

THE VALLEY AND EAST COAST VOICE

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NON-INSULIN DEPENDENT DIABETES MELLITUS (NIDDM)

The most common type of diabetes goes by many names: Type 11 diabetes, adult-onset diabetes, maturity-onset diabetes, diabetes associated with obesity, and ketosis-resistant diabetes.

Whatever it is called, it IS the most common kind of diabetes. More than 80% of all persons with diabetes have this kind of diabetes. Most people with Type 11 diabetes are over 40 years old, overweight and have a relative who has diabetes.

There may be as many as 500,000 Australians with diabetes, yet almost half of them don't even know! This creates a serious problem, because undiagnosed, uncontrolled diabetes can lead to serious damage to the heart, circulatory system, kidneys, eyes and brain.

Type 11 diabetes differs from the kind that requires insulin injections. Type 1, or juvenile diabetes requires insulin injections because the body does not produce any insulin, so the person with this condition needs daily injections of insulin to stay alive.

On the other hand, a person with Type 11 diabetes usually produces some insulin, but cannot use this insulin effectively to convert glucose (from food) into energy. The unused glucose (sugar) builds up in the bloodstream and causes all sorts of problems... such as circulatory disease, stroke, heart attacks, loss of vision, and loss of nerve sensation. But even before these complications occur, the person with Type 11 diabetes can start to feel effects such as fatigue and a lowered resistance to infections.

Type 11 diabetes is usually treated with diet (including weight loss if you are overweight) exercise, and monitoring glucose levels. If this approach doesn't work, the physician will prescribe an oral medication (tablet).

Diet is the first line of attack against diabetes. This is especially important for the 80-85% of people with Type 11 diabetes who are overweight.

If you have Type 11 diabetes and are overweight, your excess body weight interferes with the ability of your own insulin to allow glucose to be used. When you lose this excess weight, you increase the ability of the insulin you produce to utilize glucose. This weight loss often results in blood glucose levels returning to normal.

When you achieve and maintain normal weight, many of the symptoms of diabetes can disappear. A prescribed exercise program in addition to your weight loss reduction diet, can speed up weight loss. Exercise, such as brisk walking provides the extra benefit of physical fitness.

Testing for glucose (sugar) is an easy way for you to always know if you are keeping your diabetes under control. Self Blood Glucose Monitoring (SBGM) tells you what your blood glucose levels are at the exact time you do your test.

Just as the bathroom scales tell you how well you are controlling your weight, SBGM helps you know how well you are controlling your diabetes.

It is believed that one of the long term benefits of good blood glucose control is PREVENTION, delaying or lessening of major diabetes complications.

Many physicians say that the desired blood glucose range is 4-10mmol/l. You and your physician can work out a goal for your blood glucose control program. You won't be expected to be perfectly on target all the time - you will have occasional readings outside your range. Much depends on your own body's response to an improved control program.

WEEKEND PETROL AVAILABLE FROM:

SHELL, MAIN ST. JULY 7/8

B.P. STOREY ST. JULY 14/15

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Anglican Church Soup and Sandwich
Luncheon Wed July 18th 11 am
onwards. Back Room St.Marys
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TRADE TABLE

FOR SALE: 1 Double bed and 1
wardrobe \$100 o.n.o. Ph. 751437

FOR SALE: Chainsaw "Partner" \$65
Excellent condition \$450 o.n.o.
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The Valley Voice wishes to
congratulate Murray and Michelle
Bennett at St. Marys Shoe Shop.

FOR SALE: Electric polishing
machine. 2 brushes. Goes well.
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Primary 742-197 mornings only.

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NEXT AT BICHENO

TUESDAY July 24th

For Appointment. 002 570171

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SCOTT'S ST MARYS NEWSAGENCY

*** LATEST VIDEOS NOW IN STOCK ***

The Gods Must Be Crazy No. 2
The Karate Kid
Ski Patrol
Indio
Turtles (childrens')

Congratulations to Michelle and Murray Bennett with their new
venture - St. Marys Shoe Store. Best wishes and good luck.

