

THE VALLEY VOICE

AND EAST COAST

VOL. 20 NO. 23 APRIL 29, 1988

REGISTERED BY AUSTRALIA POST

PRICE 25c

EST. 1968

PUBLICATION NO. TAC 0219

ANZAC DAY

by Drew Hunter

I saw a kid marching with medals on his chest
He marched alongside Diggers who were marchin' six abreast
He knew that it was Anzac Day and he walked along with pride
He did his best to keep in step with the diggers at his side
And when the march was over, the kid was rather tired
A digger said "Who's medals son" - to which the lad replied
"They belong to daddy, but he did not come back,
He died up in New Guinea on a lonely jungle track".
The kid looked rather sad just then and a tear came to his eye
The digger said "Don't cry son, and I will tell you why
Your daddy marched with us today, all the bloomin' way".
We diggers know that he was there - it's like that on Anzac Day
The kid looked rather puzzled and didn't understand
But the digger went on talkin' and started to wave his hand
For this great land we live in, there's a price we have to pay
And for this thing called Freedom the diggers had to pay
For all the fun and merriment, in this country where we live
The price was that some soldier his precious life must give
For you to go to school my lad and worship God at will
Someone had to pay the price, so the diggers paid the bill
There is some folks around today my lad who think it's all for free
Even though there's other countries close at hand on bended knee
They walk around with banners like kids with a little toy
While the enemy just waits around clappin' his hands with joy
They say it's not correct today, to stand up to the foe
But the old-time religions knew just where they had to go
They took the Bible with them and the padres led the way
That's the reason now my son - the church is here today
The Romans thought they could not fail, but oh how great the fall
It can happen to all peoples lad however great or small
Your daddy died for us my son, for all the things I have said to you
The kid looked up at the digger, just for a little while,
And with a changed expression said, with a lovely smile
"I know my daddy marched here today- this is our Anzac Day,
I know he did - I know he did - all the bloomin' way".

This poem was read at the Anzac Day Service held at St. Marys on April 25, 1975. I thought it was worthy of a reprint. Ed.

***** ANZAC DAY 1988 *****

The Dawn service was held in very good weather at 6.00 a.m. conducted by Fr Connolly, there was an attendance of 65 personnel including the Public, after the Service breakfast was served in the R.S.L. by the Ladies Auxiliary.

The 11a.m. service was also very good about 200 attending which was very good, this was Conducted by Rev L.M. Neal United Church, the march was led by Neal Rattray in the main street and back to the Cenotaph.

There were several wreathes layed at the Cenotaph.

Jack McGee Hon Secretary.

CLASSIFIEDS

REDLINE COACHES DELIVERS THIS
PAPER QUICKLY AND EFFICIENTLY.
STATEWIDE PASSENGER AND PARCEL
SERVICE PHONE 722445

MT. ELEPHANT 'PANCAKE PARLOUR'
is open 9.00a.m. to 6.00 p.m. 7 days
a week. For evening bookings and
functions phone 722263
PAULA & ANDREW WYMINGA & SONS

FOR SALE: A 1968-69 FALCON 250
MOTOR, GEARBOX, DIFF HOUSING &
WINDSCREEN. \$100 Phone 722227

PAINTING: For all exterior painting
TOP QUALITY WORK... FREE QUOTES
Reasonable rates... Phone 722329

PEAKES BUS SERVICE
ST. MARYS... BICHENO....SWANSEA
Passengers, Parcel and Papers
Phone 722390

FOR SALE G.E.C. Wall Oven
\$150.00 O.N.O.
Phone Bicheno 751236

FOR SALE: Pork \$3.00 Kg.
Full or Half Pig.
Lamb \$25 (cut up)
Denis Rice 771154 evenings.

