

THE VALLEY 30^c AND EAST COAST VOICE

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LETS

TALK

ABOUT

DRUGS

Do you get tired of hearing the words, "Ours is a drug-taking society?" There has been so much publicity about drugs lately that parents have become increasingly worried, mostly because they fear that their own children may become involved. Many parents feel now that they want to learn as much about drugs as possible so that they can make sensible comments to their children when questions are raised.

Telling scary stories and forbidding the use of drugs are not solutions. Positive approaches are better. Discuss issues in a friendly manner and answer questions truthfully. Sometimes your children will know more about drugs than you. Encourage them to share their problems with you from an early age.

Alcohol, tobacco, and ordinary medicines such as aspirin should be included in a discussion on drugs. Anything that alters any one or more of the body's functions is a drug. In any discussion it is these commonly-used legal drugs that should be stressed. In the over 35 years age group it is the legal drugs that are used and abused.

There are many reasons why young people want to take drugs. For some young people who have problems such as insecurity and loneliness, drugs to them, may seem the answer. It is these young people who are most likely to use drugs regularly.

Like older people, young people often feel the need to be like their friends; this may mean following the latest fashion, whether it be in dress, music or drug taking. It may be that they want to try the new experience. Trying a drug a few times does not usually create problems and does not necessarily lead to regular use of the drug.

Drugs vary enormously in their effects upon individuals. People use drugs for medical reasons and to promote feelings of pleasure and

relaxation. There are many different kinds of mood-altering drugs available in our society which, when used correctly, are helpful and beneficial.

Drugs cause problems when they are misused by individuals. These problems can be physical, mental or social, depending on the nature and amount of the drug being used, the personality of the user, the period of use and many other factors.

Behaviour changes are normal in young people, but if unusual behaviour persists for some time there could be a problem. Remember that a drug user does not have to be immature, rebellious or mentally ill as the newspaper headlines often suggest.

It helps to avoid emotional scenes, lectures or acting like a detective who is spying on your child. This is likely to damage any trusting relationship you have with your child.

If you suspect your child is on drugs, moralizing and preaching about these issues is of little use.

If you listen to your child's point of view and are prepared to discuss each other's views, your child is more likely to respect your experience and accept your advice in all areas including drugs.

Let your child know that you are concerned and want to help. By doing this you can provide emotional support, many opportunities for communication between your child and you, and your child and others, situations which may help your child build up self confidence and self-esteem, opportunities for the development of other interests.

Your child can also learn by observation that life can be enjoyed without drugs. If your fears are realised, at all costs, try to remain calm, and don't be afraid to ask for outside help. (From Lions Drug Education pamphlet)

CLASSIFIEDS

FOR SALE: 74 Holden Torana.
Good rego, tyres. Body fair \$400
Phone 722246.

FOR SALE: 1 Portable Electric
shearing plant. Very good order.
Phone 722326.

PEAKES BUS SERVICE
St.Marys.... Bicheno... Swansea
Passengers, parcels and papers.
Phone 722390.

FOR SALE: Caravan, 2 Berth, small
very good condition, 12 months.
Reg. Extras. Annexe. \$1000
Phone 722329.

WANTED TO BUY: St.Marys School
summer uniform in good condition
to fit 8yr old girl. Ph 722465.

MT. ELEPHANT PANCAKE PARLOUR
is open 9am to 6pm seven days a
week. For evening bookings and
functions.
Phone 722263.

WANTED TO SELL: Navy pramette in
very good condition \$50. Baby's
jolly jumper \$20, Pusher complete
with stormcover \$20.
Phone 722465.

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

RICHARDS HOME FURNISHERS PTY.LTD.

Richards Home Furnishers have
been serving the East Coast with
top quality furniture, floor cov-
erings and curtain material for
14 years.

If you need: Blinds, Awnings,
Manchester, Mattresses, Beds.

Quality and personal service is
assured. We are next to the
Sunshine Laundrette.

