

# THE VALLEY AND EAST COAST VOICE

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## COMMUNITY BASED FM - WHAT IS IT?

by Tim McManus, Falmouth.

There's a tendency in our rapidly changing world, for those effecting the changes to assume that the jargonistic language they employ is as comprehensible to everyone else as it is to themselves.

Such is often not the case with the result that many people, particularly in the over-50s age group, end up in a 'King's Suit of Clothes' situation - feeling compelled to support a cause they don't understand and might not appreciate even if they did.

For instance some will be aware that a small local Steering Committee has been formed to inquire into the possibility of establishing a Community FM radio station in the district. But what in this context does 'community' mean, and what is FM?

Hopefully after reading on, matters will become a little clearer.

FM stands for Frequency Modulation and is simply a method by which information - music, speech or whatever - is added to a carrier wave to enable it to be transmitted from one place to another.

All radio and television transmissions rely on this principle without which their signals would not travel very far.

Take for example the human voice. It is quite feasible to send verbal signals from room to room, or even further down a hollow pipe; but eventually the sound energy is incapable of disturbing the air sufficiently for it to be audible beyond a certain distance.

However superimpose it upon an electrical impulse along a wire as in the telephone and one can be heard on the other side of the world. Radio transmission is much the same except that wires are not used -

hence the term 'wireless'.

Instead specially generated electromagnetic carrier waves act as the transmitting agent. In order that each set of signals may be received separately, it is necessary for the frequency of these carrier waves to be varied from one station to the next.

Tuning a radio across a dial or changing a TV channel, is simply adjusting the receiver to select a particular carrier wave frequency from which the sound or picture information is to be extracted.

But how is audio or video information superimposed upon a carrier wave?

There are several methods of doing this, all of them involving a process called modulation. In a familiar example we employ our lips and tongue to modulate sound waves from our larynx to produce intelligible speech.

Radio carriers are modulated basically in one of two ways, either by altering their amplitude - or height - in sympathy with the sound signal - called amplitude modulation or AM; or by altering their frequency to coincide with the signal - called frequency modulation or FM.

AM transmission is used in ordinary broadcast band stations such as 7NT, 7LA, 7EX and 7FG. Unless one lives close to the transmitter the signal may lack clarity and is subject to noise interference and fading, particularly at night.

FM transmissions on the other hand, produce crisp clear sound which is not generally affected by atmospheric noises and is rarely prone to distortion or fading.

What is the catch then; why can't all radio stations transmit their signals in this manner so we could enjoy TV-clear sound all the time?

The catch is that, for technical reasons, FM transmitters must be located where they can actually be seen if good reception is to be assured. No line-of-sight often means poor or even



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to Bicheno.

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That most small business owners do  
not appropriately manage their bus-  
iness thus causing reduced profit-  
ability or business failure.

For appointments please contact  
St. Helens 76 1707, St. Marys  
72 2172, Bicheno 75 1132  
Launceston 31 4577.

## DON & DINAH

Takeaway  
St. Marys PH: 722287

### THIS WEEKS SPECIAL

Whole Flounder	\$1.30
Bananas	\$1.40KG
New Potatoes	.80KG
Golden Delicious	.30 <sup>c</sup> each
Red Delicious	.30 <sup>c</sup> each
Grape Fruit	.30 <sup>c</sup> each

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## LAND SURVEYOR

Peter Anderson of Peacock,  
Darcey & Anderson Pty. Ltd.  
Registered Surveyors, 62A  
Cameron Street, Launceston  
advises he now visits Fingal,  
Portland and Glamorgan  
Municipalities on a regular basis.  
Any survey matters may be  
discussed during visits on  
the last Friday of each month,  
or at times by arrangement.  
Interviews or site visits may  
be arranged by ringing Peacock,  
Darcey & Anderson Pty Ltd. on  
003 31 8804.



November 10th 1984 the St. Marys R.S.L.A. Sub-Branch will be holding their annual dinner at 7pm. All members are invited to attend. And Sunday 11th at 10.40am there will be a service at the Cenotaph for Armistice Day remembrance day. Everybody are invited to this service.

J.F. McGee.  
Sec.

