

THE VALLEY

AND EAST COAST VOICE

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BARBECUES

TIM by

When raw meat is heated, chemical and physical changes occur which can either have tenderising or toughening effects.

While the final outcome is of course largely dependent upon the skill of the cook, there are some governing factors beyond the chef's control.

Firstly, the meat must be from young animals if a tender juicy grill is desired, and of course from a prime site.

Age-induced toughness is almost impossible to counter except by long slow cooking in a casserole or bag.

The next ideal pre-requisite is that the carcass be either electrically stimulated or 'tenderstretched' during the post slaughter period.

The improvement in resulting tenderness is equivalent to ageing the meat naturally for about three weeks.

So we have the perfect piece of rump steak, what happens next?

Well, onto the 'barbie' or hot plate it goes and as the meat increases in temperature the muscle fibres become tougher as their protein components gradually coagulate and lose their ability to hold water.

This happens even at relatively low temperatures, producing the juicy but tough steaks many of you have experienced when the fire wasn't hot enough.

Rapid heating to 550C and beyond results initially in a more tender product, but if cooking is too prolonged excessive contraction of the muscle fibres and connective tissue will toughen and dry out the meat.

This effect is most pronounced as the steak heats up to 850C, and, hey presto, boot leather!

Prolonged cooking for several hours at 550C or above can be used to soften connective tissue and tenderise meat, but it must be done with a moist heat such as steaming, or boiling, not grilling.

GALORE

MCMANUS

In normal oven cooking, the degree of softening of connective tissue depends on the time the meat is held at a particular temperature.

Higher temperatures and longer cooking times are incidentally best for older animals, as every farmer's wife knows.

The tenderising effect of high temperatures in the vicinity of 1000C can be utilised but only if all of the meat portion can be brought up to this level quickly.

While hardly relevant to an oven roast this situation ideally suits a slab of barbecue steak.

Not only does the instant application of such heat seal in the juices, but rapid hot flameless cooking ensures your meal will be at its tender best - as if you didn't know this already.

As this is the first issue of the Valley Voice for 1989, I wish you a Happy New Year and Good Barbecuing.

TIM MCMANUS

SENIOR VETERINARY OFFICER
EAST COAST

CONGRATULATIONS

To the people who are responsible for improving the look of our town of St. Marys. The brick facade on the buildings at the lower end of town has greatly lifted the image of St. Marys.

Also the effort of the members of the Lions Club of St. Marys is to be praised for the cleaning up of the Lions Park.

NOW If someone could fix the bridge rails!!! over the Break O'Day River.



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contact: John McGiveron, Kevan
Hayes, Rod Blunt, Robin Phillips.

CARAVANS WANTED.....Wanted to hire
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Kevin & Jill Faulkner, Bill & Mary
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67 Cecilia Street, St. Helens, Tas.
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WHAT'S ON

MORNING TEA/COFFEE in aid of the
St. Marys Hospital Auxiliary
FALMOUTH Community Centre 10.30am
Friday March 10th. Trade table.
ALL WELCOME.

BLOODBANK.....Due to staff short-
ages and rising costs, Red Cross
Bloodbank regret they will not be
here on Monday 20th February.
They are sorry for any inconven-
ience.

DOORKNOCK.....Doorknockers are
required at Scamander for Red Cross
Annual Doorknock Appeal in March.
Anyone who can assist will they
please phone Mr. Neville Peake
on 722390.

FOR Building repairs
and painting

Phone 761383

ST MARYS NEWSAGENCY

OPEN SEVEN DAYS A WEEK

DEPOT FOR: REDLINE COACH, PEAKE'S BICHENO & HALEY ST. HELENS

DAILY NEWSPAPERS, COMICS, MAGAZINES, BOOKS, PUZZLES,
GROCERIES, DELI SMALLGOODS, CONFECTIONERY, FILMS,
BATTERIES, FISHING GEAR

VIDEO PLAYERS FOR HIRE AT REASONABLE RATES
GREAT RANGE OF VIDEOS BLANK TAPES AND VIDEO
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7EX CASSETTE TAPES AVAILABLE

WHAT'S ON

MORNING TEA AT "HAREFIELD"
Tuesday 21st February, 10a.m.
Proceeds go to the St. Marys Hosp.
Aux. Items for a Trade Table would
be appreciated.
Members, a plate please.

ST. MARYS HOSPITAL FAIR
FRIDAY 17th MARCH, 11a.m.

On looking through my copy of "Take it on Trust" for a hint I thought was there I came across "The Year that - ". This deals with sayings about Christmas Day. Here are two that are topical and typical.

1. The year that Christmas Day falls on Saturday, winter wearisome, spring windy, selling troublesome, old men suffer high mortality and sheep perish, houses shall burn. I'm not going to comment on all predictions but oh how I remember the wind.

2. The year that Christmas day falls on Sunday winter shall be good, spring windy, summer dry, vintage good and plenty of sheep and of honey, there will be peace and the mortality of old folk will be high. Well we shall see.

These were predictions in the 17th century.

Una Camplin.

