

# THE VALLEY AND EAST COAST VOICE

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77 270N 013 0212

## REDUCING FAT IN OUR DIET

Fat in our diet is essential for good health as it provides the fat soluble vitamins, A,D,E, and K; protects the body's internal organs and provides energy.

It is only required in small amounts. Large amounts can cause harm, mainly by providing more energy than required, resulting in overweight and obesity. Recent studies indicate that fat contributes 40-50% of the total energy content of the Australian diet. Only 30-35% is recommended.

A high fat consumption is also a contributing factor to other serious disorders including coronary heart disease and some types of cancers. A decrease in the amount of fat eaten, to a low level, is recommended for all Australians.

Have your doctor do a blood test to determine your blood cholesterol and blood fats levels. It is best to do this early, especially if your family has a history of heart problems.

Things to resist are:  
Fried foods, high fat take-away foods, biscuits, cakes, chocolate and crisps, salad dressings, gravies, cream sauces, full-cream milk, high fat cheeses and ice cream, sausages, luncheon meats and salami type meats. (Note: children under 5 should have whole milk.)

Develop new eating habits by choosing poultry, fish, lean red meats. Buy lean cuts of meat and trim off the fat.

Use baking, grilling, steaming and boiling to cook foods, and discard fat drippings from cooked meat.

Use skim of low fat milk, and choose gelati or sorbets instead of ice cream and cream. Buy low fat cheeses such as cottage cheese, ricotta etc. and low/non-fat yoghurts.

Eat more bread, cereals, fruit and vegetables. Try not to add butter, margarine or cream. If you do have spreads, use sparingly.

Use bean, nut or legume dishes instead of meat. Baste foods with tomato juice, stock, wine or marinade made without oil.

Wrap meat, fish and poultry in foil to bake, as they cook in their own juices and retain their flavour.

When eating out, order dishes without heavy sauces, gravies or dressings.

Use non-fat plain yoghurt instead of cream when cooking or making desserts.

Cool home-made soups, stews and casseroles and skim the fat off the top before re-heating and serving.

By following these different cooking methods, you will have easier weight control, enjoy a wider variety of foods that will cost you less. The meals will be lighter and more refreshing and you will have regular bowel habits.

Amongst foods you can have daily are 4 slices bread with just a scrape of butter or margarine, 4 serves of fruit or vegetables, 1 serve of lean meat or legumes, 300ml low fat milk or milk products.

20 minutes of moderate exercise is a very good idea, and cutting down or giving up smoking makes good sense.

Taken from leaflet produced by Health Education Unit, Department of Health Services, Tasmania.

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## HOW CAN YOU TELL IF YOUR BLOOD PRESSURE IS HIGH?

A lot of people still think that high blood pressure ("hypertension") has symptoms - headaches, dizziness, nervousness, or a feeling of being tired or flushed.

The truth is you can't tell when you have high blood pressure. That's why it's called the silent killer.

The only way to know if your blood pressure is high is to have it checked.

A healthful blood pressure reading is 120/80 or lower. What's yours?

Taken from Feeling Good News.



# CLASSIFIEDS

## PEAKES BUS SERVICE

St. Marys....Bicheno....Swansea  
PASSENGERS, PARCELS AND PAPERS.  
Phone 722 390

REDLINE COACHES....delivers this  
paper quickly and efficiently.  
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Old wooden wheels for horse drawn  
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FREE QUOTES....REASONABLE RATES.  
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MT. ELEPHANT PANCAKE PARLOUR is  
open 9am to 6 pm seven days  
a week. For evening bookings and  
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FOR SALE.....HARMONIUM (Reed Organ)  
A nice piece of furniture but in  
need of restoration. Best offer  
over \$50. Phone 722329.

WANTED TO SELL...WOODLATHE &  
ACCESSORIES - good condition \$300  
ono. Enquire Bursar, Phone 722362,  
St. Marys District High School.

CHURCH SERVICE for Falmouth 9.30am  
on July 30 will be held in the  
Community Centre with morning tea  
to follow. All welcome.

