

THE VALLEY AND EAST COAST VOICE

VOL. 22 NO. 22

APRIL 13, 1990

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EST. 1968

ANZAC

With the month of April upon us, it is the time that we honour those who defended our country during the last two wars.

Many family and friends attend the Anzac Day services, while others prefer to spend the day quietly at home, remembering their loved ones.

I was only a child when the war ended in 1945, but I can recall being on a Hobart tram when people started singing "Waltzing Matilda". I also remember my mother had two newspaper photos which were framed, standing on our lounge room mantelpiece. I believe they were Airforce pilots who died while in action. Their names, if my memory serves me right, were Holmes and Butler.

Without realising the seriousness of it, I was always fascinated by the number of people in different uniforms. Hobart was often a port of call for servicemen on leave so every second person was wearing a uniform of some kind.

Can we have a few other letters under the title of "Lest WE Forget" recalling memories of those days?

P. Rubenach, Fingal.

ROLL OF HONOUR

Those who answered the Empires Call to Arms 1914 - 1918

Pte Harry Malkin (killed in France) youngest son of Mr. G. Malkin, Avoca.
Corporal H.R. Stanley (killed in action) eldest son of Mr. Henry Stanley of St.Pauls, Avoca. Left Tasmania with one of the first contingents, went through Gallipoli campaign, was married in England before proceeding to France.
Harold Shelton (taken prisoner of war) died from wounds in Constantinople, Turkey. Second son of the late Mr. Charles Shelton, Avoca.
Leonard C. Shelton (wounded and gassed) eldest son of the late Mr. Charles Shelton, Avoca.
Herbert Edgar Shelton (third son of the late Mr. Charles Shelton, Avoca. Severely wounded, but returned home. Was only seventeen when he enlisted. Died in the early 1980's.
Pte. J. Badkin, Avoca.
Major M.C.W. Boucher 1939-45 Dec'd
Sgt L.McGee V.C. Died 1915.

Guy Rubenach (prisoner on the Burma Railway) now deceased.

Edward Madden (Ted) St.Marys 1914-19

John Madden (Jack) St.Marys

Walter Scales Snr, Cornwall

H.G.Nolan, St.Marys

H.Homan, Fingal

A.E. Maney, St.Marys

W.G.Toombs, Cornwall

E.C. Strochnetter, St.Marys

A.Treweek, Mathinna

J.McCarthy, Avoca

S.Badkin, Avoca

V.R.Bradbury, Cornwall

F.Freeman, Avoca

L.F.Gatty, St.Marys

A.J.Britton, Cornwall

G.Featonby, Mathinna

Claud E. Dennis, late of Benham,

Avoca. Went through the Gallipoli campaign.

These are only a few of the names that we remember on April 25th

LEST

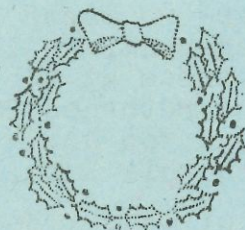
WE

FORGET

(These names have been collected from historical records, and any error and omission is purely unintentional.)

Compliments of the Fingal Historical Society. P.Rubenach, Fingal

Children! Don't forget that after the 11am Anzac Day Service, there will be a Tug-o-War, Treasure Hunt, and luncheon for Mums, Dads and Children at a cost of \$2.00 per person. See inside this issue for more details. Come along to the Service to remember those who served their country in all the wars, and then join in the fun.



CLASSIFIEDS

REDLINE COACHES.....Deliver this paper quickly and efficiently, Statewide passenger and parcel service. Phone 722 445

FOR SALE.....1 Dinner Suit very good order Size 42 \$90 or n.o. Phone 742196 Fingal.

PEAKES BUS SERVICE..ST.Marys..... BICHENO...SWANSEA..PASSENGERS.... parcels and papers. Ph. 722 390

WANTED TO BUY.....Old pottery signed John Campbell or McHugh Collector Phone 722 339

WANTED...House to rent Phone 722 593.

TOTAL CARE HOME AND OFFICE CLEANING SERVICE..... Specialists in carpet care Deep cleaning only \$10 per square (10'x10')

Deep cleaning, Hand treatment of marks and stains, Shampooing, Final clean and buffing \$20 per square (10'x10')

Contact: Leon Cohen, Baker Street Rossarden. 7213 Phone 85 2192

TOTAL CARE HOME & OFFICE CLEANING SERVICE

Contact: Leon Cohen, Baker Street Rossarden. 7213 Phone 85 2192.

Who was the tennis lady who run out of petrol in the main street?

SCOTTS ST MARYS NEWSAGENCY

CLOSED GOOD FRIDAY

Please Note- Redline Coach Bus Time Table in Shop window.

Tattsлото returns on Saturday

7EX Record Bar- no tapes available from new management. Allens.

All existing tapes at the news-agency will be returned 20th April If you have one "on hold" collect before this date.

MILK available: Thurs, Sat, Sun and Mon.

