THE VALLEY AND EAST COAST VOICE

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WALKING AND LIVING THE BUSH

In recent years Australians have developed an increasing awareness and appreciation of the scenic beauty and wildlife of their country. Exploring wilderness areas on foot is a favourite pastime for a growing

number of holidaymakers.
For the inexperienced, however, bushwalking can be dangerous. Bush-craft is a special skill which includes not only a knowledge of the bush, but also an ability to read maps, and experience in first aid. Probably the safest way to begin is to join a bushwalking club. These organisations sponsor supervised walks and provide general assistance and information.

The upsurge of interest in exploring the bush has coincided with the introduction of lightweight modern camping equipment. Once tents and packs were heavy and bulky, but today a weekend rucksack and its contents need only weigh

9°-11 kg.

A wide range of equipment is available and the standard varies considerably. Remember that quality is important -if a shoddy and therefore cheap piece of equipment fails in a remote area, you could be in danger.

Equipment you will need for a weekend hike, regardless of the weather is; more than enough food for your expected time away, extra set of warm clothing, packed in a waterproof plastic bag, sleeping bag, tent, back pack and ground sheet, cooking and eating utensils such as knife, fork, spoon, mug, billy, frying pan, plate etc., first aid kit and a survival kit.

It is essential to carry with you at all times a survival kit, contained in a waterproof bag. It should consist of: whistle, compass, knife, matches in waterproof bag, notebook and pencil. For longer hikes you should include nylon cord, water purification tablets, solid fuel capsules and salt tablets.

Becoming lost in a remote area can be a frightening experience, but careful planning before the trip begins, a knowledge of navigation and commonsense precautions on the track can minimise the chance that you will lose your way -and help you survive if you do.

Before you set out, plan your route. Check your equipment and make sure you have packed the essentials. Always leave details of your trip with a reliable person, and notify that same person on your

return. Inexperienced bushwalkers should always travel in a group.

A group should consist of three persons, so that in the event of an accident, one person can go for help, while one stays with the victim.

If you do get lost, a smokey fire in daylight hours or a brightly burning one at night will help.

BUSHWALKER'S ETIQUETTE

* Do not litter.

* Ask permission to cross private property.

Do not cross ploughed paddocks or fields with crops.

Leave property gates as you find them - open or shut.

* Do not pollute waterholes or streams.

* Do not chop down green trees or destroy plants.

Do not pick wildflowers.
Do not deface structures, trees, rocks or Aboriginal carvings or paintings.

Never leave your party without informing the leader.

Do not waste tank water.

Replenish wood supplies before you leave a camping area.

Extinguish campfires.

Burn food and paper rubbish but carry out indestructible rubbish such as aluminium, glass and

plastic. * Leave your campsite clean and

Do not cut corners on winding, mountainous tracks - this can cause erosion.

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WHATS.OH.

SCAMANDER RIVER GOTF CLUB FORMATION OF LADIES COMMITTEE

A meeting will be held on Tuesday, 21st June at the home of Gooff and Megan Kerrison, Targett Street, Scamander, at 7.00 to hovefully form a Ladies Committee of the Scamander River Golf Club.

any ladies interested in being members of this committee are asked to please make an effort to attend as the nembers in attendance will determine whether the formation of a ladies committee will be possible.

The establishment of the Golf Course is steadily progressing and with the support of a ladies committee future development could be enhanced.

. ALL MELCOMS

The FINGAL VALLEY MUNICIPAL TOY
LIBRARY extends an invitiation to all
present and past members of the Toy
Library and to the general public
to attend a Morning Tea on Friday
24th June at 10.30 am at the
Falmouth Community Centre.
Donations for the Trade Table would
be appreciated.
(dmission Adults \$2.00 Children 50c
The Raffle will be drawn during the
morning and winners notified.
We thank all those involved in selling raffle tickets and those who
donated the prizes.
Reffle Prizes:
1st Prize 6 tons Fire-wood

