

THE VALLEY AND EAST COAST VOICE

Vol 26

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Friday 8 October 1993

Established 1968

Price 50 cents

DIABETES

Diabetes Mellitus

Diabetes is a common and controllable condition that affects millions of people who can live healthy, normal lives despite their disorder. The word diabetes comes from the Greek language, meaning syphen. It refers to the passing, in uncontrolled diabetes, of large amounts of urine.

Diabetes occurs when the body's insulin fails to lower the blood sugar level, either because the body doesn't produce enough insulin for its needs or because the insulin is not fully effective.

One of the most important functions of the pancreas is to produce insulin. As insulin travels through the blood, it helps sugar to transfer from the blood into the body cells where it is used as energy.

In cases of Non-Insulin Dependent Diabetes Mellitus (N.I.D.D.M.), which affects about 80% of people with diabetes, the pancreas produces insulin but the insulin's effectiveness is greatly reduced which hampers the transfer of sugar from the blood into the cells of the body.

The other main form of diabetes is called Insulin Dependant Diabetes Mellitus (I.D.D.M). In such cases insulin production is very low or non-existent.

This form of diabetes usually affects children and young adults up to their late 30s or 40s. Treatment is injections of insulin at least once a day but usually twice daily or more in conjunction with a diet and exercise programme.

What are the symptoms of non-Insulin dependent Diabetes Mellitus?

Because people with non-Insulin dependent Diabetes Mellitus are still producing some insulin, the symptoms may not be obvious. Symptoms to watch for:

- Being more tired than usual.
- The need to urinate.
- Continual thirst.
- Blurred vision.

What are the symptoms of Insulin dependent Diabetes Mellitus?

The most obvious are:

- being very thirsty combined with passing large amount of urine day and night
- Rapid weight loss and increased hunger
- Changes in eyesight, or visual disturbances
- General lethargy, fatigue and headaches

Any of these symptoms may appear without warning.

If you think you may have diabetes the first thing to do is see your doctor. If necessary he will refer you to a specialist.

What the doctor will want to check if you do have diabetes

Your doctor will regularly check your blood pressure as high blood pressure can cause damage to your kidneys, heart, eyes and circulation.

Your doctor will also regularly check the pulses and sensations in your feet and check your skin for irregularities.

To assess your progress your doctor will weigh you regularly. Obesity can make diabetes difficult to control, as it can contribute to poor blood sugar levels, elevated cholesterol, high blood pressure and heart disease.

It is important that all people with diabetes are well informed and educated in all aspects of diabetes. If you do as your doctor advises, there is no reason why you can't expect to lead a happy and healthy productive lifestyle.

Don't forget that exercise is an important part of staying healthy, because not only does it keep your weight down but it improves your blood circulation and makes you feel good too.

If you have any questions at all, please consult your doctor or Diabetes Australia.

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ALL ITEMS, ADVERTISEMENTS, SPORTS, NEWS ETC FOR THE VALLEY VOICE TO BE LEFT WITH THE HEALTH & BEAUTY SHOP.

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New tyres, battery, clutch, alternator, exhaust,
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WHAT'S ON

CORNWALL HALL

The final Euchre of the Series will be held at the Hall on October 8th. Who will be the winner of the series? Will it be Lexie Squires who is just ahead of Debbie Squires or will Gail Gamble put in a winning run. Come and have an enjoyable evening. 7pm start.

A STREET STALL FOR THE ANGLICAN CHURCH will be held outside the St. Marys Hotel being at 10.30am on Friday 22nd October. Gifts would be appreciated to stock the stall.

CATHOLIC PARISH OF ST. MARYS

MASS times for the Parish will be back to the normal time from Saturday October 9th and Sunday October 10th.

ST. HELENS....Saturday Vigil 6.00pm

ST. MARYS.....Sunday 9.00am

BICHENO.....Sunday 4.00pm

Celebration of the word with Holy Communion

MANGANA 11.00am

FREEDOM FROM HUNGER CAMPAIGN

Bread and Cheese Luncheon in aid of the above will be held at the Catholic Presbytery, St. Mary's at 12 noon, on Wednesday October 20th. Guest speaker and video will be presented. Donations can be left with Mrs M. Bullock, St. Marys or Ruth Saunders, Fingal or Mrs U. Camplin, Cornwall. Remember that this Austerity Lunch replaces the doorknock campaign held in other places in Tasmania.

J. Miller, organiser.

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SPRING CLEANING????

