

# THE VALLEY

## AND EAST COAST VOICE

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### CARE FOR ACCIDENT VICTIMS

Thousands of Australians - most of them young - die or are disabled each year because we do not have an effective, nationwide system of trauma care.

Trauma is the leading cause of death for Australians aged under 24, and the seventh leading cause of death overall. In Australia, one in every 20 deaths is caused by trauma - more than 5500 every year. And it permanently disables thousands more.

Trauma is responsible also for:

- \* Killing more Australians in the past 25 years than have all the wars of this century.

- \* Direct and indirect costs, estimated at more than \$3000 million a year to our society, making it one of our most expensive health problems.

Yet trauma is among the most preventable causes of death.

Modern medicine can do wonders for even very severely injured people, so long as they are treated quickly. Hundreds of Australians die each year largely because the best available care comes too late.

A regular casualty ward may have only one doctor on duty, with others on call. At a trauma centre, at any time of the night or day, a surgeon, backed by anaesthetists, nurses, X-ray personnel and paramedical staff is available to begin treatment the moment the patient is wheeled in.

Trauma surgery is a speciality every bit as exacting as neurosurgery or cardiac surgery.

When an injured patient arrives, every part of the body is assumed injured until proved otherwise.

Australia's first trauma centre, planned for the Alfred Hospital in Melbourne, is expected to be open by the end of this year. The four-million-dollar unit will incorporate many features of MedSTAR, the emergency division of America's world-renowned Washington Hospital Centre.

For instance, a centralised control and communications system will allow two-way communication between the helicopter-borne emergency team and the trauma centre, and the helipad will be just twenty metres from resuscitation bays, where patients' injuries will be quickly and thor-

oughly assessed, and treatment begun immediately. Supporters of trauma centres hope that other states soon follow Victoria's example.

#### WHAT YOU CAN DO TO HELP SAVE ROAD-ACCIDENT VICTIMS.

The Federal Office of Road Safety offers this advice for motorists at the scene of an accident:

First, make the crash scene as safe as possible. Park safely. Use whatever you can - other people, reflectors, hazard lights, headlights to warn approaching drivers. If possible, turn off the ignition of each car, and ensure nobody smokes. If power lines are causing sparks near a crashed vehicle but are not touching it, quickly move the occupants to safety; if power lines touch a vehicle or person, KEEP CLEAR.

Second, check for casualties. Is anyone injured or unconscious? If you can, quickly check the extent of each person's injuries.

Third, help the injured, giving priority to the unconscious. Don't be distracted by victims calling for help - they are breathing; others may be quietly choking to death. Remember the ABC: airway (clear it); breathing (give mouth-to-mouth resuscitation if breathing has stopped); and circulation (stop major bleeding). Lay an unconscious victim on his side, head tilted back, to keep his airway clear. To avoid causing serious spinal damage, move only unconscious victims or those at risk of further injury.

Fourth, send for help. Tell the emergency services the exact location, how many people are injured and how badly; whether any are trapped; if fire engines or tow trucks are needed; and whether power lines are down.

Six out of 10 Australian road accidents occur in the country, often several hundred kilometres from skilled medical help. Air ambulances flying victims to specialist emergency units within half an hour offer them the greatest chance of survival.

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# WHATS ON

## BADMINTON AT SCHOOL SPORTS HALL

Anyone interested in playing badminton 7 - 9 pm on a Thursday evening. Please contact Norm Cochrane. Phone 722357.

## POTTERY

If you always wanted to do pottery now is your chance. A group has already formed and we have kept a place for you!  
Ring Von. on Ph. 722357

## A BREAD & CHEESE LUNCHEON

A bread & cheese luncheon will be held at Fingal on Wednesday June 3rd at 12.00 noon in aid of Freedom from Hunger Campaign.

Venue: Uniting Church Hall, Fingal

Hostess: Mrs Ruth Saunders

Mrs Gwen Johnstone

"Go without your lunch and give cost to those who have none".

## THE FINGAL VALLEY WELFARE COMMITTEE FOR SENIOR CITIZENS

The annual Election held at Fingal for the Welfare Committee for Senior Citizens resulted in the following people;

ST. MARYS: Mrs Joy Luck  
Mrs K. Cooper  
Mrs A. Jarvis B.E.M.

