

THE VALLEY AND EAST COAST VOICE

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FEEDING HORSES

Horses have evolved as grass eaters and can happily exist on pasture when "turned-out" or in only light work.

Most horses exercise at levels well below their maximum capacity; hence feeding for maximum effort is often neither necessary nor desirable. This applies particularly to pleasure horses and ponies.

Despite an almost unlimited variety of rations compounded privately and supplied commercially throughout Australia, most horses still manage to survive in reasonable health.

Horses allowed to live and feed in paddocks often eat better and generally develop fewer vices such as crib-biting, wind sucking and weaving, than horses kept in stables or yards.

The cost of feedstuffs is important; people cannot always afford many of the high quality ingredients alleged as essentials by some "experts".

As well, availability of ingredients depends on such factors as location, season, rainfall and even storage facilities.

While some prepared mixtures are suitable for pleasure horses in light work, others are not.

A common fault is excessive inclusion of vitamin and mineral supplements to levels which may be harmful.

So what are some of the main considerations when formulating equine rations?

Quite obviously the diet must relate to the amount of work a horse is actually performing.

The best basic ingredients are oats, oaten or wheaten chaff, or lucerne chaff. Molasses may be included to improve palatability.

Ultimately, artificial rations boil down to both what is available in the market place and what an owner can afford. Your veterinary surgeon is in the best position

to assist with mixtures and quantities.

For most Tasmanian pleasure horses, good pasture alone will provide an adequate diet.

There may need to be some supplementation with grain in winter and bran or brewers grain in summer to overcome feed lows, but that's all.

It should also be remembered that to avoid worm problems, pastures should be "spelled" or grazed by sheep or cattle periodically.

Excess horse manure should be removed for composting.

Nearly all bouts of colic in horses are caused by inadequate worm control, incorrect rations or combinations of both, so keep those horse paddocks clean.

SPECIAL COMING EVENTS
 IN ST. MARYS
KEEP THESE DATES FREE
ST MARYS LIONS CLUB
 CARNIVAL

NOVEMBER 29 1986

(CHOPPING, GYMKANA AND LOTS
MORE FUN AND GAMES)

JANUARY 1, 1987

NEW YEAR'S DAY RACES!

ADVERTISING PRICES

5 cm	Column	\$ 2.50
10 cm	"	\$ 5.00
$\frac{1}{4}$	Page	\$ 12.00
$\frac{1}{2}$	"	\$ 20.00
FULL PAGE		\$ 36.00
CLASSIFIEDS 25 words		£ 1.50

TO BE PAID WITH ADVERTISEMENT

CLASSIFIEDS

ATTENTION: IS YOUR CHIMNEY
DIRTY? THEN WE'LL CLEAN IT!
VERY REASONABLE RATES.
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Near new motor. Fitted with
Queen size bed and cupboard.
Cassette player, radio with
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Reg. March '87 \$1400.00
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THE PANCAKE PARLOUR IS OPEN
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Anyone interested in selling
arts and crafts on commission
can phone 722 173 after 4.30
any day for further information.

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PAINTING, TOP QUALITY WORK.
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ANY CONDITION. PHONE 761378.

FURNITURE SALE.. FOUR MILE CREEK
THURS afternoon Friday and
Saturday. Notice on gate
near Hydro transformer.

FOR SALE: Fridge. Hot water
cylinder for combustion stove
and supply tank. Garden shed
or kids play house.
All in good order. Ray Wright,
Gray Road.

Plenty of Curtain Materials
at Reduced Prices.

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Warm sheets for Winter.
SB \$28.95 DB\$34.95 QS\$44.95
per set.
4 Draw Chests in Teak in 18" &
36" wide. \$89.00 & \$119.00.
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107cm & 137cm drop. To fit
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Available in Ivory and White.
Plus matching continuous 137cm
& 213cm drop. \$3.35 & \$4.95
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ST.HELENS. PHONE: 76 1147.

WRECKING HT. WAGON WITH MAGS.
THIS WEEKEND ONLY.
PHONE: 72 2337.

FOR SALE. Queen Size steel spring
mattress and base plus electric
blanket \$200. Phone 722 130

CONGRATULATIONS TO MARK WEBB
of St Marys. On his recent successes
with his Poultry Entries, his latest
win was at the Longford Poultry
Show. Mark breeds and exhibits
Wyan Dottes (Bantams) he is a
keen exhibitor and is holding
his own with other exhibitors
much his senior.
Mark is aged 13 years.

