

THE VALLEY AND EAST COAST VOICE

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TEST

YOUR

FITNESS

THE TEST INVOLVES A $1\frac{1}{2}$ MILE WALK/RUN AROUND A MEASURED TRACK OR SUITABLE RUNNING AREA. THE AIM IS TO RECORD THE TIME IT TAKES TO COMPLETE THE DISTANCE EACH TIME YOU DO THE TEST.

BEFORE YOU CONSIDER DOING THE FITNESS TEST, REFER TO THE INFORMATION ON MEDICAL ADVICE.

PART 1. 1½ MILE WALK.

The test involves a $1\frac{1}{2}$ mile walk around a measured track. The aim is to record the time it takes to complete the distance, and to measure your heart rate upon completion. The test can be repeated and the results compared.

Record the time it takes to briskly walk the measured $1\frac{1}{2}$ miles.

Within 5 seconds of finishing, count your pulse (heart) rate for 15 seconds. Record the result and multiply by 4. This equals your heart rate per minute. e.g. $26 \times 4 = 104$ beats per minute.

TEST RESULTS:

These should be used as a guide to your continued exercise participation. If your heart rate taken immediately after the $1\frac{1}{2}$ miles, is 120 or more beats per minute or the time taken to complete the $1\frac{1}{2}$ miles is 22 minutes or more, then you should continue to walk for exercise for the time being.

If your recorded heart rate is less than 120 beats per minute and the recorded time is less than 22 minutes, then you can try Part 2 of the fitness test in a week or so.

PART 2. 1½ MILE WALK/RUN.

Please consult the information on medical advice and obtain a medical clearance from your doctor if necessary, before taking this test.

Use a stopwatch or a clock with a second hand to time yourself.

If possible, practise on the track or running area prior to the test (but not on the same day) Remember, you do not have to run all the way. Walk briskly whenever you need to.

On the day of testing, you should refrain from any physical exertion,

and should abstain from smoking or eating for two hours preceding the test.

It is advisable to allow adequate time prior to the test for stretching and warm-up exercises.

After completing the $1\frac{1}{2}$ miles, record your time, and then allow yourself at least 5 minutes to cool down. This is best done by walking slowly.

A good guide are the rates below.

	<u>MEN</u>	<u>WOMEN</u>
<u>13 -19 yrs</u>	9 -11 mins	12 -15mins
<u>20 -29 yrs</u>	10 -12 mins	13 -16mins
<u>30 -39 yrs</u>	11 -13 mins	14 -17mins
<u>40 -49 yrs</u>	11 -14 mins	15 - 18mins
<u>50 -59 yrs</u>	12 -15 mins	16-19mins
<u>60 yrs +</u>	14 - 17 mins	17-20mins

Before beginning an exercise programme, it would be prudent to consult your doctor if you are:

A male over the age of 35 or a female over the age of 40.

Overweight by more than 7kgs.

In any doubt about your health.

If you have any medical condition, past or present, which may affect your participation in an exercise programme.

To be effective, exercise must be done regularly. Ideally aerobic exercise should be performed for a minimum of 20 minutes, 3 to 4 times per week.

Start with 10 minutes and gradually increase your exercise period until you are able to exercise comfortably for 20 minutes or more.

Begin by walking if you are very unfit or overweight.

Wear comfortable clothing and good running shoes.

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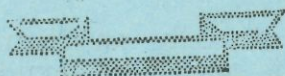
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St. Helens
Tasmania

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CANCELLATION.....Swimming Pool
Pig Roast which was to be held
24 June has now been cancelled.

PLEASE WATCH THIS PAPER for
further details regarding a
MOCK WEDDING to be held at the
Community Hall. Proceeds will
be for the Swimming Pool and
Kart Club Funds.

FIRST AID FOR FABRICS INCLUDING UPHOLSTERY

1. Act fast. The faster you
act the milder the remedy needed.
2. Blot dry or remove surface
deposit.
3. Grease stains: cover with an
absorbent powder.
Fruit/wine/beetroot stains: cover
with salt. Other stains - rinse with
cold water.

PUBLIC NOTICE

JEFF PARSONS
VETERINARIAN

will be visiting Fingal

and St. Marys regularly.

PH 761 577

For appointments.

