

THE VALLEY AND EAST COAST VOICE

Vol. 26 No. 1

FRIDAY

MAY 6th

1993

Established 1968

Price 40 cents

More than 30,000 Australians
HEART ATTACK die of each year.
Here are the risk factors!



**Heart
Foundation**
National Heart
Foundation of Australia

High Blood Pressure
Cigarette Smoking
High Blood Fats
Excess Weight
Lack of Physical Activity

} Major risk factors



This is what you can do:

1. Check your blood pressure.

High blood pressure often gives no warning signs and it is necessary to have it checked regularly by your doctor. High blood pressure sharply increases the risk of heart attack, stroke and other conditions if it goes undetected and untreated. With proper medical treatment this disease can be brought under control in most cases.

2. Don't Smoke.

Smoking greatly increases your risk of heart attack. It is never too late to stop, as evidence shows that damage can be very quickly reversed. Do not smoke cigarettes and discourage your family and friends from smoking.

3. Reduce Blood Fats.

A high level of blood fats (cholesterol and/or triglycerides) increases the risk of heart attack. With moderate changes in your diet, your blood fats can be reduced to a safer level. This means reducing total fat intake, particularly saturated fats, and cholesterol in rich foods. A balanced diet is necessary for good health. Ask your doctor for advice or contact the National Heart Foundation in your State for information on nutritional guidelines for you and your family.

4. Maintain Normal Weight.

If you or your children are too fat, the chances of developing health problems are increased. Ask your doctor for a sensible weight reducing diet or get the Heart Foundation's publication 'Guide to Losing Weight'.

Bad food habits formed in childhood are hard to break in later life, so it is important your children follow a healthy eating pattern.

5. Improve Physical Activity.

Exercise should be fun not a chore. Choose a physical activity you enjoy, make it a family affair, walk the dog, cycle around the park, swim, play tennis, take the family for a sail. Exercise regularly, your doctor can tell you what kind of activities will suit your age and physical condition.

6. Have regular check-ups.

Regular check-ups enable your doctor to detect and treat conditions that can lead to heart attack and other forms of heart and circulatory disease.

*Please give generously to the
Heart Week Appeal 1993.*

CLASSIFIEDS

REDLINE COACHES....Deliver this paper quickly and efficiently. Statewide passenger and parcel service. Phone 722143.

PEAKES BUS SERVICE.....ST.MARYS....
BICHENO...SWANSEA...PASSENGERS....
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FOR SALE Computer Motherboard 386SX25.
Ideal for upgrading from XT or 286 - \$130 or \$220 with 2MB RAM. Will install at no cost to purchaser. Phone David on 725589 (evenings or weekends.

FOR SALE BY TENDER

TENDERS ARE CALLED FOR THE PURCHASE OF THAT LAND, RECENTLY OCCUPIED BY THE PARISH HALL. THE BLOCK IS ADJACENT TO THE MAIN ROAD. FOR ENQUIRIES RING REV. D. Le ROSSIGNOL
FINGAL 742113.

ST MARYS NEWSAGENCY

Story Street St Marys 7215
Phone 722 143

*GOOD SELECTION OF
MOTHERS DAY CARDS
& SMALL GIFTS*

**VARIETY OF
GAMES - BOOKS - PUZZLES
FOR SCHOOL HOLIDAYS**

**LATEST NEW RELEASES IN VIDEOS
BULK PACKAGE DEAL ON \$3 AND \$4
VIDEOS FOR WEEKLY HIRE**

REDLINE BUS DEPOT

ST MARYS HEALTH & BEAUTY CENTRE

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Phone (003) 722 172 AH (003) 722 210

**MANY MOTHER'S DAY
IDEAS**

DON'T FORGET WITH
EACH AUSTRALIS
PERFUME YOU HAVE A
CHANCE TO WIN A SILK
BATH ROBE.

