

# THE VALLEY AND EAST COAST VOICE

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PRICE 30C

EST. 1968

## EXERCISE

## AND

## THE

## ELDERLY

Largely due to improved public health conditions, more people live longer than ever before. But these additional years of life need not necessarily mean poor years which are restricted by health.

The mature years can be a time of enjoyment and physical activity, albeit at a reduced pace. Many elderly people have taken up jogging, dancing, swimming and cycling.

A general lack of activity may cause several problems, such as: Overweight or excess flabbiness, increasing loss of independence, less able to do simple things for yourself, for example tying your shoes. Restricted mobility and stiffness in the joints and muscles, fatigue, poor sleep habits and loss of appetite.

Before beginning an exercise programme, it is advisable to consult your doctor for a check-up.

If you have been generally inactive for a long period of time, or are 7kg or more overweight or have any medical condition, past or present which may affect your present participation in an exercise programme or you are in any doubt at all about your health, see your doctor first.

More gentle activity will help you enjoy better health, you will have an increased ability to cope with everyday demands, you will have greater mobility, vitality, independence. You will have more opportunities for meeting and gaining new friends by getting out and about more, and will have increased strength and endurance.

There is a simple test you can do to test your level of fitness. This involves a walk around a measured  $1\frac{1}{2}$  mile distance. The aim is to comfortably complete the distance and record the time it takes.

You should be able to complete the  $1\frac{1}{2}$  miles without getting too much out of breath or unduly fatigued. While you are walking you should be able to comfortably carry on a conversation with a friend. This is the talk test.

If you cannot walk  $1\frac{1}{2}$  miles and complete the distance comfortably, make this your personal goal.

Due to inactivity, many people have reduced their food intake to such an extent that further restriction of diet in order to lose weight may result in inadequate nutrition in the elderly, and therefore dangerous.

In this instance, exercise is the only safe way to lose weight, and walking is generally the best and most suitable form of exercise.

Exercise also has the added advantage of contributing to better general health. Callisthenic exercise done regularly can improve your strength, mobility and muscle tone or muscular endurance.

There are a wide range of exercises that you can do, but remember, choose only those which are suitable to your age and ability.

Whatever exercise you do, do it at your own pace. It should feel moderately hard, but not difficult.

Make a plan for the next two weeks. Be realistic about what you plan for yourself. Congratulate yourself when you have stuck to your plan. If you haven't been able to stick to all or part of a planned programme don't worry. It doesn't mean you have failed. Think about what went wrong and allow for this next time or try again with a revised plan.

Try to take your planned exercise with a friend or friends, you will enjoy each other's company and will be able to encourage each other.

If you are not walking on a busy road you can afford to let your thoughts wander a little and don't forget to enjoy the scenery.

Finally, remember to wear comfortable clothing and the appropriate shoes for walking or exercising.

Remember, you can trade in that car you have been riding about in, but your body has to last a lifetime. Exercise for good health and make your body last the longest "lifetime" possible.



# CLASSIFIEDS

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We have a new range of outdoor  
Shrubs, seedlings, herbs  
and seeds.

Just arrived and while you  
are there have a look inside  
for that special Xmas gift.

OPEN MON - FRI 9.30 - 4.30  
and SAT MORNING 9.30 - 12.30

GARAGE SALE: Saturday 11th,  
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Brett Maneys, Cornwall.

6ft glass top coffee table as new  
\$50.00. Pressure cooker - never  
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## SCOTTS ST.MARYS NEWSAGENCY

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are unable to browse through our  
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ONLY SIX WEEKS  
TO GO HO!HO!HO!

## TIM FOWLER OPTOMETRIST

VISITS

ST.MARYS DISTRICT HOSPITAL

REGULARLY

FOR APPOINTMENTS

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## RANSLEYS APPLIANCE SERVICES

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# WHAT'S ON

## ST. MARYS TENNIS CLUB FUN DAY

Saturday, 25th November. Commencing at 9.00am. Draw partners. Entry Fee: \$5 per person (includes lunch).

Names to be left on list at club rooms or at Health and Beauty by Friday, 24th November.

ANGLICAN CHURCH FAIR: St. Marys R.S.L. Hall.

Friday Nov. 17th 10.30am - 2.30pm. Variety Stalls. Donations: Cake produce etc. most appreciated.

