

THE VALLEY AND EAST COAST VOICE

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"FAMILIES IN ACTION"

One of Australian cricket's young heroes, Greg Matthews, last month launched The Young Australians Community Program.

The program will provide \$300,000.00 to selected community groups to aid projects designed to assist and encourage the youth of Australia.

The program will involve over 900,000 people nationwide. It was launched around Australia last month with Sir Joh Bjelke-Petersen, Premier of Queensland; Barbara Weise, S.A.'s Minister of Youth Affairs; Steve Crabb, Victoria's Minister of Labour; Kay Hallahan, W.A.'s Minister of Community Services and other state representatives announcing its inception in their state.

"This is a terrific opportunity for the general public to support the work of some really worthwhile organisations in helping young people," said Greg Matthews.

The Young Australians Community Program is providing a unique opportunity for Lions Clubs, The Scouts Association, Girl Guides Association, Apex Clubs, St. John Ambulance Brigade Cadets and the Police-Citizens Youth Clubs, to raise funds for special youth-oriented projects.

These projects range from national leadership courses through to Lions campaign to mobilise families against drugs- "Families in Action Against Drug Abuse."

'Families in Action', is aimed at preventing drug abuse and counteracting pressures in society that condone and promote drug use. It is co-sponsored by the Alcohol and Drug Foundation of Australia.

Mrs Barbara Horsfield, National Secretary of the Girl Guides Association, said the Association is delighted to be involved with The Young Australians Community Program.

"The funds we will get from the program will help to make Guiding available for more girls in Australia," Mrs Horsfield said. "And we have over 30,000 on our waiting lists!"

"The money will help us train desperately needed leaders and set up units in socially and economically disadvantaged areas."

The Executive Director of Apex, Mark Franklin, said the funds received from the program would ease the burden of maintenance costs for the chalet and camps the association runs for underprivileged children.

"The construction and constant maintenance of our chalet and camps has meant months of back-breaking work by Apexians," Mr. Franklin said.

"This assistance will mean they can be maintained at an appropriate level and be able to give the adventure of a lifetime to our nation's underprivileged and physically handicapped children.

"We see this program as a symbol of Australia," he said.

ST MARYS LIONS CARNIVAL

NOVEMBER, 29th, 1986

ST. MARYS RECREATION GROUND

PROGRAMME INCLUDES: Chopping, Handball Comp., Gymkanha, Golf - Hole-in-one/Nearest the Pin Comp., Carnival Girl Comp.; Miss Tiny Tot, Junior and Open, Karate Demonstration, Art Display, Historical Photo Display, Cabbage Patch Kids Party, Kite Flying and making demonstration, Latavia Craft Exhibition, Guess Weight of the Ball. Hobart Pipe Band will be attending.

CLASSIFIEDS

ATTENTION: IS YOUR CHIMNEY DIRTY? THEN WE'LL CLEAN IT! VERY REASONABLE RATES. PHONE 722 187 or 722458.

PANCAKES FOR WINTER....

The Pancake Parlour is open each Saturday and Sunday over winter. For evening bookings and Functions Phone 72 2263 or 722 161.

OPENING SOON..... Arts and Crafts shop, St.Marys. Anyone interested in selling arts and crafts on commission can phone 722 173 after 4.30 any day for further information.

PAINTING: For all exterior painting, top quality work. Free quotes. Reasonable rates. Phone 72 2329.

PEAKES BUS SERVICE. St.Marys, Bicheno, and Swansea, passengers, parcels and papers. Phone St.Marys 72 2390.

TOP PRICES: Paid for old Blackwood, pine and antique furniture. Any condition. Phone 76 1378.

FOR SALE: Brand new rubber back curtain material 9.6m. Terracotta (Orange/pink) colour \$170. Phone 722 465 Liz Rice.

FOR SALE: 1961 Holden ute. not reg. good motor and tyres 1 Electrolux cleaner. 3 year old very good order. Phone 74 2236.

FOR SALE: Q.S. Springcoil Mattress and Base\$200

1978 Leyland Mini: 6 Months Rego Motor good, Body Fair, Plus spare parts ... \$600 O.N.O. APPLY 6 Grant Street or Phone St Marys 722130

FOR SALE : 1 Large "PROLINE" Golf Bag with hood and matching wood covers \$95. Phone Bicheno 751142

WANTED TO BUY: or on consignment Home Made Crafts:- Woodwork, Pottery & Painting etc. Phone 771168

Plenty of Curtain Materials at Reduced Prices.

