

THE VALLEY AND EAST COAST VOICE

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HEART WEEK, FOOD & CHOLESTEROL

The National Heart Foundation works to make people more aware of what constitutes a healthy life-style and this year Heart Week, (third week in April) has the theme, "It's high time to lower cholesterol!"

The need for reliable nutritional information is gaining recognition.

Food is bound up in tradition, temptation, celebration and more and more these days - confusion.

Should we have butter or margarine, skimmed milk or whole or none, vegetables or meat? Is fibre good or can you have too much of a good thing? Is too much chocolate bad? What about meat pies and frozen dinners?

We are told that good eating habits really are a matter of having a knowledge of the five basic food groups (bread and cereal, fruit and vegetable, meat and meat substitutes milk and dairy, butter or table margarine) and self discipline. We have to apply our knowledge and make choices - apple or cake, milk or soft drink, cheese or lollies.

Fifty years ago nutritionists believed that with the discovery of (as they thought) all the vitamins, everything about nutrition was known. Before long it was evident there were many gaps in their knowledge.

The public seems to become increasingly confused. People become obsessed with trying to lose weight, trying each new diet that comes along - Pritikin, watermelon, grapefruit. Health educators tell us to eat in moderation and choose from as wide a variety as possible, from venison to seaweed.

We could never hope to try all the international dishes we read about and supermarkets offer an enormous range of exotic foods.

We all have different ideas on, and attitudes to, food. These are determined by numerous factors such as culture, religion, family habits and attitudes, economic factors, peers and emotions. Some foods have pleasant associations and others we hate for the opposite reason.

When we eat, we rarely think of

nutrients. We think of food which tastes nice, looks attractive, and smells good. We eat and provide food for others for enjoyment and for celebrations.

In many ways it probably was easier to eat a more basic diet years ago as choice was far more limited. Things like ice-creams and soft drinks, which once were occasional treats, have become part of our staple diet.

Food patterns in Australia are changing constantly with the influences of immigration and travel.

It wasn't always that way. Early settlers were mostly British and this had a profound influence on Australians who adopted fairly conservative food habits. Wheat was a staple grain in Britain and became a staple in Australia. Meat was plentiful and it was common to eat it at each meal.

Prior to refrigeration, people relied on cellars, safes and ice chests. These were not very effective over long periods, particularly in hot weather, and shopping was a daily activity.

It is a different story today with convenience foods, frozen foods and take-away foods. Many families skip breakfast, children order lunches at school and with many working mothers, the evening meal is often take-away food.

It is not surprising so many are confused about whether the food they are eating is good for them. Nutrition and health education programs have had some effect, with simple food values being taught. But being aware does not necessarily mean action will be taken. The biggest nutrition problem Australians have is being overweight.

The Dairy Foods Advisory Bureau of the Australian Dairy Corporation has been active in the area of nutrition education for some time. The organisation has been providing schools with teaching aids for more than 20 years. A new supermarket campaign, built around the five basic food groups, is underway.

CLASSIFIEDS

FOR SALE. 3 Pekingese pups(female)
\$100.00, 6 weeks old. Contact
Mrs. L. Squires, Cornwall or phone
72 2421.

GEORGES BAY TRADING COMPANY.
TASMAN HIGHWAY, ST. HELENS.
NEEDS NEW SUPPLIES OF CRAFT WORK.
PHONE 76 1735.

FOR SALE. Virus tested fruit and nut
trees direct from grower. For
catalogue SSAE to Lottah Nursery,
P.O. BOX 76, St. Helens. 7216.

BUS AVAILABLE FOR CHARTER.
12 Seater, go anywhere, anytime.
Reasonable rates. Phone 72 2329.

PAINTING.....For all exterior paint-
ing, top quality work. Free quotes.
Reasonable rates. Phone 72 2329.

WANTED ANTIQUE or old-style
furniture in blackwood, cedar or
pine. Any condition for restoring.
Also old paintings. Phone 76 1378.

