

THE VALLEY AND EASTCOAST VOICE

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THE PERFECT CUP OF TEA.

That first cup of tea in the morning...isn't it delicious? How could many of us start the day without those refreshing sips?

But your tea could be better, you know. You didn't? Well this article will show you how to make the really perfect cuppa. Cheers!

Is the tea you serve bright and chirpy, or flat and listless?

The difference could depend on whether you take the pot to the kettle or the kettle to the pot --- according to famous English tea merchant, Sam Twining.

And he should know! The Twining family has been in the tea trade since 1702 and the art of both blending and brewing has been passed down from father to son through nine generations.

He claims there are several golden rules which must be observed if you hope to make a perfect cup of tea.

"The first step is to empty your kettle completely and fill it with cold, and only cold water," this eminent tea expert advises.

"The taste of tea benefits greatly from the amount of oxygen in the water. By beginning with hot water, much of the oxygen content has been lost already," he explained.

The next secret is to catch the water just as it comes to the boil and pour into the pot immediately. Again this ensures that only a minimum of precious oxygen bubbles are wasted.

For this same reason, it is essential to have the teapot waiting in readiness right next to the kettle so that vital seconds are not wasted carrying the water to the pot.

If you've harbored secret thoughts that warming the tea pot is just an old wives' tale, here's news for you. It is a very vital part of the tea making ritual.

By using a cold tea pot, much of the water's heat will be lost before it can get on with the important task of infusion. Much of the flavour will remain in the tea leaves instead of ending up in your cup.

Have you looked inside your tea pot lately? No? Shame on you.

The inside of your pot must be kept scrupulously clean. If tannin is allowed to build up on the sides, the resulting residue will make even the highest quality tea bitter. Apart from this, excess amounts of tannin tend to dry up the digestive juices, making it a health hazard.

The type of teapot you use also can make a radical difference to the final taste. Aluminium or chipped enamel are definitely out according to Sam Twining who says tea tasting is every bit as much an art as wine tasting. These metals ruin good tea. Aluminium also can give the liquid a bluish tinge. Sam recommends china, porcelain and even today's modern glass pots. The little brown teapots of grandma's era are excellent too.

But for the true tea buff, the ultimate experience is having tea poured from a beautiful silver pot and served in fine bone china cups.

When the beverage was first introduced to the West from China in 1656 it was so expensive that only the rich could afford to drink it. Because of its high prices, tea caddies were fitted with locks, the keys of which the mistress of the house kept on her person.

The first Duchess of Bedford is said to have been responsible for introducing afternoon tea parties to British society in 1780.

In those times there was a long lag between breakfast and the evening meal. As a diversion, to prevent the afternoon dragging and to stall hunger pangs, the Duchess began inviting friends to her boudoir to partake in tea and light refreshments. And so the habit has stuck.

Western society also was responsible for introducing milk to tea. Sam Twining says the most commonly given reason for this is that bone china cups in which tea was served were so translucently fine that people were afraid they would break on contact with the scalding tea.

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QUESTION
WHAT DO THE FOLLOWING HAVE COMMON
RICKI MADDEN, 2/3/87
ANSWER

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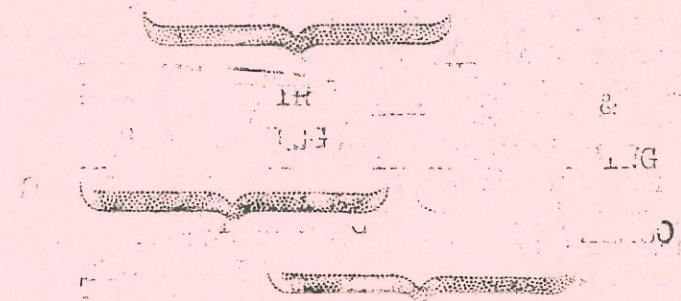
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Muttonbird	28/3/87 - 15/4/87	\$10
(West Coast Only)		
Wallaby	4/4/87 - 21/2/87	\$ 5
Brown Quail	2/5/87 - 7/6/87	\$ 5
Pheasant	6/6/87 - 7/6/87	\$ 5

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TUESDAY TO FRIDAY

WHAT'S ON

R A F F

Flower & Photographic Show, March 21 1987, Fingal Town Hall. Opens 2.00 pm. Admission \$2.00. Children free. Afternoon tea included in admission price.

