



THE VALLEY AND EAST COAST VOICE

Volume 27

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Friday 11 November 1994

Established 1968

Price 50 cents

Heart disease - sorting out facts from fads

Lower blood cholesterol by lowering intake of goods high in saturated fats:

Use low fat lite milks and dairy products instead of the full-cream varieties to get your calcium without the fat.

Advertisements have been claiming that full-cream milk should be considered as a low fat product because it only contains 4 grams of fat per 100 ml.

However, when you consider the quantity of milk consumed, this could amount to a lot of fat. For example, drinking 2 glasses of milk (500 ml) a day would provide 20 grams of fat.

Eat only lean meat and skinless poultry and trim off any excess fat before cooking. There are many varieties of lean meat such as trim lamb, lean beef, new fashioned pork, veal and kangaroo which have the National Heart Foundation's tick of approval.

Have less takeaways (especially the deep-fried varieties), snack foods (like potato chips) and confectionery.

There are better choices of takeaway such as kebabs, vegetarian pizzas, breadrolls and sandwiches with low fat fillings, salads, pasta with tomato-based sauces, stir-fried rice and snacks such as fruit buns, low fat yoghurt, fruit, dried fruit and nuts, scones, crumpets and muffins.

Eat more of the foods that are low in saturated fat such as bread, breakfast, cereals, pasta, rice fruit, vegetables, legumes (baked beans, kidney beans etc) and fish.

Use only poly or monounsaturated margarines and oils.

Which type of fat is best? Saturated fat is only one of a range of different types of fat found in foods. Polyunsaturated and monounsaturated fats will help to

lower blood cholesterol. There has been some debate lately over which is the best type of fat - polyunsaturated or monounsaturated?

In Australia over the past 20 years, polyunsaturated fat consumption has increased substantially. This change has been welcomed by many who see it as partially responsible for the dramatic reduction in deaths from coronary heart disease over the same period.

In many ways this change in the type of fat eaten in Australia has been a natural experiment as no traditional diet has contained this level and amount of polyunsaturated fat.

Some nutritionists say that diets high in monounsaturated fats, such as the traditional Greek diet, would be a better option.

At least this diet has been tried and tested over centuries and is known to be healthy.

If we look at the effects of each type of fat we find that both poly and monounsaturated fats will power blood cholesterol. Polyunsaturated fats have an anti-arrhythmia effect ie it prevents the distortion of heart rhythm which can cause sudden death.

On the other hand, monounsaturated fats appear to be more resistant to oxidation which is thought to play a role in the development of atherosclerosis.

In practical terms, this probably means that it would be best to use a variety of both types of fats to receive a variety of health benefits and taste sensations.

The real problem fat in the Australian diet is saturated fat. Replacing saturated fat with polyunsaturated fat or carbohydrate will generate more health benefits than any trade-off between polys and monos.

What about fish oils? Another type of fat receiving much media attention of late is omega-3 polyunsaturated fats or fish oils. Omega-3 polyunsaturated fats are also found in small amounts in canola, soya bean and linseed oils. Studies show that populations eating lots of fish are less likely to die from heart disease. Although omega-3 polyunsaturated fats do not lower blood cholesterol, they do prevent blood from clotting, lower triglycerides and blood pressure.

As yet there is not enough work done on the side effects of consuming large doses of fish oil.

Some research does suggest that the side effects for diabetics is not favourable.

Furthermore, fish oils like cod liver oil are high in dietary cholesterol. The National Heart Foundation therefore recommends consumption of more fish (fresh, canned or frozen) - at least twice a week.

Cholesterol free? Dietary cholesterol has grabbed the attention of the food industry to such an extent that the food claim "cholesterol-free" can be found on many food products. Dietary cholesterol is found in all animal foods. It may rise blood cholesterol in certain individuals, especially if eaten with foods high in saturated fats.

Most foods high in dietary cholesterol are not eaten regularly with the exception of eggs. The National Heart Foundation recommends no more than 2-3 eggs a week for those with high blood cholesterol.

Extract from CONQUEST



CLASSIFIEDS

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CONTACT NUMBERS FOR ANY VALLEY VOICE MATTERS.

RON 722105 OR MARY 722328



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 Partner S55 Chainsaw \$200
 Partner 500 Chainsaw \$200
 Oregon Chainsaw sharpening guide \$20
 Wooden 6 bottle win racks \$5 each
 Electric Fence testing Unit \$20
 All purpose saddle, fully mounted \$180
 Home brew kit complete, includes 4 dozen bottles - just add sugar and water \$30
Phone Barrie or Wendy 722329

FOR SALE... Kelvinator 290 upright freezer \$100
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FOR SALE.... Landcruiser flat tray 1975, rego to June 1995, Goes well. Looks Good \$4100.00
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FOR SALE... Toyota Crown Sedan. Needs tyres and Rego Goes Well \$350.00 o.n.o.
Phone 722320.

