



THE VALLEY AND EAST COAST VOICE



Volume 27 No 1

Friday 13 May 1994

Established 1968

Price 50 cents

PROPER USE OF MEDICATIONS

* A patient is prescribed a new drug for heart disease but fails to tell the doctor that he already takes several other medications

* A mother stops giving her child an antibiotic after a few days, even though the doctor prescribed the medication for 10 days

A woman who experiences anxiety attacks hopes to relieve the symptoms with tranquilizer pills given to her by a friend

* Before attending a cocktail party, a man takes an over-the-counter cold remedy, but fails to notice that the directions warn not to combine with alcohol.

Situations such as these occur every day often without consequence. Yet, these same situations can be dangerous. For they are examples of what is sometimes called "the other drug problem" - the abuse and misuse of prescriptions and over-the-counter (OTC) drugs. This is a widespread problem that could affect us all, but one that can be avoided through education and prevention.

Certainly, the benefits of modern medicines are indisputable. Drugs can increase life expectancy, relieve aches and pains, cure deadly diseases, and improve the overall quality of life. However, when carelessly or improperly used these same life-saving, life-enhancing drugs can lead in addiction, serious physical problems and even death.

TYPES OF MISUSE:

The potential for abuse and misuse of medications is enormous because of the large variety and quantity of prescription and OTC drugs taken every day by adults and children.

Medications, however, are rarely abused intentionally. Most people are not even aware that they are doing something that may be hazardous to their health.

An estimated half of the prescription drugs are taken incorrectly. Types of misuses include failing to take

medications as directed, consuming alcohol while taking medications, inadvertently taking the same medication in two forms, stopping use too soon or continuing too long, combining drugs that adversely interact, using outdated medicines, and sharing prescriptions.

Physical or psychological addiction is a danger if medication use is not carefully monitored. Depressants (tranquillizers, barbiturates, sedatives), stimulants (amphetamines, diet pills) and narcotics (painkillers containing codeine and morphine) are prescription drugs that can put a patient at risk of addiction. Some over-the-counter drugs can also lead to dependence. These include nasal sprays, laxatives, eye drops, stay-awake pills and sleeping pills.

Avoidable side effects from drug misuse range from the annoying (a rash or fatigue) to the life threatening (irregular heart beat or loss of consciousness). Drug misuse also results in uncured health problems. An infection may linger or return, and avoidable long-term problems can develop. Such neglect is not only painful, it is also expensive, adding unnecessary costs to health care.

FACTORS LEADING TO MISUSE:

The abuse and misuse of prescription and over-the-counter drugs is a serious problem that could happen to anyone. However, patients can avoid problems by becoming educated consumers and taking responsibility for their own health care. Here are some guidelines to help patients become active participants in their own safe medication program:

* Talk with doctors, nurses,

pharmacists, dentists, ophthalmologists and other health care professionals. Tell them about the medicines you now take, including OTC drugs. Also report any problems with your medications and any allergies you have. Prepare for your appointment by making a written list of this information. If you take several medications, bring them with you to your appointment, so the doctor can see exactly what you are taking.

* Don't be afraid to ask questions. What is the medication supposed to do? Should I avoid any foods, beverages, other medicines or activities? Are there possible side effects? Is there any written information about the drug? Pharmacists can be very helpful in providing this information.

* Have a system to help you remember to take medications. This is especially important when taking more than one drug. Make a chart, or use daily or weekly pill containers. If necessary ask someone to help manage your medications.

* Follow safe practices when taking and storing medicines. Refer to the Safe Medication Practices chart for specific "do's and don'ts".

SAFE MEDICATION PRACTICES:

DO:

- Tell health care professionals the names of all medications you take; report any drug side effects or allergies
- Ask questions about how to take prescribed drugs and what to expect
- Take medications exactly as prescribed, following instructions for quantity, time of day, food and drink recommendations or restrictions etc
- Store medications in airtight containers.

Continued on Page 10

**Happy Birthday
Valley Voice
26 years old**

CLASSIFIEDS

WANTED TO BUY....CHEVROLET 55 TO 57 MODEL.
Suitable for parts or restoration. Phone (002) 721327.

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

PEAKES BUS SERVICE
ST.MARYS....BICHENO....SWANSEA.....
PASSENGERS...PARCELS AND PAPERS.
PHONE 725390.

VALLEY VOICE CLASSIFIEDS ARE FREE
All items . advertisements. sports, news etc for the Valley Voice to be left with the Health & Beauty Shop. **DEADLINE** for article **TUESDAY MORNING 9.00AM WEEK OF PUBLICATION.**

FOR SALE....Valiant VH Station Wagon. No rego, good motor and parts, body rough. \$300.00 o.n.o. Phone 722246.

FOR SALE...3 X Pure Bred Male Cocker Spaniel Pups
(2 black & 1 black/white) \$20.00 Contact S. Fletcher, Gray Rd, St.Marys Phone 722273.

FOR SALE...Corona Mark 11 with reconditioned motor, auto, registered till Nov. 94. Good condition \$3500 o.n.o. Phone 722184.

MAY 19TH OPEN INDOOR BOWLS CARNIVAL-
ALL AGES WELCOME.
Run by Cornwall Bowlers.

ST MARYS NEWSAGENCY

STORY STREET
ST MARYS
PHONE 722143

MILK BAR
CONVENIENCE SHOPPING
HOT TAKE AWAY COFFEE

SMALL GIFTS
LATEST MAGAZINES
LATEST RELEASE VIDEOS
PACKAGE VIDEO DEALS
COME & BROWSE

LEE-ANNE & WAYNE MORRIS



East Coast Glass

- Glass replacements
- Mirrors
- Shower Screens
- Fly screens and doors
- Blinds & Awnings

FOR PROMPT AND RELIABLE SERVICE

DAVID CANNON

Frank Street Falmouth (003) 72 5361

FOR SALE

Toilet Cistern & Bowl	\$80.00
Brass Fire Screen	\$20.00
Chrome Legged, Panelite Kitchen table (extension)	\$80.00
Round Pine table with four chairs	\$160.00
Kitchen Cupboard - suitable for shack	\$30.00
Cupboard with stainless steel sink	\$30.00
Brand new Interior Door	\$40.00
Coffee Table	\$10.00
2 Childrens Bean Bags	\$10.00
2 Motor Bike Helmets	\$30.00 & \$20.00

PHONE 722311.

