



THE VALLEY AND EAST COAST VOICE

Volume 28

No 3

Friday 9 June 1995

Established 1968

Price 50 cents

BEAT THE MID-LIFE CRISIS

COMMON STRESS FACTORS

The reasons behind midlife stress are many and varied. You may suddenly have the new responsibility of looking after elderly parents, or you may be facing the trauma of divorce or a death in the family. Pressure at work, redundancy and early retirement can take their toll too. Children growing up and leaving home can be particularly stressful for many parents. Suddenly they are left to adapt to a whole new way of life that no longer revolves around the family. For a mother that has spent most of her married life at home with the children, it can be particularly tough, leaving her feeling frustrated and unfulfilled. She may choose to go back to work but this, too, provides a different kind of stress.

Another classic example is the successful businessman in a high pressure job, who, if he's not at his desk, is out eating and drinking large amounts on business lunches. He rarely has any time for exercise, if at all. At the end of the day he is both physically and emotionally exhausted and has little time to spend with his wife and family.

STRESS MANAGEMENT

Stress is only a killer if it is not dealt with properly. In the long run the right approach is the key and there are a number of ways to tackle this.

Meditation is the time-honoured approach, but counselling, massage, exercise and aromatherapy, can all help. A number of books, tapes and supplements are available in health food shops which can help train you to relax properly. For most of us just having a good friend we can share our troubles with is a great help.

1 KNOW YOUR OWN STRESS LIMITS

Once you can recognise the sources of your stress for what they are, then you are in a stronger position to control how you react.

In fact, stress itself, is largely self-generated for, although the problems may be external, it is how you react to those problems that causes you stress.

Some people literally thrive on stress, while others will do anything for a peaceful, pressure-free way of life. The key is to know what your stress limits are and to work round them.

2 DIET

A healthy body is just as important as a healthy mind - and what you eat will undoubtedly affect how you feel at 40 just as it does at any other stage of life. But when you are under stress nutrition becomes

even more important because stress draws on our natural resources and causes the body to function less efficiently. You therefore need to make sure you are getting all the nutrients you need so that your body is given the strength to fight back. Supplements can also help here.

3 EXERCISE

Keeping fit is vital at any age, but all more so as the years creep by. For those under stress it's an excellent way to relax. Regular exercise releases the endorphins, the pain-relieving hormones, which help to get rid of tension.

4 SUPPLEMENTS

Supplements can also provide assistance especially if you are in a situation which will always be stressful no matter what you do about it.

The first essential is to make sure that your body is adequately supplied with all the vitamins and minerals it needs, so a good, balanced diet is vital, topped up with regular use of a comprehensive multivitamin/mineral supplement.

The B vitamins are generally claimed to be the main 'antistress' nutrients because they play an important role in helping us to resist the effects of stress. They are also not stored for any length of time in the body. Added to this should be a (fish oil) supplement providing the long chain Omega-3 polyunsaturates EPA and DHA.

Gingseng for men and Dong Quai (also known as Chinese Angelica) for women can also help the body to counteract the effects of long-term stress. In the short term herbal supplements can help. Look for products which contain the sedative herbs such as valerian, passiflora, gentian or lupulus.

by John Harper BS.c

SEE LETTERS TO THE EDITOR
ON LOCAL ISSUES

CLASSIFIEDS

REDLINE COACHES... Deliver this paper quickly and efficiently. Statewide passenger and parcel service. Phone 722 143

CONTACT NUMBERS FOR ANY VALLEY VOICE MATTERS. RON 722105 OR MARY 722328

WANTED TO BUY Cast Iron Kettle
PHONE 722529.

FOR SALE....Brown Stonewash Leather Jacket, size 8-10. As New Condition \$95.00 Phone 722371.

WANTED TO BUY...Older Style Solid Wooden Furniture eg table, chairs, cupboards. ALSO Wooden Trunk Required
Phone 722516

WANTED TO BUY. Cheap wheel barrow
Phone 722740.

FOR SALE....Crockery, cutlery and glass ware
Phone 722129.

FOR SALE..1 Wardrobe, vacuum cleaner, toaster, heater and various other items
Phone 722351.

WANTED....20 Bales of Hay - Suit Horse
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FOR SALE....Girls 20" 10 speed Mountain Bike, near new \$150.00 cash Phone 722485.

