

The Valley and East Coast Voice

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Setting Guidelines



When you begin speaking to your teenager, remember that you shouldn't set guidelines that you would not be prepared to follow yourself.

If you lose your credibility with your teenager, you can forget about them taking the guidelines seriously. They will follow your example.

By agreeing on a set of guidelines with your teenager, you can show them that they must be mature if they are allowed the responsibility of borrowing your car or having a car of their own.

Discuss the influence of friends on your teenager's driving habits.

Explain that if they offer friends a lift, especially friends who have been drinking, they must be prepared to ignore any peer pressure to drive foolishly or take unnecessary risks.

Alternatively, they shouldn't feel pressured into accepting lifts from friends who have been drinking. If they have been drinking themselves tell them they can either:

- choose to sleep over;
- call you for a lift home;
- call for a taxi and arrange to pick up the car the next day; or
- get a lift home with a friend who hasn't been drinking.

Let your teenager know that, no matter what the time, they can always call home for a lift or have money waiting at home if they decide to take a taxi.

Suggest that someone in their group of friends agrees to be the driver and not drink that night. Next time around, someone else can take a turn at being the driver. This requires considerable commitment and willpower from the person involved, so make sure that someone keeps an eye on the driver and gives them moral support to help them avoid having any drinks. Better yet, have the group kick in some money to buy that person's non-alcoholic drinks for the night.

And always encourage your

teenager to wear a seatbelt at all times. Seatbelts are proven lifesavers.

DRINK DRIVING

Consequences

Teenagers do not always think about the long term consequences of their actions. Talk to them about some of the outcomes of drink driving:

- loss of independence
- loss of licence
- loss of use of the family car
- injuring themselves or others
- injuring or killing their friends
- getting a criminal record
- losing people's respect
- heavy fines or gaol
- loss of job or difficulty in finding a job
- higher insurance premiums (the chances are you pay their insurance bills, so threaten them with having to pay any increase)
- no insurance cover in the event of a crash if the driver was drunk
- having to beg for lifts and rely on others
- using public transport
- coming home early while public transport is still available
- paying for taxis more often.

At a later stage, after you have had a chance to discuss drink driving with your teenager, reinforce the message. Simply remind them that they shouldn't drink and drive just before you drop the car keys into their hand or before they walk out the door.

Also remind them that while your mood may not be the best at midnight if they ring for a lift home, you would much rather pick them up than they drive after drinking or get a lift with a drunk driver.



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ST. MARYS NEWSAGENCY

CARDS CARDS CARDS

NEW RANGE FOR BIRTHDAY,
GENERAL, THANK YOU,
BLANK AND CHRISTMAS.

SELECT AND LAYBY FOR
TOYS NOW. COUNTDOWN
IS 12 WEEKS TO CHRISTMAS.

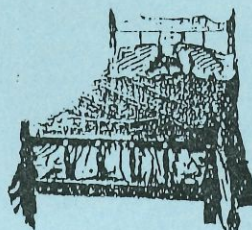
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WHAT'S ON

Page 3

FOUR MILE CREEK LANDCARE GROUP INC

The Annual General Meeting of the Four Mile Creek Landcare Group will be held at the Falmouth Community Centre on Friday, October 23rd at 7.30pm.

Business:

1. Minutes of last Annual Meeting
2. Treasurers Report
3. Presidents Report
4. Election of Officers
5. Other

The Meeting will be followed by slides of Tasmanian Native Ground Orchids presented by Helen Napier Supper - Please bring a plate.

INVITATION TO LUNCHEON AT CATHOLIC CHURCH, ST. MARYS.

NOON WEDNESDAY 14th OCTOBER

3 COURSES----\$5 ALL WELCOME

In Aid of Phillipino Foster Care.

SCAMANDER & DISTRICTS PROGRESS ASSOCIATION will hold a Garden Competition on October 31st.