The St. Mary's R.S.L. Sub Branch will be holding the Armistice Day service at the cenotaph at 11AM on Saturday 11th, November.

All R.S.L. Members are requested to attend this service and also the R.S.L. Womans auxiliary are requested to attend.

The public are also welcome to attend this service.

Saturday night November 11th the R.S.L. annual dinner will be held in the R.S.L. rooms 6.30 for 7.30.

All members are requested to attend this dinner, and other R.S.L. Sub Branches are welcome to attend.

Jack McGee

HON SECRETARY.

STREET STALL in aid of Catholic Church.

24th November. Hotel Verandah. 10AM.

The Falmouth-Scamander Anglican Ladies wish to thank all those who helped in any way with the morning tea (mini fair).

Total raised \$807.

Jean Schier.

CHRISTMAS CAROLS: Community Carol

Night will be held in the Fingal

Town Hall on Dec. 19th, 7.45pm.

All welcome.

More details later.

## B & J. A. SPILSBURY

B.P. SERVICE STATION

37 Main Street,

ST. MARYS

FOR.....

PETROL, OILS, LUBES, TYRES  
AND TUBES, SEWERAGE PIPES AND  
PLUMBING FITTINGS, POLY-PIPE,  
BRASS FITTINGS, COPPER PIPE,  
CLEANERS AND GLUES.

CALL AND SEE BRUCE OR PHONE:

722 233 OR 722 155.

BROWNIE RAFFLE - Drawn by Mrs M. Mitchell, President.

1st Prize: Judine Lynch, St. Marys

2nd Prize: Heather Lodge, St. Marys

3rd Prize: W. Miller, Fingal.

We apologize for the delay in drawing the raffle but not all the books were back by the due date.

## CLOSING OF COUNTRY SCHOOLS

Max Burr, Members for Lyons.

The Field Government's rationale for closing country schools is absolute rubbish according to Lyons M.H.R. Mr. Max Burr.

"There is no evidence to show that students attending smaller country schools are at any educational disadvantage.

Many students from country areas continue to university level and are able to compete quite successfully with other students.

For Mr. Patmore to claim that country students will be better off by attending a larger school shows an unfortunate lack of understanding of education in country areas.

"The trauma of travelling much greater distances to school will be a much greater disadvantage.

The Government cannot even claim economic reasons for closing

schools, Mr. Burr said. CONT. PAGE 7

## BLACK GOLD BOUTIQUE

ST. MARYS  
722 441

BICHENO  
751 443

LOVELY LINGERIE -

IDEAL FOR XMAS LAY-BYS.

WE NOW HAVE PANTS, FROCKS, SKIRTS, BLOUSES FROM SIZES  
16-20.

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

Worship Service  
Scamander 8.00am 2nd & 4th Sunday  
Fingal 9.30am every Sunday  
St Marys 11.00am every Sunday  
St Helens 7.00pm every Sunday  
10.30am 2nd Sunday  
Rossarden 7.00pm 3rd Tuesday

Sunday School  
Scamander 9.30am (except for 2nd Sunday when 8am FS)  
  
Fingal 9.30am  
St Marys 9.45am (with Salvation Army)  
St Helens 3.30pm Mondays KUCA Club

ALL WELCOME  
Rev Alan Renton - Phone 725 139

THE ANGLICAN PARISH OF ST HELENS

St Pauls Church  
8.00am )  
9.30am ) every Sunday  
7.00pm )

Sunday School  
3.00pm Mondays

Pyengana  
11.00am 2nd 4th Sundays

Falmouth  
9.30am 1st 3rd Sundays

THE ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday November 12  
8.45am Fingal  
10.45am St Marys  
10.45am Avoca  
3.00pm Cornwall

Sunday November 19  
8.45am Fingal  
10.45am St Marys  
3.00pm Mangana  
6.00pm Avoca

Rev David Le Rossignol  
Fingal 742 113

SALVATION ARMY

Sunday School  
9.45am Salvation Army - St Marys  
  
Church Service  
11.00am 1st & 3rd Sunday St Marys  
2.15pm 2nd & 4th Sunday " "  
2.15pm 5th Sunday - Cottage Service

Womens Meeting  
11.00am Tuesday - An hour of Fellowship for all women

ENVOY & MRS BETTS Sunnybanks  
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CATHOLIC PARISH OF ST MARYS