B. DMINTON

Anyone interested in playing badminton again this winter, please contact Norm Cochrane (722357). Play will start Friday 20th March at school. 7.30 - 9.30 pm.

ST. MARYS HOSPITAL FAIR

1.30pm Friday 20th March
Variety of Stalls. Chocolate Wheel, Afternoon Tea, Drawing of Raffle, PLEASE SUPPORT YOUR DISTRICT HOSPITAL
DON'T FORGET 1.30pm Friday 20th St. Marys Community Hall

CHILD HEALTH ASSOCIATION

The child Health Association are holding a morning tea on Tuesday 17th March at 11 a.m. to welcome new mothers to the Clinic. As our year has seen a big increase in attendance by Mothers. We are hoping more Mothers will join in our activities and come along. As from April, Clinic meetings will now be held on the 3rd Tuesday of each month at 1.30 pm at the Clinic.

D. Smith (Hon Sec)

NORTHEAST REPEATER ASSOCIATION

I would like to thank everyone who made the stall at the Fingal Festival a success. As donors were too numerous to mention I hope they will be satisfied to be thanked in this way. A special thanks to Larry Haines for donation of 2 Crayfish for raffle which was won by Daphne Quin & Neville Speers. The counting of lollies was won by Debbie Speers 1st lollies, Corey Speers 2nd chocolates, Janelle Lynch 3rd chocolates. The Sports cards were won by Fergie Legro & Jean Lehner. Thanking You,
Mrs. Daphne Quin.

HOSPITAL AUXILIARY FUND RAISING

March 12th - 10 a.m.
Seamander Sporting Complex
MORNING TEA, Trade Table, Dutch Auction

FINGAL VALLEY POLICE & CITIZENS YOUTH CLUB

This terms programme will commence next week. (9th March)

Mondays - Juniors 3.30. - 4.30

Youth Club Hall

Mondays - Seniors 6.30 - 8.00

Youth Club Hall

Tuesdays - Gymnastics - Girls 3.30.

- 5.30 School Gym

Wednesdays - Rifle Shooting 3.30 -

4.30 Youth Club Hall

10 yrs & over

Thursdays - Gymnastics - Boys & Girls

3.30 - 5.30 School Gym

Anyone interested in helping with the supervision of any of these activities will be very welcome. Phone Sally Spilsbury 722294 or Ann Kruse 722368 for further information.

SCHOOL HOLIDAY PROGRAMME

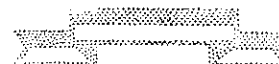
The committee was disappointed in the number of children who supported the last holiday programme. However all those who participated thoroughly enjoyed themselves, taking part in a wide selection of activities at a subsidized cost. We appreciate the financial and personal support given to us by the Tasmanian Department of Sport and Recreation.

A meeting will be held on Thursday 12th March at 7.30 at the school to plan activities for the next programme to be held during the June school holidays.

Anyone interested in assisting with the planning or running of this programme will be very welcome.

Ann Kruse (Secretary)

F.V.P.C.Y.C. Phone 722368



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END OF SUMMER SALE

CRAVE PRICES

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WINTER STOCK NO. ARRIVING

ALL COLOURS ONLY \$15.00

CHURCH

NEWS

FINGAL-PORTLAND UNITED CHURCH

WORSHIP SERVICES

Scamander 8.00 a.m. 2nd & 4th Sunday
 Fingal 9.30 a.m. every week
 St Marys 11.00 a.m. every week
 St. Helens 10.30 a.m. 2nd Sunday
 7.00 p.m. 1st, 3rd, 4th,
 5th, Sunday
 Rossarden 7.00 pm. 3rd Tuesday
 (But April 7th)

SUNDAY SCHOOL

Scamander 9.30 a.m. (except for 2nd
 Sunday when 8.00a.m. Family Ser.)
 Fingal 9.30 a.m.
 St Marys 9.45 (With Salvation Army)
 St. Helens HOLIDAY 3.30p.m. K.U.C.L.
 club.

