

THE VALLEY AND EASTCOAST VOICE

VOL. 19 NO. 17 DECEMBER 19, 1986

PRICE 25c

REGISTERED BY AUSTRALIA POST

PUBLICATION NO. TAC 0219

S U M M E R T I M E

Now that it is getting warmer, March flies, Ants, Spiders, Scorpions, Ticks, Bees, Wasps, Mosquitoes, Snakes and Lizards will be out and about.

As a child is smaller than an adult they are more at risk if they suffer a bite or sting. In most cases the reaction will be mild and treatable with a cream or lotion, others may be so dramatic as to require hospitalization and even a course of desensitizing drugs.

Prevention is simple commonsense:-

1. Keep sandals or similar on your child.
2. Use an insect repellent - baby preparations are available.
3. Keep rubbish in sealed bins.
4. Do not let your child play in old timbers, long grass etc.
5. Watch your child when on outings.
6. An insecticide such as Baygon may be sprayed around the house. Observe precautions on container.

TREATMENT.

Ants & Scorpions:- Apply ice or cold water, soothing cream or spray, vinegar or a paste of bi-carb soda and water.

Spiders:- As for Ants - seek medical advice if unsure of identity.

Ticks:- If it hasn't started to suck blood remove by pulling gently but firmly with tweezers.

If it has burrowed into the skin, apply turps, petrol or a heavy oil - leave for half an hour - if it hasn't fallen off, remove with tweezers. Check that the head is on the tick when you remove it. If not, Seek medical advice.

March Flies:- As for Ants.

Wasps and Bees:- Remove sting by scraping with fingernail or tweezers if you squeeze the sting you will inject more venom. Then treat as for Ants.

Mosquitoes:- Apply soothing cream - i.e. Calomine lotion.

Snakes:- Bandage firmly if on limb, (the whole limb) and immobilize with splint. Keep child still and calm.

DO NOT apply tourniquet or cut the wound. Get child to hospital. Lizards:- Blue Tongue - Clean with antiseptic. Observe for any other effects. Sometimes a rash may appear. If so treat as for Ants.

ANAPHYLATIC SHOCK

This occurs when the child has a severe allergic reaction to the bite or sting. It may be caused by multiple bites or stings. Always seek medical advice if your child has more than 3 or 4 bites or stings.

Early symptoms of Anaphylatic Shock:- Child is pale, itching and has swelling at site of bite or sting, sneezing etc.

These symptoms appear within a few minutes or up to half an hour after the bite or sting, and increase in severity. The child will have difficulty in breathing, bluish pallor, weak thready pulse, loss of consciousness, perhaps convulsions.

Obviously medical attention and hospitalization is needed. If you are ever in doubt about the severity of your child's reaction to stings or bites contact the nearest hospital.

SUNBURN AND SUNSTROKE:-

Both can be avoided by:

- a. Avoid long exposure to the sun.
- b. Applying protective lotion - baby preparations are available.
- c. Wearing protective clothing - hats, pants shirt etc.
- d. Drinking plenty of fluids.

Mild Sunburn:- Wash with cool water, apply soothing cream - not oil as it may aggravate the sunburn. Keep child indoors.

Severe Sunburn:- If it has blistered then treat as a second degree burn. Wash with clean cold water and apply burn cream - may require dressing. Seek medical advice.

Sunstroke or Heatstroke:-

First symptoms - dizziness, headache, general weakness.

Later symptoms - high fever, no sweating. URGENT TREATMENT IS TO REDUCE FEVER.

Cont'd page.....

CLASSIFIEDS

PEAKES BUS SERVICE, ST.MARYS,
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FREE quotes. Reasonable rates.
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DISPLAY ADS IN THE VALLEY VOICE.
TRADE AND SHOP LOCAL - AND SAVE.

WANTED TO BUY: Childs carry seat
for back of bicycle.
Phone 722337.

ATTENTION: IS YOUR CHIMNEY
DIRTY? THEN WE'LL CLEAN IT!
VERY REASONABLE RATES.
PH 722187 or 722458.

FOR ALL YOUR ADVERTISING NEEDS
SEE VALLEY VOICE PUBLICATIONS.

AVAILABLE FOR CHARTER...
39 Seat & 19 Seat buses PH 725171.

NEW LOOK SALON

PHONE 722260.

SANDRA from "NEW LOOK SALON"

WOULD LIKE TO WISH ALL HER

CLIENTS

A MERRY XMAS AND THANK THEM

FOR THEIR PATRONAGE

THIS YEAR

AND HOPE THEY ENJOY HER SERVICES
IN THE NEW YEAR.

FOR SALE

MINI TRAMPOLINE HARDLY USED
\$38 O. Targett Ph. 722344.

