Newman (Skip), Joy Luck, Alf Faulkner and Phyllis Hoskinson came second.

To all teams who took part - well done.

FOOTBALL SCORES

Fingal 14.13 (97) d Swansea 12.13 (85): St. Helens 14.11 (95) d ST. MARYS 12.12 (84): Campbell Town 22.17 (149) d Avoca 3.10 (28)

FOOD = ENERGY = HEALTHTHE BODY'S ENERGY NEEDS

Energy required for the body to function can be divided into that needed for:

1. maintenance of essential body processes, such as breathing, heart beat, blood circulation and regulation of body temperature.
2. muscular activity required for walking, running, sitting, and any other work or leisure pastime.

When you are at complete rest, your body uses just enough energy to maintain essential body processes. This energy expenditure is called the basal metabolic rate. It is constant in each individual but varies from one person to another.

A large person has a higher rate than a smaller person. Boys generally have a higher level than girls because they have a greater proportion of lean or muscle tissue and less fat and because they are larger. Tall, lean people usually have a higher basal metabolic rate than shorter, plumper people.

The extra energy required for muscular activity can vary considerably from a fraction of a basal metabolic rate for a sedentary activity, such as sitting doing school work, to many times that rate for strenuous activities such as running, rowing or playing football.

The energy required over and above basal metabolic rate for various physical activities can also vary from person to person.

Differences in basal metabolic rate, in physical activity and the amount of energy used for various activities make it difficult to calculate the exact energy, and hence food requirements of individuals. Health authorities in most countries, including Australia, have worked out average energy requirements for males and females, including boys and girls of different ages.

When children are growing they require more energy per unit of body weight than adults. The energy allowances for boys and girls aged 7-11 and 11-15 years are given below:-

Age	Energy needs or allowances	
	kilocalories (Kcal)	kilojoules (kJ)
Boys 7-11	2200	9200
11-15	2900	12150
Girls 7-11	2100	8800
11-15	2500	10475

cont. next issue

GOODWILL CHILDREN'S VILLAGE

THANDIGUDI, S. INDIA.

As we have reported in previous issues, the Lions Club of St. Marys makes an annual donation to this childrens village.

In a recent news letter from the founder of Goodwill, Mr John Foster, he relates how they spent Christmas Day.

Remembering how you spent Christmas Day, 1982 yourselves, we thought you might like to read how the children of Goodwill spent this special day.

"It all began in the kitchen at the crack of dawn just before 4.30am the same as it does on any other morning of the year at Goodwill Children's Village. It is not a kitchen like yours at home with electric stoves, washing-up machines and all the latest gadgets - but open fires over which is cooked the dinner of the day. Our cooking pans are one metre across!

"The children rise and stretch with the 6am bell, and blankets are aired and folded alongside straw sleeping mats neatly rolled. Then follows a cold morning wash in an open-air concrete square commonly known as the bathroom; a hand-pump and plastic bucket complete the bathroom fittings.

"The children wash from head to foot, fifteen naked bodies at a time! Breakfast this morning was served by 7.30am and rice was the basic meal - good, plain, unadulterated rice. Each plate was washed by its owner afterwards, and teeth were scrubbed assiduously. Believe me, I do not think you would find a decaying tooth in any Goodwill head. Then after the meal, to prayer.

"Fifteen Christians congregated in the new Prayer House this morning where they conducted their own Christmas Morning Service, all of it in Tamil. Meanwhile the Hindus and others, one hundred and fifty of them, retired to their respective Goodwill Cottages. They held their own prayers.

"The morning wore on. There was no labouring work at Goodwill Village today, except of course in the kitchen, and the children have occupied themselves throughout the morning with simple home-made games. A few lucky ones have received presents from kind sponsors overseas, and these gifts are now shared if and where practicable.

"Then came the mid-day meal, a simple affair; rice again of course, but with a few vegetables like brinjal, ladies' fingers and chokkas thrown in for good measure. It is at that precise stage I am writing the Newsletter you are now reading

Cont'd from previous column

"This afternoon we are to hold a special assembly meeting. Each House will present a piece of home-made drama in the Goodwill open-air Theatre; a few Tamil songs nicely interspersed will fill up the programme. The meeting will close with India's National Anthem.