FOR SALE.... Yamaha Portatone PSR-3 Keyboard \$150
 Excellent Condition, Angie Read-Brown
Phone 722210 or 722172.



ST MARYS NEWSAGENCY

STORY STREET
 ST MARYS
 PHONE 722143

DAILY BREAD & MILK
CRUSTY BREAD ON SALE SUNDAY

All your fishing requirements and bait

CHRISTMAS CARDS AVAILABLE
MAILING FOR OVERSEAS CLOSING SOON

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 Beverley Hillbillies
 Jurassic Park
 On Deadly Ground
 Sister Act 2
 Geronimo

LEE-ANNE & WAYNE MORRIS

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Phone 763123 evenings

WANTED TO BUY.... Furniture, including older style and house lots.
St Helens Second hand & Antiques.
 9 Cameron St St Helens. **Phone 762155**
Wed _ Sat Morning.

WANTED TO BUY. HARNESS STYLE CAPSULE,
 PORTABLE COT, BOOSTER SEAT (high back)
Phone 722624



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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

**CHILDREN DON'T FORGET TO
COUNT THE FACES** 😊

**CAROLS BY CANDLELIGHT WILL BE ON SUNDAY 18TH
DECEMBER AT 8.30 PM** 😊



**LIONS CLUB OF ST MARYS (Inc)
TASMANIA DAY CELEBRATIONS
BILLY CART DERBY**
Saturday November 26th 1994



Entries on the day-
\$2 per Cart per class
Under 7 yrs
8-12 yrs
13-17 yrs

"Open" (If enough interest is shown)
Special "SOAP-BOX class"

Starting Time 11 am

**ALL CARTS TO BE IN PITS BEFORE 10.00 AM
ALL ENTRANTS TO WEAR HELMETS**

Enquiries Phone: Bruce Spilsbury	722233
Stephen Salter	722387
John McGiveron	722231

ARTS & CRAFTS EXHIBITION
STREET STALLS (Free space & All Welcome) 9am start
please supply your own trestles
COMMUNITY BARBECUE 5 PM START
(small charge to assist School Swimming Pool)

**ALL SHOPS IN ST MARYS WILL REMAIN
OPEN UNTIL 3.30PM.** 😊
COME AND BROWSE FOR CHRISTMAS

St Marys Butchery

Brent & Dianne Johnson
Main Street
St Marys Phone 722274

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

TOP QUALITY MEAT

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BP Products and Mechanical Repairs
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Call and see Bruce today

BH (003) 722233

AH (003) 722155

Child Health Association

Next Meeting Tuesday 15th November at 2.30pm
Child Health Clinic St Marys 😊

A LION-HEARTED EFFORT TO BENEFIT TASMANIA'S DROUGHT STRICKEN FARMERS

53 Lions Clubs throughout Tasmania have combined to provide assistance to farmers struggling because of the continuing drought affecting large parts of rural Tasmania. Organiser, District Governor Phyll Batchelor, said that so far \$25,000 had been set aside as an initial assistance fund.

Mrs Batchelor said that the farming community played a vital role within the Tasmanian economy and it was important that it be supported during a down period. Lions will be actively involved in the collection and distribution of fodder in needy areas.