"SALE"

"SALE"

"SALE"

ALL WINTER
STOCK REDUCED

TO UNREAL PRICES

AT

BLACK GOLD BOUTIQUE

WHAT'S ON

THE NEW SWIMMING POOL FUNDRAISING COMMITTEE will be holding a cake stall on Friday 6th July, outside the Hotel, commencing at 11am.

PLAYGROUP... We have started a playgroup for St. Marys and would like to welcome all mothers with young children to come and support this group. Give the kids and yourself some time out.

Playgroup will be held EVERY FRIDAY MORNING- 10.30am till noon at the school kindergarten. We ask you to bring \$1.00 per family and a piece of fruit.

Any enquiries contact Mazz Roberts-Cornwall 722506 or Bobby Harwood-St. Marys 722445.

Hope to see you there.

A LUNCHEON will be held to celebrate Fr Paul Connelley's 25th Anniversary of his ordination on Sunday 22nd July in the R.S.L. institute at 12.30pm.

ALL WELCOME

ST. MARYS TENNIS CLUB CHANGE OF MEETING DATE.....

The meeting scheduled for Wednesday 11th July has been changed to Thursday 12th July, 7.30p.m. at clubrooms.

Apologies for any inconvenience caused. (It's the President's fault!)

Red Cross first aid course is being arranged. Anyone who would be interested in doing the course, please ring me on 722390. Cost of the first aid course is \$63.00. That includes first aid book and other requirements.

Neville Peake
Secretary Red Cross
St. Marys.

FOR SALE ... FOR SALE... FOR SALE

1 Boston Drum Set complete with cymbals, etc. \$260 Ph. Kirk 722231
Can be lay-byed for Christmas.

FOR SALE: 3 B.R. W.B. home with aluminium windows on 1 1/2 acres. Lounge/Dining Kent heater, kitchen, Modern bathroom (Lamipanel), re-wired, repainted, new hot water service. \$45,000 o.n.o. Ph. 722481

FOR SALE: Cheap Vauxhall Viva. Have replaced gear box, near new tyres, rego, body rough, spares available. \$700ono Ph. 722481

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THE PUBLIC TRUST OFFICE, TAS.

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WILLS MADE FREE OF CHARGE
COUNCIL CHAMBERS:

FINGAL

July 12th
(Thursday morning)

AND

ST MARYS

STATE LIBRARY
MAIN STREET
July 12th
(Thursday afternoon)

For appointments Phone
LAUNCESTON (003) 322 241 or
write to PO BOX 414 LAUNCESTON
or call at

5 WELLINGTON STREET L'TON.

ZINGERS

HAIR DESIGN

IS NOW OPERATING AT

PASS ROAD ST. MARYS.

PLEASE DO NOT HESITATE
TO PHONE OR DROP IN.

ALL WELCOME.

PHONE FRANCINE

003 722 566

WELCOME ANYTIME.

IAN HOLLINGSWORTH

REGISTERED DENTAL MECHANIC WILL
BE VISITING ST. MARYS ON FRIDAY

13th JULY 10am - 12 noon OR

PHONE 768253 FOR 7 DAY A WEEK

APPOINTMENTS AT 36 TRELOGGEN
DRIVE.

BINALONG BAY.

CHURCH NEWS

FINGAL-PORTLAND UNITING CHURCH

Worship Service

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

Sunday School

Scamander	9.30am	(except for 2nd Sunday when 8am Family Service.)
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

7.00pm Mondays

Pyengana

11.00am 2nd & 4th Sundays

Falmouth

9.30am 1st & 3rd Sundays

ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday July 8th

8.45am	Fingal
10.45am	St.Marys
3.00pm	Cornwall

Sunday July 15th

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

Rev David Le Rossignol

Phone Fingal 742113.

