The Valley and East Coast Voice

Volume 32 Issue 3

Friday 4 June 1999

50 cents

Chemical Genocide? From Exposure Vol 6 No 1, 1999

ities dump all kinds of toxic substances into the water supply in the name of "protecting the public." Chlorine is one of them, and it serves to help rid the water of bacteria and parasites. But the most dangerous, by far, is fluoride. In the United Sates there is a nationwide debate on fluoride right now, and as with Y2K, the truth is being covered up! Through more than 40 studies, fluoride has been linked to all the following:

- ⇒ Exposure disrupts the synthesis of collagen and leads to the breakdown of collagen in bone, tendon, muscle, skin, cartliage, lungs, kidney and trachea.
- ⇒ Stimulates granule formation and oxygen consumption in white blood cells, but inhibits these processes when the white blood cell is challenged by a foreign agent in the blood.
- ⇒ Depletes the energy reserves and the ability of white blood cells to properly destroy foreign agents by the process of phagocytosis. Even micro-molar amounts of fluoride, below 1-ppm, may seriously depress the ability of white blood cells to destroy pathogenic agents.
- ⇒ Confuses the immune system, and causes it to attack the body's own tissues, and increases the tumour growth rate in cancer prone individuals.
- ⇒ Inhibits antibody formation in the blood.
- ⇒ Depresses thyroid activity.
- ⇒ Fluoride promotes development of bone cancer.
- ⇒ Causes premature aging of the human body.
- ⇒ Ingestion from mouth rinses and dentifrices in children is extremely hazardous to biological development, life span and general health.
- ⇒ The contents of a family size tube of fluoridated toothpaste is enough to kill a 25 pound child.
- ⇒ Is medically categorised as protoplasmic poisons, which is why it is used to kill rodents.
- ⇒ has little or no effect on decay prevention in humans:

- ⇒ No scientific data shows that fluoride mouth rinses and tables are safe for human use.
- ⇒ The fact that fluoride toothpastes and school based mouth rinses are packaged in aluminium accentuates the effect on the body.

Fluoride & Y2K

ecause fluoride is so toxic, and it can literally kill people in very small quantities, it must be metered into the city water supplies at a parts-per-million dosage. Many cities use a 1ppm dose, which is a very small ratio. To accomplish this, fluoride tanks are equipped with computers that monitor the time, then dump a drop of poison fluoride into the water flow when the appropriate amount of time has elapsed. This process is based on a time-sensitive embedded system, and all such fluoride metering systems may not be Y2K compliant. If fluoride metering device rolled over to "00", it is possible that it might incorrectly calculate the elapsed time as being 100 years. thereby releasing 100 years of fluoride directly into the water supply.

Continued page 2

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Chemical Genocide

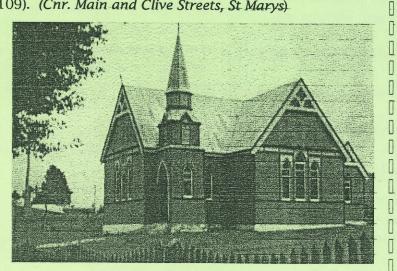
continued from page 1

Fluoride & Y2K

People who drink the water would literally drop dead from fluoride poisoning, suffering the exact same fate as the rats and mice that have ingested fluoride over the years, because fluoride was for a long time the main ingredient in "rat poison." (and it works.)

You'd be foolish to drink city water straight after the Year 2000 rollover. How do you know whether the water contains a fatal dose of fluoride or other chemicals? Just to be safe, avoid drinking city water for at least 24 hours, then watch the news to see if people are "mysteriously" dropping dead. If they are, stick to your bottled water and watch as the city goes nuts trying to find some kind of virus or bacteria responsible for the deaths. They might even think they've suffered "biological terrorism." They won't realise it's fluoride because everybody thinks fluoride is healthy. It might even be a few days before they figure it out, and by that time, a significant portion of the city could literally be wiped out. It's a realistic scenario, and it's likely to happen somewhere on the planet. As a precaution, stockpile a few day's worth of clean water, and avoid drinking from the faucet until you can verify that things are safe again.

St Marys - Holy Trinity, (Fingal/Avoca/ Cullenswood Parish). According to the register (Vol 5, Folio 106) the church was dedicated in June 1895 but Church News of August 1896 gives July of that year as the date of the laying of the foundation stone! It is of wood and was consecrated in December 1898. (Vol. 5, Folio 109). (Cnr. Main and Clive Streets, St Marys)



The Anglican Church in Tasmania", Geoffrey Stephens

Did you know?