GOOD LUCK MARK
BINGO St Marys Institute
every Tuesday night
Eyes down at 7.30pm. This Tuesday's
16.9.86 two jackpots \$120 on 52
and \$190 on 59 calls

NOW THAT SPRING IS HERE.
PUT SOME BOUNCE IN YOUR HAIR
SEE SANDRA NOW AT

ST MARYS NEW LOOK SALON

Phone 722 260

WHATS ON

Throughout the month of September Senior Citizens are celebrating Senior Citizens month.

There will be a service in the Uniting Church on Sunday Sept. 21 all Senior Citizens are invited. Time 2.30pm Ladies a basket.

Also Wednesday 24th at 2pm at the Hospital there will be a video of "Self Protection" the easy way. Ladies a basket. Oct. 8th - Lion's Club picnics venue to be arranged.

Una Camplin.
Pres.

CHILD HEALTH ASSOCIATION

All members, past and present are invited to a morning tea to thank Mrs. Jarvis for her many years of Service to the Clinic. Any members wishing to come along please phone Bobby - 722 445 or Dana 722 419 before 20th Sept. Date held - Thursday 25th Sept. at 11am, at Bobby Harwood's home.

D. Smith
(Hon. Sec.)

R.A.F.T.

The next meeting of RAFT will be held at 7.30pm on Tuesday 23rd September at Koorunga. All welcome.

ST. MARYS GARDEN CLUB.

It was decided at our Garden Club meeting on August 28th to close after 18yrs as there isn't enough members to keep going.

Winners Lucky Door M. Oliver.
Raffle K. Cooper.
Compt. game Winners
P. Llewellyn, L. Mitchell.
I would like to thank past and

present members for their help while I was President at different times over the years.

Marj Oliver.

SENIOR CITIZENS... will be holding a Mini Auction on Tuesday Sept. 16th in the Institute commencing at 10.30. Many and varied articles will be for sale - all welcome.

LETTER TO THE EDITOR

Dear Sir,

In the Examiner dated Sept. the 9th the report of the Fingal Council's meeting stated that the work's committee were to meet to discuss the roads programme - work and money available. I hope in the discussions the chronic state of the Cornwall road is included. It is many years since anything constructive has been done to maintain the road. Each year the grader takes more and more of the little bitumen off the road. We now have a width of road only suitable for a wheel barrow. Our drains in the most cases are filled with the silt from the sides of the road, or else its so deep that if a car is unfortunate to go into the drain because its impossible for two cars to pass and a tractor is needed to pull the car out. It is a road with much traffic and a good many tourists. I am not the only one concerned over the road and I sincerely hope it doesn't take an accident before something is done.

Una Camplin.

SPOIL YOURSELF WITH SOMETHING BEAUTIFUL

FROM

BLACK GOLD BOUTIQUE

Story Street,
St. Marys Phone us on 722441

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCHSunday September 14

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

Sunday September 21

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

- - - - -

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
- Fyngana

9.30am 2nd & 4th Sunday

Falmouth Church

9.30am 1st & 3rd Sunday

- - - - -

ANGLICAN PARISH OF THE FINGAL VALLEYSeptember 14th

9am Fingal (Thanksgiving Service
 Preacher Revd J. De Grouete).
 10.30am Avoca F.S.
 3pm E.P. St. Marys

September 21st

2.30pm Senior Citizens Service
 Uniting Church St. Marys.

All other services cancelled in
 the Parish (owing to Synod)

SALVATION ARMY - CORNWALLDURING WINTER MONTHS -Morning Service - 11.00am

1st & 3rd Sunday in each month

Sunday School - 10.00am weeklyHome League - 2.30pm

1st, 3rd, & 5th Wednesday in month

ALL WELCOME TO WORSHIP WITH US

EMVOY & MRS. BETTS - Sunny Banks

Phone 722352

- - - - -

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assum-
 ption - Sundays Sept. 14, 21