2nd Prize 440 Voucher - Cut Price Sams, St Marys

3rd Prize Childs Hand Knitted Jumper

MATCOLM CHESSHIRE

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GUEST SPRIKER: IKR NAOUI The will screen a T.V. Documentary

needs for people in Tthiopia, Phillipines, Bangladesh etc. Please note this luncheon replaces our annual doorknock. Donations can be left with

Doris Bullock Gwen Johnstone Ruth Saunders ST. MARYS FINGAL FINGAL

BINGO St.Marys R.S.L. Institute every Tuesday 7.30 p.m. 1st Jackpot (210 on 61 calls 2nd Jackpot (140 on 55 calls) This Tuesday Jun- 14th

from the Velley Voice.
To the Comalco kid on his
17th Birthday also

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BOTH

ROUTIQUES

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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 lst, 3rd, 4th, 5th Sundays Rossarden

7.00pm 3rd Tuesday

Sunday School Scamander 9.30am (except for 2nd Sunday when 8.00 nm F.S.)

Fingal 9.30am St. Marys 9.45nm (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 $7.00 \,\mathrm{pm}$

Sunday School
3.00pm Mondays

<u>Pyengana</u> 11.00am 2nd, 4th Sundays Falmouth 9.30nm 1st, 3rd Sundays

ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday June 12 8.45am H.C. Fingal St. Marys 10.45am M.P. 10.45am М.Р. 3.00pm H.C. Cornwall Sunday June 19 8.45am M.P. Fingal H.C. 10.45am St. Marys 3.00pm 7.00pm H.C. E.F. Man/gana Avoca

NEWS

SALVATION ARMY

Sunday Sunday School - Uniting 9.45 nm Church, St. Marys Sunday Sunday School - Salvation 2.30pm Army - Cornwall 2nd Sunday in month Afternoon Service 3.00pm

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

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

Thursday lst week in month - Youth Group. Sunnybanks, St. 7-9pm 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 June 12, 19

<u>St. Helens</u> - SS Helena & Stanislaus Vigil Mass - Saturdays 6.00pm mg 00.6

Fingal - St. Joseph Sunday June 12 10.30 am

Mangana - Our Lady of the Sacred Heart - Sunday June 19 10.3 10:30 am

Mathinna 5th Sunday of month-11.00am

Bicheno - Community Church Sundays June 12, 19 4.00pm

Parish Priest: Fither Connolly, The Presbytery, St. Marys, 7215. Phone 72252.

ST. MARYS ANGLICAN CHURCH ANNUAL MEETING Sunday July 3. Service 2.00pm meeting to follow. Afternoon Tea. Ladies a plate please.

<u>June</u> Sunday Keith Cook Monday 13 Lorraine Horsman Tuesday Tuesday 14 Wednesday 15 Mary Viney Keith Bullock Thursday 16 Pam-Lynch Sunday 19 Kerin Glatte Mary Targett
Ruth Aulich
Cheryl Hendley
Heather Griffiths Monday 20 Tuesday Tednesday Thursday

Cheryl Rankin Ida Legro Debbie Speers Jan Marshall Jack Miller Bob Saunders Shirley Parker June Hall Yvonne Johnson Hrs. Cooke

MANGANA Jack Miller Les Walters Debbie Speers Cros Upton
Jack Miller Bob Saunders Shirley Parker June Hall Les Walters Jack Miller

SPURTS

ST.MARYS GOLF NOTES By "TEE UP'S

Maybe we will have to re-name our golf to "Yacht" Club ofter 28 inches (710 m.m.) of rain over the past month and as a result the course has been well and truly saturated. ** have managed to gat through most events though with the exception of Gadios Pennant against Bicheno last reck and Mons Pennant on last Sunday the 5th June. This game may have to be played later in the season if required. Congratulations to John Mowman this week in scoring a hole in one on the 5th hole during the midwork junior complon Wednesday.