## Fingal Primary School Centenary.

Celebrations continue the weekend of Oct. 27th commencing with a "Fair" opening 11am. Stall will be Fancy goods, Confectionery Cake, Novelty Photographs, Trash & Treasure, Produce, Chocolate Wheel, Souvenirs, & Hoopla. Luch will be available. Following the "fair" will be the Reunion Dinner which is now to be held at the Fingal Recreation Ground, not at the School as previously advertised. Old scholars bring your family & friends, starting time 5.30pm Good dinner followed by a barbecue supper. Music supplied by a country & western band. Adults \$4, Children \$2.

December 1st keep this day FREE for St. Marys Lions Club Fun and Sports Day. Chopping, Gymkhana, Miss Tiny Tot, and other attractions. Also Best cardboard carton fancy dress, parade for school age entrants. More Information Later.

Ante-natal Classes. Will be beginning shortly, could any pregnant ladies wishing to attend please phone the Hospital for further details.

The Fingal Valley Welfare Committee for Senior Citizens. The next meeting of the above committee will be held at the Nurses Recreation Room, St. Marys District Hospital on Monday Oct. 29th at 8pm.

The next Committee meeting of the Fingal Valley Meals on Wheels Group will be held at the Nurses Recreation Room, St. Marys District Hospital on Monday Oct. 29th at 7pm.

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You are cordially invited to a Display of AVON Products at St Marys R.S.L. Club on Friday 26th Oct From 12.00 to 2pm. All Welcome.

## ST. MARYS VOLUNTEER FIRE BRIGADE

Volunteers are URGENTLY needed for the coming fire season. A meeting will be held at the fire shed on Thursday 11th Nov at 7.30pm, if you are able to attend or a training session held later in the year for new volunteers. As the coming fire season looks to be the worst for several years. Your support is urgently needed as our regular volunteers are few in numbers.

NEED YOUR SUPPORT

Storey Street  
St. Marys

## BLACK GOLD BOUTIQUE

Ph. 722441

NEW SEASONS JEANS  
GIRLS 8 - 16  
TODDLERS 2 - 7

LOVELY YOUNG FASHIONS

MENS & BOYS T. SHIRTS (BUDGET PRICED)  
ATHLETIC COLOURED SINGLETs

# CHURCH

## FINGAL-PORTLAND UNITING CHURCH

### Sunday October 28

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

### Sunday November 4

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

## ANGLICAN PARISH OF THE FINGAL VALLEY

### Sunday October 28

9.00am H.C. Fingal  
10.30am H.C. St. Marys  
3.00pm H.C. Mathinna  
7.00pm H.C. Avoca

### Sunday November 4

9.00am H.C. Fingal  
10.30am Family Service St. Marys  
7.00pm E.P. Royal George

## MEALS ON WHEELS

### OCT./NOV.

Sunday 28  
Monday 29  
Tuesday 30  
Wednesday 31  
Thursday 1

Sunday 4  
Monday 5  
Tuesday 6  
Wednesday 7  
Thursday 8

### ST. MARYS

Gerald Aulich  
CYSS  
Dave Robinson  
Clive Berwick  
Jean Schier  
Eric Bean  
CYSS  
Mary Targett  
Jill Moore  
Maryanne Mitchell

### FINGAL

Mr. R. Saunders  
Mrs. J. McKenzie  
Mrs. I. Francis  
Mrs. R. Miller  
Mrs. C. Turner  
Mr. J. Parker  
Mrs. R. Saunders  
Mrs. B. Hughes  
Mrs. R. McGee  
Mrs. R. Cowie

### BUILDING:

From three to six years of age, blocks are among the best toys a child can have. Wooden blocks are easily made by sawing two-by-four inch timber into lengths of three, six, twelve and twenty-four inches. Sand these smooth to eliminate splinters. You can also use: Full cans and Mix boxes, milk cartons, shoe boxes and cigar boxes and clothespins.

# NEWS

## SPECIAL MEETING OF COMBINED VESTRIES

A meeting of the combined vestries of the Fingal Valley and St. Helens plus any other interested persons will be held at:-

St. Marys - Monday Nov. 5 -  
7.45pm - Parish Hall

The meeting will be addressed by Dr. John Williams who is the Acting Director of the Dept. of Christian Education in the Diocese of Melbourne. He serves as one of 3 Regional Directors and has a ministry to work with vestries enabling them to plan and set goals for their ministry.

Please advise if you are coming  
Rev. Ross Flint, 742113.  
Ladies a plate please.

## CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption  
Sundays Oct. 28, Nov. 4 9.00am

St. Helens - SS Helena & Stanislaus  
Vigil Mass Saturdays Oct. 27, Nov. 3  
6.30pm

### Fingal - St. Joseph

Sundays October 28, November 4 10.30am

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

Bicheno - Community Church  
Sunday November 4 4.00pm

PARISH PRIEST: Father Joe Medwin,  
The Presbytery, St. Marys. Phone  
(003) 722252.

## DRUG SQUAD

R.S.L. HALL 26 NOV. 6PM

## CHIROPODIST

MISS DORIS HOOPER: In practice  
Doctor's Surgery - St. Marys

Details - Phone 002 570171 before  
8.00am any day

## SPORT

## TENNIS NEWS:

ANDREW FRANCIS - The St. Marys Tennis Club extends deepest sympathy to his family. Andy was a dedicated member and respected friend of all club members. He will be greatly missed by us all.

EAST COAST TOURNAMENT - The mixed doubles tournament scheduled for Sunday 28th October, has had to be cancelled due to lack of entries. It is hoped it can be organised at a later date.

WORKING BEE - The Club would like to express its thanks to all who worked so well on Sunday to prepare the courts for the coming season.

OPENING OF NEW COURT - All intending 1985 members of the St. Marys Tennis Club are invited to a fun day on Saturday 27th October, starting at 10.00am. Partners will be changed after each set and points will be awarded. Winners at end of day will be the ones with the most. Please bring a barbecue lunch.

ST.MARYS GOLF NOTES BY TEE UPMEMBERS 9 HIDDEN HOLES

D. Lavelle	13	29
K. Davern	3½	30½
R. Davern	8½	31½
C. Davern	10½	31½

Nearest Pin P. Lynch

JUNIOR AND SUB JUNIOR 36 HOLES CHAMP.

Jason Kerrison	162
Chris Davern	165
Drew Berwick	174
D. Lavelle	176

BOGEY

R. Davey	(17)	4 up
Jason Kerrison	(17)	1 up
D. Lavelle	(23)	sq.
T. Viney	(13)	1 down
J. Davern	(19)	1 down
R. Costain	(27)	1 down

ANNUAL MEETING ASSOCIATES

President	Mrs.C.McGee
Vice President	Mrs.Y.Davern
Secretary	Mrs.K.Wright
Treasurer	Mrs.H.Hayes
Captain	Mrs.M.Cook
Vice Captain	Mrs.I.Francis
Handicapper	Mrs.M.King
Committee	Mrs.K.Blair

The Club had a very profitable and happy year and Golf resumes next year on February 27th, 1985.

CRICKET NOTES BY HOWZATSCORES 20.10.1984

ST.MARYS		Versus	BRIDPORT	
138 runs			77/147 runs	
BATTING			BOWLERS	
Ross Bean	16		John Miles	1/48
John Miles	9		Greg Cook	0/17
Glen McDonald	24		Raz	2/33
Andrew Lavelle	0		Ross Bean	1/14
Alan Fidler	8		Glen McDonald	1/11
Raz McDonald	46		Roger Salter	1/8
Glen Lodge	8		Andrew Wright	0/4
Roger Salter	15			
Greg Cook	2			
Scott Bean	1			
Extra	8			
			TOTAL 9/138 50 Overs	

Club Captain for 1984/85 season is Glen McDonald with Ross Bean his Deputy. Eric Bean has taken over the Presidency of the Club from Terry Targett who has moved to Scamander.

Terry shall be missed by the Club not only as a Clubman but also a player and the Club wishes him well in his new Club Scamander.

Training is conducted each Monday and Wednesdays at 5pm so all players interested in playing this season with the Club are welcome at training.

Supporters this weeks home game against Branhholm starting at 11 o'clock will be your chance to get behind the Club in their fundraising efforts also the following Roster will remind you all where your team is playing.

SCOTTSDALE CRICKET ASS. ROSTER 1984/85  
1st named are home teams.

OCT 27	ST.MARYS V BRANHOLM	JAN 5
NOV 3	ST.MARYS V SCAMANDER	JAN 12
NOV 10	PYENGANA V ST.MARYS	JAN 19
NOV 18	(Sunday)	
	ST.MARYS V WINNALEAH	JAN 26
NOV 24	CENTRAL V ST.MARYS	FEB 2
DEC 1	SCOTTSDALE V ST.MARYS	FEB 9
DEC 8	ST.MARYS V RINGWOOD	FEB 16
DEC 15	ST.HELENS V ST.MARYS	FEB 23
DEC 22	ST.MARYS V BRIDPORT	Last named home team.