EXERCISES!! everyone welcome,  
Monday evening 7pm, School Hall.

## ST MARYS NEWSAGENCY

OPEN 7 DAYS A WEEK.

Bus depot for Redline Coaches.  
Peake's Bicheno bus.  
Haley's St. Helens - Derby bus.

LARGE VARIETY OF MAGAZINES,  
BOOKS, TOYS, STATIONARY,  
GROCERIES, MILK BAR ITEMS  
AND VIDEOS FOR HIRE.

\*\*\*VIDEO CENTRE NEW\*\*\*  
\*\*\* RELEASES \*\*\*

EVIL ANGELS, THE NAVIGATOR,  
PIN, HEARTBREAK HOTEL,  
PLATOON LEADER.

## RICHARDS HOME FURNISHERS

67 Cecilia St.  
St. Helens 76 1147

TOWELS - printed, plain and gift  
boxed. We now have  
stock in pretty pastel  
colours.

DOONAS - Dacron, feather, S/R  
D/B, & Q/S. If you're  
feeling the cold see  
our range.

QUILT COVERS - All sizes avail-  
able in prints and plain  
died. Pillowcases to  
match.

We also have facewashers from 95¢  
dishcloths from 90¢  
teatowels from 95¢  
plus much, much more. If you are  
unable to browse through our  
store, ring our friendly staff  
and we will do all we can to help  
you.

ALSO OPEN SATURDAY MORNINGS

ST. MARYS TENNIS CLUB....Annual  
General Meeting, Wednesday 23  
August, 1989, 7.30pm at Clubrooms.

CONGRATULATIONS TO Anna Webb on  
her 21st birthday.

ATTENTION RSL Women's Auxiliary  
Members are advised that a Luncheon  
will be held at the Cray Drop Inn  
on Sunday 6 August.

A bus will leave St. Marys at  
11.45am for lunch 12.30pm. Members  
and partners most welcome.

Charge of \$16.50 per person for 1  
lunch plus small charge for bus  
hire for non members.

All persons wishing to attend please  
contact either myself or Jack McGee  
no later than July 31 please.

J. McGee  
722129

J. Llewellyn  
722212

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### ADVERTISING RATES

5cm	column	\$3.00
10cm	column (casual)	\$6.00
10cm	column (long term)	\$5.00
1/4	page	\$12.00
1	page	\$20.00
Full page		\$36.00
Classifieds (25 words)		\$2.00

Money forclassifieds must  
accompany advertisement, or a  
surcharge will be made.



# WHAT'S ON

## BROWNIES: LOCAL ASSOCIATION MEETING

We are pleased to announce that Brownies are now meeting every Tuesday from 4.00 - 5.30 at the Old Tasmania Hotel Community Centre, Fingal. All girls aged 7 to 11 are most welcome. A variety of indoor and outdoor activities are provided. Cost is \$1.00 each week. Parents, grandparents and others who would like to support this new group are invited to a meeting of the Local Association on

Wednesday 26th July at 7.30 p.m. at the St. Marys District High School Library.

Items for discussion include making uniforms and fundraising ideas. The Brownie Leader will attend to talk about activities planned for the Brownie group. (Enquiries to Helen Richardson, Phone 742271. Some transport available from Fingal.)

## MULTIPLE SCLEROSIS

On Tuesday August 1st, there will be a 'HEALTH SESSION' at the Fingal Valley neighbourhood House. The format will be:-

- 1.00pm - 2.00pm A talk about Multiple Sclerosis. Speakers: Margaret Egan, Co-ordinator Mary Murray, Social Worker.
- 2.00pm - 3.00pm 'HEALTH & WELL-BEING' Speaker: Joan Marshall, Community Health Educator.

We are cordially inviting both professional workers as well as the public to this afternoon. We therefore trust that representatives of your staff will be able to attend.