BREAD available: Thurs, Sun, and Monday.

B&J.A.SPILSBURY

B.P. SERVICE STATION
37 MAIN STREET
ST.MARYS 7215.

FOR...PETROL, OILS, LUBES, TYPES 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

IAN HOLLINGWORTH

REGISTERED DENTAL MECHANIC

WILL BE VISITING ST.MARYS

ON FRIDAY 20th APRIL.

10.00am-2pm.
see page 7

SC MINDER BE CH HOTEL.....

ART DISPLAY BY LEO COOKE David Ellwellyn M.H.... will be in attendance. 29th April 2pm-5pm Proceeds to East Coast Kart Club ALL WELCOME.....

FOR SALE.....Tandem trailer 8ft x 6ft Excellent condition. Reg to 10month 1990. Easily converts to 10ft - 10ft for car carrier \$1,200 o.n.o. C.Phillips, St.Marys Phone 72 2485

RICHARDS HOME FURNISHERS

CHOOSE FROM OUR EXTENSIVE RANGE OF HOME FURNISHINGS.....

Offering you a great selection of floor coverings, soft furnishings and fine furniture at very affordable prices.

WARMING UP FOR WINTER

We also have in stock electric blankets, Sherpa blankets, lambswool and woollen underlays for those cold nights, also mattresses.

CALL IN AND SEE OUR GREAT RANGE AT RICHARDS HOME FURNISHINGS PTY LTD. 67 Cecilia Street, St.Helens. Phone (003) 761 147.

WHAT'S ON

HOSPITAL FAIR

The St. Marys Hospital Auxiliary raised \$3000 from its fair at St. Marys on Friday and functions at Scamander and Falmouth.

The proceeds will go towards the purchase of an \$8800 electric cardiograph machine.

The fair was opened by Mr Shaw, MLC, who paid tribute to the late Mrs Amy Jarvis, a foundation member with the auxiliary committee when it was founded in 1928.

RAFFLE WINNERS

1st Prize F.J. Turner Mathinna
2nd Prize R.B. Saunders Fingal
3rd Prize C.Early St. Helens
4th Prize Roma Oliver Scamander
Thanks to all who helped with stalls, donations and morning teas etc.

WANTED..The St. Marys District Hospital Aux. would like to know if any persons have unwanted cassette players that they would like to donate to the Hospital for patient comfort.
Please contact Wendy Aulich
Phone 722283 or S.M.D.H.

ANZAC DAY SERVICE'S....

Dawn Service will be held at 6am conducted by Fr Paul Connolly and Selby Targett will sound the bugle for both services.

The Ladies Auxiliary will provide breakfast as usual in the R.S.L. rooms.

The 11am service will start with the march starting in front of R.S.L. rooms at 10-50am, the parade master will be Ray Strochnetter and the Minister will be Rev David Rossignol under the command of the President Scotty Jansen. The Guest Speaker will be the warden Robert McKenzie. All servicemen are requested to attend.

The citizens of the Municipality are all welcome to attend both service.

Winners of the Drawing comp-

RANSLEY'S

APPLIANCE SERVICES

Located in St. Helens but servicing the St. Marys area.

FOR SALE of NEW and RECONDITIONED appliances, including service of commercial refrigeration equipment.

We are AUTHORISED service agents for SIMPSON, KELVINATOR AND WESTINGHOUSE.

Showroom and Workshop
41 Quail Street, St. Helens.
Phone 761 811.

etion will be announced and prizes given after the 11am Service.

J. McGee.

ANGLICAN CHURCH morning tea...

April 18th 10-30am. Room at back of Holy Trinity St. Marys.

Trade Table All Welcome

CONGRATULATIONS to Mr. & Mrs Danny Madden on the occasion of their 55th Wedding Anniversary on April 17th.

APRIL BIRTHDAY for one of our older residents is Mr. Jack Freeman who will be nearing the mid eighties on the 19th. Happy Birthday from all your friends.

ANZAC DAY COMPETITION.....

HEY KIDS....DO YOU LIKE DRAWING?

If so why not enter the R.S.L.

Womens Auxiliary Competition.

Tell us what Anzac Day means to you and draw a picture to go with it. Competition open to children of the St. Marys School.

Aged 7-9 yrs. and 10-12 yrs.

Best boy and girl in each section.

Place your name and age on the bottom of your entry.

Prizes will be presented after the 11 o'clock Anzac Day Service on 25 April.

After which Tug-O-War and Treasure Hunt will be held so why not join in the fun.