"As they leave the Theatre each child will receive one rupee (Aust. 12c) a special bonus to add to the week's pocket money. Down in Mangalamcombu the shops sell sweets, and there will be a long line of laughing, happy children all making their way in that direction. For one solid hour Goodwill Village will be a lonely empty place void of children's fun and games. But they will be back... O yes, they will be back, and they will be offering sticky sweets from sweaty hands to the staff and all their friends. Simple, friendly, kind children these, and poor beyond your comprehension; but Tamil Indians even though poor, are a proud race of people.

"By 6pm, Christmas Dinner will be served -- that special meal for which we all save up our hunger! Rumours are current we are to indulge in the luxury of roast mutton -- at least we know Raveendran was negotiating for a couple of sheep a few days back. And somebody said a sack of cauliflower had arrived by lorry from Kodaikanal in the small hours of the morning! It is all rather a mystery really, but there'll be special boiled rice for sure! In telling you these things I have a feeling you will not be much impressed, and it will sound a very commonplace sort of dinner. But to our grateful, God-fearing, generous, uninhibited Goodwill Girls and Boys it will be a feast indeed.

"Darkness will close around us by 7pm when always it grows dark in tropical countries. By 9pm at the toll of the evening bell sleeping mats will be unrolled. Blankets will be spread on the floor, and after a short communal prayer the children will curl themselves up to sleep.

"Our sincere wish for you all is that you will have enjoyed your Christmas Day as much as these Goodwill children - children who have so little, who never had a present in their lives until now, who never owned a toy or a book, once poorer probably than your imagination could ever invent, and yet... and yet their cup is full and they fail never to exude their happiness and quite content."

FINGAL VALLEY SENIOR CITIZENS
WELFARE COMMITTEE
ANNUAL GENERAL MEETING.

Minutes of 16th annual meeting held at the Cornwall Hall March 18, 1983.

Mrs Camplin introduced and welcomed the Warden, Mr A Freeman and Mr. R. Corney, the guest speaker. The meeting was then handed over to the Warden.

Minutes of previous meeting were read and apologies received.

Reports were received from the Welfare Committee Chairman, Mrs U. Camplin, Fingal Sunshine Welcome Club, given by Mrs V. Legro, St. Marys Silver Threads Club by Mrs Joy Luck, Meals on Wheels by the President Mr Bob Yates and Cornwall Golden Years by Mrs Una Camplin.

Mr George Shaw M.L.C. moved adoption of the reports and gave a vote of thanks, and in doing so said he was quite sure they were all a worthy record of club events of helping themselves and others in the community.

He noted that he was hopeful that State Housing Department units would be built this year. He would be keeping the Minister concerned, up to building these units.

He also said he was pleased how well the Annual meeting was presented and was typical of how Senior Citizens operated in the Valley.

Following presentation and adoption of the Treasurer's Report, the Secretary pointed out the need for young people of the community to assist club members in running the clubs.

He also appealed for representative people, with skills and know-how, to come forward and help show younger persons how to go about doing odd jobs for elderly and incapacitated people who were needing jobs done urgently.

Petition was presently being circulated for cheaper air-fares to mainland Australia, and was available for members to sign.

Election of Welfare Committee members was next, and the eight persons nominated were elected, though nine positions were vacant, plus three co-opted members.

Dr. Corney, President of the Council for the Ageing, from Hobart, was guest speaker and addressed the meeting.

He said he was pleased to be asked and glad to be here. He told the meeting the Council had fallen on hard times since the late Mr McGregor's time and this meant much less staff to cope with matters.

The real population explosion was to be in the area of the elderly in this

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country by the end of the century.

The bad news is in regard to the eighty-plus age group, those people who are going to need all the care they can get, most will be in poor health, and there will be twice as many as now, by the year 2000.

The 'Post war' baby boom is going to help pay now, but the persons in the future are going to be in trouble because of the decline in births over the last three decades. So looms a large problem. The quality of care is going to become less because of high wages in Hostels and Nursing Homes. Already there is a tendency to reduce staff and this care. Home is the best place.

Community Health Care Services were stepped up a few years ago, but unfortunately the amount of money is not adequate. We are going to need a lot more but we are going to be left lamenting, definitely less earning than there was before.

The solution to the problem is that all agree that we need to provide more community health care services to help outside the nursing homes. Also it is important to have a Day Care service on a limited basis, but there are very few young people day care voluntary workers in the community, and numbers are falling continuously.