St Patricks Head is the oldest Irish place name in Australia. It has been on maps since 17 March 1773, 15 years before The First Fleet arrived in Botany Bay.



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ST MARYS IN TIMES GONE BY CONT...

A few brave settlers have carved homes for themselves in the dense forest, deep down at the bottom of the gorge, doing a little dairying and growing very fine vegetables. When the level has been reached, the road then branches off to Georges Bay and Falmouth. There are other passes besides that of St Marys - Island Range, Four Mile Creek, and that on the road to German Town, all of which afford beautiful seascape views.

Indeed it is doubtful whether these littleheard-of passes do not run the show, one St Marys - very close for supremacy. Tourists must not fail to climb St Patricks Head - a conical shaped mount - familiarly knows as, and irreverently called "Paddys Head". The climb is not a difficult one to those not overburdened with adipose matter, even so, any exertion expended in reaching the summit is amply repaid - if there is not haze - by the gorgeous panorama view on every side.

> ST MARYS ASSOCIATION FOR COMMUNITY DEVELOPMENT. MEETING MONDAY JUNE 7TH ST MARYS HOTEL LOUNGE 7.30PM

ITEMS ON THE AGENDA

- Continuation of the online access centre.
- Possible funding of childcare 2. centre.
- 3. Community radio station.
- 4. Partnership with Lions to finish History Room.
- 5. Other business.

If you are interested in any of the agenda items t o along meeting. Without support these initiatives will not be possible or current ones able to continue. S.M. A.C.D. continues to seek out funding for community projects but it needs community support. Due to low attendance at meetings it is sometimes difficult to formalise any decisions made. New members welcome.

Subscriptions: \$5 annual membership \$10 for family membership or

and see along Come interests you. Mark Bonnitcha - President

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The Valley & East Coast Voice

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Mass

10am

St Marys

Every Sunday

Mass

9am Bicheno

Mass

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St Helens

Every Saturday Vigil

Mass 6pm Mangana

2nd Sunday

Eurcharistic Service

of St Helens 6376 1144

Anglican Parish

St Helens

8am and 10_30am

Every Sunday

St Marys

9am

No service 5th Sunday

Pyengana

11am

2nd and 4th Sunday

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Avoca

11.30am

Fingal

2.00pm

Mathinna Tuesdays

2.00pm

Daily Office Reading

Avoca

Tuesdays

10am

Fingal

12 noon Tuesdays

Ross

Wednesdays 10am

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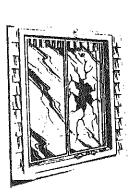
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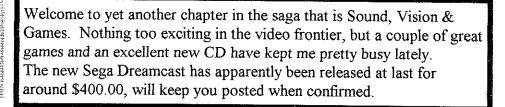
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CD REVIEW

The Brian Setzer Orchestra - " The Dirty Boogie "

This is a breath of fresh air definitely worth the thirty bucks, Setzer was the lead vocalist and guitarist with 80's rockabilly band The Stray Cats. As if that's not credibility enough he's put all that wild rock 'n' roll energy together with a tight small orchestra and come up with an absolute winner. The thirteen songs are all raw and powerful with 50% written by Brian Setzer himself, outstanding tracks are "This cat's on a hot tin roof", "The dirty boogie" and a duet with female singer Gwen Stefani on "You're the boss" all penned by Setzer.

Simply Brilliant! ****1/2

PLAYSTATION REVIEW - "TAI-FU" Wrath of the Tiger

After reading a recent review of "Tai-Fu" that gave it 6 out of 10 I was a bit apprehensive about shelling out my hard earned cash, but this proved to be a great nights investment. Comprising of the best elements of a fighting game such as "Tekken" but also the adventure of a classic platformer. "Tai-Fu" is a stunning game to look at and also to play, the learning curve is pleasantly easy, the story and characters are both interesting and challenging. You play the character "Tai-Fu" who is banished from his home and sent to wander the land gathering wisdom, jewels and fighting skills which you learn along the way. If you're looking for a game that can be played for long periods of time always keeping you interested this is a great fighting adventure. **** 1/2

PLAYSTATION REVIEWS - "Fifa 99"

"Fifa 99" is quite simply the very best soccer game on the Playstation at the moment, EA Sports only improve every year since the first Fifa in '95. 99 has 22 teams, all the players in the current English League, brilliant replays and game play, is very quick to get into and start enjoying. The best. *****

"WWF in your house". I know this is a few years old and there are a lot newer titles such as "WWF nitro" etc. but this is a cheaper title to rent and is hours of fun either in single or two player mode. Graphics are a little dated but the game play is excellent. Get a friend and wrestle the hell out of each other.