BLACK GOLD BOUTIQUE

ST. MARYS
722441

BICHENO
751443

LOVELY WARM JUMPERS

NEW SEASON JEANS

VESTS.....BLOUSES.....SKIRTS

CHURCH

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 3rd Tuesday
10.30 m 2nd Sunday
Rossarden 7.00pm 3rd Tuesday

Sunday School
Scamander 9.30am (except for 2nd Sunday when 8.00am FS)
Fingal 9.30am
St Marys 9.45am (with Salvation Army)
St Helens 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

ANGLICAN PARISH OF THE FINGAL VALLEY

Good Friday
9.00am St Marys
10.45am Avoca
Easter Day
8.00am St Marys
9.30am Fingal
11.00am Avoca
3.00pm Mangana
Sunday April 22
8.45am Fingal
10.45am St Marys
6.00pm Avoca

Rev. David Le Rossignol Fingal
Phone 742113

NEWS

SALVATION ARMY

Sunday School
9.45am Salvation Army - St Marys
Church Service
11.00am 1st & 3rd Sunday - St Marys
2.15pm 2nd & 4th Sunday - St Marys
2.15pm 5th Sunday - Cottage Service
Womens Meeting
11.00am Tuesday - An hour of Fellowship for all women
ENVOY & MRS. BETTS - Sunnybanks
Phone 722 352

CATHOLIC PARISH OF ST MARYS

EASTER TIMETABLE
HOLY THURSDAY - 12 APRIL 6pm St Helens
(Mass of Last Supper, 8pm St Marys
Institution of Priest-
hood and Holy Communion,
Washing of Feet)
GOOD FRIDAY - 13 APRIL 2pm St Marys
Veneration of Cross, 4pm St Helens
Eucharist, Passion)
VIGIL SERVICE OF LIGHT - 14 APRIL
(Easter Proclamation, 7.30 pm Helens
Liturgy of The Word,
Baptismal Renewal,
Eucharist, then Ador-
ation until 10.00pm
EAST SUNDAY - 15 APRIL 9am St Marys
4pm Bicheno

RECONCILIATION: Up to 1/4 hour
before each ceremony.
PARISH PRIEST: Father Paul Connolly
St Marys - 7215 - 003 722252

SEVENTH DAY ADVENTIST

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

FOR

SINCERE DIGNIFIED PERSONAL SERVICE

DARAL BAILEY & SON

A F D A

ANYTIME - ANYWHERE

FUNERAL DIRECTORS

ST HELENS PHONE 761 153

SPORT

GOLF NOTES - by Tee Up

What a day! What a field! 92 players took the field from Mowbray, Swansea, Orford, Poatina, Riverside, St. Helens, Malahide, Bicheno and the Tasmania Club last Saturday at the St. Marys Golf Club. The food (2 barbecues) all day - the course and the trophies were wonderful as was the High Tea. The scores were marvellous and will meet with the clubs handicappers when the golfers return to their respective home clubs. The trophies went to almost every club present.

A.I.F. Cup R. Reeves (13) 66 nett
on C/B

R. Shadwick (19) 66 nett
Ex Servicemans Trophy

L. Arnold (17) 59 nett
Land Forces Trophy

L. Thomas (12) 66 on C/B
A. McCarthy 64
T. Bennett (25) 64

Air and Naval Forces

R. Byron (17) 63

Best Gross S. Dawson 72 on C/B
S. Wilmot 72

Best A. Grade Nett

D. Clark (12) 63 nett

Best B. Grade Nett

D. Walker (21) 60 nett

Best C. Grade Nett

P. Lohrey (24) 60 nett

Best Right Hander

T. Plunkett (21) 61 nett

Best Left Hander

T. Bennett (25) 64 nett

Legacy Trophy P. Child (27) 57 nett

60 & over gross W. Coleman 79

60 & over nett H.F. Easter (13) 67

Bradman Score D. Castle 127

L. Pitchford Mowbray Memorial Trophy

D. Clarke (12) 63

Nearest Pin 2nd - R. Stackhouse

Nearest Pin 5th - R. Tolputt

Nearest Pin 7th - B. Brain

I see the 'girls' are putting it over the 'boys' with the Sunday Competitions which seem to be becoming very popular.

Sunday Eclectic

K. Wright (27) 28½

R. McGiveron (8) 29

Y. Davern (28) 29

D. Summers (9) 30½

Sunday Stableford

E. Luck (36) 43 pts

T. Viney (10) 40 pts

R. McGiveron (8) 40 pts

R. Lucks (27) 39 pts

D. Targett (32) 38 pts

N. Pin 7th S. Dawson

BREAK O'DAY

MILK BAR AND TAKE-A-WAY

WE ARE

THE MILK BAR WITH "THE LOT".
TAKEAWAYS INCLUDING DELICIOUS
HAMBURGERS, SEASONED BARBECUED
CHICKENS, GROCERIES, HOT & COLD
DRINKS, CONFECTIONARY, VIDEO
FILMS FOR HIRE, BATTERIES,
FISHING BAIT, CALTEX PETROL.

OPEN SEVEN DAYS A WEEK.