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NEW VIDEOS

Muriel's Wedding
Appointment for a Killing
Rules of Obsession
Clear and Present Danger
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5CM	COLUMN	\$4.00
10CM	COLUMN	\$6.00
1/4	PAGE	\$15.00
1/2	PAGE	\$25.00
FULL	PAGE	\$40.00

CLASSIFIED (25 WORDS OR LESS FREE)

COACH HOUSE RESTAURANT ST MARYS
PIZZAS FROM 5PM WEEKDAYS
3PM WEEKENDS

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ST HELENS
(NEXT TO RSL)

WHEN NEXT YOU VISIT ST HELENS

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ST MARYS SPORTS CENTRE INC
GRAY RD ST MARYS TAS 7215

THREE PERSON AMBROSE
SATURDAY 24TH JUNE

All proceed to go towards under 13 boys AFL football trip

Pick own partners, or come on the day and go in the draw
ENTRY FEE \$5 includes excellent BBQ and good prizes
ALL MEMBERS AND GUESTS WELCOME

TARGA TASMANIA

"THANK YOU" BARBEQUE for VOLUNTEER
OFFICIALS

FRIDAY 16TH JUNE 1995
LAUNCESTON SILVERDOME
6.00 PM FOR 6.30PM

RSVP (002) 241512 SIAN FOX BY 12 JUNE

CENT MORNING

CORNWALL HALL

JUNE 15TH

10.30AM

ALL WELCOME

Luncheon - Soup (pumpkin) and Pizzas

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1 800 005 555

IF YOU NOTICE ANY SUSPICIOUS
ACTIVITIES

(ie. someone climbing through a window, breaking into a motor vehicle, breaking windows or damaging property)

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Brent & Dianne Johnson

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BH (003) 722233

AH (003) 722155

PUBLIC MEETING

AT
ST MARYS

TO INVESTIGATE THE VIABILITY OF A

LETS SYSTEM

ON SATURDAY JUNE 17TH

How do I register?

Ring Annette on 722759

****Monday - Wednesday****

9am - 3pm

Community Contact Centre

After Hours Phone 722187

The information day will be conducted by
PAUL FELIX from Tas LETS

Rae & Partners

Lawyers
Barristers & Solicitors

93 York 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	10.30am	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	6.00 pm	EP

FOURTH SUNDAY OF MONTH

Fingal	8.45 am	HC
Campbell Town	9.00 am	HC
Mathinna	10.30 am	HC
Avoca	6.00 pm	HC

FIFTH SUNDAY OF MONTH

Campbell Town	9.00 am	HC
Ross	10.30 am	HC
Avoca	alternates with	
Fingal	6.00 pm	HC

Avoca reverts to 7.00 pm during summer months

BREAK O'DAY 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	9.30 am
St Marys	11.00 am
St Helens	7.00 pm

FOURTH SUNDAY OF MONTH

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

FIFTH SUNDAY OF MONTH

St Helens	7.00 pm
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ANGLICAN PARISH OF ST HELENS

FIRST SUNDAY OF MONTH

St Helens	9.00 am
Falmouth	11.00am
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	9.00am
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	10.00am
Divine Service	11.00am

FINGAL VALLEY CRUSADE CENTRE

A Christian Revival Crusade Church meets at the Fingal Council Chambers

Sundays at	10.30 am
Sunday School	11.00 am

ALL WELCOME
Enquiries - 741099



SALVATION ARMY

Main Street

ST MARYS (RSL HALL)

SERVICES

Sunday	9.30 am	Sunday School
	11.00am	Family Worship
Wednesday	2.00 pm	Ladies Fellowship

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 Serl	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

FOURTH SUNDAY OF MONTH

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

FIFTH SUNDAY OF MONTH

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

PRIEST: PAUL CONNOLLY
ST MARYS
PHONE (003) 722 252



UPPER ESK COMMUNITY CENTRE

The Break O' Day Council have called a public meeting at 2pm on Sunday 18th June 1995 to gauge interest in developing the Old School Site at Upper Esk Road, Mathinna, as a Community Centre.

The meeting, which will be convened by the Council's Community/Economic Development Officer, Steven French, will be held on-site.

If enough interest is shown a management committee will be elected to administer the proposed Community Centre.

The old, one room school building is still intact, although somewhat run down, and it is this building that is being proposed as the basis of the Community Centre.