FIRST SUNDAY OF THE MONTH  
St Helens Sat. Vigil 6.00pm  
St Marys Sunday Mass 9.00am  
Fingal Sunday Mass 10.30am  
Bicheno Sunday Mass 4.00pm

SECOND SUNDAY OF THE MONTH  
St Helens Sat. Vigil 6.00pm  
St Marys Sunday Mass 9.00am  
Fingal Sunday Mass 10.30am  
Bicheno Sunday Mass 4.00pm

THIRD SUNDAY OF THE MONTH  
St Helens Sat. Vigil 6.00pm  
St Marys Sunday Mass 9.00am  
Mangana Sunday Mass 10.30am  
Bicheno Sunday Mass 4.00pm

FOURTH SUNDAY OF THE MONTH  
St Helens Sat. Vigil 6.00pm  
St Marys Sunday Mass 9.00am  
Bicheno Sunday Mass 4.00pm  
Swansea Sunday Mass 6.00pm

FIFTH SUNDAY OF THE MONTH  
St Helens Vigil Mass 6.00pm  
St Marys Sunday Mass 9.00am  
Fingal Sunday Mass 10.30am  
Bicheno Sunday Mass 4.00pm

SEVETH DAY ADVENTIST

Hodgman Street, Scamander  
Sabbath School 10.00am  
Divine Service 11.00am

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# SPORTS

## ST MARYS GOLF NOTES by Tee Up

Well! never in the existence of the St Marys Club have we seen such a "nail biting" finish as in the Members 72 Hole Championships. With a wonderful gallery and the two leaders level coming into the 72nd hole it was anyone's game.

Craig Mitchell was only once behind Andrew Wright. All credit must be given Andrew - who at one stage was 5 strokes behind - he made this up and then proceeded to get 3 strokes up on Craig - Craig being the "fighter" he pegged Andrew back to come home on the last hole level. Both putts were not easy - but Andrew had the better angle on the green and after Craig failed to hole his, left Andrew to putt his or go into a play off. Fortunately Andrew putted his ball and all congratulations go to Andrew and Craig must not be left out. He gave us some good entertainment, our congratulations for him for winning the A Grade 72 Hole Handicap. We also congratulate the B Grade Scratch man in John Miles with S Davis the Handicap also the C Grade to N Waldron as well as the Handicap. What two wonderful weekends of good golf and with the main event over - our green keeper Rodney with helpers, are coring the greens so there will be an absence of scores this last Saturday. The full scores of the Club Championship are as follows:-

### Competition Day 2

S Davis (20) 56

J Miles (16) 62

I Hardwicke (26) 62

Nearest Pin 4th S Davis

" " 7th S Cooke

" " 8th K B Watson

### After 36 holes A Grade Scratch

C Mitchell 142 D Berwick 147

K Howe 148 D Murfet 148

R Ridgers 149

### Handicap A Grade

C Mitchell (16) 126

D Murfet (20) 128

J Newman (20) 133

### B Grade Scratch

S Davis 155 J Miles 157

N Cumming 163

### Handicap

S Davis (40) 115

J Miles (32) 125

### C Grade Scratch

P Wines 179 N Waldron 179

F Furlow 186 I Hardwicke 189

# BREAK O'DAY

MILK BAR & TAKE-A-WAY

WE ARE

"THE MILK BAR WITH "THE LOT"

TAKE-A-WAYS INCLUDING DELICIOUS HAMBURGERS, SEASONED BARBECUED CHICKENS, GROCERIES, HOT AND COLD DRINKS, CONFECTIONERY, VIDEO HIRE, FILMS, BATTERIES, FISHING BAIT, CALTEX PETROL

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WELCOMES YOU TO THE:

BREAK-O-DAY MILK BAR

MAIN ST., ST.MARYS. PH: 722222

U.H.F. TAM 396 CHN 6

### Handicap

J. Furlow (52) 134 P.Wines (44) 13

N. Waldron (44) 135.

### Final Day Competition

J. Miles (4) 59 S Dawson (7) 64

C. Mitchell (8) 65 N.Cumming (15)

65 R.McGiveron (10) 65

### Nearest Pin

1st C. Mitchell

2nd J. Miles

5th D. Cannon, 7th R. McGiveron

### Final 72 Holes

#### A Grade Scratch

A. Wright 289

C. Mitchell 290

K. Howe 297

S. Dawson 301

#### Handicap A Grade

C. Mitchell (32) 258

A. Wright (24) 265

D. Murfet (40) 265

#### B Grade Scratch

J. Miles 311, S. Davis 323

N. Cumming 326

#### Handicap

S. Davis (80) 243, J. Miles (64)

247, N. Cumming (64) 262.