6.30am - 8pm

WE ARE ALSO AGENTS FOR
CENTURY MOTORS

GRAEME & JACKIE SMYLLIE

welcome you to the

BREAK - O - DAY MILK BAR, Main
Street, St. Marys...Phone 722222

UHF TAM 396 CH 6

4 Sunday Competitions and 3 Associates have won trophies. Well done girls.

Targett Memorial TrophyStroke

18 Hole Grs

J. Newman 71

18 Hole Nett

R. Spilsbury 59

Runner up Grs

G. Dale 72

Runner up nett

P. Child (29) 60 nett

27 Hole nett

G. Dale 95

R/Up

J. Newman 95½

9 Hole nett

R. Field (5) 29

R/Up

R. McGiveron (4) 30

N. Pin 4th

D. Summers

N. Pin 7th

R. Costain

Notice a new member to the Club in Graham Dale won the Targett Memorial by ½ stroke from J. Newman. However, John won the Grs of the 27 Hole Event. The Associates have commenced their L.G.U. International Bowl and first round was won by Joyce Lohrey with a 56 nett. Congratulations Joyce who also the same day received the monthly Brooch. Scores were:

Stroke - Monthly Brooch & L.G.U. Bowl

J. Lohrey (32) 56 nett

K. Blair (21) 62 nett

L. Burness (36) 66 nett

M. King (28) 67 nett

I believe Mary King won the 9 Hole at Bicheno recently and Sandra Oliver the putting.

Stableford and Putting

M. King (25) 38 pts

K. Wright (24) 35 pts on C/B

SPORT CONT... PAGE 9

ST. MARYS DISTRICT HIGH SCHOOL

ST. MARYS/CRESSY SUMMER SPORTS EXCHANGE, 1990.

On 3rd April, 36 St. Marys students and 4 teachers left for Cressy to participate in the annual summer sports exchange.

The day began with girls' tennis where our team of Amanda Pyke, Melissa Eastley and Rachel Dawson convincingly defeated Cressy 19 - 8.

Our winning ways continued with the girls' volleyball, who gained a 2 - 0 win. Although the whole team worked well together, particularly good games were played by Natasha Lynch and Kylie Newman.

The table-tennis proved to be our first failure, however, the standard of the opposition was very high and we did well to win 2 games.

Although beaten 202 - 138, our cricketers were more competitive this year, particularly the exciting batting of Peter Gillies, who delighted the crowd with several huge sixes.

Things did not look good when Cressy went out to bat to begin the softball. They managed five runs in the first innings; St. Marys was devastated. Nevertheless, we made an amazing comeback to win the match 29 - 14.

The boys' volleyball team capped off our first day by winning a hard fought three set game 2 - 1. The better techniques and team work shown by St. Marys was an important factor in their win. We were able to enjoy the social that night, knowing that we only needed to win one of the three games the next day to win the shield.

Wednesday 4th April: our lead was reduced to one when the boys' tennis team was unable to match the skills of the Cressy team.

The trend continued when our girls' basketball team fell victim to the usual brilliant Cressy girls. An obvious lack of fitness on our behalf hindered our efforts to match Cressy.

The 4 - 4 scoreline now meant that the result depended on the boys' basketball, an area in which we do not usually start favourite.

Despite conceding a huge height advantage, our 'nippy' forwards immediately established a six point lead. Working hard to defend this lead and restrict the opposition scoring, we clung to a slender lead throughout. Steady play from Damon Young and Jarrod Woods towards the end, ensured that we would return with a 5 - 4 victory and the shield.

The sportsmanship and excellent* behaviour shown by all concerned added to the enjoyment and success of the exchange.

A. Pickett (P.E. Teacher).

GRANNY, HOW'S YOUR MATHS?

Remember the good old days, when life was so much simpler? I recently came across a volume of 'Dr. Davis's Complete Book of Arithmetical Examples', dating from the late 1800's.

Here are just a few for you to try, referred to as 'Simple' addition, subtraction, multiplication and division.

938276477 x 3196471

859276419 - 98786548

613218519 ÷ 861398541

Not so simple? Try these 'Compound' Examples.

110 Miles, 1720 yds. 2 ft. 5 ins. -
100 Miles, 1734 yds. 1 ft. 9 ins.

50 yrs. 5 wks. 4 days 9 hrs. 3 mins.
5" x 29, 64, 79, 81

174 miles 5 fur. 8 po. 3 yds. 2 ft.
1 in. ÷ 28, 74, 29, 159

Then as now, good teachers tried to make Maths relevant.

If a boy loiters over dressing 20 minutes daily, how much time does he waste in a year?

A servant's wages are £9 a year: how much is that daily?

But equality of the sexes was definitely not in vogue!

If I want to distribute 6 lbs 15 oz of sweetmeats to 37 boys and 37 girls so that each boy may get twice as much as each girl, how much must I give to each?

Next time your child's Maths homework looks 'too hard' remember the good old days, and have a go.

LIESE FEARMAN

Following on the talk by Mr. D.A

Tilsey for those who may have missed the bases of his talk. It is as follows.

Skin Cancers are due to Ultra Violet light, that is, the blue from our Tasmanian blue skies. Ultra Violet Light (U.V.L.) is not what gives rise to a hot day for whilst we have more UVL in summer we still have it in winter on a clear frosty day.