The Break O' Day Council has control of the Old School Site which was handed over to the former Fingal Municipality on a ninety nine year lease in 1966 for the express purpose of being used as a Community Centre.

The Community Centre proposal has been in limbo since then until recently a group of local residents and landowners expressed an interest in resurrecting the concept.

Contact
Steven French
Community/Economic Development Officer
Phone (003) 761281.

ST MARYS HEALTH & BEAUTY CENTRE

42 Main Road St Marys Tasmania
Phone (003) 722172

**COSIES CLOWN WINNER
TANYA MANSFIELD
CONGRATULATIONS**

NEW STOCKS INCLUDE

Mini terracotta flower gardens complete with seeds only	\$4.95
Puhls Gift Soaps only	85cents
Coloured Duck Soaps only	60cents
Brass Photo Frames from	\$7.95
Bananas In Pyjamas Bubble Bath	\$8.95
Bananas in Pyjamas Cup, bowl & plate	\$13.95

Australis Lip Gloss
banana, strawberry, mandarin
& vanilla only \$3.95each

Pewter Round Family Photo Frames \$9.95

Wooden Teddy Puzzles only \$3.50

Stationery gift sets for little people \$2.95

SAM'S CUT PRICE ST MARYS

FRESH FRESH FRESH

* FRESH CHICKEN PRODUCTS WEEKLY

Breast Fillets 500g	\$5.99
1.5 kg Chickens	\$6.99
Marinated Wings	\$4.99

* FRESH FISH EVERY THURSDAY

* FRESH FRUIT & VEGETABLES DAILY

* FRESH PRE-PACKED MEAT DAILY

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ORDERS**

ALL ENQUIRIES WELCOME

**PHONE
DANNO 722316**

LETTERS TO THE EDITOR

 * LOCAL CRAFTS *
 * The Railway Station has been operating as a *
 * garden centre and craft room for the past six *
 * years. My mother and I have occupied the *
 * premises for the last three years and have built up *
 * a fine display of local art and craft. Many tourists *
 * comment on the relaxed atmosphere and *
 * interesting crafts and many items are purchased. *
 * We are very proud of what we have achieved over *
 * the past three years so I become a little miffed *
 * when repeatedly it is said that we need a craft *
 * outlet in St Marys- WE HAVE ONE!!! *
 * I find it remarkable that SMACD don't realise *
 * what is in their own area, perhaps a little more *
 * research is in order. Open your eyes and discover *
 * St Marys, a beautiful town in the most picturesque *
 * setting and friendly people and yes A CRAFT *
 * ROOM! Do come and visit us at the Railway *
 * Nursery and Craft Room and discover what the *
 * town really has to offer *
 * Deborah Dawson *

"WHAT WE AIN'T"

I read your articles in last fortnights Valley Voice, written by Annette Wines with interest, especially where a group of visitors called into the Contact Centre and asked "What is there to look at". Annette you mentioned the Railway Station and South Sister, the trout and Paddy's Head- where my dear did you send them? You had a golden opportunity to sell our unique town to these people- did you?

Incidentally I noticed you mentioned we have no craft shop, although you mentioned the Old Railway Station where for your information there is a craft shop and I noticed as I called at the Old Railway Station recently a most charming girl in charge who I am sure would be only too happy to meet your visitors and show them the Old Station and take the time to help them.

Perhaps the South Sister and the "terrible road" it may itself be an attraction at least it is different to what people are used to and I am sure it would be kindly remembered. While it is certainly marvellous to upgrade our district but one thing I feel certain that it is no good trying to make us "WHAT WE AINT". The visitors want to see us as we are with our casual attitudes and lovely girls all shadows of by gone days. I know every one here lives here because there is happiness here and isn't that what everyone including our visitors are looking for.

With respect for Annette Wines and should some of Annette's ideas be for the good of the community, where it envelopes my business I will do my best to be "WHAT I AINT"

Stan Graham
151 Main St

St Marys 7213.

