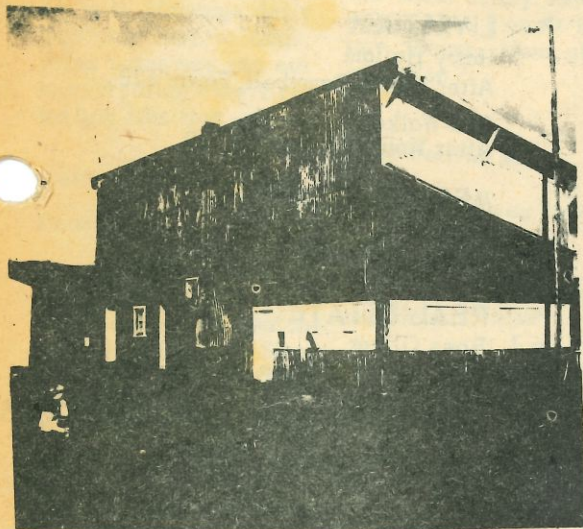


GRAND STAND GRAND MESS



The old grandstand was a mess. The mulberry coloured paint on the exterior hanging from the battered corrugated iron in strips. Inside the joists were warped and sagging from the wind whistled through the multitude of cracks. In the changing rooms, the lining was streaked with bird lime and rotting away. In one spot you could look up and see the blue sky above.

The St Marys Football Club decided to do something about it, so they necessary the money necessary to build their own changing rooms, social area & kitchen in brick. Plans were drawn up, a site chosen and the submission made. The Ground Committee approved but on a technicality Council didn't. The proposed building on such a site would not blend in the existing building. (pictured)

As second best the football club then decided to accept an alternative site suggested by the Council. So with renewed vigour they cleared the site ready for the foundation

work to begin. Unfortunately by then Council, had decided the site wasn't suitable after all. It seems nobody had taken the drainage into consideration.

Undaunted, the footballers decided to plug for their original site again. Now it was not only symmetry that was out of order a new objection had been raised. The Trotting Club had decided that if a building was built on the footballers site, it would obscure the view of their horses for a few seconds when they passed behind the building at the Annual Trots.

In the continuing story Council then decided to offer an alternative site. This time back in the trees next door to 'The Ladies'.

It seemed a reasonable site, but drainage again became the major problem. Unfortunately, it would have to be run back underneath the oval because of levels, raised at a point by pump, taken underneath the cycling track, and eventually deposited in approximately the same spot the footballers had

first applied for.

It was not officially stated who would pay extra costs involved, but the footballers suspected they would. Thus it was their turn to renege. So after nearly two years the battle goes on. The football Club have decided to seek the support of the Fingal Football Association, and Council sit firm on their decision. As for the football players-well, it seems they will continue to shiver this season out, but they are by no means vanquished.

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TOUCHE

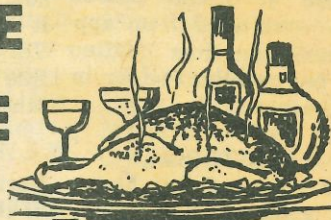
Some curious anomalies may be found in the latest Nelson Doubleday's map of Australia and New Guinea (don't panic - Tasmania isn't left out). It's when they come to marking and naming the towns in this state that the anomalies arise. For instance even though Campania is named. Orford, Triabunna and Swansea are not. Again, Although Bothwell is carefully marked New Norfolk is not. The North West and the West fare a lot better, Devonport, Ulverstone (not Penguin) Burnie, Wynyard, Smithton, Waratah, Zeehan, Rosebury, Strahan and Queenie

all rate a mention. For some reason Marawah and Hampshire also get a dot of recognition. Mole Creek gets a rating but Latrobe, Deloraine and Longford do not. Perhaps Mole Creek is famous for its honey, if so what happened to the once famous South Pacific Car Racing Championships? Closer to home Avoca (Kangaroo Shoot) is recognised but Campbell Town is not-neither is Conara; yet Oatlands is. St Marys is still in the mapmakers-

ross to the space where St. Helens could have been. If so, why is there a large blank space where Port Arthur should be. Even the Yanks, I am told have heard of our late convict colony. No I feel there is some other mysterious reason behind Mr Doubleday's map markings, like perhaps his company has shares in Tassy Mining - Real estate in the towns that are mentioned or

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In the last eight weeks of term, thirty four women have run the Canteen at the St. Marys District School. One of these Women has worked eight rosters, several have worked seven, most work four or five and some worked less. Allowing for an approximate number of 150 mothers with children attending the school, it seems most unfair that only thirty four of them are doing voluntary canteen duty.

On a rough calculation, if Every mother did her share it would spread the work load from approximately four duties in two months to four in a year.