PEAKES BUS SERVICE.
ST. MARYS, BICHENO AND SWANSEA.
PASSENGERS, PARCELS AND PAPERS.
PHONE ST. MARYS 72 2390.

ALLAN WOODBERRY. Buys most old
things including linen and dress
jewellery. Phone 76 1735 or A.H.
76 1106.

REDLINE COACHES.
Delivers this paper quickly and
efficiently. Statewide passenger
and parcel service.

FOR SALE

PIANO. FIF GERMAN U D AND O S NEED
SLIGHT ATTENTION \$300 O.N.O.
PHONE 725324

THINKING OF RE-DECORATING!!

WHY NOT LET US HELP YOU.

RICHARDS HOME FURNISHERS

FOR ALL YOUR HOME FURNISHINGS
NEEDS

This month's special: 5 piece
Outdoor Setting(Supa Furn) \$299.00

67 Cecilia Street, St. Helens
Phone 76 1147

"FOR SALE" DISCOUNT

CIGARETTES AND TOBACCO.

FULL RANGE AVAILABLE.

SAVE UP TO 65c PER PACKET.

EXAMPLE: P.J.'s 30's
\$1.72 PER PACKET.

OR \$13.76 PER CARTON.

PRICES, PLEASE CALL KEN ON
72 2483.

WANTED TO BUY

POTTERY WHEEL, WATER TANK (400 GAL)
GOATS, AND A SLOW COMBUSTION STOVE
PHONE 722357

REAL MUSIC NOW AVAILABLE

Traditional, Folk, Yarns, Contemporary,
New Accoustic, Jazz, Blue Grass,
Country, Guitar, etc, etc
Australian Artists and Imports
Also the latest tapes, records &
Discs.
East Coast Traders (003) 722404)
P.O. Box 21 St Marys.

PANCAKES FOR WINTER

The Pancake Parlour is open each
Fri., Sat., Sun., and Monday over
Winter. Evening Bookings. Functions
722263 or 722161

Are you free from the PAIN of
ARTHRITIS? RHEUMATISM? BACKACHE?
HEADACHES? STRESS and TENSION?
FATIGUE? INSOMNIA? SCIATICA?
TIRED OR LOW IN ENERGY? You can
relieve suffering now --- SIMPLY
by wearing "ANRITSU" magnetic
jewellery. Phone for details 722404
East Coast Traders Box 21, ST-MARYS

OPTOMETRIST

TIM FOWLER, OPTOMETRIST, WILL BE
VISITING THE ST. MARYS DISTRICT
HOSPITAL ON MONDAY 5TH MAY.

TIM FOWLER

FOR APPOINTMENTS:

PHONE 34 1506

FINGAL OP SHOP.

Now open every Friday 10.30am - 3.30pm in the Tasmanian Hotel Building at Fingal. Great Bargains.

ATTENTION.

Ex. President of Tasmanian Marching Girls Ass. wants to form a marching team at St. Marys. Anyone interested please contact Robin on 72 2483.

RED CROSS.

BLOOD BANK COLLECTORS WILL VISIT ST. MARYS MONDAY 5TH AT R.S.L. INSTITUTE. PREVIOUS AND NEW DONORS WELCOME.

ANZAC DAY APRIL 25TH 1986.

THERE WILL BE A DAWN SERVICE AT 6AM AND THE MARCH WILL START AT 10.45AM SHARP FOLLOWED BY THE 11AM SERVICE. ALL MEMBERS WILL YOU PLEASE ATTEND THESE SERVICES, AND THE PEOPLE OF THE DISTRICT WELCOME TO ATTEND BOTH SERVICES.

J.F. MCGEE
HON. SECRETARY.

C.Y.S.S.

Come to CYSS on these bleak, wintry days. Do leatherwork, woodwork, macrame, watch a video, play pool, come and cook a cake. FIND ANSWERS TO YOUR QUESTIONS. Help make TODDS HALL a warm friendly meeting place.