The categories are:-

Unserviced premises eg. no town water

Best Business Premises

Best Vegetable Garden

Best Flower Garden

Encouragement Award

Best Native Garden

Best Garden as viewed from the street

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Hopefully these categories will entice more to join into the spirit of beautifying Scamander. Prizes will be awarded. Entry forms available from Scamander Post Office. Entries close 26th October.

P. Biggelaar 725464.

CORNWALL INDOOR BOWLS TOURNAMENT

A very successful Tournament was conducted at St. Marys with teams from Waverley (L'ton), Bracknell, Perth, Fingal, St. Helens, St. Marys, Scamander and Cornwall, N. East. Tournament sponsored by Cornwall Coal Co. and won by a Perth team, from N. East, with Perth third. Winners of the Raffle were Vicky Barr, St. Marys, groceries donated by Sam's Supermarket, Pendant Mrs W. DeVries, Waverley and candlesticks- Margaret Bailey. Lucky door Mr Alan Eberhard, Perth. U. Camplin

HOSPITAL AUXILIARY MEETING

MONDAY OCTOBER 5th at 7.30pm.
IN THE HOSPITAL DINING ROOM.
ALL WELCOME

NOTICE IS GIVEN OF A PADDY'S MARKET TO BE HELD AT HOLY TRINITY CHURCH ON OCTOBER 30TH BEGINNING AT 3PM.

SPRING FAIR ON OCTOBER 24TH

IN THE COMMUNITY CENTRE, FINGAL.

FINGAL PORTLAND UNITING CHURCH

Parish Services:

Week	1	2	3	4	5
St Marys		11am	11am	11am	
Scamander	11am	9am	9am	9am	
	Kuca Cklub Monday 4.00pm				
Fingal	9am	9.30	9.30	9.30	
	Sunday School 9.30am				
St Helens	7pm	7pm	7pm	7pm	7pm

Parish Youth Group ring 725 139 or
761 141
All Welcome 725 139

ANGLICAN PARISH OF FINGAL VALLEY**FIRST SUNDAY OF MONTH**

Fingal	8.45 am	HC
St Marys	10.45 am	MP
Avoca	6.00 pm	HC

SECOND SUNDAY OF MONTH

Fingal	8.45 am	HC
Avoca	10.45 am	FS
St Marys	10.45 am	FS
Cornwall	3.00 pm	HC

THIRD SUNDAY OF MONTH

Fingal	8.45 am	FS
St Marys	10.45 am	HC
Mangana	3.00 pm	HC
Avoca	6.00 pm	HC

FOURTH SUNDAY OF MONTH

Fingal	8.45 am	HC
St Marys	10.45 am	MP
Mathinna	3.00 pm	HC
Avoca	6.00 pm	EP

FIFTH SUNDAY OF MONTH

Fingal	8.45 am	HC
St Marys	10.45 am	HC
Avoca	6.00 pm	HC

REV'D DAVID LE ROSSIGNOL FINGAL 742 113

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Sabbath School 10 am Divine Service 11 am

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Mr D Casboul
St Marys 722 383
or

Mr T Pears
Campbell Town 811 167

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SERVICES:

Sunday	9.30 am	Sunday School
	11.30 am	Family Worship
Tuesday	10.30 am	Ladies Fellowship

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THRIFT SHOP: Wed-Fri 10am- 2pm

Pickups phone (003) 722 352

CATHOLIC PARISH OF ST MARYS**FIRST SUNDAY OF THE MONTH**

St Helens	Sat. Vigil Mass	6.00 pm
St Marys	Sunday Mass	9.00 am
Fingal	Sunday Mass	10.30 am
Bicheno	Sunday Mass	4.00 pm

SECOND SUNDAY OF THE MONTH

St Helens	Sat. Vigil Mass	6.00 pm
St Marys	Sunday Mass	9.00 am
Mangana	Eucharistic Serv	11.00 am
Bicheno	Sunday Mass	4.00 pm

THIRD SUNDAY OF THE MONTH

St Helens	Sat. Vigil Mass	6.00 pm
St Marys	Sunday Mass	9.00 am
Fingal	Sunday Mass	10.30 am
Bicheno	Sunday Mass	4.00 pm