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 Serv

Womens Meeting

11.00am Tuesday - An hour of Fellowship for all women

ENVOY AND MRS BETTS - Sunnybanks,
St.Marys - Phone 722 352

CATHOLIC PARISH OF ST.MARYS

FIRST SUNDAY OF THE MONTH

St.Helens	Sat. Vigil	6.00pm
St.Marys	Sunday Mass	6.00am
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
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	4.00pm
Swansea	Sunday Mass	6.00pm

FIFTH SUNDAY OF THE MONTH

St.Helens	Sat. Vigil	6.00pm
St.Marys	Sunday Mass	9.00am
Bicheno	Sunday Mass	4.00pm

PRIEST: FATHER PAUL CONNOLLY

ST.MARYS 003 722 252

SEVENTH DAY ADVENTIST

Hodgman Street, Scamander

Sabbath School 10.00am

Divine Service 11.00am

FOR

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SERVICE

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A F D A

ANYTIME - ANYWHERE

FUNERAL DIRECTORS

ST.HELENS

761 153

ST. MARYS GOLF NOTES: By Tee Up's Mate.
Best wishes to Tee Up on her two month visit to the mainland. See you when you get back Tee Up.

St. Marys have now gone through the 1990 pennant season undefeated after winning the last two games of the year 7--2.

The win this year creates a new record. St. Marys is the only club in the 41 year history of NEDGA Pennant to record five straight flag wins. Well done boys. Our team also performed quite well in Reserve Grade attempting to win a fourth straight flag but St. Helens proved better over the year to take this Division out. Well done St. Helens and of course St. Marys.

St. Marys now competes at Bicheno on July 15th to try and win the Memorial Shield again on Pennant presentation day and then later in the year they will try and emulate 1987 and hopefully give the NTGA Div 3 Championship a real shake. If Kim Howe and Steven Dawson can keep up those eagles like they did in the last pennant game you never know do you. Also special mention to Kerry Davern in going through the entire year undefeated and well done to Craig Mitchell who has done a great job as captain of the team. Thanks to Andrew Haas in organising a great club day on June 23rd with the M.D. WEBB & Co Day. All that competed really enjoyed the day, and we hoped that this may become a permanent fixture on the calendar. Very well done to Rod Field in winning the individual event on that day with a fine stableford score of 40pts.

Last week the club held a Four Ball Best Ball event and visitors to the club M. Kent and P. Williams took out the event in atrocious weather. That same bad weather had caused the cancellation of the last Wednesday Associates Competition, but the ladies enjoyed a game of indoor bowls instead. The week previously Kath Blair continued her great form this year and won the comp and reduced her handicap to 19. One more stroke and she'll reach 1 Grade well done Kath. Also the ladies had a good 4-1 pennant win against Bicheno. Good one team.

Members don't forget that the Mens Foursomes Championships commence on Sat. July 7th at 9.00am. Better get those teams together and we will see you there on that day.

PENNANT RESULTS:

A GRADE

St. Marys 7 defeated Malahide 2
K. Howe 1+ B. Woods 5/4
S. DAWSON 5/4 def L. STINGLEE
S. WILMOT 2/1 def B. HUGHES
C. MITCHELL 1+ W. LOHREY 1up
K. DAVERN 1up def E. TURNER
G. DALE 1up def D. ELLIS
R. MCGIVERON 3/1 def G. FRANCIS
J. NEWMAN 4/3 def H. STREET

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GLUES.

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722233 or 722155

Golf cont;

S. COOKE 1 up def J. SINGLINE

RESERVE GRADE:

ST. MARYS 3 Defeated MALAHIDE 2
R. Spilsbury 1 up at 19th Def G. Woods
R. Field 5/4 def I. Hardman
C. Hayes 2 up def L. Hall
C. Berwick 1+ D. Sutton 4/3
R. Costain 1+ P. Donnellan 4/3

PENNANT A GRADE

St. Marys 7 def Bicheno 2
K. Howe 6/5 def N. Tildesly
S. Dawson 1+ P. Healey 3/2
C. Mitchell 4/3 def R. Tarr
S. Wilmot 6/5 def S. Cameron
K. Davern 6/5 def J. Colrain
D. Murfet 1+ J. McDonald 1up
J. Newman 1up def F. Singline
G. Dale 4/3 def G. Baker
R. McGiveron 4/2 def L. Whammond
Reserve Grade ST. MARYS 3 def BICHENO
R. Field 1+ S. Lochart 1 up
S. Cooke 3/2 def J. McCarthy
D. Summers 6/5 def L. Wallace
C. Hayes 1+ M. Shepherd 4/3
D. Berwick 8/6 def N. Mayes

M.D. WEBB & CO DAY ÷ Aggregate Stableford.