OUR PROGRAM

MONDAY PM BICHENO AM ST HELENS
Leatherwork PM ST HELENS
TUESDAY AM ST.MARYS video pool
pm ST.MARYS PM ST HELENS
Leatherwork Leather work
WEDNESDAY AM ST. MARYS PM ST HELENS
MACRAME STAINED
Glass
THURSDAY AM OPEN AM ST HELENS
PM WOODWORK OPEN
FRIDAY 10AM -- FINGAL LEATHERWORK
Bring your ideas to CYSS.

Wanted Persons who may be interested in REFORMING The Badminton Club or FORMING a New Club. Please Phone 722357

MOTHERS DAY MORNING TEA

To be held on Friday 9th April at 10.30 am in the Tasmanian Hotel Building FINGAL. Morning tea will be supplied. Please bring items along for the Trade Table.

The Silver Threads Club (Senior Citizens) wish to sincerely thank all those who helped in any way to make our Indoor Bowls Tournament so successful. Special thanks to the Lion's Club who sponsored us and to the various Clubs who willingly loaned us their mats. Once again THANKS TO EVERYONE

Thanks to Dr Naidoo, the Hospital Staff and Jill Moore for their time and effort on Friday 18th April for the Blood Pressure scan and Diabetes check conducted in conjunction with the St Marys Lions Club.

BINGO

St Marys every Tuesday 7.30 pm R.S.L. Inst. This Tuesday 29th Jack Pots.

\$120 on 57 calls 1st
\$110 on 51 calls 2nd

AMWAY

Support your local Mrs D Quinn. Phone 742146 work days, weekends Phone Scamander 725230. I will supply Fingal, St Marys Scamander Avoca, monthly or more if required. carrying a full range of Amway Products including Jumpers, Socks and Watches as well.

CONGRATULATIONS

Congratulations and best wishes to

Mr & Mrs Roy Singline who celebrate their 57th Wedding Anniversary on April 23rd.

BLACK GOLD BOUTIQUE

STOREY STREET, ST.MARYS PHONE 72 2441.

COME AND SEE OUR NEW EXCITING

WINTER STOCK.

FOR MOTHERS DAY.

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCHSunday April 27

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

Sunday May 4

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

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ANGLICAN PARISH OF ST. HELENSSt. Pauls Church

8.00am Eucharist every Sunday
 11.00am Every Sunday
 7.00pm Every Sunday

St. Michael's and All Angels Church - Pyengana

9.30am 2nd & 4th Sunday

Falmouth Church

9.30am 1st & 3rd Sunday

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ANGLICAN PARISH OF THE FINGAL VALLEYSunday April 27

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

Sunday May 4

9.00am M.P. Fingal
 10.30am F.S. St. Marys
 7.00pm H.C. Royal George

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MEALS ON WHEELS

APRIL/MAYST. MARYSFINGAL

Sunday	27	Marj Spilsbury
Monday	28	Pam Peake
Tuesday	29	Vivienne Young
Wednesday	30	Jean Lohrey
Thursday	1	Alf Faulkner
Sunday	4	Bruce Glatte
Monday	5	George Oliver
Tuesday	6	Jenny Stewart
Wednesday	7	Denise Dawson
Thursday	8	Jean Schier

Aub Oliver
 June McKenzie
 Stutt Lowe
 Pauline Hamill
 Jack Miller
 Lionel Rankin
 Robyn Miller
 Kath Francis
 Pam Davenport
 Idie Francis

REPORT FROM SENIOR CITIZENS

The 19th Annual Meeting was this year held at Cornwall Hall, and was chaired by the Warden of Fingal, Mr. D. Casbault. Annual report was read by Mrs. Camplin. Also reports were read by Mrs. V. Legro for Fingal, Mrs. J. Luck for St. Marys and Mrs. Camplin for Cornwall. The guest speaker was Miss Dorothy Simpson of Kingston who was one time Matron of St. Marys District Hospital. Miss Simpson, together