EDITORIAL

Looking Forward

Owing to the steady increase in circulation and content from the East Coast, it has become desirable to incorporate this area in the name of this paper. We did not, for sentimental reasons, want to drop the name we were born under, so as a compromise which we hope will suit most people we decided to call our presentation 'The Valley and East Coast Voice'. The Voice for short - thus we consider all parties should be satisfied. The people involved in this paper decided some weeks ago that our paper in its present form was limited in both the numbers that could be sold and its ability to attract the larger advertisers. (As the reader will see by this addition, this has already been done). To our local and regular advertisers we would like to point out it will continue to be a policy of this paper not to seek outside advertisers to compete with our own local stores and businesses. There may be some overlapping and this will be only because at times it may be bad business to refuse the odd advertiser who may seek us out. The staff of this paper is sure that the increased income from both sales and advertising will pay the extra costs involved

in professional printing. The printers will be Smiths' Printery of Launceston and their name is synonymous with the best

The cost to the reader will remain the same and because of the decrease in type size, there will be a lot more reading. Generally we intend to stick to what we have done in the past; that is to try and gauge what is of most interest to the widest range of readers possible. With this in mind we take another step up the ladder. We wish to hear your comments about it and, as we said in Vol. 1 No. 1, if you don't like anything, don't tell others - tell us.

Looking Back

During the sixteen months of its production, we, the Editorial Staff of the Valley Voice, believe our paper has contributed towards the life and involvement of this district. And was not this our original aim? We believe we have done several things that the larger newspapers can not do. For instance, in advertising the coming of many local events, we are the only, available medium that can do this with any degree of success. It is not worth the time and space to a larger newspaper to notify their readers in Launceston that there is a cabaret in Fingal to support the Fingal Football Club; but it is worth it to us. The same may be said of our social notes where we print the coming and going activities of many people in the district, occasions that, if it were not for, a local paper, would go unnoted. We believe our Heritage Corner Column has not only brought back many memories of the past to the older generation, it has also enlightened many of the younger generation of what went on the district before they were born. Unless recorded, these facts and memories are too easily forgotten.

In health and nutrition notes we have been able to distribute many valuable pointers to good health and well being to as many as eight hundred families, each fortnight.

Of other permanent columns such as The Eye of the Law and the more recent from the Pulpit we have acted as an unofficial liaison for the Police Department and The Churches. In various other articles, often sent in from outside contributors, we do not consider ourselves too presumptuous to consider we have at times raised a laugh, a thought and sometimes dissent. And after all aren't these three the fuel that helps the world go round

In sport we also covered a wide range; from St. Marys Tennis Notes (a game that never was) Badminton Hockey, Basketball, Bowls and of course Footy Notes covered by our two able writers Observer and Wildstab.

Recently (it may be just coincidence that another paper started about the same time), we have begun a monthly coverage of the Fingal Council meeting and if our new paper sells as well as we hope, north of Scamander, we will endeavour to extend this to the Portland Council, - because we consider Council news a most important factor in any local paper. Last, but not least, in our Editorial comment we have in the life of this paper managed to dip into a wide range of subjects both of local and State wide interest. Some of these were, The Wood Chip Industry and Tree Farming, Drought, Tourism, Road Safety, The Casino Referendum, The Advocating of a St Marys District School Hostel, Fingal, Valley Coal and St. Marys Water Supply. We have also covered two elections, one local and one State (in which incidently we predicted a Liberal Centre Party Coalition), thoughts



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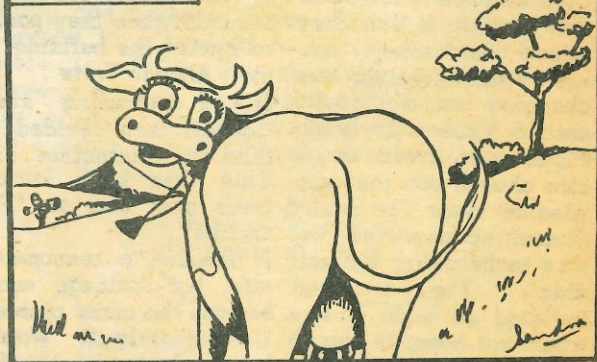
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CLEM AND LILY



"How Do You Like My
New Shape, Readers?"



contd. from page 2

on censorship, floods and observations about local apathy.

All these columns padded out with a bit of nonsense, news items and and cartoons have given this paper a character of its very own. A potential advertiser once asked us what was the main difference between a local paper and a daily paper. We told him you light the fire on Tuesday with Mondays daily you only burn a local, paper when you run out of everything else. Keep feeling like that - please.

Letters To The Editor

Dear Sir,

Whilst in St. Marys recently, I had the pleasure of watching the Group Nine Singers on T.N.T.9. My host informed me that the lass who played the guitar and sang with Miss Swift is a St. Marys girl.

I would like to congratulate Miss Christine Wright for her attractive performance and also St. Marys for attributing both beauty and talent to the local Launceston show. I am sure Christine has made St. Marys proud of her.