R. Field - R. McGiveron 79pts
S. Wilmot - G. Dale 78pts
C. Mitchell - S. Cooke 77pts
N.T.P. 5th S. Cooke 8th R. Field
Best Individual Score R. Field 40pts
MEMBERS 4 BBB Stableford
M. Kent - P. Williams 48pts
S. Dawson - C. Mitchell 42pts
D. Murfet - G. Little 41pts
S. Cooke - M. Seymour 41pts
N.T.P 5th S. Cooke 7th R. McGiveron
ASSOCIATES 3rd round of Silver Spoon
K. Blair (20) 64 nett
J. Lohrey (30) 68
M. Cook (17) 69
Best Limit Marker L. Burness
Nearest to Pin 7th K. Blair

ST. MARYS DISTRICT HIGH SCHOOL

THE DEATH WISH

Lightning struck in the small land of Mytheria, and rain poured down onto the millions of scattered houses.

The planet Mytheria existed in a galaxy with a group of other inhabited planets. The life forms on Mytheria were half human and half ant.

Terror was building up on Mytheria; an attack from the Trecons was turning the planet into a screaming fire ball. The laser beams coming from the Trecon's spacecraft hit the small planet like nuclear war heads hitting a china cup, so frail and delicate.

The people on Mytheria were peace-loving citizens and didn't really know how to fight the Trecons. Their only hope of survival was to get off the planet, and quickly.

There was a massive spaceship hidden in a mountain's core called Hellsdrink, which could hold all the people of Mytheria and more. However, there was only one problem, there was a river which ran through the mountain. Legend says that whoever travels down the river and into the mountain never comes out alive. The spaceship is right in the middle of this mountain, with the Mother of Terror guarding it. Her massive body is jammed full of nightmares, casting out her deadly children to stalk honest travellers, and to fill them with a fear that some say will never end.

The Mytherian Council were coming to a decision. "I think we should send out our best warriors to defend our planet," said Councillor Mastrillis. "But the real question is, do we have enough to over-power the Trecons?" questioned president Hersantell. "NO! I think that the best chance of survival, is to send a group of specialized people to travel to Hellsdrink, to retrieve the ship, Andromada," said Nectronus, the treasurer, succeeding to persuade only ten of the council members.

There was a long length of silence, but finally they came to a decision. "We will select the travellers immediately," the president replied heading for the door.

"Wait, I've already got a list of suitable travellers for the journey!" The vice president,

Janton, cried. "What are their names?" Asked Tessace the Treasurer.

Suddenly, interrupting the meeting, the planet's surface erupted and the substance Methonia, spilled out of Mytheria's core, and disintegrated everything it encountered.

"Hurry! Let's shelter in the underground storeroom!" Yelled Hersantell, above all the shouting and screaming. But it was all too late; the destruction of Mytheria was near.

As the tidal wave of Methonia crashed down upon millions of running people, a group of Trecon spacecrafts entered Mytheria's atmosphere, destroying everything. The planet was now desolate, no people, plants or animals in sight. The smell of Methonia was still distinct and the marks of laser beams were engraved everywhere.

The only living thing on Mytheria was the Mother of Terror, dragging her body as if wounded and eating the corpses of dead Mytherians. With every gulp, she cast out one of her children.

The whisper of the wind on the ground, the dust storms coming from nowhere and the four Mytherian suns beating down on the sunburnt country were enough to make visitors run.

Slowly, day by day, Mytheria moved towards the deadly black-hole of Rontaurus, sooner or later the planet would disappear into the depths of space, never to shed light onto Mytheria's deserted surface again.

BY: Lee Davern,
Grade 9.

GRADE 10 ENGLISH

Grade 10 English students were studying a novel about an evacuee in war-time England. They were asked to recreate facets of life at this time through their own style of poetry.