WHAT'S ON

CATHOLIC CHURCH STREET STALL RAFFLE RESULT.

- 1st BLENDER - Karlene Richards
Scamander
2nd TRAIN SET - Tom Newman
St. Marys
3rd FR TOWELS - Jason Oliver
Scamander

THANKS TO ALL WHO SUPPORTED US.

SCAMANDER PROGRESS ASSOCIATION.

Due to a lack of support there was no quorum at the Annual General Meeting of the Scamander Progress Association called for May 18th.

This Annual General Meeting is now called for JUNE 15th at 7.30pm at the Scamander Sports Complex. If no quorum is obtained at this meeting Scamander Progress Assoc. will go into recess until more community interest is forthcoming.

CRACKER NIGHT AT SCAMANDER. Local children and their parents were invited to a Family Bonfire at the Scamander Sports Complex near the Water Tower, on Wednesday 24th May. The evening commenced at 6pm and judging the oohs and aahs from the forty plus crowd, everyone enjoyed themselves watching the flowerpots, sky rockets etc.

The Progress Association wishes to thank the Scamander Volunteer Fire Brigade for their vigilance also the many parents who accompanied their children.

A LUNCHEON WILL BE HELD ON

TUESDAY 13th JUNE AT 12NOON.

AT THE MALAHIDE GOLF CLUB - FINGAL

GUEST SPEAKER

THE GUEST SPEAKER WILL BE INSPECTOR LAURIE LEAVER, OF THE LAUNCESTON POLICE WHO WILL SPEAK ON HIS WORK WITH "KIDS and COPS"

HAVE YOU MADE A WILL? A FREE WILL

MAKING SERVICE by

THE PUBLIC TRUSTEE TASMANIA

A Public Trust Officer will be available to provide information in Wills, Estates, Probate Costs and all related matters and to assist you with the preparation of Wills and Estate Administration at:

FINGAL

Council Chambers on Thursday morning, June 15th.
and

ST. MARYS

State Library, Main Street, on Thursday afternoon, June 15th.

For appointments - Ph. (003) 322241, 5 Wellington Street, Launceston.

OR P.O. Box 414, Launceston 7250

LUNCHEON - will be a 3 Course Meal at a cost of \$5.00 per head.

Everyone is invited to come along and hear Inspector Leaver speak on the works involved in setting up "Kids and Cops" and the problems he has encountered with this venture.

THE FINGAL VALLEY NEIGHBOURHOOD HOUSE WILL BE HOLDING THEIR ANNUAL WINTER MARKET IN THE OLD TASMANIAN HOTEL COMMUNITY CENTRE, FINGAL ON SATURDAY 17TH JUNE, 1989.

COMMENCING 10AM to 1PM

LARGE VARIETIES OF PLANTS, ARTS 'N CRAFTS, GIFTS, PRODUCE, BRIC-A-BRAC AND A SPECIAL APPEARANCE BY 'BOZO THE CLOWN'.
HOT FOOD AND DEVONSHIRE TEAS ALSO AVAILABLE.

STALL ENQUIRIES AND BOOKINGS PLEASE
PHONE 74 2344.

CONT. PAGE 8

BLACK GOLD BOUTIQUE

ST. MARYS
722441

BICHENO
751443

LOOK BEAUTIFUL AND KEEP WARM

THIS WINTER.

GET YOUR GEAR HERE!

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

Worship Service

Scamander 8.00am 2nd, 4th Sunday
 Fingal 9.30am every week
 St. Marys 11.00am 2nd Sunday
 St. Helens 10.30am 2nd Sunday
 7.00pm 1st, 3rd, 5th
 Sundays
 Rossarden 7.00pm 3rd Tuesday

Sunday School

Scamander 9.30am (except for 2nd
 Sunday when
 8.00am F.S.)
 Fingal 9.30am
 St. Marys 9.45am (with Salvation
 Army)
 St. Helens 3.30pm Mondays KUCA
 Club

ALL WELCOME

Rev'd. Alan Renton - Phone 725139
 - - - - -

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 June 11

8.45am Fingal
 10.45am Avoca
 10.45am Cornwall
 3.00pm St. Marys

Sunday June 18

8.45am Fingal
 10.45am St. Marys HC
 3.00pm Mangana

Rev'd David LeRossignol
 Phone 742113
 - - - - -

SEVENTH DAY ADVENTIST

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

SALVATION ARMY

Sunday Sunday School, Uniting
 9.45am Church, St. Marys
 Sunday Sunday School, Salvation
 2.30pm Army, Cornwall.