JAY RICHARDS HOME FURNISHERS

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.

Jardineres from \$21.95 each.

107cm & 137cm drop. To fit window up to 250cm wide.

Available in Ivory and White.

Plus matching continuous 137cm

& 213cm drop. \$3.35 & \$4.95 per m.

ST. HELENS.

PHONE: 76 1147.

WHATS ON

BASKET BALL

ANY ONE INTERESTED IN PLAYING LADIES & MENS

WE HOPE TO START ROSTERS... SOON

MEETING FOR ALL INTERESTED

ST MARYS HOTEL LOUNGE

7.00pm. MONDAY 29/9/86

BE THERE

IF

YOU

WISH

TO

PLAY.

BLOOD BANK WILL BE AT THE COMMUNITY HALL ON MONDAY 6th OCTOBER

BETWEEN 7.00pm - 9.00pm

ALL DONORS AND NEW DONORS ARE

WELCOME.

SAVE A LIFE GIVE BLOOD

MELBOURNE CUP LUNCHEON

Reminder - keep this date free

LIONS CLUB OF ST MARYS

MELBOURNE CUP DAY LUNCHEON

will be held in the Memorial

Hall on Tuesday November 4th 1986

WATCH THIS SPACE FOR FURTHER DETAILS

FINGAL VALLEY POLICE & CITIZENS

YOUTH CLUB.

WEDNESDAY NIGHT 3.30 - 4.30

Badminton, Table Tennis, Pool table

ALL WELCOME

VALUE RAFFLE

Your chance to win \$500 worth of tyres

4. Radial Steel Tyres to be fitted and Balanced in Launceston by

Goodyear Tamar Street

Tickets available:

St Marys Health & Beauty in aid of Multicap Entrant Michelle Maher

WHAT'S ON

ADULT EDUCATION COURSES and ACTIVITIES.

FALMOUTH

Continuing course YOGA 8 sessions
7.30-9pm September 29th.

MATHINNA

PATCHWORK & CHRISTMAS presents
4 weeks. September 30th
School 7-9pm.

MORE STUDENTS NEEDED FOR LEAD-LIGHTING COURSE FALMOUTH.

BICHENO

UPHOLSTERY at home of Wally
Oliver, 57 Tasman Highway, Bicheno
4 weeks - 30th September.

FINGAL

PATCHWORK & CHRISTMAS presents
4 weeks. September 29th.
Uniting Church Hall 1-3pm.

The class fee is \$14 for four sessions.

An EXHIBITION of patchwork and knitting and dressmaking will be held at St. Marys Library from Oct. 6th for two weeks (all work received between 1-3pm Oct. 6th). This will then go to Fingal Library for further 2 weeks.

Please ring Nyria Denton-Barker to confirm place in class
Phone 72 5296.

FULL CATERING FOR.....

Birthdays, Weddings, or just that special dinner at home.
Don't cook - let us do it for you.

Orders taken for Xmas Puddings and cakes, also shortbread.

Enquiries St. Marys 722 483.

CONGRATULATIONS

St Marys Post Office Personnel in once again winning Australia Post Office Display Award. This is the second time St. Marys has won this award.

TASMANIAN PENSIONERS UNION.

A special meeting of the Fingal/ St. Marys branch will be held in the institute St. Marys on Thursday 9th October at 2pm
All pensioners invited to attend
Ladies a plate please.
P.D. Llewellyn
Hon. Treasurer.

RESULTS OF ST. MARYS GOLF AND LIONS CLUB RAFFLE.

- 1st. GOLF CLUBS Ticket No. 077
M. Trimper, Launceston.
- 2nd. GOLF BAG Ticket No. 065
B. Murfett, Launceston.
- 3rd. 2 DOZ GOLF BALLS T/No. 1167
D. Bailey, St. Helens.
- 4th. 1 DOZ GOLF BALLS T/No. 105A
D. Smith, Bicheno.
- 5th. 1 DOZ GOLF BALLS T/No. 1086
P. Cook, Launceston.

OLD TIME DANCE

Thanks to the few hardy souls from far away Bicheno, Cornwall and Four-mile Creek, who braved the weather to dance! not a big crowd but we all agreed it was fun. Heart felt thanks go to Rex and Gwenyth who provided the music and guided us back in time through the steps of the graceful old time dance. What we lacked in skill we made up for in enthusiasm! We will be forming a committee to arrange regular dances with funds going to local charities so any one interested should contact us 722357 for further information.
The next "Revival" will be on Saturday 4th October. WATCH FOR THE POSTERS
NORM AND VON.