FOR SALE 1 Single Bed \$10.
1 Combination Wardrobe and Dressing
Table as new \$60.
6 Drawer Chest of Drawers as new \$40
Apply K. Floyed. 4 The Flat
St. Marys Phone 722176

Experienced cleaner available
for house or unit cleaning
Reasonable rates.
Phone 722377 from Friday



NEW LOOK SALON

Keep your hair in control this
WINTER by having a Body Wave at
SANDRAS'

ask about my New (Colour Perm Rinse)
Bio Curl Wave \$33.50 extra long hair
Acid Amino Wave \$49.50
Pensioner Perms \$29.50
Open TUESDAY, THURSDAY & FRIDAY
9.00a.m. to 5.p.m.
FOR APPOINTMENT 722260

RICHARDS HOME
FURNISHERS PTY. LTD.

CHOOSE FROM OUR EXTENSIVE RANGE
OF HOME FURNISHINGS

Offering you a great selection
of floor coverings, soft furnish-
ings and fine furniture at very
affordable prices.

*** WARMING UP FOR WINTER ***

We also have in stock electric
blankets, Sherpa blankets,
lambswool and woollen underlay
for those cold nights. Also
mattresses.

CALL IN AND SEE OUR GREAT RANGE
AT RICHARDS HOME FURNISHERS PTY. LTD.
67 Cecilia Street St. Helens
Phone (003) 761 147

GLENN SMITH JOINERY

CABINET MAKER. ALL FACETS
OF JOINERY & SPINDLE WORK
PHONE 725214

FOR SALE: one 2inch Saw Shaft
with 2 near new Bearings.
Apply 7 Grant Street. ST. MARYS.

PUBLIC NOTICE

DURING WINTER
MONTHS

FROM 1st MAY TO END OF AUGUST

"NEW LOOK SALON"

WILL BE OPENED

TUESDAY, THURSDAY, & FRIDAY

9.00a.m. TO 5.00p.m.

FOR APPOINTMENTS

PHONE 722260

THE WEAPON SHOP CORNWALL
PHONE 722267

++GUNSMITH+++RETAILING+++
Air Rifle \$65, .22 Repeater \$110.00
12 Gauge Gun \$110, .22 Magnum \$400.

FIREWORKS

COMING

SOON

***** W H A T ' S O N *****

BADMINTON.....

Will recommence at St. Marys High School, 7.30p.m. Friday 29th April. Beginners and experienced players all welcome. Inter-club matches being arranged, support your club.

RED CROSS Committee meeting will be held on Monday 2nd May at 7.45 p.m. in the recreation room St. Marys Hospital.

AMBULANCE drivers and personnel training on Wednesday night 4th May at 7.45p.m. in the ambulance shed. New drivers welcome to attend.

TOY LIBRARY

If you are wondering what toys would best suit your child's needs why not call in at your local Toy Library and hire from our wide range of toys. We provide for hire a range of toys from the very young to the pre-schooler. Our library is run by volunteers who give their time generously in order for this service to continue. We are located at Todds Hall and open each Wednesday from 12.30 till 2.30 p.m. Feel free to call in and speak to us about membership. We will be holding a mini-stall on Wednesday 4th May from 11.30a.m. outside the St. Marys Hotel. We look forward to your support in this worthwhile service.

FINGAL VALLEY MUNICIPAL TOY LIBRARY.

The members of the Silver Threads Club seni r citizens wish to sincerely thank the Lions Club for sponsoring our Bowls Tournament again. It would be almost impossible to thank individuals and Clubs separately so we take this opportunity to sincerely thank everyone who helped in any way to make our tournament so successful and enjoyable. The trophy winners were: Westbury 1st-Perth 2nd-Delorraine 3rd Westbury also retained the Wally Targett Perpetual Shield.

Bowls Tournament Continued.....

The raffle winners were:

Amy Jacobson 1st - Rita Miller 2nd
Heather Hayes 3rd - Margaret Council 4th.

Once again thanks to everyone.

L. Mitchell,
Hon. Secretary.

CONGRATULATIONS and best wishes to Mr. and Mrs. Roy Singline who celebrated their 59th wedding anniversary on April 23rd.