SMITHS VALLEY
TRADERS

46 Main St St Marys

Phone 722367

SCHOOL CLOTHING

Long sleeve white polo shirts from
\$19.50 to \$22.50

Black Fleecy Trackies \$9.80 & \$12.50

Black Para Pants from \$17.00 to \$29.00

Bottle Green Polar Fleece

Child \$29.00 Adult \$42.00

Black Netball Skirts from \$20.00 to \$22.00

Black Footy Shorts \$15.50

Leisure Suits \$52.00

New nighties & dressing gowns

Overshirts, sweatshirts, grandpa tunic tops
(adults & kids)

Artificial Wreaths Available

BASIC SELF DEFENCE CLASSES FOR WOMEN, IF
ENOUGH PEOPLE ARE INTERESTED. RING 722367

MINER'S COTTAGE

When I gave the suggestion of a Miners Cottage, I never envisaged it to be anywhere but at Cornwall. After all, the main mine was at Cornwall, and I really think with a bit of support Cornwall could become a great tourist attraction. It is amazing the number of cars that come up Cornwall Hill to see the original mining site, only to stop because there is no access. There is still some of the buildings there, also we have a tree that was used as a post office. I wonder how many love letters have been posted there? There is a track up to Tea-pot rock, Cornwall Creek with the best water out and never known to run dry and the habitat of platypuses, tracks fit for walkers to Mt Nicholas and St Marys, just nice distances to walk without straining the muscles.

Perhaps if I thought long enough I may find other items. "Pie in the sky" to consider anything could be done for Cornwall but I live in hope.

Another "Pie in the sky" idea I had was a community gardening scheme where money could be found to finance the scheme to begin with and people could be trained in the growing of plants, vegetables and flowers, shrubs etc and sell their produce especially locally, perhaps have a market where all produce could be sold. I have been very pleased to be able to buy local honey from the butcher. Once many years ago we were able to buy beautiful creamed honey.

I heard a report only last week when a nursery owner said there was a huge overseas market for cut flowers, perhaps we may be able to get a little slice of the action. I live in hope, that one day someone can think of something for the people of St Marys, Cornwall and Fingal.

We deserve it.

Una Camplin



THE RIVER

The river is flooding, a tormented animal, writhing itself through the passage of hell.
It turns the corners like a savage animal striking out at its prey.

The river is calm and flowing, a silk ribbon slipped between nimble fingers, it glides like a seal, onwards through the crystallised water.

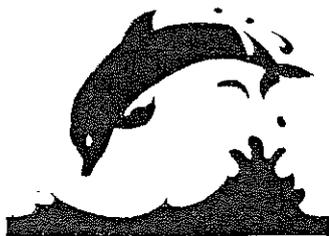
The river of the night is a twisting meandering snake, slithering onwards through the never ending darkness.

The river is rough and choppy, like a seagull taking off.
It forms gentle ripples like creases in a satin dress.

The river laps, gently at the banks, it is a goblin beckoning with ghostly hands, luring those who pass in towards it.

The river is an emotion, a mood or a feeling, it is a spirit, there for only those who appreciate and believe in it.

By Anushka Oosterloo - 10B



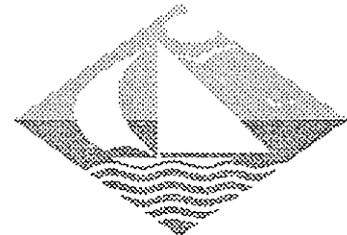
WHAT IS WATER?

It's a mirror reflecting the sun
Shining like a new gold can
with ripples of laughter.

It's the colour of blue, green
Clear as the day goes.

It holds a key to a door
which no-one knows, to life
which is unknown to all human life.

By Matthew Brown
Grade 10B



PARENTS & FRIENDS

The next P&F meeting will be held at the Scamander Sporting Complex on Tuesday June 20 from 7.00-9.00.

WHAT BEING AN AUSTRALIAN MEANS TO ME

What being Australian means to me, is a question that's not often considered by every day Australians. To them Australia is just a place to live and work, like America, England, and Europe. But Australia is different to these and other countries. 'The Land of Opportunity', that was a title given to Australia many years ago, in our early discovery, and it was in a way, it was away from the confinement of England. But is also had its downfalls, it was a harsh, dry land, very different from the lush greenness of England. But despite, our barren land we have become a land of freedom and opportunity.

Ask any Australian and they'll tell you they're proud to live here, but ask them why and the chances are they won't know. Well it's not only a problem for them but also me, but I'll try.

Being an Australian has been expressed in many stories and poems, by people like, Banjo Paterson and Henry Lawson. They wrote about our heritage, of bushmen and farmers working with their hands to fulfill a dream. This is something to make every Australian proud, knowing that we have built this country from the ground up, through our own toils and hardships. They saw beyond the harsh exterior to the beautiful heart of the country. To the rugged bushland, and the amazing but rare plant and animal life. Their poems and stories help to show an ever changing, modern society, where its true roots really are.