BINGO St Marys Institute every Tuesday night
Eyes down at 7.30pm. This Tuesday 26.9.86 two jackpots \$140 on 54 and \$100 on 50 calls

A Valley Voice reader of Clive St. wishes to praise the girl who delivers his Valley Voice with regularity come rain or shine
(GOOD WORK NARELLE .. EDITOR)

BLACK GOLD BOUTIQUE

STOREY STREET, St. Marys

Phone 722441

EXCITING NEW SUMMER FASHIONS WITH ACCESSORIES TO MIX & MATCH

NEW "BAGGY" LEVI SCHOOL JEANS HAVE ARRIVED

BEST WISHES TO OUR NEW CRAFT SHOP "BITS & PIECES" NEXT DOOR

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

Sunday September 28
 Fingal 9.30am
 St. Marys 11.00am
 St. Helens 7.00pm

Sunday October 5
 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 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

ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday September 28
 9.00am H.C. Fingal
 10.30am H.C. St. Marys
 3.00pm H.C. Mathinna
 7.00pm H.C. Avoca

Sunday October 5
 9.00am M.P. Fingal
 10.30am F.S. St. Marys
 7.00pm H.C. Royal George

SALVATION ARMY - CORNWALL

DURING WINTER MONTHS -
 Morning Service - 11.00am
 1st & 3rd Sunday in month

Sunday School - 10.00am weekly

Home League - 2.30pm
 1st, 3rd, & 5th Wednesday in month

ALL WELCOME TO WORSHIP WITH US

ENVOY & MRS. BETTS - Sunny Banks
 Phone 722352

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assump-
 tion - Sundays Sept. 28 & October 5
 9.00am

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

Fingal - St. Joseph
 Sunday October 5 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 October 5 4.00pm

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

MEALS ON WHEELS

SEPT. / OCT.

ST. MARYS

FINGAL

Sunday	28	Gerald Aulich	Dennis Sutton
Monday	29	D. & S. Robinson	Ida Legro
Tuesday	30	Mary Viney	Pauline Hamill
Wednesday	1	Ruth McGiveron	Gloria Parker
Thursday	2	Shirley Britton	Perce Rowlings
Sunday	5	Marj Spilsbury	Mac Saunders
Monday	6	Debbie Barnes	Ruth Saunders
Tuesday	7	Joan Smith	Kath Francis
Wednesday	8	Keith Bullock	Bill Johnston
Thursday	9	Pam Lynch	Pat Death

THANK YOU

MR. & MRS. CHARLIE GILLIES wish to thank all those kind people who assisted in saving their home when threatened by fire. Special thanks to the St. Marys Voluntary Fire Brigade.

THANKYOU to everyone who kindly loaned or donated articles for the Post Office display.

Post Office Pete.

ST MARYS MENS VOLLEYBALL

ASSOCIATION

BEST & FAIREST COUNT

- 29 G Chapple (H)
- 28 G Mc Donald (T)
- 26 R Squires (R) T Chapple (H)
- 25 R Madden (R)
- 23 G Bailey (H)
- 19 G Midson (W)
- 18 S Bean (T)
- 17 D Summers(T) T Squires (P)
R Knox (W) D Challis (Pb)
- 16 B Hudson (Pb)
- 15 A Donker (W) A Mitchell (R)
- 13 P.W. Moore(Pb) G Cook (P)
S Vance (W) A Wright (W)
- 10 D Williams (Pb) I Bradbury (R)
J Lynch (P)
- 9 H. Jones (H) N Stewart (Pb)
- 8 C McGregor (W) M Wright (W)
S Aulich (T)
- 7 A. Madden (R) J Hass (P)
S Phillips (P) S Wally (H)
- 6 W Britton (R) P.V. Moore (Pb)
P Britton (T) B Felmingham (H)
- 5 A Thomas (P)
- 4 P Spilsbury (T) G Richardson(W)
- 2 G Greaves (P) P McKenzie (Pb)
L Spilsbury (R)
- 1 A Lavelle (P) S Kemp (P)

- CODE: ST HELENS (H)
WARRIORS (W)
RAMS (R)
TIGERS (T)
PUB (Pb)
PUMAS (P)

TEAM VOTE:

- ST HELENS 100
- WARRIORS 97
- RAMS 91
- TIGERS 81
- PUB 73
- PUMAS 63

ST MARYS VOLLEYBALL ASSOCIATION

FINALS & TROPHY EVENING

This year the ladies association rejoined the men's volleyball roster.