FINALS March 2nd 2nd Round  
March 9th  
March 16th

The Club would like help with afternoon tea each home game.

FOOTY NOTES:

Annual General Meeting of the St. Marys Football Club will be held this Friday night at the Hotel's Dining Room, 7.30 pm.

All football followers make the effort to be there. Election of officers for 1985 season.

POSITION VACANT - Secretary-Manager of the St. Marys Football Club.

Thanks Les Lavelle.

# ST. MARYS DISTRICT HIGH SCHOOL

## SCHOOL FAIR:

Thank you to all parents and friends of the school who assisted with the School Fair on Friday. Their time, effort and generosity is most appreciated.

Winners of the Parents and Friends Association raffle were:

- 1st - Radio/Cassette Player -  
Vanessa Singline
- 2nd - Dinner Set - S. Horsman
- 3rd - Electronic Game -  
Scott Strochnetter
- 4th - Video game - Shane Goss

Mrs. Bax won the raffle conducted by Fingal parents and Astra Lees won the Bicheno grocery hamper.

## SECONDARY MUSIC SCHOLARSHIPS:

Secondary Music Scholarships are being offered to students entering high school in 1985 in order to ensure that students who have obvious ability in music and are interested in high performance, have the opportunity to develop their talent.

This assistance, namely \$300 per year, will enable individual tuition to be given in local areas where the access and availability of teachers is known.

Applicants will undergo a standardised musical aptitude test plus audition/interview procedures in order to be considered for the offer of a scholarship.

Successful scholarship holders will be expected to attend regional workshops and an annual music week to be held in Hobart during the last week of second term.

Should it not be possible for the holder of a scholarship to be taught in their local district area, the opportunity will be given to enrol at a high school for which hostel accommodation is available.

The scholarship does not cover the cost of such hostel fees which are already subsidised by the Government.

Application forms and further information are available from Regional Education Offices and from the Schools Music Centre, 229 Campbell Street, Hobart. 7000 Applications close on November 16th, 1984.

## MUSIC LESSONS 1985:

A reminder that details of arrangements for piano lessons with well-known musician, Mr. Don Ives, are available from the school.

## RURAL SCIENCE EXCURSION:

During the next two weeks, each of the two Grade 9 Rural Science groups will go on two-day excursions to Winnaleah.

They will visit dairy farms in the area and work in the milking sheds as well as visit the United Milk factory at Legerwood.

## M.S. READATHON:

Students at this school raised over \$500 during the M.S. Readathon. Natasha Faulkner and Rachel Dawson won prizes for the most money raised.

## LOAN ISSUE:

Families who are on Loan Issue should now re-apply for 1985.

Forms will be sent home for completion during the next week or so.

Any other parents who consider that they may qualify for Loan Issue are asked to collect a form from the school office.

## AUSTRALIAN SCHOOLS SCIENCE COMPETITION:

Nine students achieved results in the top 25% of all Tasmanian entries. Of these, four were in the top 15%.

Congratulations to the following students: Alison Street, Michael Cook, Tim Fountain, Grant Young, Alison LeFevre, Douglas Loane, Jason Costain, Kylie Lewtas and Debbie Stewart.

## ORAL HISTORY PROJECT:

The Education Department is to undertake an Oral History Project during 1985 as part of its centenary celebrations.

The aim of the project is to

# ST MARYS DISTRICT HIGH SCHOOL

interview people who have been involved in public education in this state; from those whose only contact with the schools has been when they themselves were students, to those who have spent their lifetimes working for the Education Department in various capacities. The recollections of these people will be tape recorded and stored in the State Library as a bank of reference material for future researchers.

Any member of the public who would like to be involved is asked to contact the Principal.

## PRIZES AT ROYAL LAUNCESTON SHOW:

The following students gained prizes for needlework exhibited at the Royal Launceston Show.

### Nightdress

- 1st - Mandy Izard, Grade 7
- 2nd - Katrina Gamble, Grade 7
- 3rd - Jodie Newman, Grade 7

### Hand Embroidered Article

- 1st - Diane Cook, Grade 10
- 2nd - Jenifer Rubenach, Grade 10
- 3rd - Anita Grave, Grade 10

Four Grade 10 students; Kathy Aulich, Dianne Cook, Justine Higgins and Tania French modelled their garments last Wednesday at the Show with sixty other Northern High School students and although they did not win any prizes, they are to be congratulated on their fine effort.