RANSLEY'S APPLIANCE SERVICES

YOUR BVS STORE

FOR YOUR NEW AND RECONDITIONED APPLIANCE NEEDS
CONTACT THE APPLIANCE PEOPLE ON THE COAST:

REFRIGERATORS TO DISHWASHERS
IRONS FAN HEATERS TOASTERS
COMMERCIAL/DOMESTIC APPLIANCES

WE ARE AUTHORISED SERVICE AGENTS FOR MOST
POPULAR BRANDS AND OFFER TO YOU A PROMPT AND
PROFESSIONAL SERVICE AT ALL TIMES

WHY NOT CALL INTO OUR SHOWROOM AT
41 QUAIL STREET
ST HELENS
(NEXT TO RSL)

WHEN NEXT YOU VISIT ST HELENS

CONTACT IAN & NARELLE

PHONE 76 1811

WHAT'S ON

MINI LOTTO

Anyone interested in Mini Lotto.
Please register at St.Marys Health & Beauty.
Proceeds to St.Marys Football Club.

HAPPY BIRTHDAY TO OUR PUBLICAN (TIM SCOTT)
AND CONGRATULATIONS TO YOU AND YVONNE
ON THE OCCASION OF YOUR WEDDING .
FROM THE ST.MARYS FOOTBALL CLUB.

HAPPY "BIG 50" BIRTHDAY
TO THE ST.MARYS MOUNTAIN BIKE RIDER AND
BRUCE GLATTE

CONGRATULATIONS TO ALANA AND ROGER ON
THE SAFE ARRIVAL OF "SHARI"

SOUP & SANDWICH LUNCHEON

A change of date and venue has been arranged for the soup and sandwich luncheon in aid of "St.Peter's Church" Fingal. It is now on the 24th May in the Old Tas. Hotel starting at 12 noon. A trade table will be organised. The cost will be \$3.00. We would like you to come along and support us.

THE FINGAL "ECUMENICAL SERVICES"

We have now held two of these services, one in the Uniting Church and the other in the Anglican. We expect to have another in a month's time.

Both services attracted as many as seventy or more from the Uniting, Anglican, Roman Catholic and the Fellowship Groups. The starting time is 6.30pm finishing at 7.30pm and will probably be held on the first or second Sunday of the month.

For further information contact Anne or Norman on 742385 or Alvin on 742197.

St Marys Butchery

Main Street
St Marys Phone 722274

**COME AND CHECK THE SELECTION IN
THE DISPLAY COUNTER**

TOP QUALITY MEAT
OWNED AND OPERATED BY
BRENT & DIANNE JOHNSON

Free home delivery on Fridays

B & J SPILSBURY

BROWNS GARAGE

37 Main Street St Marys 7215

BP Products and Mechanical Repairs
Plumbing and Sewerage Supplies

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

Call and see Bruce today

BH (003) 722233

AH (003) 722155

SOME UNI REVUE FUNNYBITS

DIRECTED BY
GRAEME PAINE

FRIDAY 3RD JUNE 8PM

SATURDAY 4TH JUNE 8PM

ST.HELENS FOOTBALL CLUB
(members & their guests welcome)

\$15.00 BOOKINGS: 761329
ST.HELENS SECRETARY

NO DOOR SALES.

**WANTED DRIVERS FOR MEALS ON
WHEELS!!!!**

Rae & Partners Lawyers Barristers & Solicitors

41a Cameron Street
Launceston

Visiting St Marys alternate Thursdays 9am - 10am
50 Main Street St Marys

Phone 34 0644 for appointments

**ACCEPTING INSTRUCTION IN
ALL LEGAL MATTERS**

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
Avoca	7.00pm	HC

SECOND SUNDAY OF MONTH

Fingal	8.45am	HC
Avoca	10.45am	FS

THIRD SUNDAY OF MONTH

Fingal	8.45am	FS
Avoca	7.00pm	HC

FOURTH SUNDAY OF MONTH

Fingal	8.45am	HC
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 Service 11.00am

W LOCKETT & SONS FUNERAL DIRECTORS

CAMPBELL TOWN

Enquiries may be directed through:

Mr D Casboults St Marys 722 222
Mr Leo Lane Campbell Town 811 472
Mr T Pears Campbell Town 811 167
or
Mr B Davidson Launceston 444 577

SALVATION ARMY

Main Street St Marys (RSL Hall)

SERVICES

Sunday	
9.30am	Sunday School
11.00am	Family Worship
Wednesday	
2.00pm	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 Mass	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
Mathinna	Eucharistic Service	11.15am
Bicheno	Sunday Mass	4.00pm

PRIEST: PAUL CONNOLLY

ST MARYS PHONE (003) 722 252

THE ANGLICAN PARISH OF ST HELENS

FIRST SUNDAY

St Helens	9.00am
Falmouth	11.00am
St Marys	10.00am

SECOND SUNDAY

St Helens	9.00am
St Marys	10.00am

THIRD SUNDAY

St Helens	9.00am
Pyengana	11.00am
St Marys	10.00am

FOURTH SUNDAY

St Helens	9.00am
St Marys	10.00am

FIFTH SUNDAY

St Helens	9.00am
Goulds Country	11.00am

WHAT'S ON cont from Page 3

May 17 **SOUP & SANDWICH LUNCHEON**, Morning Tea and Trade Table 11.30am. All welcome.

May 18 **Bread & Cheese Luncheon** at Fingal Old Tasmanian Hotel for Freedom from Hunger - 12 noon.