Both Men's & Womens Competition consisted of six team's the womens teams being very even sides

16.9.86 Preliminary Finals
Ladies White d Blue
Mens Rams d Warriors 15-6, 10-15,
13-15, 15-8, 15-7

17.9.86 Grand Final
Ladies White d Green
Mens St Helens d Rams 15-0, 6-15,
15-1, 7-15, 15-9.

Trophy presentations took place in the Hotel Lounge following the finals

- Best Female player in Final
Alisha Linfoot (White)
- Best Male player in final
Andrew Madden (Rams)

These were donated by Mike & Robyne of the St Marys Hotel.

Best & Fairest Runners Up
Ladies Tanya Leedham (Green)
Mens Glen "Macka" McDonald (Tiger)

Best & Fairest
Ladies Kath Blair (Pink)
Mens Graham Chapple (St Helens)
Congratulations to all players that registered votes in the count.
This was Graham Chapples 4th Best & Fairest win in our roster.
Congratulation Graham.

Runner Up Grand finalists
Commiseration to the Green team of Helen Fisher, Tanya Leedham, Julie Cornelius, Michelle Leedham, Michelle Bennett, Debbie Dawson.

Grandfinalist
Congratulations to the white team of Sue Fisher, Joanne Griffiths, Jodi Madden, Vanessa Spilsbury, Alisha Linfoot, Judy Aulich, on a great game of Volleyball.
Runner up Grandfinalist
Bad luck to Richi Madden, Andrew Madden, Andrew Mitchell, Ray Squires, Leigh Spilsbury, Wayne Britton, Ian Bradbury.

Rams have played in last 9 Grand-finals and have only won 1.
Grandfinalists

Congratulations to the St Helens team of Graham Chapple, Tim Chapple, Howard Jones, Steve Wally, Glen Bailey, Bruce Felmingham on winning another grandfinal.

Id like to thank the Ladies Association for the present which they gave me for umpiring their roster game.

Both Ladies & Mens Associations would like to wish Phil Moore and his family all the best as Phil has been transfered at the end of the year in his time here Phil has been a player for 5 years as well as Men's President for 5 years
Best of Luck Phil..

The S.M.M.V.A. would like to thank everybody who helped in fund raising especially Helen Fisher who each week sold Pick A Number tickets for the S.M.M.V.A.
The S.M.L.V.A. & S.M.M.V.A. would like to thank the following people for making the season one of our best.
Chris McGregor, Phillip Midson, Ian Bradbury, Jason Lynch & Linesmen & Scorers for their job in umpiring through the season.

Mike & Robyne & Staff for the use of the Hotel for meetings, Best & Fairest Counts & Grandfinal night
To Trophy Donors

Mike & Robyne best Player in Both Finals
Andrew Madden Best & Fairest Perpetual Trophy
Ian Bradbury Grand Final Perpetual

F O O T Y NOTES

by TIGER TAIL

The response of our Club Members and supporters was excellent again with a crowd of some 250 people attending the Annual Dinner and Trophy Presentation night held at Four Seasons Hotel-Motel, Scamander.

Mr Len Miles acted as Toast-master during the evening, with Trophy presentations made by Mr Stephen Salter, Mr Michael Polley MHA, Mr Kevin Faulkner, Mr Brian Birrell, along with Club coaches John Clements and Alan Lynch.

Guests of the Club for the evening were Mr and Mrs Graham McGee, President of the Fingal Football Association, Mr and Mrs Stephen Salter, Mr Michael Polley MHA, and Mr and Mrs Michael Brown from the Umpires Association.

Special Awards made during the dinner were: Club Merit Awards to Mr Brian Birrell, Mr Ian Faulkner, and Mr Ray Ridgers.

Mr Trevor Viney won the Kelly Birrell trophy for outstanding service to the club.

Presentations were made to Alan Lynch, the victorious C/coach of the Reserves Premiership Team, from his team-mates.

Senior players presented their coach Mr John Clements, with a gift. The Club is proud to announce John as the appointed coach of the Tigers for the 1987 season.

Premiership Medals were presented to all players of the 1986 Reserves premiers of the Fingal Football Association.