9.00am

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

6.00pm

Fingal - St. Joseph

Sunday Sept. 14. 10.30am

Mangana - Our Lady of the Sacred

Heart - Sunday Sept. 21 10.30am

Mathinna - 5th Sunday each month

11.00am

Bicheno - Community Church

1st Sunday each month 4.00pm

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

MEALS ON WHEELS

SEPTEMBERST. MARYSFINGAL

Sunday 14
 Monday 15
 Tuesday 16
 Wednesday 17
 Thursday 18

Leanne Morris
 Mrs L. Horsman
 Viv Young
 Cheryl Hendley
 Margaret Bullock

Cheryl Rankin
 Robin Miller
 Jack Woods
 Jack Miller
 Pat Death

Sunday 21
 Monday 22
 Tuesday 23
 Wednesday 24
 Thursday 25

Eric Bean
 Kerry Webb
 Judy Costain
 Clive Berwick
 Wendy Mulick

Bob Saunders
 Vicki Woods
 Carol Woods
 Stephanie Parker
 Rhonda Hoskinson

ST. MARYS DISTRICT HIGH SCHOOL

MUSIC AND DRAMA:

During the last week of Term II, we were fortunate to have a visit from the Rosetta High School Band. The band was involved in workshop sessions with our own combined schools East Coast Band and staged a concert during the afternoon. The performance was of a high standard and showed what can be achieved by a group of students in a relatively short time if they have regular practices.

The Salamanca Theatre Company also staged "Wondeep" during that week. This play tells the story of a mining town with a tenuous future and the questions which arise from that uncertainty. It was sponsored by Tasmanian Teachers Credit Union.

The Company will return in October to perform Susumi's Story for Grade 5 & 6 students.

During the first week of Term III, 50 Music and Speech and Drama students from Launceston Community College will stage an afternoon concert in the school. This visit is being organised through the Federal Government's Participation and Equity Program.

In addition to these concerts we have had visits from the Tasmanian Symphony Orchestra brass section, Gambit Theatre who staged "Duke", and Peter Draper who was sponsored by the Tasmanian Arts Council.

All of these visits have been valuable experiences for our students.

APPLICATION FOR ADMISSION TO STUDENT HOSTELS FOR 1987:

Forms for admission to Hillcrest, Parkside and Poimona Hostels in 1987 are available from the Principal.

Applications close on 31st October, 1986 but it would be best if forms were returned as early as possible.

THE LOST DOLLAR

by Ben Thofner, Grade 1

There was a dollar in the garden. A farmer said, "I'm rich. No-one has anything like this."

He went inside but didn't notice the dollar fall out. He showed his wife his hand. It was empty.

His wife said, "Don't tell lies."

"Oh, No! My dollar has dropped out of my pocket."

A sparrow flew by. "That's a good toy for my babies."

The sparrow picked the silver thing up but it fell out of his beak. Do you know why? It wasn't a real dollar. It was a magic dollar. It could do anything in the world. It ran and ran until he was worn out. A bull fell over CRASH! His horn went right through the magic dollar. It made a big hole through it without any bumps. This made it a holey dollar.

1987 KINDERGARTEN ENROLMENTS:

The school is accepting kindergarten enrolments for 1987. Children should be between 4.0 years and 4 years 11 months old at 1st January, 1987.

Please contact the school office or the Vice Principal, Mr. P.V. Moore.

JUMP ROPE FOR HEART:

This year our school has registered in the National Heart Foundation's JUMP ROPE FOR HEART programme.

Over the next few weeks, your child will be learning a range of jump rope skills in P.E. classes. Jumping rope is one excellent way to keep fit. While we're teaching these skills, we'll be stressing the importance of regular vigorous exercise in building strong, healthy heart and lung muscles.

Your child will also have the chance to find sponsors for the JUMP-ROPE, a jump rope event which will be held at the end of the programme. The money raised will be sent to the National Heart Foundation and we hope you can support your child, your school and the Heart Foundation.

SPORTS

ST. MARYS GOLF NOTES By Tee Up

We are now into the 2nd round of the 72 hole Championships for the members and with 36 Holes played. Our congratulations must go to one of our Juniors playing in A Grade in the person of Andrew Wright. Andrew completed the last 9 holes on Sunday with an outstanding 33 Gross. We have 7 Juniors playing in their respective grades and also as a Junior Squad.

On behalf of the family of the late J. M. Brodribb, Michael presented a perpetual trophy to the club to be played over 27 holes on Nov. 8th (Sat). Our Tournament is coming up on Sept. 19-20-21. Contact the Capt. on 722 215 or The Sec. 722 124 A.H. 722 275 for entries. Good trophies reasonable entry fees and luncheon available.