Hostess' Mrs Ruth Saunders

Mrs Gwen Johnstone

This function replaces the Annual Doorknock for Freedom from Hunger in St Marys and Fingal.

CLASSIFIEDS cont from Page 2

EXPERIENCED ACTIVE GARDENER Available for cutting lawns, pruning, tidying up or minor jobs. Free quotes. Phone 722 629

COMING EVENTS

FINGAL FOOTBALL CLUB

Saturday 14 May Cabaret

Fingal Hotel with Debbie Parry

Saturday 28 May Cabaret

Football Sheds with "Bad Billy"

Sunday 29 May Golf Morning

10.00am Malahide Golf Club - 9 Hole foursome, followed by BBQ lunch - all welcome.

Saturday 11 June Mystery Bus Tour

\$20.00 per ticket - Bus leaves 5.30pm Only 45 seats so book and pay early. First 45

St Marys Takeaway

(Les & Heather Newman)

26 Main Road St Marys 722 287

FOR ALL YOUR

hot & cold takeaway & vegies, bread, milk, cream, cigs, tobacco, film, batteries, ammunition, fishing gear & bait plus some grocery items & giftware

CALL IN AND SEE US BETWEEN

6.00 am - 8 pm (Mon - Fri)

8.00 am - 8 pm (Sat & Sun)

ST MARYS HEALTH & BEAUTY CENTRE

42 Main Road St Marys Tasmania
Phone (003) 722172 AH (003) 722 210

NEW JEWELLERY ITEMS

- * Locketts \$9.95
- * Baby Brooches \$12.95
- * Best Friends Sterling Silver \$19.95
(One for you and one for your best friend!!)
- * Sterling Silver Charm Bracelets
with 3 charms \$22.95
plain \$12.95
- * Wooden Beads \$17.00

Reduced Prices on Baby Formulas. Did you know there is a formula for under \$10.00 per tin?

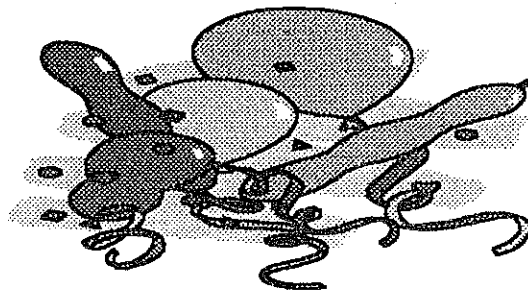
Genuine French Perfumes

Larges bottle only \$19.95
(testers available)

Range of Dylon Dye now available

SPECIAL

Bausch & Lomb Saline was \$4.95 now \$2.95 while stocks last



St Marys Football Club

Coming Events

A raffle for the Ladies at \$1 a ticket is great value. Check out the Prizes at most stores around the town. The Club would like to thank all those who donated the prizes.

Chicken Raffle \$1 a ticket from Les & Heather's Takeaway. First Prize: 5 chickens/Second Prize 3 chickens

The Club is hoping to organise a **training run** on a Sunday at either Falmouth or Scamander. More details soon.

Make sure you book early for the bus for Mole Creek - first 40 accepted.

Hospital Happenings

FAMILY HEALTH AWARENESS DAY

Held at St Marys Community Hall
Friday April 29th - 10am - 2pm

The aim of the day was to provide an awareness of health issues for the community.

????????THE RESULT????????



A SUCCESS in that 400 school pupils and teachers attended.

They listened to health personal, 30 in number, who travelled from Launceston for the day representing various aspects of health and of course our ever-reliable local fraternity were there in force. The students were very well behaved and whilst enduring excess noise and less space than required they overall benefited from the experience.

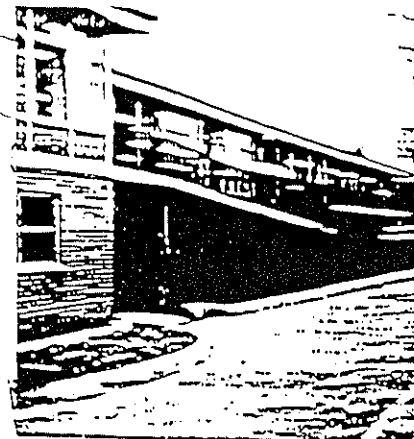
To all who assisted in any way in the presentation of this day we THANK YOU. Although the event was not held as a fund raiser the auxiliary are pleased to acknowledge a profit of \$600 gained from Afternoon Tea, Raffles, Cake Stall and BBQ.

Mention must be made of Jean Gordon who crocheted a rug specifically for this day. THANK YOU

JEAN and also to Helen and Jim Napier who donated first prize to the other raffle.

RAFFLE WINNERS

1. Heather Lodge
2. Brianna Gartside
3. Betty Rubenach



NEXT ISSUE

1. Day Centre Activities
increase in hours means increase in activities.
2. What your Hospital now can provide.

A BIG THANK YOU to Ruth Gill for providing the beautiful Mother's Day posies given to Mothers in hospital by the Auxiliary.



CHILDBIRTH EDUCATION CLASSES

DATE: Monday

16th May 1994

PLACE: Physiotherapy Dept.

St Marys District Hospital

TIME: 6.00pm

All expectant parents are welcome

PLEASE COME AND JOIN US

Phone: Patsy or Jenny - 722111



FOOD FOR THOUGHT

Just why should friends be chronological
Fraternal friends are pedagogical
Alike in race or taste or colour
It only makes the meetings duller
Unclassified by tribe or steeple
Why shouldn't friends be merely people.

Dorothy Brown Thompson

ST MARYS DISTRICT HIGH SCHOOL

**TENNIS
COACHING
WITH AKY HUNT**

Monday 6
&
Wednesday 8 June 1994

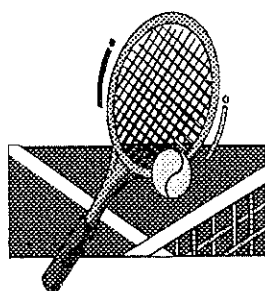
Avoca:
9.30 am - 10.30 am
Fingal:
11.00 am - 12.00 noon
St Marys:
12.30 pm - 1.30 pm
\$3.00 per session

To make your booking - full payment must be received by Tuesday 10 May at the Fingal Valley Neighbourhood House.