THE LIONS CLUB OF ST. MARYS (Inc) will be conducting a car boot and or trailer (normal 6 x 4) market on Sunday October 17th commencing at 10.00am. at the St. Marys Recreation Ground. Cost of site \$5.00 per trailer or car boot. Contact Trevor Berriman, Ron Sumner, Barry Wright, David Young or any Lions Club Member for bookings and further information.

FINGAL RIFLE AND PISTOL CLUB

Next shoot Saturday 9th October 10.30 start
Metallic Silhouette.

Range Fee \$5.00, Ammo \$4.00

COME AND HAVE A SHOOT TRY YOUR HAND AT PISTOL AND RIFLE SHOOTING

FUN DAY SATURDAY 20TH NOVEMBER

9am for 9.30 start

\$10.00 per entry covers use of firearms and ammo

7 shot 500 yd rifle and 10 shot pistol match

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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	8.45am	MP
St Marys	10.30am	HC
Avoca	7.00pm	HC

SECOND SUNDAY OF MONTH

Fingal	8.45am	HC
Avoca	10.45am	FS
St Marys	10.30am	MP

THIRD SUNDAY OF MONTH

Fingal	8.45am	FS
St Marys	10.30am	HC
Cornwall	3.00pm	HC
Avoca	7.00pm	HC

FOURTH SUNDAY OF MONTH

Fingal	8.45am	HC
St Marys	10.30am	FS
Mathinna	3.00pm	HC
Avoca	7.00pm	EP

ALL WELCOME REV'D DAVID LE ROSSIGNOL
FINGAL 742 113

SEVENTH DAY ADVENTIST

Hodgman Street Scamander

Sabbath School 10.00am

Divine School 11.00am

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St Marys 722 383

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Mr T Pears

Campbell Town 811 167

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Main Street St Marys (RSL Hall)

SERVICES

Sunday

9.30am	Sunday School
11.00am	Family Worship

Wednesday

2.00pm	Ladies Fellowship
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EVERYBODY WELCOME

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

SUNDAY SCHOOL

3.30pm	Mondays
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PYENGANA

11.15am	2nd Sunday
7.30pm	4th Wednesday

FALMOUTH

11.15am	3rd Sundays
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SCAMANDER (Home for Tea)

9.30am	2nd Sunday
10.30am	4th Tuesday

SPORT

Golf Notes

by Tee Up

Well! I'm back and thank you Rodney for keeping the Golf Notes at an even keel. It was lovely to enter the Club last Sunday and see the happy faces of the "old" golf mates. Mary gave me an invitation to attend the afternoon tea at the conclusion of the Championship and for which I thank everyone. The girls were really great and I enjoyed every minute of it. Mary, I believe, has been given a Life Membership. Congratulations was the order of the day and hope she will enjoy the wonderful privilege to be the recipient of this great honour.

October calendar is very full.

October 6

Ladies Official Day (Canadian Foursome)

October 16

Legacy Mowbray (Members)

October 22, 23 & 24

Veterans Day at Bicheno (Members)

October 27-28

Veterans Day at Bicheno (Members)

October 25

Barkley Shield (Associates) Riverside

Kath Blair, Liz Clayton, Mary Viney & Joyce Wines are the teams involved. The club wish you all success.

Handicaps have been shattered and gobblers and birdies are the order of the day for the Ladies. Maryanne reduced to 32, Joyce Wines also 38. Les Burness managed a gobbler and birdie on the same hole last Wednesday - 17th and to top it all Maryanne won \$25 from her Bingo ticket. Norma has also reduced to 26. Sorry to hear Idie has been laid up with a bad leg. Keep it up Idie and do what the Doctor ordered.

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The AGM was held at the Club House Friday and those elected were:-

President	Tony Blake
Vice President	Andrew Haas
Secretary	Jim Haas
Treasurer	Denzil Casboul
Committee	Robin Costain, D Hassall
Captain	Trevor Viney

The Club wishes Denzil a speedy recovery and hope to see him around the Club very shortly. All good wishes for the new Panel and Committee and hope the Club has a very prosperous year.

The members are currently playing their 72 Hole Championship.

A Grade - Chris Davern took the lead on the first and second day with 142 off the stick and closely followed by Steven Dawson and Kim Howe on 144 and Shan only 3 strokes away on 147.

B Grade - B Kellaway 154, R Costain 163, G Hayes 165.

C Grade - C Batchelor and J Clements are locked together on 180 with B Ennis very close on 181

So all grades are looking on a very close finish with two rounds to go. The final round on next Sunday will finish off with a barbecue and salads. We wish all the boys good hitting. Two of the golfers broke their handicaps last Sunday and eleven equalled - so the handicapper will surely have writer's cramp.

N Pins: 7th Chris Davern - 5th Kim Howe

SPORT

Golf Notes cont.