For further information, please contact either the:-

M.S. SOCIETY, 17 Garfield St., Launceston Phone 43 1240 or CHERYL SUMMERFIELD, Fingal Neighbourhood House Ph. 74 2344 We look forward to meeting you. MARGARET EGAN - MARY MURRAY

## THE COACH HOUSE RESTAURANT ST MARYS

LOVELY LIGHT LUNCHES & TEAS  
7 days from 10a.m.

QUALITY, TASTY PIZZAS.

THURS 4.30 - 8pm  
FRIDAY 4.30 - 1am  
SAT 4.30 - 1am  
SUNDAY 4.30 - 8pm

PHONE IN YOUR ORDER ON  
722 529.

BOOKINGS TAKEN FOR PARTIES  
AND DINNER GROUPS.

FRESH SALAD AND LUNCH BAR

ST. MARYS AND DISTRICTS CHAMBER OF COMMERCE.

MEETING 8 p.m. JULY 27th, 1989.  
DINING ROOM, ST. MARYS HOTEL.

NEW BUSINESSES AND INTERESTED PERSONS INVITED.

## RESULTS OF R.S.P.C.A. RAFFLE

- 1st prize: Geraldine Scott, Scamander  
2nd prize: Ellen Aucholonie, Scamander  
3rd prize: Ron Sumner.  
Raffle raised \$222. Thankyou to all who supported us.  
Norma Adams.

## R.S.P.C.A. ANIMAL CENTRE

ADOPTION OF DOGS AND CATS  
Puppies and cats and kittens \$25  
Small dogs \$35  
Medium dogs \$35  
Large dogs \$40

BOARDING DOGS PER DAY  
Small \$4.50 Medium \$5.50  
Large \$6.50 Extra Large \$8.00

BOARDING CATS PER DAY  
Luxury Cages \$4.50 - Normal Cages \$3.50  
Animals board for more than 21 days or longer a reduction of 50% as from the first day of boarding.  
Prices of adoptions include worming, vaccinations and a discount price on neutering.  
PHONE 266333.

## BLACK GOLD BOUTIQUE SALE

ST MARYS 722 441

BICHENO 751 443

WE STILL HAVE MORE BARGAINS AVAILABLE AT

GREATLY REDUCED PRICES, SO WHY NOT GET

SOME FASHION GEAR NOW AND SAVE MONEY. (HAPPY BIRTHDAY.A)

## CHURCH

## NEWS

FINGAL-PORTLAND UNITING CHURCHWorship 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 - 2nd Sunday ES  
 St. Marys 9.45am (with Salvation  
 Army)

Fingal 9.30am  
 St. Helens 3.30pm Mondays KUCA  
 Club

ALL WELCOME - Rev. Alan Renton  
 Phone 725139

ANGLICAN PARISH OF ST. HELENSSt. 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  
 Community Centre 30/7/89  
 Morning tea to follow

THE ANGLICAN PARISH OF THE FINGAL VALLEYSunday July 23

8.45am Fingal  
 10.45am St. Marys  
 3.00pm Mathinna  
 6.00pm Avoca

Sunday July 30

St. Marys 10.00am - Combined Service  
 (Mr. Gilbert Page) only service  
 in the Valley followed by soup and  
 sandwich lunch

Saturday July 29

Seminar "Sharing Your Faith" (Mr.  
 Gilbert Page). Afternoon and  
 Evening St. Marys. Room at back  
 of Holy Trinity Church.  
 Bring a plate of food for tea.  
 For more information ring:-

Rev'd. David LeRossignol  
 Fingal 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 13-20 yrs.  
 Sunnybanks, St. Marys.

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

CATHOLIC PARISH OF ST. MARYSFirst 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	Sat. Vigil	6.00pm
St. Marys	Sunday Mass	9.00am
Fingal	Sunday Mass	10.30am
Bicheno	Sunday Mass	4.00pm

PARISH PRIEST: Father Connolly,  
 The Presbytery, St. Marys.  
 Phone 722252.

# SPORT

ST.MARYS GOLF NOTES

by "TEE UP"

Owing to wet conditions, the Associates were unable to play last Wednesday, but the previous Wednesday saw a return of reasonable scores.