Ring and register your name now!!!

Ring Fiona on 742344
(9.00am - 3.00pm Tues.
Wed, Thurs) or AH
742265
or

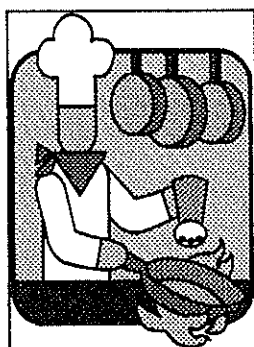
Rosemary at the
"Welcome Stop" in
Fingal on 742311

**1993 Grade 10 Student Retention Survey**

Overall there were 46 students who successfully completed grade 10 and left St. Marys District High School in 1993.

34 are taking year 11 courses:

12 at St. Marys
11 at Alanvale
6 at Launceston College
3 at Rosny
1 at Elizabeth College
1 at St. Virgils



One student has gained a full-time position whilst another, since completing a 10 week Butchery course through Drysdale, is awaiting news on board arrangements prior to accepting a full time job.

Two students are apparently living and working on the mainland.

One student is undertaking an Electrical Engineering course at T.A.F.E.

It appears that all but 7 students from 1993 are either working and/or studying on a regular basis.

Kathryn Lawson
SCHOOL LIAISON OFFICER

LOST ONE CAMERA!

Left on Mr Franklin's bus after Grade 4/5 excursion to Kabuki. If you know of the camera's whereabouts, please see Mrs Austin/Grade 4/5 teacher.

LOST!

A pair of reading glasses, blue marble frame.
If found please hand into school office.

**Speech & Drama
News!*?!#**

Scool Daze - the musical is on its way! Auditions which have involved acting and singing are now completed and the successful students will soon know which parts they have gained.

The Theatre Sports Competition season is almost upon us again. Teams are being assembled and the draw for the heats will take place next week. Information on the heats will be published in the next newsletter. Parents are most welcome to attend any of the Theatre Sports Heats or Sem-Finals. The Finals Evening will be held on Thursday 28 July 7.00 - 9.15 p.m..

Many thanks to those who donated costumes and props - we always need more things such as hats, plastic swords, telephones, walking sticks, wigs, etc.

Thank you for your support.

Steve Plowright
SPEECH & DRAMA TEACHER

**PARENTS & FRIENDS
ASSOCIATION**

Tuesday 17 May

7.30pm

Guest Speaker: Mr Leon Smith



ROSNY COLLEGE

invites intending university entrants currently studying in Years 10, 11 and 12 at the College and its associated secondary schools, and their parents to

AN INFORMATION SESSION

"DEMYSYTYFYING THE UNIVERSITY
AND THE T.C.E."

Discussion topics include:

Structure of degree, Entry requirements, Pre-requisites, Quotas, T.E. scores, First found offers, Mainland entry, Querying examination marks

Presenters from University of Tasmania and Schools' Board

ROSNY COLLEGE AUDITORIUM

Tuesday 17 May

6.30 to 7.15 p.m.

Enquiries: Pam Tyson, Careers Counsellor, Rosny College,
ph 449232

PRINCIPAL'S REPORT

We were visited this week by Mrs Kim Scott, a Principal from New Zealand who is in the state to make observations of Tasmanian schools. Mrs Scott described our school as "absolutely wonderful" and was particularly impressed by the behaviour and work habits of our students as well as the very positive relationships between staff and students. It is always pleasing to get such comments from visitors.

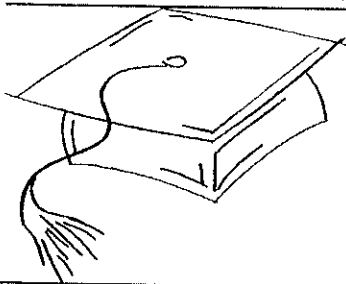
The recent socials I believe were particularly successful. Given my recent concerns over the attitude and behaviour of senior students at out-of-school functions I was especially pleased. Thanks must go to Mrs Bain and our School Council for their excellent organisation.

For the past five years I have endeavoured to develop a climate in our school where parents feel free to visit and to participate in the activities of the school. I believe that most parents realise that they are welcome in the school at any time. Anyone is welcome at carnivals, visiting performances, class activities as well as in the classrooms. I have tried to deliver this message clearly for the whole time I have been at this school. Yesterday I was criticised by the President of our Parents and Friends Association for my failure to invite parents to our secondary cross country carnival. This caused me real concern. I believe that if people are specifically invited to some events and not others, confusion will arise regarding what activities people are and are not welcome to attend. We publish dates of upcoming events and students speak to their families about what is going on at school. I hope that you will all understand that you are not only welcome at school but your presence is also highly valued.

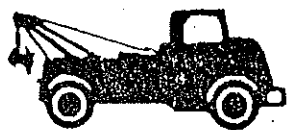
Our school Activities Day will be on the 24 May. Anyone who could assist with taking a small group of students for either a full or half day would be most welcome.

Thank you

Rob Hart/PRINCIPAL



SMITHS SERVICE STATION



Main Street
ST MARYS

For all types of mechanical repairs including computer wheel balancing and wheel alignment, disc and brake drum machining, gas refill, tadem trailer hire and 24 hour towing

CALL IN AND SEE ROBERT & LYN

Phone 722184 AH 722598

SMACD INC

REPORT

Annual General Meeting 10 May 1994

The Annual General Meeting this week was attended by 24 people. Special guests were Mr George Shaw, member of the Legislative Council and De-Arne Hampton from Tourism Tasmania.