I WANT TO BE

Sitting up on a hill, The wind against my face. No cars, no birds, not anything. Not a single trace. Yes, this is the place I want to be. With not a worry in the world. Nothing but land is all to see. Yes in silence is where I want to be.

BY: Lindy Barnes

SPORT CONTINUED FROM PAGE 5

FOOTBALL

June 31st

Fingal were defeated by St. Marys in rather cold conditions.

Under 16s

St. Marys defeated the home team by 35 pts 7-4 to 1-5. This game was closer than the scores indicated as both teams had plenty of play.

Best St. Marys:

G. Henly, P. Gillies, D. Young, S. Vines, M. Greenwood.

Best Fingal:

D. Britton, S. Barnes, A. Woods, D. Hall, J. Lynd.

Goals:

St. Marys - M. Mulich 2, Gamble, Vines, Donald, Newman, McGowan 1
Fingal - D. Hall.

Reserves

After leading by 49 pts at half time St. Marys ran out winners 17-13 to 5-4.

Goals St. Marys:

Squires 4, Leedham 3, Bean, Williams, P. Spilsbury 2, McDonald, Davern, L. Spilsbury, Nehls 1.
Another good team effort.

Fingal:

D. Bean 3, G. Turner and C. Turner 1.

Best: C. Turner, Woods, D. Bean, S. Bean.

Seniors

St. Marys defeated the home team by 67 pts in a very good exhibition after leading by 47 at half time. Final scores were 21-12 to 11-5.

Best:

St. Marys - G. Murfett, L. Dakin, S. Miller, M. Viney, Duncan, S. Brown.

Fingal - C. Woods, D. Hoskinson, R. Hall, Walker and OByrne.

Goals:

St. Marys - M. Duncan 6, M. Viney, S. Higgins, J. Miles 3, D. McKinstry, G. Murfett 2, S. Brown and G. Gray 1.

Fingal - P. Duggan, M. Donnellan 3, R. Stone, D. Skiffer, R. Walker, M. Street 1.

A good effort by Mick Duniam, six goals in half a game.

MUNICIPAL NEWSStreet Lighting

The Councillors for St. Marys Ward reported to the June meeting on their examination of street lighting in the St. Marys, Scamander and Falmouth areas. Council presently has a policy of installing lights on every third pole but the new mercury vapour lights give less coverage than the superseded Incandescent lights.

BREAK O'DAY

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Street, St. Marys...Phone 722222

UHF TAM 396 CH 6

Clr. Faulkner advised that the H.E.C. were examining what occurs in other areas as to policies of whether street lights should be on every second or third pole, and that further enquiries were being undertaken.

Scamander Sewerage Lagoon Site

Council's Consulting Engineer, Mr. Ken Tabart, presented a report on possible sites for the Scamander Sewerage Scheme lagoon. Council decided that the Consulting Engineers be instructed to apply to the Department of Environment and Planning for a licence to operate a sewerage treatment plant on the site to the west of the new refuse disposal site.

Pavement Management System

The recently completed Pavement Management System report was presented to Council by Mr. Bill Lawson and Mr. Terry Lincolne of Lawson Potter Hurd. The study of Council's rural road network has produced conclusive results which will be of great assistance to Council in making decisions relating to spending on rural road maintenance. A substantial amount of data has also been collected and collated relating to town streets and their existing level of development. The Pavement Management System assessment method involves the identification of parameters which collectively are indicators to the relative demand of each road for maintenance or improvement attention. A priority index list can then be derived from this.

ST MARYS

FOODWIZARD*

HOUSEWARES SALE

PLASTIC BUCKETS 99c

COTTON TEA TOWELS 59c

POLYESTER PILLOWS \$8.99

HONEYCOMB MATS \$2.99

FACE CLOTHS 59c

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LOW PRICED BLACK AND GOLD GROCERY

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WHILE STOCKS LAST YOU RECEIVE A

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\$50 GROCERY PURCHASES.

CALL AND SEE GRAHAM AND KAREN SAUNDERS
OR
KAREN AND JULIE-ANNE.