Rae & Partners Lawyers Barristers & Solicitors

41a Cameron Street
Launceston

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

Phone 34 0644 for appointments

**ACCEPTING INSTRUCTION IN
ALL LEGAL MATTERS**

Church News

ANGLICAN PAROCHIAL DISTRICT OF THE NORTHERN MIDLANDS

FIRST SUNDAY OF MONTH

Campbell Town	9.00 am	HC
Ross	10.30 am	HC
Avoca	10.30 am	FS
Fingal	7.00 pm	EP

SECOND SUNDAY OF MONTH

Fingal	8.45 am	HC
Campbell Town	9.00 am	MP
Avoca	10.30 am	HC

THIRD SUNDAY OF MONTH

Fingal	8.45 am	FS
Campbell Town	9.00 am	HC
Ross	10.30 am	HC
Avoca	5.30 pm	EP

FOURTH SUNDAY OF MONTH

Fingal	8.45 am	HC
Campbell Town	9.00 am	MP
Mathinna	3.00 pm	HC
Avoca	5.30 pm	HC

FIFTH SUNDAY OF MONTH

Campbell Town	9.00 am	HC
Ross	10.30 am	HC
Fingal/Avoca	7.00 pm	HC

FINGAL-PORTLAND UNITING CHURCH

FIRST SUNDAY OF MONTH

Scamander	11.00 am
Fingal	9.00 am
St Helens	7.00 pm

SECOND SUNDAY OF MONTH

Scamander	9.00 am
Fingal	9.30 am
St Marys	11.00 am
St Helens	7.00 pm

THIRD SUNDAY OF MONTH

Scamander	9.00 am
Fingal	6.00 pm
St Helens	9.30 am

FOURTH SUNDAY OF MONTH

Scamander	9.00 am
Fingal	9.30 am
St Marys	11.00 am
St Helens	7.00 pm

FIFTH SUNDAY OF MONTH

St Marys	11.00 am
St Helens	7.00 pm

ANGLICAN PARISH OF ST HELENS

FIRST SUNDAY OF MONTH

St Helens	9.00 am
Falmouth	11.00 am
St Marys	10.00 am

SECOND SUNDAY OF MONTH

St Helens	9.00 am
St Marys	10.00 am

THIRD SUNDAY OF MONTH

St Helens	9.00 am
Pyengana	11.00 am
St Marys	10.00 am

FOURTH SUNDAY OF MONTH

St Helens	9.00 am
St Marys	10.00 am

FIFTH SUNDAY OF MONTH

St Helens	9.00 am
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SEVENTH DAY ADVENTIST

Hodgman Street
Scamander

Sabbath School	10.00 am
Divine Service	11.00 am

W LOCKETT & SONS

Funeral Directors
Campbell Town

Enquiries may be directed through:

Mr D Casboul
St Marys 722 222

Mr Leo Lane
Campbell Town 811 167

Mr T Pears
Campbell Town 811 472

or

B Davidson
Launceston 444 577

SALVATION ARMY

Main Street
ST MARYS (RSL HALL)

SERVICES

Sunday

9.30 am	Sunday School
11.00 am	Family Worship

Wednesday

2.00 pm	Ladies Fellowship
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EVERYBODY WELCOME

Aux Captain & Mrs Tolputt
Phone (003) 722 352

THRIFT SHOP

Wed-Fri 10.00 am - 2.00 pm
Pickups phone (003) 722 352

CATHOLIC PARISH OF ST MARYS

FIRST SUNDAY OF MONTH

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

SECOND SUNDAY OF MONTH

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

THIRD SUNDAY OF MONTH

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


FIFTH SUNDAY OF MONTH

St Helens	Sat Vigil Mass	6.00 pm
St Marys	Sunday Mass	9.00 am
Mathinna	Eucharistic Ser	11.15 am
Bicheno	Sunday Mass	4.00 pm

PRIEST: PAUL CONNOLLY

ST MARYS

PHONE (003) 722 252

WHAT'S ON CONT... **NEIGHBOURHOOD WATCH**

The Annual General Meeting will be held on Wednesday
16th November at 7.30 pm at the Scamander Community
Centre

ALL WELCOME**Ladies a Plate Please****ST MARYS DISTRICT HOSPITAL
SUPPORT ASSOCIATION INC.**

We would like to bring to your attention the aims of our
Association, we are endeavouring to maintain our hospital
for Acute, Respite, Aged Care and all services provided by
the Government. It is our belief that all Tasmanians
should be entitled to all services in their local district
especially the Aged.

We have a great number of people in the Fingal Valley
who fall into this category and unfortunately because of the
Post War Baby Boom, the Aged Care situation will
definitely increase in the near future.

Your support in achieving our goal would be greatly
appreciated.

OUR NEXT MEETING IS
MONDAY 21ST NOVEMBER
7.30PM
SALVATION ARMY HALL
ST MARYS

IF YOU CARE BE THERE**DR ROGER
PUCKRIDGE
DENTIST**

IS NOW VISITING ST HELENS ON
THURSDAYS AND FRIDAYS

AND

DR POTTER IS VISITING ON TUESDAYS.

APPOINTMENT THROUGH TARGETTS
PHARMACY
PHONE 761374.

**ST MARYS HEALTH
&
BEAUTY CENTRE**

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

NEW SUNGLASSES ARE ON THE WAY

To make way for new stock

ALL SUNOROID glasses are only \$9.95

Candles in Christmas Tins \$3.50

Wave breaker body board	\$21.95
Matchbox Motor City Car Wash	\$29.95
Sesame Street Toys from	\$5.95

SPECIALS

Amino Hair Perms were \$8.95 now only	\$3.95
Sugar Free Sweets only	\$1.95
Clearasil Medicated Wipes only	\$4.75
Eno Antacid Powder only	\$3.75

CRISIS INTERVENTION UNIT

We are available every night from 6pm to midnight.

PHONE 323101 ask for the Crisis Intervention Unit and leave
a message if the worker is out.

We can usually return your call within a few minutes.