FOR SALE

COLLARD & COLLARD PIANO
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FOR SALE

S.H. 2 Piece Mens Wet Suit Size 3
(5mm) \$60.00 o.n.o.
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R McGiveron Newman Street St Marys
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FOR SALE

9 cu.ft Astor Fridge
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RICHARDS HOME FURNISHERS

67 Cecilia St., St.Helens,
Phone 761147..... is the place to
go if you

ARE YOU BUILDING A NEW HOME OR
RENOVATING?

We have stock of foamback and
hessian back carpets, also 2 metre,
3 metre and 4 metre wide vinyl.

Come and visit our showroom full
of manchester, curtains, and
home furnishings.

LAYBY NOW

Perhaps you would like to choose
from our large range of samples.

FINGAL/PORTLAND C.Y.S.S.

C.Y.S.S. will close for Christmas from December 19th and re-open on January 5th, 1987. We are looking forward to an exciting New Year.

Thankyou to all the young people who have made C.Y.S.S. successful in 1986 and to the 'not-so-young' who provide behind the scenes support.

Merry Christmas to all.

Liese and Michelle.

I'd like to thank the people who organised the Christmas party for the elderly, the school orchestra and singers as this was a most enjoyable day.

E.M.Hall

The St. Marys Anglican Thrift Shop will close after Friday 19th December and will resume the third week in January, 1987.

We thank all those who supported us in 1986 and look forward to see you again in 1987.

"We wish you all Happy Christmas and Peaceful New Year".

A successful raffle was conducted at Mangana-Fingal area and resulted in \$103.00. The money was raised towards maintenance on the Old School Hall. The drawing was made at the home of Mr & Mrs Upton, (the old Post Office at Mangana) and won by:-

1st prize	Mathew Sweet
2nd "	Mrs Thelma Cooper
3rd "	Miss Aileen Parker.

Acknowledgement is made to Mr Brian Seath who installed a sink and erected a tank in the hall recently. The community is very grateful to him for his work.

A display on the topic "What is Christmas" can be viewed at the Fingal Library, Mon-Wed-Fri 1pm-4pm.

CHILD HEALTH ASSOCIATION

Child Health Association would like to thank all the people who sold and purchased raffle tickets for our grocery hamper. Also to the Mothers who donated goods, and Sandra (Supa-Valu) Jill (Chemist), Colleen Barnes. Raffle drawn 19th December. Thanks also to Cheryl Hendly for the donation from the disco held last month. To Santa for his visit to the Kindergarten on Wednesday. Our Association has raised the money and our new baby scales should be ready for use after the Christmas break. We are hoping to see many new mothers joining our meeting in 1987, to help with our branch. The C.H.A. wishes everyone a Happy Christmas and New Year.

Many thanks to all those people who so generously gave gifts for the people in the three homes (Clarendon Children's Home Glenview Home for the Aged & Roland Boys Home. The gifts have all been sorted & packed ready for delivery.

Una Camplin. Sec. St Marys's Anglican Vestry.

Fingal Valley branch of R.A.F.T. will be holding a flower show on Saturday 21st March in the Fingal Town Hall. For details phone

Jenny	742183
Jane	742152
Gwen	742232

Winners of the North East Repeater Assoc Raffle drawn on Saturday 13th December
1st G Gillies Box 130 St. Marys
2nd Brendon Ayres Malahide
3rd R Manning Royal George
4th Keith Hefford Fingal

HAPPY BIRTHDAY. TO THE WOMBAT
FROM ALL YOUR FURRY FRIENDS

LIFE BEGINS AT 40



BLACK GOLD BOUTIQUE

10% Cash Discount on

all Summer Gear.

Great gift ideas at small prices.

SEASONS GREETINGS TO ALL



CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

Sunday December 21
 Fingal 9.30am
 St. Marys 11.00am
 St. Helens 7.00pm

Sunday December 28
 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

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ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday December 21
 9.00am Fingal Carol Service
 10.30am St. Marys Carol Service
 3.00pm Mangana H.C.
 7.00pm Avoca Carol Service

Christmas Eve
 7.30pm Mathinna
 11.30am Midnight H.C.

Christmas Day
 8.00am H.C. Cullenswood
 9.30am H.C. Fingal
 11.00am H.C. Avoca

December 28
 9.00am H.C. Fingal
 10.30am H.C. St. Marys
 7.00pm H.C. Royal George

SALVATION ARMY - CORNWALL

Sunday School: 9.45am held at
 Uniting Church, St. Marys.
 2.00pm Salvation Army
 Alexander St., Cornwall.
 Morning Service 11.00am 1st Sunday
 in month.