GO-N-SEW

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(OPEN ALL WEEKEND 7 - 8 JULY)

FIRST BIRTHDAY SALE

FOR ONE WEEK ONLY, 10% off all purchases.

NEW COLOURS IN FLAIN FLEECY
PRETTY PRINTED FLEECY ETC.

LONG STITCH AND CROSS STITCH
DESIGNS.

SALE.....SALE.....SALE.....SALE...

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JULY 7th and 8th.

Experienced demonstrators from
Justknits L'ton.

Make your own design windcheaters
in one easy lesson.

Six lessons in all, Commencing
9am, 7th July till 5, and 9am,
Sunday 8th July.

Morning and Afternoon Tea
available.

ENROL NOW at Go-N-Sew
St.Marys 722373

MAN AND BOOTS

Boots go on feet, so do men,
Boots have soles, so do men,
Boots sometimes get tight, so do men
A boot will shine if polishes,
so does a man,
Some boots are a imitation calf,
so are some men,
Boots are tanned, so are men in
their youth,
A boot when old gets wrinkled and
hard, so does a man,
A boot to be of much account must
have a mate, so must a man,
The less understanding there is in
a boot the bigger it feels,
so it is with a man.

THANK YOU

I WISH TO EXPRESS MY
THANKS TO ALL RELATIVES AND
FRIENDS FOR THEIR KIND THOUGHTS
AND PRAYERS FOR THE SUCCESS
OF MY OPERATION.

THEY SURE WORKED, AS I AM
NOW WELL ON MY WAY TO
RECOVERY.

KEITH BULLOCK.

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Enquiries may be directed through

Mr. D. Casboults
St.Marys 722 383

or

Mr. T. Pears
Campbell Town 311 167

BRUCE D. DAVIDSON - FUNERAL
DIRECTOR

MEALS ON WHEELS

JULY

SUNDAY	8	Yvonne Saunders
MONDAY	9	Claire Bean
TUESDAY	10	Helen Napier
WEDNESDAY	11	Jean Lohrey
THURSDAY	12	Yvonne Salter

SUNDAY	15	Marj Spilsbury
MONDAY	16	Bonnie Crawford
TUESDAY	17	D & S Robinson
WEDNESDAY	18	Margaret Bullock
THURSDAY	19	Rona Gatty

FINGAL

Lionel Rankin
Ida Legro
June Hall
Joan Lowe
Pat Death

Ros Smith
Kayleen Sutton
Robyn Holder
Jessie Burbury
Idie Francis

MANGANA

Lionel Rankin
Les Walters
June Hall

Pat Death

Neil Ward
Les Walters
Jack Miller
Idie Francis

MATHINNA

Kaye Turner
Tom Baker
Max Ellis
Cynthia We
Ian Hardma

Kaye Turner
Tom Baker
Max Ellis
Cynthia We
Ian Hardma

SCAMANDER NEWS

A head count of 80 people attended a meeting regarding sewage, sullage, and other ratepayers questions at a recent meeting at the Scamander Sports Complex organized by the Scamander Progress Association. The Association thanks Councillors Legge, Faulkner, and Fearman, the Warden Mr. McKenzie, Mr. Berryman Works Engineer and Mr. Cockett Council Clerk for giving up their Sunday afternoon and answering as clearly as possible our questions and concerns. As finance for a Scamander Sewage Scheme was promised by a previous Government, those ratepayers affected are urged to write to either Michael Weldon, Christine Milne, Michael Polley in an effort to invoke greater Government funding for this project, citing health, environmental and/or personal sewage problems faced in a sandy area that has reached saturation point. Councils proposed sewage plan, subject to the environmental approval would not include 5 acre blocks south of Scamander. Council has curbed George Street much to the delight of those residents. Council informed residents that the tip site would be relocated in 2-3 weeks to Old Coach Road, and that lighting of fires at any tip site could result in a fine of \$2000. Council stated the West side of the Tasman Highway from Wrinklers to the New Bridge would be curbed and drained very shortly.