SALVATION ARMY CHURCH SERVICESundays April 27 & May 4

9.45am Sunday School
 11.00am Church Service
 Led by Envoy & Mrs. Betts

Wednesdays

1.30pm Ladies Home League

Residence

Envoy & Mrs. A. Betts

"Sunny Banks"

St. Mary: 7215

Phone: 722352

- - - - -

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption - Sundays April 27 & May 4 9.00am

St. Helens - SS Helena & Stanislaus Vigil Mass - Saturdays 6.00pm

Fingal - St. Joseph Sundays April 27 & May 4 10.30am

Mangana - Our Lady of the Sacred Heart - 3rd Sunday each month 10.30am

Mathinna - 5th Sunday each month 11.00am

Bicheno - Community Church Sunday May 4 5.00pm

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

with Sister Sandra Young, also one time working for St. Marys Hospital, were welcomed by old friends present at this meeting. She spoke on her retirement activities and demonstrated with articles she had made since learning the new craft arts. The election of Office bearers for ensuing year were Mesdames V. Camplin, R. Saunders, K. Glatte, K. Cooper, A. Jarvis, J. Luck. Messrs G. Lowe, P. Mills & J. Miller.

SPORTS

ST. MARYS GOLF NOTES by Tee UpMembers Peter Davern Fun Day
Teams of 5

Midgets	323
All Stars	331
Freaks	331
She Devils	334

Div. 1: S. Sooke (17) 60 nett

Div 2: Robin Costain (24) 63 n

Associates H. Hayes (31) 63 nett

" Nearest Pin 5th M. King

Members " " " Jason Lynch

" " " 7th S. Mitchell

Bradmans Score: N. Brodribb

Four Ball Best Ball Stableford

C. Mitchell & D. Summers 52pts

R. Mallinson & R.S. Jansen 48 "

R. McGivern & G. Bell 46 "

Nearest Pin 7th K. Spilsbury

LEGACY DAY 1986A.I.F. Cup F. Singline (15)
60 nettEx Servicemans Trophy M. Wise
(19) 61 nettLand Forces L.E. Smith 69 on c/b
R. Reeves 69

Air & Naval Forces B. Brain 67

Best Gross S. Dawson 68

Best A Nett R. Wells 64 on c/b

S. Wilmot 64

Best B Nett N. Pike 64 on c/b

D. Clarke 64

Best Limit Score N. Taylor (24)
61Best Right Hander S. Wilmot (7)
64 nettBest Left Hander G. Hayes (19)
62 nettLegacy Trophy R. Mallinson (23)
59 nett

Nearest Pin 2nd Mick Easther

" " 5th T. Gibbons

" " 7th A. McKenzie

Bradman Score Les Peart

Oldest Competitor Theo Thomas
aged 79Correction: The Club has been
advised that Shan Wilmot's "Hole
in one" on the 2nd is the second
competitor to achieve this and
not the first.Associates: 1st Round Silver Spoon
Stroke

Y. Davern (26) 63 on c/b

H. Fleming (35) 63 nett

R. Gill (36) 65 "

K. Blair (25) 66 "

ST MARYS LIONS

CLUB

AUCTION

SATURDAY 10th MAY

ST. MARYS RECREATION GROUND!!!

ITEMS INCLUDE: For the buildertoilet pan & cistern, taps,
dressed timber, new flooring
T. & G., poly pipe, forma pier,
bricks, cement blocks, earthen-
ware sewer pipes,and other items
includefire screen (brass), Yamaha
Porta organ, piano accordion,
wool (fleeces), 1/2 glass door,
electric knife, radiogram,
dishwasher, plus other items.See next issue of this paper for
further lists.

More outside items welcomed.

Contact any St. Marys Lion Club
member.