#### C Grade Scratch

N. Waldron 352, P.Wines 353

J. Furlow 386.

#### Handicap

N. Waldron (88) 264, P.Wines (88)

265, J. Furlow (104) 282

Our congratulations to John Newman for being Junior champion with the excellent score of 318 to be Junior "Champs" for 1989-90.

CONT. ON PAGE 7

# ST. MARYS DISTRICT HIGH SCHOOL

## ATHLETICS CARNIVAL RESULTS

They say third time lucky. This was the case with the recent St. Marys School Athletic Carnival. On the third attempt we managed to conclude most events.

The weather however, did not detract from the many good performances.

### AGE CHAMPIONS:

BOYS TRACK-U 9	Murray Louis
U10	Scott Mason
U11	Jonathon Peake
U12	Giles Clement
U13	Daniel Lehner
U14	Jay Cruse
U15	Geoffrey Hendley
Open	Robin Youd
FIELD U13	Peter Cook
U14	Michael Gamble
U15	Gilbert Scales
Open	Robin Youd
GIRLS TRACK U 9	Becka Andrews
U10	Andrea McDonald
U11	Angela Gamble
U12	Claire Loane
U13	Richelle Greenwood
U14	Kylie Freeman
U15	Emma Clement
Open	Karen Squires
FIELD U13	Kristy Lynch
U14	Kylie Freeman
U15	Amanda Pyke
Open	Karen Squires

Several individual records were broken or equalled on the day despite the inclement weather. These were:

Girls U13 High Jump equalled by A. Gamble.

Girls U15 Shot Put broken by two students - Lori Webb and the eventual winner Amanda Pyke.

What was probably the most outstanding performance of the day was run by Emma Clement who broke the girls U15 800m record and also won all the track events in her age group.

From the Carnival a very strong team has been selected to participate at the annual Inter High Carnival to be held in Launceston on Tuesday, 14th November.

Many good performances are expected as the students have been training very well for this event.

Good luck to all!!

## LIONS STUDENT SPEAKING COMPETITION

Congratulations to two of our Grade 9 students who achieved success in the annual Lions Student Speaking Competition held at Scottsdale High School yesterday.

Emma Clement representing the Lions Club of St. Marys and Douglas Wardlaw representing the Bicheno Club, gained 3rd and 4th places respectively.

Each student presented a five minute prepared talk on a topic of their choice and an impromptu two minute talk on one of two topics.

The competition was won by Phoebe Carey, a Scottsdale High School student representing the North East Lions Club.

## PARENT CHILD SESSIONS

During 1990, a parent child session will be held weekly in the kindergarten. This enables parents to come along with their child to enjoy a program together. The program is designed to:

- enable children to mix with children of their own age group, and adults.

- introduce children to the kindergarten environment.

- develop new skills through play.

Those children who will be eligible for kindergarten in 1991 are invited to attend. Turn 3 by 1st January, 1990.

Could you please let us know if you would be interested in attending with your child and we will let you know of the arrangements.

Cheryl McFadzean,  
Senior Teacher, Infant.

## SOME IMPORTANT DATES: November

Tues 14th	- Inter High Athletics
Thur 16th	- Grade 11/12 Dinner
Fri 17th	- HSC Annex Open Day
Tues 21st	- Parents & Friends Meeting
Thur 23rd	- Leavers Dinner
Fri 24th	- Gr. 10 students leave
Mon 27th	- Teacher Retraining Day (Secondary only)

SPORT CONT. FROM PAGE 5

ST.MARYS CRICKET CLUB. After losing the first three games of the season in close finishes, things are gradually starting to come together. We recorded our first win for season '89-'90 against St.Helens on Saturday.

A brilliant partnership of 153 runs between former State under-age representative Scott Grant and the club stalwart Glen McDonald saw St.Marys reach a match winning total of 4/210 off 50 overs. Coming together with the score at a precarious 3/36, the pair set about rebuilding the innings before taking the attack to the bowlers. The one hundred partnership came up in 27 overs but the next fifty took only seven overs. Grant finished with 88 and the evergreen McDonald ended the day on 81 not out.