TO ALL MEMBERS OF THE FINGAL VALLEY MUNICIPAL TOY LIBRARY

It has been decided by the Committee to introduce an annual subscription of \$3.00 per family. (That is \$3.00 per family per year or part thereof.) Subscriptions for the year 1988 are due now and we would appreciate early payments. In future years subscriptions will be due January 1st. For those members who have joined previous to April 1988 you are required to pay your Annual Subscription now. For those who join after April 6th '88, your \$3 fee will also stand as your first year subscription. This introduction of subscriptions is required so we can maintain a good standard of toys and to meet our commitments for each year, e.g. rent, insurance etc. We thank you for the support you have shown in the past and look forward to your continued support in the future. Those who wish to become members are welcome to call in at the Toy Library on Wednesdays between 12.30 and 2.30p.m. Thank you.
F.V.M.T.L. Committee.

THE BEST WAY TO MAKE YOUR DREAMS
COME TRUE IS TO WAKE UP.

THE MORE YOU LEAVE THINGS TO CHANCE
THE LESS CHANCE THERE IS.

BLACK GOLD BOUTIQUE

ST. MARYS &

BICHEENO

SURPRISE MOTHER WITH A LOVELY GIFT.....

KEN DONE SCARVES * BRASS * JEWELLERY

BUY SOMETHING DIFFERENT

CHURCH NEWS

FINGAL-PORTLAND UNITING CHURCH

Worship Service

Scamander	9.00am	2nd Sunday
	8.00am	4th Sunday
Fingal	9.30am	every week
St. Marys	11.00am	every week
St. Helens	10.30am	2nd Sunday
	7.00pm	1st, 3rd, 4th
		5th Sundays
Rossarden	7.00pm	3rd Tuesday

Sunday School

Fingal	9.30am
St. Marys	9.45am (with Salvation Army)
St. Helens & Scamander	3.30pm Mondays K.U.C.A. Club

ALL WELCOME: Minister: Rev. Alan Renton.
Phone 752139

THE ANGLICAN PARISH OF ST. HELENS

St. Pauls Church

8.00am)
9.30am) every Sunday
7.00pm)

Sunday School

3.00pm	Mondays
--------	---------

Pyengana

11.00am	2nd, 4th Sundays
---------	------------------

Falmouth

9.30am	1st, 3rd Sundays
--------	------------------

THE ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday May 1

8.45am	H.C.	Fingal
10.45am	H.C.	St. Marys
7.00pm	H.C.	Avoca

Sunday May 8

9.00am	Fingal
10.30am	Avoca
10.30am	St. Marys

SALVATION ARMY

Sunday	Sunday School - Uniting Church, St. Marys
9.45am	

Sunday	Sunday School - Salvation Army - Cornwall
2.30pm	

2nd Sunday in month	Afternoon Service
3.00pm	

Wednesday	Home League, Fellowship for all women. Salvation Army - Cornwall, 1st, 3rd, 5th week of month. Uniting Church St. Marys - 2nd, 4th week of month.
11.00am	

Tuesday	Joy Hour - Games, Crafts, Fun Fellowship for all children 5/12 years - weekly at Salvation Army Cornwall.
3.45pm	

Thursday	1st week in month - Youth Group. Sunnybanks, St. Marys - ages 13/20 years.
7-9pm	

ENVOY & MRS. BETTS, Sunnybanks, St. Marys, Phone 722352.

CATHOLIC PARISH OF ST. MARYS

St. Marys	- St. Mary of the Assumption - Sundays May 1, 8	9.00am
-----------	---	--------

St. Helens	- SS Helena & Stanislaus Saturdays April 30, May 7	6.00pm
------------	--	--------

Fingal	- St. Joseph Sundays May 1, 8	10.30am
--------	-------------------------------	---------

Mangana	- Our Lady of the Sacred Heart - 3rd Sunday each month	10.30am
---------	--	---------

Mathinna	- 5th Sunday of month	11.00am
----------	-----------------------	---------

Bicheno	- Community Church Sunday May 1 and 3rd Sunday	4.00pm
---------	--	--------