Something to remember was for people to keep mobile as long as possible and to keep interested in things going on. Depression is the commonest disease. Keep mobile, move to keep your body and mental health well. Best way to do this is to stay at home and not to become institutionalised, be as independent as possible for as long as possible.

Have you thought about starting a musical group? One place he knew of, had ninety people who decided to learn German. After one year, fifty people were quite competent and doing better than local school children. Admittedly the Senior Citizens only had one subject to learn, but they had mastered the subject and were enjoying it.

Enjoy yourself now, Mr Corney urged, don't worry about dying because that is a perfectly normal process!

The best medicine of all is the way the Senior Citizens of this valley are approaching life.

In dealing with elderly people we must be careful to remember they are 'people', not numbers.

Continued page 7

Mr Murray Jessup contributed to the evening by showing a fine display of slides he had taken on a recent trip to Chile and Bolivia, in S. America, and accompanied the display with as able commentary.

Mr. James Napier moved a vote of thanks, saying it was an immensely enjoyable evening, and was very interested in Dr Dorney's remarks on institutions, and where we are all heading. A very special thanks to Murray Jessup for his S. American display, and appreciation was shown by those present.

The Warden, Mr Freeman, closed the meeting with congratulations to the Committee and helpers, hoping that these meetings continue for many years.

Congratulations to Mr Denzil Casboulton on becoming Warden of the Fingal Municipality. We hope you have a long and fruitful term in office.

The marriage took place on April 9, Of Miss Julie Wright and Mr Bruce Cornelius. Congratulations to you both. Mr and Mrs Cornelius have returned to Bowen, Queensland, where Bruce is working now.

Miss Deborah Salter and Mr David Dawson exchanged wedding vows on Easter Saturday. Congratulations to both Deborah and David and best wishes for a long and happy life.

Mrs Carmen Iles (nee Sumner) and her husband Chris, spent a few days with her parents, Mr and Mrs Ron Sumner at their home at Four Mile Creek, during the Easter break. Also there was Carmen's brother Roger Richardson and his wife Nola, and Cade, only grandchild of Mr and Mrs Sumner.

RESOURCE GROUP ACTIVITIES

Child Care Co-operative Co-ordinator Jennifer Hampton will be visiting St. Mary's on Monday, 2nd May, to meet any people interested in sharing child-minding. Many people do this already and Jennifer would be interested to hear from you at the meeting. Ruth Beecroft, Voluntary Services Co-ordinator will also be attending. The meeting will be held at 11.00 a.m. Watch local shops for venue.

A recent visit to the area by Bev. Jennings Further Education Officer for the North-East, has sparked a good deal of interest in courses throughout the valley. Some courses suggested are; Typing, Welding, Sewing, Farm Book-keeping (suitable for any small businesses or club treasures), Business

Studies A (Meeting procedure, business letters, basic book-keeping). If you have any suggestions please contact Ann-Maree Blunt (722435 or 761498 A.H.).

Courses are usually free though. Welding or Art classes have a \$25 buy for materials. They last 2 hrs. per week for 8 to 15 weeks. Tutors preferably local must be qualified.

Syllabus are set by T.A.F.E. Launceston. Groups need to consist of 8-12 people.

The Fingal Valley Services Directory is almost ready to print.

This is a FREE service and we have gathered as much information as we could about clubs, business and general activities throughout the valley. It is possible we missed you if you want free advertising for your business or club, check to see that we have you listed. PHONE 722435 or 761498 after hours.

LITTLE ATHLETICS.

The annual meeting of the St. Helens Little Athletic Centre was held recently. It was a well attended meeting and St. Marys representatives elected to the Committee were Mary Targett and Elaine Fox. Cross Country is to be held every 3rd Sunday of each month during the winter. Followed by a family barbecue. More news next edition.

ST. MARY'S GARDEN CLUB

Owing to our March meeting being postponed our Annual meeting is on April 28th, 2p.m., RSL Room. Veg of month-Red Beet. Special One flower arrangement. Home Produce Anzac Biscuits 4 on plate, (Donors for Raffle) Donor D. Stone, Lucky Door M. Oliver, Competition L. Mitchell, More competitions games wanted please. As other branches may not get their invitations in time for their meeting, the following are invited Fingal, Bichenor, Scamander, St. Helens. Our members are asked to bring two plates please.

6

WELCOME.