## SCHOOL ATHLETIC SPORTS:

Parents and interested friends are invited to the school's annual athletic sports on Wednesday, 31st October and Thursday, 1st November.

Primary Events 9.45 - 12.15  
Secondary Events 12.15 - 3.30

## TELE TIME:

The average Australian child at the age of 16 will have spent 17,500 hours in front of TV and only 15,200 hours in school.

Children are viewing at least 3 hours TV each day, EVERY day of the year.

A recent Sydney survey showed:

- 130,000 children were watching more than 30 hours per week!
- 52,000 of these children viewed more than 40 hours per week!!
- 7,000 children spent more than 60 hours each week in front of TV!!!

Those 52,000 children watching more than 40 hours per week were in fact obtaining the same exposure to films as they would by going to cinemas twice a day every day of the week, every week of the year.

Every minute of TV TIME tells your child something about.....

PEOPLE  
GREED  
ADVERTISING  
CRIME  
WAR  
ANIMALS  
FOOD  
MONEY  
VIOLENCE  
SEX  
LAUGHTER  
HATE  
LUST

..... depending on the choice of program.

What is TV TIME in your home telling your child?

DO YOU CARE?

YOU CAN

- Take control of TV viewing in your home.
- Put limits on viewing.
- Guide children in making suitable program choices.
- Give reasons for not allowing unsuitable programs to be watched.
- Watch programs with very young or nervous children. You can answer their questions and soothe their worries. You can help them learn the difference between TV fantasy and the real world.
- Discuss programs with your children. Your views will help them make better judgements.
- Organise reading, drawing and painting activities around favourite programs.
- Discuss children's programs with other parents. Send your comments to TV stations.
- Turn off your TV set for a change - there are other good things to do.

COMMUNITY BASED FM - CONT. FROM  
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no reception, especially in rugged regions like Tasmania's east coast.

Nor is the solution merely to position the FM transmitter on the highest available mountain in the area.

For example, ideally the Channel 1 and 11 TV translators on South Sister would give much better local coverage had they been placed on top of St. Patrick's Head, but how could power be supplied and just imagine technicians having to clamber all the way up there every time a breakdown occurred!

Inevitably compromises will always be necessary with a view to practicability, finance and consumer interests. Your local Steering Committee is presently addressing these problems.

A Community-based Frequency Modulated radio station is essentially a local programme source by the people for the people and with the people.

Transmitted material is selected with regional needs and demands in mind. It will in most cases be prepared by local individuals and hopefully will involve suitably trained local producers and announcers.

Thus in fact 'Community-based' means designed to satisfy the needs of the community being serviced while simultaneously involving a major input from that community.

Two questions are of immediate concern to the Steering Committee.

The first has been mentioned already and relates to the difficulties associated with covering an appropriate listening area in our awkward Esk Valley - East Coast district. Is the project technically feasible?

The initial objective is to include the main population centres in the Municipalities of Fingal, Portland, and Glamorgan, but before any decisions in this regard can be made, experimental transmissions will have to be conducted - probably from South Sister - for field-strength evaluation at as many sites as possible.

Once this question has been answered, the second one follows automatically. Do we really want a local Community-based FM radio station and are we prepared to support it physically and financially to the extent laid down by the Australian Broadcasting Tribunal?

The information gathering process has just begun. Soon it will be

time for you the potential consumers to have your say. We hope you will do so.

WESTPAC STAFF  
ST MARYS

SINCERELY REGRET THE  
UNFORTUNATE DEATH OF THEIR  
STAFF MEMBER

ANDREW

"BETTER THAN A WORKMATE  
BETTER THAN A FRIEND"

SINCERE SYMPATHY TO  
MORT KATH & COLIN

RETURN THANKS

MRS HARDING AND FAMILY would like to thank Dr. Geniola and Nursing Staff of St. Marys for the care and attention of my late husband, Bob Harding.

Helen Harding

CLASSIFIEDS

WANTED TO SELL.....A FOXMAN WEDDING GOWN (Rose lace, long trail, silk lining, sweet heart neckline with blue flowers and lace edging) size 14. New price \$455. Selling for \$325. Phone 722487.

WANTED TO SELL.....Set of bunk beds, a lawn mower and 22" colour television which needs repairs.. Phone 722487.

WANTED TO BUY.....Single S/S wash trough. Phone 722251.