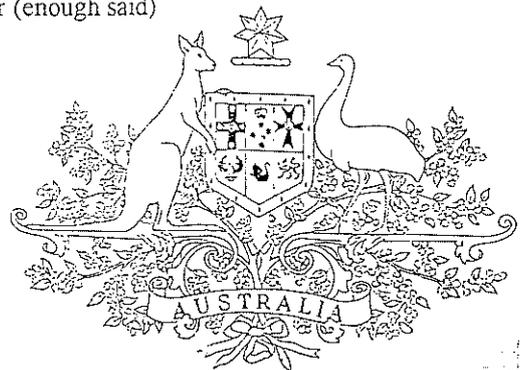
Australia's beauty is not all in the past though, it has many attractions both physically and otherwise. Although a lot of the land is desert, it has tropical rainforest, like the splendour of Kakadu National Park in Darwin. The warmth of Rottnest Island off Western Australia's west coast. The outback, the ever popular Uluru, Adelaide the magnificent city of churches, Canberra, the place of our government, Sydney, Australia's largest city. Queensland and the beautiful Great Barrier Reef, often referred to as the 8th natural wonder of the world, and also the Gold Coast, perfect for the many surfers who visit there each year, and the home of our national theme parks: Dreamworld, Seaworld, Lunar Park and Movieworld, great fun in the sun.

Finally, Tasmania, despite being the smallest state in Australia, Tassie (as it is affectionately called) is often the most sought after holiday destination. Why? Because of its lifestyle. Tasmania has a peace and tranquility about it, shutting it off from the high - speed lives of the rest of the world, and it has many natural and man-made wonders to see. A tour of Tasmania shows you the busy life of the city, the huge buildings, and cluttered stores, but always around the corner a small park or blooming garden. It shows the glittering snow-capped peaks of Mount Wellington, Ben Lomond and our famous national park Cradle Mountain. We have the historic sites of Richmond and Port Arthur, and also the long stretches of white beaches running along our coastline, those of the East Coast being the most popular.

Australia's attractions don't just lie in the pictorial aspects however. There are other things. Australia has many social events to fill its calendar. The year rocks in with country wide New Years Eve celebrations. Next up our national day, Australia Day, is celebrated with the huge music concert. 'The Big Day Out, which features many Australian Bands. Two very large events in Australia are, 'Walk Against Want' and '40 Hour Famine', in which many Australians, especially young people, take part and show support for those less fortunate than themselves. Other social events include; Anzac Day, which is celebrated by many Australians young and old and 'Clean Up Australia Day', when our nation is cleaned to become a better place.

So there you have it. That's what Australia means to me. Its features, events and history are a great thing to be proud of. And just one more to add to the list ... food; McDonalds, KFC and Sizzler (enough said)

by Amanda Walker - 9A



THANK YOU

On behalf of all the members of Day Centre
We would like to thank Sister McManus for a most enjoyable outing to Bicheno and lunch at the Beachfront Motel also thank you to Barbara & Lorraine and the helpful drivers for their support to Day Centre.
From All Members

THANK YOU

To the nursing & kitchen staff
for their help in making my 87th birthday one to remember.

With all this attention

"Who would'nt be 87"

ST MARYS DISTRICT HOSPITAL

HAVE YOU BORROWED ANY EQUIPMENT FROM THE HOSPITAL AND HAVE NOT RETURNED IT?

IF SO, AND YOU ARE NO LONGER USING IT COULD YOU PLEASE RETURN IT AS SOON AS POSSIBLE.

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Funeral Directors
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AND ALL STOCKFEED.
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HOTEL**

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Licensees
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HERE NOW**

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OPENING WILL BE 16TH JUNE

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and other celebrities

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Meat tray raffles

heaps of giveaways

SATURDAY NIGHT MEAL SPECIAL

Choice of board plus soup \$8.00

SATURDAY 10TH JUNE

Michelle Claridge

"M & M BOYS"

8 - 12 Midnight

\$5.00 Admission

WE NOW HAVE SUB-ZERO

\$26 Tooheys Gold Blocks

\$26 Tooheys Red Stubb

Free Watch

\$28 Hahn Ice Can Blocks

for 30 cans

OTHER SPECIALS AVAILABLE

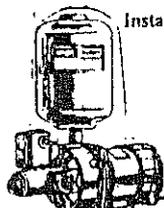
EAST COAST PUMPS & EQUIPMENT

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Phone (003) 751328 Fax (003) 751528

Sales Service Parts

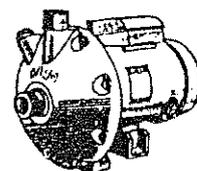
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Farm
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or Marine



St. Helens Area
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LEADING BRANDS

SUNCOAST JAZZ CLUB



SATCHMO AWARDS WILL BE BIG FEATURE AT 11TH SUNCOAST JAZZ FESTIVAL.