The amount of UVL which penetrates the skin is cumulative, that is, it adds up, and it adds up all our lives.

A lot of people tell me they have not sun baked in years, so why have they got skin cancers at 60? One finds out that in their youth they did not take precautions against sunburn and many actively lay out in the sun in order to get brown. So the lesson is protect yourself and your children from exposure to sun. Sun screens help but they are not 100% protection proof. Zinc cream is better and clothing best of all. Wear A hat - wear long sleeves and generally take care and do not join the ever lengthening queue of sufferers with skin cancers.

At present in Australia about 1% of the entire population have a skin cancer every year.

There are 3 main types of skin cancers, the commonest one only grows locally. The second commonest can break off and go into other parts of the body and the third one known as Melanomas the dark ones, are the most dangerous ALL are painless.

If you have a mole which enlarges, darkens, becomes permanently itchy or bleeds, go to see your doctor immediately.

This time a stitch in time saves lives.

NEW SERVICE FOR ST. MARYS.

New arrivals to the East Coast area are Mr. & Mrs. Ian Hollingsworth.

The Hollingsworths have three children Andrew 6, Katherine 9 and Rebecca 11 who will attend the St. Helens District school. They share their parents enthusiasm for the coast and the range of activities that can be enjoyed in the region eg. most water sports, bush walking and horseriding.

Ian has long experience as a dental mechanic and he will be visiting the St. Marys Hospital where he will be available for consultation.

He practised for 10 years in Launceston and is now bringing his professional experience to the coast.

RETURN THANKS

DR. IAN NAIDOO AND FAMILY

WOULD SINCERELY LIKE TO THANK

ALL FRIENDS AND RELATIVES

FOR THE FLORAL TRIBUTES,

CARDS AND PERSONAL SYMPATHIES

AFTER THE SAD LOSS OF OUR MUCH

LOVED MOTHER AND GRAN.

IAN, THUNGA, DARSHINI AND SUNNY

W. LOCKETT & SONS

FUNERAL DIRECTORS
CAMPBELLTOWN.

Enquiries may be directed through:

Mr. D. Casboul
ST. MARYS 722 383

or

Mr. T. Pears
CAMPBELLTOWN 811 167

BRUCE DAVIDSON - FUNERAL DIRECTOR

MEALS ON WHEELS

APRIL

Sunday 15
Monday 16
Tuesday 17
Wednesday 18
Thursday 19

ST. MARYS

Kevin Faulkner
Gail Gamble
Kaye Nailer
George Oliver
Wendy Aulich

FINGAL

Malcolm Saunders
Jack Miller
Gloria McPhedran
Jan Marshall
Hetty Williams

MANGANA

Neil Ward
Jack Miller
Les Walters
Pat Death

MATHINNA

Kaye Turner
Tom Baker
Max Ellis
Cynthia Webb
Ian Hardman

Sunday 22

Monday 23

Tuesday 24

Wednesday 25

Thursday 26

D & S Robinson

Debbie Barnes

Pam Peake

Keith Bullock

Jenny Cooke

Cheryl Rankin

Sutton Lowe

Heather Mills

Gloria Parker

Perce Rowlings

Neil Ward

Les Walters

Jack Miller

Perce Rowlings

Kaye Turner

Tom Baker

Max Ellis

Cynthia Webb

Ian Hardman

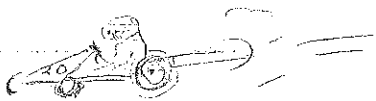
Whatson cont.

Congratulations to the Tigers on commencement of the 1990 Centenary year. Commemorative T-Shirts in adult and children sizes have been printed. Buy one and support the club at Go-N-Sew.

TENNIS CLUB FUN DAY.....WEDNESDAY
25th April. Drawn partners.
Commence 9.00am.
(Play will cease during the Anzac Service). \$2.50 entry per person
Names to be left at Health and Beauty Centre by Tuesday 24th April.

EUCHRE EVENINGS...Commencing after Easter. Friday 20th April.
In old kinder(pre school) near tennis court. In aid of the Tennis Club.
EASTER RAFFLE..Huge basket of Easter Eggs. Tickets available at Health and Beauty Centre.

SCAMANDER BEACH HOTEL.....
ART DISPLAY BY LEO COOKE
David Llewellyn M.H.A. will be in attendance.
29th April 2pm. to 5pm.
Proceeds to East Coast Kart Club.
ALL WELCOME.



GO-N-SEW

STRETCH FABRIC

NEW FLEECY ARRIVING FOR WINTER NOW

ALSO:TRIACETATE AND TRACK & FIELD
PLAIN AND PRINTED INTERLOCK

CRAFT COTTON PRINTS AND PIN CORD

VELVET

EVER EXTENDING RANGE OF HOBBY LACE
ETC. EASTER NOVELTIES FOR THE
CHILDREN.