FOURTH SUNDAY OF THE MONTH

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

FIFTH SUNDAY OF THE MONTH

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

PRIEST: PAUL CONNOLLY

ST MARYS PHONE (003) 722 252

THE ANGLICAN PARISH OF ST HELENS**ST PAULS CHURCH**

8.00 am)	Every Sunday
9.30 am)	Every Sunday
7.00 pm	1st, 3rd & 5th Sundays

SUNDAY SCHOOL

3.30 pm Mondays

PYENGANA

11.15 am 2nd Sunday
7.30 pm 4th Wednesday

FALMOUTH

11.15 am 3rd Sundays

SCAMANDER (Home for Tea)

9.30 am 2nd Sunday
10.30 am 4th Tuesday

SPORT

St Marys Indoor Hockey Club

With the conclusion of the winter roster games, the presentation dinner will be at Diamond Island, Bicheno on Friday October 2nd, 7.00 - 7.30 p.m. Thanks to all who have paid,

The summer roster is up and running and I'd appreciate the payment of subs by Tuesday 13th October.

Adults \$10

Students \$5

(Additional \$5 for insurance if not previously paid last season)

Alison Whebell
Treasurer

TENNIS

SUBSCRIPTIONS

Reminder that membership fees for St. Marys Tennis Club are now due, and payable at the Health and Beauty Centre or to the Treasurer, Kaye Nailer.

FAMILY	-	\$20.00
SINGLE	-	\$10.00
STUDENT	-	\$5.00

TWILIGHT TENNIS

Twilight tennis will commence Thursday, 8th October, 5.30-6.00 start

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ST. MARYS GOLF NOTES

by Tee Up's Mate

The last fortnight has seen the running of the 1992 Associates Singles Championships. Once again all credit to the ladies in supporting this most popular championship and generally the scoring was quite good. All grades were covered and additional events for limit markers and putting were also conducted. The new club champion is Lee-anne King with four steady rounds with runner-up being May Cook. In B Grade Lesley Burness is continuing her improvement and won this section handily from Kath Blair who also played well. In C Grade Maisy Nolan, who is in her 41st year of competition once again came away with the title, after playing some good golf. Runner-up was Liz Clayton. The handicap champion this year is Lee-anne King who won comfortably from Maisy Nolan. The putting went to May Cook over the four days. Another special mention to Maureen Murray who unfortunately could not complete the final round and was in a challenging position in the B Grade at the time. Well done anyway Maureen and let's hope for more luck next year.

In Members Golf, over recent weeks, the fields have been quite good and even on AFL Grand Final Day the 8.00am start proved successful.

This weekend, the Men's Singles Championships will commence with the first 36 holes. The main tussle in the competition appears to be in the Scratch events in each grade, with some very interesting duels.

CONTINUED FROM PAGE 5

Golf Notes continued.....

Steven Dawson will prove very hard to dislodge as Club Champion, even though he has not had the opportunity to play a lot of golf this year. All handicap sections are wide open to all in each grade, as well there will be a junior and senior nett trophy over the 72 holes. All the entry details are listed in the clubhouse and Club Captain Jim Haas asks all players to be ready to play at 8.00am on the first day.

Don't forget that the tournament is just around the corner and it would be appreciated if all the entries could be in by the 20th October for the draws.

One final note is on the 1992 A.G.M. on September 25th, there was quite a good attendance and reports were given, financial statements made, subscriptions (etc) were set, and of course a new general committee was elected. Congratulations to the new incoming President, Mr Geoff King who is taking over from Rod Spillsbury after a four year stint. Vice President Golf is Tony Blake, Vice President Bowls is Alvin Cooke, Treasurer is Denzil Casbault, Secretary - Rod McGivern and committee persons are Mary King and Peter Lohrey. 1992 subscriptions due after October 1st are: Men \$65, Associates \$62, Junior \$35, Social Membership is \$32.50, Mens Golf affiliation \$14.50, Associates \$9, Mens Bowls affiliation \$12, Associates \$9.50, and bag tags are \$1 each.