Highlight of Saturday night's program at this year's Eleventh Suncoast Jazz Festival, will be the presentation of the Satchmo Awards.

The Award honours musicians who have made an outstanding contribution to Tasmanian Jazz. Previous recipients have been Ian Pearce, Alf Properjohn, Alan Brinkman, Tom Pickering and Bruce Gourlay. The identity of this year's award winners will remain secret until Saturday night's announcement.

The Eleventh Suncoast Jazz Festival will be held at the St Helens Hotel over the weekend, Friday night the 23rd, Saturday 24th and Sunday 25th June.

Jazz will be non-stop and the program includes a traditional Sunday morning street march and formal concert on Sunday afternoon.

"We are really thrilled with our line-up of guest stars this year", said Bruce Haley, President of the Suncoast Jazz Club, which organises the Festival, "We have Big Tom Baker from Sydney leading the line-up; Tom is Australia's master of trumpet and also clarinet and saxophones. Sharing the limelight with Tom will be Tony Ashby from Sydney and Alex Hutchinson from Melbourne- both top reedmen. Paul Bonnefin from N.S.W. on trombone, Ian Pearce and Alf Properjohn on piano and drums.

You can see that we have spared no expense to give our 55 Tasmanian Jazz Musicians and 400 Festival Delegates a top jazz experience this year", added Bruce.

If you would like more Festival details, contact Margaret Woodberry, P.O. Box 242, St Helens 7216. Phone (003) 761106 (H) or (003) 761735 (W)



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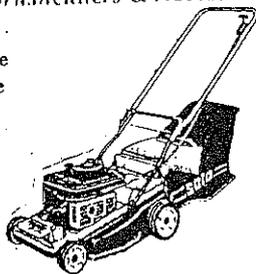
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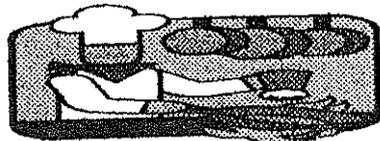
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MEALS ON WHEELS

	St Marys	Fingal	Mathinna
Jun 12	Barbara Mitchell	Sue Woods	Mavis Brooks
13	Claire Bean	Cheryl McFadzean	Kaye Turner
14	Janet Watson	Ros Smith	Cynthia Webb
15	Frank Turner	Cheryl Rankin	Christine Scott
16	Clive Berwick	Malcolm Saunders	Kaye Turner
19	Debbie Barnes	Vicki Miller	Mavis Brooks
20	Ruth Aulich	June Hall	Kaye Turner
21	Jean Lohrey	Roxie Cowie	Cynthia Webb
22	Rona Gatty	Julie Claridge	Christine Scott
23	Jill Faulkner	Les Rubenach	Kaye Turner





LANDCARE NEWS

Jan Sparkes

To help celebrate World Environment Day there are a number of things we should all be doing such as recycling, watching what we use in the way of toxic chemicals and how we dispose of the empty containers, saving on water use and energy conservation. On the other hand we could create our 'fantasy of the bush'. In a most delightful book written by Nola and Brian Parry "Cottage Gardening with Australian Wildflowers", we can enjoy and create our own uniquely Australian cottage garden. They explain how to grow over 120 Australian climbers, annuals and perennials and give some garden designs.

Nola and Brian are the proprietors of "Parrys Wildflower Nursery" at Gosford NSW. The Parry family has been growing wildflowers since the turn of the century and were the first to grow wildflowers commercially, so they have had much experience.

There are many delightful Australian plants available in nurseries, but many are also easy to propagate by cuttings, seeds and layering.

One of my own favourites is *Scleranthus biflorus*, an attractive carpeting plant with an emerald green cushion of foliage. The flowers are insignificant but it grows rapidly in sun or semi-shade and looks delightful folding and creasing over rocks.