Ladies, the Club would appreciate a salad for the Barbecue next Sunday. Also the Associates have just finished their Championship.

B Grade was won by May Cook with
L Burness r/up
N Mallinson 3rd

C Grade are to have a play off between Mayanne Mitchell and Liz Clayton.

72 Hole Putting May Cook
72 Hole handicap Maryanne Mitchell
Limit marker Kaye Betts

The ladies played Ambrosia last Wednesday and Liz Clayton, Kaye Betts and Beth Haas won with 60 nett followed by K Blair, N Mallinson and Wendy Haas second with 59 nett. M Cook, C Gunson and B Harwood 62 nett.

Course Rating for Associates now 66.

After Golf last Sunday a meeting was called by the Vice President and Barry LeFevre brought to the notice of all concerning a Junior Development Programme beginning Thursday 7 October - Club catering. Many juniors have been using the course. Lessons to be provided by local Golfers and Pro from Launceston will also be provided.

Thirty to Forty Juniors will take part and it is hoped that many Golfers make themselves available to help with this wonderful scheme to interest our Juniors in a wonderful sport. Any further enquiries will be willingly explained by Barry LeFevre at the school.



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SHORT STORY COMPETITION FOR SCHOOL CHILDREN.

"EARLY DAYS IN OUR DISTRICT"

Primary and High School Sections with 1st & 2nd
Prizes of \$20.00 & \$10.00 in each section

Short stories to be about 250 words.

Entries will be accepted up till the 16th November '93. Please get your story in early so it has a chance to be published over the next few issues of the Valley Voice. So go to it, ask around the older members of our community for ideas and start writing.

Entries to be sent to Valley Voice St Marys 7215

BISHOP GUNTON RAE

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ST MARYS

**SCHNITZEL NIGHT
EVERY FRIDAY**
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ST.MARYS HOTEL DINING ROOM
6.00 - 8.00PM

\$7.00 per adult \$4.00 children
Served with salad and chips or vegies
COSY FIRE



POETRY COMPETITION

Each year, Alanvale College and the Examiner hold a statewide poetry competition, open to students from secondary colleges and secondary students. This year, several grade 10 students from St Marys District High School entered the competition - Donella Cooke, Chris Byard, Shannon Greer, Caradi Miller, Kellie McDonald and Anna Santos. The standard of these entries was excellent, with Donella Cooke's entry "Fire" being published in the annual anthology "Traks".

Congratulations to Donella and the other students on their fine efforts.

Margaret Baldini
ENGLISH TEACHER

FIRE

The battle is on
Sounds erupt around me
endless shots and cracks
the joyous victors are cheering
and the charred victims are sighing
the heat of battle bursts
shadows and light flicker endlessly
the acrid smoke of the defeated
fills my nostrils and
as my eyes perceive the darkness
the bright colours blur into one
I pull my stool a little closer
and warm my hands by the flame

by Donella Cooke

SIGNS OF SPRING

I can see 7 signs of Spring. Animals are having babies. Flowers are coming back alive. Birds are coming back. Days are getting longer. It is starting to get warmer. Spring is bringing everything back alive. Spring makes the earth get its colour back. Birds and animals are having babies.

By Aaron Morris Grade 2 (Mrs Lodge)

SWIMMING POOL

The new swimming pool construction is on target for completion at the end of this month. It will be operational by end of November or early December once painting has been completed. The plant and storage room will be built over the next two weeks. I would like to thank Marianne Taylor for drawing up the plans free of charge and the Break-O-Day council for waiving all fees associated with the pool construction.

SIGNS OF SPRING

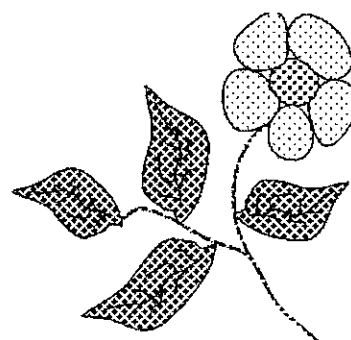
As we walk around the school we can see all the beautiful wattles and daffodils bursting out and they are beautiful.

I love Spring because all the flowers come to life and birds are coming back from Winter. All mother ewes are having baby lambs and they are jumping for joy. Every one is picking some wattle and if you keep them they will not go green again. All of us love Spring because it is a nice season.

Every one loves Spring, especially me.

I always pick flowers for my Mother. I love her very much. I saw a baby lamb come out of its mother who licked it. Tadpoles are losing their legs.