Eric J. Fenton

Dear Sir,

I wish to record my disgust at the disgraceful incident witnessed by me and many others, in the second semi-final between St. Marys and Fingal last Saturday. I could hardly believe my eyes when a Fingal player felled T. Wardlaw behind play causing serious injury to this player. I feel quite certain that any player or supporter of any club, who has witnessed the playing of T. Wardlaw would agree that he is one of the fairest players ever to play in the Association. It is a shame that one of the umpires did not see the incident. The player concerned deserved a spell of twelve months looking over the fence.

I hope I shall never again see such a cowardly attack on a player as incidents such as this spoil a fine competition.

FAIR PLAY ST MARYS

Dear Valerie Voice

Dear Valerie

My small son has taken to swearing in the most filthy manner. He is too sensitive to spank, but I can't bear listening to his swearing any longer. How should I treat such a delicate situation?

Worried Mum.

Dear Worried Mum,

Try unwrapping some of that cotton wool you have around him and stuff some of it in your ears.

V.V.

Dear Miss Voice,

I am a dairy farmer but I hate milking cows and they hate me. They keep kicking me and they are so dirty. What do you advise.

Had it.

Dear Had it,

Try tranquillizers and Milk arrowroot biscuits Darls.

V.V.

Dear Valerie,

My son has grown side burns. Do you think he is serious or just haring around. How should I treat him?

Mississippi Gambler's Mum.

Dear M.G.M.

Buy him a motor bike and let him have a few close shaves.

V.V.

Dear Valerie Voice,

I have auburn hair, creamy skin and lovely brown eyes. All the boys tell me I am wonderful and I suppose I am. They tell me I should be in films. If this right who should I see first.

Cleo.

Dear Cleo,

A head shrinker.

V.V.

Miss Piffle

Mr and Mrs G Cowan of Fingal are spending a few days in Hobart during the school holidays. Their daughter Jennifer, has gone to Sydney to stay with her grandmother Mrs. McKenna.

The members of the St Helens Senior Citizens Club were entertained at a luncheon on the 20th. August by the Cornwall Club.

A demonstration and instruction in floral art was given to the members of the St. Helens Gardening Club.

Mr and Mrs G. Freeman invited friends to a party on Saturday, August 23rd. last to celebrate the engagement of their youngest son Wayne, to Jill Reynolds of Colebrook.

Mr and Mrs Upton of Mangana are thrilled to have their grandchildren Timothy and Mandy Causby of Melbourne staying for the school holidays.

Mr and Mrs M. Eddington are enjoying having their children home on vacation, Jane from collegiate in Hobart and Jim from Hawksbury Agricultural College in N.S.W.

Mr. A. Vogel, headmaster of St Helens School has returned from three months long - service leave.

Mrs R Stone is on holiday from St. Helens Hospital.

Miss Bev Parry who has been relieving at St. Helens School, after the school holidays will be returning to Bicheno.

Positions Vacant....
Wanted young man willing to learn to drive log skidder. Apply, John Wray, Tasmanian Board Mills - Fingal Mill, after 7 p.m.

Wanted To Buy...
This season's heifer and bull calves. Ring G.F. Dean St. Marys 17

Wanted To Sell.....
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MISS PIFFLE

Congratulations To Mrs Cash and Mrs J. Miller of Mathinna for their effort to aid The St. Marys District School Fair. I am told these two ladies recently raised \$26. with a stall

Senior Citizen Clubs Get Together.

On Wednesday August 20th, the Golden Years Club, of Cornwall entertained members of The Silver Threads Club. St. Marys, The Senior Citizens Club, St. Helens and the Sunshine Club, Fingal. 90 people were entertained to a delightful programme of music, recitation, and magic. The enthusiasm of these groups is inspiring and the large membership numbers that have grown over the past 12 months, speaks of the keen spirit within the clubs. The Cornwall Mothers Club helped serve afternoon tea.

CABEAN SAYS.....

One of the least asked questions but to a lot of people, surely one of the most interesting, in the recent Apollo Moon flight, was the problem of the disposal of the astronauts own excreta. (Which becomes interesting in more ways than one, when you remember the patience and difficulty experienced in even trying to obtain a drink of water in space.) The problem of human sewerage, though maybe not a discussion matter for the dinner table, has been the subject of years of exhaustive study for many people. Sewerage is recognised, as a highly necessary part of the planning of any city, but when the city reaches the size of London or New York it can be no longer be regarded simply as a matter of pipes leading through devious water-

ways to various central outlets. The Japanese exponents of the art of waste not, want not solved their problems years ago in their vegetable plots

But the Western mind is more fastidious and seems to regard anything connected with bodily functions, whether it be sex or body waste as not only unmentionable, but taboo. Hence the euphemisms used to explain a lavatory.....