During the day (9am to 5pm) Monday to Friday

PHONE 322379

At all other times call the police on 323101

**SAM'S CUT PRICE
ST MARYS****KERRY AND JILL TAYLOR**

**FATHER CHRISTMAS IS
COMING TO SAMS WITH
A CAMERA**

**FRIDAY DECEMBER 2ND
AT 2PM**

EAST COAST PUMPS & EQUIPMENT

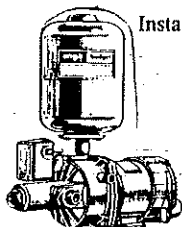
75 Burgess Street, Bicheno 7215

Phone (003) 751328

Fax (003) 751528

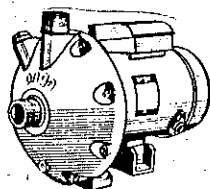
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Bicheno Area
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St. Helens Area
Ph: (003) 761070

ONGA, DAVEY, MONO, GRUNDFOS & OTHER
LEADING BRANDS

WHAT TO DO IF THERE IS A FIRE IN YOUR HOME

If you have made a family escape plan and practiced it with your family, you have increased their chances of escaping safely. Go over the following rules with your children each time you have fire drills. This will help everyone remember them in case of a real fire emergency.

1. **Don't panic. Stay calm.** Your safe escape may depend on thinking clearly and remembering what you have practised.
2. **Get out of the house as quickly as possible.** Follow a planned escape route. Do not stop to collect anything or get dressed.
3. **Feel the doors to see if they are hot.** If they are not, open them carefully. Do not open a door if it is hot. Use an alternate escape route.
4. **Stay close to the floor.** Smoke and hot gasses rise.
5. **Cover your nose and mouth with a cloth (wet it possible).** Take short shallow breaths.
6. **Keep doors and windows closed.** Open them only if you have to in order to escape.
7. **Meet at your planned meeting place after leaving the house.**
8. **Call the Fire Department as soon as possible from outside your house.** Give the address and your name.
9. **Never go back inside a burning building.** Contact your local Fire Brigade. They will give you more ideas about how to make your home safer from fires and how to plan your family's escape.



To Catch all the cricket action this season you will need to receive UHF TV

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DID YOU KNOW.....

.....There is an ambulance service in your area.

.....The ambulance service is operated by volunteers who are qualified Ambulance Officers.

.....You can request an ambulance any time of the day. It operates 24 hours per day 7 days per week.

.....Did you know you don't need permission from a doctor to call an ambulance?

.....The ambulance service is free to residents. Charges arising out of Motor Accidents, Workers Compensation Cases and Hospital Transfers are paid by the appropriate bodies

.....It is usually safer to transfer a sick or injured person in an ambulance rather than a private vehicle.

For an ambulance phone:

722 111 St Marys Hospital
000 (Emergency)
008 008 008 Tas Amb Service

For Enquiries:

Cheryl Hendley
(003) 722 145
Neville Peake
(003) 722 390

St. Marys District High School

❖ PARENT NEWSLETTER ❖

**REMINDER
(SCHOOL UNIFORMS)**

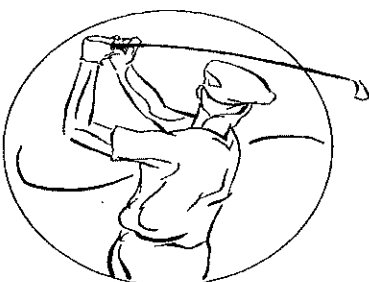
A reminder to parents that the new school uniform orders must be in by Wednesday 30 November to give the manufacturer time to have the uniforms available to you by Book Sales day in February 1995.

Thankyou.

**LEVEL 1 GOLF COURSE -
GOLF CO-ORDINATOR**

A Level 1 Golf Co-ordinators Course is being run by the Tasmanian Golf Council on December 8 & 9 at the Launceston Golf Club. The course is open to all golfers over 18 years of age with a handicap of 20 or below or any teachers or trainee teachers. The cost of the course is \$125.00 which includes text books, lunches, morning teas and tuition.

For further information please contact Ian Rice on (002) 443600.

**INTER HIGH TEAM**

The following students have been selected to represent the school on Tuesday 15 November at St. Leonards.