Envoy & Mrs. Betts Phone 722352

Apologies for any inconvenience for
 printing of wrong phone number.

- - - - -

CATHOLIC PARISH OF ST. MARYS

Catholic Mass times for Christmas
 St. Helens - Christmas Eve Vigil 6.00pm
 Fingal - Christmas Eve 8.30pm
 St. Marys - Christmas Eve 11.0pm

St. Marys - St. Mary of the Assumption
 Sundays December 28 - Feb. 1 - 9.00am

St. Helens - SS Helena & Stanislaus
 Saturdays Vigil Mass Dec.28 - Feb. 1
 - 6.00pm

Fingal - St. Josephs
 Sundays - Dec. 28 - Feb. 1 - 10.30am
 Except 3rd Sunday Jan. 18 - Mangana
 10.30am

Bicheno - Community Church
 Sundays - Dec. 28 - Feb.1 - 4.00pm

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



MEAL ON WHEELS

DECEMBER

Sunday 21
 Monday 22
 Tuesday 23
 Wednesday 24
 Thursday 25
 Sunday 28
 Monday 29
 Tuesday 30
 Wednesday 31
 Thursday 1

ST. MARYS

Les Lavelle
 Mary King
 Jim Napier
 Kerin Glatte
 NO DELIVERY
 Keith Cook
 Miss Thorold
 Len Miles
 Ruth McGiveron
 Rona Gatty

FINGAL

Lionel Rankin
 Debbie Speers
 Heather Mills
 Colleen Turner
 NO DELIVERY
 Aub Oliver
 June McKenzie
 YVonne Johnson
 Rhonda Hoskinson
 Bill Johnstone

ST. MARYS GOLF NOTES By Tee Up.

The annual Dinner for 1986 was held in the Club house on Dec. 6th Approximately 70 attended including Mr/S (George Shaw and Mr Michael Polley. The food was excellent and the entertainment was provided by Steve Parker & Company.

TROPHY WINNERS-ASSOCIATES.

Club Champion Mrs M. Nolan
C-Grade Mrs C. McGee
Handicap Champ. Mrs C. McGee
Associates Foursome Mrs K Blair,
Mrs C. McGee.
H/Cap Mrs D Blair & Mrs C. McGee.

MEMBERS.

A Grade Club Champion - S Kopania
B " " " - L Cook
C " " " - S. Bulich
A Grade Handicap - A. Wright
B " " - L. Cook
C " " - S. Bulich

JUNIOR CHAMPION - S. Kopania
" " HANDICAP. - A. Wright

MENS FOURSOME CHAMPIONS.

S Wilmot & C Mitchell
HANDICAP: C. Dawson & G. King

MIXED FOURSOME CHAMPIONSHIP

C. Dawson and N Hayes/
HANDICAP L & M Cook

HANDICAP MATCH PLAY - A. Wright

1986 Award for Attendance - John Newman

Monthly Qualifying Trophy - D. Lavelle

Jim Brennan Memorial Trophy:

Donated by I Brennan won by
S. Dawson and H Hayes.

1986 Stroke Average Award

Donated by R McGiverson
won by S. Dawson

1986 Handicap Average Award

Donated by R McGiverson won by
S. Wilmot.

MEMBERS MONTHLY TANKARD.

S. Dawson (4) 62 nett on C/B
S. Cooke (15) 62
P Wilson (15) 68
R McGiverson (10) 69

NEAREST PIN 7th - R. McGiverson

STROKE

J Viney (20) 61 net on C/B
Drew Berwick (11) 61 nett
S. Kopania (6) 62
T. Viney (14) 64

2

NEAREST PIN 7th - J Viney

This Saturday and/or Sunday 21st Dec. a competition of 18 Holes for members and associates in which a £100 prize for the winner is provided. You may play both days if you wish on the entrance fee of £10 per day.

Sunday has been added to the competition to allow the Junior Squad (who are playing in L'ton on the Saturday) to partake. We wish the Junior team all the best after being the only Country Club team to be playing with the Town Clubs at Riverside.

The Team: A. Wright - Capt.
D Lavelle - Vice Capt.
Chris Davern
Drew Berwick
A. Jones

The club wishes everybody a Happy Christmas and Happy New Year.

ST. HELENS VOLLEYBALL

This roster was won by Enforcers. St. Marys volleyball team M.G.'S) ran 3rd.

Congratulations to:

Steve Watts (Swans) Men's Best & Fairest.

Andrew Madden (M.G.S) Runner Up

Jodi Madden (M.G.S.) Ladies Best & Fairest.

Lucille Wally (Chalkies) Runner Up.

Congratulations to Jodi and Andrew on winning Best & Fairest & Runner Up, not bad winning two trophies from one team!

