

The Valley Voice

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EDITORIAL

The outcome of the State Elections is now decided. For the next term our Government will be a Liberal-Centre Party Coalition.

What this paper is most concerned with now is how will this affect Tasmania and in particular, our district. So little has been done in the past, we can now well ask of the new government - do we get a better deal?

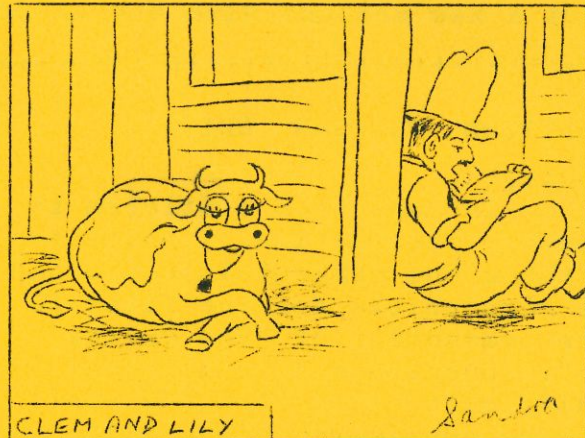
Naturally, one of the policies that this district should be interested in, is the Centre Party's assurance of an independent investigation into coal and Thermal Power in the Fingal Valley.

The question is, now, how do we stand? The Liberals, who are by far the greater number in the coalition did not mention this district specifically at all. It is unlikely Mr. Lyons will push this lesser issue in comparison with say, the reorganisation of vehicle registration. Without other Centre Party Candidates elected and backing him, much of his policy will have to go by the board. Our real hope may lie, simply, in the amount of pressure the combined efforts the Wilmot representatives can exert on our behalf.

On past experience we can only say this hasn't been done enough, and on a quick scrutiny the only difference in those representing us now, is, Mr. McDonald, Labor, has been replaced by Mr. Braid, Liberal, a farmer from the Sheffield area.

What we can expect of these representatives this term of parliament is possibly only what we demand of them, and if progress is to take place in the East, this is what we must do. It will not happen if we sit back and wringe to each other. Let us, for a change take the more positive approach and do our wringing where it counts.

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"THERE ONCE WAS A FAIR COW AND A DARK HORSE....."

TOUCHE'

IF YOU ARE EVER STUCK for something to read, why not try the Australian Bakers' & Millers' Journal. Unless you are a Baker or a Miller you may think it's an unlikely publication to gain information from, but how wrong you can be. In it Mr. Bert Day of the Bread Research Institute reports about his recent trip demonstrating bread making techniques in Tasmania. "Generally speaking", says Mr. Day, "bread making in Tasmania is in some cases outstanding. Take for instance the small country town in the lower Fingal Valley. The bread making there was of such a high standard it was difficult to see how it could be improved on at all."

Well, it doesn't take much imagination to work out who that might be.

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LETTERS TO THE EDITOR

Dear Sir,
In days when criticism is frequently destructive, I write to both thank and congratulate you and those responsible for the first 12 months production of "The Valley Voice". Success and achievement are difficult to measure and must always be considered along with 'need for' and 'service rendered'.

Your paper, in presenting with an opinion platform, news coverage and feature articles on Health, History, Law, Sport, etc. (not forgetting advertising) renders a service, fills a community need and thus contributes constructively to Valley life.

I am certainly very happy to be a subscriber on the mailing list and to offer you sincere congratulations and best wishes for both continued growth and many more birthdays.

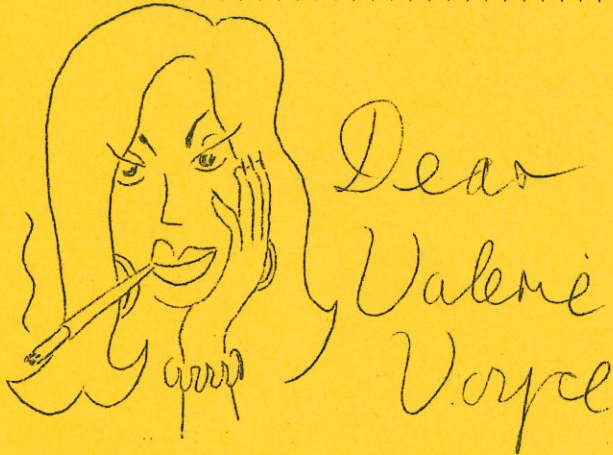
GEORGE A. SHAW
Member for Macquarie.