A presentation was also made to the club runner, Shaun Aulich.

Highlite of the night was the Life Membership Award medal presented to Murray Berwick, by the Club President Les Lavelle. This was a proud moment for Murray, as his mother Mrs D. Berwick is also a Life Member of the club. So to have a mother and son as life members of the club is quite an achievement.

The Club wishes to thank all Committee Men, Ladies Kiosk workers, Barmen during club functions, Coaches, Trainers, Gatekeeper, Timekeepers, and Goal Umpires. You all did a mighty job throughout the year, and without this support our club would not be able to function. Thanks to all our loyal supporters too.

To the Management and Staff of Four Seasons Scamander, a great night was enjoyed by all who attended. Thanks to you all.

Also thanks to the people who worked during the Saturday afternoon to make the decorations and place them around the dining room of the hotel. It shows what great club spirit is involved each year.

Don't forget the Champagne Breakfast this Sat. at Scamander. 9am.

Thanks to all Trophy Donors and congratulations to all the winners.

SENIORS

BEST & FAIREST: ROGER SALTER

Shield donated by Bob McGregor

Trophy donated by D & G Faulkner

RUNNER-UP B&F: RICHARD MCDONALD

Trophy donated by Mr Robert Spencer,

Four Seasons Hotel- Motel Scamander

LEADING GOAL KICKER: GARY DEMITZ

Freeman Family Memorial Shield

Trophy donated by Mr & Mrs Peter

Thompson, Break O' Day Cafe

NUMBER OF GOALS: 25

MOST CREATIVE: KEN MAYNARD

Bradbury Family Trophy

Trophy donated by Bobby Bradbury

BEST BACKMAN: GLEN MCDONALD

Trophy donated by Mr & Mrs McGee,

St. Marys Bakery, St. Marys,

Bag from Westpac Bank

BEST FIRST YEAR PLAYER: HARRY DAVIS

Trophy donated by Allens Sweets

MOST CONSISTENT STEPHEN BROWN

Trophy donated by Mrs Ethel Wright

Bag from Westpac Bank

BEST CLUBMAN: DALE RIDGERS

Lou Maney Memorial Trophy

Trophy donated by Mrs Maney

RESERVES

BEST & FAIREST: ALAN LYNCH

Peter Greenwood Memorial Trophy

Trophy donated by Mrs Atholie Greenwood

RUNNER-UP B&F: ANDREW SINGLINE

Trophy donated by Mr Rob Spencer,

Four seasons Hotel- Motel Scamander

LEADING GOAL KICKER: ROGER DONALD

John Maney Memorial Trophy

Trophy donated by Dawn & Wayne

Squires. NUMBER OF GOALS: 35

BEST BACKMAN: PAUL RENNISLEY

Brian French Memorial Trophy

Trophy donated by Dot French & Family

Bag by Westpac Bank

MOST CREATIVE: MICHAEL WILLIAMS

W Hollis Memorial Trophy

Donated by Meg Lutwyche & M. French

Bag by Westpac Bank

BEST FIRST YEAR PLAYER: VANCE DONALD

Barry Davey Memorial Trophy

Trophy by Mr & Mrs Robert Davey

BEST IN FINALS: ERNIE MAHER

Charlie Midson Memorial Trophy

Donated by the Midson Family

Bag by Westpac Bank

BEST TEAM MAN: TONY SINGLINE

Towel Trophy donated by Mr George

Shaw M.L.C.

!Coca Cola! bag Trophy donated

by Pedro's, Scamander

MEDALLIONS given to all RESERVES

PREMIERSHIP players were donated

by the WESTPAC BANK.

There is no way the club itself

could afford all these trophies, so

the help of the general public and

the business houses is greatly

appreciated by the club and the

recipients. COME ON THE TIGERS, '87

ST. MARYS DISTRICT HIGH SCHOOL

SOME IMPORTANT DATES:

October

- Mon 6th - Wed 8th - Grade 6 to
Stores Creek
Thurs 9th - Launceston Show Holiday
Wed, Thurs 22nd, 23rd -
K-10 Athletics Carnival

November

- Tues 11th - Fri. 14th -
Grade 5 to Hagley
Thurs 13th - Inter High Athletics
Carnival
Thurs 20th - Prefect Elections
Wed 26th - Leavers Dinner
Friday 28th - Grade 10 leave

December

- Wed 10th - Release of Grade 10
results
Fri 12th - Open Day
Thurs 18th - Term ends (students)
Fri 19th - Term ends (staff)

THINK ABOUT UNIVERSITY - THE PATH TO YOUR CAREER:

Every year about 700 new students enrol at the University. For every new student there is probably another who would like to come to University but does not feel confident enough to take the final step.