RESULTSFINAL 72 HOLES RESULTSA Grade Championship

L. King 329 M. Cook 354

B Grade Championship

L. Burness 378 K. Blair 387

C Grade Championship

M. Nolan 395 L. Clayton 408

Overall Handicap Championship

L. King 257 M. Nolan 272
H. Hayes 278

Putting Trophy

M. Cook 119

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D. Berwick	66 nett
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D. Berwick	72

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MEMBERS AFL GRAND FINAL STROKE

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- * Binalong Bay - Binalong Bay Store
- * Bicheno - Log Cabin Hardware
- * Swansea - Swansea Hardware

Visiting These Areas Weekly



MELBOURNE TOUR

The prospect of embarking upon an interstate excursion in the company of 45 school students might well make the boldest hold their breath, but the forethought and planning skills of Mr Pickett resulted in an experience which none will forget.

A bus load of kids with enough luggage to cause the Abel Tasman to list quite violently, left our shores with a crew apprehensive as to what lay ahead.

The sea was kind to us for a short while until that familiar rocking motion gradually developed into a stomach-churning rise and dive. That regular thumping sound of the sea against ship was easily explained as being "unfortunate whales", to those who merely nodded and said "of course."

Financial management was the first lesson taught. Video games are not an advisable investment opportunity for the unwary. A \$30 deposit unfortunately gives minimal return.

Maritime plumbing was a topic extensively researched by many. Toilets that suck away waste? Where does it go? Questions that still remain unanswered.

Those who were afraid to wander the streets of Devonport for fear of becoming lost fell silent as we bussed through the heart of Melbourne, on route to Coburg Tech., our home for the next 4 nights.

A short exploration of Melbourne's mall before the Phantom was highlighted by the

absence of one particular student from our meeting place who took our bus driver's advice to wind our clocks back to allow for the time difference in Victoria. This blunder was soon to be overshadowed by many.

The Phantom took our breath away with visuals and sounds that engrossed the hardest of heavy metal hearts. Unfortunately, the dim lights took its toll on at least one staff member who woke with a jolt at interval exclaiming "Have a go ya mug!....How many has Brownless kicked?" before fully awakening.

Searching for dinner, the pizza crew returned with fish'n'chips and the fish crew returned with pizza, followed by a demonstration of the ancient art of milk crate tossing by the local Coburg hoons.

Those who slept through the burglar and fire alarms managed to rise early enough to benefit from the extensive cleaning facilities available to us, however as the days drew on I began to doubt that full use of this was being made by all.

Ballarat and the gold fields promised fame and fortune, none of which came our way despite attempts by some to attract the attention of a visiting Channel 7 crew. An underground tour revealed the conditions and hardships our early miners endured, made pleasant only by the often ignored and skilful art of underground landscaping, as was pointed out by one student when he saw a theodolite in use.

Looking forward to seeing Footscray train we fought our way through peak hour traffic to

discover we had the wrong day, a minor over-sight. Not too many grumbles about with the prospect of tea being brought that much closer.

The Melbourne Zoo on a wet day made a pleasant change to the central business district. Butterflies housed in a large glass house were extremely popular until the rain stopped. Where do South African antelopes come from? and other pressing questions were usually handled quite easily by our worldly staff members.

The museum's star attraction, Phar Lap, unfortunately was unable to enthrall us for little more than a few minutes, so, to the show. But, is it on today? Yes! A few rides later and other succumbing to some of Australia's great con-artists, our stomachs and wallets proved to be no match. Except for one female student who defied all the rules of physics and actually won a large bear. Large basketballs rarely pass through very small hoops.

A head of 46. Who is that Greek girl? Better than losing one. But wait, is that one of our staff and half of our kids heading in the wrong direction on that train? No of course it wasn't.