OPEN SATURDAY MORNINGS

67 Cecilia Street, St.Helens Tas
PH: 76 1147

FOR SALE: 2 Bowls Dresses,
1 Set of Bowls, size 3/4
Phone St.Marys 722590

WANTED TO BUY:
1 Highchair, wood preferred, but
not essential. Any offers?
Phone St.Marys 722105

HAVE YOU SEEN THE WRITING DISPLAY
AT THE ST.MARYS LIBRARY?
IT'S WELL WORTH THE VISIT.

NOTICE

NOTICE

NOTICE

Owing to lack of "interest", the
Lions Club of St.Marys Float Parade
(with \$50 prize) which was to be held
on Saturday, is now CANCELLED.

CONGRATULATIONS AND BEST WISHES TO
MR & MRS ROBERT SINGLINE, WHO
CELEBRATED THEIR DIAMOND WEDDING
ANNIVERSARY (60YEARS) ON NOVEMBER 21ST.
MAY GOD BLESS YOU BOTH.

ST MARYS NEWSAGENCY

TOYS

BOOKS

GAMES

At reasonable prices for all age
groups. Layby welcome.

STOCKING FILLERS or Christmas
Party Gifts from \$1 to \$5. Will
gift wrap.

Enhance your gift with Christmas
paper, tags, ribbons and bows.
All available now, along with
Christmas Stockings, foil, printed
and crepe crackers.

POST EARLY - Great range of
Christmas cards to choose from.
CHOICE of individual cards or pkts
of 10-99c, 8-\$1.60, 10 boxed
cards for \$4.80.

OPTOMETRIST

TIM FOWLER

VISITS ST. MARYS DISTRICT
HOSPITAL REGULARLY.

NEXT VISIT WILL BE DEC. 12th

PHONE 341566
FOR APPOINTMENTS

WHAT'S ON

A REMINDER to all Toy Library members that the LAST borrowing day for 1988 is November 30th. All toys must be returned by December 14th, 1988. Could you all please sort through your toys and return any library items by December 14th. Don't forget our morning tea to be held at Falmouth Community Centre on Friday November 25th at 10.30am.

Admission Adults \$2.50
Children .50

We ask you to bring something for the trade table. Thank you to all those who helped with the roster this year and to all those who helped in everyway to make this a successful year. We shall be closed for the School Holidays and re-open early February 1989. If there is anyone who would like to help with next year's roster, please leave name at Toy Library
Thankyou.

St.Marys Hospital Aux. and the Lions Club of St.Marys (INC) CAROLS BY CANDLELIGHT will be held at the St.Marys Community Hall Grounds, December 18th, 8.30pm.
** ALL WELCOME **

SENIOR CITIZENS CHRISTMAS PARTY
Dec. 6th 10am until 12 noon at the St.Marys Hospital Recreation room. Any senior citizen is most welcome to attend.

CAROLS BY CANDLELIGHT December 13th 7pm Fingal Town Hall. As last years was such a success, we hope that this one will be even more so. Everyone welcome to attend and participate in this joyous occasion of Christmas.

THUMBS DOWN.... to the coal truck drivers who throw their rubbish out at the Cornwall Avenue.

COACH HOUSE

St.Marys

FAMILY RESTAURANT

Pizzas

Take Aways

Tea, Coffee, Cold Drinks

Ice Creams

Bookings for parties etc.

B.Y.O.

Chinese meals, Takeaway

Ph: 722 597

ONE DAY SEMINAR with Joan Marshall Health Education, Launceston Community Health Centre.

THURSDAY DECEMBER 1st 9.30am - 2.30pm
Bring a plate luncheon - admission free
The Fingal and St.Helens Neighbourhood Houses are combining to bring you this very interesting and informative speaker, so don't miss your chance to be informed on the following topics:
Self Esteem, Assertiveness, and Communication in Family Relationships
to be held in the old Kindergarten Rooms, Main St., St.Marys.

PLEASE BOOK WITH CHERYL 742344.

OUR LAST BIG EVENT FOR THE YEAR
CHRISTMAS MARKET

SATURDAY 3RD DECEMBER 9AM - 2PM
THE OLD TASMANIAN HOTEL CENTRE, FINGAL

- * Christmas gifts for sale
- * Devonshire Teas and Lunch available
- * Santa arrives 11am
- * Huge Auction - Please donate your garage sale type junk funds raised will go toward restoration of the old pub.