CORNWALL: Mrs K. Glatte  
Mrs U. Camplin  
Mrs R. Saunders

FINGAL: Mr. G. Lowe  
Mr P. Mills  
Mr J. Miller

## CO-OPTED

MEMBERS: Sister P. Burgess  
Matron M. Lavelle

From those elected Mrs Una Camplin was made President, Mrs Ruth Saunders Vice President and Jack Miller Sec/Treas. Mr. R. Yates was elected auditor. Guest Speaker was Sister Mary Noonan of the Order of St. Joseph and stationed now at Campbell-Town. She spoke on the year of shelter.

# PLUMBER

(LICENSED)

RING PAUL CHAMP PH. 725389

OBLIGATION FREE QUOTES

NO JOB TOO SMALL

Shelter, the 1987 United Nations special year.

Mr Alvin Cooke of Mathinna entertained with singing & guitar. Mrs Camplin read the Annual Report of this Committee and club reports were read by Mrs Joy Luck from St. Marys, Mrs U. Camplin from Cornwall, Mrs Vida Legro (B.E.M.) from Fingal, Kindred Bodies Reports were read by Mrs Jennie Stewart for R.A.F.T. and Mrs R. Saunders for Meals on Wheels, Community Health by Sister Burgess, C.W.A. by Mrs Kath Francis. The Warden of Fingal presided at this meeting.

## ST. MARYS HOSPITAL AUX. RAFFLE

1. "Mothers Day" Cake won by Mrs. Lowe, Mathinna
2. Lined Basket won by Miss Karen Faulkner

Thanks to all who supported this raffle.

## ST. MARYS HOSPITAL AUXILIARY

Next meeting 7.30pm June 1st.

## RESULTS OF R.A.F.T. CRIBB GE EVENING

CRIB	4TH LADIES	Y. Johnson
	2ND LADIES	P. Rawlings
	1ST GENT	M. Francis
	2ND GENT	K. Salisbury
EUCHRE	1ST LADY	J. McKenzie
	2ND LADY	C. Upton
	1ST GENT	C. Upton
	2ND GENT	V. Ward

Funds of R.A.F.T. benefited by \$75.00

# BLACK GOLD BOUTIQUE

Storey Street, ST. MARYS. PH 722441

SEE OUR RANGE OF WINTER APPAREL  
JUMPERS, JEANS, & JACKETS

# CHURCH

## FINGAL-PORTLAND UNITING CHURCH

### WORSHIP SERVICE

Scamander 8.00am 2nd & 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 Sunday  
 Rossarden 7.00pm 3rd Tuesday

### SUNDAY SCHOOL

Scamander 9.30am (except for 2nd Sunday when 8.00am FS)  
 Fingal 9.30am  
 St. Marys 9.45am (with Salvation Army)  
 St. Helens MONDAY 3.30pm K.U.C.A. Club

ALL WELCOME

Minister Rev. Alan Renton 725139

## ANGELICAN PARISH OF ST. HELENS

### St. Pauls Church

8.00am Eucharist every Sunday  
 11.00am Every Sunday  
 7.00pm Every Sunday

### St. Michael's and All Angels Church - Pyengana

9.30am 2nd & 4th Sunday

### Falmouth Church

9.30am 1st & 3rd Sunday

## ANGELICAN PARISH OF FINGAL VALLEY

### Sunday May 31

10.30am Fingal (combined Centres Service - Guest Speaker)

### Sunday June 7

9.00am Fingal  
 10.30am St. Marys F.S.  
 7.00pm Royal George H.C.

# NEWS

## SALVATION ARMY - CORNWALL

Sunday School 9.45am Combined Church  
 Uniting Church

2.15pm St. Marys  
 Salvation Army Cornwall

Service 3.30pm Cornwall - 1st Sunday in month

Home League 11.00am Thursday weekly meeting for women

Joy Hour 3.45pm Wednesday Cornwall Weekly fun time for children ages 5 to 14 years

Youth Group 7.00pm 2nd Friday in month - St. Marys ages 13 - 18 years

For all enquiries phone 722352

Envoy & Mrs. Betts Sunny Banks

## CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption  
 Sundays May 31 and June 7 9.00am

St. Helens - SS Helena & Stanislaus  
 Vigil Mass Saturdays 6.00pm

Fingal - St. Joseph  
 Sunday June 7 10.30am

Mathinna - Sunday May 31 11.00am

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

Bicheno - Community Church  
 Sunday June 7 4.00pm

Parish Priest: Father Connolly,  
 The Presbytery, St. Marys 7215  
 Phone 722252