On February 2nd Sally and I joined Fingal Elderly Citizens Bowls Club on a bus tour to St. Helens, where we had a guided tour of the History Room which was of great interest to most as some of us had relations in the photos.

We travelled on to Goulds Country, had a look at the church, and well-kept cemetery, then on to Lottah and Blue Tier where we had a picnic lunch under myrtle, Tee Tree, Celery Top Pine.

After lunch we had a look at the old mine, Mr. Peter Burnes told us a lot about the place and people of yesteryear. We travelled to the old Anker mine site where they are

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starting to work the tin mine again then we headed home via Pyengana Road.

We enjoyed a very nice afternoon tea at the Tier Tea Rooms Goulds Country, Mr. Peter Saunders entertained us with musical items and songs. Our thanks to the bus driver Peter Burnes who filled us in with interesting talks of bygone days. Our thanks to Fingal Indoor Bowls Club for asking St. Marys Club to join them on such a beautiful and interesting day's outing, sad to say only two of us accepted their invitation. Those who didn't go missed a lot.

Our thanks to Fingal Club and Mr. Peter Burnes.

Signed Marj Oliver, St. Marys.

ST. MARYS LIONS CLUB (INC)

**** AUCTION ****

WATCH FOR DETAILS

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SCHOOL JUMPERS & WINDCHEATERS NOW IN S T O C K

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CHURCH NEWS

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 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 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 2nd, 4th Sundays
11.00am
Falmouth
9.30am 1st, 3rd Sundays

SEVENTH DAY ADVENTIST

24 Hodgman Street, Scamander.
SABBATH SCHOOL 10.00am
DIVINE SERVICE 11.00am

SALVATION ARMY

Sunday Sunday School, Uniting
9.45am Church, St. Marys
Sunday Sunday School, Salvation
2.30pm Army, Cornwall.
2nd Sunday
in month Afternoon
3.00pm Service
Wednesday Home League/Fellowship
11.00am 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 Club, Sunnybanks, St.
Marys ages 13-20 years.
ENVOY & MRS. BETTS, SUNNYBANKS
ST. MARYS Phone 722352.

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the
Assumption - Sundays February
19, 26 9.00am
St. Helens - SS Helena & Stanislaus
Vigil Mass - Saturdays 6.00pm
Fingal - St. Joseph
Sunday February 26 10.30am
Mangana - Our Lady of the Sacred
Heart - Sunday February 19 10.30am
Mathinna - 5th Sunday each month
11.00am
Bicheno - Community Church
Sundays February 19, 26 4.00pm

MEALS ON WHEELS

FEBRUARY/MARCH

Sunday 19
Monday 20
Tuesday 21
Wednesday 22
Thursday 23
Sunday 26
Monday 27
Tuesday 28
Wednesday 1
Thursday 2

ST. MARYS

Ricky & Dianne Ward
Gail Gamble
Kaye Nailer
Keith Bullock
Pam Lynch
Gerald Aulich
David Robinson
Pam Peake
Jenny Stewart
Heather Griffiths

FINGAL

Cheryl Rankin
Shirley Parker
Debbie Speers
Colleen Turner
Yvonne Johnson
Bob Gordon
Kaylene Sutton
Jack Miller
Gloria Parker
Pat Death

MANGANA

Neil Ward
Shirley Parker
Debbie Speers
Cros Upton
Pat Death
Bob Gordon
Les Walters
Jack Miller
Cros Upton
Pat Death

To assist in the smooth running of the meal service, we would appreciate your advising any change in driving arrangements to either:

Jack Miller 742140
Cheryl Summerfield 742344 (working hours)

THE oodwiz[★]ard HAS

ARRIVED IN ST MARYS

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AND

SEE

OUR

GRAHAM, KAREN, MIN & KAREN

FRIENDLY

STAFF

NURSING MOTHERS' - NEWS RELEASE

Nursing Mothers' Association of Australia is celebrating its 25th Birthday on 13th February, 1989. When NMAA's founder, Mary Paton, was breastfeeding her baby, she found little information of encouragement available to help mothers gain confidence and moral support to continue breastfeeding.

It was from an initial gathering 25 years ago in her home, with five other mothers and their babies, that NMAA with three aims for the future:

- to educate;
- support;
- and encourage women to breastfeed.

NMAA is now Australia wide with approximately 250 000 counselling calls received annually from mothers (with two-thirds of calls being from non-members), 1 680 Councillors, 830 Trainees, 577 Groups, 16 210 current members and a progressive total of 96 000 members.

The many services available include discussion groups, counselling, literature, inexpensive booklets on all aspects of breastfeeding, mothering products, Newsletters for members, library, community education and the newest exciting development - a Lactation Resource Centre - with information collected and disseminated both within NMAA and externally.

Congratulations NMAA - the fulfilment of Mary Paton's dreams is a reality - women are being educated, supported and encouraged to continue to breastfeed their babies and toddlers. NMAA's contribution to the increases in the breastfeeding statistics is now recognised professionally because of the counselling received by mothers.