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Americans: This is the Captain of a UN Navy ship. I say again, divert YOUR course.

Canadians: No. I say again, you divert YOUR course.

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GRADE 9/10 ACADEMIC ACHIEVEMENTS - TERM 1

Congratulations to the grade 9/10 students below who achieved academic certificates, following the issuing of their term 1 reports:

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Natasha Stewart

Melanie Griffiths

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Luke Oates

Stephen Penneyston Azi Andrews Daniel Smith Adam Viney

DEDICATED APPROACH TO ACADEMIC STUDIES TERM 1

Jacqui Haas

Rebecca Lucas

Peter Corneluis

Jacqui Death

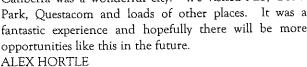
Sean Fletcher

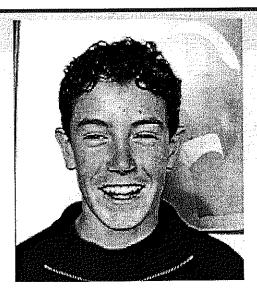
Alex Represents State at Athletics Championships

Recently, as most of you know, I competed along with 20 others at the Australian Teams Championships in Canberra. It was wonderful competing against all the different states and the atmosphere was fantastic.

I finished fourth in my 800 metre event in a great race and thirteenth in the shot put. My main event was the 800m event while the shot put was a fill in event. I had been training four days a week, so when it was time to compete I was fit and confident.

Canberra was a wonderful city. We visited AIS, Corin Park, Questacom and loads of other places. It was a fantastic experience and hopefully there will be more opportunities like this in the future.

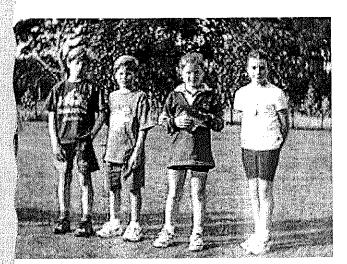




EAST NORTH EAST CROSS COUNTRY REPORT

On Tuesday may 18, a team of 50 grade 3 to 6 primary students admirably represented our school at the annual ENESSA Cross Country Carnival. Once again, the carnival was held at Griffin Park at Mathinna. A total of 11 schools participated this year, including Scottsdale, Bridport, Avoca, Swansea and others. The conditions for racing were particularly agreeable as it was not too hot nor too cold ,even though a few spots on the course were wet under foot!

The children were an excellent team this year and managed to gain 2nd place in the top division. Obviously a lot of effort and determination was put in by all the runners from St Marys with many children gaining places in the top 10 - 15 runners. (A great effort considering most races had up to 45 children competing in them!)



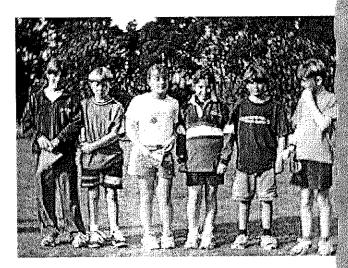
Special congratulations must be given to

Madeline Goss for coming 2nd in the Grade 3 Girls Race Blake Faulkner for coming 4th in the Grade 4 Boys Race Tobias Brucksch-Domanski for coming 4th in the Grade 5 Boys Race

Wyman Vincent for coming 4th in the Grade 6 Boys Race Todd Spilsbury for coming 5th in the Boys Grade 4 Race Daniel Cooke for coming 6th in the Boys Grade 4 Race

A special thank you to Mr Michael Cooke - our team trainer and warm up coordinator!

We look forward to next years competition at this competitive yet very friendly Carnival



A BLOKE

Well, there is a bloke I know, it's a surprise to you but don't be shocked. I know he's fat, ugly, drinking beer in shorts and many other things which aren't worth dwelling

He works as a sewage guy, going around cleaning people's toilets. What a disgusting job, but hey it brings in the money. The benefit of it is each time we go into the pub there's always a seat for us.

When he's not at work he's either in front of the television or at the pub betting on the greyhounds. He loves those little dogs.

No matter how rough he looks, he's a friendly guy, not counting all his faults, I love him though many people say he's hairy and rough and ragged, but what do they know!