Well done John. This upcoming Friday
10th June there will be a student

My conching clinic for all interest—S Dawson ad juniors, with Launceston Pro Mr Bill Husband, commencing at 10.00 am. C Mitchell Coaching will continue for the hours K Davern and that will be followed by a barbeque lunch, then weather permitting D Murfett o competition afterwards cost will be \$5.00 each. If interested could you please contact the club, if you haven't already done so.

'll pennant teams are performing wellE Grade St.Marys 5 and to this stage neither the Assoc- Paul Davern 5 and to this stage neither the Assoc-Paul Davern istes or Members A and B teams have J Newman yet been beaten. Keep up the good D Summers work players as we would like to continue the success of the past two years.

Next weekend is the visit by North West Bay. On Saturday 11th they are travelling to St. Halens to play in the Carmival and on Sunday 12th, the on c/b D Murfett (11)
North East Cup will be played at R McGiveron (9)
St. Marys. Please local players could you provide a small dish of salad. The event is 18 holes stroke commen- Div 2 D Cannon (21) cing at 40.00 to 10.30 a.m. Monday 13th will see a nine hole event conducted at Malahide to finish aff a good weakend of golf

for all.

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MONDAY 13th JUNE Results of East Coast Pennant v St Helens

Grade - St Marys 9 d. St. Helens Howe 2-1 d K Cameron 4-3 d R Dakin d P Doran 2-1 S Wilmot 5-3 d K Conroy 5-4 d E Marshall 7-5 d A Haley R McGiveron 4-3 4-2 d J Fidler d I Walker D Berwick d C Colgrave 5-4 C Davern

d St Helens O d J Bailey 5-4 d S Standage 5-4 d B Rowles 4-2 d R Wisby R Spilsbury J Costain

Captains/V. Captains Day

Div 1. K Howe (6) 64 nett R McGiveron (9) 66

61 nett R Mallinson (20) (20) 67 R Costain Nearest Pin 5th D Summers 7th R McGiveron

Stroke Tankard (15) 61 nett J Newman (8) S Wilmot 66 nett K Howe

Nearest Fin, 5th R McGiveron

7th R Tolputt Associates 2nd Round of Silver Spoon
J Lohrey (27) 71 nett
Y Davern (22) 74 nett
C McGee (27) 74 nett
K Blair (25) 74 nett

Junior Stroke

(9) 65 nett (8) 63 nett (14) 71 nett Chris Davern D Berwick J Newman

HEALTH EDUCATION:

The Challenge

Read accidents cost this country 5,700 million dollars in 1987. This figure estimates the direct costs of accidents, as well as the cost of resources lost to the community by the death or injury of victims.

(Bureau of Transport and Communications Economics)

Productivity losses due to people off sick with tobacco-related dis-Teases cost Australian industry àbout 670 million dollars a year. Hospital costs of smoking-related diseases amount to a further 276 million, and damage to property by fire associated with smoking costs enother 95 million.

(Kate McAllister/Victorian Smoking and Health Project)

Between 40 and 50 percent of young people aged 15/16 claim to drink alcohol regularly. Of these, eighty percent report ending up at least partially intoxicated: three in ten boys and two in ten girls end up drunk or very drunk.

(Various surveys)

In 1986, more than 5,500 million dollars worth of illegal drugs entered Australia. These drugs lead to the death of extreme ill-health of about 5 percent of Australian teenagers every year.

(Tasmanian Mail, August 1987)

A Victorian Health Department survey reported in 1986 that 26 percent of 16 year olds had used marijuana at least once. Twenty percent have tried inhalants (e.g. glue sniffing), and 99.2 percent have used analgesics.

The news media lately seem fond of citing statistics of this sort. Although some correspondents question the accuracy of the figures, one thing is clear:

THE SOCIAL AND MATERIAL COST TO THIS COUNTRY OF LARGELY AVOIDABLE HEALTH PROBLEMS IS VERY HIGH.

There is no 'instant solution' to this problem. It is generally agreed, though, that in most cases, effective education is at least a big step in the right direction.