OR

BUY \$15 WORTH OF
AUSTRALIS PRODUCTS
AND RECEIVE A FREE
T-SHIRT, TOTE BAG
OR SILK SCARF.

BUY MUM A CYCLAX
MOISTURISER FOR
\$11.95 AND RECEIVE A
FREE HAND CREME.
(value \$6.95)

JEWELLERY, CRYSTAL,
FRAGRANCES, TISSUE -
BOXES, HAND TOWELS,
JUST TO MENTION A FEW
IDEAS.

NEW CURLING WAND/BRUSH
DUO \$13.75EA.

RANSLEY'S APPLIANCES

SERVICING ST. HELENS TO BICHENO, INCLUDING
ST. MARYS, FINGAL & SCAMANDEN



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EQUIPMENT.

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FRIGIDAIRE, CHEF, HITACHI & VULCAN.

SHOWROOM & SERVICE CENTRE
41 QUAIL STREET, ST. HELENS.
PHONE 761811.

WHAT'S ON

MEALS ON WHEELS FINGAL VALLEY GROUP

ANNUAL MEETING
MONDAY MAY 17TH 7.00PM
AT ST. MARYS DISTRICT HOSPITAL.

SOUP AND SANDWICH LUNCHEON
MAY 11th at 11.30am
Trade table.
Venue- Holy Trinity Church
ALL WELCOME.

MAY 12TH.....EUCHRE in the Cornwall Hall. Come and enjoy a game of cards, plenty of laughter, good supper. It's a good night out. EVERYONE WELCOME.
Last week all prizes were won by the Squires family.

FREEDOM FROM HUNGER: COMMUNITY AID ABROAD

A Bread and Cheese Austerity Luncheon will be held at the Old Tasmanian Hotel Community Centre on Wednesday May 19th at 12.00 Noon.
This function is held in lieu of the Door Knock conducted in most other centres in Tasmania.
Guest speaker will be Mr Ike Naqui, the Corporate relations Manager.
Our Hostesses for the day are

MAGOUARIE SEAFOODS

WE VISIT FINGAL
EVERY SECOND TUESDAY MORNING

HOUSE CALLS
CALL & WE WILL DELIVER

THEN ON TO ST MARYS
PARK IN THE MAIN STREET
OPPOSITE HOTEL 12NOON - 4.00PM

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FISH, COOKED CRAYS, PRAWNS &
SCALLOPS
AND MUCH MORE

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BP Products and Mechanical Repairs
Plumbing and Sewerage Supplies

Petrol, oils, lubes, tyres and plumbing filling
poly pipe, brass filling, copper pipe
cleaners and glues

Call in and see Bruce today.

B.H. (003) 72 2233 A.H. (003) 722 2155

Mesdames Ruth Saunders and Gwen Johnstone. Donations may be handed to these ladies in case you are unable to attend, for Fingal, St. Marys and Cornwall to Mesdames Doris Bullock and Una Camplin.
Thanking you.

Jack Miller

St. Marys R.S.L. held the Anzac Day Parade in very good weather and the attendance at both services was very good.
We thank the Public for attending, with out them it wouldn't be such a success.
Father Connolly conducted the Dawn Service and Rev. Jeff Gray conducted the 11am service, Mr R. S. Jansen was in charge of the services.
We only had a short march. Mr Don Ibbott aged 94, a World War 1 veteran marched with us.
Thanks Mr Ibbott
There were school students also marching with us thanks a lot for doing this for us.

Yours Sincerely
Hon Sec.
Jack McGee

CONGRATULATIONS

KATH & PERCY WRIGHT ON
THEIR 50TH WEDDING
ANNIVERSARY ON SATURDAY
MAY 8TH.