REFRESHMENTS AVAILABLE

TENNIS

On Sunday 20th April a children's tennis tournament was run by the St Marys Tennis Club with 8 entries and 4 others who pulled out of the competition. It was most disappointing that only 1 girl took part. Some very good tennis was enjoyed and the final was played between Jason Lynch & Drew Berwick with Jason the victor by 2 sets to 1. Congratulations Jason/

The ladies and mens singles tournaments run over the past few weeks concluded on Sunday with the finals between Debbie Dawson and Maureen Bushing and Stephen Cooke, & Neil Stewart.

Maureen and Neil each had a good start winning their first sets in good style however, Debbie and Stephen played determind tennis to win the second sets and then each went on to victory by winning the third sets.

It was most pleasing that so many players took part in the singles tournaments & congratulations are extended to the winners Debbie & Stephen.

The St Marys Tennis Club will hold their annual dinner this year at Scamander Four Seasons Resort Hotel on Saturday May 10th. to wind up a most sucessful season

ST. MARYS DISTRICT HIGH SCHOOL

GRADE 10 CITY ORIENTATION:

During this week, Grade 10 students have been participating in the P.E.P. City Orientation programme in Launceston.

The students have been based at Rutherglen and the programme involved visits to Launceston Community College and T.A.F.E., student hostels, Tiffany, Coats Patons, Tool Annexe, Comalco and the Low Head Pilot Station.

The aim of the programme is to familiarise students with the opportunities for employment and education beyond Grade 10.

GUIDANCE OFFICER:

This year, Miss Donna Ritchie has taken over from Miss Alison Cuthbert as the Guidance Officer for the Fingal Valley, East Coast and Midlands servicing St. Marys, St. Helens and Campbell Town District High Schools and Bicheno, Fingal, Mathinna, Avoca, Rossarden and Ross Primary Schools.

Guidance Officers are employed by the Education Department as support staff to assist students, teachers and parents with problems.

Miss Ritchie visits St. Marys on Tuesdays and is available to assist and offer advice.

SCHOOL FAIR:

At last Friday's Annual School Fair, over \$4000 was raised by the Parents and Friends Association, Mothers Club and school staff and students with the generous support of local organisations and business firms.

The co-operation shown by all groups and the initiative shown by the students were pleasing features of the fair.

Our thanks to all who contributed.

Prizewinners in the Parents and Friends Association raffle were:

1st Prize - Coffee Table donated by
G. Aulich
Greg Cook, St. Marys

2nd Prize - \$75 Order from
Fotheringhams
Ivy Sweet, Fingal

3rd Prize - \$75 Order from Wills
& Co.
Debbie Lucas, St. Helens

VISIT BY TASMANIAN DANCE COMPANY:

The Tasmanian Dance Company will conduct workshops with students during next week.

The annual visits by the company have been most successful in the past and assists the school in covering an important aspect of the curriculum.

The residency will culminate with concerts for Prep-Grade 6 and secondary students next Friday. Entry for these concerts will be \$1 per family. This money will pay a portion of the cost of the workshops.

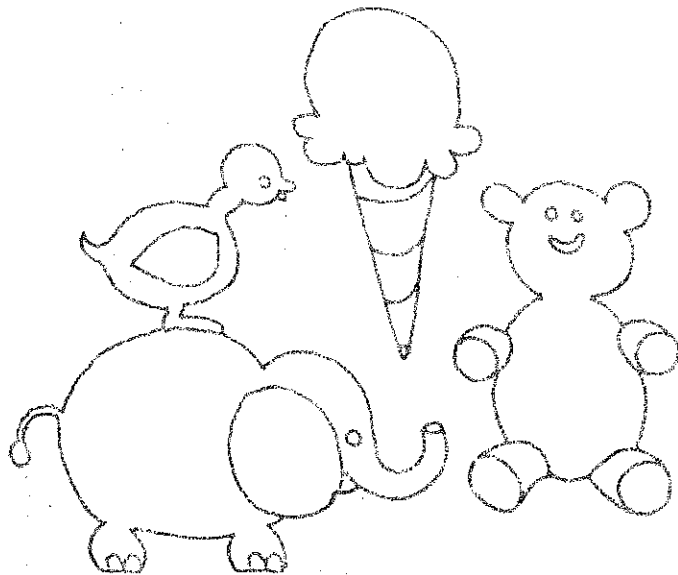
The Dance Company will also be performing at the Bicheno Community Hall at 8.00 on Thursday, 1st May. Costs of tickets for that concert are: Adults - \$5, Concession \$3, and Families \$12.00