Education in matters of health hygiene, personal relationships, guest speakers will physical fitness, food and nutrition, and Mr. David Bain.

drug awareness and so on - has long been encouraged in Tasmanian schools. Until recently, though, it has largely been left to each individual school to develop its own program in this area.

A new, cohesive Approach

In October 1987, a new health education package for Tasmanian schools was launched.

The aim of the package is to provide all schools with a set of firm guidelines for their health education programs. This does not introduce a new subject, 'Health Education', to the syllabus: rather, it anticipates that relevant material will be included within existing subject areas.

All schools have been issued with. a kit containing a policy statement, a curriculum framework and a selection of working material.

The Policy

This is concerned with encouraging positive attitudes and behaviours, rather than with acquiring knowledge for its own sake. If young reople are sensible and informed about health issues, this will help to slow down the incidence of discases and medical conditions related to lifestyle, which are on the increase in Australia.

The policy booklet issued to schools takes the view that health education is comprehensive (covering mental, physical and emotional health) and positive (prompting a dynamic concept of total well-being). It suggests how schools can plan a health education program, what roles can be played by parents and the community, and how schools can judge the progress of their health programs as they develop.

PARENTS AND FRIENDS ASSOCIATION:

The Parents and Friends meeting held on Tuesday, 17th May was well attended and there was a very fruitful discussion on language development. The guest speaker was Mr. Phil Walker, the sub-regional co-ordinator of Pathways, the current approach to developing ianguage.
Health Education will be the topic

for discussion at the next meeting to be held on Tuosday, 21st June. The guest speakers will be Mr. Ian Carter

A Letter to Tasmanians



Robin Gray, Premier of Tasmania



Peter Hodgman, Minister for the Environment

Dear fellow-Tasmanian,

Have you noticed how even the most delightful parts of our beautiful state can be spoilt by the litter of a throw-away society?

Nature is self-renewing, but she can't beat this problem without help.

That's why we have launched the **TEAM UP TO CLEAN UP TASMANIA** campaign.

Our objective is to make sure that the loveliest state in Australia is also the cleanest.

The Team so far includes students, industry, community service groups, municipal councils and the Tasmanian Government.

You're right. We're still missing the most important person. You.

You can declare your own personal litter-free zone. Or contact your local co-ordinator and work side by side with like-minded, caring Tasmanians to make our island the Cleanest State in 88.

Please join us. The Team – and Nature – really need your help.

Robin Gray, Premier of Tasmania

Peter Hodgman, Minister for the Environment



"LITTER FREE ZONES" – A Major Feature

Community groups throughout the State have responded enthusiastically to the invitation to designate a special area to be maintained as a 'Litter Free Zone'. The involvement will be widespread from Scouts, Guides, service clubs, Progress Associations and other service organisations.

- In the Southern region we have the Cascade Progress Association attempting a huge job of recovering old car bodies from bushlands around Hobart. Kingborough/Huon Rural Youth are getting into action as well.
- A number of clubs are planning a major clean-up in the Central Highlands, Lakes District, prior to their Annual Trout Fishing Competitions.
- The Derwent/Ouse and Tarraleah groups are looking after tourist attractions near Tungatina.
- Zeehan and Wynyard Lions and Apex clubs are following suit with local parks being nominated as 'Litter Free Zones'.
- Rural Youth Clubs from Devonport and Westmorland are also part of the "TEAM UP TO CLEAN UP TASMANIA" campaign with their concern being roadside clean-ups.
- In Burnie, Apex and Police Boys and Girls Clubs are 'deeply' involved cleaning the foreshore region and the Olympic Pool area.
- The East Coast will still 'shine' with the efforts of clubs like the Coles Bay Progress Association and Apex of Frederick Henry Bay.
- A clean up of a different type is visible in Bicheno, on the East Coast Scouts and Venturers are progressively removing a prolific weed known as 'bone-seed' from Whalers' Lookout.
- Community groups in St. Helens are planning a major project to coincide with the 'Blessing of the Fleet', concentrating on beaches and foreshores. There'll be a roadside clean up from Bicheno to Scamander, culminating in a Family Day Barbecue at St. Helens.