In her report, the President did not dwell on the committee's achievements, as she feels the community is well aware of these. Annette informed the group of the work she was doing with the Employment Opportunities Branch and how they hoped to create the 300 new jobs over the next six years. The importance of an office in the Main Street cannot be taken lightly, as we must be accessible to the people. Annette once again pointed out how important the area behind the Library could be in turning the economy of St Marys around.

New office bearers were elected/

President/Secretary	A Wines
Vice President	M Wicks
2nd Vice President	G Faulkner
Secretary	M Bean

Financial Report was accepted, with our bank balance being \$1598.27. However, the landscape gardening on the Post Office block has not yet been paid for.

The Sub-committees all had positive things to report. The History room is starting to accumulate some historic material and must be kept in mind when heading to the dump with those old papers.

It was a unanimous decision to have Maurice and Peter add a drip irrigation system to the Post Office Park. A roster will be drawn up to take care of the lawn mowing. **THE MORE VOLUNTEERS THE BETTER** - ring me on 722 187 if you would like to join the other seven volunteers.

We are always looking for fund raising events and have recognised three projects for the coming year. Golfing event. Bush Dance and production of a Calendar and Post Cards. If you feel you could help in any of these areas please contact a committee member.

St Marys Motor Cycle Magic Committee to hold a meeting and to start dealing with the MRAA direct.

The committee was in receipt of a letter from the Break O Day Council informing us that they will be participating in a "Strengthening Local Economic Capacity Project". This will involve development of a skills register and assistance will be required to conduct a survey. When a date is released for Jenily to talk to the people of St Marys, make it a "must attend" night, as she is one inspirational lady. The meeting finished with an address from Mr George Shaw. He commended SMACD on their achievements thus far and felt that as we were a grass roots group, with the support of the community, we would achieve our goals. Mr Shaw also had a couple of suggestions for behind the Library, and agreed that development of this area, as well as a major Motorcycle event both had huge potential.

CELEBRATE NATIONAL NEIGHBOURHOOD HOUSE WEEK

15th - 21 May 1994

Get to know your local Neighbourhood House - The Fingal Valley Neighbourhood House.

Fiona (Fee) the Co-ordinator will be available for informal chats at these times and locations:

The Mathinna General Store

10.45 am to 12.15 pm Tuesday 17 May

Old Tas Hotel Community Centre Fingal

1 pm to 3 pm Tuesday 17 May

The Avoca General Store

9.00 am to 11 am Wednesday 18 May

The St Marys Health & Beauty

9 am to 11 am Thursday 19 May



COACH HOUSE RESTAURANT

Main Street St Marys
Phone 722 529

VARIETY OF PIZZAS -



HAWAIIAN
SEAFOOD
SALAMI
CHICKEN
VEGETARIAN
PEPPERONI
VOLCANO

also

Cappuccinos, Cold Drinks, Lasagne, Ice Cream etc

Hamburgers, Chicken Burgers, Hot Dogs n Mustard etc

PROPER USE OF MEDICATIONS

cont from Page 1

and out of reach of children

- Keep in contact with the doctor, reporting any new symptoms or side effects

DON'T:

- Take more (or less) than the prescribed dosage

- Stop taking a drug suddenly without checking with the doctor even if you feel better

- Self-diagnose and take medication without consulting a doctor

- Take medication prescribed for another person, or give your medication to someone else

- Transfer drugs from the original container to another

- Mix alcohol and drugs without consulting the doctor or pharmacist

THANKS

To Debbie, for outlining the wording on the Targa Banner, to the Hydro men for erecting the banner, (it is still there?) and last but not least to Karen and Graeme for donating from their large range of Wattle paints, enough paint for not only the banner but for any future signs our yet to be found volunteer Sign Writer may have to do.

Have Fun, Fellowship, Fitness & New Friends by learning to



SQUARE DANCE

It will be one or two sessions a week in Fingal/St Marys or St Helens -depending on numbers in each area.

Fun for all the family

Creche could be arranged on site

Minimum age is 14

Bring a partner - couples preferred

INTERESTED IN LEARNING???

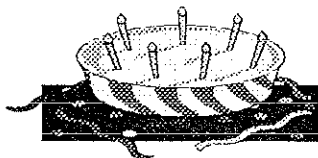
Then ring Sue Ives on 725130 with your name/s, how many people, address and phone number
Leave details on her answering machine if not answering.

Hope to meet you all soon

Steve Weeks

Congratulations!!

To Ron and his Team for their efforts over the last 26 years. That's a long time for a local publication and the new lay out is great.



SMACD

UHF TV ANTENNA

You will need a new Antenna after April
Order now to avoid the rush and high costs

TV, VIDEO and HIFI REPAIRS
INSTALLATION OF ALARM
SYSTEMS

RICHARD WENDT

PHONE 722 528

or

PO BOX 161

St Marys 7215

FOR
SINCERE DIGNIFIED PERSONAL
SERVICE

D BAILEY & SON

AFDA

ANYWHERE

ST HELENS

ANYTIME

761 153

LINDSAY & DIANE HARRIS

FUNERAL DIRECTORS

SAM'S CUT PRICE ST MARYS

WARM UP FOR WINTER

Linda Electric Blankets Available

Double

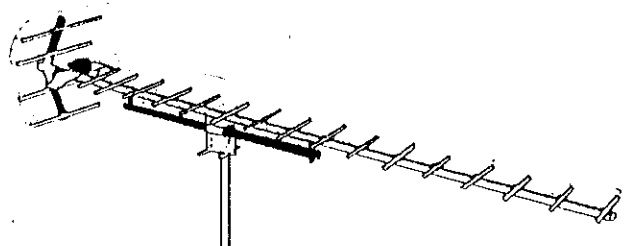
\$74.50

Single

\$42.75

COME AND SEE US NOW

ENJOY UHF-TV NOW!!! IT'S SO EASY



Antennas starting from \$55
All accessories available

- sales
- service
- installations

Call us to find out what you need for your area or drop in and see for yourself.