# MEAL ON WHEELS

## MAY/JUNE

## ST. MARYS

## FINGAL

## MANGANA

Sunday	31	Kerin Glatte	Malcolm Saunders	Jack Miller
Monday	1	Mary Targett	R. Saunders	R. Saunders
Tuesday	2	Rona Gatty	K. Francis	K. Francis
Wednesday	3	Audrey Wright	P. Hamill	Cros Upton
Thursday	4	Margaret Bullock	Idie Francis	Idie Francis
Sunday	7	Keith Cook	Prev Mills	Prev Mills
Monday	8	Lorraine Horsman	Ida Legro	Jack Miller
Tuesday	9	Judy Costain	Vicki Woods	Vicki Woods
Wednesday	10	Barbara Toombs	Bill Johnstone	Bill Johnstone
Thursday	11	Shirley Britton	Perce Rowlings	Perce Rowlings

# ST. MARYS DISTRICT HIGH SCHOOL

## INTER HIGH CROSS COUNTRY:

On Thursday, 21st May, 50 of our secondary students competed in the Inter-High Cross Country at Riverside.

Best results were:

U/13 Girls - 7th - Emma Clement  
U/13 Boys - 2nd - Brett Davenport  
U/14 Girls - 37th - Narelle Betts  
U/14 Boys - 3rd - Andrew Davenport  
U/15 Girls - 14th - Joanne Wakefield  
U/15 Boys - 8th - Kirk McGiveron  
Open Girls - 25th - Sally Cook  
Open Boys - 40th - Simon Danger

## H.S.C. EAST COAST CONTINUING EDUCATION CENTRE:

On the afternoon of May 18, the inaugural Open Day at the Centre attracted 80 people. High praise was given to the advanced nature of the pottery exhibits organised by local artist Mrs. Von Cochrane. The culinary delights prepared by the Home Management students under the direction of Mrs. M. Forsyth, satisfied many a palate, while parents and friends inspected exhibits from other subjects including Childcare, Business Mathematics, Motor Mechanics, Verbal Communication and Business and Commerce units. The audiovisual display presented by Mr. Roger Harlow incorporated a number of technological advanced computer graphics programmes, many of his own creation.

The Northern Regional Superintendent, Mr. Peter Brooker, expressed commendation for the student activities while the Principal, Mr. Graeme Beswick and the Teacher in Charge, Mr. Barry Snigg, were delighted with the active community participation and support for the centre. Already student numbers have grown and the centre has become an accepted bridge to Year 12, long term work prospects and further specialised training in Launceston.

A Mum is a person who looks after you.  
Mum is a person who gives you  
kisses and cuddles.  
She gives you your lunch and tea.  
A Mum buys you clothes and shoes.  
A Mum is a good thing to have.

Arushka Oosterloo

## WHAT IS A MUM?

from Mrs. Lodge's class

A Mum is a Mum.  
A Mum is a lady who cares.  
A Mum is a lady who loves you.  
My Mum is a good lady.  
My Mum washes my clothes.  
A Mum makes soup for me.  
A Mum gives you lots of money.  
A Mum takes you places.

Andrea McDonald

A Mum is a person who cares.  
My Mum makes my bed.  
My Mum comes to help.  
My Mum cuts the lawn.  
She keeps the house nice and clean.  
My Mum listens to my story that I  
read to her.  
My Mum gives me kisses and I love  
her for it.

Renee Lynch

My Mum is good.  
She is the best Mum in the world.  
It is good she makes my bed.  
I go to my friend.  
She is a pretty lady.  
She will make my bed.  
My Mum gives me kisses everyday  
after school.  
She likes me.  
She has to like me because she is  
kind.  
I like Mum.

Maxine Gillies

My Mum is beautiful and kind.  
What is a Mum?  
She is a kind person.  
She buys me clothes and shoes.  
She makes my bed and cleans my  
room.  
A Mum is a good person for hugging.  
She takes care of the animals.  
When I come home from school she  
irons my uniform.  
It is nice to have a Mum you know.  
Next year it will be even more fun  
having a Mum.