DAY ONE: CHAMPIONSHIPS.

A Grade nett

S. Dawson (6) 65 R. McGiveron (10) 68

B Grade nett

L. Cook (17) 66 R. Spilsbury (15) 63

S. Cooke (14) 68 S. Mitchell (16) 63

C Grade

S. Lynch (22) 63 John Newman (27) 68

J. McGee (22) 68 S. Aulich (23) 63

N.P. 5th Paul Davern

N.P. 7th Jason Costain

DAY TWO:

A Grade nett

A. Wright (9) 61 Chris Davern (11) 64

B Grade:

L. Cook (17) 62 L. Newman (20) 67

C Grade:

S. Aulich (23) 63 C. Turner (27) 71

N.P. 5th S. Lynch

N.P. 7th S. Wilmot.

Leaders after 18 Holes;

A GRADE:

S. Dawson 146 A. Wright 150

S. Kopania 151 R. McGiveron 154

B GRADE:

L. Cook 162 D. Lavelle 167

R. Spilsbury 169 S. Cook 169

C GRADE:

S. Lynch 181 S. Aulich 182

J. McGee 189 R. S. Jansen 196

C. Turner 198.

JUNIOR CHAMPIONSHIP after 36 Holes

A. Wright 150, S. Kopania 151,

Chris Davern 159, D. Lavelle 167

Handicap A Wright 132, C. Davern

137, D. Lavelle 139.

QUALIFYERS MONTHLY CHAMPIONSHIP

(Sept) D. Berwick (Oct) D. Lavelle

(Nov) R. McGiveron (Dec) S. Wilmot

(Jan) A. Wright (Feb) R. S. Jansen

(March) R. Spilsbury (April) F.

Singline (May) S. Dawson (June)

P. Wilson (July) J. Newman

(Aug) Leon Atkins.

The associates have just completed their 72 Hole Championship in beautiful weather. The results:

B GRADE:

M. Nolan 374. Y. Davern 380

C GRADE:

C. McGee 381 H. Fleming 396

72 Hole Handicap:

C. McGee (120) 261

M. Nolan (108) 266

H. Hayes (116) 274

1st DAY COMPETITION:

C. McGee (30) 66. M. Nolan (27) 67

2nd DAY COMPETITION:

M. Nolan (27) 64. C. McGee (30) 67

3rd DAY COMPETITION:

C. McGee (30) 62. H. Hayes (29) 65

4th DAY COMPETITION:

C. McGee (30) 66. J. Lohrey (25) 66

H. Hays (29) 66.

ASSOCIATES FOURSOME:

K. Blair and Y. Davern (25) 68.

M. Cook and M. Hayes (22) 68.

C. McGee and K. Wright (29) 70.

Putting C. McGee and K. Wright.

JUNIOR:

Drew Berwick (14) 62.

Jason Costain (29) 69.

John Newman (29) 70.

Chris Davern (11) 70.

TENNIS

The St. Marys Tennis Club held its annual meeting on Thursday, 28th August and the following office bearers were elected.

CAPTAIN: Stephen Cooke

PRESIDENT: Neil Stewart

SECRETARY: Maureen Bushing

TREASURER: Debbie Dawson

Subscription fees remain the same as last year and should be paid by the end of October. These can be paid to any of the above or left at St. Marys Health and Beauty.

When subscriptions are paid plus a \$2 deposit for key, members will be issued with a key for both courts.

FAMILY: \$15.00 (excludes working children).

SINGLE: \$8.00

STUDENT: 2.00

COURT FEES: .50¢

PENNANT TENNIS:

Representatives from the East Coast Pennant teams will meet at St. Marys on Friday, 19th September to discuss the 1986/87 season.

At this stage St. Marys can only field one definite team in this competition, but if other players show interest, it is possible that we could have two teams. IF ANY PLAYER IS THINKING ABOUT PLAYING IN THE PENNANT ROSTER, PLEASE LET STEPHEN COOKE KNOW BEFORE FRIDAY 19TH SEPTEMBER so that

St. Phil
Football Club

decision on the number of participating teams can be made at the pennant meeting.
The Club welcomes new members.

FOOTY NOTES

By TIGER TAIL

END OF SEASON THIRDS DINNER REPORT

The Thirds held a very successful dinner at the St. Marys Hotel, with thanks going to Wendy Tapp and staff, and Mrs A Budd who donated the soft drinks.