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

MEALS ON WHEELS FINGAL VALLEY

APRIL/MAY

		<u>ST. MARYS</u>
Sunday	1	Marj Spilsbury
Monday	2	Debbie Barnes
Tuesday	3	Wendy Haas
Wednesday	4	Keith Bullock
Thursday	5	Heather Griffiths

Sunday	8	Yvonne Saunders
Monday	9	Selby Targett
Tuesday	10	Jean Lohrey
Wednesday	11	Michelle Bennett
Thursday	12	Atholie Greenwood

FINGAL

Cheryl McFadzean
Ruth Saunders
Kath Francis
Colleen Turner
Hetty Williams

Bob Yates
Sutton Lowe
Carole Woods
Jack Miller
Pat Death

MANGANA

Jack Miller
Les Walters
Kath Francis
Cros Upton
Jack Miller

Bob Yates
Les Walters
Carole Woods
Jack Miller
Pat Death

** S P O R T **

ST. MARYS GOLF NOTES by Tee Up

Members played their monthly Tankard and some good scores were recorded. Rain has washed out play for Associates playing their Foursome Championship Draw. The second round of this event will be played this Wed. 27th and some very good scores are being returned by the Associates with only 1 and 2 strokes separating several pairs.

Members:-

Tankard	Stroke
S. Wilmot (8)	65 nett
K. Howe (6)	66 "
J. Newman (14)	66 "
R. McGiveron (9)	67 nett
J. Furlow (24)	70 nett
S. Jansen (24)	70 "
R. Costain (20)	70 "

Associates:-

1st Rd Foursome Championship Draw

H. Fleming & Y Davern
91 - 28½ - 62½
M. King & C. McGee
92 - 28 - 64
K. Blair & K. Wright
93 - 28 - 65
S. Oliver & M. Nolan
98 - 31 - 67

ST. MARYS BOWLS

The St. Marys Club held their annual break up night with a dinner and trophy presentation. The president Mr. Clive Berwick spoke of a very successful season and congratulated our Mens Pennant Team on winning the East Coast Pennant Associations Flag. He also congratulated the Mens Pairs and the Ladies Pairs on winning the East Coast Championships. The Patron Mr. Michael Polley M.H.A. also congratulated the club on their outstanding success. He also presented the Mens Pairs Trophies of which he has been the donor for 14 years.

The main club events were won by:

Men's Single Championship

Chris Davern

Ladies Single Championship

Gwen Dawson.

Mens Pairs: Alvin Cooke - John Davern.

Ladies Pairs: Pearl Davern - Colleen McGee.

The Jim Brennan Memorial Trophy was won by Alvin Cooke - Nan Stuart. The Val and Bill Haas Memorial Trophy was won by: Drew Berwick and Mary King.

The East Coast Association Dinner will be held at Bicheno on Saturday June 18th 7 p.m.

SAMS OUT PRICE
SUPERMARKET

St. Marys.

Mothers' Day is getting close and we are pleased to offer a superb range of "Lavender and Lace" carefully selected to fit within the price range of all.

Our hardware department has been improved, so that we are now able to supply most handy-man needs.

This week's super special....
McCAINS 2kg FROZEN PEAS-\$3.25
.....while stocks last.

The new "Tassie Twin" bread is now in stock.

For deliveries phone Geoff or Margarete White on 72 2240.

ST. MARYS VOLLEYBALL NOTES

18.4.88

Game 1: Hot Dots d Slammers 3-0
15.9, 15.8, 15.5.

Game 2: Top Forties d Rockets 3-2
5.15, 15.3, 11.15, 15.7, 15.9.

25.4.88

Game 1: Slammers forfeited to Rockets.

Game 2: Top Forties d Hot Dots 3-2
15.7, 15.6, 9.15, 9.15, 16.14.