The markets I feel were more popular than the footy, doubling our luggage and halving our budget, but who needs food anyway.

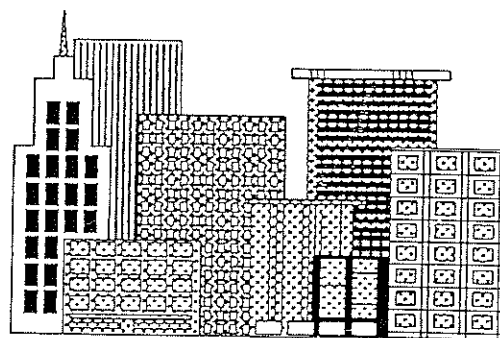
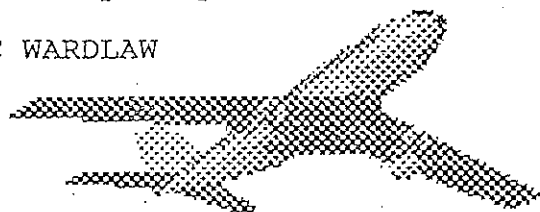
Victorian football crowds are basically similar to ours in beliefs, there's just a lot more of them as we soon discovered.

I'm not too sure whose idea it was to cap the day off with a trip to Moonee Valley. Was it Tadhg Riley?

An early start to the airport. We had too much luggage and too many people. Two poor souls had fallen victim to that computer virus - "I'm sorry we'll have to book you on a later flight".

Safely home I was proud to have been involved with this excursion, our students displaying behaviour that made this trip so pleasurable.

NIC WARDLAW



HOME/SCHOOL LIAISON OFFICER

Having just returned to work from maternity leave I will be in the school every Wednesday, 9-12 and all day Thursday this term.

If you have any questions, problems, need someone to talk to about your child's progress at school and/or career choices or you yourself are thinking of furthering your education, no matter how trivial, please don't hesitate to contact me by phoning 72 2362.

Kathryn Lawson

WHAT'S ON CONT....

Count down is really on for the Mother's Union Birthday. Apart from Mother's Union Members in Tasmania, and friends, their are 89 members from overseas, and according to their letters and phone calls they are really looking forward to our birthday. To help us, if you can spare some time on Saturday afternoon would you come to the Hall to help in the preparation of the Hall. Especially in putting up the tables (please men), arranging flowers etc. On the Monday morning early we would need helpers to put the food on the table.

Una Camplin

OUR HOSPITAL AUXILIARY

The St. Marys District Hospital Auxiliary works to provide the extra comforts and necessities for the patients in our hospital.

Some items donated to the hospital in recent years include:- Sheep skins, Radio cassette player, electric shavers, exercise bike, reference books for staff, outdoor settings, E.C.G. machine, T.V. and video machine, ripple mattress, gifts for patients, sewing machine, funding for diversional therapy, chairs and cushions, fish tank, glucometer, Christmas teas for patients and their families.

The Auxiliary meets in the hospital Dining Room at 7.30pm on the first Monday of every second month, the next meeting is Monday 5th October. Men and women who are interested in working for and with the patients in our hospital are invited to come and join the auxiliary.

A. Wright
Secretary.



SPRING FAIR

OCTOBER 24TH

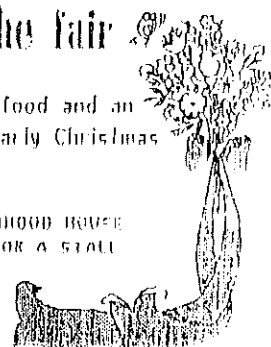
9am - 2pm

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MELBOURNE CUP

There will be a Cup Luncheon again this year and those interested in making up a table should book early. Dress-up and join the fun.

CHINESE CUISINE

Monday nights 5.00 - 10.00pm
Phone orders or call in for take-aways.

Why not give your cook a night off and dine in the relaxing atmosphere of the restored dining room.