The Best and Fairest Count and the Trophy Presentation was held in front of a large crowd in the Hotel lounge after the dinner. It was great to see the number of senior and reserve players in attendance, who were former thirds players, and are still with the club. Thanks to all those parents and supporters who made the night so successful.

BEST AND FAIREST COUNT

The count was conducted by John Clements, Alan Lynch, Glen McDonald and Len Miles. It was a close tussel between Drew Berwick and Grant Young, with Drew taking the Honours by 1 vote.

<u>FINAL</u>	<u>VOTE</u>	<u>COUNT</u>
DREW BERWICK		22
GRANT YOUNG		21
RODNEY BUSHING		16
JASON LYNCH		15
BRENT LEEDHAM		13
PAUL MASON		10
JAMIE VINEY		10

THIRDS TROPHY WINNERS 1986

BEST AND FAIREST: DREW BERWICK
Trophy by Mr & Mrs Terry Targett
RUNNER-UP: GRANT YOUNG
Trophy by Mr & Mrs Les Newman
BEST TEAM PLAYER: BRENT LEEDHAM
Trophy by Mr & Mrs Harry Luck
MOST CONSISTENT: PAUL MASON
Trophy by Mr & Mrs Peter Spilsbury

THANK YOU

Peter and Marj Spilsbury would like to thank relatives and friends for phone calls, flowers, cards, fruit and visits to Peter while a patient in St. Vincents Hospital.

Thank you all Sincerely.

Most COURAGEOUS: JAMIE "JACK" VINEY

BEST CLUB MAN:

RODNEY BUSHING

Trophy by Mr & Mrs Len Miles & John

MOST TENACIOUS:

ANTHONY DANGER

Trophy by Mr Tony Singline

BEST AT TRAINING:

NIGEL NOLAN

Trophy by Mr Paul Gough

BEST UTILITY PLAYER:

JASON LYNCH

Trophy by Mr & Mrs Jim Haas

MOST IMPROVED:

JUSTIN HAYES

Trophy by Mrs Rene Morris and Family,
The Dal Morris Memorial

The following players received a Trophy donated by Mr & Mrs Kevin Faulkner:

CHRIS DAVERN, SIMON DANGER,
MARK TOOMBS, SHANNON TARGETT,
MARK WEBB, JASON AULICH,
TROY TARGETT, SIMON COWLEY,
AARON FURLOW, PETER GILLIES,
HEATH MCGOWAN, STEPHEN NOLAN.

Presentations were made on behalf of the players to the coach of the boys, Mr Paul Gough, and also Mr Keith Mason and Mr Ian Faulkner.

The Club would like to thank all the Trophy donors, the Coach and all the people who helped in any way during the year of the 1986 season. It was a great effort to play off in a grand final. Let's hope in 1987 we can go one better and win the big one.

Congratulations to the St. Helens boys. You were too good for us on the day.

BUT!! WATCH OUT FOR THE TIGERS IN SEASONS AHEAD!!

ST MARYS LADIES & MENS

VOLLEYBALL GRANDFINALS

NEW TIME: 6.30pm & 7.30pm

17-9-86 ST MARYS HIGH SCHOOL
GYMNASIUM

EVERYBODY WELCOME

TROPHY PRESENTATION TO FOLLOW
AT HOTEL LOUNGE.

RULES. 1. Spectators must wear clean white sole shoes not street shoes (shoes can be removed).

2. No smoking in Gymnasium

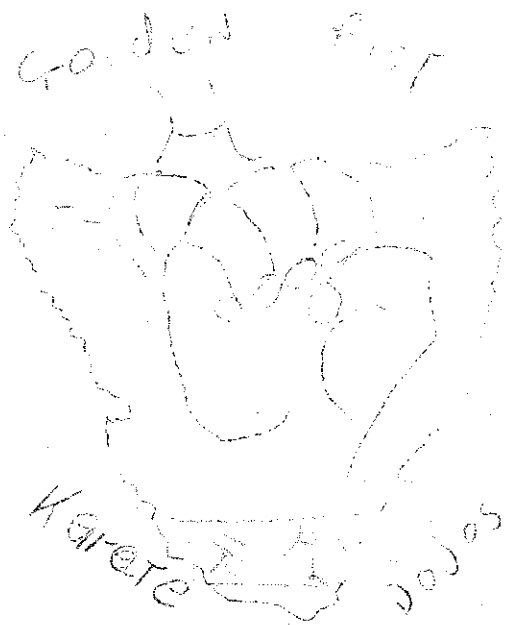
ALL PLAYERS SHOULD ATTEND

I Bradbury

Secretary ph. 722 209

\$ 3.00

PER LESSON



ST MARYS

ENQUIRIES:

PHONE 722 145

ST MARYS JU-JITSU KARATE CLUB TRAINING
EVERY MONDAY NIGHT 7 - 9 ALSO TUESDAY
AND WEDNESDAY IN LAUNCESTON AND THURSDAY
AT CAMPBELL TOWN.