ROSTER:

2.5.88

Rockets	v	Hot Dots	Top Forties
Slammers	v	Top Forties	Rockets

9.5.88

Hot Dots	v	Slammers	Top Forties
Rockets	v	Top Forties	Slammers

THE FARMER'S FATE

A farmer stood at the Pearly gates,
His face was lined and old -
He stood before the Man of Fate
For admission to the fold.
"What have you done",
St. Peter said,
"To gain admission here?"
"I've been a farmer, sir,"
he said,
"For many and many a year."
The Pearly Gates flew open wide
As St. Peter rang the bell....
"Come in," he said, "and chose
your harp -
You've had your share of the other

ST. MARYS DISTRICT HIGH SCHOOL

ACOUSTIC COMPUTER FOR LORRELLI

DAVIS:

The response to the appeal to raise funds for an acoustic computer for Lorrelli Davis has been most gratifying.

The response has been statewide and has included donations from individuals, charitable organisations, the State Government, employees of the Cornwall Coal Company and service clubs; particularly the Lions Club of St. Marys, which co-ordinated the appeal and the Lions Clubs of St. Helens and Bichenor.

PARENTS AND FRIENDS ASSOCIATION:

The winners of the Parents and Friends Association raffle drawn on Friday, 15th April were as follows:

- 1st Prize - \$125 Gift Voucher,
Craig Barnes, Fingal
- 2nd Prize - \$75 Gift Voucher,
P. Baldini, Beaumaris
- 3rd Prize - Dressed Lamb,
Alan Beer, St. Marys
- 4th Prize - Dressed Chevron,
A. Bennett, Bichenor

At last Tuesday's meeting of the P. & F. Association, Mrs. Margaret Forsyth introduced parents to the new Grade 7 scopes for Home Economics. These scopes are brief descriptions of the aims of the subject together with statements on the knowledge and skills studied in each subject and how they will be assessed.

Parents and interested members of the public are invited to view and discuss these scopes with teachers.

PRIMARY CROSS COUNTRY:

Our primary cross country races will be held at the school on Friday, 6th May. We hope that many parents and other interested members of the public will come and watch and encourage our students.

NORTHERN UNDER 16 FOOTBALL:

Congratulations to Aaron Furlow who has been selected in the Northern Under 16 Football team.

MOTHERS CLUB:

The next meeting of the Mothers Club will be held on Tuesday, 10th May at 1.30 p.m.

The school Guidance Officer, Miss Donna Ritchie, will speak on the role of a guidance officer.

THE SEA CAT:

by Tamatha Grose, Grade 6

The sea reminds me of a wild cat,
Who growls at the people and hisses
at the rat.
He growls at the sand and rocks for
being in his road.
Then he hisses at the cars on the
noisy road.
Suddenly the wind stops,
The growling stops,
Everything goes quiet,
No more riot.
The cat purrs,
The waves are waiting, waiting,
For the morning.
In the morning it starts again,
All the riot like a game.

THE SEA:

by Kim Allen, Grade 6

The sea is a million servants,
Waiting on their King.
Their King is the beach
and they bustle to bring him jewels.
The servants like to bring him
jewels,
like shells, stones and seaweed.
At night, when the King is asleep
The servants know that he sleeps
soundly,
So they hustle and bustle all the
more,
to bring him more jewels.
Sometimes the servants have a rest,
because the King has ordered a
holiday.
They hush, and everything is calm.

A LETTER TO MR. G. SHAW MLC FROM
MR. IAN BRAID.

Dear Mr. Shaw,

I refer to your letter of 10 December 1988 requesting consideration be given to the upgrading of the Elephant Pass section of the Tasman Highway following the accident of the school bus on the road section in November. Following the accident a thorough investigation was completed by the Department of Main Roads to ascertain the extent of work required to improve safety for motorists using this road. A report has been prepared on the basis of this investigation which involved liaison with the school bus driver. As a result of the report \$300,000 has been listed for safety fence upgrading works to be undertaken in the 1987/88 and 1988/89 financial years. Work has commenced in the area involving the installation of 250 metres of safety fence in the area of the bus accident and a further 750 metres south from the end of the existing new fence, 5 kilometres south of the accident site. Work is substantially completed on this installation with the balance to be undertaken when materials are available. Some minor road widening has also been completed to the north of the accident site which will allow adequate width to complete the installation of fencing on the Devils Elbow to the foot of Elephant Pass section, a total of 1.15 kilometres.