BOYS

Adam Williams
Matthew Seymour
Murray Louis
Chris Green
Heath Green
Peter Knowles
Scott Mason
Brian Smith
Keith Gillies
Nicholas Oliver
Matthew Harris
Adam Fletcher
Andrew Scott
Timothy Hall
Clinton Mitchell
Timothy Youd
Andrew Seymour
Clinton Lawler
Ben Thofner
Daniel Gillies
Andrew Turner
James Laycock
Daniel Grose
David Eastley
Shaun Stingle
Jamie Miller
Luke Freeman

GIRLS

Peta Woods
Christie Smith
Anushka Oosterloo
Danyelle Franklin
Theresa Lord
Kelly Evans
Angela Barr
Kate Rawnsley
Rebecca Squires
Bekah Andrews
Carlie Davies
Jess Baldini
Angela Gamble
Michelle Griffiths
Shannon Ryan
Sari Oosterloo
Sally-Anne Lehner
Clonagh Riley
Tanya Parsons
Louise Flack
Angie Read-Brown
Margaret Marsh
Chantelle Peet
Nicole Pitt
Sophie Green
Nicole Stone
Cheri Parsons
Kate Baldini
Rachel Claridge
Bridgitte Halton
Tenille Lynch
Shelley Lowe
Misha Andrews

PRINCIPAL'S NOTES

1. GRADE 11/12

As with grade 11/12 students in Launceston today marks the end of the school year for the students at the East Coast Education Centre. We wish them all the very best and we will follow their progress with interest. The students final activity is a grade trip to Coles Bay with an informal spit roast on Thursday evening. Thankyou to Alan Beach, Dave Holt and Kim Stones for an excellent years work with the grade 11/12 students as well as the many other staff who have taken the students for optional subjects.

2. THE GRADE 10 LEAVERS DINNER

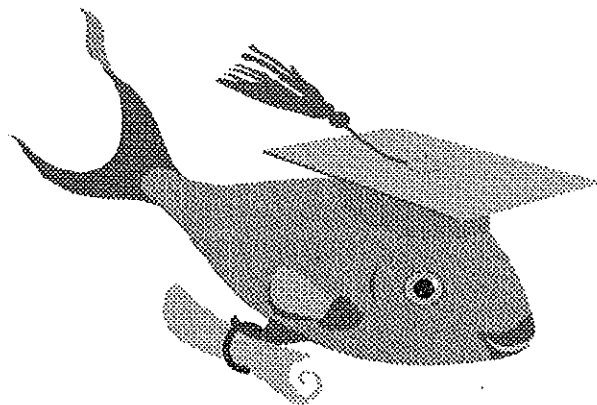
Will be held at Scamander Beach Resort on 24th November. If anyone has second hand Leavers Dinner garments for sale please let us know this week and we will post the information on the student noticeboard.

3. THE SWIMMING POOL

Will be open at the start of the school year 1995 and will be heated. There is still some work to be done and it will take some time to treat the water and fit the heater. We are nearly there! Keys will be available at a reduced rate when school resumes next year.

Last week we received a gift from Southern Cross television of \$300 to go towards the pool. We wish to publicly thank Southern Cross for this very generous contribution.

Rob Hart
PRINCIPAL



SMITHS VALLEY TRADERS

46 Main Street

Phone 722367

A.H. 722419

Johny Tractor Work Jumper	was \$59	now \$50
King Gee Cotton Drill Trouser	was \$39.50	now \$35
King Gee Work Jean	was \$35	now \$30
Ladies Leggings	was \$21.50	now \$19
Tropical Longs	was \$42	now \$37
Ladies Long Dress	was \$49	now \$39

Selected Windcheaters 20% off

Lee Jeans Stretch \$55 Regular \$49

Other Christmas Specials available

Call in and Layby now

Sale till 30th November

Look for yellow spot specials

HOME SCHOOLING OPEN DAY

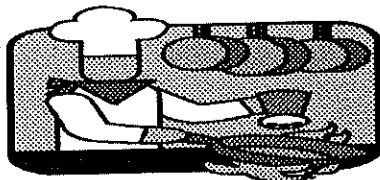
to be held at the home of Peter Rubenach

**on FRIDAY 18TH NOVEMBER
FROM 1 O'CLOCK TO 3 O'CLOCK**

See the A.C.E. Curriculum, arts and crafts and some platform and musical items.

MEALS ON WHEELS

NOV	ST MARYS	FINGAL	MATHINNA
14	Frank Turner	Ruth Saunders	Mavis Brooks
15	Wendy Aulich	Debbie Speers	Max Ellis
16	Jenny Stewart	Jessie Burbury	Cynthia Webb
17	Jenny Cooke	Jill Miller	Christine Scott
18	Col Webster	Kaye Cook	Kaye Turner
21	Frank Turner	Shirleen woods	Mavis Brooks
22	Mary Viney	Robyn Miller	Max Ellis
23	George Oliver	Jan Marshall	Cynthia Webb
24	Rona Gatty	Hetty Williams	Christine Scott
25	Clive Berwick	Kaye Cook	Kaye Turner



HOME SCHOOLING

The recent A.C.E. Annual Convention held at Port Sorell, Ulverstone & Devonport was one of the biggest held with a record number of entries.