* Book your stall now - 74 2344.

BLACK & GOLD BOUTIQUE

ST.MARYS 722441

BICHENO 751443

GREAT	RANGE	OF	SUMMER	HATS
NOVELTY	GIFT	IDEAS	FOR	CHRISTMAS
ATTRACTIVE				
SUMMER	MIX	- N -	MATCH	GEAR
IDEAL	FOR		ANY	OCCASION

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

Worship Service

Scamander 8am 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 Sundays.
 Rossarden 7.00pm 3rd Tuesday

Sunday School

Scamander 9.30am (except for 2nd
 Sunday when 8am
 Family Service)

Fingal 9.30am
 St. Marys 9.45am (with Salvation
 Army)
 St. Helens 3.30pm Mondays KUCA
 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

ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday November 27th

8.45am	H.C.	Fingal
10.45am	H.C.	St. Marys
3.00pm	H.C.	Mathinna
7.00pm	E.P.	Avoca

Sunday December 4th

8.45am	M.P.	Fingal
10.45am	F.S.	St. Marys
7.00pm	H.C.	Avoca

Rev'd. David Le Rossignol
 Fingal 742113

SALVATION ARMY

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

Sunday Sunday School, Salvation
 2.30pm Army, Cornwall.

2nd Sunday
 in month, 3pm Afternoon service

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

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

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

ENVOY & MRS BETTS, Sunnybanks,
 St. Marys. Phone 722 352.

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assump-
 tion - Sundays November 27, December
 4th 9.00am

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

Fingal - St. Joseph
 Sundays November 27 and December 4
 10.30am

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

Mathinna - 5th Sunday each month
 11.00am

Bicheno - Community Church
 Sundays November 27 and December 4
 4.00pm

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

NOV/DEC

MEALS ON WHEELS FINGAL VALLEY

Sunday	27	Bruce Glatte	Cheryl McFadzean	Jack Miller
Monday	28	Pam Peake	Jack Miller	Jack Miller
Tuesday	29	Viv Young	Bill Johnstone	Bill Johnstone
Wednesday	30	Denise Dawson	Jan Marshall	Cros Upton
Thursday	1	Wendy Aulich		
Sunday	4			
Monday	5			
Tuesday	6			
Wednesday	7			
Thursday	8			

SPORT

FINGAL VALLEY INDOOR HOCKEY

This year's indoor hockey season will finish up next Tuesday night with the grand final being contested between St. Helens and St. Marys. Following this, two demonstration matches have been organised, an all mens match and an all womens match.

Teams for Tuesday night:

LADIES

Team 1 (Blue shirt)

Roseanne Dawson
Gina Jetson
Cindy Witherington
Maryanne Mitchell
Margaret Baldini
Kathy Fitch
Sophie Legge
Narelle Betts

Team 11 (White shirt)

Lorraine Smith
Caroline Shipp
Lynda Colgrave
Janet Seymour
Joan Gee
Jenny Armstrong
Liz Rice

MENS

Team 1 (Blue shirt)

Phil Pregnall
Jason Hall
David Bain
Tony Gee
Mike Dunium
Chris Smith
Dave Murfett
Andrew Wright

Team 11 (White shirt)

Jeremy Smith
Scott Miller
Charlie Stevens
Ian Bradbury
Sam Seymour
Robbie Haig
Kirk McGiveron
Thierry Davis

There will be a meeting for all teams at St. Marys Pub Tuesday 13th December at 7.00 p.m. Each team is to send AT LEAST two delegates. Plans will be made for 1989 season.

ST. MARYS GOLF AND BOWLS NOTES

Don and Bernice Targett Trophy Day
November 26th 12.30 start
For all bowlers
Good trophies available.

Owing to the maintenance on the greens, golf has been postponed for the last 2 weeks and ofcourse there has been no results.

One thing to come to the attention of those wishing to attend the Annual Dinner for golfers and friends to be held in Club House on the 17th December when all trophies for the year will be presented. Names must be on the sheet in the Club House by December 1st not later than December 3rd. Everybody welcome to attend - 4 courses, \$15 per head. Music and dancing after.

Match Play Quarter Finals commence 27th November, Sunday. This should be very interesting. Come and watch the play. Join us at the bridge in your car on Sunday and give the golfers a boost.