We, the people of St Marys, wish to greet our new Postmaster, Mr Peter wilson & his good lady & babe to our community.

Hoping you enjoy your stay with

us.

ROSSARDEN SCHOOL NEWSRIANA

On the 11th of April, grade two, three, four, five and six went to Riana to stay with some of the people of Riana Primary School.

I stayed with Le-anne Applebee. She and her family were really very nice.

After we travelled on Riana's school bus from the school to the house we were staying at I watched Le-anne play the organ and then Cathy did.

After that when Mr. & Mrs. Applebee came home we went mushroom picking. After that I had a go on the organ and then had tea. After tea I played with the dogs and then had a bath. When we had our baths we had a chocolate and watched a bit of T.V. and then went to bed.

On Tuesday morning we had our breakfast and wash then went outside and waited for the school bus. At about half past nine we left the school for Burnie. First we just walked around a while and then went to the Pioneer Museum. When we had finished in there we walked back to the beach and had a play.

At about 12 o'clock we went to Fern Glade for lunch. After lunch we went to the Lactos Cheese Factory. The man told us some rules, like we had to wear a funny hat to keep our hair out of the cheese and then we weren't to touch any pipes. The best part about the cheese was the tasting of it.

When I got back to the Applebee's, Le-anne and Cathy did their organ practise, then we went mushroom picking again. When Mr. Applebee came home from spud digging we fed the cattle some spuds and then drove the tractor. After tea Leanne and I took off with Stewart and Cathy on the bikes. That night after tea I gave Mrs. and Mr. Applebee a gift for letting me stay there.

On Wednesday morning Mr. Applebee gave me a big bag of spuds. When we got back to the school we gave a plant to thank Mr. Larcombe for letting us come to his school.

On the way back home we stopped at Elizabeth Town for dinner.

Kylie Lewtas
Grade 6
Rossarden

CYSS NOTES

The Fingal Valley-Portland CYSS is not a child minding centre for adolescents. It is not a youth club.

The Fingal Valley-Portland CYSS is a scheme to encourage and help unemployed people to gain skills which

CYSS NOTES

enable them to seek employment with more competence and to cope with unemployment with confidence.

The CYSS is funded by a federal grant but it is entirely administered by local people.

IT CAN ONLY SUCCEED IF IT IS SUPPORTED BY THE LOCAL COMMUNITY - BOTH EMPLOYED AND UN-EMPLOYED!!

If you are interested in finding out more about CYSS - don't hesitate to phone Denise or Steve on 722187, or call in to Todd's Hall, St. Marys any day between 10am and 4pm.

The following courses and activities have been organised and will commence soon.

- . Fibreglassing and canoe making - St. Marys
- . Motor Mechanics - Blunt's Garage, St. Marys.
- . Leatherwork - Parish Hall, Avoca
- . Woodskills and Furniture-making - Avoca School and St. Marys
- . Sewing and Needlework - St. Helens School
- . Breadmaking and Low Budget Cooking

Several other courses are planned and more details will be available soon.

If you or someone you know might be interested in any of these activities - give Steve or Denise a call on 722187, or call in to Todd's Hall.

BUT HURRY, INTEREST IN SOME OF THESE COURSES HAS BEEN GREAT AND NUMBERS MAY HAVE TO BE LIMITED.

At the moment we are also planning two other important courses. We hope to have these training schemes off and running within six weeks.

(i) The Farm Skills course. This course will take place at various properties through the Fingal Valley. It is aimed at young people who may wish to obtain casual farmwork at various peak periods. We hope to develop a number of people who may be called upon by farmers at any time. The skills gained will be in areas such as fencing, lambing and calving, shearing shed work, irrigation, machinery and treeplanting.

(ii) The Deckhand Skills Course. It is hoped to run this course in conjunction with the Professional Fishermen from St. Helens. It will be a shorebased course aimed at training deckhands in all facets and types of fishing.

Any fishermen or farmers who wish to help with these courses or who have ideas for their improvement, please get in touch with Steve Thomas or Denise Bowles on 722187.

THE FINGAL VALLEY HISTORICAL RESEARCH GROUP - INTRODUCTORY INFORMATION

At the Advance Australia Fingal Group Community meeting of 7th February, 1983, a group of residents discussed the promotion of tourism in the Fingal Valley.

High on the list of topics which arose was the need to promote the history of the area.