Congratulations to the Rubenach children who were successful in all sections- Sports, Academics, Arts, Crafts, Platform, Singing and Music. Between them they won 53 1st prizes, 22 2nd and 8 3rds, also 7 runner up certificates and 9 trophies.

Sarah won overall trophy for girls and Hannah was runner up.

James was overall runner up in the boys.

They are all eligible to go to the National Convention in Brisbane, but owing to the expenses involved only Sarah and Hannah can go.



DID YOU KNOW?

**ACIS - Australian Country
Information Service.**

Did you know that you can send a fax at the ACIS office for a very reasonable cost?

Did You know that photocopying can be done at the ACIS office?

Did you know that ACIS provides a free 'one-stop shop' for information on government services and programmes covering issues such as social security pensions and benefits, landcare, austudy, health and medicare - in fact on over 200 Federal Government programmes?

Did you know that ACIS has a video lending library? The videos which are free - cover a wide range of general interest topics including:

- primary production
- business issues
- employment, education & training
- health
- family & personal issues

There are also hundreds of brochures available.

The service is **free** and funded by the Federal Government through the St. Marys and St Helens Chambers of Commerce.

**The ACIS Office is situated in the
Community Hall in St Marys**

**open 10.00am - 3.00pm
on Thursdays and Fridays**

PHONE 722 693 fax 722 694

**Barrie also visits St Helens and Fingal
Neighbourhood centres on Wednesdays**

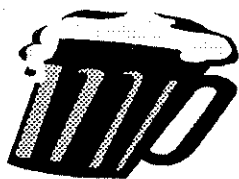


ST MARYS HOTEL

Mike Bramich & Mandy McDonald
Licensees
Phone 722181

COUNTER MEALS
7 DAYS A WEEK

For Christmas Booking
Phone 722181 or 722163



BAND 25 NOVEMBER

"TREMORHEADS"

BICHENO SMALL ENGINE SERVICES

75 Burgess Street, Bicheno 7215
Phone (003) 751673 Fax (003) 751528

Sales Service Parts

*New & Used Lawn Mowers
Ride on Mowers
Rotary Hoe & Tillers
Chainsaws, Brushcutters & Accessories*

Trade Ins Welcome
Full Repair Service
on all
Small Engine
Equipment
New Mowers
from \$299.



Repairs can be left at Quinn's Garage, St. Marys

SMACD REPORT

ST PATRICKS DAY: Well it seems like this proposal is to everybody's liking, unfortunately the idea is already being put into action at Westbury. When we first read of Westbury's plans in the Examiner we felt that there would be room for both of us, we are now not so sure. I received a phone call from Westbury on Friday, seems like the Valley Voice reaches allcorners of the State, and their organising committee were concerned to read of our proposal. After listening to what Westbury have in mind and the amount of planning they have done, I feel it would be futile for us to attempt something similar at that time of the year. Back to the drawing board.

TASMANIA DEVELOPMENT AND RESOURCES WORKSHOPS: Two SMACD members spent the day at Campbell Town last week and came away with a wealth of information which we hope can be utilised in our endeavours to improve the viability of not only St Marys, but of the entire Municipality. The economic planning day was attended by myself and had guest speakers from Dept of Primary Industries, Tourism, Forestry, Office of Arts, Parks and Wildlife, DEET and the Local Gov't Association. By mid morning I had jotted down so many ideas that we could possibly use in St Marys. I was beginning to feel the

strain.. The day proved to be most beneficial, I hope I can pass my new found knowledge on to the rest of the community. Jim Haas attended the funding information workshop and was able to listen to guest speakers from Dept. of Social Security, DEET, OLMA, Dept. of Housing etc. This part of the seminar talked about funding to come out of the white paper and it is hoped that we may be able to assist some of the long term unemployed with what was learnt on the day.

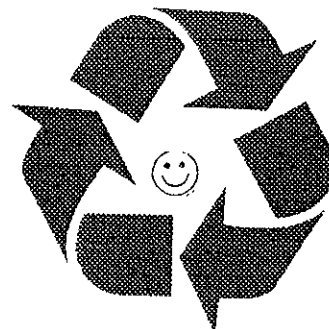
A TIME TO REMEMBER: (Historic Calendar). The calendar is on sale this week at: (SEE AD page 12) Some of the photographs depicted in the calendar are close to 100 years old, we have managed to retain that impression by printing without any touch ups. A limited number of calendars have been printed so get in early. Original prints will be returned to owners in the next two weeks.

NEXT MEETING SMACD

TUESDAY DECEMBER 6

FIRE SHED

7.30pm
All welcome



COACH HOUSE RESTAURANT

BERT & ANNE would like to advise that they cease operation at the end of November, and take this opportunity to thank all their customers of the last two years for the support given.

Thanks again.