Angela Barr

A Mum is a person who makes my lunch.  
A Mum is a person who cares for you.  
A Mum makes your bed.  
A Mum helps you write your name.  
A Mum is a person who helps you  
put your clothes on.

Nicholas Brown

# SPORTS

## ST. MARYS SPORTS CENTRE INC.

### GOLF NEWS

Well done Andrew making the Claremont Shield Team for Northern Country. All the good wishes of the Centre go with you on Saturday 30 May.

Congratulations to 14 year old Chris Hayes for winning 2nd Division of the Captain Trophy Day last Saturday. This is Chris' first win but has been prominent in the Golf news since he commenced Golf 3 months ago.

Also sorry to hear that Chris Davern's ball ended up 1 inch from the hole on the 7th for a hole in one. You are getting closer Chris. Congratulations also to the St. Marys Golf Pennant Team for their good win at Bicheno last Sunday. Yvonne Davern broke her handicap and reduced to 23 last Wednesday. Congratulations Yvonne. Also our congratulations to May Cook who won the Club Bowl with a nice 59 nett and reduced her handicap to 21.

### Members Stableford

Div. 1:	A. Griffiths	(15)	46pts.
	P. Davern	(14)	42pts.
	D. Berwick	(10)	42
	Geoff King	(16)	42
Div. 2:	Jason Costain	(21)	46
	A. Danger	(32)	45
	Chris Hayes	(28)	41
	L. Atkins	(26)	40

Nearest Pin 5th K. Davern  
7th Chris Davern

### Associates Stableford

May Cook	(22)	39 pts
M. Davies	(11)	37
K. Wright	(32)	36

### Associates 3rd Round Club Bowl

M. Cook	(22)	59 nett
K. Wright	(32)	64
K. Blair	(24)	66
Y. Davern	(24)	66
C. Barnes	(36)	66

Putting H. Fleming

### 2nd Round Club Spoon & Monthly Brooch

Y. Davern	(24)	64 nett
C. Barnes	(36)	66 on c/b
K. Wright	(32)	66
M. Cook	(21)	66
R. Gill	(36)	67

### Members Captains Trophy Day

#### Best Gross

S. Dawson	70
K. Davern	75
L. Stingle	75

Div. 1:	L. Stingle	(16)	59 nett
	S. Dawson	(4)	66 nett
	Paul Davern	(15)	66 nett
	K. Davern	(8)	67 nett
Div. 2:	Chris Hayes	(28)	59 nett
	G. Little	(25)	61 nett

## GOLF NOTES CONT.

Cros Davern (29)	64 nett
John Newman (21)	64 nett

Nearest Pin 5th G. Little  
7th A. Wright

### Pennant Results - St. Marys 6/3 d Bicheno

S. Dawson	1st	A. Longden	1 up
R. Ridgers	1st	D. Holmes	2 down
K. Howe	1 up d	J. McDonald	
A. Wright	2/1 d	M. Lyne	
S. Wilmot	1st	P. Healey	1 up
K. Davern	5/4 d	S. Cameron	
R. McGiveron	5/3 d	S. Huddleston	
D. Murfet	6/5 d	D. Whammond	
D. Berwick	4/2 d	N. Tildesley	

### B. Grade 4/1 defeated Bicheno

L. Stingle	2 up	d	L. Wallis
Chris Davern	4/3	d	S. Beechey
Paul Davern	3/2	d	C. Hallam
R. Spilsbury	3/2	d	D. Freeman
John Newman	1st		G. Baker 2 up

## ST. MARYS FOOTBALL NOTES

The fickle nature of football fortunes became only too apparent during the last two roster games when the boys confronted two old bogies in Swansea and St. Helens. Last season, Swansea, despite being weaker overall, always managed to push St. Marys to the limit, with our winning margin never being more than fifteen points. St. Helens seemed to have the same psychological effect on us and despite a local win in the first round last year, a win which provided a great boost to the boys morale, St. Helens continued to be our biggest hurdle, both physically and mentally. In the first game this season, St. Marys again proved that it could beat St. Helens and the future for the season looked rosy. In the game the week-before-last, old fears subsided even more, when St. Marys soundly defeated Swansea and the boys had gone through the first round undefeated. Last week at St. Helens, everything fell apart and although there is no doubt that the game was played in atrocious conditions an eighty-odd point loss is a thrashing in anybody's language.