ALL WELCOME

MINISTER Rev. Alan Renton 725139

ANGELICAN PARISH OF ST HELENS

St Pauls Church

8.00 a.m. Eucharist every Sunday
 11.00 a.m. Every Sunday
 7.00 p.m. Every Sunday

St Michael's and All Angels Church- Eyengana

9.30 a.m. 2nd & 4th Sunday

Falmouth Church

9.30 a.m. 1st & 3rd Sunday

ANGELICAN PARISH OF FINGAL VALLEY

March 8th

9.00 a.m. H.C. Fingal
 10.30 a.m. F.S. Avoca
 6.00 p.m. E.P. St Marys (Vestry
 meeting to follow)

March 15th

9.00 a.m. F.S. Fingal
 10.30 a.m. H.C. Cornwall
 3.00 p.m. H.C. Mangana
 7.00 p.m. E.P. Royal George.

SALVATION ARMY - CORNWALL

Sunday School 9.45 a.m. Combined Church
 United Church St Marys

2.15 Salvation Army Cornwall

Service 3.30 p.m. Cornwall

1st Sunday in Month

Home League 11.00 a.m. Thursday

weekly meeting for women.

Joy Hour Wednesday afternoon 3.45p.m.

Cornwall weekly fun time for children
 ages 5 to 14 years

Youth Group 7.00 p.m. 2nd Friday in
 month. St Marys.

ages 13 - 18 years

For all enquiries Ph. 722352

Envoy & Mrs Betts - Sunny Banks

CATHOLIC PARISH OF ST MARYS

St. Marys - St. Marys of the Assumption
 Sunday March 8th and 15th

St. Helens - St. Helena & Stanislaus
 Vigil Mass Saturday 6.00 p.m.

Fingal - St Joseph

Sunday March 8th and 15th

Mangana - Our Lady of the Sacred Heart
 3rd Sunday each month 10.30 a.m.

Bethinna - 5th Sunday each month
 11.00 a.m.

Richono - Community Church

1st Sunday each Month

PARISH PRIEST: Father Connolly.

The Presbytery, St Marys 7215

Phone 722252.

Senior Citizens Welfare Annual General
 Meeting . Monday 9th March 7.30p.m

Fingal United Church Hall.

ALL WELCOME

MEALS ON WHEELS

MARCH

Sunday 8th
 Monday 9th
 Tuesday 10th
 Wednesday 11th
 Thursday 12th
 Sunday 15th
 Monday 16th
 Tuesday 17th
 Wednesday 18th
 Thursday 19th

ST MARYS

Leanne Morris
 Miss Thorald
 Wendy Nass
 Kaye Pailer
 Yvonne Salter
 Eric Bean
 Karlene Richards
 Alf Faulkner
 Keith Bullock
 Heather Griffith

FINGAL

Rob Saunders
 Shirley Parker
 June Hall
 Gloria Parker
 Hetty Williams
 Les Rubenach
 Jack Woods
 Robyn Miller
 Pat Death
 Vicki Woods

MANGANA

Kevin Ward
 Shirley Parker
 June Hall
 Crosby Upton
 Maureen Ward
 Les Rubenach
 Jack Miller
 Robyn Miller
 Pat Death
 Vicki Woods

SPORTS

MEN'S VOLLEYBALL

26.2.87 St. Helens d Tigers
15.11, 15.6, 15.6
Warriors d CMS
15.13, 12.15, 15.9, 15.11
Teachers d Pub
15.11, 6.15, 15.7, 9.15, 15.4

St. Helens started this roster where they left off last season, very strong.

All teams have had changes this season with a lot of new comers, all who started out as strong players. New players to join us this season are Rowan Elliot, Scott Berry, Mike Graham (Pub), Chris Smith, Mike Webster (Teachers), Raz MacDonald (CMS), John and Peter Haley (St. Helens).

ROSTER 5.3.87

6.30 Tigers v Warriors Pub
7.30 St. Helens v Pub Warriors
8.30 Teachers v CMS St. Helens

LADDER

St. Helens	4	195.65%
Warriors	4	118.75%
Teachers	4	115.38%
Pub	0	86.66%
CMS	0	84.21%
Tigers	0	51.11%

ST. MARYS GOLF NOTES by Tee UpMembers Annual Football Club DayBest 18 Holes Nett

Trevor Viney (14) 59 nett
P. Gough (27) 60 nett

Best Gross

Andrew Wright 68

Bradman Score V. McDonald

Best New Player B. Masdeth 64 nett

Nearest Pin 5th K. Howe
" " 7th L. Atkins

Monthly Tankard

John Newman (23) 63 nett
L. Cook (15) 69 nett
R. Spilsbury (14) 73 nett
Nearest Pin 7th L. Cook

Major Events March 7th Opening DayMorning Members & Associates StrokeAfternoon Foursome Events good

trophies. Starting Time 9.00am onwards.