Many other organisations, too numerous to name, are doing their 'bit' with areas selected as 'Litter Free Zones'. With such active involvement, Tasmania will surely enter the Bicentennial year as the 'Cleanest State in '88'!

A CLEAN SWEEP FOR THE ROADSIDES

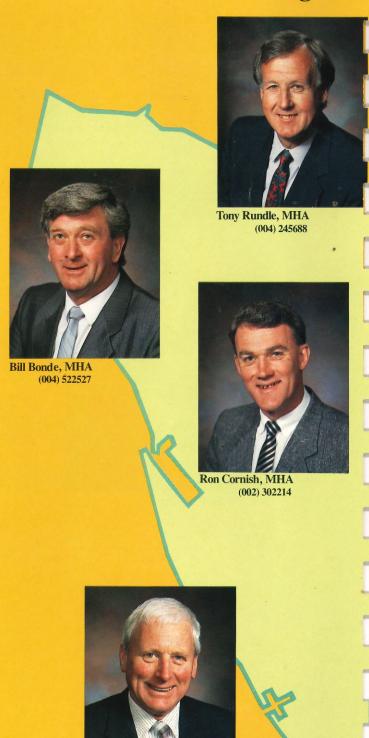
The Department of Main Road's maintenance crews are doing an excellent job to reduce litter on the State's major highways and roads leading to tourist locations.

It is hoped that their efforts will be fully supported by visitors to the State and all Tasmanians.

Signs to keep drivers aware and encouraging them to 'Do the Right Thing' will be installed at various locations throughout the State.

"TEAM UP TO CL

Your regional

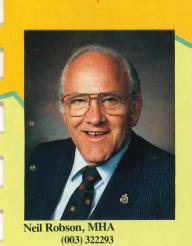


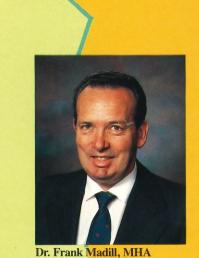
Robert Mainwaring, MHA (002) 303072

SCHOOLS INVOLVED IN 'TEAM UP'

AN UP TASMANIA!"

ordinators...





(003) 322418

aeme Page, MHA

(003) 322418



John Barker, MHA (002) 303290

Tasmania's unique litter character, the 'TASSIE LITTER CRITTER' will enlist the help of all school children in the campaign.

The 'Litter Critter' will be motivating his helpers personally to designate their own 'Litter Free Zones' and maintain them. He will tour the State presenting kits and promotional resources to assist students with their activities.

In the North, a highlight of the promotion will be an air trip to King Island schools, sponsored by 'Airlines of Tasmania' and in the South 'Litter Critter' will visit the children on Bruny Island with his message aimed at encouraging litter consciousness.

LOCAL COUNCILS – THE SUPPORTIVE NETWORK

Municipal councils statewide will support and promote the campaign.

Council will provide resources, equipment and assistance to community organisations to help with their 'Litter Free Zones' projects, and conduct clean ups of their own municipalities.

An innovative idea, initiated by the Launceston City Council, for a major clean up of the 'City Centre Block' will involve local business establishments and residents to coincide with the launch of the "TEAM UP TO CLEAN UP TASMANIA" campaign.

The Litter Control Council in Hobart is the Central Co-ordinating office.

If you are interested in participating in the campaign and need any help, please contact:

THE PROJECT CO-ORDINATOR
Department of Environment

"TEAM UP TO CLEAN UP TASMANIA"

Campaign

5th Floor Kirksway House

Kirksway Place

HOBART TAS 7000

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"VOLLEYBALL FINALS"

LADIES RESULTS.

Hot Dot 3 defeated Rockets 2.

MENS Avoca defeated Warriors 9-15, 11-15, 15-10, 15-12, 15-3 Both games were of a very high standard with both games going 5 sets. In the mens roster nerly all teams played wery evenly with Avoca fin-ishing top of the ladder Warriors, Pub Fingal & Adidas following.