Dear Sir,
I am a relatively new resident in this district and I feel I must register some protest over the trading practices of some of St.Marys' Retailers.

Why does the largest store sell breakfast cereals at 48 cents when the correct price by the "Trader" is 43 cents. The cry of freight costs does not justify a 5 cents load on EVERY packet. What a nice profit it gives.

Last Monday the Egg Board announced a price of a dozen eggs as 65 cents. I paid 70 cents for stamped 2oz. eggs. Another 5 cent load on every dozen. I could mention another dozen items carrying similar extortionate prices. I am not surprised to learn that a large number of people shop out of the town. They have good reason. I now join them and will shop where I know I am not

..... CHEATED St.Marys.



Dear Valerie Voyce,
Your column makes me sick. How about that ?

HIGH BROW

Dear High Brow,
Try eating something else.

V.V.

Dear Valerie Voyce,
My Dad beat me again last week. That's the third time in a month. What do you advise?"

Seventy Two

Dear Seventy Two,
Stop throwing stones at your grandfather.

V.V.

Dear Valerie Voyce,
Why do I get so angry when people criticise me ?

OCTOGENARIAN

Dear Octogenerian,
Don't worry - you'll grow out of it.

V.V.

+++++
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COMING...Silver Threads Senior Citizens Club, St. Marys. On Thursday 29th May at the Institute a Bowls Evening for senior citizens. Ladies bring your husbands, no need to be a member, come along and enjoy the game. Ladies a plate please. Admission 40 c.

FILM NIGHT AT ST. MEYS

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WANTED TO BUY...12 GALLON COPPER.
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LOST...Green Budgerigar and 1 White
Finch. Finder return to Stuart Vance,
Fingol. REWARD.

FOR SALE...Pheasants, \$2. hens, \$2.50
cocks.

Tall grown birds. Apply John Bushing
St. Marys.

WANTED TO SELL...1 roll wire netting
(new) \$9.00, Eleven E.W. Pipes, 90° bends,
90c each, 1 x sq. junction \$1.00, 6 x 6'
length ridging \$1.00 each, 1 floor
polisher scrubber - Pye \$24.00.
Apply M. Oliver, Cornwall.

CLEARING SALE BROOKLYN ST. MARYS. June
9th. Dairy cows, and young stock.
Implements and many sundry items.

To Wendy and Gerald Aulich, at Queen Victoria Hospital, Launceston, a son Michael Anthony. Born 10.30 p.m. 21.5.69. Weight 8lb 1oz.

QUOTABLE QUOTE: If Moses had been
a committe the Israelites would be still
in Egypt.

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H E A L T H N O T E S

SOME BABIES ARE JUST SUCKERS.

Healthy, well fed, well-cared for, thriving and yelling, some new babies are suckers, all-day suckers. They have a need to go on sucking in between feeds, and because they upset the whole household, someone suggests a dummy.

Few young parents like the idea of 'dummies', mostly because of the risk of "germs", but partly because we like the idea of a baby seeming happy, as well as being happy, without having to be fed, fussed over, picked up all the time. Apart from the fact that the dummy in his mouth looks like a stopper in a bottle, it is likely to become contaminated very easily. But if it really appears necessary, the mere fact of giving a little baby a dummy need not make a mother feel guilty, provided she does not shortweight him on his feeding times or merely give him the dummy to shut him up, when there might be some other reason for his crying.

Any old dummy won't do. It should be soft, not having a rod in the bulb (hold it up to the light to see), and the shield not so small that it is sucked into the mouth, or so big that it rubs and hurts his nose.

It must be sterilized before it is given to the baby. The horrible old habit of having the dummy pinned on to the baby's gown did not mean that it was clean enough for a baby's mouth. If it is dropped, it cannot be given back to him until it is sterilized. And it will be dropped sometimes, which means that there should be one or two more kept sterilized, so that you can give him another.

To sterilize them, boil for three minutes then store in a sterilized jar or other sterile container, or place for an hour in a chloride solution such as "Milton" or "S. and B."

DON'T put honey, condensed milk or malt extract on a dummy. Simply moisten it with boiled water. A dummy serves only one need - to be sucked by a baby for whom, for some reason, all-day sucking is necessary.