By Henry Burbury Grade 2 (Mrs Lodge)



AUSTRALIAN MATHEMATICS COMPETITION RESULTS

Staff were delighted to receive the results of this years Australian Mathematics Competition. Last year students from grades 7 to 10 received 26 credit awards. In 1993 students have gained 30 credit certificates and 5 distinction certificates. This on top of our good showing in the science competition is very pleasing indeed, and it is great to see once again an improvement in our schools performance.

It should also be pointed out that other than winning so many awards, that approximately 100 students participated. An outstanding performance in itself.

Congratulations to all participating students and in particular to those who gained credit and distinction awards.

DISTINCTIONS

CREDIT

Donna Semmens	8	Natasha Smith	7
Melanie Sutton	9	Melanie Bennett	7
Ben Hammersley	9	Bridgette Halton	7
Rachael Claridge	9	Amanda Walker	7
Donnella Cooke	10	Sol De Jonge	7
		Malcolm Woods	7

CREDITS

		Shannon Williams	8
		Anushka Ooaterloo	8
		Sarah White	8
Ferdi Louis	9	Linda Nation	8
Cheri Parsons	9	Elissa White	8
Laurence Santos	9	Louise Flack	8
Andrew Turner	9	Ben Thofner	8
Warick Lowe	9	Michelle Griffiths	8
Kim Newman	9	Gino Tedeschi	8
Jacob McDonald	9	Christie Smith	8
Adam Williams	9		

Andrew Fearman	10	Kathryn Blair	10
Mathew Muller	10	Melissa Tarrant	10
Julie-anne Speers	10	Giles Clement	10

A special mention should also go to Donna Semmens who won the special achievement certificate for the best overall result within our school.

MATHEMATICS RESULTS OF PREVIOUS STUDENTS

Last week the Launceston College sent us a copy of the mid-year Mathematics results received by six of our last year grade 10 students. The results gained by Miranda Randall, Sharni Long, Tamatha Grose, Kristy Lynch, Peter Cook and Daniel Lehner were all excellent.

It is very encouraging for our maths staff to see ex-students making excellent progress. Once again it shows that the standard of education being reached by our students is of a high calibre.

WELL DONE TO ALL THOSE STUDENTS!!

SIGNS OF SPRING

I love Spring because all the birds start to sing and all the daffodils pop out of the ground.

All the baby lambs jump for joy and all the sheep are eating all the green juicy grass.

All the birds are flying over the meadows and they sing the Spring song.

All the cows are mooing and mooing and that's the sings of Spring.

The days change very much. They become hotter. The beautiful blossom trees come out.

By Sally Davies Grade 2 (Mrs Lodge)

'SINGASONGALONG'

A tape suitable for young children is now available.

The artwork for the booklet containing all song words has been done by this year's Kindergarten children.

Cost of tape and booklet . . . \$10.00

All proceeds will go towards the new swimming pool.

If you would like to order a tape and booklet, please contact Christ White at the Kinder or the School Office.

Page 4

**SHORT STORY COMPETITION
FOR SCHOOL CHILDREN**
"EARLY DAYS IN OUR DISTRICT"

My story about the "Early Days in our District", was passed on to me by my Grandmother, who was born in the early 1920's, and in her younger days lived at Cornwall.

Her memories were of a very progressive mining town which conducted many eventful activities. Every Saturday night, no matter what the weather conditions were like, there was a bus which ran from Cornwall to St Marys down to see the pictures, it cost 9 pence to watch the pictures which is less than 10c (sometimes the weather was that bad that the people in the bus would have to hop out and push it up Cornwall hill).

It was a very musical era, brass bands, dance music bands and even a mouthorgan band. The brass bands were very competitive with a very strong football team which played against St Marys, Fingal and Mt Nicholas every Saturday.

Cornwall boasted having a butchery, bakery, 3 grocery shops, 2 churches, a post office and a state school. The area around the school was surrounded by pine trees which were planted in honour of each man that served in the first world war.

The Cornwall Coal mine was very active and was the main industry in the Fingal Valley. There were many ponies which were used to pull the skips from the mine up onto the bank, the coal was then transported by a skip line down to the screens at the bottom of Cornwall hill, then it was taken by rail to Launceston.

At Germantown (where my Grandfather lived) there was a school which had 30-40 children, a cricket team and barn dances. The schools in the area had one excursion each year which was from St Marys to Launceston on a train.

One of the first cars on St Marys belonged to a man called Mr McHarg and the first wireless on Cornwall was owned by my Great Grandfather Alf Cook.

Sarah White (14), Frank St, ST MARYS 7215

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SPECIALS

GLEN 10 AIR FRESHENER \$2.95.