Article from Mr Alf Faulkner

Despite the raggedy clothes and the dirty face and body with the garbage smell he hugged his boy to him and boarded the train for home. An acquaintance happened to recognise the man and stared in amazement and asked, "What ever are you doing with that dirty kid." The father with a huge lump in his throat could only say two words, "My boy, My boy," as tears filled his eyes, "We all know of the love that exists between normal parents and their children and the faults they overlook." Jesus said if any of you who are fathers know how to give good gifts to your children who ask, How much more will your Heavenly Father give the Holy Spirit to those who ask him. We could say; Pause & think of it.

The Bible says, Eye has not seen or ear heard of the good things or yet it has not entered into the heart of man what God has prepared for those who love him. We who understand these words feel sad as we think of all the dear folk who will not believe and avail themselves of all the goods things freely offered them. In St Johns Gospel Chapter 3 verse 16 we read that God so loved that he gave his only Son that whosoever believeth in him should not perish but have eternal life. There is an old saying, "You can give without loving, but you can't love without giving." God so loved that he gave. Just three verses down in that same chapter Verse 19 we read of the point of condemnation. It says, "And this is the condemnation, that light is come into the world, and men loved darkness rather than light because their deeds were evil."

Verse 20, For every one that doeth evil hateth the light, neither cometh to the light, lest his deed should be reproved.

Verse 21, But he that doeth truth cometh to the light, that his deed may be made manifest that they are wrought in God.

Many years ago when Kings were sole rulers of their Kingdom and had the power to have whosoever he wanted to put to death. This King designed a clock and sent for his chief clockmaker and said, "Make me a clock after this design." The clockmaker studied the design a few minutes then said, "Excuse me your Magisty, but you have made a mistake in the figure four, the Roman figure four is a one and a V you have it as four stokes, or four ones." The King was angry and said, " You make it as I tell you." Even though he could see his mistake or where he was wrong he stuck to it. The Storey tells us that ever since clocks and watches made with Roman figures have four strokes for four as a memorial to a man who made a mistake and stuck to it fully knowing he was wrong.

Sam's cut price



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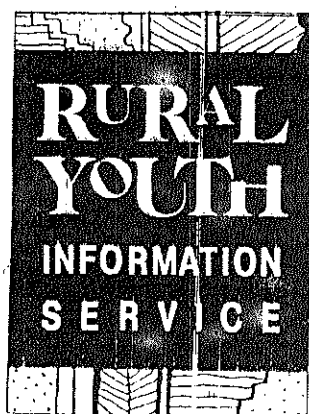
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FUNERAL DIRECTORS



Our next meeting is on Tuesday,
20th October at 10.30am in the
supper room of the Memorial Hall
in St. Marys and anyone interested
is very welcome to come. It's
an informal gathering, so that
hopefully people will feel
comfortable to put forward their
ideas.

EXPECTING A BABY

Childbirth Education Classes
will be starting at 3.30pm on
Thursday 15th October in the
Physio Department of the Hospital,
for further information phone
Jenny or Patsy on 722111.

ST MARYS HEALTH & BEAUTY CENTRE

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STOCK STILL ONLY \$9.95

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CHILDRENS. BENADRYL COUGH
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E45 CREAM WAS \$4.95 NOW ONLY
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ASSORTED HAIR CLIPS \$1.00
(below half price)

ASSORTED HAIR SHAMPOO AND
COLOURING RINSES WERE UP TO
\$8.95 NOW ONLY \$3.95 and \$1.95



LETTER TO THE EDITOR

STARS AND CROSSES

By the time this goes to print, Australia will have celebrated the birthday of its national symbol - the blue ensign.

On September the 3rd 1901, this flag flew for the first time after being selected from 32,823 entries in a competition to coincide with Federation. Fourteen year old schoolboy, Ivor Evans called his entry "Simplicity".



The large star on the bottom left of his design represents the Commonwealth of Australia and its 8 States and Territories.

The Southern Cross formation depicts the region in which we live, as it is only visible in the Southern Hemisphere and at its brightest in the Australian night skies.