POST OFFICE NEWS

Holiday arrangements for the St. Marys Post Office will be as follows.

CLOSED - Christmas Day 25.12.86 -
Boxing Day 26.12.86.

New Years Day 1.1.87

AUTHORISED HOLIDAY 2.1.87. There will be no mail delivery or mail sorted into private boxes on these days.

If you are running short of Christmas gift ideas, come and see our display at the Post Office. The America's Cup Gift Pack would make an ideal gift for one of your friends.

The two Peters, Scott and Irene would like to extend to everyone their best wishes for Christmas and the New Year.

See you at the P.O.Postmaster Pet.



Cont'd from front page....

TREATMENT TO REDUCE FEVER:

- Clothing off and sponge with cool-tepid water.
- Cool room or shady spot- well ventilated.
- Cool drinks
- Rest.

A fan in the room with a bucket of ice will keep air moist and cool. Alternately a wet sheet hung at an open window will keep the air cool. If you are worried seek medical advice.

REMEMBER: 'AN OUNCE OF PREVENTION...'

DID YOU HEAR..... the one about the volunteer worker at the Race-course last Saturday week?

Due to an error in judgment while working on a concreting job, a pair of gum-boots were uncereemoniously left in the wet cement.

Recovery of said gum-boots was an monumental task.

It's nice to know some people can "throw themselves into their job",

=====

CHRISTMAS GREETINGS

Wishing all relatives and friends a Happy Xmas and New Year.
From Marion Oliver, Max & Jan Johnson and family.

To the Valley Voice and all readers "Best wishes for a Happy, and joyful Christmas - may the spirit of Christmas be your experience all year in 1987.

George Shaw
M.E.C. (Macquarie)

A Christmas Greeting from
L.S. Hamilton, surveyor
Four Mile Creek to all past,
and present and future clients.

SEASONS GREETINGS... To all their customers from Norm & Marianne Spencer and Staff of "Cut Price Sams".

The Valley Voice Staff wish all their readers and contributors a Merry Christmas and a Prosperous New Year.

The Valley Voice will be closed over Christmas and will re-open for Publication February 17th.

FOUND:

A Blue Childs Parka at Carols on Sunday.
Call at St. Marys H & B.

FOR SALE:

Girls Bike, new tyres \$60.
also
Electric Polisher, all accessories
Phone 722420 or 722184

HEY! KIDS

SANTA WILL BE AT THE CHRISTMAS PARTY ON CHRISTMAS EVE 24th DEC 2PM. THERE WILL BE A PRIZE FOR THE BEST DECORATED BIKE, ALSO WHY NOT DECORATE DADS TRAILER. THERE WILL BE A PRIZE FOR THE BEST ONE.
NOTE: NO PERSONS TO RIDE IN TRAILERS

DECORATED TRAILERS TO ASSEMBLE AT THE RAILWAY YARD AT 1.30PM (24th DEC) AND TRAVEL UP TO THE COMMUNITY HALL GROUNDS.

KIDS COME IN FANCY DRESS.

CHILD HEALTH CLINIC.

ST. MARYS - Friday, 19th Dec 9-11.30
Tuesday, 6th Jan 9-11.30

FINGAL - Friday, 19th Dec 1.15-4.30
Tuesday, 6th Jan 1.15-4.30

CLINIC HOURS COMMENCING TUESDAY
13TH JANUARY, 1987

ST. MARYS - 2nd & 4th Tues each month
9-12 by appointment
1.30-4.30 clinic

FINGAL - 1st & 3rd TUESDAY ea. month
9.30-12 by appointment
1.15-4.30 clinic

MATHINNA - 5th TUESDAY - March 31st
June 30th
Sept. 29th

TELEPHONE:

During clinic hours ST. MARYS 722510
FINGAL 742260

After Hours 725181

Jane McNaught

Child Health Nurse.

FAMILY FUN DAY - SATURDAY 20th DEC,
11am Rostrevor Property, Fingal
Special Guest..... Santa Claus.
\$5 Family, \$2 Single.
(Proceeds for the Fingal Valley Festival)

TIM FOWLER

OFTOMETRIST

VISITS

THE ST. MARYS DISTRICT HOSPITAL
REGULARLY.

PHONE 34 1566
FOR APPOINTMENTS.

We've all read the bad news. These days you can't open any newspaper without being told that whatever you're doing isn't good for you. And whatever you're thinking of doing is even worse for you.

We're constantly bombarded by an army of experts who may be legal, decent and honest, but who certainly take the fun out of life as they spew out discovery after discovery. And there are always statistics to prove it.

But what does anyone really know? For those of you currently in a state of panic, here's some good news about bad things:

The good thing about getting old is that everyone else is getting old too. Shopping is fat free.