CHURCH NEWS

FINGAL-PORTLAND UNITING CHURCH

Parish Services:

Week	1	2	3	4	5
St Marys		11am	11am	11am	
Scamander	11am	9am	9am	9am	
	Kuca Club 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	HC
St Marys	10.45am	MP
Avoca	7.00pm	HC

SECOND SUNDAY OF MONTH

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

THIRD SUNDAY OF MONTH

Fingal	8.45am	FS
St Marys	10.45am	HC
Avoca	7.00pm	HC

FOURTH SUNDAY OF MONTH

Fingal	8.45am	HC
St Marys	10.45am	MP
Mathinna	3.00pm	HC
Avoca	7.00pm	HC

FIFTH SUNDAY OF MONTH

Fingal	8.45am	HC
St Marys	10.45am	HC
Avoca	7.00pm	HC

ALL WELCOME REV'D DAVID LE ROSSIGNOL
FINGAL 742 113

SEVENTH DAY ADVENTIST

Hodgman Street Scamander

Sabbath School 10.00am

Divine School 11.00am

FOR
SINCERE DIGNIFIED PERSONAL
SERVICE

D BAILEY & SON

AFDA

ANYWHERE

ANYTIME

ST HELENS 761 153

LINDSAY & DIANE HARRIS

FUNERAL DIRECTORS

SALVATION ARMY

Main Street St Marys (RSL Hall)

SERVICES

Sunday

9.30am

11.00am

Wednesday

2.00pm

Sunday School

Family Worship

Ladies Fellowship

EVERYBODY WELCOME

Aux Captain & Mrs Tolputt

Phone (003) 722 352

THRIFT SHOP Wed-Fri 10am - 2pm

Pickups phone (003) 722 352

CATHOLIC PARISH OF ST MARYS

FIRST SUNDAY OF MONTH

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

SECOND SUNDAY OF MONTH

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

THIRD SUNDAY OF MONTH

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

FOURTH SUNDAY OF MONTH

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

FIFTH SUNDAY OF MONTH

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

PRIEST: PAUL CONNOLLY

ST MARYS PHONE (003) 722 252

THE ANGLICAN PARISH OF ST HELENS

ST PAULS CHURCH

8.00am)

9.30am)

7.00pm

Every Sunday

Every Sunday

1st, 3rd & 5th Sundays

SUNDAY SCHOOL

3.30pm

Mondays

PYENGANA

11.15am

2nd Sunday

7.30pm

4th Wednesday

FALMOUTH

11.15am

3rd Sundays

SCAMANDER (Home for Tea)

9.30am

2nd Sunday

10.30am

4th Tuesday

GOLF NOTES

by Tee Up

Doesn't the buggy shed look terrific!!! and we have to thank those faithfuls for turning up to the working bee. But boys when you see the results so outstanding it really matches our lovely club house and must give you great hope and encouragement to render more loyal service to the game of golf. All I could read in the Associates results was Wendy Haas winning the 2nd round of the T.L.G.U Bowl, the 2nd shot on the 5th, a birdie on the 5th and a Gobbler also on the 15th. Congratulations Wendy, what a topic of conversation at the dinner table with Andrew.

The 2nd Round of Silver Spoon was won by Mary Viney who had a 64 nett Wendy Haas had 66, B. Harwood 67, All on a 40 handicap, and look at the Gobblers:- May Cook, J. Cummings, K. Wright, and Mary Viney.

REDUCTION ON HANDICAPS

H. Hayes, J. Wines, D. Field, M. Viney and the rest of Ladies on the 2nd Round of the T.L.G.U Bowl must have given the handicapper quite a lot of work.

B. Harwood	(32)	62
M. Mitchell	(34)	63
N. Mallinson	(26)	64
M. Nolan	(30)	66

Congratulations to the wonderful team of Associates developing at St. Marys and the result that is coming through.

ST MARYS BUTCHERY

MAIN ROAD ST MARYS

TOP QUALITY

HOME MADE SMALLGOODS

PORK - BEEF AND CHICKEN
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FOR : GLAZING GLASS REPAIRS
MIRRORS
FLY SCREEN - DOORS
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BLINDS & AWNINGS

COMPETITIVE RATES
WE SERVE THE WHOLE EAST COAST
—AND THE FINGAL VALLEY

Keep it up Ladies.