STOREY STREET

ST.MARYS PH. 722373

WHAT IS INFLUENZA? Influenza is a disease of the lungs and air passages caused by a virus, usually called Influenza Type 'A' or Influenza Type 'B'. Type A virus epidemics are more common and more severe. Sometimes, new virus strains develop which cause epidemics because our bodies have had no time to build up immunity to them. What are the symptoms? It doesn't take long for the illness to set in - from just 24 to 72 hours after you've been infected. Unfortunately, most of us know the symptoms all too well: fever, chills, headache, dry cough, soreness and aching limbs. Although the fever usually passes within a few days, we often continue to feel weak for longer.

RAILWAY STATION COTTAGE NURSERY

ST.MARYS

WE WILL BE CLOSED FOR EASTER BUT REOPEN WEDNESDAY 18TH APRIL FOR OUR

AUTUMN SALE

ALL OUTDOOR AND INDOOR PLANTS REDUCED FOR PRE-WINTER

CLEARANCE SOME BY UP TO 25 %

SALE LASTS FOR ONE WEEK ONLY

HURRY IN EARLY FOR THE BEST SPECIALS

AND WHILE YOU ARE THERE DON'T FORGET

TO PICK UP A COPY OF OUR FRUIT

TREE CATALOGUE.

OPEN MONDAY TO FRIDAY

9.30 - 4.30

PHONE 722435

SPORT...continued from page 5

Golf notes continued.....

Stableford and Putting

K. Blair	(18)	35 pts
M. Cook	(15)	33 pts
L. Burness	(32)	34 pts

Putting K. Blair 30

The Summer Consistency is on from January to March -

R. McGiveron 23 pts, J. Newman 20, D. Summers 15

Section 2, April to June is now being run.

Section 3, July to September.

Section 4, October and November.

Main trophy will be awarded to the golfer having most points over year. 3pts a win - 2pts 2nd - 1pt 3rd and 1pt attendance. Also Vice Presidents average still continuing during year.

Veterans Day at Ben Lomond

Stableford

A. Grade	B. Hughes	37 pts
B. Grade	D. Bean	40 pts
R/Up	D. Groves	39 pts
C. Grade	P. Mills	38 pts
R/Up	B. Turner	37 pts
	F. Redshaw	37 pts
1st Nine	A. Redshaw	20 pts
2nd Nine	P. Donnellan	24 pts
N/Pin	P. Donnellan	
Visitors	R. Tarr	42 pts

Next Veterans Day Malahide Golf Club 26th April 10.30 a.m. start.

The committee are hopeful of a good turn up at their first social evening to be held in the Club House on

April 20th with Indoor Bowls. Place your name on sheet on main board as soon as possible. Also don't forget your name for Peter Davern Fun Day Sunday April 29th. Make up your teams now and place your name on the board.

Our grateful thanks to Westpac, the major sponsor for Legacy Day. We thank you.

NETBALL RESULTS APRIL 1st

St. Helens Netball Association Division 1

St. Marys d. Jokers Red 33 - 30

Best Francine Lowe, Cathy Squires, Mary Beach.

Division 2

St. Marys d. Pyengana 22 - 20

Best Ros Smith, Natasha Lowe, Nicole Stone.

Due to some outstanding books our raffle will now be drawn on April 8th.

Lee Goss,
Falmouth.

ST. MARYS TENNIS CLUB

Although the major events of the St. Marys Tennis Club for this season have concluded, tennis is by no means over. The womens' mid-week pennant is still attracting a good attendance and a Fun Day is planned for Anzac Day. Trophies for the club's championships were presented at the Annual Dinner which was held at the Scamander Sporting Complex on Saturday, 31st March. The excellent meal was catered for by the ladies of the Scamander River Golf Club. As well as the usual singles and mixed doubles championships, the running of men's and women's doubles championships this year on a trial basis created much interest and looks as though it will become an annual event.

Successful junior boys and girls singles championships were conducted, although at first it looked as though there would be insufficient entries to allow the competition to go ahead. There is great potential in our younger players and it is hoped that these juniors play a lot more tennis and become future members of our club.

RESULTS OF CHAMPIONSHIPS

SINGLES MEN'S WINNER	Marcus Faulkner
SINGLES MEN'S R/UP	Neil Stewart
SINGLES WOMENS WINNER	Maureen Bushing
SINGLES WOMENS R/UP	Kaye Nailer
BOYS WINNER	Damon Young
BOYS R/UP	Marcus Greenwood

GIRLS WINNER	Kristy Lynch
GIRLS R/UP	Amanda Pyke

DOUBLES MEN'S WINNER	Marcus Faulkner & Randal Faulkner
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DOUBLES MEN'S R/UP	Stephen Cooke & Mark Williams
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DOUBLES WOMEN'S WINNERS	Yvonne Salter & Debbie Dawson
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DOUBLES WOMEN'S R/UPS	Maureen Bushing & Jill Faulkner
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MIXED DOUBLES WINNERS	Stephen Cooke & Jenny Britton
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MIXED DOUBLES R/UPS	Neil Stewart & Jenny Stewart
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HEPATITIS B

NOTE: The hepatitis B virus is over 100 times more infectious than the AIDS virus. Unfortunately, unlike the AIDS virus, the hepatitis B virus is quite stable and can survive for several days on environmental surfaces.