ENQUIRIES: PHONE 449003.

GOLDEN FIST KARATE DOJO'S WINNERS OF 12
TROPHIES IN 1986 KARATE - v - TAE KWON DO
TOURNAMENT.

ANDREW ADAM - (BLACK BELT INSTRUCTOR).

T.J.K.A. MIDDLE-WEIGHT CHAMPION 1979-1980-1981.

T.J.K.A. KATA CHAMPION 1978-1979-1980-1981.

BEGINNERS OF ALL AGES WELCOME TO TRAIN FOR
FITNESS AND SELF-DEFENCE OR JUST AS A GOOD
SPORT FOR ALL AGES.

OVER 200 PEOPLE A WEEK ARE CURRENTLY TRAINING
AT GOLDEN FIST KARATE DOJOS.

LEARN

AT

ST MARYS.

FINGAL/PORTLAND C.Y.S.S.

With the coming of warmer weather, we are planning more outdoor activities for CYSS. A recreational camp is planned for October 2 & 3 with assistance from the department of Sport and Recreation. This month, thereof our participants will take in a 10 day outdoor course with project Hahn on the Freycinet Peninsula. Activities will include camping, canoeing, rock climbing, abseiling and caving. There will be opportunities for more of our young people to take part in these excursions in future.

Anyone interested in taking part in Outdoor Activities with CYSS contact Biese or Lindy at Todd's Hall, or on 722187.

We hope to organise bushwalks and an orienteering course.

OUR CRAFT PROGRAM:

Rossarden: Community Hall
Mondays 10am to 2pm Pottery and Leatherwork.

Mathinna: At the Club
10.30am to 1pm Leatherwork.

St. Marys: Todd's Hall
Open Tuesday to Thursday, 9am to 5pm for drop in, pool, badminton, advice with Social Security, CES Job Information, help with tax returns, Saturday and Wednesday papers, available to be read.

CRAFTS AT TODD'S HALL:

Tuesday: 1pm to 3pm Leatherwork

Thursday: 10am Pottery
Lunchtime Cooking 2pm Woodwork.

Tuesday: at Peter Rubenach's,
Gray. 1pm to 3pm Woodturning,
using a woodlathe.

Girls afternoon has been postponed because of a shortage of girls. Most of our girls are now working on our course. We welcome suggestions for activities when girls afternoon is re-established.

Please contact us if you have ideas for crafts, or would like to assist with tutoring of a particular skill.

CYSS is your community project, and your participation is needed.

FOR SINCERE PERSONAL
AND DIGNIFIED SERVICE
ANYWHERE ANYTIME

DARAL BAILEY & SON

A.F.D.A.

FUNERAL DIRECTORS

PHONE: (003) 761153

ALL HOURS

D.K. & C.M. BARNES

ST. MARYS

PHONE: 722367 or 722265

WE WILL MAKE OR DELIVER

FRESH FLOWERS

OR

ARTIFICIAL WREATHS

ALSO BRIDAL BOUQUETS

B. & J. ASPLSBURY

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 THRU:

MR. D. CASBOULT

ST. MARYS

PH: 722 143

or

MR. T. PEARCE

CAMPBELLTOWN

PH: 811 167

BRUCE DAVIDSON

FUNERAL DIRECTORS.

FOR OUR CHILDREN
By Joseph Wroblewski Past President
International Association of Lions
Clubs.

In every home in which children live, parents possess one fervent hope - that these youngsters grow up morally strong and true to the values which they have been taught.

For this reason Lions Club International must continue to fight drug and alcohol abuse with every means at our disposal. The Lions-Quest "Skill for Adolescence" curriculum for 10 to 14 year olds is a proven path to successfully educating our children against these insidious addictions.