2nd Sunday
 in month Afternoon Service
 3.00pm

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

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

Thursday YOUTH GROUP - 1st week
 7-9pm in month - ages 13-20yrs
 Sunnybanks, St. Marys.

ENVOY & MRS. BETTS, SUNNYBANKS, ST.
 MARYS PHONE 722352.
 - - - - -

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
 Fingal 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 10.30am
 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

W. LOCKETT & SONS

FUNERAL DIRECTORS
 CAMPBELLTOWN

Enquiries may be directed through: Mr D Casboults Mr T Pears
 St. Marys C'town
 BRUCE DAVIDSON - Funeral Director 722383 811167

SPORT

ST MARYS GOLF NOTES by Tee Up

Once more I say a big 'thank you' to my 'mate' for looking after the Valley Voice and Examiner notes that you do so ably and well. No wonder the scores also make you happy. What fantastic ones for the Captain and Vice Captain's Day. With 3 players all on 72 gross namely C. Mitchell, R. McGiveron and D. Murfett and was finely won by D. Murfett. K. Howe, S. Dawson and A. Beach were all in with a chance with only 1 and 3 strokes the difference. The Vice Captain's nett trophy was won by A. Beach on a 15 handicap with 60 nett. Well done both of you. Four other players in Vice Captains team were only 1 stroke away, namely R. McGiveron, C. Mitchell, D. Murfett, M. Herring. Nearest the pins were F. Singline and D. Murfett. Congratulations also to the Pennant team who had a good win at St. Helens by winning 5/4.

A. GRADE

R. Dakin	L.T.	A. Wright 4/2
S. Wright	L.T.	K. Howe 4/2
T. Barr 3/2	D.	Chris Davern
I. Murray 3/2	D.	S. Dawson
A. Litherlard 6/5	D.	S. Wilmot
I. Harrison at 22nd	D.	K. Davern
C. Marshall	L.T.	D. Murfett 4/3
B. Barr	L.T.	C. Mitchell 4/3
D. Coker-Williams	L.T.	R. Ridges 4/3

B. GRADE

St. Marys D. St. Helens 4/1

P. Doran	L.T.	R. McGiveron
B. Lamprey	L.T.	D. Berwick 1up
N. Kohl	L.T.	J. Newman 2up
S. Colley 8/7	D.	D. Summers
R. Barr	L.T.	Paul Davern 4/3

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ST MARYS NEWSAGENCY

OPEN 7 DAYS A WEEK

NEWSAGENCY, MILKBAR, SMALL GOODS,
BUS DEPOT.

VIDEO CENTRE: ***JUNE RELEASES**

Cocktail, Diehard, Midnight Run,

*** NOW IN ***

License to Drive, Young Guns,
Coming to America, Salsa.

REDLINE COACH TO LAUNCESTON
(Long Weekend)

10th Sat. 8.40a.m.

11th Sun. 8.30a.m.

12th Mon. 5.10p.m.

LAUNCESTON TO ST. HELENS

10th Sat. 6.00p.m.

11th Sun. NO SERVICE

12th Mon. 7.30p.m.

The promoters of the Veteran Days are very happy with the representations they are having from all the clubs around the East Coast. This month the venue was Malahide and the winners were:

A. GRADE STABLEFORD

B. Hughes 35pts

B. GRADE

G. Francis 34 pts

C. GRADE

H. Cooper 40 pts

Best 1st 9

2nd 9

J. Hill

J. Donnellanon C/B

from D. Ellis

Nearest Pin 4th

F. Singline

Visitors

G. Emberg

Nearest Pin 8th

J. Singline

MEMBERSAMBROSE

D. Hanlon - R. Costain - D. Murfett
(16)63 - 47 1/2

Peter Davern - Paul Davern - G. King
(16 1/2)64-47

P. Wines - P. Child - S. Dawson
(19) 68 - 49

L. Newman - P. Wilson - C. Mitchell
(13 3/4) 63 - 49 1/2

N. Pin 5th D. Summers N.P. 7th G. King

JUNE 10th JUNE TANKARD

SUNDAY 11th NORTH EASTERN CUP
10a.m. START

BARBECUE AFTER 9 HOLES

Golf Cont. page 7

ST. MARYS DISTRICT HIGH SCHOOL

EXTRACT FROM EDUCATION DEPARTMENT'S COPE BOOKLET - PLAY:

"Now what I want is, Facts. Teach these boys and girls nothing but Facts. Facts alone are wanted in life.