The Club would like to see a good roll up.

SATURDAY & SUNDAY MARCH 21-22

Targett Memorial Trophy 36 holes

GOLF NOTES CONT.SATURDAY 28th MARCH - Legacy DaySUNDAY April 5th Peter Davern Fun Day.

Congratulations go to Andrew Wright who on Football Club Day reduced his handicap to 5. Well done Andrew. Also to another one of our Juniors who reduced his handicap and won the monthly Tankard, John Newman. Well done and congratulations John - keep it going. I believe the food was excellent and such a good roll up on Football Day.

The Associates opened their season on the 25 February with an excellent turn up and the event for the Day was Canadian Foursome which was won by W. Nolan & I. Frances (31) 58 nett
C. McGee & B. Gray (32½) 61½ nett
K. Wright & Y. Davern (28½) 62½ nett
H. Fleming & S. Oliver (34) 63 nett

Putting H. Fleming & S. Oliver 33 putts

We had the pleasure of welcoming one new player to our ranks and seeing some other players renewing their acquaintance with the Associates. Very nice to see you all ladies.

ST. MARYS LADIES VOLLEYBALLGAMES MARCH 2

Green d Blue: 15.4, 15.7, 15.11
Purple d Red: 15.11, 15.6, 15.10
Pink forfeited to White

ROSTER:

<u>MARCH 9</u>	GREEN	v	RED	PINK
	PURPLE	v	PINK	BLUE
	WHITE	v	BLUE	PURPLE

<u>MARCH 16</u>	RED	v	PINK	WHITE
	WHITE	v <td>GREEN <td>RED</td> </td>	GREEN <td>RED</td>	RED
	PURPLE	v <td>BLUE <td>GREEN</td> </td>	BLUE <td>GREEN</td>	GREEN

First game 6.30pm
Second Game 7.15pm
Third Game 8.00pm

Subs: \$10.00

Students: \$5.00

All subs must be paid by third roster game.

BINGO

Every Tuesday at St. Marys R.S.L.
Inst. Two Jack Pots.

This Tuesday March 10th
1st Book \$150 on 55 calls
2nd Book \$120 on 52 calls

EYES DOWN 7.30PM

cont.

ST. MARYS DISTRICT HIGH SCHOOL

"EDUCATION: A VALLEY SUCCESS":

In times of pressure and change it is good to hear of success and hope; particularly for our young people. February 23 was a red letter day for the Valley - H.S.C. Year 11 for 22 full time and 6 part time students commenced at the Old Dental Clinic at St. Marys. Courses range from Applied Practical Mathematics, Child Care Studies, Pottery, Verbal Communication, Business and Commerce, Cooking, Motor Mechanics and Marine Studies.

While the attendance of year 11 is not a panacea for all social problems, these young people, who would not normally have ventured to Launceston, have chosen to upgrade their skills, pursue personal interests and benefit from the personal development component of the H.S.C. program. Many students will be involved in the community offering their time and efforts coaching young people in sports, visiting the elderly in hospital and providing an example for the young folk who now have a guide to go beyond year 10.

Studies over the past few years have shown that it is the exception rather the rule for students to progress beyond year 10. While the local so called 'retention rate' of 17% pales into insignificance with the cities and mainland states, there is a need for greater skills and training of our young people. One needs only look at the 98% retention rate for Japan. This year the retention rate for St. Marys District High School leapt to 51%. This does not mean that jobs will suddenly appear but unemployment appears to be shifting to the unskilled and our young people, being locally trained at an H.S.C. level, should be able to compete more effectively for positions.

Barry Snigg,
Teacher in Charge.

THE WORLD OF WORK:

Some extracts from an article by Dr. Garth Boomer, Chairman, Commonwealth Schools Commission.

"If Australia is to have a productive culture; if Australia is to regain its former international economic status; then schooling has a major part to play in developing young people with the capacity, individually and collectively, to produce in the interests of the nation."

"The time has come for those in the education industry to join with all other sectors of society to reconsider the purposes of schooling, to scrutinise content, methods and goals, and to take action which will enhance Australia's long term productivity."

"We need citizens who are highly literate, communicative, socially responsible, sensitive and active in artistic endeavours, and generally knowledgeable."

"Education must be, and be seen to be, useful as well as satisfying and enlightening."