DAY - AND - NIGHTST. MARYS LIONS CLUB(INC)BICENTENNIAL AND TASMANIA DAY
CELEBRATIONS

SATURDAY NOVEMBER 26th

COME AND SEE

THE BILLY CARTS RACE, GO-KART
EXHIBITION, STREET STALLS AND
PET PARADE.

JOIN THE CELEBRATIONS WITH.....

*** MAD HATTER FUN ***

TALL HATS, BROAD HATS, EXTRAORDINARY
HATS, LONG HATS, YOU NAME IT!!!!!!
YOU WEAR IT!!!!!!

REFRESHMENTS AND FOOD AVAILABLE.

** - ** - ** - ** - ** - **

DANCE AT NIGHT 8 p.m. LIVE BAND

BREAK O'DAY

MILK BAR AND TAKE-A-WAY

We are the milk bar with "THE LOT"

Takeaways including delicious
hamburgers, seasoned barbequed
chickens, groceries, hot and
cold drinks, confectionery,
video hire, films and batteries,
fishing bait, Caltex petrol.

OPEN SEVEN DAYS A WEEK

6.30 am - 8 pm

GRAEME AND JACKIE SMYLLIE

WELCOME YOU TO THE

BREAK - O - DAY MILK BAR

MAIN STREET ST. MARYS

PHONE 722222

U.H.F.

TAM 396

CH 6

ST. MARYS DISTRICT HIGH SCHOOL

OPEN DAY:

The school's Open Day and secondary prize-giving will be held on Friday, 16th December.

The school will open for the viewing of work from 12 noon and the formal speech afternoon and prize-giving will begin at 1.45 p.m.

The guest speaker will be Mr. Rick Mitchell, Director of the Tasmanian Institute of Sport. Mr. Mitchell will speak on "The Pursuit of Excellence".

SOUTH OF THE MOUNTAIN - PRIMARY ATHLETICS CARNIVAL:

On Thursday, 10th November, St. Marys hosted the South of the Mountain Primary Athletic Carnival.

As usual the weather was superb as was the performance of the St. Marys' athletes.

Throughout the day a predominance of yellow and green T shirts greeted the judge in the first four placings enabling every St. Marys competitor to reach a final of some race.

Special thanks must go to the children on what was a most enjoyable and rewarding day.

D. Bain

E.N.E. ATHLETIC TRIALS:

After a successful South of the Mountain Athletic Carnival, St. Marys Primary School was fortunate to gain 19 representatives in the E.N.E. Athletic Trials.

These trials bring together the 'cream' of the East Coast in order to select a team to compete in the T.S.S.S.A. Athletic Carnival in Launceston.

Considering that only the four fastest runners in the 100m plus the individual winner of every other event gain selection in the final squad, St. Marys competitors did a fine job, managing to secure 13 places in the overall team.

Congratulations must go to those students along with the rest of the team who performed admirably.

Results

<u>Event</u>	<u>Name</u>	<u>Placing</u>
100m	J. Peake	1
	A. Gamble	2
	P. Cook	1
	A. Burgess	2
	R. Morris	2
	D. Davern	4
	M. Donald	3
	M. Griffiths	3
200m	M. Bell	2
	J. Peake	1
	P. Cook	1
	A. Gamble	2
	A. Burgess	2
	R. Morris	2
	R. Luck	3
	J. Ambrus	4
400m	J. Faulkner	3
	R. Morris	3
	J. Peake	1
	J. Ambrus	1
	E. Atkinson	1
	C. Loane	2
	G. Clement	3
	T. Riley	4
Long Jump	T. Riley	4
	T. Riley	5
Shot Put	K. Lynch	3
	J. Ambrus	1
1500m	C. Loane	1
	A. Fearman	1
	S. Bell	3

D. Bain.

THE BUSH - by Simon Fraser, Gr. 5

Dark, wet and gloomy
Lots of trees
Very peaceful,
Lots of wildlife
Like a big fur blanket
Sometimes hot,
Sometimes cold,
The bush.