Plant nothing else, and root out everything else. You can only form the minds of reasoning animals upon Facts.

Nothing else will ever be of any service to them."

Charles Dickens, Hard Times

Play and work are both part of the learning process. There have been periods in the history of society when people have considered play luxurious and frivolous. The puritan ethic still lingers in people's thinking and the legacy affects understanding of such elements as play.

This conditioning still dictates that play and learning are not synonymous and that play is placed at one end of the value scale and work and learning at the other. This attitude must be reconsidered by teachers and parents if children are to be allowed time, space and the freedom to play.

Play is the child's way of exploring and experimenting while building up relationships within the world, and learning to live in it with social order. The child is discovering how to come to terms with the world, to cope with life's stakes and to master skills. In particular the child is learning to master relationships within his or her world by gaining confidence. In play children are continually discovering themselves anew, for it is not easy for children to accept the existing patterned conduct, and in many cases they must escape into fantasy.

Play is a learning activity. It serves the function of a non-verbal mode of communication or a figurative language which satisfies a need in young children. Play is educative because children are self directed, wholly involved and completely absorbed. Children can completely lose themselves in play.

Play is a complete educational process: it secures concentration for a great length of time, and

develops initiative, imagination and intense interest. There is intellectual stimulus as well as complete emotional involvement. No other activity motivates repetition more thoroughly, and calls as fully on the resources of energy and effort which can lie latent in the human being. Play is the most complete of all the educational processes. for it influences the intellect, the emotions and the body.

It is the only activity in which the whole educational process is fully integrated. The experiences induce learning and learning produces wisdom and develops character.

Play is essentially a research activity - an adventure, an experiment, a process of interaction and transaction. It is motivated by innate curiosity and inquiry. It is the expression of a person's urge to find out and discover how to live, how to be. Play has the joy of discovery, the satisfaction of creativity.

Once the value of play is fully recognised and provision made for it, then it becomes a vital activity for children and the spirit of play a most important stimulus to mental activity for adults.

PARENTS AND FRIENDS ASSOCIATION:

The next meeting of the Parents and Friends Association will be held on Tuesday, 20th June at 7.30 p.m.

Items on the agenda include:-

COMPUTER NETWORKING +-
HANDS ON DEMONSTRATION
(Mr. C. Searle and students)

FORMATION OF COMMITTEES:
- Health and Safety
- School Fair

BEHAVIOUR MANAGEMENT POLICY

Golf Notes continued from page 5... ASSOCIATES STABLEFORD

A coaching clinic is being conducted every Tuesday morning at 11a.m. at the Golf Club. I believe we have some really brilliant ladies showing good promise. Keep it up ladies and congratulations to the Associates Pennant win 3/2 against St. Helens - must be very pleased with your team, May? Also to the Barclay Shield Winners which is to be played later on at Hobart have a 2prs of worthy representatives - very strong - long hitters - and have been playing good golf this season:

May Cook and K. Blair No. 1 pair
(20½) 65½ nett
C. McGee and K. Wright (30) 74 nett
the 2nd pair and
I. Francis and V. Davern (29) 76
emergency pair.

A great Benevolent Day was held recently and over \$300 is to be given to the Ambulance fund. Players came from Scottsdale, Orford, C/Town, Bicheno, Malahide, St. Helens and the trophies were won by almost all the clubs. In a fortnight the Associates are going to have an Ambrosie Championship Foursome. Hope the weather gives you all some pleasure besides your game.