Best & Fairest Count Ladies Runner up -Mary Targett " Best & Fairest -Tanya Leedham Lori Webb Most Improved -Scott Millar Mens Runner up -Mens Best & Fairest -Ian Bradbury

Thanks this season to Alan Beach for umpiring the mens grandfinal. Mike Graham & Staff St. Marys Hotel Umpires, Players, Spectators, also Stuart Vance and his team from Fingal who started later in the season and made the finals and many of the players had never played the game before, also Scott Millar in his 1st season winning Runner Up Best and Fairest.

There are still a few SUBS still to be PAID

"MENS VOLLEYBALL BEST & FAIREST COUN

I Bradbury S Millar

T Squires (A) S. Vance (F)

S Smythe (F) S Poynton 18 - R Madden

- P Midson

A Madden (W) P.McKenzie (P)
P Gibbons (P) A. Lavelle (K)
G Rivers (F) C Izard (K) 15

 (Λ)

B Lefevre - C. Cox (X) A Donker (W)

8 - D Trotter (X)

- N Stewart (A)

A Cooke (A), R
A Mitchell (P), R Tatchell (4)

G Brown (F) (F) - C Woods

R Hart (A), M Wright (W) A Thomas (W), M Mitchell (P)

(P). D Challis (P) P Pregnall

R Dowling (F), N Richardson (F) D Howe

L Dean (F), M Graham (P)

S. Gamble (K), P Barnes (X)

TEAM VOTES

89 67 (Λ) AVOCA. Warriors 74 Adidas

82 Pub Fingal

D.K.S.C.M. BARNES

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VERY REASONABLE 37 MAIN STREET ST. MARYS

PHONE 722 233 or 722 155 The Annual Meeting of the Fingal Valley Velfare Committee held in March was followed up last week by the first Committee Meeting and the members elected at the annual Meeting selected these Office Bearers:

President: Mrs. U. Camplin Sec./Treas: Mr. J. Miller

Committee:

St. Marys Joy Luck Amy Jarvis
Sally Valters

Cornwall Una Camplin Karin Glatte Ruth Saunders

Fingal Prev Mills Sutton Lowe Jack Miller

Co-opted:

Matron Lavelle, Sister Miller

At the Annual Meeting, the guest speaker, Mrs. Joan Marshall spoke on Community Welfare and guided by the members present listed the facilities we now had and then listed those that were needed. Those most urgently in need were:

HOSTEL ACCOMODATION near St. Marys Hospital for those people not sick

enough to be hospitalised and yet too frail to be left alone.

COMMUNITY BUG for all needs of sick and elderly.

APPLICATIONS FOR HOME UNITS - it was pointed out that application must be continually renewed. The Department of Housing won't build units unless they have applications in hand.

REPORTS from the Committee Chairman and the three Clubs of St. Marys, Cornwall and Fingal were read to the meeting and also reports from C.W.A. by Mrs. Kath Francis, Community Health by Sister Halloway, R.A.F.T. by Mrs. Jenny Stewart, Meals on Wheels by Mr. Bob Yates. Mr. Polley, MHA, moved the adoption of the reports commending the clubs on their lively activities which he thought were excellent in keeping the Senior Citizens of the district in good health and spirits. He suggested that those people desiring Home Unit accomodation should keep up their applications as being very important.

Entertainment was provided by Alvin Cooke, Head Teacher of Fingal Primary School and his singing and playing were very well received.

The meeting was a Public Meeting and was chaired by the Warden of The meeting was a Public Meeting and was chaired by the Marden of Fingal Municipality, Mr R. McKenzie. Those attending were: L. Mitchell, M. Oliver, K. Cooper BEM, J. & H. Napier, M. Maney, A. Jarvis BEM, J. Luck, M. Lavelle, D. Stone, F. Freeman, K. Glatte, B. Glatte, S. Salter, G. Hayes, B. Skilton, J. Skilton, M. Hardman, U. Camplin, R. Saunders, E. Speers, I. Legro, K. Francis, E. Lowe, S. Lowe, J. Stewart, H. Williams, I. Woods, J. Woods, R. Yates, R. McKenzie, J. McKenzie, D. Parker, M. Holloway, J. Marshall (L'ton), M. Polley MHA (L'ton), J. Miller.