Wednesday Euchre Nights at the Complex in aid of the N.S.W./Qld. Flood Relief Victims has raised over \$500 to date - a great effort by convenor Tom Stone and by those who have donated raffles, monies and loyally attended these evenings.

Voluntary work by loyal residents is still under way to complete the Complex building - great dedication and skill is quite evident by a small band of workers who take pride in our Complex which will benefit all our community and clubs. Many have quietly donated manhours, materials and knowledge which cannot be repayed. The new bar is proving to be appreciated by members and visitors, especially since the installation of a combustion heater.

Next Old Time Dance at the Complex, 7th July 7.30p.m. Members a plate please. \$10 a couple, \$12 a family. Next Progress meeting 3rd Thursday of the month, 19th July, at the Complex. Membership \$3 per family, now due. See Henry (treasurer).

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ANNUAL REPORT 1989 -1990

ST. MARYS BRANCH, AUST. RED CROSS

This year the St. Marys Branch of the Aust. Red Cross achieved 50 years of service to the Fingal Valley and surrounding areas. The year has been a busy one for the Ambulance Units, with 130 cases handled and 573 hours of voluntary work put in by the Ambulance crews. Many times during the year both Units were out to cases at the same time thereby justifying two units based here. I must thank the Crews most sincerely for their dedication to the tasks, who not only drive and maintain the Units, but are now able to attend certain defined cases on route to the hospital thereby taking some of the work load off the hospital staff. Special thanks to Matron Alison Smith, Sisters and Nursing Staff for their generous help and support over the past year, also to Mr. Keith Cook and Mr. Murray Bennett for their help in matters where assistance was required. Respectful thanks to the St. Marys Lions Club for the raising of \$800 for a Rescue Stretcher that was presented at the 50th celebration of St. Marys Branch held at the St. Marys Sports Centre. May I congratulate Mrs. Doris Bullock, Mrs. Una Curtis and Mrs. Majorie Oliver for the Service Awards presented to them by Mrs. Phyllis Ockerby (Nthn. Administrator) at our 50th Anniversary. Congratulations to Mr. Len Miles on his receiving an Achievement Award for his 12 years consistent service to provision of Ambulance services to the community, a commitment we hope will continue for some time to come.

Continued page 11

DAYS GONE BY.....
St. Marys 27th Jan. 1930

Break o' Day Caledonian Society celebrated 'Burns Night' in the Institute, St. Marys, on Friday night. The event took the form of a social evening and a programme arranged by the secretary, Mr B. J. Jackson, included several items by members and visitors. They were Mrs Blee, Misses W. Wardlaw, H. Hood, M. Wardlaw, Rev. V.G. Stevenson, Mr. Dalziel, and the accompaniments were played by Mrs G.H. Napier and Miss Hood. The Chief, Mr C.S.F. Hood, gave a brief address on the national poet. Included in the programme were two competitions, the prizes for which went to Miss A. Dalziel and Mr C.P. Roots. At supper time the Haggis was brought in with due ceremony and after the Selkirk grace by the chief, it was cut up and partaken of by all, some with not a little curiosity, never having seen or tasted one before. After supper dancing was indulged in and it was well after midnight when a very successful evening was brought to a close by the singing of 'Auld Lang Syne'. The visitors included Mr and Mrs Dalziel, Miss K. Dalziel, Mrs R.T. Blee, Messers R.V. Bayles, C. P. Roots, L. Lacadou Wells, and several apologies for absences were received.

ST. MARYS SHOW 7th March, 1930.

The St. Marys Farmers Association Show Committee met in the Institute on Wednesday evening when Mr L.E. Ransom, President, presided over a fair attendance of members. The Secretary gave the financial statement for the Flower Show held on 5th February. Income from entries was higher than last year but income from admission to hall was less and donations showed a greater falling off. All things taken into consideration the Flower Show was considered successful. Arrangements for the forthcoming Annual Show on April 3rd were made as far as possible and will be finalised at a meeting to be held later. The committee are endeavouring to get a luncheon booth on the Ground on Show Day for the convenience of visitors and others. Various suggestions were put forward for the improving of the Show and the Committee will endeavour to use those that are suitable. Stock will parade this year after judging is finished. A complaint has been made that trainers are using the race track without the necessary fee of 10/- per horse.