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MANNEQUIN PARADE - ST.HELENS

A large crowd of about 300 packed the lounge room of the St.Helens Hotel last Saturday evening to view a fashion parade of winter clothes.

Mrs. Lois Young, the compere, welcomed the crowd on behalf of the St.Helens Area School Mothers Club, which in conjunction with Mrs. Le Fevre of the Carlyle Frock Salon, arranged the parade. Shoes were by courtesy of Mr. T. Avery, Hairstyles from the Debra Lee Salon, and frocks and accessories from the Carlyle Salon.

The Parade was staged in three sections; Infants, Teens and Adults. Twelve models showed a total of sixty two garments in various sizes, ranging from smart day and casual wear to glamorous nightwear (very popular with the menfolk, of which it is of interest to note there was a large number present).

The models who paraded along a catwalk erected along the centre of the lounge room were Jackie Walker, Paula Garth, Karen Gouge, Therese Waller, Karen Palmer, Debbie Richards, Jan Linton, Beth LeFevre, Betty Tucker, Sally Kohl, Thora Stone and Elaine Salter.

At the conclusion of the Parade, a savoury supper was served by members of the Mothers Club. It was a highly successful evening, \$102 being raised, and it is hoped to stage another show of summer fashions later in the year.

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NUTRITION

Nutrition is a fascinating study since it affects the way we feel, look and act. The foods we eat can make the difference between the day ending with freshness to enjoy the evening's leisure, or in exhaustion that drives one to bed with the chickens. Nutrition can make the difference between being a perambulating cabbage or a human dynamo. Although Nutrition is a comparatively recent science men have been interested in food and it's effects on the body for many hundreds of years. Hippocrates (460 BC) had much to say on the subject and recommended moderation in food to his patients. Another of his recommendations holds good today; that is that ox liver was a cure for night blindness. Captain Cook gave his sailors oranges and lemons on long sea voyages. Although vitamins had not then been discovered he knew that citrus fruit prevented scurvy, a disease caused by lack of Vitamin C. Nutrition research has proceeded apace since Casimir Funk published in 1912 his vitamin theory. At first vitamins were named after letters of the alphabet in order of their discovery. As their chemical constitutions became known the tendency grew to call them by their chemical names. Some vitamins given an alphabetical name have now been found to contain several factors, and this has added to the confusion in terminology. Vitamins came into prominence by virtue of the study of deficiency diseases, and stories concerned with the discovery of each vitamin make fascinating reading and would fill a volume. Research into inorganic substances such as calcium, phosphorus, iodine and iron was also carried out and is still progressing. However, emphasis in research in the last ten years has changed to proteins and fats. There is already a world shortage of protein, and with the population explosion new forms of protein must be discovered and exploited if the human race is to be adequately fed. Due in large measure to the increased knowledge of nutrition is the greater expectancy of life in this age. In 1890 expectation of life for an Australian male was 47, in 1962 it was 70 and is still rising.

CHILD HEALTH CENTRE

Sister Whittaker will be absent for 6 months commencing 1/6/69. Fingal and Bicheno centres will be closed during that time. Sister Bodys from Campbelltown will be in attendance at St. Marys Centre every Thursday between 1.30 and 4. p.m.

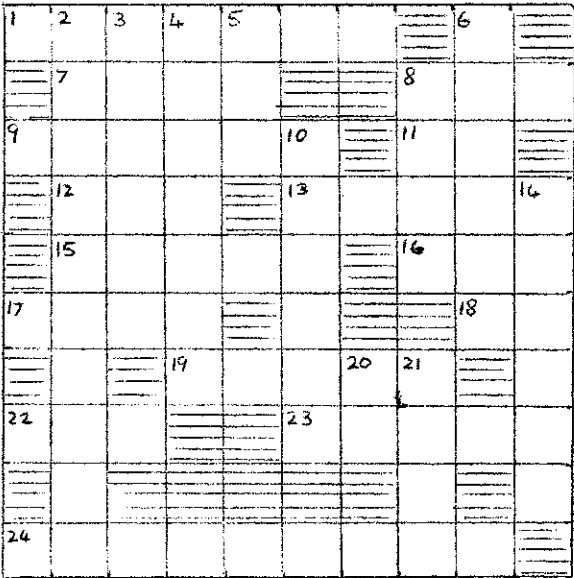
For your H O N E Y requirements
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ANSWERS TO LAST EDITION'S CROSSWORD.