PRECIS OF ANNUAL REPORTS.

Mrs. U. Camplin read the 21st Annual Report of the Welfare Committee. The main concern this year having care and housing for our elderly.
No new units built this year and there is a need to keep applications up as none will be built unless the Department sees the need. The Hospital, through the Health Department has granted land to build the Hostel needed for frail elderly unable to look after themselves but not Hospital cases, buttthe Federal Govt. refuses support.

She thanked the Hospital and Staff for meals delivered to frail and elderly and to all the drivers who so willingly support, and to the domicilary sisters who care so well. Thanks also to the Lions Club for their bus trip for Senior Citizens Month and for donations from raffle and bingo night through Mr Sumner. Restoration of the Meeting Room at the Old Tasmanian Fotel Civic Centre has been completed at a cost of \$6,000 from the Ricentennary Grant and is ready now for cost of \$6,400 from the Bicentennary Grant and is ready now for sporting and meeting events. Mrs Camplin said Clubs must consider electing young members of the community to their Committees as 'we are all getting older and I for one would like to stay at home at night, especially in the winter.'

Cornwall Club (Golden Years) read by Mrs U. Camplin. Meet every Thursday at Cornwall Hell. Have 16 members. Main entertainment is bowls, arrange trips away during the year.

Ct. Marys Silver Threads read by Mrs Joy Luck. Annual Club Bowls Tournament sponsored by the Lions Club was held. Street Stall put us into a good financial position. Trips away for bowls to George Town, Beaconsfield, Westbury, Deloraine and Scottsdale (winning two trophies).

Continued page 9 Continued from page 8.....

Social visits to Derby, Perth and Ravenswood. Christmas break-up was a dinner catered for by C.W.A. followed by a social evening. A valued member Kath Cooper was made a life member and then she was honoured by Her Majesty the Queen with the award of B.E.M.

Sunshine Welcome Club, Fingal prepared by Vida Legro BEM and read in her absence by Ida Legro. Average attendance at monthly meeting was 25 while actual membership is 50 financial members. Visits to Cosgrove Park and entertained by South Launceston Club and a return visit from this club was received later this year. Cup Day was made pleasurable by loan of T.V. by Rod Spilsbuty for running of the Cup. Lions Club St Marys invited members on a trip to Bicheno Bird Life Park and trip round through Swansea visit to Evansville Deer Farm through Campbell Town and home. Support was given to Examiner Winter Appeal during the year.

Community Health Report read by Sister Holloway. An increase in the number of clients visited and now doing 450 - 500 a month, this of course increases other services including Meals-on-Wheels, Linen Service, and Hospital Day Care. Sister said it was satisfying to know that the local doctors recognise our involvement with the clients and their families and are very approachable with any problems. She said it was great to see two of the oldest members of our community, Mrs Ethel Bishop and Mrs Kath Cooper have made 'Headlines'.

C.V.A. read by Mrs Kath Francis. Membership is 16. They raised money by catering and a stall, sent to Asthma Trust Fund; Childrens Holiday Camp at Ulverstone, Empty Stocking Fund, Save the Sight Appeal, Winter Relief, a local fire victim, Baby Box Appeal.

R.A.F.T. read by Jenny Stewart. Celebrated their 10th Anniversary this year. Money raised for RAFT Research and was raised by successful Flower Show, Tennis Tournament, Cribbage Evening, Morning Tea at Strathspey' and stall at Fingal Valley Festival.