**ST MARYS SWIMMING POOL
ASSOC INC**

ANNUAL MEETING

11 October 1993

7.30pm - School Staff Room

Agenda:

1. Alteration to constitution (Quorum for annual/general meeting to be 8)
2. Election of Office Bearers

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6am - 8pm (Mon - Fri)
8am - 8pm (Sat & Sun)

FAREWELLS AT DINNER

The St.Marys Chamber of Commerce took the opportunity at their Annual Dinner, held at the St.Marys Hotel on Thursday 23rd September, to farewell two of their members. Mr Graeme Beswick was presented with a gift of appreciation from members of the Chamber of Commerce. Graeme will be greatly missed, not only for his many years of service as Secretary, but for his willingness and friendship.

The President, Mr Stephen Salter, also made a presentation to Mr Tim Russell and thanked him for his active involvement in the Chamber. Both Graeme and Tim and their families were wished success in their future positions and were thanked for their contribution to the community during their time in St.Marys.

A most enjoyable meal and evening was had by all and it was pleasing to have Mr & Mrs Rick Dewar, Mr Rodney Rattray and Mr & Mrs Rod Blunt from the St.Helens Chamber of Commerce attend.

Mrs Chris Dewar who is the St.Helens Chamber President, gave a short talk on her time in business in St.Helens.

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Sorry to hear that "SCRUFF" has passed on. He
will certainly be missed around the Hotel corner
(one way or another!).

CONGRATULATIONS TO MARY AND
GEOFF KING ON THEIR 45TH WEDDING
ANNIVERSARY, ALSO FOR THEIR
BIRTHDAYS, GEOFF 6TH, MARY 11TH.

CONGRATULATIONS goes to Michael
Williams and his dog 'Jock' on their recent
success in W.A. last week, where they came equal
3rd in the W.A.. Open and 4th in the Australian
Championship.

WHAT'S FOR TEA ?

Come and check the selection in the display
counter at the

ST.MARYS BUTCHERY

TOP QUALITY MEAT

Free home delivery
on Friday.

Phone 722274.

St Marys Community Concert

Page 11.

The evening of Friday November 12 is the date to mark on your calendar for our St Marys Community Concert. With a cast of hundreds there will be a mixture of music, drama, dance, poetry and a Community Red Faces Competition. Performers will range from small children, to adults.

The aim of the concert is for the audience and performers to have a good time, to help our community spirit and also it will be a fund raiser for the Tourism St Marys ventures that have recently been proposed.

Logo Competition

To link in with the Community concert a St Marys Logo Competition has been organised. All you need to do is to use your imagination to design a simple logo for St Marys. A good hint is to think about things that make St Marys distinctive.

Three prizes will be awarded - one for the primary age group; one for the secondary age group and one for the older students and adults. All entries will be displayed on the evening of November 12 during the Community Concert.

Deadline for entries is Monday 18 October. Entries should be named and handed in or posted to the school office at St Marys District High School.

Red Faces Competition

Have you got the courage, imagination and sense of humour to enter a Red Faces Competition? If so - we need you!!

This competition will be a part of the Community Concert and should provide some great entertainment.

What do you have to do? - Simply entertain the massed crowds for a maximum of four minutes. Easy!! You could present a drama sketch; do a mime act; mime to music; dance; juggle; sing; yodel; impersonate; do a TV take-off etc etc. I'm sure your entertainment ideas will be brilliant. Remember however, there will be small children in the crowd!

How many in a team? Teams can include as many people as they wish although 5 or 6 is perhaps best for rehearsal purposes.

There will be judges giving marks for each performance and the winning team will receive a fabulous prize!

We can only use about seven teams on the evening so make certain you register your team with Steve Plowright at St Marys District High School. Don't delay. How about teams from The Hospital, the Fire Brigade, St Marys Football Club, the Shops, Teachers, Parents, Police or other groups in our community.

Helpers for the Community Concert

If you are willing to help in the organisation of the Community Concert please contact one of the organisers as soon as possible. They are:

Felicity Spilsbury

722665

Bruce Cornelius

C/- Post Office

Steve Plowright

School 722362

We need helpers with refreshments; costumes, stage make-up; setting up the hall; clearing up after the concert; ticket sales; programme sales etc.

Also if there are any adults out there with entertainment talent - a song, a recital, etc contact Steve at the above number.

ST MARYS TYPING SERVICE

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cleaners and glues

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BH (003) 72 2233

AH (003) 72 2155

ST.MARYS PACING CLUB INC.

The Annual Meeting of the St.Marys Pacing Club will be held in the St.Marys Fire Brigade committee room on Friday 29th October at 8pm.