VACCINES TO HELP PREVENT HEPATITIS B
Now there are vaccines available that provide active immunity against Hepatitis B. If you are a member of one or more of the listed high risk groups or believe yourself to be at increased risk, ask your doctor for information on vaccination and whether it may be appropriate for you.

HEPATITIS B is a worldwide scourge infecting about 5% of the world's population. Although its occurrence is highest in some African and Asian countries, it also presents a serious health problem to certain "high risk" individuals and groups in Australia.

HOW IS IT SPREAD? The hepatitis B virus is very infectious and is usually spread by contact with infected blood in such ways as illicit injectable drug use, tattooing and ear piercing. The virus may also be found in other body fluids, such as tears, saliva, urine, semen, vaginal secretions and breast milk. Thus, transmission of the disease can also result from close inter-personal contact, including sexual contact and the sharing of razors, toothbrushes or needles.

Because of the many ways it can be acquired, its ease of transmission and its potential for complications, Hepatitis B cannot be taken lightly. Although most patients recover, in some it is very serious and even fatal.

SYMPTOMS OF HEPATITIS B

Many people infected with Hepatitis B never have symptoms. However, if symptoms occur they can incapacitate a person for weeks or months. The symptoms themselves are usually flu-like and include fatigue, mild fever, muscle and joint aches, nausea, loss of appetite, vague abdominal pain and occasional diarrhoea. Some people develop jaundice (a yellow cast to the skin and the whites of the eyes). Most patients fully recover.

COMPLICATIONS OF HEPATITIS B

Five to ten percent of persons who become infected with hepatitis B become chronic carriers capable of spreading the disease to others for an indefinite period of time. This group usually has no symptoms but has the greatest potential for developing long-term complications,

such as chronic active hepatitis, chronic persistent hepatitis, cirrhosis, and primary liver cancer. Carriers of hepatitis B have a risk of over 250 times greater than that of the general population of contracting liver cancer.

CARRIER RATE IN AUSTRALIA

The chronic carrier rate in Australia is estimated at 1 in 100 persons but varies significantly among the different ethnic groups. As mentioned, although carriers usually have no symptoms, they can transmit the disease to others for a long period of time. Carriers can be detected only by a blood test.

RESPONSIBILITY OF CHRONIC CARRIERS

Hepatitis B carriers have special responsibilities towards others. If you have had hepatitis B and/or testing shows that you are a carrier, you can help prevent spread of the disease by following these guidelines:

Discuss your carrier status and your responsibility to your family and other household members with your physician.

Inform dentists, doctors, nurses, laboratory technicians and others who may draw blood or perform surgical procedures so that they may take the appropriate precautions.

Avoid sharing personal items, such as razor blades, scissors, nail files, needles, toothbrushes, eating utensils, etc., that may have come into contact with your blood or other body fluids.

NEVER donate blood.

Carefully cover cuts or weeping sores.

Dispose of used personal items, such as tissues, menstrual pads and tampons in closed bags.

GROUPS AT GREATEST RISK

When the various modes of transmission of hepatitis B are considered, it is not surprising that persons at increased risk of contracting the disease are those who frequently handle blood and other body fluids in the course of their work or who live in crowded conditions, have poor hygiene, or have many sexual contacts. Persons at increased risk of contacting hepatitis B include:

Health care and related workers such as physicians, surgeons, nurses, dentists, blood bank and paramedical personnel and residents and staff of institutions for the mentally disabled.

Persons from certain ethnic groups such as Aborigines and Torres Strait Islanders, Asians and people of Mediterranean background.

Persons who repeatedly contact sexually transmitted diseases, homosexually active males and female prostitutes.

Users of illicit injectable drugs.

People who have household and other intimate contact with carriers.

Prisoners and other institutionalised persons.

See next issue for further information.

COUNCIL JOTTLINGS by R.E. Porter

"No pure coastal ward to be allowed".

Following the recent election for the St. Marys Ward, the Council Clerk has confirmed that the LOCAL GOVERNMENT ADVISORY BOARD has rejected the creation of a Coastal Ward on the basis of a Four Ward system as the people living on the coast would be under-represented.

Alan Crockett further advised that the appropriate approach to the Board's response was NO WARDS, with 12 or 9 Councillors, or a Three Ward System.

Further discussion between the Local Government Advisory Board and the Council to determine the outcome Council Clerk said it was very disappointing to lose the vast experience of Stephen Salter, he was a quiet achiever who perhaps was not recognized for all his efforts. Mr. Crockett congratulated Mr. Fearman on his appointment and looked forward to his contribution to the municipality over all.