The Sunday Competition is proving very popular when Members and Associates play together.

Last Sunday it was Stroke

D. Viney	(11)	63 nett
M. Cook	(19)	64 nett
R. Brown	(27)	66 nett
J. Wines	(31)	66 nett
M. Viney	(39)	67 nett
J. Furlow	(22)	67 nett
B. Ennis	(27)	67 nett
Nearest Pin	D. Viney	

The Geoff Gill Memorial Trophy was well represented and was won with best nett of a wonderful 58 nett. Tee Up has not had the pleasure of meeting L. Rattray but please accept my congratulations.

RESULTS STROKE

L. Rattray	(23)	58 nett
R. Spilsbury	(18)	60 nett
G. Walters	(18)	61 nett
R. Costain	(17)	61 nett
S. Aulich	(18)	62 nett

BEST GROSS

Chris Davern	72
K. Howe	74
Nearest Pin 3rd	L. Rattray
5th	R. Spilsbury

SUNDAY COMP ASSOCIATES

B. Haas	(33)	44 pts
G. Twinning	(32)	39 pts
T. Viney	(8)	39 pts
J. Furlow	(22)	37 pts
Nearest Pin	M. Cook	

MEMBERS STROKE & PUTTING

M. Muller	(31)	64 nett
N. Cumming	(12)	66 nett
L. Atkins	(22)	68 nett

PUTTING

M. Muller	35
L. Watkins	35

VAN DIEMAN PAVING

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Rossarden

MANUFACTURERS & SUPPLIERS
of

INTERLOCKING PAVING STONES

NEW DESIGNS & COLOURS TO SELECT FROM
AVAILABLE IN 60MM TO 100MM THICKNESS
VERY COMPETITIVELY PRICED

DELIVERY AVAILABLE STATEWIDE
PHONE 852 184

GOLF NOTES CONTINUED.....

I notice the Chicken Run is becoming very popular and well attended. It was won last week by :- J. Haas (11) 29
S. Nolan (10½) 30½
C. Davern (3½) 32½
J. Blake (10½) 32½

GOLF CLUB DIARY

MAY 8TH

Mowbray visit. 44 players booked to play here on the 8th

MAY 15TH

Lefties & Righties do battle for 1993. I could add here that the Vice President had something to say about this particular event, but I think silence is golden. Well all clubs met at Malahide last Sunday for a Lightning Premiership prior to the start of the Pennant Season and I did hear that St. Marys won by 27 strokes and isn't it great one of our new members from the local constabulary ran a good second Sunday week. On the way to being an up and coming champion!

W LOCKETT & SONS

FUNERAL DIRECTORS
CAMPBELL TOWN

Enquiries may be directed through:

Mr D Casbault
St Marys 722 383

or

Mr T Pears
Campbell Town 811 167

Brekkie Booster

Say goodbye to boring breakfasts forever with this exciting taste tempter.

Take a glass of milk, a piece of your favourite fruit, a teaspoon of honey and a sprinkle of wheat germ. Whizz it up and you will have a high energy, high speed, high fibre start to the day.



Breakfast, - a tasty and time saving start to the day.

Pure. Fresh. Milk.

Tasmanian Dairy Industry Authority

(Regular milk contains less than 4% fat. There are low fat milks available that contain considerably less fat. It's your choice depending on your taste and medical recommendation).