However, it was noted that very little of our history has been recorded and there is an urgent need to collect and present information. Consequently it was decided to form a Fingal Valley Historical Research Group, the inaugural meeting of which was held on 16th February, 1983.

Primarily, the group aims to collect, document, pictorial and oral information related to the history of the Fingal Municipality.

The information gathered will be stored at the Fingal Library as a reference collection.

The Advance Australia Fingal Group has made available \$100.00 for the purchase of cassette tapes for the oral collection and the State Library has offered a filing cabinet and photo copying service for documented evidence.

The pictorial collection consisting of photographs, maps, drawings etc. will be displayed in the library on a topic rotation basis and it is hoped that such displays will encourage greater community participation in the group's activities. An extensive effort is now being made to gather any information which will be of use in the establishment of a comprehensive collection.

We are seeking old books about Tasmanian early history, photographs, newspaper cuttings, letters, diaries, family trees, documents or anything else which might be considered relevant.

We would also like to hear from any elderly residents or ex-residents. Put your memories down on paper or let us know if you are willing to be recorded on tape.

It must be emphasised that the items gained become part of the Fingal Library reference collection.

We would greatly appreciate donations of materials, but add that anything given on loan will be respected as such and items will not be taken from the library unless permission is gained.

We envisage that items will only be taken from the library for copying purposes and that these will be cared for by State Library staff.

The group would like to publish periodically their findings and it is hoped that a summary of our history will be available by the end of 1983 for inclusion in a tourist pamphlet of our area.

In order to succeed, the Fingal Valley Historical Research Group relies on your assistance in making information available and in the organization of the project.

Items for the collection can be left at the Fingal Library, Monday, 1 - 4pm Wednesday, 1 - 4pm, Friday, 1 - 4pm and 7 - 8pm.

For information about the group, contact Kaylene Sutton, Ruth Miller or John Clements, all of Fingal.

Find the Words.

M	C	O	A	L	D	U	S	T	I	D
U	A	V	A	L	L	E	Y	S	M	O
S	T	R	A	I	N	S	C	A	A	N
I	P	L	A	N	E	S	A	W	R	K
C	T	O	O	T	M	P	R	I	D	E
B	C	E	E	C	H	A	I	N	I	Y
M	Y	C	N	F	I	O	A	G	G	F
X	A	B	D	T	R	U	N	E	R	U
R	F	E	S	T	I	V	A	L	A	N

Marathon, Run, Coal, Dust, chain

sawing, Donkey, Ride, Planes, Trains

Music, Race, Tent, Festival, Valley,

Mardi Gra, Fun, B.M.X. Toot, Car.

INCENSE - RIDERS.

ANYONE INTERESTED IN A TRAIL RIDE AND BARBECUE ON ANZAC DAY (weather permitting) CONTACT VICKI OR KRISTINE BARR ON 722373 OVER THE WEEKEND. RIDE WILL LEAVE FROM KRISTINE'S HOME AT 1.00 (BRING OWN MEAT AND DRINK). IF ENOUGH RIDERS AND PARENTS SHOW THEIR INTEREST, MOVES WILL BE MADE TO ESTABLISH A PONY CLUB

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AT LEISURE

OCCUPATIONAL ASSISTANCE SERVICE

SYMPTOMS AND SOLUTIONS OF EMPLOYEE EFFICIENCY DECLINE.

The Occupational Assistance Service has now been in operation for almost two years.

As a pilot study several things have emerged. There is a definite need in the community for such a service and people are using it with increasing frequency.

Most importantly, local businesses in a period of economic hard times are still demonstrating that they care about their employees as people, as well as seeing their staff as one of their most valuable assets.

It's sad but true that even in a small business, stress related problems can arise. The problem could well be with an old and trusted employee, a friend who's been with you through thick and thin. You may have noticed a gradual increase in absenteeism. You've heard the lines before.

"Look, I won't be in today, been up half the night with a stomach wog". Or maybe an increase in minor accidents, sprained ankles, squashed fingers or broken and damaged plant or equipment.

Monday-itis and chronic hangovers can become serious in cost to a small business. Simple things like a driver's licence lost through a drink driving offence can place unnecessary burdens on other employees. Interpersonal problems and clashes often result in reduced job efficiency. An employee with a problem can cause great friction and disharmony between people-on-the-job. Don't jump to conclusions. Even though you know your employee as well as anyone, there may be hidden causes or any number of reasons why his or her behaviour has changed.