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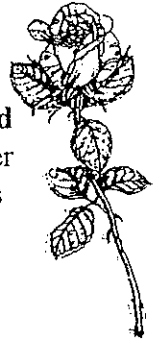
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LANDCARE NEWS

by Jan Sparkes



St Marys Pass Landcare Project in conjunction with Parks and Wildlife Service at Gray Mares Tail. Unfortunately this 'beautiful waterfall reserve' became infested with gorse and broom and was turned into a local rubbish dump!

After contact was established between Parks and Wildlife, The General Manager and Works Manager of Break O Day Municipality and St Marys Landcare Group to see what could be done about the area, the first job to be tackled was to clear away rubbish and the gorse, broom and blackberry infestation. What then followed is here quoted from a letter written by Mr Murray Luttrell, St Helens District Officer, Parks and Wildlife Service to St Marys Landcare Group and I hope this answers some of the questions that have been raised.

"Parks and Wildlife surveyed the boundary between the reserve and Spilsbury which roughly halved the carpark area and left the start of the

walking track on private land. The next step was to ascertain if an entrance onto Esk Main Road was legally available. Mr L T Henry Middleton from Transport & Works and Mr B Quillate from Transport & Works have inspected the access and I understand a licence is to be issued shortly.

The boundary through the old carpark has been fenced, the new entrance and carpark have been defined. The part of the walking track requiring realignment has been done, an earth mound vehicle barrier has been built from material previously dumped on site. Works still required:-

1. Surfacing of carpark and entrance
2. Sign posting
3. Widening of the walking track to Falls lookout
4. Weed control
5. Restoration and planting out of the area where construction materials for St Marys Pass roadworks are currently stock piled.

I intend to carry out 1 and 2 over the next six months and would be interested to know if your group would like to be further involved in any of the remaining jobs. You have previously mentioned an interest in raising the seedlings and I wonder if your group would be able to raise, plant and caretake the trees required to rehabilitate the materials dump area when store is removed?

I visualise a mass planting of Blackwood, Silver Wattle, Black Peppermint, Mountain White Gum and White Top Stringy Bark being required and thus restrict light and the spread of the gorse and canary broom."

Murray Luttrell, District Ranger St Helens.

Since then we have received some 200 seedlings from Parks and Wildlife in St Helens and approximately 150 have been planted in the area by Grade 5/6 from St Marys District High
continued page 12

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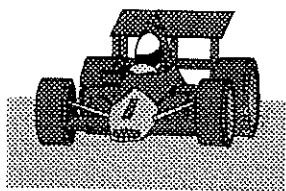
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Graeme & Karen Saunders

LANDCARE NEWS CONT.

School. Due to the extremely dry conditions there have been losses, but hopefully the remaining seedlings will do well after the rains. Further plantings will continue next autumn.

BBQing facilities will not be provided because of fire risks but picnic tables may be built at a later stage when all construction work and planting has been completed.

JAN SPARKES

SMACD

St Marys Association for Community Development are hoping to have a Christmas Dinner in the St Marys Hotel Dining Room on Friday 25 November 1994.

Interested members of the community are invited to attend. The cost is \$15 per head for a three course meal.

If you would like to attend please contact Karen on 722 242 or call into St Marys Top Shop before 16 November 1994.



MAYORAL MEETINGS

The Mayor, Robert Legge, will be available to meet with members of the community to discuss matters at the following location:-

ST MARYS COMMUNITY HALL

Monday 14 November 1994

9.00am - 11.00am

Any person wishing to see the Mayor during these times should contact Paula on 761 281 to make an appointment.

John Brown - General Manager

ST MARYS LANDCARE PRESENTS CELEBRATE TASMANIA

It's Festival Time with an ART & CARFT EXHIBITION & SALE OF WORK:

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SUNDAY 27 NOVEMBER - 11 AM - 4 PM

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A TIME TO REMEMBER

(Historic St Marys Calendar)

\$8.50 each

By printing the photographs without touch ups, the age of the prints has been captured beautifully and the choice of photographs depicts a real community togetherness.

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John Brown - General Manager

SPORT



CRICKET NEWS

St Marys vs St Helens - 29 October

Our second game, at home, started on a ground that had too much grass, which indicated the scores would not be over 200 on the day. St Marys won the toss and sent St Helens into bat.

The first ball of Andrew Vineys over was despatched to midwicket for six, but Marcus Greenwood bowled danger man Graham Chapple in his first over. St Helens then consolidated and took the score to 47, when Roger Salter was introduced into the attack, producing immediate results.

Aided by three brilliant catches by Chris Riley, Jeff Woods and Jamie McKimmie, the Bay were reeling at 5 for 63. Salter's leg spinners had reaped 4 for 11 off four overs and not only sent St Helens' top order back to the sheds, but effectively put the brakes on the scoring, as Mark Simmons and Shane McDonald set about rebuilding their teams innings. Simmons 44 and McDonalds 35 not out taking them to 6 for 147 after 50 overs. Not a large total, but respectable given the slow outfield.