Pink *Thryptomene* (*Saxicola*) is an evergreen small pink shrub to 1 m with fine foliage and small deep pink flowers. The flower stems are great for indoor decorations - a lovely little plant which can be grown in sun or part shade. It is hardy to frost and will withstand

periods of dryness. It responds well to pruning. My two plants are only very young but growing rapidly. *Leptospermum Juniperinum Horizontalis* is a spectacular spreading tea-tree with masses of white flowers in spring. It is frost resistant preferring full sun or semi-shade.

Ajuga Australis (Austral bugle) is a suckering herb with blue, pink or purple flowers in spring or summer.

What about some delightful Tasmanian plants. *Blandfordia nobilis* or (Christmas bell) has tangerine and yellow bell flowers. They like a moist, well-drained spot in the garden. It is a good fill in plant, also excellent in containers.

Dianella tasmanica (flax lily) a clumping plant which bears royal blue flowers on long spikes in spring and summer, followed by bright blue berries. A very hardy plant that will adapt to most soils and grows in a shady spot.

So, do yourself and the environment a favour and plant some of our uniquely Australian plants - the birds and butterflies will love you and you will enjoy their antics regularly as a double bonus. A visit to your local nursery will help you obtain some delightful 'natives' to grow.

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ROSTER

ESK-DELORAIN ASSOCIATION ROSTER 1995

JUNE 10

Westbury	v	Perth
Bracknell	v	Cressy
Evandale	v	Mole Creek
Valley Saints	v	Campbell Town St Marys
Hagley - bye		

JUNE 17

Mole Creek	v	Perth
Hagley	v	Bracknell
Evandale	v	Valley Saints
Campbell Town	v	Westbury
Cressy - bye		

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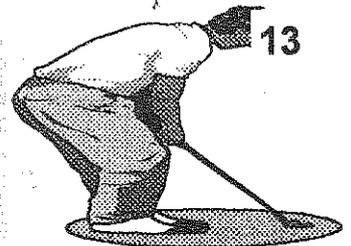
22 Quail Street - St Helens - Phone 76 1605

RIFLE & PISTOL CLUB NEWS
NEXT SHOOT

JUNE 1995

Sat 10	RIFLE - Roster Fingal
Sun 11	PISTOL - Free Pistol 50 m/Centre Fire Sports
Fri 16	COMMITTEE MEETING
Sun 18	PISTOL - Free Pistol 25 m/Standard Pistol
Sat 24	RIFLE - Roster Fingal
Sun 25	PISTOL - Inter Club Shoot at Spring Bay

Sport



GOLF NOTES

ASSOCIATES STROKE TLGU BOWL

24 May - J Hogarth: 93 - 56
 0 - 20 M Cook c/b M Murray 69
 21 - 31 M King c/b L Kellaway 68
 32 - J Hogarth 56
 NP M Cook

Day: J Hogarth Div 1
 Birdies Div 2 M King 2 c/b
 Birdies: Hogarth, B Haas, N Mallinson
 Gobblers: Hogarth, M King, N Mallinson

MEMBERS 1ST ROUND SPILSBURY TROPHY - 27 May

Winner Gross C Davern 72
 S Wilmot 75
 C Mitchell 75
 Best nett: F Singline 64
 C Davern 66
 C Mitchell 66

NP 7th/16th - F Singline
 NP 2nd/11th - A Haas
Congratulations on the Hole in One Frank - a great shot.

28 May
 Best Gross U Pratap 88
 J Wines 87
 Best Nett U Pratap 68
 J Wines 97
 NP 7th/16th - Adam Viney

31 May - 4 B Aggregate S Ford
Winners:
 L Kellaway 39 P Lancaster 32 = 71
Runners Up:
 Heather Hayes 33 K Blair 37 = 70
 NP: W Haas
Birdies - W Haas 16th, N Mallinson 2nd, L Clayton 2nd.
Gobbler - S Williams - 9th

3 June 2nd DAY SPILSBURY TROPHY

Best Gross: S Wilmot 72
 C Mitchell 75
 A Fletcher 76
 Nett: S Aulich 62
 S Wilmot 64
 A Fletcher 65

SPILSBURY TROPHY
 S Aulich 130 on c/b F Singline 130 and S Wilmot 131
 NP 5th - 14th - J Lancaster
 NP 7th - 16th - C Davern

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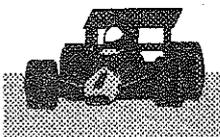
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ST MARYS TENNIS CLUB

The next meeting of the St Marys Tennis Club will be held on

Wednesday

28 June

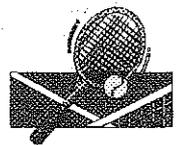
at

7.30 pm

All members are encouraged to attend, as changes to rules will be discussed and finalised.