MAGQUARIE SEAFOODS

WE VISIT FINGAL
EVERY SECOND TUESDAY MORNING

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PARK IN THE MAIN STREET
OPPOSITE HOTEL 12NOON - 4.00PM

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FISH, COOKED CRAYS, PRAWNS &
SCALLOPS
AND MUCH MORE

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915606

SECONDARY CROSS COUNTRY

RESULTS:

BOYS

School Champion	Jeremy Youd
Runner Up	Giles Clement
U13 Champion	Oliver Fearman
Runner up	Michael Jones
U14 Champion	Scott Mason
Runner up	James Laycock
U15 Champion	Daniel Gillies
Runner up	Brian Smith
Open Champion	Jeremy Youd
Runner up	Giles Clement
Grade 11/1	Gavin Barnes
Runner up	Andrew Claridge

GIRLS

School Champion	Bekah Andrews
Runner up	Andrea Burgess
U13 Champion	Bekah Andrews
Runner up	Clonagh Riley
U14 Champion	Amy Statham
Runner up	Cherie Parsons
U15 Champion	Kate Rawnsley
Runner up	Corrina Freeman
Open Champion	Andrea Burgess
Runner up	Donella Cooke
Grade 11/12	Anita Rice
Runner up	Peta Thomas

HOUSE CHAMPIONSHIP

GIRLS: DALMAIN
BOYS: BLACKWOOD

HOUSE CHAMPIONSHIP SHIELD 1993

BLACKWOOD

WALKATHON

The day was most successful with the weather being brilliant for a lengthy walk. David Foster was an instant "hit" with the children. He kept the Infants motivated during the walk. It was wonderful to have the Fingal and Mathinna Primary Schools join us as well as many local adults.

At the halfway point everyone enjoyed an apple and a drink then began the trudge back to school. Most arrived at the school grounds by 12.45 pm. A free sausage and hamburger lunch was then enjoyed by all.

One of the highlights of the day was David Foster endeavouring to break the World record for "hard hitting". The record is 13 hits and unfortunately David took 15 but it was still a great effort given his somewhat less than ideal preparation.

I am hopeful that everyone who gained sponsorship will return their money to school by Thursday 13 may. Several large donations have been promised and a special school assembly will be held to recognise these outstanding contributions.

In closing I thank everyone who walked, helped with the organisation and donated goods. The whole community was wonderful and I'm sure the Pool Committee are most grateful for your outstanding efforts.

Thank you all.

Barry LeFevre
ORGANISER



LIFE EDUCATION VISIT

On May 19 and 20 a "Life Education Van" will visit the school. Four primary classes will attend workshops during the visit.

The organisers have offered to run a session for parents and interested community groups either after school or at night. Service Clubs are especially welcome. If you are interested then please contact me at school.

The van focusses on drug education.

Barry LeFevre
ACTING AST 3

INFORMATION ON MEASLES

In the past fortnight the Public Health Branch has received reports on at least 25 cases of measles from Tasmania. The majority of cases have been in the South of the State, however it is thought that some cases have also occurred in the North.

Measles typically shows as a generalised rash and can include a variety of other symptoms such as a fever, coughing, conjunctivitis (eye irritation), runny nose and tiredness.

Measles can also cause more severe problems such as pneumonia.

Measles is very infectious, but can be prevented by immunisation. It is advised that if your children have not yet been immunised against measles, you should contact your doctor, or your Council's Health Section.

It is important that children with measles should not go to school or child care until they have recovered. Because of this, if you think your child may have measles, you should discuss this with your doctor.

It is recommended that any child should be excluded from school or child care for at least 5 days from the appearance of the rash or until a medical practitioner verifies recovery from infection.

If you have any questions about measles, please contact your doctor or the Public Health Branch on (008) 671738.

Yours faithfully

Dr Mark Jacobs
DIRECTOR OF ENVIRONMENTAL AND
PUBLIC HEALTH

MARKET - BICHENO 13 JUNE

There will be a market for students who wish to sell and recycle unwanted books, clothes, toys etc. on 13 June at Bicheno.