Mrs C. McGee was the winner of the Stroke and the Monthly Brooch, with Kath Blair on 69 nett for second spot after a count back with I. Francis.

## Stroke and Monthly Brooch

C. McGee (30) 65 nett  
K. Blair (24) 69 nett on C/B from I. Francis with K. Wright (30) 72 nt

The next day the Associates had to play a vital game of Pennant, of which they were the runners' up. With only one more game of pennant to play, the game for the season looks to be in some other court.

We wait with patience. The "girls" are still managing to put a few gobblers and birdies up on the boards, I notice.

The Tuesday Clinic is very popular and with good attendances. Our Captain is very pleased with the "Roll ups".

Veterans Day is increasingly popular, with marvellous fields. Owing to the ladies having Championships on the 3rd of August (the next rostered Veterans Day) the committee have had to move the date until the 4th August, a Friday. Hope you all see this and make arrangements accordingly.

## VETERANS DAY SCORES.

### Stableford.

A Grade	C. Baker	37pts
B Grade	N. Crawford	38pts
C Grade	B. Hughes	34 pts
1st 9	R. Smith	23
2nd 9	K. Taylor	19 on C/B with W. Colman & F. Fletcher

N. Pins C. Atkins  
Visitors J. Morris

I hear that Swansea may be joining East Coast Veterans, so there will be more interest aroused. Members played flag Saturday week and this was won by:

K. Burgess-Watson	(16)	64	19th	F/way
S. Dawson	(7)	68	18th	Green
D. Cannon	(18)	68	18th	F/way
D. McRae	(25)	70	17th	F/way
N Pins	4th	2nd	shot	K. Burgess-Watson
7th	D. Cannon			

### Monthly Tankard

C. Searle	(26)	60	nett
D. Summers	(12)	62	nett
G. Emberg	(17)	62	nett
R. Tolputt	(10)	63	nett
D. McRae	(25)	63	nett

N Pins 5th G. Emberg  
7th D. Summers

# BREAK O'DAY

MILK BAR AND TAKE\*AWAY

WE ARE

THE MILK BAR WITH "THE LOT"

TAKEAWAYS INCLUDING DELICIOUS HAMBURGERS, SEASONED BARBECUED CHICKENS, GROCERIES, HOT AND COLD DRINKS, CONFECTIONERY, VIDEO HIRE, FILMS, BATTERIES, FISHING BAIT, CALTEX PETROL.

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6.30am - 8pm

WE ARE ALSO AGENTS FOR  
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GRAEME AND JACKIE SMYLLIE  
WELCOME YOU TO THE

BREAK-O-DAY MILK BAR  
MAIN ST., ST.MARYS. PH. 722222

U.H.F. TAM 396 CH. 6

Thirty five players took to the field for the Memorial Shield and St. Marys came out the winners with 686 strokes, St. Helens 715, Bicheno 774. So congratulations St. Marys for a job well done.

## Individual Winners

### Champion of Champions

C. Mitchell	71
N.E.D.G.A.	Best nett
S. Lockhart	(23) 61 nett
N.E.D.G.A.	Best Junior
S. Lockhart	(23) 61 nett
St. Helens	Best nett
A. Litherland	(9) 63 nett
Bicheno	Best nett
S. Lockhart	(23) 61 nett
St. Marys	Best nett
C. Mitchell	(8) 63 nett
Nearest Pin	
5th N. Crawford	
7th R. McGiveron	

Competition Winner: N. Apted

The raffle realised \$56 and was won by D. Summers.

The weather held well and was as sunny as possible these days. With the Mens Foursome Championships 29th & 30th, we are looking forward to some more good golf, and as this comes up with the Brennan Memorial Trophy this Saturday, when draw for partners takes place, indeed a wealth of good golf to look forward to is what we will have.



# ST. MARYS DISTRICT HIGH SCHOOL

## GRADE 7-10 TEACHER RETRAINING DAY: BIKES:

On Monday, 24th July all Grade 7-10 teachers are required to attend T.C.E. Moderation Workshops in Launceston.