The good thing about being made redundant is the redundancy money.

Plain potato crisps are good for you. Jogging can be bad for you. Therefore by logical extension, not jogging is good for you.

There's more nutrition in a plate of locusts than there is in half a kilo of steak. The good news is, you can't buy locusts anywhere in Australia.

The great thing about having lousy eyesight is it gives you an excuse to wear coloured contact lenses which make your eyes look great.

A little stress is good for you because it keeps you on your toes and stops you getting bored. And boredom can kill.

Bleaching your hair is good for you. It may ruin your hair, and you may go bald before you reach 30, but in the interim you'll lead a fuller life since blondes have more fun and gentlemen prefer blondes.

Whatever else is said about baked beans, nobody can deny that they are value for money.

The good news about fast foods is they're fast. You don't have to spend ages preparing them or do the washing up, and they are usually cheap.

The good thing about earrings is that they draw attention away from any visual nasties you might have on your face.

OK, cheese may be terribly fattening and give people migraines, but it has loads of calcium and comes in handy if you have mice. It also tastes great on top of shepherd's pie, french onion soup and baked potatoes.

The good thing about losing your job is you can finally tell your boss all those things you have been dying to say to him or her but were too scared to mention for fear of losing your job.

Alright, you may have to get your hair wet, change into stupid clothes that reveal every spare kilo of flab, and remember to wear waterproof mascara - but swimming is good for you. It's the most complete exercise.

(Taken from Cosmopolitan)

CRICKET.

ST. MARYS v SCAMANDER.

6/208 Def 148

G. Cook	1
L. Nehls	14
G. Lynch	2
G. McDonald	140n/o
P. Pregnall	24
R. McDonald	5
D. Lavelle	11
R. Salter	13n/o
Extras	28
6 / 208	

BOWLING:	O	M	W	R
R. McDonald	10	5	5	23
G. Cook	10	4	1	15
R. Salter	10	2	0	22
L. Nehls	9	3	1	28
G. McDonald	6.2	0	3	25

A good win to St. Marys after a fine batting effort. The lads did just as well in the field. For Scamander none tried harder than W. Gillies 3 for 25, R. LeFevre 40 & J. Meech 26. Hope there are more wins to come.

ST. MARYS - Winnaleah

133 lost to 5/154

G. Cook	13
G. McDonald	19
D. Lavelle	43
R. Salter	3
J. Lynch	10
R. Bean	6
S. Brown	2
A. Glatte	13
I. Bradbury	19
M. Cook	3
G. Lynch not out	0
Extras	2
133	

BOWLING:

	O	M	W	R
G. Cook	9	1	2	43
R. Salter	7	3	0	20
S. Brown	9	0	1	33
G. McDonald	10	0	2	48
J. Lynch	2	1	0	5

Unfortunately after a fast start we were unlucky not to make a better total to bowl at, especially when there were still 9 overs to face. D. Lavelle doing well, and good to see Ian amongst the runs. Star for Winnaleah was D. Mullins who made 104 n/o to hold the Winnaleah innings together.

EMERGENCY MEETING:

St. Marys Cricket Club 7.30

Hotel Lounge. Seniors & Juniors.

* * * * *

RECIPES OF THE MONTH

HONEY BEEF KEBABS

Preparation time: 15 minutes.

Cooking time: 10 minutes.

Serves 4.

500g lean rump steak
125g button mushrooms
8 small onions, peeled.
capsicum pieces
2 tablespoons warmed honey
3 teaspoons cooking oil
few drops sesame oil
1½ tablespoons lemon juice

Cut steak into cubes. Thread onto 8 metal skewers alternating with button mushrooms, small peeled onions and capsicum pieces.

Combine honey with cooking oil, sesame oil and lemon juice. Brush over kebabs. Grill or barbeque kebabs with medium heat for 8-10 minutes, turning and brushing frequently with the honey mixture.

Serve kebabs on pita bread with salad.

SKEWERED BEEF WALDORF

Preparation time: 16 minutes

Cooking time: 6-7 minutes

Serves 4.

600g lean boneless blade or round steak
¼ cup apple cider or whisky
2 tablespoons cider vinegar
1 tablespoon brown sugar
1 tablespoon oil
1 clove garlic, crushed
2 slices fresh pineapple with skin
2 small onions, peeled

Accompaniments:

3 cups shredded savoy cabbage
2 sliced or diced apples
½ cup pecan nuts
¼ cup coleslaw dressing

Slice steak into 5mm strips and marinate in a mixture of apple cider or whisky, cider vinegar, brown sugar, oil and garlic.

Toss shredded cabbage with apples (prepared with skin on), pecan nuts and coleslaw dressing.