THE GREAT FIRE

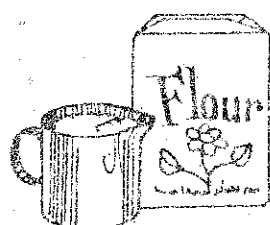
by Renee Morris, Gr. 4

I am a little ringtail possum. I was sleeping in my hole in the tree when I woke up to the smell of smoke. I climbed out of my hole. I could not see the smoke but I could smell it. I went back in my hole and thought to myself, maybe it won't come this far, but it probably will. I was scared. The smell was getting stronger now and my mind was playing tricks on me. By this time I could just about see it and I was terrified. I went in to my hole. I wondered if I would survive. Suddenly I looked out. The fire was coming closer and closer and closer. I decided that it was time to go so I climbed out of my tree. I went as fast as I could. I was running for quite a while when I came to a river. It was not very wide so I jumped and I was safe. After the fire went out I went back to my tree and it was all burnt out so I went to find a new home and lived happily ever after.

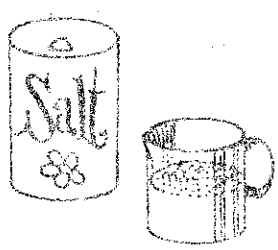
PLAY CLAY



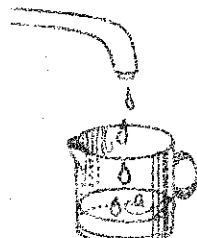
YOU WILL NEED



1 CUP FLOUR



1/2 CUP SALT



1/4 CUP WATER



FEW DROPS
FOOD COLORING



1 TABLESPOON
COOKING OIL

<p>1</p> <p>Into a bowl put salt and flour</p>	<p>2</p> <p>Mix together with finger power</p>
<p>3</p> <p>Drip some color into the water</p>	<p>4</p> <p>Pour into the bowl just like you oughta</p>
<p>5</p> <p>Mush it around until it's like dough</p>	<p>6</p> <p>Add the oil and you're ready to go.</p>

DEPARTMENT OF SOCIAL SECURITY

RENT ASSISTANCE AS FROM 1 MAY 1986

From the 1 May 1986, Rent Assistance (RA) will be paid to certain recipients of Unemployed Benefit and Special Benefit who are paying rent. They must not be renting from a State of Commonwealth Housing Authority.

They must have been in receipt of benefit continuously for 6 months. If transferring from another pension or benefit, period on other pension or benefit will usually count towards the 6 months qualifying time. If already receiving RA on the previous pension or benefit, it will continue on transfer to Unemployed Benefit or Special Benefit (see below for rates) With the above pre-requisites satisfied, the following groups are eligible:-

25 years and over

18 - 24 if married

or with dependants

or single living away

from home.

Under 18 if married

or with dependants.

The maximum rate of RA is \$10.00 per week subject to

amount of rent paid

amount of income (apart from benefit)

To Calculate Rate of RA

The rate will equal one half of the amount by which weekly rent exceeds \$10.00 (up to the maximum of \$10.00 per week RA)/

This amount is then reduced by one of the person's weekly income.

NOTE: The separate income test for RA is to be removed from 1 November 1986. From that date the normal income test for Unemployment and Special Benefit will be applied to total benefit plus RA.

Enquiries regarding RENT ASSISTANCE should be directed to your local Social Security Office.