These workshops aim to familiarise all teachers with the operation and implications of criterion-based assessment which is the basis of awards for the new Tasmanian Certificate of Education to be introduced by the Schools Board of Tasmania in 1990.

Grade 7-10 students will not attend school on that day but attendance will be normal for K-6 students and Grade 11-12 students at the H.S.C. Annex.

## CAR PARKING:

Now that the new parking area has been sealed, in the interests of the safety of our students, parents are asked not to bring cars into the school quadrangle to drop off and collect their children.

Please park in the car park in front of the school and avoid parking along the side of the Science block.

Parking bays will progressively be marked so that best use can be made of our parking areas.

## THE SMELLY MOTORCYCLIST:

by Christopher Byard, Grade 6

He rode upon his Yamaha driving through the streets. Burning through the puddles making people shriek. Some people called him "Smelly", Some people called him "Stink". Until one day he stacked his bike and ended in the drink.

Sea Spider (Cont. from next col.) without being stung.

Sea spiders feed on corals, polyps, sea anemones, jelly fish and sea cucumbers by piercing the skin and sucking up their body fluids.

by Clinton Mitchell, Grade 3

One bright morning a little boy was riding down the street. His name was Tom. Tom loved his bike. Every day of the week he went riding, even when it was raining. His Mum's name was Rose. Rose was fussy about Tom riding his bike in the rain.

One year later Tom's bike became rusted. One night a magic man came over the mountain and made Tom's old bike magical.

The next morning Tom woke up and said, "I'm going to ride my bike today!" So he got out of bed and got into his clothes and had some toast with peanut butter for his breakfast, and then went outside and got his bike out of the shed and undid the gate. As he rode past the gate his bike said, "Broooooom! Take me up into the air". Suddenly, the bike went up into the air and down on to the ground with a thump. Tom fell off his bike. Tom got up. His bike had broken into two pieces. He ran inside to his mum. He said, "My bike is broken". "I will buy you a new one", Rose said. "Good! Will you take the old one to the dump?" asked Tom. "I will", said Rose.

So they went to the dump and put the bike into the dump and then drove away. Tom thought of his new bike on the way home. He said to his mum, "Am I going to get a new bike?" Rose said, "Yes, I will take you down to the shop tomorrow."

"Good, good!" said Tom.

## SEA SPIDER:

Matthew Muller, Grade 6, conducted research on the sea spider and used the word processor to record this information.

Little is known about the Sea Spider as most of the 500 different kinds live deep in water. They are not related in any way to the land spider.

Their body is small and their legs long. In fact, the body is so small its stomach extends into the legs.

Sea spiders spend most of their time clinging to coral. They are able to walk over many animals with stinging cells (such as sea anemones)

## LETTER TO THE EDITOR

Dear Editor,

After watching the under 16 football match on the 8 July, I would like to make a public appeal to the Fingal Football Association.

Please, please let common sense prevail when Fingal and St. Marys under 16's meet again in the semi-finals.

Who's to say whether irate spectators or the umpires from Fingal were right or wrong in their decisions. Considering the rivalry between these boys, wouldn't it be possible to have some umpires from other towns. It really is a simple solution to a silly situation.

Concerned Parent

### 1989 RED CROSS PRESIDENTS REPORT

1989 has seen another quiet but successful year and also this year being the fiftieth year Red Cross has operated continuously in St. Marys. Mrs. Amy Jarvis was in attendance at that first meeting. Tonight she attends this fiftieth meeting.

Red Cross doorknock was again successful with a total of \$3074.89 being collected.

Red Cross was successful in their submission for a Health and Community car to be used in the district to assist and convey elderly citizens to and from Hospital and other outings. I am pleased to say that the vehicle has arrived and is manned by volunteer drivers from within the Community.

Ambulance cases this year have increased slightly on last year - 98 in total, both vehicles being used alternately.

The St. Marys Lions Club are donating a Paraguard Rescue Stretcher and it should be here shortly.