It is anticipated these works shall be completed by August 1988. The erection of a further 1.8 km of safety fence on the section from Gray to Devils Elbow is programmed to be undertaken in the 1988/89 financial year. The works listed above had the highest priority in the Department's report and have been funded and programmed accordingly. It is considered that this upgrading will add to the safety of the road section and should prove adequate to accommodate forecasted traffic volumes.

Yours faithfully, Ian M Braid,
MINISTER.

I overheard the following on a bus:

FIRST MAN: 'I'm off home to write to the Income Tax.'

SECOND MAN: 'Having trouble are you?' FIRST MAN: They want to know what relation my mother is to me.' 2nd MAN 'What are you going to tell them?' 1st MAN

'Going to tell them she's my Auntie Joyce.'

ST MARY

TAKE-AWAY

FOR TASTY CHICKENS * BARBEQUED *
HOT OR COLD

MILK BAR FOR TAKE-A-WAY FOODS...

FRESH FRUIT AND VEGETABLES
ARRIVING EVERY MONDAY,
WEDNESDAY AND FRIDAY.

ORDERS TAKEN FOR FRUIT
AND VEGETABLES.

WHY NOT CALL IN OR PHONE
722287

DON & BERNICE, MAIN STREET,
ST. MARYS.

***** WINTER MOTORING *****

WET WEATHER DRIVING

Simply put, when driving on wet roads - slow down. Extra care should be taken, the distance to the car in front should be doubled and all manoeuvres should be indicated early and clearly, especially in poor visibility. Forward vision is usually impaired in inclement weather, so maintenance is essential. Deteriorated wiper rubbers and a fogged, smeared interior windscreen are not conducive to clear vision. Be very careful on wet roads after a dry spell. The build up of oil, grease, rubber and dust usually results in slippery surfaces. During heavy rain, flooding can often occur from overflowed gutters and rivulets. That's when aquaplaning can occur. A car aquaplanes when it builds up a cushion of water ahead of the rolling tyre. If the tread grooves cannot allow sufficient water to pass through, the tyre loses road contact and actually floats on a wedge of water. When that happens, brakes and steering are virtually ineffective. the remedy? Slow down until speed drops sufficiently for the tyre to make contact again. Generally, the deeper the tyre's tread depth, a faster speed is allowed before road contact is lost. Modern high performance radial tyres with special drainage channels can be driven at quite high speeds without loss of contact.

Continued on page 8.

EXTRACTS FROM NEWMAN'S NEWS & VIEWS
written by Senator Jocelyn Newman,
11 Elphin Road Launceston.
Phone (003) 34-1755

NEW PARLIAMENT HOUSE

On May 9, Her Majesty, The Queen,
will officially open the new
Parliament House.

Built to last centuries, it is a
spectacular sight to behold and so
it should be. It was built at an
enormous cost and although the exact
figure is yet to be established, it
is estimated to be approximately
\$1048 million. The original estimate
was \$220 million.

The site has an appalling industrial
relations record, riddled with rorts
and plagued by strikes. In fact,
strikes alone have added a mammoth
\$9 million to the cost, and many
more dollars have been wasted through
industrial action.

Just to give you some indication of
the construction involved, the
building has:

300,000 cubic metres of concrete -
enough to build 25 opera houses

750,000 sq. metres of plaster
board - enough for 2,000 homes

4,500 rooms

33,000 sq. metres of grass will be
planted, including an area the size
of the MCG on the roof

40,000 light fittings

It's expected that one million
visitors will tour the new Parliament
House per year, and there are areas
that will be permanently open to
the public. Public Gallery seating
caters for 1,000 visitors.

There are only 76 Senators and
148 Members of the House of Repres-
entatives, but 3,000 people will work
in Parliament House as stenographers,
security guards, cleaners, messengers,
librarians, cooks, waitresses and
researchers.