St. Marys was out-coached and out played by an on the day, much more talented side. In my opinion, St. Marys is still arguably the best side, man for man, but certainly a significant part of the reason for its defeat on Saturday was the fact that a number of its players were defeated before they arrived at the ground. In most cases, their fears are unwarranted, as the players they worry about most, usually

A letter received from The Luncaston Players.

On behalf of the Chalmers Fund Restoration Committee of the Luncaston Players, I would like to record our thanks for your generous donation. Without the assistance of Organisations such as yours, our task would indeed be difficult.

When time and money permits, I feel sure the players would be delighted to perform at St Marys.

For the Fund Raising Committee.

#### PRESS RELEASE

Community Arts Network (Tas) is currently compiling a Register of Community Arts Workers in Tasmania that will include artists, writers, directors, craftworkers, actors, musicians, dancers - in fact all professionals in the general Art-worker category who are interested in working on community arts projects. The Register will also list administrators, organisers, officers and organisations connected with the arts in Tasmania.

Project Co-ordinator Ms Sandi Young said yesterday the the Register will become a valuable resource - not only for the various arts organisations that provide employment opportunities for artworkers, but for the artworkers themselves, in the promotion of their skills and work experience. "It will also be useful to those in the wider community who may wish to develop community arts projects in the future" Sandi added.

"We want every professional artist in the State to have the opportunity of being included in the Register. All they have to do is fill in a short questionnaire". Sandi's message to interested artists who haven't yet received a questionnaire is to please contact the Network office (77 Salamanca Place Hobart - phone 23.3838) before the end of June. The Register will be completed by the 31st July 1987.

The Tasmanian Arts Advisory Board provided the funds for this project.

St Marys Football cont.  
fail to have any real impact on the game other than the contribution they make in "Psyching - out" a number of our better players. More protection from umpires would certainly go a long way to giving some of our younger players the confidence they need to develop their talents, for in under-age football, a larger player should not strike fear into the hearts of younger smaller players, merely because of

#### CHOLESTEROL & TRIGLYCERIDES

Cholesterol and triglycerides are words mentioned every day in relation to coronary disease. They are both fat substances found in the blood, known to increase the risk of coronary disease, if present in increased amount (This can be discovered by simple blood tests).

Cholesterol is present in all animal tissues (included our own), but particularly in organ meats such as brains, kidneys and liver, and dairy products, notably eggs, butter, whole milk and cheese. Many shellfish are high in cholesterol.

Triglycerides is the name given to the fat normally present in animal products.

If Triglyceride levels in the blood are raised from the acceptable 170mg./% to 250 there is twofold increase in risk from C.H.D.

A lowering of Triglyceride and Cholesterol levels in the blood can be achieved by the following six methods:-

(a) Reduction of the total fat intake by up to 50% - remove fat from meat don't fry or add fat to vegetables, grill where possible.

(b) Decreasing the total number of meat meals per week to 3 or 4.

(c) Increasing the P/S ratio of your diet by substitution of polyunsaturated for saturated fats, over the whole range of your diet, not just changing from butter to polyunsaturated margarine.

(d) Reduction of dietary cholesterol intake by avoiding eggs, organ meats and other cholesterol-rich foods.

(e) Weighing the right amount, as obesity gives increases in blood fats. This means a reduction in the intake of high energy foods, including sugar and alcohol.

(f) Take more activity if you have a sedentary job and sedentary leisure habits - you will find it easier to stay thin and will burn up your fats more efficiently as you become more active. Further information on diet is contained in an excellent paperback "The Anti-Coronary Cookbook" and also in the National Heart Foundation pamphlet "Planning fat controlled Meals" - available from your Doctor.

size. Drew Berwick, Chris Davern, Paul Mason, Dameron Williamson, Nigel Nolan, Brent Leedham, Jack Viney and newcomer Jason Smith tried hard all day against St Helens and Aaron Furlow played one of his best games of the season against Swansea.