Arrangements have been made to ascertain those using the track and to get this matter settled. Concessions will be made to those training horses for show purposes. The secretary was instructed to protest against the Show Council granting Evandale the first Saturday in April for their Show as it will interfere with the Show Sports at St. Marys on the same day, 5th April. The St. Marys Show will be held on Thursday 3rd April and it is expected that the Midland Hunt Club will open the season with a run at St. Marys on Friday 4th April. Sports in aid of the Show funds will be held on the Show Ground on Saturday, 5th when many novelty items will be on the programme. The Treasurer of the Farmers Association, Mr. J. Maddox, will act as Secretary for the sports, posters for which will soon be out.

ST. MARYS 26.5.1930

An enjoyable children's social was held in the Methodist School Hall on Tuesday evening, each child bringing a donation for the Sunday School stall for the Fair to be held shortly. The teachers were responsible for the arrangement of the evening and also served supper. The Hospital Ball which is regarded as the opening Ball of the season in St. Marys is to be held on June 6th and the Ladies Committee are making every effort to make all arrangements for the comfort and convenience of the patrons.

RED CROSS REPORT cont. from page 10

Our condolences to the Family of the late Mrs. Amy Jarvis who passed away this year, it was most fitting that she was able to attend the 50th Anniversary of this Branch, Mrs. Jarvis contributed much to the Red Cross and was an active member up to the time of her death.

Special thanks to all the people who gave their time to assist with the Red Cross Doorknock which raised £3.700.00 plus, to the Community for supporting us now and in the future. These funds raised have been used to maintain Ambulance equipment and purchase additional items to help us in our endeavours to care for patients. Finally thank you to all other Clubs too, who have helped Red Cross this year, and other members of the Communities not named directly.

NEVILLE PEAKE, SECRETARY.

FOOTBALL NEWS FROM 23 June 1990
WILL BE IN NEXT ISSUE. ED.

STARDUST

Week Commencing 5th July 1990

CANCER - June 22 - July 22

You don't seem to have your usual enthusiasm for work and home affairs. However, you may delight in social activities.

Best Days: 9, 12.

LEO - July 23 - August 23.

Delays 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: 5, 18.

VIRGO - August 24 - Sept. 23.

Transport breakdowns and dominating friends may cause frustration during this period. However, your health and welfare can be expected to improve.

Best Days:- 6, 10.

LIBRA - Sept. 24 - October 23.

Financial matters seem to be slipping away from you. You will convince others of your sincerity and learn more about yourself through intimate encounters with others.

Best Days: 9, 13.

SCORPIO - October 24 - Nov. 22

Personal relationships may cause you a few worries. Don't take everything to heart; others will compromise--if you let them.

Best Days: 14, 17.

SAGITTARIUS - Nov. 23 - Dec. 21

Daily chores may create a few problems for you. You need to express yourself and you will be eager to get on and achieve your goals.

Best Days: 7, 16.

CAPRICORN - Dec. 22 - Jan. 20

You may drop important responsibilities for more mundane activities. Travel and buying or selling real estate will keep you well occupied.

Best Days: 8, 11.

AQUARIUS - Jan. 21 - Feb. 19.

Gardening or home improvements may come to a sudden halt due to over-spending. People may be depending on you, or someone you love may need your help.

Best Days: 15, 18.

PISCES - Feb. 20 - March 20.

Delays and frustrations over mail may upset you. Be patient, time is on your side. You may find yourself working with new people.

Best Days: 6, 17.

ARIES - March 21 - April 20

A big expenditure may put you in a spin, or create much confusion for you and your bank manager. Put pay to self-doubt by being more positive.

Best Days: 7, 10.

TAURUS - April 21 - May 21

You may show a new attitude towards your family and friends or give up those indulgences to which you have been prone.

Best Days: 13, 14.

GEMINI - May 22 - June 21.

Something very private may create a mystery for you--temporarily. If you see opportunities for personal development, don't stop to think--'action' is the key word.

Best Days: 9, 17.

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