As President I would like to thank my committee, members, drivers and Hospital Staff for their loyal assistance and support to keep Red Cross viable within the community.

B. Glatte  
President.

## W. LOCKETT & SONS

FUNERAL DIRECTORS  
CAMPBELL TOWN

Enquiries may be directed through:

Mr. D. Casboul  
St. Marys 722 383

Mr. T. Pears  
Campbell Town 811 167

BRUCE DAVIDSON - FUNERAL DIRECTOR

## D. K. & C. M. BARNES

ST. MARYS  
PHONE 722 367 or 722 265

WE WILL MAKE AND DELIVER  
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ST. MARYS.

NOT ONLY DO WE SUPPLY THE 'GOOD JUICE', BUT WE ALSO HAVE A FULL RANGE OF ALL SEWERAGE REQUIREMENTS, FROM PIPES AND FITTINGS TO CLEANERS AND GLUES.

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ST. HELENS

761153

"WEASELWORDS"F O O T B A L L

Before you toss a packaged or canned food into your grocery cart, take a moment to check the label for "weasel words" - words that aren't untrue, but aren't entirely true, either.

Weasel words usually appear on label faces in bold type. Here are some to be wary of:

"No preservatives" : Food could be high in sodium, cholesterol, total fat, and sugar. Having "no preservatives" doesn't necessarily make it a good choice.

"No cholesterol" : Food could be high in saturated fat - which is worse for your blood cholesterol than dietary cholesterol.

"Low in sodium" : Is the food really low in sodium, or only lower in sodium than the regular brand? (The average person should stick to about 3,000mg of sodium a day.)

"Low in saturated fat" : Food could still be high in total fat (polyunsaturated and mono-unsaturated fats) and therefore, kilojoules.

"Natural" : This word can mean anything - or nothing. One fruit drink that boasts it is 100% natural is only 10% juice (read the ingredients label.)

"Light/Lite" : Lighter colour? Lighter taste? Fewer calories? Less fat? It could mean anything.

"Real" : Sometimes the "imitations" are better for you than the "real" foods. (Imitation mayonnaise has half the fat of "real" mayo.)

"Fresh creamier butter",

"Fresh Grade A eggs" : Makes butter and eggs sound like health foods.

"A rich source of calcium" : Food could also be a rich source of fat and sodium. Check the ingredient label.

"May lower the risk of heart disease" And then again, it may not...

"Made with 100% vegetable oil" : If palm or coconut oil are in the food, remember that these two tropical vegetable oils are high in saturated fat - which can increase your blood cholesterol level.

Taken from Feeling good news.

8 July, 1989

Seniors: St. Marys defeated Fingal by 73 points at St. Marys. The local team was served well by John Miles (best on ground), closely followed by Andrew Viney, Scott Gray, Greg Murfet and Ernie Maher. Better players for Fingal were D. Perry, M. Street, M. Ritchie, P. Duggan and C. Bean.

Goalkickers St. Marys: G. Murfett 4, P. Gibbons 3, S. Gray, John Miles, M. Duncan 2 each. Fingal: M. Brown, C. Woods 3 each.

Reserves: St. Marys defeated Fingal reserves comfortably by 94 points in a one sided game after leading at half time by only seven points. A good team effort by the boys once again.

Goalkickers: L. Spilsbury 6, M. Waldron, A. Wright 3, G. McDonald 2, four others, one apiece.

Thirlds: Fingal thirds defeated St. Marys by nine points 4.8 to 3.5 in a very controversial finish with one of the umpires coming in for some heated abuse. In my humble opinion and not wishing to be biased, I did not think it was the best exhibition I have seen but this still does not mean that players and especially young players should abuse the umpire by swearing at him on the ground. They must learn to control their feelings no matter what.

Seniors: 15 July, 1989

St. Marys superior teamwork adpace enable them to defeat Campbelltown comfortably by 61 points - 16.8 to 5.13. All St. Marys players contributed to a fine team effort with G. Brown, D. Ridgers, B. Leedham, S. Nugent, R. Salter and S. Miller probably the better. Incidentally, the club is going to present Roo with a new metric tape.