FOR SALE.....25 feet new oregon chain - \$2.30 per foot. Phone 722251

HANDY HINT

COMPLIMENTS CUT PRICE

SAMS

St. Marys

Open 8-30am - 7.00 Mon - Fri.  
9-00am - 12.00 Sat.

A good ant killer, derris dust mixed with jam and put where they gather. Effective also with European Wasp.



## ST. MARYS LIONS CLUB PICNIC FOR SENIOR CITIZENS.

On Wednesday 24th October, more than 50 Fingal Valley Senior Citizens enjoyed a B.B.Q. outing beside the river at Griffen Park, Mathinna as guests of the Fingal Council and the St. Marys Lions Club. Amongst the elderly guests were several over 80 yrs and one gentleman who was celebrating his birthday, these were all presented with Lions cakes.

Lions Club members did the B.B.Q. cooking and everyone appeared to thoroughly enjoy themselves especially as the weather was so fine and Griffen Park is so well maintained in a beautiful river setting.

## THE NEW PARLIAMENT HOUSE

Australia's first Federal Parliament met in temporary accommodation in Melbourne on 9 May 1901. For the next 26 years, our Federal Parliamentarians occupied the present Victorian Parliament House.

In 1927, Canberra, the 13 year old capital of the Nation, became the permanent location of Parliament. However, the building currently serving the 125 Members and 64 Senators was originally expected to provide only 50 years.

The Government officially announced its support of a new Parliament House in 1978. The Parliament House Construction Authority was established and were to be responsible for the design selection and building.

Originally fixed at \$220 million, budget projections rose to \$439 million when inflation up to 1983 was taken into account. Now however, due to an increase of 35 parliamentarians who will be occupying the new building following the redistribution of electoral boundaries, the necessary extensions have put cost estimates at \$620 million.

Construction of the new Parliament House is an ambitious undertaking. Surrounded by gardens, the site will provide parking space for 20 buses and 1,930 cars, dining service for 1,300 people, the public galleries in the two Chambers will seat 1,000 viewers and public tours will be conducted in sound proofed galleries also to be used by the media. Recreational facilities will include 8 tennis courts, a bowling green, walking trails and an exercise course.

The basic philosophy behind the architects design is to portray Parliament House as; the seat of Australian Government, a symbol of national unity

and a source of national prestige. International renown will undoubtedly follow.

The structure is to be finished by December 1985 and occupation is to commence in July 1987. The completion date, January 1988 will coincide with the Bi-centenary. So 87 years after Federation, Australia will have a permanent Parliament House to accommodate generation of politicians in future centuries.

By Senator John Watson.

## PROGRESS REPORT TO FINGAL VALLEY RESOURCE GROUP INC.

Outlined below is a progressive report of activities in relation to the Dorset Nursing Mothers Association Group and the functioning of the foster group on the East Coast.

Since March 1983 trained counsellors and other supportive members of the Dorset Group have been travelling regularly to the area with very consistent attendance by East Coast mothers. Already several have confirmed this commitment by becoming financial members of the Association and thus ensuring the continued growth of N.M.A.A. in this area when the trainee counsellors have completed their training.

In 1983 the two trainees, Mrs Jane McNaught and Mrs June Watts travelled regularly to Lilydale to the Trainee Advisor Mrs. R. Boote, where they met with and trained with other trainees from the Northern Region. Both trainees were also able to attend the State Conference in Hobart. Already Jane and June are showing the need within the community for such a service that N.M.A.A. provides being witnessed by the number of counselling calls they are already receiving and the manner in which health services are recognising their contribution in relation to ante-natal talks and the like.

During 1984 again counsellors from Dorset have travelled regularly. Mrs McNaught and Mrs Watts have been able to attend the State Conference in August in Launceston, and Jane attended a first ever Trainee Workshop weekend at Ulverstone. June was unable to attend through family illness.

Through a need from the ante-natal talks, it is our intention to purchase a video cassette for this new group to use at classes and any other lectures or group meetings where the need arise. This equipment will be purchased from Grant money.

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# FINGAL VALLEY POLICE CITIZEN YOUTH CLUB.