Anyone who would like to have a stall of any description should contact Nena on 751198



TASMANIAN SPORTS CAMPS



presents

SUE KENNY

NETBALL CLINIC

Ages 6 to 16

Clarence High School
Wentworth Street Bellerive

June 8th & 9th 1993

Time 10.00 am - 3.00 pm

Cost \$65.00 (2 days) \$30.00 (1 day)

(Further enquiries contact)

Talays 34 9566 (BH) or 44 4820 (AH)

Book early and enjoy the fun

Participants Receive

• Certificate of Achievement • Hat and Lunch included



APPLICATION FORM

Parents: Please complete the Application Form and mail it with your Cheque or VISA to Tasmanian Sports Camps 74 Leura Street, Rosny. 7018 Telephone: (002) 44 4820

Name	Standard:	Beginner <input type="checkbox"/>	Intermediate <input type="checkbox"/>	Advanced <input type="checkbox"/>
Age yrs mths				
Address	BANKCARD/VISA/MASTERCARD			
Postcode	Phone	Expiry Date		
School	Parent or Guardian			

CONGRATULATIONS TO THE VALLEY VOICE ON THEIR 25TH ANNIVERSARY. THE VALLEY VOICE IS NOW INTO IT'S 26TH CONTINUOUS YEAR OF PUBLICATION. THANKS TO ALL THE VOLUNTARY STAFF WHO HAVE KEPT OUR LOCAL PAPER GOING ALL THIS TIME.

HAPPY BIRTHDAY TO THOSE IMPORTANT PEOPLE WHO ARE TURNING 40 THIS WEEK

HAPPY MOTHER'S DAY TO ALL MOTHERS (WE CAN'T DO WITHOUT THEM, CAN WE?)

ESK-DELOIRINE ASSOC MATCHES

MAY 8th

St. Marys v Perth
Fingal v Evandale
Bracknell v Campbell Town
Hagley v Mole Creek
Westbury v Cressy

MAY 15th

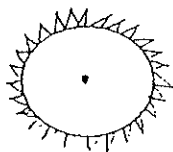
Hagley v Perth
Westbury v St. Marys
Campbell Town v Cressy
Mole Creek v Fingal
Evandale v Bracknell

MATHINNA SAWMILL

SCANTLING, RAILS, PALINGS
TIMBER CUT TO ORDER

CALL US

WE ARE: FREE DELIVERY AND
PROMPT SERVICE



Breaking up clay

CHANGING hard dense clay or boggy soils into open, well drained, friable soil and release nutrients that are always present need not be back breaking work.

Environmentally friendly Clay Breaker from Multicrop (Aust) Pty Ltd is the answer. It is a sulphonated ion exchange resin in a buffered acidic solution.

When applied in water as recommended it will not harm or damage the soil, desirable bacteria or plants. The process helps break down dead organic materials, producing a favourable environment for bacteria.

Clay Breaker does not leave harmful residues in the soil and laboratory and field tests have shown that soil pH is not adversely affected. Actually Clay Breaker improves the soil conditions and enables plants to make better use of their soil environments.

It is a catalyst, not a fertiliser or a wetting agent and is not harmful in its diluted form.

Clay soils cause many nutrients to become unavailable to plant. The ionic action created by Clay Breaker causes these to become more available and these soils act more as loaming soils.

Application is by use of a watering can, knapsack or boom spray depending on the area to be treated.

**ARCH HEWITT is a former advisor for the DPIF. He and wife Beryl now run a small property rearing dairy helpers and growing cut flowers and vegetables in a small way.*

COACH HOUSE RESTAURANT

UNDER NEW MANAGEMENT

VARIETY OF PIZZAS
HOT & COLD DRINKS

EAT IN OR TAKEAWAY

SPECIAL
\$1.00 off all PIZZAS
Tuesday & Wednesday
PHONE 722 529



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Avoiding driver fatigue

School's out ... and it's holiday time ahead, the high season for Australian families to pack up the car and take to the road.