Goalkickers: R. Squires 5, M. Duniam 4, A. Viney 2 and five others one apiece. Also thumbs down to the Campbelltown player who bared his backside to the crowd coming off the ground. Very childish.

cont. P 9

## MEALS ON WHEELS

### JULY/AUGUST

		<u>ST. MARYS</u>
Sunday	23	Marj Spilsbury
Monday	24	Miss Thorold
Tuesday	25	Pauline Berwick
Wednesday	26	Jenny Stewart
Thursday	27	Alf Faulkner
Sunday	30	Bruce Glatte
Monday	31	Bonnie Crawford
Tuesday	1	Ruth Aulich
Wednesday	2	Clive Berwick
Thursday	3	Jean Schier

### FINGAL

Les Rubenach
Shirley Parker
Robyn Holder
Helen Richardson
Pat Death
Bob Gordon
Robyn Miller
Kath Francis
Jan Marshall
Hetty Williams

### MANGANA

Les Rubenach
Shirley Parker
Jack Miller
Cros Upton
Pat Death
Jack Miller
Les Walters
Kath Francis
Jack Miller
Jack Miller



# IMPORTANT NOTICE

ARE YOU INTERESTED IN THE ENVIRONMENT?

DO YOU LIKE TO SAVE MONEY?

MARGARETE AND GEOFF AT

## CUT PRICE SAM'S ST MARYS

ARE HAPPY TO HELP IN BOTH DIRECTIONS

FOR A TRIAL PERIOD, WE ARE PREPARED TO PAY YOU  
NOT TO TAKE THE FREE SHOPPING BAGS.

THAT'S RIGHT

THE EXACT COST OF THE SHOPPING BAGS YOU DON'T USE  
WILL BE DISCOUNTED OFF THE PRICE OF YOUR GROCERIES.

BRING YOUR OWN BAGS AND SAVE  
FOUR CENTS FOR EACH ONE

WE HOPE YOU WILL SUPPORT THIS INITIATIVE

FOOTBALL cont. from P 8

Reserves: St. Marys defeated Campbelltown by 5 points - 9.9 to 8.10 in a very even but often spiteful game. Some players in these games seem to go headhunting from the start and genuine ball goers must be given more protection. Last time these teams met Campbelltown thrashed St. Marys so it was a great team effort to come back and finally run out close victors. A good team effort once again with a special plug for the back line, players who are performing well and showing plenty of what makes footballers - GUTS.

Goalkickers: J. Viney 3, T. Mason, G. Nugent, G. McDonald, S. Goss, L. Spilsbury and M. Williams, one apiece.

Thirds: Campbelltown easily defeated St. Marys 10.13 to 0.1 by 72 points in a very uneven event. St. Marys were further undermanned by the suspension of some players for unseemly behaviour. It appears that some lads do not wish to succeed but would sooner cause discomfort to others and vandalise public property. No respect for anyone and in some cases none for their parents, besides letting their team mates down. Enough said!!

\*\*\*\*\*

OLD WORLD ACCOMMODATION  
IN LONGFORD

One of Longford's oldest buildings has been restored to its former glory by new, enthusiastic owners and is now operating as a guest house.

Kingsley House, circa 1932, was built as an Inn but due to the owners beliefs, was never licensed for liquor!

Tas and Marie Laws recently took over Kingsley House and completely renovated it.

Exhausted, but delighted with the results, they are now welcoming guests to the quaint, 22 room building in "Tannery Straight", next to the railway line.

The house has 5 suites, all with iron beds, (one has a 4 poster) antique furniture, fireplace and bathroom, and intricate lace bedclothes. Two suites have French doors opening onto balconies.

\*\*\*\*\*

Easter bunny's been and gone, Santa will soon be along.

23 weeks until Christmas!!!

YOUR HOME IN RETIREMENT

Have you considered it?

For most of us our home and our car are two major investments made during our lives and of course, the two are in many cases, linked, because our choice of home is influenced by the mobility provided by our car.