The next meeting of F.V.P.C.Y.C. will be held at the Police Station St Marys on Thursday the 8th November at 7pm. On Monday 29th October both Snr & Jnr groups will go to Seaview for a combined B.B.Q. Children will leave the Youth Club at 5pm. Food and drinks will be provided by the Club - All available Supervisors for transport etc. All trampoline sessions have been cancelled until next year. Children with club leotards are asked to please return to Mrs Hendley as soon as possible. 11 regular girls & boys have attended the Air rifle shooting on Tuesday nights with Mr B. Glatte & Mr M. Webb. These children will travel to Hobart by bus on the 18th November to compete in the State Air Rifle competitions. Our team last year finished 5th position overall so lets hope our shooters do as well or if not better this year. Notices will be given to the children concerned before the trip with times & requirements etc. The club has arranged for Drug Squad to visit R.S.L. Hall on 26th November at 6pm. for films. Displays & talk on drugs. This lecture would be most beneficial to your children & is open to ALL children not just club members. Parents are most welcome to attend also.

PLEASE NOTE .  
Drug Squad R.S.L. 26th Nov 6pm.

## AZALEAS.

Azalea like a well drained light soil, peat moss, and old rotted saw dust are the best ingredients to lighten and loosen the soil. They should be sown 30cm to 45cm and no deeper. An azalea will grow well in a pot or tub, sown in a good potting mix, with sawdust and peat moss added. If growing in pots they should not be placed with hot sun surrounding the pot itself, as the heat can burn the roots through the containers. Water well, any new plants until they become settled and begin growing. An azalea loves lime carefully added, it must be a slow release and not enough to change the soil acidity. Do not use poultry manure near azaleas. After flowering, azaleas should be given the azalea & Camelia fertilizer about once a month, only a little to each plant and do not over-feed. A handful to each square yard of soil should be plenty, & a teaspoon full to a 8in pot. Sprinkle on soil & water in. Do not feed during winter or at flowering time, this could mean plenty of new growth & no flowers. Azaleas often get petal blight which prevents the flowers from opening. Spray with Bentlate, making sure surrounding soil gets a good spray too.

PUPPETS - Small paper bags: These can become hand puppets if you help your child draw faces on them. A White bag can be a ghost; a shiny ice-cream bag could be a knight. If you make a little hole for the mouth, the child can poke a finger through it and make a "talking" sound.

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.....  
Mrs. McNaught and Mrs Watts are both in the final stages of their training programme and we expect to have them qualified by the end of 1984, which would see the east coast group begin in its identity in early 1985. Of course the Dorset Group remain as a "Doula" to this fledging group and support them when appropriate.

Please contact me further if you require any further details.

We all thank your Association for the opportunity this Grant has given for N.M.A.A. to continue our work in this area. Your co-operation and support is greatly appreciated.

(MRS) C.E. WITHERS

Hon. Treasurer

DORSET N.M.A.A. Group

## LADIES VOLLEY BALL NOTES

### Week 5 - 16.10.84

Mafia d Tigers 3-1 (12.15, 15.10, 15.12, 15.11) J. Dragovik and A. Cuthbert best for Mafia. Sandra Gillies and Melissa Aulich best for Tigers.

Smurfs d Kiwis 3-1 (6.15, 15.8, 15.5, 15.10) All girls played well for both teams.

### Week 6 - 23.10.84

Tappy's Breakaways d Smurfs 3-1 (8.15, 15.10, 15.3, 15.0) All girls played well for both teams.

Kiwis d Mafia 3-1 (15.2, 12.15, 15.7, 15.3) Judy Aulich and A. Linfoot best for Kiwis. Kathy Fith best for Mafia.

## ROSTER

### Week 7 - 30.10.84

Breakaways	v	Kiwis	Tigers
Smurfs	v	Tigers	Kiwis

### Week 8 - 6.11.84

Smurfs	v	Mafia	Tappy's B/w
Tappy's B/Ways	v	Tigers	Smurfs

"COMFORT TOYS" If you are going out be sure to slip in one or two of your child's favourite and familiar toys just before you leave. At each age, a child will cling to some toys which he especially cherishes - a teddy bear, an old blanket. In strange & unsettling circumstances, these familiar things are especially comforting for they are the child's link with home.



FIRE PREVENTION WEEK:HAZARDS IN YOUR HOUSE

COOKING STOVES - Do not attempt to dry towels or hang anything from the stoves. If cooking fat catches fire, do not attempt to remove the container from the stove. Turn off the stove. Smother flames with a lid or damp cloth.

Do not attempt to extinguish with water.

Keep overhead canopy extractor fans and filters of range hoods clean.