For further information contact your Counsellors:
Lois Hoult 725 342
Debbie Searle 722 573

REGISTERED DENTAL MECHANIC JENNY SAUNDERS WILL BE VISITING ST. MARYS HOSPITAL SUNDAY 19 FEB. IF NUMBERS SUFFICE.
FOR APPOINTMENTS PHONE 341204.

TOY LIBRARY

A warm welcome is extended to all present and would-be members of the St. Marys Toy Library to come along to Todds Hall and utilize the facilities. This year we need your support more than ever as we have no financial help from government sources what so ever. Remember we are a non-profit, non-sectarian organisation set-up to provide high quality toys for rental to everyone with children between 6 months and 6 years.

We are open every Wednesday between 12.30 and 2.30pm from February 22nd onwards. Don't forget a garage sale will be held at the toy library on Saturday March 11th, starting at 10.00am to raise much needed funds. Any donations will be gratefully received. Enquiries are welcome.
Phone: Cathy 722329,
Karrina 722527,
Christine 722 220,
Anne 725 361.

RAFFLE RESULTS: John Smythe; Bev Phillips; Y. Carravaggio. Scamander & District Progress Association Chopping Results from 7 January 1989.

225mm	R. Breadmore	D. Binns
	L. Brutel	
250mm	A. Brittain	L. Rattray
	D. Binns	
300mm	D. Binns	M. Gurr
	R. Nicholas	
Novice	B. Davis	G. Purton
	R. Mullins	
Treefelling	B. Hayes	M. Gurr
	J. Sturzaker	
300mm Underhand	M. Tucker	
	M. Jaffray	G. Lovell
400mm Underhand Championship	D. Foster	G. Lovell
	D. Bolstead	
Bush Sawing	C. Early/S.A. Cole	
	S. Sainty/M. Oliver	
	T. Hinds/M. Binns	
Jack & Jill	S. Sainty/S.A. Cole	
	K. Ginn/R. Singline	

THANK YOU

JOHN & RUTH MC GIVRON wish to thank all those who assisted and attended our New Years Eve Pig Roast. A profit of \$1105.30 was made which was divided equally between Swimming Pool Fund and The East Coast Kart Club. A great night was enjoyed by all who attended.

CUT PRICE SAM

ST MARYS

BETTER THAN EVER IN
1989

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DEMAND
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STARDUST

By Mercury
Week commencing 16th February, 1989

AQUARIUS: January 21 - February 19
You can rely on news you get from a friend. Don't let peer pressure get you down. Financial opportunities arising but beware of unexpected outlay. However, a personal victory will offset this.
LUCKY NUMBERS: 11, 18, 20

PISCES: February 20 - March 20
Don't try to understand changes with work or family at the moment as matters will become clearer in time. Those around you will look to you for guidance. Smile and the world smiles with you.
LUCKY NUMBERS: 10, 20

ARIES: March 21 - April 20
An exciting but busy period expected early in the week. Good news by mail or telephone is forthcoming. It will take some thought for it to make sense. Good news on the work front.
LUCKY NUMBERS: 18, 20, 21

TAURUS: April 21 - May 21
You have entered a wonderful new cycle. This could mean promotion or perhaps a new job. Take care with finances to avoid errors. Important news will require deep thought and understanding.
LUCKY NUMBERS: 6, 30, 31.

GEMINI: May 22 - June 21
Take notice of advice given by relatives as this could make your life more pleasant and happy. Use this opportunity to gain further knowledge and experience. You have a flair for creating opportunities.
LUCKY NUMBERS: 2, 27, 31

CANCER: June 22 - July 23
Don't be afraid to do things in a new way at home or on the job. A child may require special attention. A new joint financial opportunity could arise, but you must discuss it openly.
LUCKY NUMBERS: 8, 11, 12, 20.

LEO: July 24 - August 23
Romance is in the air. You can take a risk in matters related to the heart. Elders may not approve of your decisions but the opportunity will arise for you to express your feelings.
LUCKY NUMBERS: 2, 4, 15.

VIRGO: August 24 - September 23
Value a neighbour's advice. You may be required to cooperate with others. It is also a good time for marital or romantic relationships. Although family ties could make more work for you.
LUCKY NUMBERS: 15, 27, 31.

LIBRA: September 24 - October 23
Changes of plan should be expected. You should take time out to enjoy yourself. Although a heavy work schedule begins you will find time for love and companionship. You should find time for yourself.
LUCKY NUMBERS: 2, 4, 27.

SCORPIO: October 24 - November 22
News from the family should become financially beneficial to you. Plans may not turn out as hoped, so schedule your time wisely. You may be called upon to help a relative. Enjoy new companionships.
LUCKY NUMBERS: 20, 21, 26.

SAGITTARIUS: November 23 - December 21
Clear up unresolved problems before making new commitments. Put your worries aside and face current responsibilities as this could lead to financial prospects. An older person could be involved.
LUCKY NUMBERS: 4, 16, 20.

CAPRICORN: December 22-January 20
Avoid new financial commitments. You may be required to make a short trip to help a family member. Communicate freely with others. Expect good news regarding money matters. Enjoy your family.
LUCKY NUMBERS: 2, 15, 30.

ST MARYS
BUTCHER

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