POST OFFICE NEWS

CORRECT ADDRESSING

Post Office people sometimes use the phrase "Correct Addressing Saves us Guessing". While on occasions a small item in the media commends Australia Post for delivering an article with an almost impossible address, it must be realised that this is the exception rather than the norm.

In all our Mail Centres there are sections we call "Dead Letter Office". They handle the large quantity of mail we are not able to deliver to

the addressee. The majority, of course, is for people who are no longer living at the address shown but some are for other

reasons such as:-

Not enough address

e.g. A letter addressed to Mr Jones, Launceston or only a name.

Wrong post town

e.g. People sometimes have all the address right except that they print the name of their own town instead of the town where the letter should go.

No Address at all

Sounds silly but it does happen.

Develop the habit of checking the address before you post your mail. It should show four main points.

1. The name of the person or firm and this should include initials to avoid confusion at the address.

2. A full street address

3. The name of the city, suburb or town and the state. In cities and large towns use the suburb name where applicable. It is a fairly common practice in Launceston to use the city name only and ignore the suburb. This can create confusion where street names are similar - e.g. Faulkner Road, Fawcner Avenue and Fawcner Street or Henty Street and Henry Street.

4. The postcode - only four numbers but a very important part of the address.

If you are posting a large article show the address on more than one side. This makes it easier for the sorters. If you are sending it by Airmail write "AIR MAIL" near the address as well as using the stickers we provide. Stickers can become detached from the parcel - particularly in warm climates. Correct addressing should get your mail delivered but sometimes people leave an address without letting us, or the new occupants, know where to send their mail. In these cases mail can be returned to the sender, unopened, if his address is shown. With an envelope we recommend it be placed on the back flap. With a parcel it is also best shown on the back but show "Sender" and Don't write your address so big that sorters might mistake your address for where the parcel should be going. Help us to help you - "Correct Addressing saves us Guessing" - follow the 4 point plan and check the address before you post your mail.

HALLEY THAT WAS

FROM THE SUPERINTENDENT TO THE CHIEF INSPECTOR.
 Tomorrow evening at approximately 20.00 hours Halley's comet will be visible in the area an event which occurs once every 75 years. Have the men parade in the station yard in full uniform and I will explain this rare phenomenon to them. In case of rain we will not be able to see anything so parade the men in the muster room and I will show films of it.

FROM CHIEF INSPECTOR TO INSPECTOR
 By Direction of the Superintendent. Halley's comet will appear above the districts tomorrow at 200000 hours. If it rains, have the men parade in full uniform, then march them into the muster room where the rare phenomenon will take place, something which occurs only once every 75 years.

FROM THE INSPECTOR TO THE STATION SGT.

By the direction of the supt. in full uniform, tomorrow at 2000 hrs the phenomenon Halley's comet will appear in the muster room in case it rains the Supt. will order the comet into the yard as it only happens every 75 hours.

FROM THE STATION SGT. TO SHIFT SGT.

Tomorrow at 2000 hrs. the supt. will appear in full uniform. If it rains the super will give another order something which occurs once every 75 years.

FROM SHIFT SGT. TO CONST.

When it rains tomorrow at 2000 hrs the phenomenal 75 years old Const. Halley, accompanied by the supt. will drive his comet through the muster room whilst full.

MAINTENANCE SOCIAL SECURITY

If you are in need of financial assistance you may be entitled to maintenance or to Social Security benefits. Maintenance for you or for the children depends on the income and earnings, if any, of each party and the needs of each party and the children. Both you and your partner are responsible for the support of the children according to your own means. It is best to see a lawyer, or legal aid officer or community legal centre about maintenance.

The Dept. of Social Security will advise you whether you can receive a pension or benefits. The address and phone numbers are listed under C/wealth Depts. in phone directory.