ST HELENS ELECTRIC

Telephone 76 1500
Fax

RL & PA Shaw
23 Quail Street
St Helens 7216

Designer Hair Studio

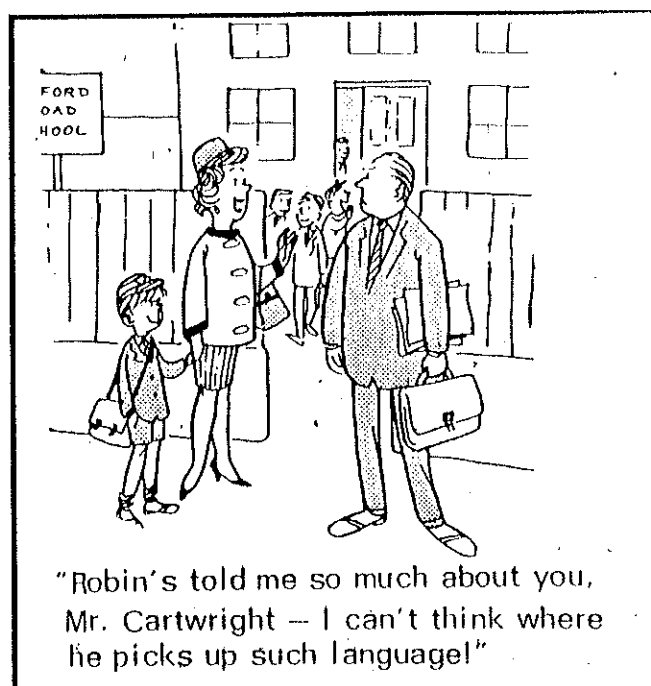
32 Main Street
St Marys

CALL IN AND SEE JENNY OR KELLY
FOR ALL YOUR HAIR CARE NEEDS

NOW AVAILABLE

GOLDWELL PRODUCTS

PHONE 722 108



MEALS ON WHEELS

MAY	ST MARYS	FINGAL	MATHINNA
16	P & Y Davern	Carol Woods	Mavis Brooks
17	Mary Viney	John Walker	Max Ellis
18	Jenny Stewart	Jessie Burbury	Cynthia Webb
19	Wendy Aulich	Ruth Saunders	Christine Scott
20	Liz Guy	Vic Jones	Kaye Turner
23	Lorraine Gill	Shirley Parker	Mavis Brooks
24	Wendy Haas	Jack Miller	Max Ellis
25	George Oliver	Roxie Cowie	Cynthia Webb
26	Rona Gatty	Vicki Woods	Christine Scott
27	Clive Berwick	Joan Lowe	Kaye Turner

ST MARYS HOTEL

Licensee Tim Scott

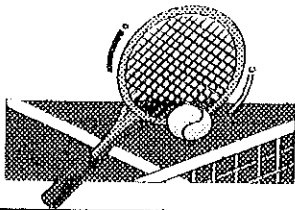
CABARET

21 May

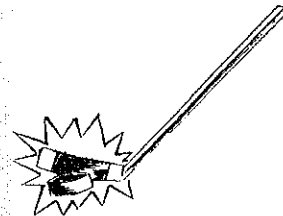
Dynamic Duo

Toejam

Scott Targett & Chris Byard
COUNTER MEALS WILL BE SERVED



SPORT



Continued from page 14

Adam Johnson, Keith Gillies and Jonathon Peake.

Great to see a number of Fingal supporters stay for our roast tea after the game and the players from both sides who helped to make our cabaret a successful night.

V PERTH MAY 7TH

After a disappointing start to the season a lot was expected of the players in the Perth clash, in the way of salvaging some personal and gut pride from the game. Last week Coach Craig Jones spoke to the players of the necessity to win our next two clashes, but there never seemed to be an intent to win on Saturday, rather a side that just did enough to stay in touch. Bad kicking for goal and poor disposal again cost us dearly with only 11 goals scored from 32 shots. Take nothing away from Perth, as they played very well on the day and it was most likely that on a few occasions their pressure caused the turn overs and the amount of points scored. It is not too surprising that Paul Barnes and Brent Leedham again figured in our best players, both having great games, Brent especially dominating his wing. Rick Anderson played his usual head down and straight through game, picking up many kicks and free kicks from high tackles.

Someone told me that Rick created a personal record by playing two consecutive games, but I found it hard to believe. Mathew Radford's quick rise to senior ranks now seems justified, playing with great maturity at half back and Scott Furley played well in the ruck.

Although there was an improvement over past games in a four quarter effort, the team element at times seemed missing, hopefully for Craig and supporters the weeks rest will see a renewed energy from all concerned.

SCORES

PERTH: 15.14 (104) d ST.MARYS 11.21 (87)

The reserves were also confident prior to their clash, but found it hard going against strong opposition even though Peter Dakin had one of the better line-ups at his disposal so far this year.

Mark Richardson was again impressive at full back as was Col Johnson in the back pocket, playing on half back may have been made for Leigh Spilsbury with good games over the past two weeks. Also doing well were Kerry Saunders and a welcome return to form for Turbo. With many players new to the side, we should see an improvement even further when everyone settles

BREAK O'DAY ELECTRICAL

Contact Frank Giles
Telephone (003) 72 5528

ALL ELECTRICAL INSTALLATIONS & REPAIRS
SUPPLY AND INSTALL

Supplier of Carrier Heat Pumps, Water Pumps,

and gets to know each others games.

SCORES

PERTH 5.17: (47) d ST.MARYS 4.6 (30)

The under 16's started well in their game and there did not seem as though there would be much in it at the end of the day, as there did not appear to be much difference in the two teams. Sadly though after quarter time the boys fell away badly.

Although there were a few good individual efforts on the day coach Simon Dakin said that he was not happy with the performance as a team. Our lads have been training well and now look to a two week break with a bye and Campbelltown the week after, who have not fielded an under 16's team. Better players, Clinton Mitchell who had a consistent four quarters game, along with Terry Thow, Brian McNaught & Jonathon Peake.