## TODDS HALL

With reference to your article on Todd's Hall last fortnight. I would like to add that the opening night of the picture show would have been much earlier than 1946 as I was born at Cornwall in 1936 and left the valley in late 1944 or early '45. Up until then I can recall as a small child attending the picture show of a Saturday evening along with my mother. This was a special treat for me as my dad would go fishing with a friend and my mum and I would catch the bus to St. Marys for the pictures. I feel that the show was run by "Brown's" but if I am mistaken perhaps someone can correct me. P. Rubenoch Fingal (nee Madden)

## COCHRANE'S HALL (NOW SWEET'S BABY WORKS)

Cochrane's Hall was completed in October 1912. It was designed for use as an amusement hall with a seating capacity of 600, a good stage, acetylene gas lighting, large dressing rooms at the rear, ticket office, and, cloak room.

The first entertainment to be shown in the hall was the screening of the film "The Colleen Bawn" by the Electric Biograph Company, using an electric projector. Supper was provided later in the adjoining supper room.

At the time it was one of the best amusement halls in Tasmania and it attracted large audiences to various entertainments such as musical recitals, live theatre and silent movies. At the rear of the building can be seen the remains of the stables, used by the Tasmanian Hotel.

## THE FINGAL RAILWAY

With the news that the Fingal Railway Station is now on the list of the National Heritage, perhaps a little of the history of the original building maybe interesting.

An Extract from "The Fingal Railway" Inaugural Ceremonies 1886 by (Electric Telegraph) reads.

"The Turning of the first sod"

Walking down the main street of the township bathed in glorious sunshine visitors could see to advantage, Mt Nicholas, Ben Lomond, Tower Hill, Ossians Throne, a bare rock and all the other curious environs, by which the place is surrounded. There were a host of people in town, but hitherto they kept in doors, now they rolled up to stare or be stared at. Almost the only attempt of decoration was at the Council Chambers which looked very gay with its principal entrance. This was not the only one however, as

Mr. J.S. Goodall with his characteristic enthusiasm had hoisted a banner in front of his house with, "Success to the Railway" blazoned upon it and a Union Jack flying above it, and still further down the street was another flag or two.

The Ministerial Party had been taken across to "Gatty's Paddock" which had been fixed upon for the afternoon as the site of the ceremony. The chosen piece of surf was on the site of the future Fingal station, a yard or two only from Mr Gatty's paddock in front of his hotel.

The Minister of Lands proceeded to the spot, where at the 23 miles 56 chain peg, a brand new regulation barrow, spade and pick had been placed, and a piece of ground, the size of a turf marked out in readiness for the performance of the ceremony. A very choice banquet had been prepared in the court room by the caterer Mr. Gatty of the, Pelbot Inn. About 60 gentlemen sat down, the Warden Mr S.H. Grueber, occupying the chair, along with Mr J. Grant the Vice Chairman and the members of the Ministry supporting them on either side.

An Extract from "Railroading in Tasmania" by "Thomas C.T. Cooley".

Robert Jordan (once Station Master) one morning lit a fire in the office, but it refused to burn, so he went into the lamp room to get some kerosene. He picked up a four gallon can, which seemed to have kerosene in it, and taking it into the office, throw some on the smouldering wood. There was an explosion and flash. Poor Jordan was knocked down and the can ripped from his hands. He lost his moustache, eyebrows, and most of his hair and received severe burns. Telephones were put out of order and windows were blown out. The can was found at the foot of the bank on the opposite side of the yard a good hundred feet from the office. It appeared that the can contained Benzine and had been placed there by the late George Becker MHA who used to travel to and from Mathinna to Fingal on a motor cycle, which he left in the storeroom, while he attended Parliament in Hobart. The official opening of the Railway between Conara and Fingal was June 29th 1886.

An Extract from Weekly Courier June 7th 1902 by "Claudio".

MOTOR CAR. Excitement was caused here on the 29th instant when a motor car passed through en route to the East Coast. The car was the first vehicle of the class to pass through our little town.

Compliments of the Fingal Historical Society

# D.K. & C.M. BARNES.

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PHONE ST. MARYS 722233 or 722155

## W. LOCKETT & SONS

FUNERAL DIRECTORS  
CAMPBELLTOWN.