Still, like a lot of nasty things, the time comes when the problem must be tackled. Wastologists (the word is mine; the scientists alone know what the technical term may be) according to a recent television programme, will shortly be able to instal in each home unit and suburban dwelling, a complete disposal system, no bigger than a hot water service, which will effectively deal with each family's sewerage. I must admit, my first reaction was one of instinctive and I realise now, emotional horror, Visions of huge, vile smelling tanks, regurgitating raw sewerage through various processes until clean water emerges, purer we're told than tap water, flitted across my revolted mind. I think I was influenced by memories of the 'night cart' of my childhood - though why 'night cart' I can't imagine; ours always called in the afternoon.

But such emotional reactions, though instinctive, are not factual. Quite a lot of intensive work and study has already been done on raw sewerage and garbage, and the wastologists have evolved a quite satisfactory method of making fertilizer in solid blocks. It is interesting to note gold, silver copper and zinc etc. are sucked into a communal incinerator from garbage. The metal recovered and reused from this garbage would pay for the installation and maintenance of such systems. It appears the home of the future will complete with its own disposal

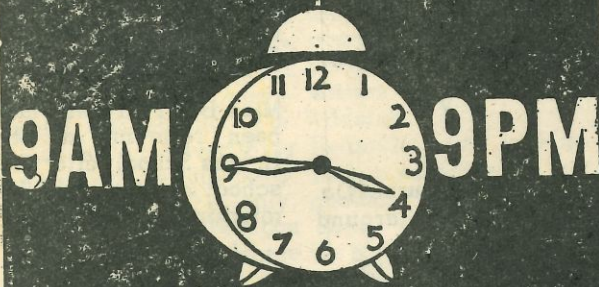
unit, from which high quality protein can be made to feed fish and plants, the fish furthermore can be eaten later then turned into sewerage, protein etc, ad infinitum or under a different process - just plain water. And before everyone recoils, I think it pertinent to remember the unfiltered water, pumped straight from creeks and dams and used by stock and God knows what, which most country people drink every day of their lives. This method of sewerage disposal is an endless cycle, where in each family or block of flats is entirely self sufficient, both water and sewerage - wise. As one who was brought up never to waste a crust of bread or throw away

using the wasted products of our society, a fascinating idea. But why should we stop at sewerage and garbage waste?

Those disfiguring blots upon the landscape, the car graveyards, could simply be churned up and melted down. Why keep cutting down trees and burning up timber when we could build houses, furniture, playgrounds and goodness knows what, from our old cars?

Instead of trading in last year's refrigerator or lounge suite, the advertising men will be urging us to bring in any old stuff and have it melted down, torn up or pressed into new exciting shapes and forms. Smoking, perhaps will

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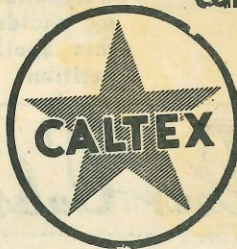
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a button, I am frequently appalled at the throw-away propensities of our affluent living and although not enamoured of the subject of sewerage I find the possibilities for re

have to go - it is hard to imagine what could be done with the waste from a pile of cigarette butts and a mess of grey ash. The whole

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concept could be therapeutic the to maladjusted and repressed too. Why not come and help to smash and bash your own waste and get rid of your repressions and inhibitions. The prospect is endless.

St Marys Garden Club

The St.Marys Garden Club held its monthly meeting on Aug. 20th last. There was a very, good attendance. Mrs. A. Wright and Miss C. Haas tied for first place with a bowl of hyacinths, with Mrs. G. Dawson second and Mrs. L. Rattray third. Green arrangement, Mrs. P. Llewellyn, Mrs. C. Royle second, Mrs. L. Rattray third. Floral Art, Mrs C. Royle two, equal firsts and Mrs Llewellyn, second and third. Novice section Mrs. H. Aulich first, Mrs G. Dawson second, Mrs L Mitchell third. Vegetables; Parsnips; Mrs Llewellyn first, Mrs L Rattray, Mrs A. Wright

third. Any other vegetable Mrs L Rattray first, Mrs Llewellyn second Mrs C Royle third. Best Bloom Miss C Haas first, Mrs Llewellyn and Mrs A Wright equal second Mrs C F Royle and Mrs G Dawson third. Eggs and Bacon Mrs P Llewellyn first Miss C Haas second It was decided to hold a small spring show on Sept. 17th Wed. at 7.30 p.m. at entries to be staged by 4 p.m. No entry, fee but admission, will be 20¢ children free. Ladies to bring along a cake for supper.