You may be one of these students, but by setting yourself a realistic goal, and applying yourself to your studies you have a good chance of success.

You may not top your class at school but if you react positively to the following points you owe it to yourself to think seriously about enrolling.

- You don't have to be a genius.
- Motivation is essential: you must really want to study.
- It is important that you like talking about new ideas and solving problems.
- Most courses involve a lot of reading: if you don't really like reading, the University may not suit you.
- You'll sometimes have to write lengthy essays or reports so you'll need to acquire concise writing skills.
- You need to be able to stick with it, even during the bad times.
- You'll need to develop self-discipline; most of your work will be done on your own - reading

or writing at home or in libraries.

- A good general knowledge and interests in a number of things are advantages.
- Encouragement from others is a real help. If your family or friends conflict with your studying, problems can occur.
- You'll need to plan carefully what you want to study to avoid making the wrong choice.

The Facts:

The University is divided into faculties. These are:

Agricultural Science, School of Art, Arts (including Librarianship), Economics and Commerce, Centre for Education, Engineering and Surveying, Centre for Environmental Studies, Law, Medicine (including Pharmacy), Conservatorium of Music, and Science.

Each faculty offers a Bachelors degree and they are all named accordingly, e.g. Agricultural Science, B. Agric. Sc., Centre for Education, B. Ed., B. Sp. Ed. Some faculties offer diplomas (e.g. Music) and postgraduate diplomas (e.g. Librarianship) and higher degrees such as masters and doctorates.

How to Enter

The general entry qualifications is matriculation. This involves six subjects at the Higher School Certificate examinations. Four of these must be approved Level III subjects, the other two may be chosen from a wide range - other Level III subjects, including lower passes, passes at Level II in approved subjects and some subjects offered by Technical and Further Education.

(Extract from University of Tasmania Broadsheet No 21)

GRADE 7, 1987:

Mrs. M. Forsyth, the Grade 7 Supervisor for 1987 will be visiting schools to meet with students and their parents during the second half of October and on 18th November all our 1987 Grade 7 students will spend a day at St. Marys to familiarise themselves with their new school.

FINGAL VALLEY DISTRICT NEWS

The Tourism and Promotion Committee of the Fingal Valley are hosting the launch of the "Hot off the Press" lets talk about brochure at the Tasmanian Hotel Civic Centre, Fingal at 1.30pm THIS Friday.

Presidents and all interested are most welcome to come along to the launch conducted by the Warden of Fingal Cl. Robert McKenzie and special guests the Deputy Director of Tourism Mr. Peter Oldfield. The Executive Director of the Keep Australia Beautiful Council Mrs. Alison Shepicck, and the Northern Manager of the Tasmanian visitor corporation Chairman Leyton-Grant.

The launch co-incides with the judging of the Tidy Towns Competition which commences at 9.15am on Friday and the Judges will be assessing the towns of Avoca, Rossarden, Fingal, Mathinna, and St.Marys during the day.

The Old Tasmanian Hotel Civic Centre will also open a special exhibition of "Glimpses of Tasmanian Gardens from the 1860s" presented by the Queen Victoria Museum and Art Gallery.

The Tourism and Promotion Committee has been created to produce the Lets Talk About Brochure and to stimulate the awareness of the local population to the potential of the region as a visitor destination for its environmental assets.

The committee would also like to assist in the development of the area such as providing the co-ordination and to take an active role in the Tidy Towns Projects such as creation of tree planting programs and park development, visitor information including sign posting and information bays and generally creating ideas and an environment for progress for the district.

The activities arranged for Friday are seen to be an important step for the Fingal Valley Community for undertaking a role and responsibility toward the development of the visitor industry and Friday will provide a foundation of local self help on which to build for the future.

S.Marshall
Chairman.
Tourism & Promotion, Fingal Valley
District.

ST.MARYS BOWLS CLUB

Opening day Oct. 4th 1986.
Time 1.30pm All Welcome.
Ladies afternoon tea please.

FOUND..... One door key on blue string, owner may collect same from St.Marys Health & Beauty.

THANKYOU for supporting the Brownie Raffle.
The winner was R.Costain, St.Marys.