Cut pineapple into wedges and quarter the onions. Thread a piece of pineapple and a piece of onion onto end of each 8 skewers then weave on the drained meat strips, retaining the marinade.

Grill or barbeque filled skewers, turning frequently and basting with marinade and cook for 6-7 minutes. Serve the beef skewers with the Waldorf cabbage.

Enjoy your red meat recipes, but your diet should also include fruits, vegetables, cereal or grains, milk and other dairy products.

"ELEPHANT PASS GOURMET CORNER"

Scallops in white wine sauce
(for two moderate serves)

Butter 30gr(1Tbspn)
White Flour 1heaped Tbspn
Milk 250ml
Cream 1½ Tbspn
Yoghurt 1½Tbspn
Onions (2)
Garlic 2 cloves
Celery ½stalk
Lemon (½)

Dill 1Tspn
Pepper 2 pinches
White wine 1½ glasses
Tamari 1Tbspn (or soy, or salt to taste).

Peas 250grms
Scallops 250grms

Chop onions, garlic and celery finely. Melt 2/3 of the butter in saucepan. Add flour and mix forming a paste. Add milk and keep stirring over high heat, add cream and yoghurt.. still stirring. Add lemon juice slowly... when thickened add white wine and keep stirring for 3 minutes..

In a 2nd saucepan melt the remaining (1/3) butter and add chopped onions, garlic and celery. Fry until clear but not brown. Then add mixture to white sauce and season with pepper, dill and tarmari (soy or salt), keep stirring. Finally add peas and scallops to the sauce and simmer for only 3-5 minutes.

Serve immediately over egg noodles or spaghetti... with a glass of white wine - lovely, with chablis or chardonnay.

Followed by Pear Tangerine Tart... wait for the recipe !!!!

Klaus Brucksch.

FAMILY TOWERS OPEN

FAMILY FUN DAY

SATURDAY 20TH DECEMBER, 1986

Gates open 11am at Rostrevor Property, Fingal (half way between Avoca and Fingal).

- * Free Windsurfing, Canoeing, Boating, Swimming, and Fishing and more!
- * Fun for the Kids on the Big 7EX Castle.
- * B.E.Q.'s and Refreshments available all day with Special Guest Santa Claus.

GATE CHARGE \$5 Family & \$2 Single. (Proceeds for the Fingal Valley Festival).

ST. MARYS DISTRICT HIGH SCHOOL

STAFFING:

At the end of this year we farewell 8 teachers; Mr. Philip Moore who has been appointed Principal of South George Town Primary School, Mr. Howard Jones, Mr. Bruce Hudson, Mrs. Eileen Williams, Miss Beth Collicutt, Mr. John Longden, Mrs. Cheryl Rankin and Miss Angela Dudfield.

We thank these teachers for their contribution to the school, and, in particular, we thank Mr. Moore for six years of valuable service to the community and the school. Mr. Moore's energy, enthusiasm and educational leadership have been great assets and we wish him well in his new position.

Mr. Geoff Billett from Cosgrove High School has been appointed to replace Mr. Moore as Vice Principal.

Mrs. Debbie Dawson will be leaving her position as part-time teacher aide after six years of service. Mrs. Dawson has been of great assistance to teachers and a very pleasant person to work with.

PRIZE LIST - 1986

L.B.S. Junior Citizenship Awards

Lori Webb
Geoffrey Hendley

Merit Awards

- Grade 7 - Jason Byard
Thierry Davis
Felicity Leedham
Fiona Street
- Grade 8 - Barbara Gamble
Jason Hall
Gail Jones
Marcus Lowe
Kirk McGiveron
- Grade 9 - Cheree Freeman
Julie Madsen
Jodie Newman
Penny Thompson

Academic Achievement Awards

- Grade 7 - Peter Hayes
John Newman
Louanne Targett
Michael Thompson
- Grade 8 - Simon Danger
Kelly Frank
Alison Lyne
Rachael Rankin
Merissa Wells

Grade 9 - Sally Cook
Paul Mason
Dameon Williamson

SPECIAL PRIZES:

R. W. Legge Prize for Citizenship
- Tanya Cruse

John Schier Awards for Sport and Sportsmanship - Drew Berwick
Tracey Gamble

Award for Attitude (Donated by Mr. G. Shaw, M.L.C.) - Robert Barnes

Music Encouragement Award (Donated by R. W. Legge) - Vanessa Singline

Lions Club Merit Awards (Donated by Lions Club of St. Marys)