M. Cook (17) 34 pts
C. McGee (30) 33pts
H. Fleming (36) 31pts

MEMBERS PENNANT

Bicheno L.T. St. Marys 7/2
K. Howe L.T. J. McDonald 3/2
C. Mitchell L.T. J. Stevens 3/2
Chris Davern 6/4 D. S. Huddleston
S. Wilmot 2up D. M. Cameron
K. Davern 3/2 D. A. Longden
D. Murfett 8/7 D. L. Wallace
R. McGiveron 7/5 D. J. Baker
R. Ridgers 7/5 D. A. McCarthy
P. Dawson 3.2 D. N. Tildesley

B. GRADE

Bicheno L.T. St. Marys 3/2
D. Berwick 6/4 D. D. Williams
J. Newman 3/2 D. T. Pepper
M. Seymour 1up D. S. Lockhart
Paul Davern L.T. N. Crawford
1 up at 20th
A. Beach L.T. McCarron
1 up at 19th

D.K & C.M. BARNES

ST. MARYS

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MEALS ON WHEELS

JUNE

ST. MARYS

FINGAL

MANGANA

Sunday 11 Yvonne Saunders
Monday 12 Mary King
Tuesday 13 Wendy Haas
Wednesday 14 Denise Dawson
Thursday 15 Shirley Britton

Sunday 18 Ricky & Dianne Ward
Monday 19 Gail Gamble
Tuesday 20 Kaye Nailer
Wednesday 21 Audrey Wright
Thursday 22 Robyn Rice

Cheryl Rankin
Ida Legro
June Hall
Kay Cooke
Patsy Death

Ros Smith
Shirley Parker
Debbie Speers
Colleen Turner
Yvonne Johnson

Neil Ward
Les Walters
June Hall
Crosby Upton
Patsy Death

Neil Ward
Shirley Parker
Kath Francis
Jack Miller
Yvonne Johnson

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POLY - PIPE,
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MEALS-ON-WHEELS ASSOCIATION

The Annual Meeting of the Fingal Valley Meals-on-Wheels Group was held at the Nurses Recreation room of the St. Marys Hospital on 15th May.

The President Mr R. Yates read the Annual Report and Treasurers statement to the meeting. The election of Office-bearers took place and resulted in:

President, Mr R. Yates, Fingal,
2 Vice-Presidents, Mrs D. Bullock, St. Marys, Mrs R. Saunders, Fingal,
Secretary, Mr J. Miller, Mangana,
Treasurer, Mr L. Rubenach, Fingal,
Committee, Matron M. Lavelle, St. Marys,

Sr. M. Holloway, St. Marys,
Sr. G. Miller, Scamander,
Mrs M. Bullock, St. Marys,
Mrs P. Berwick, St. Marys,
Mrs H. Lodge, St. Marys,
Mrs U. Camplin, Cornwall,
Mr G.S. Lawe, Fingal,
Mr P. Mills, Fingal,

Special thanks was paid to relief drivers who "stood-in" in emergencies. It is hoped more people will lend a hand for driving for Meals-on-Wheels in the coming year.

PRESIDENT'S REPORT

Another year of service to the Community has been completed by Meal-on-Wheels, and it is my pleasure to present this short Annual Report. It is short because our organisation operates efficiently and smoothly without need for much change.

Meals have continued to be delivered at St. Marys, Fingal, Cornwall and one at Mangana on a five day week basis with numbers increasing during the past month or so. During the year some 3,664 meals were delivered, being some 459 less than the previous year. The meal charge is now \$1.80, which is the recommended charge by Government.

Seven meetings of the Committee have been held during the year with an average attendance of 10 members (or 71%) from total of 14 members.

The Meals-on-Wheels Association has now arranged insurance cover for all drivers and helpers. This cover offers some security for accident costs suffered during times of collection and delivery of meals.

The financial position of the Association is still sound and a weekly payment system and recording of same has now been instituted.

I now wish to acknowledge the assistance given that makes the Meals-on-Wheels Service such a valuable one in our Community. These being, the Staff at the St. Marys District Hospital for interest and work in preparing meals day by day. Our Secretary, Jack Miller, for his untiring work in attending to the day-to-day details ensuring that the service is continued as smoothly as possible. St. Marys Lions Club for donation of Christmas cakes for all recipients. Members of the Committee who regularly attend meetings and give of their time, consideration and assistance. And last, but by no means least, the many volunteer drivers who willingly give their time and interest, and above all, their kindness in delivering meals throughout the year to the needy deserving residents of our Community.