Business, Presentation of Balance Sheet, Auditors Report and Election of Office and Committee and General Business.

Would all interested please attend.

Eric Bean (secretary).

Recently as everyone knows we had the misfortune to lose, in tragic circumstances, one of our committee members, namely Max Britton. Max had been a member of our committee for a number of years and was a very conscientious member. He very rarely missed a working bee and was always on time. In fact if we arrived ten minutes late he would ask "Where the hell have you been". It is well known what a wonderful job he did mowing the track and grandstand surroundings right out to the main road..

Overall he was a great committee man an honest reliable worker, was always first to arrive to clean up after our Annual evening or other turnouts and will be sadly missed by us all. Dedicated members are always hard to come by.

On the sick list is our President Denzil Casboulton who is at present in St.Vincent's Hospital. We all wish him a speedy recovery and hope to see him getting around again soon.

Eric Bean (Secretary)

Black cats in folklore

IN AUSTRALIA and Britain a black cat crossing your path is considered an omen of good luck and black cats have been featured on greeting cards, souvenirs and ornaments.

Sailors' wives kept black cats to ensure their husbands' safe return from sea and it was considered lucky to have a black cat walk through your door. In America the black cat is considered unlucky and in China it is an omen of poverty and sickness.

In Normandy a black cat crossing a walker's path in moonlight foretold death in an epidemic.

Dreaming of a black cat at Christmas was an omen of a dangerous illness in the coming year.

Cats feature in superstitions in most civilisations. The ancient Egyptians believed cats protected them from evil powers, and jewellery in the form of a cat was a common adornment.

Both the Thai and Burmese believed cats enshrined the spirit of the dead and the priests therefore believed cats were gods.

The ancient Romans were convinced cats' eyes changed with the phases of the moon, believing they enlarged and grew brighter with the full moon and dimmed with the waning moon.

The ancient Egyptians believed the eyes of the cat mirrored the rays of the sun during the hours the sun was outside man's sight.

COACH HOUSE RESTAURANT

Main Street St.Marys

PHONE 722 529

VARIETY OF PIZZAS
HOT AND COLD DRINKS
CHINESE FRIDAYS 5-9 PM

Bert & Ann offer the free use of their
restaurant to community groups for meetings
etc.

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TOURISM INFO

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TIM SCOTT
LICENSEE

Phone 722 181

Cold Beer - Counter Meals
and all your
Bottle Supplies

DINING ROOM AVAILABLE
for special parties

SPECIALS

SCOTCH	\$23.95
CARLTON LIGHT CANS	\$22 carton
FOSTERS LIGHT CANS	\$22 carton

FRIDAY NIGHT SCHNITZELS
6-8pm

\$7.00 per adult \$4.00 per child.

St Marys Festival

Date: to be decided sometime in 1994.

If we want to reserve our place on the Tasmanian Calendar of Events, we must come up with a format soon.

St Marys Pass Push (cycle race)
Vintage Motor Cycle Race or Rally
(around the Passes)
Major Golf Tournament
Agricultural Show
Folk Festival

Mountain Music Festival
Combination of any of the above

This is an opportunity for your organisation to get involved, please give us a ring if you are interested.

Karen & Leigh Spilsbury - Phone 722220 or
Bruce Cornelius

Have You Come Up With a Name?

Community Tourism - St Marys.

St Marys Association for Regional Tourism (SMART)

St Marys United

Community Association for Tourism (CAT)

Keep forwarding your suggestion to the Post Office. Thanks.

Tourism St Marys

The next committee meeting will be held at the Coach House Coffee shop. Any person who is interested in becoming involved with a sub group or would be willing to advise the central committee, please attend.

Date: 12 October
Time: 7.30pm

Sub Committees: Land Care
Fund Raising
Annual Event
Main Street Theme
Parks and Bush Walks

GIANT AUCTION

St Marys Football Club Inc.

Sunday, November 7th, 1993
10.00 a.m. - Start
St Marys Recreation Ground

Donation of items appreciated
or
Items will be sold on Commission

Contact:

Graham Saunders	722242	Bruce Spilsbury	722155
Glenn MacDonald	722429	John Brown	722172
Robert Brown	722184	Olivier Chartrain	722586

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LINDSAY & DIANE HARRIS
FUNERAL DIRECTORS

POTATOES

Potatoes do not store well in the refrigerator.

Once potatoes begin to sprout or go soft they should be discarded.

For longer life, remove potatoes from plastic bags and store in a dark place away from sunlight and artificial light. Onions and garlic can speed up the deterioration of potatoes.