The key to preventing drug abuse in our families is stopping it before it happens. A drug awareness curriculum in the schools is a sensible, workable solution to giving our youngsters the straight facts, and instilling in them the self-confidence to make the right choice. As any parent knows, the teens can be troublesome years. We need to work with our children, seeing that their education includes drug awareness as just another one of the basics they need to succeed in today's world.

We serve better - together, and indeed, what better way to unite than against drug abuse.

SURVIVAL SKILLS

What can we do now? what are the basic survival skills we'll need to keep our economic independence and stretch our dollar to the utmost?

1. First, shift gears psychologically. It's important to face up to the idea of making do with less, of getting by without all the expensive material things and services we're so accustomed to. Accept it as a challenge.
2. Grow more of your own food. If you have access to any land at all put it to work producing food. Do it organically right from the start, because costly chemical fertilizers and poison sprays are getting too expensive anyway.
3. Can and store more. Use excess fruit and vegies to make jams, preserves, dried fruit etc. You'll cut back on some of winters very costly food bills.
4. Buy more simple, natural foods that keep and supply good nutrition. These foods like rice(brown) lentils etc. can be bought in bulk and kept, always providing good food value.
5. Buy some land, prices are rising all the time, now is the time to set yourself up for the day you can no longer afford the rates and taxes on the average city or town block.
6. Get tools. Learn to take care of simple repairs, do it yourself. Develop some home skill or craft to be ready for the advent of home industry, look for alternative sources on income, grow earthworms or keep bees or raise specialty crops like berries.

ART EXHIBITION ENTRY FORM

No Entry Fee 5%COMMISSION ON SALES LIONS CLUB ST MARYS
PAINTINGS MUST BE FOR SALE READY TO HANG CLEARLY MARKED WITH
ARTISTS NAME AND ADDRESS AND CONTACT PHONE NO.

ENTRIES MUST BE IN BY 20th NOVEMBER

PICK UP DAY FOR UNSOLD WORKS 29th AT CARNIVAL GROUNDS.

.....
ARTISTS NAME
TITLE OF WORK PRICE
..... PRICE
..... PRICE
..... PRICE
..... PRICE

FURTHER INQUIRIES PHONE 722357

WOMEN'S VOLLEYBALL RESULTS.....	
September 9th:	September 9th
Blue v Yellow (3-0)	Green v White (3-2)
15-3, 15-6, 15-9.	15-13, 9-15, 14-15, 15-7, 15-9.
Sept. 16th - Semi Final	Sept. 17th 6.30 (Grand Final)
Blue -v- White	Green v winner from 16th. Sept.

BE CRAFTY

Nature is full of discarded beautiful things which can be recycled into art objects.

For example, have you ever come upon an interesting piece of driftwood at the shore, or found a slab of bark in the forest?

Have you a collection of rocks or shells or seeds?

Can you find some colored pebbles or broken bits

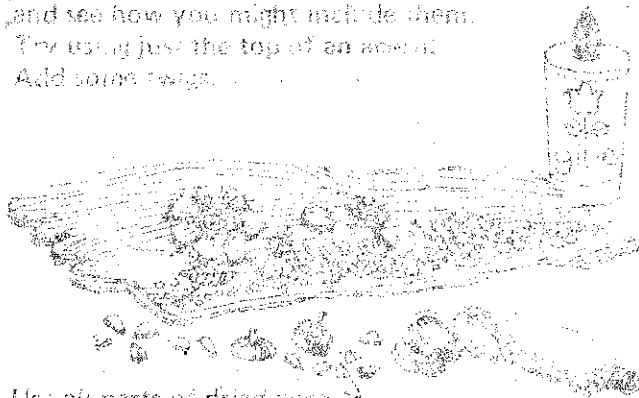
of dried corn? Wherever you live, you will be able to find some natural things to create a wall hanging or a sculpture.

The only rule is . . . you must never take or destroy something that is happy where it is.

HERE ARE SOME IDEAS YOU MIGHT USE.

You will probably think of many more.

- Use a piece of tree bark or roughly cut wood as the base of a wall hanging. If it is plain wood, stain it with a mixture of red food coloring and water. If you would like a shiny finish, shellac it.
- Arrange seeds on the wood until you have a design or picture that pleases you. Don't overlook the large seeds such as acorns and pine cones. Take the pine cone petals apart and see how you might include them. Try using just the top of an acorn. Add some twigs.