Road safety authorities generally advocate that drivers ideally take a 10-minute break every two hours on a long journey, but many drivers probably go on for greater periods than that between stops. However, the Monash University (Melbourne) research showed that what is important is to have a break before you begin to feel drowsy or it will have little lasting benefit ... within 15 to 30 minutes after the break, the drowsy driver may be falling asleep again at the wheel.

Taking a rest break with a snack is more effective in beating the onset of fatigue than just a rest break, commented the study's supervisor Dr Narelle Haworth.

It is not yet known whether this effect is psychological or physiological. Does taking a snack work because it makes the break more interesting, by relieving boredom, or does it raise alertness by causing the release of glucose into the bloodstream?

As you would expect, drivers tend to go to sleep at the wheel more at night than during the day.

But be on the alert for signs that you are getting sleepy - the study showed that drivers' performances deteriorated significantly up to half an hour before they actually fell asleep, and this could be monitored by the frequency and duration of their blinking.

Canned Food

Canned food is sterilised during processing and the cans, made under strict controls, should keep food safe and pleasant to eat for long periods. Avoid buying cans that show bulges, dents or rust. Once opened, store leftovers in plastic containers or clean jars and refrigerate.

If food is left in opened cans it develops a metallic taste, particularly if acidic - not necessarily fatal but unpleasant to taste.

One Year: Fish, fish pastes, stone fruit, jams and preserves, cured meats, such as corned beef and camp pie, meal with vegetables, vegetables, tomato paste, soups, sponge puddings.

Six Months: Fruit juice, asparagus, tomatoes, green beans, beetroot, baby food.

Three Months: Canned beer, cider, berry fruits.

Note: Canned hams should be refrigerated before use.

HAVE YOUR WILL MADE BY THE PUBLIC TRUSTEE

A Public Trust Office Solicitor will be available to provide information on Wills, Estates, Probate Costs and all related matters, and to assist you with the preparation of a Will and advice on Estate Administration at:

FINGAL Morning
COUNCIL CHAMBERS THURSDAY 13 May

AND

ST MARYS Afternoon
STATE LIBRARY THURSDAY 13 May
MAIN STREET

For appointments phone LAUNCESTON
(003) 362 241 or write to PO Box 414,
LAUNCESTON or call at:-
9 WELLINGTON STREET
LAUNCESTON

DR ROGER PUCKRIDGE (DENTIST)

will be attending

ST HELENS DENTAL SURGERY

at

57a Cecilia Street

St Helens

each Saturday between 9am & 5pm

commencing 8 May

Appointments can be made either through the surgery on 761600 or through Targetts Pharmacy on 761374 (ah 445105)

LETTERS TO THE EDITOR

Dear Sir,

RELIEF FOR UNEMPLOYED WITH ROLLOVERS

MANY unemployed Tasmanians unable to receive unemployment benefits because of superannuation rollovers received on termination of their previous employment seem to be unaware that they may now be eligible for unemployment benefits due to recent changes in the rules governing Department of Social Security payments.

Under the new rules, superannuation rollover funds which have investments in approved deposit funds, deferred annuities and superannuation funds would now be exempt from the income and asset test until age pension age unless a withdrawal was made.

Previously, this was not the case. Until now only amounts preserved had been exempt while the other amounts had been included in assessments.

This had meant that many people declared redundant had been excluded from Social Security payments and had been forced to use the funds meant for their old age for everyday living costs.

Tasmanians in this predicament should contact their local DSS office and discuss their situation.

JOHN WATSON, Senator for Tasmania

BISHOP GUNTON RAE

Barristers & Solicitors
41a Cameron Street
Launceston

Visiting St Marys alternate Thursdays 9am - 10am

50 Main Street St Marys
Phone 340644 for appointments

ACCEPTING INSTRUCTION IN
ALL LEGAL MATTERS

Clearing up that clutter

Are you feeling overwhelmed by clutter in your home? Are your shelves and cupboards overflowing, your wardrobe bulging, yet you haven't a thing to wear?