"What kind of graduate from our schools will best serve the culture and the economy?"

The following attributes are clearly relatable to a wide range of possible economic futures and in teaching any particular subject, we can be inculcating these attitudes and capacities.

- . persistence
- . courage and will
- . adaptability
- . imagination
- . enterprise
- . efficiency
- . know-how
- . co-operativeness and team work
- . concentration
- . technological competence"

MOTHERS CLUB

ANNUAL GENERAL MEETING
WEDNESDAY, 11th MARCH
1.30 p.m.

SCHOOL FAIR

FRIDAY, 10th APRIL

EQUIPMENT FOR SECOND AMBULANCE

ST MARYS

AMBULANCE

DOORKNOCK APPEAL

ON

MARCH 14 & 15TH

PLEASE GIVE GENEROUSLY TO

THIS APPEAL

PROCEEDS WILL GO TOWARDS

EQUIPMENT FOR SECOND AMBULANCE

DUE MAY/JUNE THIS YEAR.

PTSS RELEASE

It is not too late to apply for assistance for Isolated Children (I.I.C) benefits, Dick Adams, ALP candidate for Lyons said today. Application forms are now being distributed in Tasmania. There has been a delay in the release of forms because the scheme has been altered to bring it into line with Austudy (the general Student Assistance scheme). Dick Adams has been advised that because of the delay, the Minister for Education, Senator Susan Ryan, has extended the closing date for receipt of applications from the end of 1st term to June 30th. Dick Adams said the the printing of the information booklet scheme had not yet been completed but is expected to be available for distribution shortly. In the meantime, he said, forms were being released with a brief explanatory statement to assist families lodge their applications. All applicants would receive information booklets as soon as they were available. Dick Adams went on to say that those families looking for assistance can contact the Commonwealth Education Department at 115 Collins Street, Hobart Tel: (002) 205011 and ask for application forms to be sent.

ST. MARYS LIONS CLUB

SWAGGIE TREK AROUND TASMANIA

FOR DIABETES with Drew Kettle and his dog Laddie

10Kms WALKATHON Killymoon to St.Mar
A Swaggie Dance and BBQ at night

SATURDAY MARCH 21ST 1987

THANKYOU

I wish to thank the people of St. Marys for their kindness and generosity shown to me at St.Marys on Wednesday. Ruth Saunders.

WORLD DAY
OF PRAYER

Friday, 6th March, 1987
Centenary Service

Theme: "COME AND REJOICE"

Salvation Army Alex ander St. Cornwal
7pm

Bus will be leaving Uniting Church
St. Marys at 6.40 p.m.
If travelling on bus Ring H. Betts
722352 by Thursday night.



DEPARTMENT OF THE ENVIRONMENT

NOISE RUGULATIONS

PERMISSABLE HOURS OF USE IN DOMESTIC AREAS

EQUIPMENT	MON to FRI	SATURDAY	SUN., GOOD FRIDAY, XMAS DAY
POWER TOOLS COMPRESSORS GENERATORS PUMPS MIXERS	7 a.m. to 6 p.m.	9 a.m. to 6 p.m.	10 a.m. to 6 p.m.
LAWN MOWERS	7 a.m. to 8 p.m.	8 a.m. to 8 p.m.	10 a.m. to 8 p.m.
CHAIN SAWS	7 a.m. to 6 p.m.	9 a.m. to 6 p.m.	10 a.m. to 6 p.m.
OFF ROAD VEHICLES	7 a.m. to 6 p.m.	8 a.m. to 6 p.m.	10 a.m. to 6 p.m.

In addition to these restrictions on hours of use there are maximum allowable noise levels for equipment or vehicles used anywhere in the State or at any time. This applies to the above equipment, all types of motor vehicles including passenger cars, buses and off road vehicles, farm equipment, heavy duty vehicles and boats. These noise levels effectively prevent the use of any recreational vehicles such as mini bikes within 500 metres of any domestic premises at any time of the day and prevent the use of chain saws (other than electric) within 300 metres of any domestic premises at any time of the day.

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ENQUIRIES MAY BE DIRECTED THRU:

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ST. MARYS PH: 722145

OR

MR. T. PEARS
CAMPBELLTOWN PH. 811167

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Cont'd from front page.....

Hence the practice of putting the "milk in first" evolved.