R.H. Yates,
President.
15.5.89

ANGLICAN CHURCH MORNING TEA

June 21st 10.30am.

Room at back Holy Trinity St. Marys
Gift for Trade Table most appreciated.

ADULT EDUCATION:

COURSES IN ST. MARYS:

1. Yoga & Relaxation in the School
Friday June 16th 7pm, 1½hrs
2. Fly tying.
3. Applique on jackets.
4. Computer studies.

N. Denton Barker,
Riverside Cottage, Upper Scamander.

SPORT: FOOTBALL 27.5.89

St. Marys played Fingal at Fingal. THIRDS: Fingal defeated St. Marys by five points in a low scoring even game. Play was very even throughout before Fingal were the victors 3.6 to 2.7. Best for St. Marys were S. Wines, N. Nolan, J. Faulkner, Kirk McGiveron and Craig Binns. A pity damage was done to the change rooms by a few irresponsible youngsters. Not a very promising start to a football career.

RESERVES: St. Marys defeated Fingal comfortably by eighty two points final scores being 19.13 to 4.9.

cont, page 10

UHF TELEVISION TRANSMISSION

Tasmanian Liberal Senator, Joselyn Newman has warned that the Federal Government's decision to force Tasmanian television stations to broadcast Ultra High Frequency (UHF) signal in 1993, instead of the current Very High Frequency (VHF) signal, will especially hurt those people living in the North East of the State who already have difficulty receiving a clear signal.

The Government's decision is aimed at combatting the overcrowded airwaves on Mainland Australia, but Tasmania does not suffer from this problem.

VHF signals are well suited to Tasmania's mountainous terrain as the signal can be transmitted around bends or gaps, on the other hand, UHF relies largely on the line of sight for quality of reception which means that many areas of Tasmania, especially the North East, will be blanketed out by hills. Without additional translators, the area will not receive a clear signal.

Those who do not have sets which receive UHF signals will have to buy new televisions and special antennae. Their old sets will become obsolete, and there is little chance of recovering any costs through trade-ins. Those households already with a modern television or video, but no UHF aerial will need to outlay about \$150.

The decision also means that the television stations establishment costs will double to nearly \$10 million, and this will undoubtedly be recovered through increased advertising charges and in turn these will be passed on to you, the consumer.

I have now organised a petition, calling on the Federal Government to recognise that the VHF signal is better suited to Tasmania's mountainous terrain, and urging the Senate to reject the proposals which will force Tasmanians to convert to UHF transmission.

Copies of the petition are available from my office, or by telephoning (003) 34-1755.

NEW LOOK SALON

"CHERISH YOUR HAIR
WITH PROFESSIONAL CARE"
at New Look Salon

Now winter has arrived theres 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.

PH: 722260.

RUBELLA - (GERMAN MEASLES)

Rubella, or German measles as it is commonly called, is an infectious disease, characterised by a rash, fever and enlarged glands in the neck. The rash looks somewhat like the rash of measles and spreads all over the body, though it is usually most noticeable on the face, neck and upper chest. The disease is usually very mild, especially in children, the fever lasting only 1 to 3 days, but in adults it may be a little more troublesome with fever, headache, running nose and inflamed eyes (conjunctivitis), and a few people also get painful inflamed joints. Prevention: The Director of Public Health recommends that all school-girls be vaccinated before the age of 14 years. Women who have not been immunised should consult their doctors with a view to being immunised before deciding on having a baby.

THE COACH HOUSE RESTAURANT ST MARYS

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FRESH SALAD AND LUNCH BAR

Football cont. from page 8
 For St. Marys non outstanding,
 a Team effort. Ray Squires and
 Leigh Spilsbury kicked six goals
 apiece.
SENIORS: St. Marys defeated Fingal
 by 50 points after getting away to
 a great start. Best for St. Marys
 were D. Ridgers (best on ground),
 J. Miles, A.Viney, E.Maher, S.Miller
 & D. Faulkner.
 Fingal best served by P. Duggan,
 S. Massey, F.Holmes, W.Gillies
 M. Street. Main Goalkickers:
 St. Marys. M. Duniam 5, D.Ridgers3
 K. Maynard 2, A. Viney 2.