Meals-on-Wheels read by R. Yates. 5 Day a week delivery totalling 4, 123 meals for the year. Meals prepared at St Marys Hospital kitchen and grateful thanks go to the staff there. Also to the many drivers who deliver the meals so efficiently to St. Marys, Fingal, Cornwall and Mangana.

WHAT'S ON CONTINUED FROM PAGE 3

STRETCH SEWING CLASSES BY JUSTKNITS

A change of date to July 9th (due to stocktaking).

Six lessons lasting 2 hours each will commence on Saturday 9th July at St. Marys District High School at 2.30 p.m.

Learn to sew windcheaters, skirts, track pants, slacks, underwear and jackets.

Lessons \$40 plus \$10 for travelling expenses.

deposit of \$20 or preferably full payment is required no later than 2nd July.

Materials available, if required, at the lessons.

For further information phone Yvonne Saunders on 722397 or Maralyn McKenzie on 722496.

CLINIC MEETING NEXT WEDNESDAY 15th JUNE 1.30 P.M. AT KATHRYN BROWN'S HOME, ST. MARYS.

SEE YOU THERE.

* * *

POST OFFICE NEWS

The St. Marys Post Office will be closed all day next Monday the 13th There will be no mail delivery and no mail sorted into the private boxes. Open for business again on Tuesday. Won't be long before our Electronic Counter Service will be in operation. This will help in the operation of our Agencies business e.g. Telecom accounts, H.E.C. accounts, Commonwealth Bank transactions etc.
Good to see the P.O. looking a million dollars again. What about the paint job and the new uniforms for the hard-working staff. Although Aust. Post is looking to the future, the old-fashioned friendly service at St. Marys will still be the same. See you at the P.O..... Postal Manager Pete.

> CATHOLIC CHURCH STREET STALL at

* * *

ST. MARYS HOTEL CORNER FRIDAY JUNE 24th 10 AM CAKES, PASTIES, HOMEMADE SWEETS VEGENARTE

By Mercury Week commencing June 9th 1986.

GEMINI May 22 - June 21

You'll find several things that have been keeping you in suspense suddenly seem to settle down. New relationships may be favourable could backfire on you. Best Days: 9, 17

CANCER June 22 - July 23

This is a very busy time for you, This is a very busy time for you, This is a good time to stay home so watch you don't make a wrong movewith your family or with people in spoiling new opportunities. Theseyou love and trust. Beware of new opportunities will affect your career. Best Days: 16, 21

LEO July 24 - August 23.

Friends made through work and your personal life will have a powerful impact on you within these next couple of days. Best Days: 10, 19

VIRGO August 24 - September 23

Now is the time to make career movesBe willing to make both domestic as superiors will be impressed with adjustments and work concessions the quality of your work. Be carefultowards the end of the fortnight. with your health within the next Don't wait for them to be forced fortnight. Best Days: 13, 22

LIBRA September 24 - October 23

You will have many excellent opportunities to achieve financial improvement during the next week. Relationships may be on rocky watersor be involving your friends or Best Days: 14, 20

SCORFIO October 24 - November 22

You will be torn in two directions this fortnight, particularly where money matters or work is concerned. Your new relationship will be blooming. Best Days: 11, 18

SATITTARIUS November 23 - December 21

This isn't the time to invite danger or to play games with other peoples' emotions. High jinks Best Days: 12, 15

CIFRICORN Lecember 22 - Jan. 20

colds and flus lurking about. Be t Days: 9, 21

1201RIUS January 21 - Feb. 19 This busy feeling will pervade all sectors of life, so work is likely to be action packed. It will be easy to argue with others just now. Best Days: 13, 17

PISCES February 20 - March 20

Don't wait for them to be forced on you or you could begin to feel resentful. Best Days: 10, 16

ARIES March 21 - April 20

You may either be making plans to team up with others in business partners in some type of business. Best Days: 14,19,

TAURUS April 21 - may 21

You might receive a delightful message from a person you haven't seen for a many of years. Love is the meaning of the message. Best Days: 11, 18

ST MARYS Phone BUTCHERY 722 274

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