BICENTENNIAL SPENDING

Federal Spending of the bicentenary
will total \$202 million - compared
to the \$1.4 million spent on the
International Year of Shelter and
the Homeless.

I overheard two ladies in Launceston
Mall, one said to the other:

'Yes, she died, yer know. I've
not seen 'ide or 'air of 'er
since

DID YOU KNOW

In 1957, the cost per week of support-
ing a child was:

2 year old	\$ 33.53
5 year old	\$ 37.63
8 year old	\$ 48.56
11 year old	\$ 61.30
A teenager	\$ 92.16

In the time taken to handle 10
containers in Australia, ports in
the U.K. handle 14, Singapore 20,
Japan 30, Northern Europe 21, and
North America 25

WINTER DRIVING

continued from page 7.

FRONT WHEEL DRIVE

Drivers of front wheel drive cars
should take special care. The design
and handling characteristics of
front drive cars has improved immens-
ely, to the point where they require
only slight adjustment to driving
style - in the dry.

Wet weather can be a different story

A front drive car will often react
very differently to steering, throttl-
ing and brake application in wet conditi-
on. Short of a special explanatory article
we advise the FWD OWNERS DRIVE SLOWLY,
make slow precise movements of
controls, particularly when cornerin-

If you need to brake suddenly,
apply the brakes progressively, to
avoid wheel lock-up. -
Suddenly slamming on the brakes -
especially in the wet - will usually
result in locked wheels, followed by
a sickening slide into the rear of
the car in front.

REMEMBER: The basic key to safe
wet weather motoring are - slow
down, be alert and maintain a
safe margin to the car in front.

HAVE A SAFE WINTER

GUIDE TO USES OF VITAMINS, TRACE ELEMENTS, ETC.

Vitamin C (ascorbic Acid)
Fresh fruits, especially oranges and
other citrus fruit, tomatoes and
raw green vegetables.
Deficiency may lead to:
Scurvy, low resistance to disease, and
general loss of health. (A relatively
large amount of this vitamin is
required continually).

CALCIUM Milk, Cheese and all
dairy products.

Comments. Essential for promoting
good tooth and bone structure,
and healthy working of muscles.

The second Sunday in May, celebrated annually in Australia as "Mothers' Day", is once more almost upon us. Forgetting the occasion is becoming harder each year as catalogues begin appearing several weeks prior to the big event and stores bombard us with gifts suggestions guaranteed to 'show Mum how much you love her'.

It seems the poor old Chrysanthemum has lost its top position as the symbol of Mothers' Day to be replaced by electrical appliances or even furniture.

There is no doubt that a mother's love for her child/children is a wonderful thing and deserves to be acknowledged, but why wait till the 8th of May to do it? Why not let her know today how much you love her and appreciate her. It could mean picking up the telephone and dialling her number; or if you are lucky enough to have your mother nearby, giving her cuddle and a few words of love.

In most newsagents there is a beautiful range of greeting cards available from which to choose, but don't forget that homemade cards cannot be beaten in the eyes of the receiver, especially

when made by children. For those who wish to buy their mums a present, why not spoil her with something special, ranging from a lace-trimmed handkerchief to a pretty new nightie. Remember the old adage 'It's the thought that counts' is as true today as it ever was. Put some thought into what would make mum happy, be it breakfast in bed or a bunch of flowers, and I'm sure you'll succeed in making her day special.

Everything in nature bespeaks the mother. The sun is the mother of the earth and gives it its nourishment of heat; it never leaves the universe at night until it has put the earth to sleep to the song of the sea and the hymn of the birds and brooks. And this earth is the mother of trees and flowers. It produces them nurses them, and weans them. The trees and flowers become kind mothers of their great fruit and seeds. And the mother the prototype of all existence, is the external spirit, full of beauty and love.