SCORES

PERTH 14.5 (89) d ST.MARYS 2.4 (16)

There will be a bus going to the Mole Creek game on the 4th June, all supporters & players who wish to go must book an advance seat at \$10 with Graeme Saunders, Rob Brown, Deb French or Dana Smith by the Thursday night prior to the game. There will be a light tea provided at Avoca included in the price so book early as there are only 40 seats available, lets get together and make it a great day out.

Simon Dakin will be organising a thirds training run & BBQ, details will be available at the ground Thursday night. The mini league will make a welcome return prior to the Campbelltown game at 10.15, see David Bain or Glenn McDonald for details and we hope to see a few more games during the season.

Last weeks Footy tip winner was Tim Aulich.

Jackpot this week \$70.00, entries at Les & Heather, St.Marys Hotel or Rob & Lynne Brown.

QUINNS

Auto Electrical

- REPAIRS •
 - CHANGE OVER UNITS •
 - EFI FAULT FINDING/REPAIRS •
- PHONE/FAX (003) 72 2491

PO BOX 192 ST MARYS TAS 7215
PROP: ROSS & SUZANNE QUINN

PISTOL CLUB NEWS

NEXT SHOOT

SUNDAY 15TH MAY AT 10.00AM

THE CHARLTON CUP

Cash and trophy to be won

BYO BBQ



SPORT



ST MARYS INDOOR HOCKEY ROSTER

17 May

Goldies vs N/Waves	Ian B & D Masters
Fowl Play vs Adders	Neil & Jenny
R/Devils vs Us5	Janet & Michael L
Raiders vs Fingal	Kathy & Mandy
Avoca vs Panthers	Sean & Matthew

24 May

Fingal vs F/Play	Phil C & Amanda
Us 5 vs Avoca	Nic & Bart
Raiders vs Goldies	David B & Gina
Panthers vs N/Waves	Jane & Rob
Adders vs R/Devils	Ken & Narelle

GOLF NOTES by Tee Up

Well the opening remarks must be about our Associates and the wonderful results from the Country Week recently played. Liz Burness in Div 1 was the winner of the Lyne Dowling Trophy and runner up in Gross in Div 1 on c/b from L King St Helens. Then in Division 4 we have Carol Gunson and Kay Betts also mentioned. Congratulations to you all. Then our attention is turned to the Foursomes when Idie Francis and Kay Betts took out the Gross and the Handicap in Div 4 and on looking over the scores for all divisions, Idie and Kay were the best with a great 64 nett. Congratulations to all you Ladies. It's a long time since St Marys had such success at the yearly event and with such representation.

Also I believe we have four new lady players. We hope that you enjoy the company of the "girls" and as you progress will be delighted at becoming a golfer. A Monday Clinic commencing 9 May for anybody who desires to come along - especially the new players - is available. The Mixed Foursome Championships finished last weekend. It was a very disappointing turn up really and the weather was really fitting to the occasion. It gave Shan Wilmot and Heather Hayes a comfortable win to come out conquerors with Shaun Aulich and Kath Blair the Runners-up.

At this point I must point out the winners of the Handicap section in Adam Fletcher and Sarah Mitchell. These Juniors are only very

young and still attending school, but through continual practice and dedication, have come through the ranks and become the X 4/5 Handicap Champs. Who knows next year, it could be the 'top spot'. I hope so.

Day one of the Championships was won by:

B Ennis - M Mitchell	66 1/2
S Aulich - K Blair	67

Day 2

Gross Trevor & Judy
Shaun & Kath Blair

Nett

Adam Fletcher & Sarah Mitchell	56 1/2
Heather & Shan	

Overall Winners

Gross Shan Wilmot & Heather Hayes	132 r/up
--	----------

Nett Adam Fletcher & Sarah Mitchell
Heather Hayes & Shan Wilmot

It's nice to write your name Shan, you've been a solid player for the Club and it's great to give you the congratulations you and Heather deserve.

NTP 1st day 5th T Viney & J Blake

NTP 1st day 7th S Aulich & K Blair

NTP 2nd day 8th T Viney & J Blake

Associates 1st Round Silver Spoon

N Mallinson	26	62 nett
B Haas	29	69 nett
K Blair	23	69 nett

Norma reduced from 26 - 25.

Members

C Chesshire	15	68 on c/b
A Fletcher	21	68
G Maher	32	69
J Haas	23	69

Associates Stroke

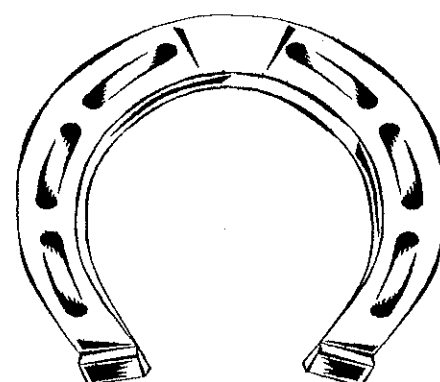
Heather Hayes gobler on the 5th		
B Haas	29	66 nett

Div 1	B Haas	29	66 nett
	H Hayes	27	67 nett
	M Cook	20	68 nett

Div 2	J Lohrey	31	71 nett
	W Haas	39	72 nett

NTP 7th J Lohrey

Sunday Competition is still proving very successful. Last Sunday was indeed very very windy as one of the low handicappers found to his dismay that the ball was still on the tee after he had made his mighty swipe. So even on a seven handicap we are still subject to



atmospheric conditions.

Judy Blake won the Mothers Day trophy and the Members winner was in triple, winning gross, nett and nearest the pin and it's good to see you back playing Jason Lynch because you have the ability to achieve. My congratulations.

Stroke: Gross	J Lynch	76
	T Viney	77

Nett	J Lynch	15	61
	C Chesshire	15	62
	T Dawson	25	62

NTP J Lynch & J Viney had an eagle.