- John Gillies
Rachel Willans

SUBJECT PRIZES - GRADE 10

Herbert Ramshaw Prize for Science & Mathematics - Grant Young

English - Lynette Hayes

Social Science - Lynette Hayes

Home Arts A (Needlework)
- Leesa Baldwin

Home Arts B (Cookery)
- Lynette Hayes
- Karen Floyed

Woodwork - Rodney Bushing

Technical Drawing - Rodney Bushing

Metalwork (Donated by Mr. G. Shaw, M.L.C.) - Paul Aulich

Computer Studies - Jodie Bennett

Typing - Grant Young

Art - Tanya Cruse

Physical Education Studies
- Tanya Cruse

Rural Science - Teresa Hoskinson

Music - Jason Costain

DUX OF THE SCHOOL - Grant Young
Lynette Hayes

MERRY
CHRISTMAS

&

HAPPY NEW YEAR

WHAT CHRISTMAS MEANS IN OTHER COUNTRIES

UNITED STATES AND CANADA

Cities, towns and villages sparkle with bright lights and gay decorations. Shoppers fill the streets carrying colourful packages for their families and friends. Many churches and homes set up a "creche" which is a scene of the Christ Child in His crib. He is surrounded, as He was on the original Christmas, by Mary, Joseph, and the Wise Men, along with shepherds, animals and angels.

They prepare for Christmas, many weeks before the day arrives, by sending out their greeting cards and gift packages to families and friends.

Church choirs practise carols and rehearse church plays. Cakes, cookies, and puddings are made in readiness for the happy event.

Schools usually have a two week vacation for Christmas and New Year's Day.

Many people have their Christmas dinner in the afternoon. The family dinner usually features turkey, chicken, goose, duck and ham. Steaming bowls of potatoes, sweet potatoes, vegetables, dressing and gravy, crowd the tables. Dishes of cranberry sauce, nuts and fruits, add a festive air to the meal. As a final treat, the family may enjoy fruit cake, plum pudding and pumpkin or mince pie. Of the Christmas drinks, eggnog is the most popular.

GREAT BRITAIN

Children hang their stockings by the fireplace, hoping that Father Christmas will fill them with Christmas treats. Plum pudding, a traditional Christmas dish, originated in England. It contains currants, or raisins, dried citrus fruits, beef suet, sugar and spices. In Scotland bakers use griddles to bake oatmeal cookies called "Bannock Cakes".

Drinking from the wassail bowl is an old English Christmas custom. The name comes from the Saxon drinkers' greeting 'Was Haile', which means 'your health'. The bowl contains a mixture of ale, roasted apples, eggs, sugar, nutmeg, cloves and ginger.

At one time people walked through the streets singing Christmas songs, in exchange for drinks from the wassail bowl. The modern custom of singing carols from house to house, comes from these singers.

NETHERLANDS, BELGIUM & LUXEMBOURG

The white-bearded Saint Nicholas often leaves gifts during the early hours of his feast day, Dec 6th. ON the eve of Dec. 6, children traditionally leave a wooden shoe near the fireplace. They fill the shoe with straw for Saint Nicholas's donkey. The Saint takes the straw and leaves toys and other gifts in return. In these countries, Dec 25th is purely a religious holiday.

AFRICA

In most of Africa, Christmas customs and observances were introduced by missionaries and generally follow Western practices. Nativity scenes are popular, using either carved figures or real people and animals. African christians sing real carols and hymns in their own languages. The palm tree is a popular decoration.

CZECHOSLOVAKIA

A girl tells her fortune by putting a cherry twig in water on Dec 4. If it blossoms before Christmas Eve, the girl supposedly will marry sometime during the year.

ALBANIA

The people eat at Christmas Eve food that traditionally includes pancakes made without oil or butter. At the end of the meal, each person leaves a spoonful of food on their plate to show that they are grateful for having more than they need. Then everyone stands, and swings the table back and forth singing, "May there be plenty in this house. May the time for a wedding be near".

FRANCE

Children put their shoes in front of the fireplace on Christmas Eve, so the Christ Child or Father Christmas can fill them with gifts. Adults however, exchange gifts on New Year's Day. Many Roman Catholic families return from midnight mass, and enjoy a late meal.

The courses vary according to the region. Oysters are very popular in Paris, while goose is served in Alsace.

SWITZERLAND

Young people may visit nine fountains on their way to midnight services on Christmas Eve. They take three sips of water from each fountain.

The legend says that if they do this, they will find their future husband or wife waiting at the door of the church.

As in other European countries, there is a belief that at midnight, cattle are able to speak, in honor of their presence at Christ's birth.

ITALY

The people fast (go with little or no food) on the day before Christmas. In the evening, the family hold a ceremony around the "Presepio". This is a miniature scene of Bethlehem, with tiny figures of the Holy Family, Shepherds and Wise Men.