WANTED TO BUY..... Old Septic tank. Please phone 771 153.

F.V.P.C.Y.C. Annual Gen. Meeting
Thurs. October 2nd 7.30pm.
School Library.

F.V.P.C.Y.C. Street stall Wed.
October 1st Hotel corner 11.00am
Donations of cakes, produce etc
would be gratefully appreciated.

RECIPE FOR A HAPPY DAY

Take one whole pound of kindness
and stir it round with thoughts of
bless.
Plenty of patience make it nice
Some fun will add a little spice.
Don't weigh out love but pour it
in.
Oil of good cheer will grease
your tin.
Bake well in just the old time
way and you'll have made a happy day.

ANALGESIC TOXICITY.

Two common analgesics, Aspirin and Paracetamol, are apparently regarded by many people as harmless and they consume them freely without being aware of their hazards. However this apparent safety is deceptive, since in overdosage Paracetamol produces fatal hepatic necrosis (liver damage) in man. And just recently, acute chronic liver damage has been reported after long term, low-dose Paracetamol, in a man, without underlying liver disease. A 53yr old man developed hepatic necrosis after taking Paracetamol 4gram/day (eight tablets), for about a year, for chronic pain. The reason for this patients sensitivity to the drug is unclear but it is an indication that the drug is not as harmless as it was once first thought, and should only be used for long term therapy under strict medical supervision. Similarly, chronic Aspirin use produces gastrointestinal hemorrhage and kidney failure.

NOW GET COOKING

Pastry

1 cup plain flour
pinch salt
30g butter
1 egg yolk
1 tsp lemon juice

Filling:

250g red salmon
4 rashers bacon
1½ cup cream
3 eggs
salt/pepper
¼ tsp paprika
2 tbsp chopped parsley
1 tbsp grated parmesan cheese

Method:

Sift flour and salt in bowl. Rub in butter until mixture resembles fine breadcrumbs. Mix to firm dough with lightly beaten egg yolk and lemon juice; add one or two teaspoonfuls water if necessary. Turn pastry on to lightly floured surfaced, knead lightly.

Roll pastry on lightly floured surface to a circle large enough to fit base and sides of a 23cm flan tin. Lift pastry gently over rolling pin, lift into flan tin. Ease pastry into side on tin and with fingers, press into grooves of tin/ Handle gently so pastry does not break. Roll rolling pin over top of tin quickly and firmly. This will cut off excess pastry and leave a neat edge. Refrigerate one hour. Put flan tin on oven tray.

Drain salmon, reserving liquid. Flake salmon lightly removing bones, Dice bacon, fry gently until crisp, remove from pan and drain well. Beat together cream, eggs, salt, pepper, paprika, parsley, parmesan cheese and reserved salmon liquid/ Arrange salmon evenly in base of pastry shell, sprinkle bacon over. Carefully pour egg mixture over the back of a spoon to cover salmon and bacon.

Bake in a moderately hot (450 degrees oven to 10 minutes, reduce heat to moderately slow (about 325 degrees), cook a further 30-35 minutes or until filling has set. Cut into wedges to serve. Serve with salad. It will serve six as an entree, four as supper

HAIR HINTS

It pays to have expertise when it comes to keeping your hair in superb condition. Here are ideas worth keeping in mind.

1. If a patch of dandruff appears (it can happen to anyone - often when overtired, have been eating badly, or feel run-down), massage your scalp for five to 10 minutes and then comb through with a fine tooth comb. This will loosen the flakes before shampooing. Afterwards, rinse extra thoroughly to get rid of the loosened dandruff.
2. Always use a reliable shampoo and balance with the correct conditioner. You'll find that these are just as varied as shampoos. You'll also find that your hair will change periodically and you may need a different shampoo. Don't continue using a dry-hair shampoo if your hair is going through an oily period.
3. Always make sure your hair is thoroughly clean before you set it or blow it dry. Otherwise, your hair will be heavy and become sticky very quickly. Remember to rinse conditioner out very thoroughly before styling.
4. Never shampoo in a hurry. If your hair is very oily, apply the shampoo before wetting with water.
5. If you have long hair, put the conditioner on the ends, spread half-way up the hair shaft only. Comb through and then rinse thoroughly. If you have bleached or very thick, long hair prone to tangles, leave a fraction of a cream rinse in to make it easier to handle. Never pull on long hair while it's wet - it behaves just like elastic and will snap easily. When choosing a conditioner, remember that a conditioner containing balsam or protein is really meant to "feed" the hair - it could make oily hair extra oily. One old remedy for oily hair is to squeeze a lemon over the hair or use a tablespoon of vinegar in the rinsing water.
6. Cover heated roller spikes with tissue - bathroom tissue will do. This will prevent tangles, split ends, and frantic panics when you try to remove them. It will also keep the rollers clean - change the paper every week. Roll up the hair cleanly to prevent kinks. Don't exert too much pressure as you wind up unless you want a tight curl. For limp hair, use a lot of rollers in small sections and spray with a blow-drying lotion.