It is ironic that the older we get the more dependent we become upon the car, yet many of us find it more difficult to cope with our car in modern day traffic.

Whilst we would all like to continue to drive as long as possible it is very evident that many of us will need to surrender our licences sooner than when we wish.

The last few years have seen a substantial growth in the modern type retirement villages, and by removing the worries and problems of home and property maintenance and by the provision of many types of services, a resident in a retirement village actually finds they have increased independence.

In such villages access is available to good public transport or a village bus. In addition many facilities are provided for recreation and entertainment within the village that is readily accessible by foot.

Tasmania is fortunate that it has several choices of excellent retirement villages.

The concept of retirement village accommodation is still relatively new and for many is a subject not aside "until later".

Unfortunately it is very easy to leave the consideration until it is too late.

It is becoming evident that in retirement we will become more responsible for the services and care that we may need. It's possible Governments will provide assistance, therefore we must assume more responsibility ourselves.

Retirement Villages offer a viable and worthwhile alternative to remaining independent and worry free longer.

\*\*\*\*\*  
BIRTHDAY GREETINGS

Happy birthday to all those who are celebrating birthdays in July, which includes our Editor Ron, his daughter Carmen, and his granddaughter Louise, Dale Wright, Toby Spilsbury, Kaye Wignall, Athalie Webb, Anna Webb. I'm sure there are many others but we can't name them if the information is not passed on to us.

HAPPY BIRTHDAY ONE AND ALL.



# STARDUST

Week commencing 20th July, 1989

## CANCER June 22 - July 23

Socially you will be involved with people who share similar interests. It will be a pleasure to meet up with these kindred spirits,  
Best Days: 22, 31.

## LEO July 24 - August 23

Hard work will be a pressure, but the opportunities to score a big achievement will urge you on. A new commitment will be in the offering as well.  
Best Days: 20, 2.

## VIRGO August 24 - September 23

A wave of popularity will enrich your social life. Unique events in this department will add a special sparkle.  
Best Days: 23, 30.

## LIBRA September 24 - October 23

A social episode that is a break from regular events will be an exciting feature this week. You will spread your wings socially. So this week could prove very interesting.  
Best Days: 22, 24.

## SCORPIO October 24 - November 22

Don't plan too far ahead or you may find it difficult to take advantage of opportunities that will be presented. People could be unreliable where arrangements are concerned.  
Best Days: 21, 27.

## SAGITTARIUS November 23 - Dec. 22

The workload could be heavy this week, as you will no sooner get one task over and done with, than a new one will spring up. So try and reserve all your spare energy.  
Best Days: 25, 1.

## CAPRICORN December 23 - Jan. 20

Singles, an encounter that turns you on emotionally could trigger the start of a new attachment. Social events will bring contact with people you have known a long time.  
Best Days: 26, 29.

## AQUARIUS January 21 - Feb. 19

Entertaining visitors, handling family issues or an overdue domestic chore will make this area the focus of attention this week.  
Best Days: 28, 2.

## PISCES February 20 - March 20

Where personal plans are concerned, people will leave all the necessary decisions up to you, however watch that misunderstandings don't interfere with good personal relations.  
Best Days: 20, 20.

## ARIES March 21 - April 20

This week will be a whirlpool of activities with one demanding special consideration. Also socially your expenses could zoom up.  
Best Days: 23, 1.

## TAURUS April 21 - May 21

There will be a reunion with an old colleague and an appealing selection of social engagements offering. And others will be keen to expand a relationship with you.  
Best Days: 22, 3.

## GEMINI May 22 - June 21

Important domestic decisions or matters to manage will focus your attention this week. Unusual events will need a lot of your time.  
Best Days: 24, 29.

## ST MARYS BUTCHERY

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FOR THE MEAT YOU

WILL LOVE TO EAT....

Phone 722 274

## ST MARYS H & B

MAIN STREET ST.MARYS.

FOR THE GIFT YOU

WISH TO BUY....

CALL AND SEE JILL OR  
KEVIN.