3. 6. 89

SENIORS: St. Marys journeyed to
 Campbelltown for the battle of the
 top teams. After an even first half
 St. Marys opened up play, got their
 running game going to step away and
 win comfortably by forty six points.
 A very good win. Dale Ridgers was
 best on ground for the second week
 running. Other good players in an
 outstanding team effort were probably
 G. Brown, S.Gray, G. Murfett, R.
 Salter & R. Squires.
Goalkickers: In only part of a game
 Ray Squires kicked six goals in an
 excellent performance. Other main
 goalkickers were M. Duniam 3,
 J. Miles 3, D. Ridgers and S. Gray
 2 apiece. Terrific effort boys.
RESERVES: CampbellTown completely
 outclassed a lack lustre St. Marys
 reserves side to win by eighty three
 points. 18.10 to 5.5. This was St.
 Marys reserves first defeat for the
 season with most players down on
 form and none outstanding.
THIRDS: CampbellTown defeated St.
 Marys thirds comfortably 16.12 to
 1.1. Our boys , most not very old
 or big are nevertheless sticking
 to their guns against bigger opposing
 teams and really trying. Stick to
 it boys and a couple more years you
 will reap the benefit. Best were
 K. McGiveron, M. Aulich and D. Young.

Advertising Prices

5cm	column	\$3.00
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$\frac{1}{4}$	page	\$12.00
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BOATING SAFETY

Basic Sea Safety Rules

- Check . your craft and equipment
- . weather forecasts
- Notify . people of your destination
- . time expected home
- . keep to times
- Carry . required safety equipment
- . marine radio if possible

It is vitally important that you
 leave details of your trip with some
 one who will be able to alert the
 police if you are overdue.

You should provide this person with
 identifiable features of your boat,
 the general area you will be in,
 who will be going with you and
 the time you intend to return.

It is dangerous to combine alcohol
 with any boating activity. It is
 just as illegal to navigate your
 boat while under the influence of
 alcohol or other drugs as it is to
 drive a motor vehicle.

Alcohol slows your reaction time,
 which can prove disastrous in an
 emergency. Your body loses heat
 faster when you drink, and this
 can reduce your survival time if
 you fall overboard.

Alcohol also increases your pulse
 rate which can quickly lead to
 exhaustion if you have to swim to
 safety.

There are a number of basic checks
 that you should make before going
 out to sea.

- . Make sure that you have more than +
 enough fuel for the return trip.
- . Ensure that the motor of your
 boat is well maintained and regularly *
- serviced.
- . Check that your auxiliary motor
 is in good working order.
- . Check that fuel lines and battery
 leads are in good condition.

Practice emergency repairs on your
 motors and always carry appropriate
 tools. Even the best maintained
 motors may fail, so it is important
 to know what to do.

Keeping these basic rules in your
 mind lets hope you enjoy your boat-
 ing in safety.

TASMANIAN TEAM SELECTION

St. Marys District High School Grade 9 student Emma Clement has been selected for the Tasmanian team to compete in the 1989 Australian All Schools Cross Country Championships, to be held in Adelaide on 2nd July.

Emma gained her place, in the Girls Under 15 team, at the State All Schools Championships at Forth on Sunday, 28th May, winning the silver medal in the 3000m race in 11mins 39 secs., only 10 seconds behind the Champion, Mandy Westbrook of Queechy. However, Mandy, almost a year older than Emma, is not eligible for the National titles in the Under 15 age group, so Emma will run as the first string runner for Tasmania, supported by Kristie Brett (Devonport), Anna Sulzberger (St. Pats.), Narelle Kerstan (Coggrove) and Kylie Daley (St. Brendan).

Emma's time at Forth ranks her currently 12th in Australia.

St. Marys District High School was well represented at the State titles. Seven runners, Geoff Hendley, Daniel Lehner, Kylie Freeman, Giles Clement, Andrew Fearman and Clair Loane carried St. Marys colours with credit against competitors from 37 schools throughout Tasmania. All achieved 'personal best' times on a day when winning times were being lowered in nearly every race. With other young distance runners at the school, such as Esme Atkinson, Jenny Youd, Alistair Woods, Ben Robinson, Justin Ambrus and Brett Davenport, and Senior runners of the calibre of Andrew Davenport and Robin Youd, St. Marys has the potential to be a force in Tasmanian School distance running.