THE BUSH - by Andrew Fearman, Gr 5

A fog blanket rising off the mountains leaving a green forest with lots of life.
Animals everywhere
From the smallest insects to the largest mammals.
Small ants scramble for cover as an echidna waddles past.
An eagle hovers high in the sky looking for a small animal to eat
As the sun goes down, a lovely red, purple and blue spreads across the horizon
as all the night animals come out.

WHAT'S ON CONT.....

REGIONAL NEEDS SEMINAR

DECEMBER 6th Beachfront Motel,
Tasman Highway, Bicheno.

"We are living in a time of shrinking resources, and an important function of the seminars will be to assist communities co-ordinate services, and find out about existing services in their region, and across the state This is your opportunity to speak out for your region..... we feel the seminars will assist communities develop co-ordinated and accessible services for the good of all their members".

PLEASE ADVISE CHERIE IF YOU WISH TO ATTEND - TRANSPORT CAN BE ARRANGED.

CORNWALL SENIOR CITIZENS

THURSDAY Dec. 8th. A cent morning with a soup and sandwich luncheon followed by an afternoon of bowling 10.30AM start.
All welcome. Young and old.

CLEAN UP CAMPAIGN CORNWALL

A very special thanks must go to those people or firms who so generously loaned their equipment to clean up the old car bodies. Thanks also to the people who donated food and to the drivers and helpers on the special days. Now that the main clearing has been accomplished it is now up to us, to work on the next phase - "The Hall" renew windows, paint and the septic tank. To help install the tank can anyone lend us a ditch digger for a day or can some hefty young men dig a hole for us, "please".

Una Camplin.

THANKS

I would like to say thankyou to the people who have helped me in the clean up of Cornwall.

Without the machinery that was voluntary given and the people of Cornwall who gave their time and effort, what has been achieved would not have been at all possible.

Now a very special thankyou has got to go to:

Cornwall Coal for the excavator.
Dave Wagner for the use of his 10yd truck and his truck-float and his time.

A.T.C. for their dump truck.
Des Faulkner (snr) for the loader.
Tingal Council for their truck.
St. Marys School for their tractor and mower.

Bruce Spilsbury for some urgently required equipment.

Marcia Graham for donations from the shop.

Now I have said my thanks to the above, I need to say a sincere thanks to my Ground clean up crew who without there help in rain and sunshine made everything come together although it seemed to be the same crew everytime they were needed their help was very much appreciated. So a big thankyou goes to:

Wayne & Tim Squires, Mr/s Stefanescu & family, Dave & Tomi Smith, Mrs Lorna Freeman, Jim & Beth Haas, Davo & Kym Smith, Lee Dell, Rosemary Grose, Denise Brown, Darlene Squires, Michael Wright, Marcus McKenzie, Marcia Graham, Peter Izard, Des Squires, Glen Laferty (Woody), George & Rhonda Toombs, Mark Toombs, Richard McDonald, Mathew Aulich, Geoff & Katrina Killmaster and my family Evy, Anna, Kylie, Timbo & Kristy.

An individual thankyou also goes to the people who helped organize the machinery so it was available for that day.

Now that our town is clean next on the agenda is the playground, so anyone with any ideas please come forward and say.

Once again thankyou one and all for your help.

Gary Musicka.

P.O. Box 107, St. Marys.

CARPETS & VINYL

LOUGHRANS FLOORCOVERINGS

SPECIALISTS WILL BE IN YOUR AREA

ON THE 29th-30th NOV. WITH A LARGE

RANGE OF CARPETS AND VINYL TO

CHOOSE FROM. DON'T BE LATE, GET

YOUR XMAS ORDERS IN NOW FOR

A NO OBLIGATION FREE MEASURE

AND QUOTE AND EXPERT ADVICE

PHONE 318588 AND ASK FOR 'GLENN'

OR TIM

THANK YOU

TEAM UP TO CLEAN UP

We feel that all Cornwall residents would like to join us in saying thank you. Not only to those living here who gave their time and know-how but to the non-residents also for their generosity in the loan of heavy and expensive equipment to aid in the recent clean-up campaign. These included Cornwall Coal Co., Des Faulkner and family, Avoca Transport Co., and Dave Wagner. Thanks to Bruce Spilsbury also for his assistance. Thank you one and all

DAVID & TOMI SMITH

OPEN DAY

Come and see

HOME SCHOOLING
in action.

on
WEDNESDAY 7TH DECEMBER
from 1.30 - 3.30PM

at
PETER RUBENACH'S home, GRAY.
PROGRAM:

- 1.30 - 2 o'clock: see the children doing their school work
- 2.00 - 2.30PM: plays, poems etc. presented by the children.
- 2.30 - 3 o'clock: viewing of the recently made video of Home Education in Tasmania
- 3.00 - 3.30PM: cuppa and questions.