Bowling:

Roger Salter 4 for 24 off 10 overs and Marcus Greenwood 1 for 12 off 10 overs. A great effort which included two maidens. All bowlers contributed and had good figures at the end. They can all thank the fielding efforts of the team. Our run chase began well with Jamie McKimmie caught at slip for 9 with the score at 22 and Chris Riley bowled for 25 with the score at 49. That was the last wicket to fall as Jeff Woods and Marcus Greenwood, aided by several dropped chances took the score past 147 without the loss of another wicket. A solid display by both batsmen. Jeff Woods 56 not out and the much improved Marcus 44 not out with six overs to spare. It was nice to see the number of supporters at the

ground, a steady flow of spectators all day took an interest in our game. Let's hope the team can perform consistently all year and increase our support.

St Marys vs Branhholm - 5 November

After some discussion between captains, the game at Branhholm was delayed 45 minutes because of the condition of the ground and concern over the bowlers run-ups due to heavy overnight rain. When we were finally underway, Branhholm were off to a flying start with their openers putting on 144 for the first wicket off only 28 overs. We were looking down the barrel of a huge score of 300 or more. However the game changed complexion completely with our bowlers, led by Marcus Greenwood, Glenn McDonald and Roger Salter, taking vital wickets and slowing the run rate. Branhholm then lost 6 for 47 in a complete turn around losing their top and middle order cheaply and rallying at the end with 9 for 244 off their 50 overs.

Best bowling:

G McDonald 5 for 39, R Salter 2 for 42, Andrew Viney 1 for 50 and Chris Turner 1 for 33. This has shown that in the early games, spin has been right on top and our team is lucky enough to have versatility to change in dangerous situations. A great fight back, unfortunately heavy rain at the lunch break washed out further play with Captains agreeing to a washout and share of points. Bowlers safety sensibly the main consideration.

The Duck Report this week is 'zero', losing just two wickets last week and not batting this week.

Next game at home against Ringwood. Hope to see you there, showing your interest and support.

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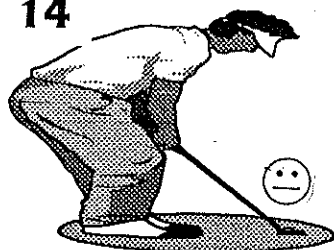
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SPORT

GOLF NOTES by Tee Up

A bus load of members from the Golf Club journeyed to Oatlands for a return hospitality trip on Saturday and was voted a terrific trip. Some members were still feeling the after effects next day midday, but were still thinking of having a few 'holes'. A beautiful spread was provided by the Hotelier, Mr Davis, which was much appreciated. When the bus arrived down at the course, Mr Davis I believe, was outside waving heartily at our safe arrival and looking forward to the days golf.

Our Club enjoyed the presence of the Oatlands Club when they visited here recently and the day was returned with honours. A **Three Man Ambrose** was played and Shaun Aulich and Glenn Smith were two of the local names among the gross. Rodney Spilsbury and Jim Haas and J Viney are the local names among the nett winners and everybody had a wonderful day.

The **Chicken Run** seems to be taking on well. I see K Noble with 29 nett just pipped T Viney 29½ and last week J Viney 30 nett, Jack Wines 33½.

The Ladies was won by M Viney 35 and runner up J Wines 35½. Both those days were indeed closely contested.

Sunday Competitions are always well patronised.

Eclectic Sunday week

T Dawson	21	25½
R Peake	26	27
T Viney	7	27½

NTP Matt Viney

Ladies nett

C Furlow	34	29
J Wines	35	30½

Stroke Sunday

Matthew Viney	31	63 nett
Beth Hayes	28	70 nett runner up
Members Stableford		
D Cannon	36	1/3 points
R Peake	35	"
A Fletcher	35	"
S Wilmot	35	points

NTP 7th J Haas

Stroke & Putting

Gross	T Viney	73
Nett	Jack Viney	9 64
Putts	Jack Viney	30
NTP	Adam Fletcher	

Ben Lomond Tournament is coming up 18, 19, 20 November and the **Golf Dinner at Scamander** also on the 19th.

Your names are required on the board at the Club House for catering purposes, please co-operate.

Thank you.



RIFLE & PISTOL CLUB NEWS

NOVEMBER - Sat 12

RIFLE - DAWSON SHIELD - FINGAL

NOVEMBER - Sun 13

PISTOL - FREE PISTOL
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NOVEMBER - Fri 18

COMMITTEE MEETING

NOVEMBER - Sat 19

PISTOL - PISTOL & RIFLE FUN DAY
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