DEBRA LEE

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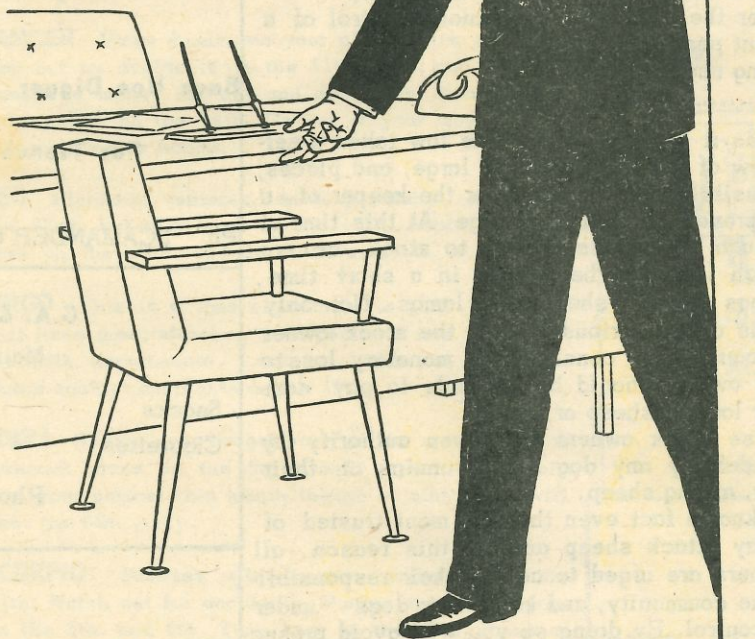
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HERITAGE CORNER

On entering the Fingal Valley after leaving the Midlands Highway, one of the most impressive landmarks is St. Pauls Dome. This name was given to the mount early in the colony's life and it must have conjured up many a nostalgic dream for the early settlers with its likeness to the silhouette of St. Pauls Cathedral in London. Not many people in the Valley have bothered to climb to the summit of the mountain; however here is an account written by a traveller in 1864. "To the right you command a view of the St. Pauls Dome, a mount about 1200' in height, the abrupt termination of the range, which divided the valleys of the South Esk and the St. Pauls Rivers. From the summit of the DOME are seen to the East and South-east, the ocean, the Schouten Islands, and Swanport Bay; to the South-west a great part of the district of Campbell town, including Salt Pan Plains and the main road for many miles in extent, the view being bounded to the West by the Western Mountains and to the North standing high above all surrounding objects is the towering mass of lofty Ben Lomond with the plains of the South Esk at its feet. To the North-east the River meanders on in placid beauty, passing Tower Hill and the view in that direction terminates with Mt. Nicholas at the Break 'O Day Plains." The traveller descends the mountain and travelling from Avoca to Fingal, he writes - "The road is in excellent order, and forms almost a park drive, running parallel to the South Esk River, of which the traveller occasionally obtains pretty peeps, as it winds along its course through the valley and its forest. On the right is St. Pauls Tier and on the left the towering Ben Lomond, some times overlooking the

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immediate ranges, at other times concealed by them, at others appearing through the gaps formed by the irregular outline, this imposing a most pleasing variety of picturesque features to the landscape during the whole distance, between the two townships." This delightful description is still accurate today; however we have substituted our friends quiet horse for a fast car and we often forget to look past the grey bitument.

GARDENING NOTES

The time has come around when gardeners should be thinking about their vegetable patch. When planning a vegetable garden each year a most important consideration is the rotation of crops. It is most important that the same variety of vegetable is not planted successively in the same area. Rotations are considered advisable for a number of reasons; the principal one being of

course that the same crop cannot be grown continuously in the same field of soil for any length of time without the danger of considerable deterioration both in yield and quality. Unfortunately, no clear-cut rotation capable of covering all our vegetables is possible. Perhaps the main reason for this are, firstly the area used is usually restricted and it is therefore to keep all the ground growing some sort of crop all the time. Secondly, considerable

difficulties are encountered because many varieties of vegetables are required in very unequal proportions. For example whilst the average household might have no difficulty in consuming the produce from a plot of potatoes, or carrots, it would probably find it impossible to handle the production from the same sized area of silver beet or beetroot, or French beans.

However the broad, principal of crop rotation can be implemented if the garden is divided, approximately into four sections. The first season concentrate on crops on one section; leaf crops such as cabbages etc, in the second, legumes such as peas and beans in the third and the salad vegetables in the remaining section. In the following year leaf crops follow root crops and the root potatoes and carrots etc follow the legumes such as peas and beans. Difficulties regarding the size of various crops will arise but if the broad principal of crop rotation are worked then better use of the soil is assured.

ILUKA

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Phone FALMOUTH 13.

FOR YOUR DIARY

September 19th DANCE COMMUNITY HALL, St. Marys, Music by the "Fabulous Phantoms" Admission 70¢. Proceeds in aid of the Girl Guide local Association and The Boy Scout Group Committee.

XMAS BAZAAR STALL Friday November 25th in St Marys. A good time to start your Xmas shopping.

FOR YOUR DIARY

A crib tournament will be held fortnightly at the Recreation Room at Tatlow's Hotel, Fingal, commencing on Tuesday 2nd Sept. at 7.30 p.m. Proceeds to the Sunshine Welcome Club. Come and support the elderly citizens. St. Marys Garden Club Spring Show, to be held at the R.S.L. Institute, St. Marys on 17th Sept. at 7.30 p.m. Admission 20¢ All entries will be free. Ladies a cake please.