- Use all parts of dried corn. Cobs can be cut into circles or wedges with a small saw. Different shapes can be cut from the husks.

- Look for rocks whose basic shapes resemble animals. Can you imagine a penguin?

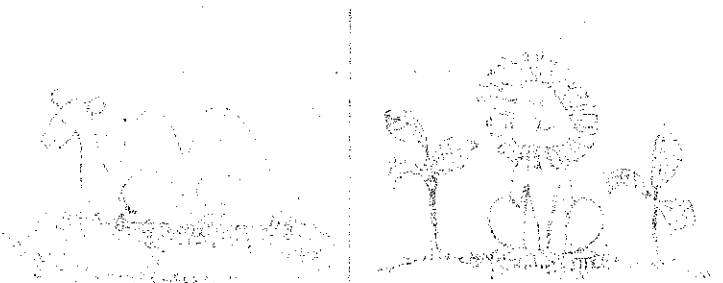


Use an other bird from nature for detail.

Your rock can stand alone or be placed on wood.

(If you stand it alone, glue a piece of felt to the bottom to prevent it from scratching tables.)

- Try to create a natural environment for your subject.



If you are featuring a candel, you might use sand for the background.

The background for a flower might suggest a jungle, while a penguin lives surrounded by ice and snow.

- Plan your designs carefully. Let your eyes be the judge of what materials to use. Don't glue anything down until you are entirely pleased with the arrangement.

STARDUST

BY CANCER CUSI
FORTNIGHT BEGINNING SEPTEMBER 11, 1986.

VIRGO: August 24 - September 23
Don't hesitate to exploit your talents, but when you do make sure that you don't neglect the feeling of a loved one. Romance will bring some nice surprises, with lots of social activity.
LUCKY NUMBERS: 11 19 37.

LIBRA: September 24 - October 23
An invitation or opportunity may send you travelling at a moments notice. Be positive in all your actions, but also be wary of strangers with big ideas - they may be all talk and no action.
LUCKY NUMBERS: 10, 35, 44,

SCORPIO: October 24 - Nov. 22
People around you will have some very interesting suggestions to make. Social life will abound with new friends and admirers. A big week is in store so expect lots of entertainment.
LUCKY NUMBERS: 9, 25, 41.

SAGITTARIUS: November 23 - Dec. 21
You will find yourself spending extravagantly if you are not careful in all financial transactions. If you fancy a flutter in a casino, avoid risks. News of a friend will be cheering.
LUCKY NUMBERS: 12, 18, 27.

CAPRICORN: December 22 - Jan. 20
Make the most of any opportunity which may arise. An unusually prosperous week is in store for you, but avoid the tendency to be outspoken. An interesting meeting could prove inspiring.
LUCKY NUMBERS: 16, 29, 30.

AQUARIUS: January - February 19
Monitor your words and actions very carefully, as there is a danger that someone may misconstrue them. A financial surprise may be in store for you if you have artistic ambitions.
LUCKY NUMBERS: 3, 20, 21.

PISCES: February 20 - March 20
An excellent week for expanding existing ventures or launching something new. Get out and about as much as possible. Keep yourself open to new ideas and try not to be too over-cautious.
LUCKY NUMBERS 5, 23, 40.

ARIES: March 21 - April 20
The time is ripe for putting your financial affairs on a more secure basis. Devote as much time as possible to your aims and discuss difficulties with someone of wider experience.
LUCKY NUMBERS: 26, 31, 42.

TAURUS: April 21 - May 21
Stand by for sudden upheavals at home or around your place of work. Friends may play a vital role in your hopes and expectations. An important meeting will bring a change of plans.
LUCKY NUMBERS: 2, 8, 17.

GEMINI: May 22 - June 21
An excellent time for new plans and projects. Trust your intuition. Devote some time to yourself. A long-time associate may disappear from the scene. A letter or card may arouse your interest.
LUCKY NUMBERS: 8, 15, 43.

CANCER: June 22 - July 22
If your emotional affairs have suffered some ups and down lately you can be sure the going will get smoother. You are entering a period of greater happiness, love and friendship.
LUCKY NUMBERS: 22, 24, 35.

LEO: July 23 - August 23
Be careful with all personal or business dealings. Someone may attempt to mislead you. Events taking place within the family circle may provide cause for celebration.
LUCKY NUMBERS: 13, 32, 38.

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