Of all the things I have heard and read since Paul Keating tried to tear up our flag, a poem by the unknown soldier called "Keep our Flag" says it all for me.

*Our flag bears the stars that
blaze at the night
In our southern sky of blue,
And the little old flag in the
corner,
That's part of our heritage too.*

*It's the English, the Scots and
the Irish
Who were sent to the ends of
the earth,
The rogues and the schemers,
the doers and dreamers
Who gave modern Australia its
birth.*

*And you, who are shouting to
change it.
You don't seem to understand
It is the flag of our law and
our language,
Not the flag of our faraway
land.*

*There are plenty of people
who'll tell you,
How, when Europe was
plunged into night,
that little old flag in the
corner,
Was their symbol of freedom
and light.*

*It doesn't mean we owe
allegiance
To a forgotten imperial dream,
We've the stars to show where
we're going
and the old flag to show where
we've been*

RENE HIDDING
Liberal Candidate for Lyons

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Timothy J. Scott

Licencee

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ENTREE:

1. SPRING ROLL	\$1.80
2. PRAWN CRACKERS	\$1.80
3. CHICKEN WING (1)	\$1.80
4. DIM SIM (FRIED) (2)	\$1.60
5. DIM SIM (STEAMED) (2)	\$1.60
6. WON TON (FRIED) (5)	\$1.80
7. CHINESE SAUSAGE	\$2.50
8. B.B.Q. PORK	\$2.50
9. SESAME PRAWN TOAST (2)	\$2.20
10. PRAWN CUTLETS (2)	\$2.50
11. SATAY SKEWER (2)	\$2.80
(CHICKEN OR BEEF)	
A2. CRISPY NOODLES	\$1.80
SOUP:	
13. WON TON SOUP	\$2.20
14. CHICKEN & SWEET CORN SOUP	\$1.60
CHICKEN:	
22. CHICKEN WITH VEGETABLES	\$8.00
23. CHICKEN WITH BLACKBEAN	\$8.50
24. SAMBAL CHICKEN	\$8.50
25. CHICKEN WITH CASHW	\$8.50
26. CHICKEN WITH ALMOND	\$8.50
27. LEMON CHICKEN	\$8.00
28. CRISPY FRIED CHICKEN	\$8.00
29. CHICKEN WITH PLUM SAUCE	\$8.00
a29. HONEY CHICKEN	\$8.50

SWEET & SOUR:

30. S/S PORK	\$8.50
31. S/S CHICKEN	\$8.50
33. S/S PRAWN	\$13.00
35. S/S COMBINATION	\$9.50
34. S/S SCALLOP	\$13.50
37. S/S BEEF	\$8.50

BEEF:

38. BEEF WITH VEGETABLES	\$8.00
40. BEEF WITH ALMOND	\$8.50
41. BEEF WITH CASHW	\$8.50
42. BEEF WITH BLACK BEAN	\$8.50
46. BEEF WITH GINGER SAUCE	\$8.50
47. BEEF WITH MONGOLIA SAUCE	\$8.50
43. CHILLI BEEF	\$8.50
44. SATAY BEEF	\$8.50
45. SAMBAL BEEF	\$8.50

SEAFOOD:

64. SCALLOP VEGETABLE	\$12.00
65. SCALLOP & OYSTER SAUCE	\$12.00
66. SCALLOP & CHILLI SAUCE	\$13.00
70. HONEY PRAWN	\$13.00
75. GINGER & GARLIC PRAWN	\$13.00
74. GARLIC PRAWN	\$13.00

CURRY:

48. CURRY CHICKEN	\$8.00
49. CURRY BEEF	\$8.50
51. CURRY PRAWN	\$13.00

VEGETABLE:

58. COMBINATION VEGETABLE	\$5.30
60. S/S VEGETABLE	\$6.00
61. CURRY VEGETABLE	\$6.00
A57. MONGOLIA VEGETABLE	\$6.50

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56. DUCK WITH VEGETABLE	\$11.00
57. DUCK WITH MONGOLIA SAUCE	\$11.00