Beverley Rubenach.

FOR SALE FOR SALE.
1 Solid Entrance Door (NEW) \$ 90
O.N.O. PHONE 722481

FOR SALE.
3 PRICE LOUNGE SUITE NEW CONDITION
\$350 O.N.O. PHONE 722487.

RETURN THANKS

MRS UNA CAMPLIN AND FAMILY
SINCERELY THANK THE MANY
PEOPLE FOR THEIR KIND THOUGHTS
EXPRESSED TO THEM, ON THE
DEATH OF HER SISTER AND
DEARLY LOVED AUNT, MISS NITA
HERBERT.
THEY WERE GREATLY APPRECIATED.

UNA CAMPLIN

B & J. A. SPILSBURY

B.P. SERVICE STATION, ST. MARYS

NOT ONLY DO WE SUPPLY THE 'GOOD
JUICE', BUT WE ALSO HAVE A FULL
RANGE OF ALL SEWAGE REQUIRE-
MENTS, FROM PIPES AND FITTINGS
TO CLEANERS AND GLUES.

CALL AND SEE BRUCE AND ASK THE
PRICES, YOU WILL FIND THEM VERY
REASONABLE.

37 Main Street, ST. MARYS
PHONE 722233 or 722155

W. LOCKETT & SONS

FUNERAL DIRECTORS, CAMBELLTOWN
ENQUIRIES MAY BE DIRECTED THRU:

MR. D. CASBOULT
ST. MARYS 722383

OR

MR. T. PEARS
CAMBELLTOWN 811167

BRUCE DAVIDSON - FUNERAL
DIRECTOR

D. K. & C. M. BARNES

ST. MARYS

Phone 722367 or 722265

WE WILL MAKE AND DELIVER

FRESH FLOWERS

OR ARTIFICIAL WREATHS

ALSO

BRIDAL BOUQUETS

FOR SINCERE, PERSONAL AND

DIGNIFIED SERVICE

ANYWHERE-ANYTIME

DARAL BAILEY & SON

A.F.D.A.

FUNERAL DIRECTORS

ST. HELENS

76 1153

BICYCLE SAFETY

Education and awareness

With the summer holidays on their way and the likelihood of new bicycles for Christmas, the number of children riding push bikes over the holidays will increase dramatically.

The following points put forward by the R.A.C.T.:

1. There should be a commitment by all governments to further improve bicycle safety, with particular emphasis on children and youth.
 2. An Australian Standard for bicycle lighting should be developed.
 3. Compliance with the SAA Standard for bicycle safety should be more strictly enforced.
 4. Governments, bicycle associations, manufacturers, parents and teachers should actively promote the wearing of approved helmets as well as conspicuity aids.
 5. Education authorities, parents and teachers should work closely with students in overcoming peer group problems associated with the wearing of helmets and other aspects of bicycle rider behaviour.
 6. An upgraded Australian Standard for bicycle helmets should become a mandatory standard and all unsafe helmets should be banned from sale.
 7. Community groups and schools, supported by State and local governments and bicycle user groups should provide bicycle rider training for children.
 8. Road traffic laws should be enforced for adult bicycle riders with provision for on-the-spot fines.
- Pedal cyclists must obey the same traffic regulations as motor vehicle drivers. In addition cyclists must:
1. Only ride single file.
 2. Not take both hands from the handle bars at the same time.
 3. Not be towed by another vehicle.
 4. Not ride on footpath except where there is a sign indicating a bikeway or shared footpath.
 5. Not carry more persons than the number for which the cycle is designed.
 6. Have lights at night (white light to the front and red light and reflector at the rear).
 7. Have the lower half of the rear mudguard painted white.
 8. Have an efficient bell or other warning device.
 9. Have an efficient brake fitted.