The total proved too much for St. Helens who were bowled out for 143 in just 41 overs. Graeme Chapple scored a typically hard hitting 61 but apart from D. Richards (22) he had little support. For St.Marys, Williams, Nehls and McDonald each took two wickets.

The team travels to Bridport this week. The bus will leave St.Marys at 8.15am and we would like to see some supporters as well as team members make the trip.

One Short.

GOLF NOTES CONTINUED.....Michail Polley Trophy Winners

Andrew Wright 141 A Grade  
John Miles 154 B Grade  
N. Waldron 173 C Grade

The Veterans Day played at Bicheno with good fields is still attracting more and more to these very enjoyable days by our veterans.

StablefordA Grade

P. Healy 45pts. R/U S Beechy 42pts

B Grade

D. Ellis 38pts. R/U G.King 31pts

C Grade

B. Turner 40pts. R/S C.Dickworth 35

1st Nine Holes

S.Beechy 21pts.

2nd Nine Holes

W. Coleman 19pts.

Visitors

G. Little 42pts. R/U G.Baker 40pts

Nearest Pin

Veterans B.Turner, Visitor W.Geeves

Next Veterans Day

10.30 start Ben Lomond  
23rd November, 1989.

The associates have had their Annual Meeting and brought to a close all the competitions held over the 1989 season.

May Cook with 5 trophies and Colleen McGee also with 5 were the recipients of most of the trophies. May received The Eagles - Birdies, Eclectic Gross and shared Gross Foursome with L. Burness, and the Gobblers. Colleen wed. consistency monthly Brooch - L.G.U. Bowl - Runner Up Hdcp Foursome and Special Hdcp Foursome with A. Wines. Idie Francis Runner Up C Grade C/S. Idie Francis Runner Up Gross Special Foursome. Eclectic Hdcp S. Oliver. Runner Up B Grade Y. Davern.

Office bearers for Associates.

President	Mary King
V. President	Idie Francis
Secretary	Kath Wright
Treasurer	Sandra Oliver
Captain	May Cook
V. Captain	C. McGee
Committee	K. Blair

It was decided to play summer golf and that a cup be the trophy for this special event - Benevolent Day this 1990 season for the St. Marys Ambulance Fund. Committee to hold positions for 2yrs and Pennant to be played this year if other Clubs so desire. Mrs. McGee gave posies to all committee and visitors and thanked everybody for the help given during her term of office.

CONT. FROM PAGE 3.....

"The Gray Government maintained all of the existing schools.

However, when Mr. Field came to office he received a special package of \$50 million from the Commonwealth to help with the State's economic problems.

It seems the real reasons for closing country schools have not been disclosed.

Mr. Patmore should now admit that he is wrong, and be guided by the country residents who have a far better understanding of their needs, Mr. Burr said.

FOUR MILE CREEK RATEPAYERS ASSOC.

MEETING AND WORKING BEE 5/11/89.

Prior to the above meeting the executive of the association met with the Council Clerk, works foreman and 3 Ward Councillors on site at 4 Mile Creek on Friday 27th Oct. '89.

Matters discussed were raised at the A.G.M. on the 2nd Sept '89 included:

- 1) Closure of the 4 Mile Creek Bridge.
- 2) Boat Launching access.
- 3) Maintenance of the public open space.
- 4) Sign posting of public open space (No Camping Day Use Only).
- 5) Street drainage problems.
- 6) Sealing or oiling of road in front of dwellings North and South of the 4 Mile Creek Bridge.
- 7) Installation of speed humps.

1: The bridge has now been closed and the ratepayers Association would like to thank Council for their efforts in seeing the matter finalised.

2: Council has agreed to supply plant for the boat ramp construction and Bruce Nailer will be responsible for co-ordinating the construction with labour supplied by Ratepayers Assoc. working bees.

3: Maintenance of the Public Open Space was carried out by the working bee held on Sunday 5th April '89. It was a great site with approx. 30 people taking part, 12+ lawn mowers, 6 whipper snippers and others collecting rocks and rubbish.

4: A sign has been posted declaring "No Camping" "Day Use Only", with the support of council.

Matters 5-7 will be discussed by Council and costed in the near future.