Green spots occur in potatoes when they are exposed to light. Remove patches of green or discard altogether if there is an overall greenness.

THE ST.MARYS DISTRICT HOSPITAL PUBLIC MEETING held on the 30th September was attended by 327 people who voted 100% for the retention of the hospital as is. The people of the Municipality are showing their full support in the fight to keep our hospital as was shown by the number of people who came from Avoca, Mathinna, Mangana and St.Helens as well as the majority of local residents.

A petition is being circulated by the Break O Day Council to present to Parliament to retain the status quo of the hospital, that is three acute beds, three respite beds and six nursing home beds. Extension to our community based services are also much needed and would be welcomed.

LETTERS TO THE EDITOR

Dear Sir,

GROCERIES COST WILL RISE DUE TO DIESEL FUEL COST INCREASE

Much has been said about the impact of the petrol price increase on the family but few families realise that the increase in the price of diesel fuel will have an effect on their weekly grocery bill.

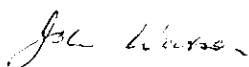
According to the National Transport Federation, the average family can expect their grocery bill to go up by at least \$3 a week due to the increases in fuel and other taxes being inflicted upon the transport industry by the budget.

The diesel fuel rise of 5 cents a litre together with the impact of the sales tax increase on tyres and parts will increase the running costs of a transport truck to over an extra \$6,000 year.

The effect of these increases will be felt by all imports and exports as well as other goods that need to be transported within Australia.

The yet-to-be-implemented tax cuts and rebates amounting to possibly only \$10 a week for some families will be of little benefit once all the tax increases of the Budget come into effect.

Yours sincerely,



JOHN WATSON
Senator for Tasmania

FEDERAL MEMBER FOR LYONS VISITS ST.MARYS

Mr Dick Adams, MHR for Lyons, visited St.Marys on Monday 4th October to officially open the Australian Country Information Service (ACIS) Office in the local Community Hall. Guests included the Break O' Day Warden Mr Robert Legge, Local State Member Mr David Llewellyn, President of St.Helens Chamber of Commerce Ms Chris Dewar, President of St.Marys Chamber of Commerce Mr Stephen Salter, Acting Principal of St.Marys High School, Mr Rob Hart and several students also Councillors.

Introducing Mr Adams, Mr Rodney Rattray, Chairman of the Regional Economic Development Committee, said how pleased he was that Mr Adams was able to be present and show his support for this new Federally funded service. He also thanked the Break O' Day Council for their support in providing the shop front office and some valuable equipment. Mr Adams said it was a pleasure for him to be in St.Marys today and he wished to congratulate the joint Chamber of Commerce for their initiative in applying to the Department of Primary Industry and Energy for funding under the rural Access Programme.

"I am aware that the purpose of the office is to provide a confidential information and referral service, a one stop shop, for Federal Government programmes: Mr Adams said.

"I have been told today that Mr Rafter, the ACIS officer, intends to obtain information on State and Local Government programmes as well, and he tells me that over 40 people have been assisted in the short time that the service has been open".

"My electorate covers 61% of the State of Tasmania and consists of rural isolated areas. I am particularly happy that the first programme of this type to be funded in Tasmania is at St.Marys".

The Warden of Break O' Day Mr Robert Legge thanked Mr Adams for his presence.

The ACIS office is open in the St.Marys Community Hall on Thursdays and Fridays between 10am and 3pm.

Telephone 722693, Fax 722694.

Mrs. White's "SINGASONGALONG"

is now available
at the School Office
\$10.00 tape and booklet
suitable for young children
booklet artwork by
1993 Kindergarten children

All proceeds to new SWIMMING POOL

FINGAL GAME MEATS

Reg. for human consumption

*Roo Mince	\$2.70 kg
*Roo Steaks	\$3.00 kg
*Diced Roo	\$2.60 kg
*Corned Legs	\$3.00 kg
*Hindquarters	\$2.00 kg
*Boned	\$2.40 kg
*Whole Wallabies	\$2.00 kg
*Rabbits and Hares	
*Pet food also available	

FREE DELIVERIES AS FAR AS
BEAUMARIS WEEKLY

PHONE 742164 OR 742381.

St Marys Football Club

GIANT RAFFLE. Prize winners, 1st K. Phillips, 2nd B. Smith, 3rd H. Raynor, 4th R. Gillies, 5th E. Lehner, 6th G. Purdy, 7th S. Smit, 8th P. Lowe, 9th E. Beckett, 10 D. Hayes. Winners have been notified.