MUNICIPAL NEWS

Introducing the Municipal News. To enable ratepayers and residents of the Municipality to be kept informed of Municipal matters we introduce what we hope will become a regular and interesting contribution to this paper.

ROADS PROGRAMME - 1990/91

Meetings will be held with Councillors from all wards on April 23/24 to determine the Road Budget programme for the forthcoming financial year. Council's road management engineer will be in attendance to give an independent and objective view on the importance of each road. Further details will be given at a later date.

ROADS PROGRAMME - 1989/90

The current programme is progressively steadily, Cornwall residents will welcome the reconstruction of Alexander Street. The long awaited kerb and channelling and associated works for the Main Road at Scamander should be commencing in the next few weeks. The works scheduled for Campbell and George Streets, Scamander will follow thereafter.

WATER

Council has requested the preparation of Engineer's reports on, pressure problems in some areas of

Scamander, and pressure and quality problems with St. Marys water, which has followed close monitoring of the systems for over 12 months.

MUNICIPAL ELECTIONS

At the Municipal Elections of 7th April for St. Marys ward Paul Fearman. 242 votes defeated sitting member Clr. Stephen Salter 165 votes. Clr. Kaye Turner - Tower Hill Ward, Clr. Derek Crisp - St. Pauls Ward, Clr. Henry Holder - Town Ward were re-elected unopposed.

DID YOU KNOW?

Sharks grow a nonstop supply of new teeth. A 10 year old tiger shark will have used and shed 24,000.

Giraffes have special valves in their necks to keep the blood from rushing to their heads when they stoop to drink.

Cheetahs can accelerate from 0 to 40 m.p.h. in two seconds.

Rabbits and hares cannot walk - they can only hop.

Elephant teeth weigh up to nine pounds each.

If given total protection from predators and disease, one pair of rabbits would become $3\frac{1}{2}$ million within three years.

Eels have a keener sense of smell than any dog.

Certain types of ants steal eggs from another species and rear the young as slaves.

Sharks can smell one part blood in 100 million parts of water.

Kiwis are the only birds with a sense of smell.

Polar bears have been seen to cover their black noses with a paw while out hunting to make themselves less conspicuous.

Snakes are deaf. Snake charmers use rhythmic body movements to mesmerize their cobras. The music is just for show.

The weight of insects eaten by the world's spiders in a year is greater than the combined weight of every man, woman and child on earth.

STARDUST

Week commencing April 12, 1990.

ARIES March 21 - April 20

You don't seem to have your usual enthusiasm for work and home affairs. However, you may delight in social activities. Good luck may also cross your path - either through a friend or someone flashy and outgoing.
Best Days : 12, 25.

TAURUS April 21 - May 21

Delay over a project, a new job or house move may prove a little annoying. Your highest priority now is self expression and your charming disposition will delight others.
Best Days: 16, 17.

GEMINI May 22 - June 21

Many will be busy this week with household chores, cleaning or re-decorating around their house. Emotionally, this week could bring surprises.
Best Days: 13, 22.

CANCER June 22 - July 22

This is a good week to join a club, or give some of your spare time to charitable organisations. Your responsibilities will increase at work, and many will have dealings with people far away.
Best Days: 14, 21.

LEO July 23 - August 23

Personal relationships may cause you a few worries. Don't take everything to heart: others will compromise - if you let them. This is also a good week for entertaining friends.
Best Days: 15, 24.

VIRGO August 24 - September 23

Telephone conversations, correspondence and interviews will keep you extremely busy this week. Also have a spring clean and get rid of all those unwanted items.
Best Days: 12, 23.

ST MARYS BUTCHERY

FOR THE MEAT

YOU WILL LOVE TO EAT.....

SEE TOBY NOW!!

PHONE 722 274

LIBRA September 24 - Oct. 23

This is a week to entertain friends, to go out to parties, plan a holiday, or move. You can now consider important issues in your life.
Best Days: 18, 24.

SCORPIO October 24 - Nov. 22

People may be depending on you, or someone you love may need your help. Someone from your past may prove their loyalty. A gift or a surprise is in store.
Best Days: 14, 20.

SAGITTARIUS November 23 - Dec. 21

You may find yourself working with many new people and good friendships will be made. This is a productive time when sport offers a break from routine.
Best Days: 15, 19.

CAPRICORN December 22 - Jan. 20

Much activity can be expected around the homefront now with dinner parties and get-togethers with family and friends sharing happy times and nostalgia.
Best Days: 13, 20.

AQUARIUS January 21 - Feb. 19

There will be plenty of good times this week with lots of entertainment and fun. Some may be lucky in speculation or games of chance.
Best Days: 22, 23.

PISCES February 20 - March 20

This is a time of great activity when you will work hard to further your interests and assert yourself. You will be in complete command of every situation and need no assistance.
Best Days: 17, 19.

FOR TV SERVICE SEE RAY WALLER

Main Street, St. Marys

Phone 722 349

ALL WORK GUARANTEED
(SOLID STATE)

COLOUR SERVICE