I would like to personally thank Council including Allan Crocket, works supervisor Wayne Rice, Councillors Stephen Salter, Robert Legge and Kevin Faulkner for attending the meeting on Friday 27th Oct. '89 and assisting with the on going progress and betterment of the 4 Mile Creek area.

Matters outstanding with the Ratepayers Association include:

- a) Provision of a camping reserve at McIntyres Beach.

The previous Liberal Govt. gave a commitment to establish a camping reserve in this area. Recent correspondence has indicated support from the Premier Mr. Field, Deputy Premier Mr. Patmore and Speaker Mr. Polley. Meetings have

recently been held with Lands Dept. Reps. and it is hoped that this matter will be resolved in the near future. I would like to thank Mr. Bob Gordon for his effort and assistance in helping to resolve this matter.

b) Development of Public Open Space 4 Mile Creek. The Dept. of Sport and Recreation will shortly be approached to do a feasibility study for the above area.

I would like to thank council for their support and also everyone involved in the clean up of the Public Open Space.

W. J. Manning  
PRESIDENT.

PROPOSED FALMOUTH SUBDIVISION

On Sunday 5th November a Public Meeting was held at the Falmouth Community Centre to discuss a proposal by Hobart based Land Developers "Parland Pty. Ltd." to subdivide an area of coastal land on the Southern Falmouth township boundary.

The proposal is to subdivide the land into approximately seventy small building blocks and residents have voiced considerable concern that such a proposal, which would in effect double the size of the existing township, would be totally out of keeping with the existing social and environmental harmony of the area.

A group of over fifty land owners and concerned citizens formed the Falmouth Ratepayers Association with the immediate specific intention of voicing strong opposition to the proposal and a petition to this effect was duly signed by all those present and forwarded to the Fingal Council. Many residents and shack owners who could not attend the meeting sent letters of objection to be used as further evidence that such a proposal should not be allowed to proceed.

The meeting also gave its intention to support the Four Mile Creek Ratepayers Association's bid to gain Government approval of the Beach Reserve from Four Mile Creek to McIntyres Beach.

(Falmouth Rate Payer's)





FRY NOW - PAY LATER

Tasmanians who think that because of this State's mild climate it is safe to be out in the midday sun without protection, are mistaken.

While there is a latitudinal gradient for the incidence of skin cancer, the incidence of skin cancer in Tasmania has doubled in the last 10 years while the incidence rate for other common cancers has either remained stable or has only increased marginally.

The current attention to ozone depletion serves to accentuate the dangers. Ozone concentrations over Melbourne in October 1987 were the lowest on record.

If ozone depletion continues, a 1pc depletion will cause a 2pc increase in UV radiation reaching the earth's surface and an estimated 3 to 6 pc increase in the incidence of skin cancers if precautionary measures are not taken to protect the skin from these harmful rays.

The primary cause of skin cancer is over exposure of unprotected skin to UV radiation.

Medical research has shown that the basic damage is done in the 0-20 years age group. It is during these years that the majority of people spend a significant proportion of their leisure time pursuing outdoor activities. It is the teenage population that still considers a tan as necessary for peer group acceptance.

It is of importance to the community that the skin cancer facts and figures be presented to all groups involved with young people with an educational programme aimed at enlightening students, teachers and parents on the skin cancer facts.

Natural protection from the sun's harmful rays is the best protection and schools are encouraged to provide shade during lunch hour when the sun's rays are most harmful. Many schools are introducing recommended shade hats as part of school uniform and for sporting events, bulk purchase of factor 15+ sunscreen are being made available so that students can be adequately provided for if they have forgotten to protect themselves. A lot of carnivals and excursions take place during the most dangerous part of the day at venues such as unshaded ovals, sun exposed beaches and unshaded swimming pools.

## GARAGE SALE

SATURDAY 11 NOVEMBER  
COMMENCING 10.00AM

Furniture  
Electrical Goods  
Records  
Kitchen Items  
100's books  
Many other Items

19 Newman Street St Marys

More than 60 schools around the State have availed themselves of the Tasmanian Cancer Committee's services. Guest speakers have addressed students, teacher and parent groups offering advice and practical assistance.

National Skin Cancer Awareness Week begins on November 26. Every State in Australia is concentrating on its educational programme so that the "Shade is Best" message can reach the target audience of 0-20 year olds and their carers.