AUSTRALIAN CONSTITUTION

The Constitution has been under attack many times since its inception nearly 86 years ago. It has weathered the storm and, in the main, preserved the democratic rights of Australians surrounded by a southern hemisphere of dictatorships. In 1985 the Federal Government established the Constitutional Commission and its five Advisory Committees with a mandate to change the Constitution in five major areas.

Two subjects now being investigated by the Commission are the Individual and Democratic Rights of Australians and the Judicial System. Papers have been circulated on these subjects and the committees are calling for public comment.

Questions being asked of the judicial system are:

- * Does a court need to be part of a particular unit of government?
- * Should the Australian judicial system be an integrated system in lieu of the existing system of federal, state and territory courts?
- * Should there be an Australian court of appeal?

Questions on the rights of Australians include:

- * How are rights, freedoms and guarantees protected in Australia?
- * Are there any democratic rights under the present Constitution?
- * If protection of individual rights is placed in the Australian Constitution, how should the application be?

These moves should be watched with great suspicion. Having had the controversial Bill of Rights rejected by the Senate the Federal Government is now attempting to write it into the Constitution. It is up to the public to place submissions with the committees so that their voices can be heard in the protection of democratic freedom.

Further information on this matter can be obtained from Mr. Burr's office. Write to P.O. Box 1265, Launceston, or phone on 003 31 2033.

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STARDUST

By Mercury

Fortnight from September 25

ARIES: Mar 21 - Apr 20

You may need to do more than your share to avoid misunderstandings with those you love, get some fresh air this weekend, don't be over emotional. Lucky days 29, 30.

TAURUS: Apr 21 - May 20

Aspects favourable for creative activities and awareness of the place you occupy in your group, music is a good means of self expression, old friends could also move back into your circle. Lucky days 24, 27.

GEMINI: May 21 - June 20

Put into practice some of your best ideas, your energy should be high, moderate exercise never hurt anyone and you will need some to get off extra weight. Lucky days 24, 29.

CANCER: June 21 - July 22

A chance to try something new in the way of a career may beckon you, one in authority may trust you to handle things well, a travel need may arise in connection with relatives. Lucky days 26, 4.

LEO: July 23 - Aug 22

Good ideas proliferate and there's no point keeping them to yourself, by saying what you think you may impress someone important, do not invite unnecessary expense. Lucky days 30, 2.

VIRGO: Aug 23 - Sept 22

You may not be able to use the money making ideas that come in the wee hours straight away, but remember them for future use, you will feel more enthusiasm for clearing away a long time obligation. Lucky days 28, 5.

LIBRA: Sept 23 - Oct 22

This is a good time to get out and circulate, friends can provide information that is useful about some local situations, listen to the voice of experience. Lucky days 27, 2.

SCORPIO: Oct 23 - Nov 22

Educational concerns interest you, you may take on a small task connected with children, let others assist where possible, you are good at helping with community projects. Lucky days 1, 4.

SAGITTARIUS: Nov 23 - Dec 2

Respect the privacy of others, it's their right to remain silent about anything they wish to, expressing your business ideas or engaging in discussions will prove productive, don't overdo your enthusiasm though. Lucky days 26, 30.

CAPRICORN: Dec 22 - Jan 19

You may not have a clear picture of what is required of you, verify instructions to avoid mistakes, keep harmony with family & children, home is a good place to be. Lucky days 2, 5

AQUARIUS: Jan 20 - Feb 18

Don't assume you know all the answers check before getting involved in something new, postpone any trips just now, keep life orderly, relatives who are older may be a hazard. Lucky days 25, 28.

PISCES: Feb 19 - Mar 20

Your health may be a little unstable, if you feel weak, do not drive yourself to work, keep the diet sensible, news from a distance is not good but you will learn something of value. Lucky days 25, 4.

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