D. K & C. M. BARNES

ST. MARYS

Phone 722367 or 722265

WE WILL MAKE OR DELIVER

FRESH FLOWERS
 or

ARTIFICIAL WREATHS
 also

BRIDAL

BOUQUETS

FOR SINCERE PERSONAL

AND DIGNIFIED SERVICE

ANYWHERE

ANYTIME

DARAL BAILEY & SON

A.F.D.A.

FUNERAL DIRECTORS ST. HELENS

PHONE 003 761153 ALL HOURS

B & J. A. SPILSBURY

B.P. SERVICE STATION - ST. MARYS

SEE

BRUCE

FOR

THE

GOOD

JUICE

PHONE ST. MARYS 722233 or
 722155

W. LOCKETT & SONS

FUNERAL DIRECTORS
 CAMPBELLTOWN

ENQUIRIES MAY BE DIRECTED THROUGH

Mr. D. Casbault Phone 722143
 St. Marys

or

Mr. T. Pears Phone 811167
 Campbelltown

BRUCE DAVIDSON - FUNERAL DIRECTOR

STARDUST

BY CANCER CUST

FORTNIGHT BEGINNING APRIL 24 th, 1986.

TAURUS: April 21 - May 21

If you have to sign any papers, especially legal documents, make sure you understand all the implications. A satisfactory conclusion to a business matter should leave you more free time.

LUCKY NUMBERS: 3, 16, 30, 36.

GEMINI: May 22 - June 21

Help from others should be available if you need it. Your popularity is on the upward trend. Don't expect a quick reward for a job you did recently, but you won't be forgotten.

LUCKY NUMBERS: 9, 13, 23, 34.

CANCER: June 23 - July 22

Social and love interests are under a very favourable star pattern. You should fit in well with everyone this week. You are likely to find someone returning your affection, and make you happy.

LUCKY NUMBERS: 1, 19, 28, 44.

LEO: July 23 - August 23

The impact of another's problems will worry you. Don't get too deeply involved, or one of these problems will become yours. This is a good period for exploring new interests.

LUCKY NUMBERS: 10, 18, 27, 48.

VIRGO: August 24 - September 22

Don't be afraid of aiming high this week. The signs mark you for great success. There will be an unwelcome expense, but you'll find a way of meeting this after discussion.

LUCKY NUMBERS: 8, 15, 43, 37.

LIBRA: September 23 - October 23

If you're going on a journey, a delay may make you a little late for an appointment. This will turn to your advantage in a surprising manner. A windfall is a distinct possibility.

LUCKY NUMBERS: 4, 20, 21, 40.

SCORPIO: October 24 - November 22

Something connected with work or career may not run too smoothly. Those at home will have to endure minor upsets. In contrast, social life will be relaxing and happy.

LUCKY NUMBERS: 2, 17, 25, 38.

SAGITTARIUS: November 23 - Dec. 21

You'll have an excellent opportunity to make some extra cash. Look forward to a busy and varied week. You're right to be wary of an acquaintance who asks too many questions.

LUCKY NUMBERS: 5, 14, 47, 39.

CAPRICORN: DECEMBER 22 - Jan. 20

You could find yourself involved in a disagreement and will be expected to take sides. You'd be sensible to refuse this kind of intervention. Romance is hectic, but remain calm and you'll be O.K.

LUCKY NUMBERS: 6, 11, 29, 31.

AQUARIUS: January 21 - February 18

Some surprisingly good news should reach you midweek. Money and friendships should bring much pleasure. Romance is a little uncertain, but the signs will improve if you are patient.

LUCKY NUMBERS: 7, 12, 26, 41.

PISCES: February 19 - March 20

A goal which previously defeated you is now within your reach. Don't enforce a right if it means losing a friend. An unexpected but long-awaited happiness takes you unawares.

LUCKY NUMBERS: 22, 32, 42, 46.

ARIES: March 21 - April 20

Any type of practical work should be crowned with success, but watch your health. You put so much effort into things, you often risk becoming seriously overtired.

LUCKY NUMBERS: 24, 33, 35, 45.

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