From Marjorie Bligh's book on Gardening

<p>OK & C. M. BARNES ST. MARYS</p> <p>PHONE 722367 OR 722265</p> <p>WE WILL MAKE AND DELIVER...</p> <p>FRESH FLOWER OR ARTIFICIAL WREATHS. ALSO BRIDAL BOUQUETS.</p>	<p>FOR SINCERE, PERSONAL, AND DIGNIFIED SERVICE, ANYWHERE - ANYTIME.</p> <p>W. L. B. L. E. Y. S. S. O. N A. F. D. A. FUNERAL DIRECTORS ST. HELENS. PHONE (003) 761153 ALL HOURS</p>
<p>W. L. B. L. E. Y. S. S. O. N FUNERAL DIRECTORS CAMPBELLTOWN</p> <p>ENQUIRIES MAY BE DIRECTED THROUGH: MR D. CASBOULT ST. MARYS PHONE 722143</p> <p>OR MR T. PEARS CAMPBELLTOWN PHONE 811167</p> <p>BRUCE DAVINSON - FUNERAL DIRECTOR</p>	<p>W. L. B. L. E. Y. S. S. O. N B. P. SERVICE STATION ST. MARYS</p> <p>NOT ONLY DO WE SUPPLY THE 'GOOD JUICE', BUT WE ALSO HAVE A FULL RANGE OF ALL SEWERAGE REQUIREMENTS, FROM PIPES AND FITTINGS, TO CLEANERS AND GLUES. CALL AND SEE BRUCE AND ASK THE PRICES, YOU WILL FIND THEM VERY REASONABLE. 37 MAIN ST. ST. MARYS. PHONE 722233 OR 722155</p>

STARDUST

Week commencing April 28 1988

TAURUS April 21 - May 20

You may feel like letting down your hair, so go out on the town and have a terrific time, or throw a party that people won't forget in a hurry.

Best Days: 28, 7.

GEMINI May 21 - June 21

You may be letting work or family problems get to you this week, but don't worry you will sort them all out before too long. An old friend from your school days may make an appearance.

Best Days: 4, 11.

CANCER June 22 - July 23

Something unexpected may happen towards the end of the week. Also watch finances this week don't go out on some wild spending spree as you may pay the consequences later on.

Best Days: 2, 10.

LEO July 24 - August 23

Don't let people make up your mind for you, as you may regret it. Learn to make your own decisions, as they will be the right ones.

Best Days: 1, 9.

VIRGO August 24 - September 23

A love may blossom this week, so watch what you say and do as you don't want to ruin anything, or put this opportunity in any jeopardy.

Best Days: 29, 8.

LIBRA September 24 - October 23

You may feel just like lazing around now, so take it easy, don't rush anything whatsoever, as you may feel a hundred percent after this well earned break.

Best Days: 30, 6.

SCORPIO October 24 - Nov. 22

Don't rush into a new relationship with your eyes closed as you may end up regretting it.

Just take it nice and steady.

Best Days: 30, 5.

SAGITTARIUS November 23 - Dec. 21

This week may find you making plans for that long awaited holiday. Whether it be in the snow or in the sun. You may also enjoy the company of your family this weekend.

Best Days: 3, 11.

CAPRICORN December 22 - Jan. 20

Don't let friends get to you with their constant whinging, try to bear with them as you may be the person who they feel close to at the present time.

Best Days: 4, 9.

AQUARIUS January 21 - Feb. 19

Some may find a new lover coming into their lives, so this makes you see some things in a different light than what you did before.

Best Days: 1, 10.

PISCES February 20 - March 20

Watch your health now, as you seem to be a little run down, probably from all the extra work you have been doing in the beginning of the year. So try and slow down a bit.

Best Days: 29, 7.

ARIES March 21 - April 20

You may find yourself involved with a lot of family get togethers this week. You may receive a lot of enjoyment from this. Also the week may also be filled with a few unexpected surprises.

Best Days: 28, 6.

ST MARYS
BUTCHERY

Phone
722274

PHONE TOBY NOW.....
BECAUSE WE DON'T KEEP THE BEST..

WE SELL IT!

ST MARYS H & B

See Jill or Kevin for a
great selection of
MOTHERS' DAY GIFTS

* * * * *