The family prays, while the mother places a figure of the "Bambino" (infant Jesus) in the manger. Then gifts are brought in and distributed from a large crock called "The Urn of Fate".
(Thanks to the

CHRISTMAS SYMBOLS

SAINT NICHOLAS... Served as bishop of Myra, in Asia Minor, in the A.D. 300's. He was famous for his generosity. Saint Nicholas became the patron saint of children. His feast day is Dec. 6th, and he was believed to bring gifts to children on the eve of that day. Gradually he became accepted as the gift giver at Christmas time, acquiring different names in different countries.

SANTA CLAUS... is a distinctly American symbol of Christmas. He gets his name from the early Dutch settlers in New York, who called Saint Nicholas "Sinterklaas". As he became more American, he took on some of the non-religious characteristics of the English Father Christmas. Some of Santa Claus's characteristics date back to many centuries. For example, the belief that Santa enters the house through the chimney developed from an old Norse legend. The Norse believed that the goddess Hertha appeared in the fireplace and brought good luck to the home. In 1822, Clement C. Moore, an American minister and poet, first described Santa's fur-trimmed suit and his sleigh pulled by reindeer. The description appears in Moore's famous poem, "A Visit from Saint Nicholas", also called, "Twas the Night before Christmas".

THE STAR..... is used everywhere as a Christmas symbol. It represents the star in the east mentioned in the Bible, in Mathew 2:1-2: Behold there came wise men from the East to Jerusalem, saying, Where is he that is born King of the Jews? for we have seen his star in the East, and have come to worship him."

LIGHTS..... at Christmas represent Christ as the Light of the world. People in Ireland leave a candle burning in the window to light the way for the Christ Child on Christmas Eve. In the United States, many churches hold candle light services on Christmas Eve. Carols by candle light are very well attended in Australia.

THE VALLEY AND EAST COAST VOICE
WISHES TO THANK THE CONTRIBUTOR
FROM FINGAL FOR THESE ARTICLES
ON CHRISTMAS.

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STARDUST

By Mercury for week beginning
December 18th 1986.



SAGITTARIUS November 23 - Dec. 21.

A rather intense discussion behind closed doors will help you make a vital decision - possibly related to a private problem. Watch your health around this time as well. Not too much festive fare.
Best Days 19 24.

CAPRICORN December 22 - January 20.

Telling it like it is this week will clear the air concerning any differences with a good friend. Also your affairs of the heart are starting to shape up the way you had planned.
Best Days 21, 30.

AQUARIUS January 21 - February 19.

If you are planning to seek backing for a business adventure or better a property investment now is the time to turn on the charm. As you tend to be very persuasive when you want to be.
Best Days 13, 25.

PISCES February 20 - March 20.

A health problem or some forgotten obligation rears its ugly head and scuttles any plans for enjoying the week in a pleasurable day. So just be watchful about now.
Best Days 23, 31.

ARIES March 21 - April 20

If your imagination seems stirred by all the wonderful items you dream about but don't yet possess a shopping trip with a close companion might ease some of those yearnings but could also leave the purse very empty.
Best Days 24, 29.

TAURUS April 21 - May 21

You have the magic touch, as you subtly direct discussions toward proper conclusions and manage to arrange partnership or travel activities with a minimum of fuss.
Best Days 22, 28.

GEMINI May 22 - June 21

Are you planning to spring a surprise on a family member? Be sure to assess the effect carefully; it can unexpectedly backfire. A job interview could possibly be successful.
Best Days 20, 27.

CANCER June 22 - July 23

A puzzling influence in your home may prompt you to change your domestic agenda as you get down to basics in your lovelife. Don't work too hard now sit back and enjoy the Christmas period.
Best Days 25, 31.

LEO July 24 - August 23

An inspiration regarding a home, property, family, health or job matter, possibly interrelated, could open a productive cycle for you, and there is ample approval.
Best Days 23, 26.

VIRGO August 24 - September 23

The stars are with you this week if you have something personal that you want to put over; just turn up the charm knob and watch the magic happen. Your influence expands.
Best Days 20, 30.

LIBRA September 24 - October 23

An exciting upturn in personal affairs may come as a total surprise and have a dynamic effect on your romance prospects. What seemed a slow moving week will suddenly accelerate.
Best Days 24, 29.

SCORPIO October 24 - November 22

Your increased charisma helps you win a triumph or two in personal or business encounters. You always seem to be able to get the message across without any fuss what so ever. Just take life nice and steady.
Best Days 25, 31.

ST MARYS
BUTCHERY

WISH ALL THEIR CUSTOMERS

A MERRY CHRISTMAS AND
A PROSPEROUS NEW YEAR



ST MARYS H.S.B
FOR GIFT IDEAS

CHRISTMAS GREETING
FROM JILL AND KEVIN