Members Stroke & Putting

Gross	T Viney	71
	C Davern	74

Nett	J Furlow	20	57 nett
	A Fletcher	19	58 nett
	J Goss	27	62 nett
	G Hayes	16	63 nett
	T Viney	8	63 nett
	P Wines	22	63 nett

Putting: Shaun Aulich 27

NTP 5th	T Viney	7th G Hayes
----------------	---------	-------------

ST MARYS VOLLEYBALL ASSOC ROSTER

16 May

6.30 School v Scraps	Panthers
7.30 Harriers v Panthers	School
8.30 Fingal v Bounders	Harriers

18 May

6.30 WTB vs Wags	St Helens
7.30 St Helens v Magpies	WTB

23 May

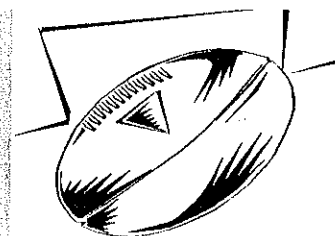
6.30 WTB vs Magpies	Panthers
7.30 Fingal v Panthers	Magpies
8.30 Wags v St Helens	Fingal

25 May

6.30 Bounders vs Scraps	Harriers
7.30 School v Harriers	Bounders



SPORT



ESK/DELORAIN FOOTBALL ASSOCIATION

FINGAL FOOTBALL

by One Eye

Saturday 30 April 1994

Last Saturday Fingal travelled to St Marys and came away with the 4 points. The game never reached a real high standard. The first half saw the teams locked together on 3 goals 4 points each at half time. The game was played in front of a very large crowd. They were treated to a usual Fingal/St Marys clash with quite a few physical clashes plus the odd tempers fraying. After half time Fingal came out and played a better brand of football than in the first half and by doing so they broke away to record a 59 point win. Fingal was well served by Captain/Coach - David Lowe, whether in defence or up forward. Others to do well were Jason Hall, Greg (Diesel) Williams, on the back line; Paul Rundle - Centre; Craig Baldwin - Ruck and Stephen Sonners - wing.

Fingal **Reserves** scored another convincing win against St Marys Reserves. Fingal's younger players such as Danny Woods (BOG), Allister (Fred) Woods, Paul Webb, Gavin Barnes and Brett Phillips were all good contributors for Fingal. Fingal will be tested next week against the strong Evandale team, but with the youth on their side I think they will run out winners.

The **Under 16's** played a very entertaining game which resulted in a draw. Better players were Damien Smith, Peter Knowles, Andrew Turner and Andrew Scott. This week I think the boys will be under-manned against the strong Evandale side.

Congratulations to Allister (Fred) Woods in playing his 100th game last week.

Scores:

Seniors: Fingal 15.8 (98) d St Marys 5.9 (39)

Reserves: Fingal 7.12 (54) d St Marys 4.16 (30)

Under 16's: Fingal 6.4 (40) d St Marys 6.4 (40)

Saturday 7 May 1994

Fingal travelled to Evandale where the supporters of both sides were treated to a

very good game of football. Fingal played very well in the 1st, 3rd and 4th quarters, but let Evandale get a 4 goal break in the 2nd quarter. Fingal's David Hoskinson playing at full back was in great form. He was well supported by Patrick Taylor, Jarrad Woods, Greg Williams, and David Lowe also played a serviceable game. Others to do well were Stephen Sonners and Stephen Bean. Fingal received a couple of injuries to top players in the last quarter and the Club will be waiting anxiously to see how they come up for the game against Mole Creek.

This Saturday Fingal v's Mole Creek at Fingal in what will be another tough encounter. For Fingal to win against these top sides they must put four quarters of footy together, if they do they will run out winners.

Our **Reserves** suffered their second defeat of the season on Saturday. The younger boys in the side missed the experienced couple of older players at midfield. Keep the heads up boys and bounce back this Saturday.

The **Under 16's** were beaten soundly by Evandale but they were far from disgraced and then you compare the size of the sides...This week they will bounce back against Mole Creek and will record a win.

Scores:

Seniors: Evandale 14.14 (98) d Fingal 13.12 (90)

Reserves: Evandale 18.14 (122) d Fingal 5.3 (33)

Under 16's: Evandale 14.11 (95) d Fingal 0.3 (3)

ST MARYS HOTEL

Licensee: Tim Scott

CABARET

21 May

Dynamic Duo

Tojam

(Scott & Chris)

Counter Meals will be served

ST MARYS FOOTBALL

by Ol' Tige

St Marys v Fingal

With all games played in near perfect conditions and the usual large crowd to watch, the Tigers and Blues had hard fought games in all three levels. The **Under 16's** ending in a draw, **Reserves** going down by 24 points after an improved effort and **Seniors** bringing undone all their efforts of the first half to finish 59 point losers.

Despite the difference in scores, supporters witnessed some great passages of football. It was a little unfortunate that most of it was played on the Golf Club side of the ground.

Pat Taylor was up to his usual antics of crowd stirring, which is usually taken in fun, but Pat could not have had many toys as a child as he seems to play with only one thing these days. Marcus Greenwood has mastered the art of spiral drop punt, a new innovation to his game, but a terrible sight to behold.

After taking in the atmosphere for most of the day, one had time to think, what would a season be without a St Marys v Fingal clash? It usually has everything, hard clashes on the ground and verbal clashes off. Gus getting overheated near the boundary and answering Fingal supporters with a smile and a wave. People shouting to players how well they are playing, the Kiosk and Bar doing equal trade, the latter being enjoyed by both sides after the game, players and supporters alike, to hold their post-mortem in a friendly atmosphere. This is how things should be.

A little time to reflect on the improvement in the **Reserves** with a number of players returning to the Club. Matthew Radford was a great contributor on the day, also Peter Gillies, Mick Gamble and Leigh Spilsbury. Let's hope the improvement continues and a win is not too far away.

The **Under 16's** had a great game, although many thought they had it sewn up, all credit to the Fingal boys for their fight-back for the draw. Better players Andrew Seymour, a fantastic game on his wing, although many wonder where he gets his ability from. Adam Williams has had a good start to the season, along with