Rain late tomorrow

There will be showers late tomorrow, with north-west winds, the Hobart Weather Bureau predicts.

ST. MARYS GARDEN CLUB SPRING SHOW

to be held in the R.S.L. Institute St. Marys on Wed. 17th Sept. at 7.30 p.m. Entry will be free. Admission 20¢ Supper 25¢. All entries to be staged by 4 p.m. Lady members a cake please.

FLORAL ART

- 1 Green Arrangement
- 2 Dried Arrangement
- 3 Spring Arrangement
- 4 Any Arrangement
- 5 Wired shoulder spray
- 6 Presentation of flowers.

NOVICE SECTION

- (same as above)
- 7 Best single bloom
 - 8 Best any other bloom
 - 9 Best one stem flowering shrub
 - 10 Best collection flowering shrub (three stems)

POT PLANTS

- 11 Best maiden hair fern
- 12 Best any other fern
- 13 Best cacti garden
- 14 Best miniature garden
- 15 Any other pot plant

CHILDREN'S SECTION

- (age to accompany entry)
- 16 Best floral saucer
 - 17 Best arranged egg cup of flowers.
 - 18 Best hand posy (as picked).
 - 19 Best farm scene on tray.

VEGETABLES.

- 20 Best onions.
- 21 Best cabbage
- 22 Best Carrot.
- 23 Best parsnip.
- 24 Best Cauliflower
- 25 Best any other vege

IN THE EYES OF THE LAW STRAYING DOGS

It is observed that the number of straying dogs is increasing, it is a cause for alarm, particularly at this time of the year, when lambing is at it's peak.

Section 11(b) of the Police Offences Act states:- No person shall being the owner of a dog, fail to prevent its being at large unless it is under the immediate custody and control of some competent person;

Section 11(c) states: That no person shall permit a dog to be unchained at any time between sunset and sunrise unless, the dog is:-

- (i) securely shut in so as to be unable to leave the land of the person on whose land it is;
- (ii) under the close and continuous control of a competent person; or
- (iii) being used in driving.

Penalty.....Thirty dollars.

From this it is realized that the law takes a serious view of the dogs being at large, and places, a responsibility on the owner or the keeper of a dog to prevent it being, at large. At this time of year, much concern is caused to stock owners and much loss can be caused in a short time, when dogs attack sheep and lambs. Not only does this cause serious loss to the stock owner it can cause also considerable monetary loss to the dog owner, should he be made to pay damages for loss of sheep or lambs.

Of course stock owners are given authority by law to destroy any dog found running on their property, among sheep.

It is a known fact even that the most trusted of dogs may attack sheep and for this reason all dog owners are urged to accept their responsibility to the community, and keep their dogs under proper control. By doing so you will avoid prosecution, and perhaps avoid the expense of a damages claim against you.

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with its own disposal,

FROM THE PULPIT

The Lord's Prayer
across the Centuries:

Old English: Reign of
Alfred the Great: 871-99
Faeder ure, thu the
eart on heofenum, si
thin nama gehagod
Tobecume thin rice
Geweorthe thin willa
on eothan swa-swa on
heothenum. Urne daeg-
hwamlican hlaf us to
daeg. And forgyf us
ure gyltas, swa-swa on
forgyfath urum glytend-
um. And ne gelaedda
thu us on costununga
ac alys us of yfle.
Sothlice. (Here, th has
been used to represent
an Old English letter,
th, that no longer
exists.)

Pidgin English (Papua
New Guinea): 1969.
Papa bilonga mipela,
yu i stap long heaven,
Nem bilonga yu i mas i
stap holi. Kingdom bil-
onga yu i Kam Liak
bilonga yu ol i bihainim
long hrven, olsem ol
i mas bihainim long
graun tu. Kaikai bil-
onga mipela inap long
de nau yu givin mipela.
Na yu lusim sin bil-
onga mipela, olsem
mipela tu i lusim pinis
rong bilonga ol ol i
mekin long mipela. Na
yu no bringim mipela
g samting bilonga
kam mipela, tasol
tekewe miepla long sam-
ting rogut. (Kingdom
na strong na glori bi-
long yu tasol oltaim.)
Tru.

Modern English: The
New English Bible;
1961.

Our Father in Heaven,
Thy name be hallowed;
Thy Kingdom come,
Thy will be done, on
earth as in heaven.
Give us today our daily
bread. Forgive us the
wrong we have done,
as we have forgiven,
those who have wronged
us. And do not bring us
to the test but save
us from the evil one

**16,240 BALES
OFFERED**

MELBOURNE — A total
of 16,240 bales was offered
at the Melbourne wool sales
yesterday.

Prices for all descriptions
were fully firm.