PRESS RELEASE: 7/6/89 MAX BURR

Federal Member for Lyons, Mr. Max Burr announced today that he has been appointed to the House of Representatives Standing Committee on the Environment.

"The Committee is establishing an enquiry into all aspects of the coastal environment, Mr. Burr said.

In particular the Committee is investigating the causes of chemical and sewage pollution as well as the effect on fisheries, tourism, recreation and marine habitat.

The Committee will be making

recommendations to State and Federal Governments on action required to clean-up Australia's coastal areas, with particular attention paid to the highly populated areas of the Australian coastline.

Enquiries and submissions should be addressed to the Secretary of the Committee at Parliament House, Canberra, Mr. Burr said.

PROTECTION OF THE COASTAL ENVIRONMENTTERMS OF REFERENCE

That the Committee inquire into the environmental degradation of the Australian coastline and coastal waters, with particular reference to;

- causes, effects and costs of pollution, sewage disposal, coastal land degradation and resource depletion;
- management of urban water resources;
- impacts on tourism, fishing and other industries dependent on the coastal zone and coastal waters;
- the adequacy of existing management regimes;
- administrative arrangements, legislative measures and development policies required to ensure sustained use and environmental protection;
- review of previous parliamentary reports relating to the coastal zone, and
- role of the Commonwealth Government in ensuring proper management of the coastal zone.

MEMBERSHIP OF THE COMMITTEE

CHAIRMAN:	Mr. P. Milton, MP
DEPUTY CHAIRMAN:	Mr. A. P. Webster, MP
MEMBERS:	Mr. M. A. Burr, MP
	(MP) Dr R. I. Charlesworth
	(MP) Mr. R. L. Chynoweth
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	Mr R. F. Edwards MP
	Mr P. S. Fisher MP
	Mr H. A. Jenkins MP
	Mr A. H. Lamb, MP
	Ms J. McHugh, MP
	Mr J. R. Sharp, MP

Inquiries and submissions to:

The Secretary
House of Representatives Standing
Committee
on Environment, Recreation and the Arts
Parliament House
CANBERRA ACT 2600

Tel. (062) 77 4580.

STARDUST

By Mercury

GEMINI - May 21 - June 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: 8, 15.

CANCER: June 21 - July 22.

Work may suffer because you feel a lack of direction or clarity from those in authority. Take a positive approach because negative feelings only drag you down further.
Best Days: 12, 21.

LEO: July 23 - August 22.

It's important that you continue to take care around the house. It is far better to be overly cautious on safety matters.
Best Days: 9, 18.

VIRGO: August 23 - September 22.

Don't allow unfounded fears or mistaken ideas to undermine your well-being and confidence. Don't push yourself to hard during this period.
Best Days: 13, 17.

LIBRA: September 23 - October 22.

Career activities hold a good chance of positive results now. Friends, associates and partners all feature well in this.
Best Days: 11, 20.

SCORPIO: October 23 - November 22.

Life may not be at its fantastic best but believe me, what you do now will create good future results - if you go about it the right way!
Best Days: 10, 16.

SAGITTARIUS: Nov. 23 - Dec. 21

Direct your energies into getting things done, even though it seems that progress is slow. People could seem quarrelsome and children may be a little awkward.
Best Days: 14, 17.

CAPRICORN: Dec. 22 - Jan 19.

Your professional life and social activities are likely to be busy, but don't forget to pay attention to the domestic environment otherwise trouble will develop.
Best Days: 8, 15.

AQUARIUS: Jan. 20 - Feb. 18.

Be sensible about health and diet now, and take care not to exhaust yourself by overwork. Sleep is important, and your dreams could tell you a lot.
Best Days: 11, 21.

PISCES: Feb. 19-March 20.

This time is important for you. Your life powers are amplified, and you can make major progress. Inspiring news is likely.
Best Days: 13, 20.

ARIES: March 21 - April 20.

Daily life is busy and eventful. Interactions with partners, either business or personal, should go well, bringing benefits to all concerned.
Best Days: 12, 19.

TAURUS: April 21-- May 20.

People find you really pleasant now and want to be with you. Charming diplomacy is your great forte at this time and you're good at healing relationships.
Best Days: 10, 17.

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