Here are some tips from Margaret McClusky, founder of Clutter Busters,

- ◆ Be ruthless with rubbish.
- ◆ If you don't use a thing, it's worthless.
- ◆ Discard what you don't need - a good guideline, she says, is "if you're not using it, you don't need it".

If you hang on to things in "case you might need them" (an attitude Margaret believes is often handed down by parents and is a hangover from the Depression mentality or memories of World War II shortages), or because you feel they are too good to just throw out, she recommends you overcome this

Her suggestions are:

- ◆ Recycle an article or donate it to charity.
- ◆ Pass it on to a family member.
- ◆ If the item is valuable enough, present it to a museum.
- ◆ Unwanted books often will be welcomed by your local library.

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STARDUST

TAURUS Apr 21 - May 21

This is an excellent time to begin new projects or move house. You are in the mood for challenge and change.

Lucky numbers; 6,28,41.

GEMINI May 22 - Jun 21

Partnerships or joint goals can now be pursued - this is a time for advancement. A good week for signing documents.

Lucky numbers; 9,15,16.

CANCER June 22 - July 23

Career, relationships and financial changes may make this a satisfactory week. This is a good time for outdoor activities.

Lucky numbers; 1,21,26.

LEO July 24 - Aug 23

An unexpected work or health matter may affect a distant interest, academic goal or plan concerning your future. Be patient...what will be will be. Lucky numbers; 17,31,32.

VIRGO Aug 24 - Sept 23

Financial activities are likely to succeed now - your insights will be sharp. A good week for travel with many opportunities available to you.

Lucky numbers; 13,18,19.

LIBRA Sept 24 - Oct 23

You may start the week with a bright idea concerning a new direction, job or money-related scheme. This is the time to achieve your goals.

Lucky numbers; 7,14,30.

SCORPIO Oct 24 - Nov 22

Good fortune may lead to exciting breakthrough in your dealings with work colleagues, neighbours and relatives.

Lucky numbers; 4,11,44.

SAGITTARIUS Nov 23 - Dec 21

Good news inspires greater self-confidence. A few small family problems may get on your nerves, but they are shortlived.

Lucky numbers; 5,23,29.

CAPRICORN Dec 22 - Jan 20

Be wary of flattering people you want to impress - say only what you mean. Family relationships may require adjustments.

Lucky numbers; 6,33,37.

AQUARIUS Jan 21 - Feb 19

Now is the time to study or try new ideas. Business dealing contain good opportunities for profit. A good time to increase your income.

Lucky numbers; 20,25,38.

PISCES Feb 20 - Mar 20

Favours can be sought and help will be given. Children will influence your week. You will be full of ideas to increase your income. Lucky numbers; 10,22,40.

ARIES Mar 21 - Apr 20

Watch out for delays - your plans and ideas may have to be changed to suit the situation. You have the world at your feet in career matters.

Lucky numbers; 12,27,34.

MEALS ON WHEELS FINGAL VALLEY

MAY

Sunday	9	Yvonne Saunders
Monday	10	Claire Bean
Tuesday	11	Helen Napier
Wednesday	12	Clive Berwick
Thursday	13	Shirley Britton

Sunday	16	Molly Cocker
Monday	17	Selby Targett
Tuesday	18	Mary Viney
Wednesday	19	Glen Lodge
Thursday	20	Yvonne Salter

ST. MARYS

Yvonne Saunders
Claire Bean
Helen Napier
Clive Berwick
Shirley Britton

FINGAL

Lionel Rankin
Christine Woods
Pat Death
Jessie Burbury
Jill Miller

Janine Burt
Vicki Miller
Debbie Speers
Colleen Turner
J. Claridge

MATHINNA

Kaye Turner
Tom Baker
Max Ellis
Cynthia Webb
Christine Scott

Kaye Turner
Tom Baker
Max Ellis
Cynthia Webb
Christine Scott