Top prices were: Merino
68c, Crossbred 56½c.

STAR PROBE

BY PEGASUS.

ARIES Be careful of your health and personal affairs.
Risk nothing in love. Your partners prospects are bri-
ghter than your own but neither should attempt import-
ant decisions. Use tact in dealing with work mates.

TAURUS Do not change boyfriends this month. Work
on an organised routine from the 1st. Best financial
periods - 1st and 22nd. with promise of good returns.
Take care on the 11th. with romantic matters. Avoid
conflicts with your mate on the 11th.

GEMINI Good routine will pay off and may relieve
strife and misunderstanding at home. Avoid disagree-
ments on the 10th. Centre romantic efforts on the 15th.
and 19th.

CANCER Virgo dominates your affairs this month so
look out for accidents on the 11th. 12th. and 17th. Be
careful of money matters and do not let emotions in-
fluence you on the 19th. Go out of your way to keep
your work mates happy.

LEO Financial ventures can be profitable on the 4th.
and 22nd. but take care on the 12th. Avoid strife at
work on the 10th. and 16th. Steer clear of romance.

VIRGO This is a time of change for you. The 11th.
will have great effect on your personal life. Be care-
ful with investments. Luck may come on the 22nd.
Guard against accidents on the 12th.

LIBRA Revise your budget early in the month. Adjust
personal plans on the 5th. Don't expect much help
from your partner this month though a joint effort will
make the 6th. lucky.

SCORPIO Success with creative activities on the
11th. Watch out for accidents. Pursue money ventures
on the 5th. and 6th. Take care on the 12th. Romance
takes a downward path so look for another.

SAGITTARIUS Virgo dominates business affairs this
month. Look out for accidents. Accept help from your
friends. Work with your partner - enterprises could be
lucky.

CAPRICORN Concentrate on creative activities.
Business may be difficult later in the month. Romance
shows a selfish trait, but will be well later in the
month.

AQUARIUS The 11th. plays a big part in your aff-
airs. Make no money transactions on the 12th. and
16th. Avoid family disagreements on 5th. look out for
cupid!

PISCES Romantic affairs threatened this month. Be
careful of uour health. Map your plans for a money
venture on the 12th. Make no big decisions until later
in the month. A lucky time could be on its way.

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STAN GRAHAM

PHONE

ST MARYS 174

"THE BEST CASH DEAL IN TOWN"

VOTE 1 DUTHIE
Gilbert William Arthur



YOUR FEDERAL MEMBER FOR WILMOT.

Gil Duthie thanks the Fingal Valley for East
Coast people for their loyal support in NINT
elections and respectfully seeks it again on
October 25 - 1969 FEDERAL ELECTION DAY

Gil Duthie has built a reputation for tenacity
integrity, action full time service, hard work
forthrightness and experience.

- * Nothing beats EXPERIENCE when you need
someone to help you.
- * Gil Duthie speaks for those in need or trouble
- * He fights for Tasmania at Canberra.
- * Gil Duthie is secretary of the Tas A.I.J.
Rural Committee and, as a farmer's son knows
the vital needs of primary producers.

After 20 YEARS of Liberal/C.P. Government at
Canberra it is TIME FOR A CHANGE -
VOTE LABOUR.

SPORTS PAGE

BADMINTON

Approximately 40 players, representing 7 teams of the Midlands Badminton Association took part in the annual Tournament at Fingal. Winners of the events were Mens Singles Champion; K Cook Ladies Singles Champions; Mrs M Bush. Mens Doubles Handicap; J. Maney and M Wardlaw Ladies Doubles Handicap; M Bush and C Kaye Mixed Doubles Handicap; L Gatty and Miss L Bean. Trophies were presented to the above with an additional prize for the unluckiest participant, which went to ROSS LEFEVRE. Players wishing to attend the Annual Dinner to be held at St. Helens are asked to contact their club secretary.

GOLF NOTES. ST. MARYS

72: Hole Members
Championship.

A. Grade-D Homles 292
B. Grade-A Miller 348
C. Grade-D Barnes 384

Spilsbury Trophy :
Tie and Payoff

C. Berwick and C.
Mitchell : 134

Associates 72 Hole
Championship

A Grade. G Holmes 342
B Grade. N Wardlaw 372
C Grade. P Davern 411

Spilsbury Trophy :
C Barnes 143

FOOTBALL NOTES

Fingal has been on top all the season and rightly take their place in the Grand Final; they looked convincing at home, but either Avoca or the Tigers would be capable of turning the tables at the big St. Marys oval on Saturday week. The second semi was anyone's game until half way through the last quarter, but Fingal's physical strength