NEW LOOK SALON

PRE CHRISTMAS SPECIAL

HAVE AN ACID PERM OR PERM AND COLOUR

AND RECEIVE A

FREE DEVONSHIRE TEA...

AT THE

"COACH HOUSE RESTAURANT"

Phone 722 260

Tuesday - Friday 9a.m. - 5p.m.

*** CHRISTMAS PARTY ***

There will be a combined St. Marys Child Health and Playgroup Christmas Party held at Falmouth Community Centre Friday December 9 at 10.30a.m. Santa will arrive at 11.00a.m. Parcels (to cost NO MORE than \$5) may be left at St. Marys Post Office or at Jean Schier's house prior to this day. Please bring along a plate of childrens' party food. All welcome, so please come along and enjoy the party.

MOTOR VEHICLE PRE HOLIDAY CHECKS

With the holiday period fast approaching, now is a good time to have a Safety Check performed on your vehicle. Most drivers adjust to the peculiarities of worn components in their vehicle. This applies particularly to items such as brakes, steering and suspension. As these parts wear, drivers make allowances for the difference in 'feel' and handling, however, if left unattended, wear will continue and the vehicle could become unroadworthy and unsafe. To ensure your car is roadworthy for the holiday period, we suggest you have it checked by the RACT at Hobart, Launceston, Devonport or Burnie. The most overlooked problem areas are:

Brakes - Incorrectly adjusted foot and handbrake. Brake pedal sponginess or contaminated brake fluid.

Steering - Excessive steering wheel play. Incorrectly set front wheel alignment.

Tyres - Insufficient tread. Misaligned front wheels. Incorrectly set tyre pressures.

Lights - Inoperative tail lights, stop lights and indicators. Inoperative or misaligned headlights.

Engine - Oil leaks. Poorly tuned engines. Incorrectly adjusted fan belt;

STARDUST

By Mercury
Week commencing November 24 1988.

SAGITTARIUS - Nov. 22 to Dec. 21.

Changes at home may be difficult - not because of the opposition or disagreements, but lack of interest or motivation.

Best Days: 27, 4.

CAPRICORN - Dec. 22 to Jan 18

Don't try too hard in a close relationship. Otherwise you may feel resentful that you are making all the efforts and getting little in return.

Best Days: 30, 7

AQUARIUS - Jan 19 to Feb. 18

You may find that you are involved in group or community activities probably in a starring role.

Misunderstandings could occur so try to be patient.

Best Days: 24, 29.

PISCES - Feb. 19 to March 20

The home environment may present some challenging factors, but even so daily life holds much pleasurable activity and good opportunity for this entire period.

Best Days: 25, 5.

ARIES - March 21 to April 20

Your personality is attractive and winning now, helped by the fact that home matters should be comfortable.

This is a great time to spend a little extra money.

Best Days: 28, 1.

TAURUS - April 21 to May 20

Some stimulating factors are still at work in your main relationship, and you're charged with the right energy to create fun and romance from it all.

Best Days: 26, 2.

GEMINI - May 21 to June 20

Life has not been easy for you but at last things are going to change. However, you need to be on guard; especially around the house.

Best Days: 3, 7.

CANCER - June 21 to July 22

Keep control over your emotional reactions and take good care of your health the entire time. Watch your finances at the moment.

Best Days: 30, 4

LEO - July 23 to Aug. 22

Your talented personality holds a good chance of acknowledgement and development. Also this is a good time for feeling romantic.

Best Days: 28, 5.

VIRGO - Aug. 23 to Sept 22

Arts and crafts have strong emphasis for you in this time, and friends may inspire you to discover a new insight.

Best Days: 29, 3

LIBRA - Sept. 23 to Oct. 22

You may be torn between a steady relationship that has struck a dry patch and the challenge of a new and exciting flirtation.

Best Days: 24, 4

SCORPIO - Oct. 23 to Nov. 21

Work may suffer at the moment because you feel a lack of direction or clarity from those in authority. Take a positive approach because negative feelings only drag you down further.

Best Days: 26, 2.

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