ACROSS : 7.Highwayman 8.Ear 9.Trek 11.Nap 14.Useless 16.Lobes 18.Way 19.Argue 22.At 24.Malta 25.Revenues 26.Dante.
DOWN : 1.Mist 2.Cheese 3.Awakes 4.Par 5.Omens 6.Snip 10.Ruby 12.Astute 13.Always 15.Errant 17.Oat 19.Amen 20.Glue 21.East 23.Led.

CLUES TO THIS WEEK'S CROSSWORD.

ACROSS : 1.Fight for 7.Examine carefully 8.Old woman 9.Repulse 11.Part of verb to be 12.Bone 13.Thing (anag.) 15.Sharp 16.Preposition 17.Type of gun 18.Aust. State (abbrev.) 19.Bird 22.Spanish gentleman 23.Sailing vessel 24.A mounting up.
DOWN : 2.Movements 3.New broom 4.Roman soldier 5.Fish 6.Bathes 8.Elevated 10.Power 14.Habits 20.Note 21.Rebound.



ADULT EDUCATION CLASSES

Anyone interested in eveing classes at St. Marys School please contact Mrs. Ramshaw, St. Marys 156. Instructors are available for Ladies Carpentry, Cookery, Dressmaking, French Conversation, if sufficient numbers for classes availab. Any further suggestions welcomed.
Please ring early so arrangements can be made this term.

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SPORT

FOOTBALL NOTES

Fingal Association had an easy win over Deloraine at York Park on May tenth in what was probably the most uninspiring game ever seen at that oval. Many players on both sides obviously didn't consider it much of an honour to be representing their association, notable exceptions who tried all day for Fingal were D. Coker, best afield, R. Press, R. Anderson, Smith, White and Howard. Saturdays roster results were as expected, but games were much closer than anticipated. Fingal defeated St. Marys in a rugged game, which, although spoilt by shocking weather was full of interest throughout. The conditions didn't allow either side to produce much team work and the great individual effort by Johnny Smith was all that tipped the scales in Fingals favour. Floods prevented the Swansea team from reaching Rossarden and as a result their scheduled match was not held.

St. Helens were again unlucky not to break through at Avoca and if Saturdays form was any indication they should not be long in recording their first win of the season.

Details: Fingal 9.8 (62) d. St. Marys 6.9 (45). Goals - FINGAL: Smith 3, Clements 2, V. Sulzberger, G. Sulzberger, Freeman, Webb. ST. MARYS: L. Lynch, Bye, Williams, Wardlaw, Haas, Morris. Best - FINGAL: Webb, Marshall, Anderson, Freeman, G. Sulzberger, Smith. ST. MARYS: Wardlaw, Viney, Dean, McCarthy, A. Lynch, Morris, Hayes.

Avoca 11.11 (77) d. St. Helens 10.11 (71). Goals - AVOCA: McCoy 3, Pennington 2, White 2, Baxter, Pyke, Badkin, Kealy. ST. HELENS: Blair 2, Easterbrook 2, Coker 2, Joynstone 2, Barr. Best - AVOCA: D. Williams, White, I. Williams, Johns, Wilson, McCoy. ST. HELENS: Rawnsley, Barr, D. Chapple, Breadmore, Coker, Richards.

Seconds: St. Marys 10.13 (73) d. Fingal 5.4 (34): St. Helens 10.12 (72) d. Avoca 10.11 (71).

Thirds: St. Marys 8.12 (60) d. Fingal 1.3 (9): St. Helens 10.2 (62) d. Avoca 2.2 (14).

This weeks games will again be full of interest and should prove the most even yet. Swansea are always hard to defeat at home, but the three weeks enforced spell may tell against them.

The steadily improving Avoca visit Fingal and could well be the first to defeat the Association leaders. St. Helens will be at home to Rossarden and must win this week to keep alive their remote chance of making the final four.

Selections: 24/5/69 Reserves

Swansea	v	ST. MARYS	Swansea	v	ST. MARYS
Fingal	v	AVOCA	FINGAL	v	Avoca
ST. HELENS	v	Rossarden	ST. HELENS	v	Rossarden
31/5/69					
St. Marys	v	AVOCA	ST. MARYS	v	Avoca
ST. HELENS	v	Swansea	St. Helens	v	SWANSEA
FINGAL	v	Rossarden	FINGAL	v	Rossarden

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