The aim of the week is to highlight ongoing programmes while increasing the awareness of the "Fry Now - Pay Later" principle - a new slogan designed for 1989, to make people aware that a tanned youth may cost permanent skin damage and possible skin cancer later on. Skin cancer invariably reveals itself long after the damage has been done.

## NEW LOOK SALON


"CHERISH YOUR HAIR  
WITH PROFESSIONAL CARE"  
AT

## NEW LOOK SALON

Now that Spring is here there is nothing better for your hair than a Body Wave to control and keep your hair easy to manage.

Ask Sandra about her range of Body Waves, there is one to suit your hair type.

Phone 722 260



Seasons

Greetings



O COME YE

O COME YE

O COME YE

to

Christmas in St. Marys

Preparations are under way

for a

Jolly Christmas Celebration

to be held in

the streets of

St. Marys.

Attractions will be many and varied

All are welcome

We look forward to seeing you

LIONS CLUB AND TRADERS OF ST. MARYS



EAST COAST GLASS

- ★ SHOWER SCREENS
- ★ SECURITY DOORS
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MEALS ON WHEELS

NOVEMBER	ST.MARYS	FINGAL	MANGANA	MATHINNA
Sun 12th	K. Cook	A. Oliver	A. Oliver	K. Turner
Mon 13th	Miss Thorald	S. Parker	S. Parker	T. Baker
Tue 14th	H. Napier	J. Hall	J. Hall	M. Ellis
Wed 15th	A. Greenwood	B. Johnstone		C. Webb
Thur 16th	R. Gatty	I. Francis	I. Francis	I. Hardman
Sun 19th	B. Glatte	C. McFadzean	N. Ward	K. Turner
Mon 20th	B. Crawford	S. Lowe	L. Walters	T. Baker
Tues 21st	P. Berwick	V. Woods	V. Woods	M. Ellis
Wed 22nd	J. Stewart	J. Woods		C. Webb
Thur 23rd	A. Faulkner	J. Lowe	J. Miller	I. Hardman

# STARDUST

Week commencing November 9th, 1989.

## SCORPIO October 24 - November 22

This week will begin with a lovely romantic or social interlude. A plan you are in two minds about will slowly move forwards.  
Best Days: 12, 22.

## SAGITTARIUS November 23 - Dec. 22

Flirtations are enjoyable and your popularity flattering but relations struck now are not of lasting importance. March to the beat of your own drum with a new creative project.  
Best Days: 10, 20.

## CAPRICORN December 23 - January 20

Changes at home may be difficult - not because of opposition or disagreements, but a lack of interest or motivation. Reassure yourself and others of the benefit of what you are doing.  
Best Days: 11, 18.

## AQUARIUS January 21 - February 19

People near and far will be in contact with you. Plus you will formulate plans that will stretch into the distant future.  
Best Days: 9, 21.

## PISCES February 20 - March 20

You have more money than usual but may not have sufficient reasons to handle it carefully or save it. Friends have good intentions but are a bad influence on you.  
Best Days: 15, 22.

## ARIES March 21 - April 20

You are ablaze with new ideas and plans, but it is hard to get them moving this week. The momentum tends to fizzle out despite your own enthusiasm.  
Best Days: 11, 19.

## TAURUS April 21 - May 21

Look at future trends and priorities and reassess your goals. Complete unfinished work, but you may have to discard some things, that despite your best efforts, are not working.  
Best Days: 10, 16.

## GEMINI May 22 - June 21

You are popular and the opposite sex is particularly attracted to you this week. But avoid making a decision about a relationship that has been going through a stale patch.  
Best Days: 13, 21.

## CANCER June 22 - July 23

This week may find you having to make an important decision over a certain relationship, but you should come up with the right one.  
Best Days: 12, 20.

## LEO July 24 - August 23

Try to enjoy your popularity now and meet lots of new people. Don't become obsessed by someone of the opposite sex who is really not that interested in you.  
Best Days: 17, 19.

## VIRGO August 24 - September 23

Don't try too hard in a close relationship. Otherwise you may feel resentful that you are making all the effort and getting nowhere.  
Best Days: 14, 17.

## LIBRA September 24 - October 23

Romantic commitment tempts you in the coming week but is unlikely to go the distance. Relationships with relatives, neighbours and close friends are stimulating and sociable now.  
Best Days: 15, 18.

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