1st Prize: Supplied by:	1 set Car Tyres (Fitted and Balanced) Faulkners Garage & Speedy Tyres
2nd Prize: Supplied by:	1 side of Beast (cut to requirements) Dean Lohrey & Brent Johnson
3rd Prize:	Car Registration (to the value of \$260.00)
4th Prize: Supplied by:	Hind Quarter of Beast (cut to requirements) Dean Lohrey & Brent Johnson
5th Prize: Supplied by:	Grocery Open Order (value of \$100.00) Graeme & Betty Woodham
6th Prize: Supplied by:	Open order of Petrol (value of \$100.00) Bruce & Judy Spilshury
7th Prize: Supplied by:	Fore Quarter of Beast (cut to requirements) Dean Lohrey & Brent Johnson
8th Prize: Supplied by:	Car Service & \$50.00 petrol Robert & Lynne Brown
9th Prize: Supplied by:	Framed Painting Karen & Graham Saunders
10th Prize: Supplied by:	Watch John & Kathryn Brown



STARDUST

LIBRA Sept 24 - Oct 23

This will be a productive week for interviews, meetings and agreements, so reach out for what you want. Emotionally you can say what is on your mind. A good week for buying, selling or trading.

Lucky numbers 11,29,33.

SCORPIO Oct 24 - Nov 22

Now is the time for travel or a break away. The change will help you cope with a busy time ahead. Take a serious view of your responsibilities. You may consider joining a club or taking up a new interest.

Lucky numbers 22,36,40.

SAGITTARIUS Nov 23 - Dec 21

Monitor your health and stamina as there may be a social whirl this week. Keep an eye on your budget but overall you can expect a happy week. Be careful with business and financial transactions.

Lucky numbers 27,37,41.

CAPRICORN Dec 22 - Jan 20

Take advantage of any offer of a new job. Personal relationships are favoured and you will have a clear view of what you want. Sudden social changes will require adjustment. A rather tiring, hectic week.

Lucky numbers 5,12,25.

AQUARIUS Jan 21 - Feb 19

An unexpected phone call may change your plans. A financial change or a windfall may be in store. Where affection and care is concerned, you are in a giving mood. Your energy levels are high.

Lucky numbers 9,34,38.

PISCES Feb 20 - Mar 20

This will be an enjoyable week. Great things can be expected at work and home. A personal relationship will cause you problems in you mix business with pleasure. Avoid taking risks. A good time to host a party.

Lucky numbers 24,29,43.

ARIES Mar 21 - Apr 20

Expect an extremely busy week that is full of new developments. You may be rewarded unexpectedly. An exciting week for romance, marriage or planning a family. Travel plans can be made without any delays or opposition. Time to organise a social event on a large scale.

Lucky numbers 4,10,30.

TAURUS Apr 21 - May 21

A good week to mix a little business and pleasure. Job and career offers are likely. Romance has a touch of fascination about it. Career changes and home and family ties are all part of your decision making.

Lucky numbers 16,21,26.

GEMINI May 22 - June 21

This is a good time to be bold if you hope to succeed. Something secretive or daring may fascinate you. A little tension in personal relationships. Opportunities are opening in new, new directions for you. You just may be in the right place at the right time.

Lucky numbers 13,18,28.

CANCER June 22 - July 23

New friendships will be made and a social engagement may have you rubbing shoulders with the rich and famous. Many aspects of your emotional life will undergo change you can expect increased social contact.

LEO July 24 - Aug 23

This is a week full of new ventures and relatives will support your future goals and projects. People you meet from different backgrounds and cultures may stimulate your imagination.

Lucky numbers 1,14,45.

VIRGO Aug 24 - Sept 23

A change of scenery will do wonders for your health and ego. Catch up with relatives and friends. A child may leave home to start a new direction on lifestyle. A little luck with money may come your way.

Lucky numbers 8,20,32.

MEALS ON WHEELS

SEPTEMBER

Monday 11
Tuesday 12
Wednesday 13
Thursday 14
Friday 15

ST.MARYS

Len Miles
Claire Bean
P & M Berwick
Gail Gamble
K & D Bullock

FINGAL

Kayleen Sutton
June Hall
Merriane Woods
Robyn Miller
Ruth Saunders

MATHINNA

Mavis Brooks
Max Ellis
Cynthia Webb
Christine Scott
Kaye Turner

Monday 18
Tuesday 19
Wednesday 20
Thursday 21
Friday 22

Debbie Barnes
Frank Turner
D & S Robinson
Heather Griffiths
Patsy Burgess

Sue Woods
Jack Miller
Graeme Bean
Jill Miller
Trish Rankin

Mavis Brooks
Max Ellis
Cynthia Webb
Christine Scott
Kaye Turner