NOODLE DISHES:

100. CHICKEN CHOW MEIN	\$8.00
101. BEEF CHOW MEIN	\$8.00
102. PRAWN CHOW MEIN	\$13.50
103. B.B.Q. PORK CHOW MEIN	\$9.00
104. COMBINATION CHOW MEIN	\$9.00

RICE:

118. STEAMED RICE (SMALL)	\$1.50
STEAMED RICE (LARGE)	\$2.00
119. SPECIAL FRIED RICE (SMALL)	\$3.50
SPECIAL FRIED RICE (LARGE)	\$5.00
120. BUCK BOW FARN	\$10.00

STARDUST

LIBRA Sept 24 - Oct 23
Your confidence is high and you're more willing to try new things. You'll have the chance to show your real self. Grasp all opportunities. Lucky numbers; 24, 29, 37.

SCORPIO Oct 24 - Nov 22
A new relationship will bring out the best in you. Family relationships prove satisfying, and co-operation with elderly members will pay off. Lucky numbers; 19, 32, 44.

SAGITTARIUS Nov 23 - Dec 21
Your insecurities may be showing and you'll feel compelled to prove yourself. There may be a sudden change of fortune. Lucky numbers; 4, 5, 17.

CAPRICORN Dec 22 - Jan 20
You're likely to travel more than usual, although not over long distances. Gains can be made through others. Lucky numbers; 6, 13, 18.

AQUARIUS Jan 21 - Feb 19
You may receive some unexpected money. Investments are favored, and it's a good week for negotiations. There are indications of a new friendship. Lucky numbers; 7, 23, 39.

PISCES Feb 20 - Mar 20
Finish whatever projects you have been working on, as any extra work could be a strain. A flutter or gamble may pay off handsomely. Lucky numbers; 22, 34, 48.

ARIES Mar 21 - Apr 20
This is an excellent time for self-examination and a re-evaluation of your goals. You can make positive changes in your working life. Lucky numbers; 1, 24, 36.

TAURUS Apr 21 - May 21
This should be a time for expanded creative changes in your life. You'll also seek more personal freedom to be your true self. Lucky numbers; 15, 20, 33.

GEMINI May 22 - June 21
Successful financial negotiations bring gratification. New interests could solve money problems. An older person may help with advice. Lucky numbers; 11, 16, 21.

CANCER June 22 - July 23
You're entering a period of great self-awareness and stability. Relationships are stable and calm. Financial matters improve. Lucky numbers; 14, 41, 45.

LEO July 24 - Aug 23
Travel is favored. There are gains to be made through buying or selling. Ease your workload by delegating some of your responsibilities. Lucky numbers; 26, 30, 42.

VIRGO Aug 24 - Sept 23
You are likely to face challenges that may force you to make a stand. Personal and financial matters will turn out well. Lucky numbers; 27, 31, 35.

MEALS ON WHEELS

OCTOBER		ST. MARYS	FINGAL	MATHINNA
THURSDAY	1	Jean Schier	Jack Miller	Christine Scott
SUNDAY	4	Jeff Faulkner	Malcolm Saunders	Kaye Turner
MONDAY	5	Mary King	Shirley Parker	Tom Baker
TUESDAY	6	Ruth Aulich	Helen Richardson	Max Ellis
WEDNESDAY	7	Myrtle Kemp	Jan Marshall	Cynthia Webb
THURSDAY	8	Rona Gatty	Prev Mills	Christine Scott
SUNDAY	11	Molly Cocker	Bob Yates	Kaye Turner
MONDAY	12	Len Miles	Kaylene Sutton	Tom Baker
TUESDAY	13	P & M Berwick	Vicki Woods	Max Ellis
WEDNESDAY	14	Pauline Berwick	John Walker	Cynthia Webb
THURSDAY	15	Gail Gamble	Yvonne Johnson	Christine Scott

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