Whether milk should be added before or after is debated hotly today. Sam Twining supports the milk in first method - and with good reason. He argues that it blends better and for some unknown reason produces a fine flavour. Personally he feels that it is better to drink tea without milk if its full character is to be enjoyed. Adding sugar, in his opinion, is sacrilege.

Lastly, he says that tea left standing in the pot longer than 30 minutes should be thrown out.

Justifying this seemingly wasteful action, he explained the longer tea is allowed to stand, the greater the tannin content - making a very unwholesome and unpleasant drink.

One famous 18th century emperor of the Ching dynasty demanded not only the best leaf, but the best grade water as well. He once took such a fancy to tea produced on the summit of a particular mountain, that he stationed a company of soldiers around the tea shrubs to make sure that none were stolen.

Chinese legend says that a former emperor discovered the drink by accident one day while sipping boiled water in his garden. A leaf from a tea bush fell into his cup, the emperor tasted it, liked it, and so the drink was born.

As many as 20 different grades can be used to provide one blend. Expert tea tasters are employed to decide on the grades of tea to be used in various blends.

Sam Twining himself spent two years training to be a taster. He says he can pick the area a particular tea comes from, but he pointed out that there are people on his staff so skilled at this art that they can actually pinpoint the village where a tea has been grown.

The Chinese, who have a common-sense although noisy way of sucking in air to cool it down, drink their tea without milk or sugar; the Moslems add mint; the British in a crisis, rush to make a nice strong cup of Indian tea with milk; the Japanese like it light and delicate; the Scandinavians, the Germans and the Italians, who are among the world's largest coffee drinkers, take their tea too strong and too sweet, according to Sam Twining.

The Irish like it so strong that to use their own expression, "a rat couldn't sink its foot in it" and the Australians probably brew it longer than anyone else.

STARDUST

By Mercury

Week commencing March 5th

PISCES February 21 - March 21

You can expect responsibilities to be placed on your shoulders at home or at work. A marriage or a partnership is likely to undergo a slight change but not a very radical change.

Best Days: 11, 13.

ARIES March 22 - April 20

Look forward to enjoying a burst of popularity this week. Your face will fit, there will be a spate of gifts and invitations and people going out of their way to be nice to you.

Best Days: 6, 9.

TAURUS April 21 - May 21

You must avoid negative thinking that will make you more uncertain about certain things. A lot of people you meet this week will be a bit unreliable, so don't count on them to rush to your rescue.

Best Days: 5, 13.

GEMINI May 22 - June 21

The family and domestic side of life is under favourable stars. You could find yourself entertaining relatives or benefiting from their generosity. You can expect major changes to your romantic life.

Best Days: 8, 18.

CANCER June 22 - July 23

Your social life will increase with many invitations, functions and running around. If a small trauma arises in your environment, don't worry; it will turn out well.

Best Days: 11, 14.

LEO July 24 - Aug 23

Duty and responsibility will be important to you, so organise the areas in your life that you can change to gain greater control and independence.

Best Days: 12, 17.

VIRGO August 24 - September 23

Tempers may flare in the course of your travels so at various times try and bite your tongue instead of flying off the handle. Look for experiences that will fill your needs in life.

Best Days: 7, 16.

LIBRA September 24 - October 23

Midweek you could hear from or be thrown together with an old and close friend. If you are unattached a so far platonic relationship could transform to something more serious.

Best Days: 10, 15.

SCORPIO October 24 * November 22

You may have a little tension in your life at the moment, especially concerning personal relationships or finance. A steadfast person will enter your life and form a new friendship.

Best Days: 8, 18.

SAGITTARIUS November 23 * Dec. 22

A good week to start saving for that "nest egg" for a future date. You may have to improvise, if absences or some other development throws routine out of gear.

Best Days: 9, 13.

CAPRICORN December 23 - Jan. 20

A week of strenuous strain and activity will take its toll as you have the tendency to extend yourself rather than take it easy. A passing heartache is really not that serious.

Best Days: 10, 18.

AQUARIUS January 21 - February 20

You will feel restless and eager to set things in motion. Your aggressive nature will swing into action, when an opportunity arises. The thrill of challenge and competition will make this an exciting week.

Best Days: 11, 15.

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BECAUSE

WE DON'T KEEP THE BEST.....
WE SELL IT !!!

ST MARYS H & B

GIFTS FOR ALL OCCASIONS

SEE KEVIN OR JILL