SMOKING: - A smoker is not only a danger to him/herself, but also to others living in the same house. Never smoke in bed.

Distribute plenty of large ashtrays and before retiring at night check upholstery and under cushions for smouldering butts.

OVERLOADING OF POWER POINTS:

Do not use double adaptors. Replace any adaptors with additional power outlets at needed locations. After using an appliance switch it off and remove the plug. Have all wiring installed by a licensed electrician.

IRONS: - These can inflict painful burns if toppled from an ironing board and are a high fire risk. After use leave to cool in a safe place.

OPEN FIRES - Use a well-constructed screen to prevent embers from igniting your floor coverings and furnishings. Periodically check your chimney for blockages.

HEATERS:- Place heaters well away from walls, furniture or curtains. Children should be taught to keep well away from all types of heaters, especially at bedtime, when loose fitting night clothes could easily catch fire.

Do not dry towels or clothing too close to heating appliances.

EXTENSION CORDS - Avoid extension cords under carpets. Wiring is liable to overheat and ignite felt material. Also ensure extension cords are free of tangles when in use.

FRAYED LEADS - Check all visible wiring, especially appliance leads. Replace at once any that are frayed.

FUSE WIRES: - The fuse wire is a safety device. Replace a blown fuse with one of the correct amperage rating. The use of a higher amperage could allow wires to overheat before the fuse operates.

**B & J A. SPILSBURY**

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# STARDUST

BY LADY LUCK.

FORTNIGHT BEGINNING OCTOBER 26, 1984.

SCORPIO: October 24 - November 22

If you are considering a job change or perhaps looking for work for the first time, conditions are favourable at the moment, and you may find the job you want at the first try. It may well involve travel.

LUCKY NUMBERS: 8, 11, 19, 31.

SAGITTARIUS: November 23 - December 22

The result of a decision made recently may cause you to have a change of heart about matters. You may be inundated with visitors in the next few weeks, most will be welcome but others not so. Take care not to upset..

LUCKY NUMBERS: 3, 10, 19, 30.

CAPRICORN: December 23 - January 20

If you have been considering improvements to your present home, or moving to a new location, you should first listen to advice given by friends. They may come up with some ideas you hadn't thought of.

LUCKY NUMBERS: 4, 18, 25, 40.

AQUARIUS: January 21 - February 19

Top priority should be given to money matters, and you should also experience changes concerning your career or occupation. Adopting a positive mental attitude will have excellent results.

LUCKY NUMBERS: 2, 5, 16, 36.

PISCES: February 20 - March 20

There will be a turning point in your life shortly, and problems will be solved. The stress you have been under will lift, leaving you feeling much happier than you have been for a long time.

LUCKY NUMBERS: 5, 8, 20, 33.

ARIES: March 21 - April 20

November could prove to be a very romantic month for you, and a surprising development may leave you with your head in the clouds. Problems will be resolved much more easily in the next few weeks.

LUCKY NUMBERS: 2, 13, 17, 39.

TAURUS: April 21 - May 21

You will be able to cope, so don't feel daunted when you feel affected by circumstances which seem beyond your control. The involvement you have with your partner will deepen resulting in your happiness.

LUCKY NUMBERS: 4, 19, 23, 34.

GEMINI: May 22 - June 21

Your social circle will expand to include some new arrivals in your area, and you will have many very happy outings. There may be a difficult situation with which you have to cope, and you will.

LUCKY NUMBERS: 5, 21, 29, 40.

CANCER: June 22 - July 23

November is a good month for entertaining at home, so do something to improve your appearance, or redecorate part of your home. A member of your family is due to have some good fortune, and some may rub off on you.

LUCKY NUMBERS: 7, 14, 27, 39.

LEO: July 24 - August 23

Be very well prepared for conflicts which could involve money, maybe in the form of a loan, or an insurance claim or an inheritance. You will find changes happening to your life in very unusual circumstances.

LUCKY NUMBERS: 1, 10, 22, 35.

VIRGO: August 24 - September 23

A personal problem which has worried you for a very long time, will fade away lifting a burden from your shoulders. If you are unattached, you could meet your lifelong partner quite soon.

LUCKY NUMBERS: 6, 18, 24, 38.

LIBRA: September 24 - October 23

Take the appropriate steps to improve your appearance in the next few weeks as it's significant time for social functions. Money will not be a problem during November, but don't spend unwisely, keep some for Xmas.

LUCKY NUMBERS: 5, 12, 29, 34.

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