and greater determination won out, with Smith taking control around the packs. St. Marys won in the ruck from the first bounce and even after top ruckman, Tim Wardlaw went off injured in the third quarter, Bullock and Tapp kept up the good work. The highlight of the second quarter was Wardlaw's mark in the forward pocket, but this was topped by Viv Sulzberger's screamer in the third term. Viv was damaging in the half forward flank but was noticeably quieter when experienced player Bruce Nailer was on him. Howard played his usual great game and was a constant worry to the St. Marys backs who were inclined to give him too much latitude. Clements, who is usually quiet against St. Marys, lifted himself, for the occasion and combined well with players coming down down the ground. Kevin Cowie played well. Both he and Norm Barnes covered too territory, but Wayne Morris and Merv Turner read the play well and gained a lot of kicks around the centre. Kent Mitchell did everything right for three quarters, but faded towards the end. Graham Williams and Tim Baldwin had a great battle with Tim, aided by a winning Rex Anderson, slightly on top. Both sides were guilty of unnecessarily, spiteful incidents behind the play and it was indeed surprising that the five paid umpires turned a blind eye to this.

To summarise - A good hard fought final with honours not far from, even.

Details:- Fingal 11.13 (79) to St. Marys 10.12 (72) Goals: Fingal Howard 4, Bush 2, Sulzberger 2, Barnes, Webb, Smith.

St. Marys: Mitchell 3, Bye 2, Turner 2, Wardlaw 2, Viney. Best - FINGAL: T Baldwin, Smith Anderson, Webb, Freeman,

Howard, J. Baldwin. ST. MARYS: Dean Mitchell, Barnes, Bushing M. Turner, McCarthy, (Wardlaw until injured) SECONDS: Swansea, 10.21 (81) Rossarden 7.3 (45). THIRDS: St. Helens 6-10 (46) d. St. Marys 5.1 (31). Fingal 8.7 (55) d. Rossarden 2.4 (16).

St. Marys have an edge over Avoca this season but the Avoca we saw against Rossarden was greatly improved. If Baxter happens, to strike from along with Youd, White and Pennicott, the Tiger, backmen will have their hands full. St. Marys appear a little stronger around the flanks and Tim Turner will do well on Dennis Williams. Tim Wardlaw is very doubtful at this stage and in his absence, Wilson could take charge in the air. Bob Bye should be fitter and if placed at full forward will trouble Trevor Williams who had a field day against Rossarden. Rossarden and St. Marys reserves clash in the preliminary final with the winner, challenging Swansea in the Grand Final. In the thirds St. Marys and Fingal play for the right to meet St. Helens.

Preliminary Final SELECTIONS

Seniors - Avoca
Reserves - St. Marys
Thirds - Fingal

PREMIERSHIP

Senior - Fingal
Reserves - Swansea
Thirds - St. Helens

St. Marys girl Ivy Harvey, made a colourful mascot for the Tigers at Fingal and if one or two more local beauties followed, suit the St. Marys players could rise to even greater heights.

YOUR HEALTH

How good is your family's resistance? Are you and your family subject to frequent colds, diarrhoea and vomiting? If so, it might pay you to take a close look at your diet, the amount of sleep and rest you get and what sort of clothes you wear. Hunger tells us when to eat, but not what to eat so the housewife needs to know which foods are needed to give her family a well-balanced diet. The easiest way is to choose foods from each of the 5 basic food groups:-
1 Milk and cheese.
2 Meat, fish, eggs, dried beans and nuts.
3 Fruit and vegetables.
4 Bread, flour and other cereals.
5 Fats e.g. butter or fortified margarine. Your school child needs at least one pint of milk daily to enable growth. A cheap way of providing this is to use powdered skim milk. Make it

up in a jug and let stand in the refrigerator - after 2 hours will taste like fresh milk.

Each member of your family needs 2 servings of meat or fish and 1 daily.

Your teen-age children are growing rapidly and need 3 daily servings of these body-building foods. Serve a potato each day and one serving each of a yellow or green vegetable. Give each member at least one piece of fresh fruit every day. 2-3 slices of bread and cereal in the form of egg porridge, rice, spaghetti. To obtain sufficient butter or fortified margarine, a family of four would use 1 lb every three days.

Be careful when choosing and preparing food. Always buy from clean shops and see that you get correct weights and measures. Buy vegetables when in season otherwise use frozen dried varieties. Always wash your hands before preparing food. Keep it covered - away from flies and dirt - so that your refrigerator and cupboards are always clean. Cook your vegetables quickly with the lid on the saucepan and use very little water. DON'T serve up twice-cooked vegetables.

LATE NEWS....LATE NEWS....LATE NEWS....

Residents of EAST COAST and FINGAL Valley will be shocked to hear of the tragic car accident there, involving Dr and Mrs Lawson, their son Wally and daughter Susan. Latest news is they are all in a hospital in British Columbia. Dr Lawson is suffering from chest injuries, Susan a compound fracture of a leg and Wally has to undergo plastic surgery. Mrs Lawson recently sent a cable to friends in the district informing them of the details.

This Week at St. Marys
thirds start 10 A.M.



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