ENQUIRIES MAY BE DIRECTED  
THROUGH:

MR D. CASBOULET

ST. MARYS

PHONE: 722143

or

MR T PEARS

CAMPBELLTOWN

PHONE: 811167

BRUCE DAVIDSON - FUNERAL DIRECTORS

ADULT

EDUCATION

AREAS

N.E. COAST

The Midland District Office of Adult Education has decided to amalgamate the Bicheno, Fingal Valley, and St. Helens areas with Nyria Denton-Barker as co-ordinator, and it is hoped that really close liason will link both the St. Helens Neighbourhood House and the new Fingal Neighbourhood House with all on-going courses, as well as C.Y.S.S.

We have been fortunate to find new tutors who are professional in their fields in this fast growing area.

For example, Mr Klaus Brucksen will be tutoring stained glass lead-lighting, both in St. Helens and St. Marys; Mr Paul Byard will be teaching sketching and water colour in St. Helens. We are also lucky that Mr Len Smith will continue with Furniture Restoration, and Mr Tony Fenton will take a beginners and continuation class of Woodwork at St. Helens.

At Scamander a new class of Aerobics is being run by Mrs Gail Paulsen, and shortly another Yoga class begins in Falmouth.

Fingal will have a multi-crafts session, whilst Bicheno will have two day-time courses, one in relaxation techniques, the other a water colour painting class. Avoca will resume Aerobics.

The response to most of the past courses has been wonderful, but we do have to have a minimum of 8 students to make it a viable concern, and all monies should be paid in advance, except by special arrangement.

We are hoping to have a week-end seminar in basketmaking in July, by a professional from Hobart, unless someone locally could volunteer tutoring.

All inquiries and suggestions most welcome on:

PH: 725296

WATCH FOR THE ADVERTISEMENTS.

'THAT'S A GOOD IDEA'

### CARDBOARD TOY

Collect a large cardboard case from your local electrical appliance shop.... for example, a washing machine or stove carton. Cut windows and doors in it and decorate with paint or texta-colours. Use the house as an indoor play-house, train, boat or whatever the kids fancy.

# STARDUST

By Mercury  
Week commencing May 28th 1987

## GEMINI May 22 - June 21

Long distance calls may be more frequent this week as old friends try to contact you after a long absence of time. Also watch out for all those in coming bills.  
Best Days: 1, 9.

## CANCER June 22 - July 22

You will possibly spend money on someone you love or on something that you enjoy this week. So you will get much pleasure with what ever you do at the present time.  
Best Days: 29, 31.

## LEO July 23 - August 23

Watch your temper this week as you have a tendency to flare up at the slightest thing, and you may end up saying something or doing something that you will later regret.  
Best Days: 28, 10.

## VIRGO August 24 - September 23

Something very significant is going to require a lot of thought now especially if it has anything to do with money, career or love. So think very carefully before coming to the final decision.  
Best Days: 3, 8.

## LIBRA September 24 - October 23

Be careful of accidents, be alert whilst doing anything that may harm you in any possible way. So beware of any distractions as this could cause you to lose concentration.  
Best Days: 4, 10.

## SCORPIO October 24 - November 22

You are feeling very loving towards a loved one or someone who is very close to you. So give yourself and you may receive a lifelong commitment to this certain person.  
Best Days: 2, 7.

## SAGITTARIUS November 23 - Dec. 21

This could be a rather hectic week for you, as you may find yourself doing all the things that you enjoy the most, such as sports, shopping or just some hobby that intrigues you.  
Best Days: 30, 5.

## CAPRICORN December 22 - Jan. 20

If you wish to start a new project or relationship do it now. Also take full advantage of opportunities that come your way. Also strive to establish your own identity amongst friends.  
Best Days: 29, 6.

## AQUARIUS January 21 - Feb. 19

Try to eliminate all doubt and uncertainty from your mind as well as others. Be on guard against people who are trying to meddle in your affairs and cause trouble.  
Best Days: 28, 7.

## PISCES February 20 - March 20

This may be the time to entertain friends whether it be a dinner party or just a get together of some description. Lady Luck may also be with you now.  
Best Days: 1, 9.

## ARIES March 21 - April 20

Keep lovers informed on your future plans as this may avoid any conflict later on. Also money doesn't appear to be a real hassle now.  
Best Days: 4, 8.

## TAURUS April 21 - May 21

Love affairs look good now and there may be a reason for the family to get together and celebrate. Also don't rely on someone as they may let you down.  
Best Days: 3, 7.

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