A list of points to be considered has been placed on the notice board at the clubrooms.

Come along to the meeting if you want to voice an opinion, as it will be too late for objections after these rules have been set.



Mobile:
 018 133 456

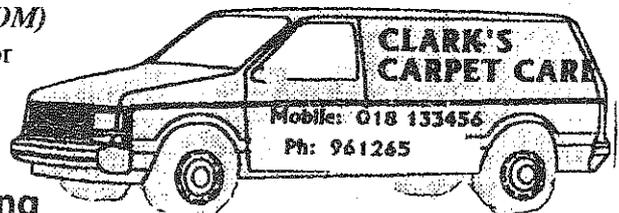
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Valley Saints Football Club News

VALLEY SAINTS V HAGLEY

The U/16's remained undefeated after an impressive display against Hagley at Fingal. Coach Michael Kringle tried some players in different positions this week and gave some valuable forward line time to a few players from an underworked defence.

Michael Singline, Andrew Scott and Jamie Miller turned in serviceable games, whilst Keith Gillies and Adam Johnson continued their dominant form. Final score - Saints 11.7 73 - Hagley 1.1 7.

The Reserves, although in third spot on the ladder, could not afford to drop this vital game against fourth placed Hagley. The Saints started well, and in a low scoring game, held a three goal lead at three quarter time. Hagley rallied in the final term to run out eight point winners. Some undisciplined play costing the side dearly, but not a consistent four quarters and lapses in concentration costing the side dearly. Final score: Hagley 6.6 42 - Saints 5.4 34. Best players: Clint Hamill, Tim Mason, Danny Woods, Heath Burn and M J Bramich.

The Seniors also had a hard game,

against an improving Hagley side. The Saints at times looking unsettled as handball and short kicking to packs and stationary players constantly came unstuck. In what turned out to be a battle of the backlines, the Saints defence held all day. Craig Baldwin rucked consistently all day and is showing the benefit of hard work on the training track. Craig Jones turned in the best performance to date and along with Roger Salter, dominated in the tough encounter. Jarrod Woods, Mike Green and Dale Ridgers also did well in a low scoring game. Final scores: Saints 11.13 79 - Hagley 9.7 61.

VALLEY SAINTS V PERTH

Our U/16's were fully tested this week and were lucky to keep their unbeaten record in tact with a below par performance this week. Perth, although a smaller team on average, made our Juniors fight hard for the four points. It was hard to find four quarter performers on the day, but Scott, Laycock, Pyke and Grice among the Saints best. A close game, but one that showed that no opposition is

unbeatable in a given day.

The Reserves started in a blaze of glory against ladder leader Perth, scoring 2.5 to nil in the first quarter. Only inaccurate kicking costing the Saints a bigger lead at the first break. After such a good start, it was disappointing to see the Perth side take control throughout the rest of the game, restricting our Reserves to just one goal after quarter time. The Saints failed to run in numbers, and a full four quarters of footy is required to beat the top sides. Let's hope to see an improvement over the next few weeks. Best players: Tim Mason, M J Bramich, Heath Burn, M P Bramich and Leigh Spilsbury.

The Seniors took control of their game early and never looked threatened in an impressive four quarter effort. A few things that threatened our unbeaten record over the past two weeks, vanished as the Saints turned on an outstanding team effort to outclass Perth by eighty four points. Brent Leedham turned in a best on ground performance and finished with four goals, Ray Squires capping off the work done from down field, finished with ten goals, a great haul and a good sign for the Saints future games. Others to do well, Craig Jones who has constantly improved over the past two weeks and seems more comfortable in the coaching role and Craig Baldwin unbeaten all day in the ruck, turned in a tireless effort and constantly gave our players first use of the ball. Scott Furley and Craig Woods also performed well in a very even team effort.

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FOOTBALL
ROSTER
PAGE 12

THIS WEEK

CAMPBELLTOWN AT ST MARYS

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