Making assumptions may make him worse, he may resent your involvement. You might just force a resignation and cause an ugly scene, solving nothing.

The employee's problem will not be solved by being out-of-a-job and you will be faced with the cost of hiring and retraining someone else to fill his place. It is cheaper to solve the problem than replace the employee.

O.A.S. can help you to help your employee. Our counsellors are trained professionals. The underlying problem might be as varied as alcohol, marital or family problems, financial or legal stress, drugs or a complex combination of these factors.

It is not uncommon for a nervous disorder or a physical problem to change the behaviour of a previously worthwhile employee. You DO need professional help.

The Occupational Assistance Service is located at 38a Brisbane st, Lton.

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CAMPBELLTOWN

ENQUIRIES MAY BE DIRECTED THROUGH:

MR D. CASBOULT
ST. MARYS

PHONE 722143

OR

MR T. PEARS
CAMPBELLTOWN

PHONE 811167

BRUCE DAVIDSON

FUNERAL DIRECTOR

B. & J. A. SPILSBURY

PHONE ST. MARYS 722233 OR 722155

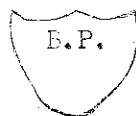
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(G. RICHARDS)

STARDUST

BY LADY LUCK.

FORTNIGHT BEGINNING APRIL 22, 1983.

TAURUS: April 21 - May 21

There seems to be some enmity around you at the moment and if you are not quick, situations will soon get out of hand. Make sure everyone knows exactly where they stand and why you do the things you do.

LUCKY NUMBERS: 4, 15, 22, 33.

GEMINI: May 22 - June 21

Matters which have never really been tackled will come briefly to the surface and you will be at a loss to handle them. You must place the needs of others above your own, or you will spoil everything.

LUCKY NUMBERS: 6, 12, 19, 38.

CANCER: June 22 - July 23

Be careful to avoid stepping on the toes of friends and close associates. Your actions will be remembered for a long time. Travel and change are favored. Watch health, avoid excesses in food or drink.

LUCKY NUMBERS: 9, 17, 28, 31.

LEO: July 24 - August 23

This is not really the time for you to do anything important, your judgment may be a little warped and any mistakes made now will be paid for later. Love life is very happy. Not much happening around you now.

LUCKY NUMBERS: 1, 21, 30, 32.

VIRGO: August 24 - September 23

During the next few days, your mind will turn to the larger issues of your life and you will be considering your future. Your hopes and wishes may not turn out as you wish, but you will have the fun of dreams.

LUCKY NUMBERS: 3, 11, 24, 36.

LIBRA: September 24 - October 23

This week seems to be favourable for all kinds of mental activity. This would be a good time to apply for a raise or even a new job. There are good aspects for travel and romance.

A good time for property transactions.

LUCKY NUMBERS: 2, 13, 22, 35.

SCORPIO: October 24 - November 22

A good time to be with friends, take a vacation or do some of the things which you enjoy most. You will have a desire to relate to others on a personal level, but don't be too clumsy or direct.

LUCKY NUMBERS: 1, 14, 27, 38.

SAGITTARIUS: November 23 - December 21

This could be a lucky week for you but this doesn't mean you can proceed without caution. You will have an opportunity to reverse a situation which has been worrying you for a very long time.

LUCKY NUMBERS: 3, 10, 29, 40.

CAPRICORN: December 22 - January 20

You may embark on new and exciting ventures, and will settle outstanding accounts. You will gladly accept responsibilities and people will be inclined to trust you.

There is a chance of travel abroad.

LUCKY NUMBERS: 6, 9, 17, 28.

AQUARIUS: January 21 - February 19

This will turn out to be a very energetic time and you will assert yourself much more vigorously, and as a result you will get a great deal done. You will be able to demonstrate that you are worthwhile.

LUCKY NUMBERS: 2, 15, 23, 34.

PISCES: February 20 - March 20

You have always been a soft touch for a sob story and this week shows that you will never really change. This will be a year when realistic thinking is most important. Nothing is achieved by rushing.

LUCKY NUMBERS: 6, 16, 26, 30.

ARIES: March 21 - April 20

For some time now you have fought hard to attain a goal which is very precious to you, and this week sees the first glimmer of success. Don't let this glimmer of success go to your head, as there is still much to do.

LUCKY NUMBERS: 5, 12, 24, 37.

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