PERRI CHAPMAN

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Blue's News

29 May Fingal Valley vs Scottsdale Crows

Under 16's - Once again the boys continued on their winning way winning by 190 points. Final scores were 29.17 (191) to Crows 0.1

(1). Aaron Woods and Clinton Woods with 4 goals each were leading

goal kickers in a great team effort with all boys contributing.

Reserves – The Reserves were beaten by one point in a thriller. The Crows led for much of the game, unfortunately we missed a few chances in the last quarter to be unluckily beaten.

Seniors – After controlling the first half to lead by 4 goals, the Crows came out after half time to kick six goals to two to lead at three quarter time by 4 points. In the final quarter our forwards started to work harder to put us 10 points up at one stage only to see the Crows kick a late goal to bring the final margin to 4 points. Considering we had a few players out or are playing despite carrying injuries, it was a tough win with all players contributing. The win will see us on top of the ladder, one game clear of St Helens. Next week we're on the road to Branxholm. Last time we met we had three winning sides. Let's see that again.

Junior Footy

Junior footy matches were played at Scamander on Sunday 23 May 1999. In Grades 2-4, the Bombers jumped the Cats to lead at quarter time. By half time the Bombers appeared to have a match winning lead of 6.1 - 37 to the inaccurate Cats 1.6 – 12.

The Cats were able to match the Bombers for the next two quarters however the damage had been done and the Bombers ran out comfortable winners

Scores: Bombers 10.5 – 65 def Cats 4.9 – 33.

Best: Bombers - Shaun Pyke, Blake Faulkner, Kase-Miller and Craig Smith. Cats - Aaron Midson, Luke Webb, Zac Gale and Craig White.

Goals: Bombers - Shaun Pyke 3, Marcus Taylor 3, Troy Howe 2, Aaron Simpson 1, Tom 1. Cats – Luke Webb 2, Zac Gale 1, Bradley McDonald 1.

The Grades 4,5,6 match started off a furious pace with the teams very evenly matched. Coaching staff from both teams constantly made changes in an effort to gain any advantage. At three quarter time the Bombers held a two point lead over the Pies setting up a great last quarter. Both teams gave it everything, but the Bombers. playing a superb running game finished the better.

Scores: Bombers 10.8 - 68 def the Pies 8.5 - 53. Best: Bombers: Adam Trost, Mark Brockman, Ben Miller, Drew Goss and Richard Howe. Pies - Jarrod, Ben Oats, Todd Spilsbury, Brock Leedham, Ryan Stewart and Lazaurus Louis.

Goals: Bombers - Richard Howe 4, Luke Casboult 2, Luke McDonald 1, Josh Rice 1, Daniel Cooke 1, Adam Trost 1. Pies - Brock Leedham 6, Ben Oates 2.

- Last weekend Auskick trials were successfully conducted at Fingal. No details were available from the matches played.
- Parents and players should note there will be no further training after school. Training will be at 9:30 am before matches each Sunday.
- There will be a meeting of the East Coast and Fingal Valley Junior Football Association at St Marys Hotel, Lounge Bar on Wednesday 16 June 1999 commencing 7.00 pm. All parents and other interested parties are most welcome. The roster will recommence on Sunday 20 June at Bicheno.

Kid Eager



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Footy News By: Old Tige



Seniors

The last two weeks have seen the Tigers again without a winning score on the board, the first match against the Tamar Cats was one of stark contrast. The first 3 quarters of the game saw us looking at a 13 goal deficit at three quarter time, but how pleasing it was to see the turn around in the last term. Even though we went down by 36 points, it was great to see the side combine in the manner they did, to boot seven unanswered goals in the term. This, everyone thought would be a great lead up to the difficult task of playing St.Pats on their home ground. But that style of footy never looked likely as the team took it's worst defeat since re-forming from a very slick and efficient opponent. One would liked to have taken some positives from the game itself, but with only a handful of four quarter triers, there was not much to be enthused about. We are looking forward to a much improved effort against Evandale this week, but several injuries to key players in the past two weeks are a major concern.

Reserves

Our only winner of the last two weeks have been the reserves, last weeks game against the Cats, saw an easy victory in a tough match. A sluggish beginning in the first quarter saw honours about even, but then the Tigers assumed control and never looked back. Highlight of the game was Leigh Spilsbury's 10 goals, on most occasions putting the score on the board, after some terrific play down field, nice also to see Chris Davern back in the Tiger colours and playing so well. Last weeks assignment

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against St. Pats was to prove a major stumbling block though, after an even first quarter, the Tigers fell away to their biggest defeat of the season, fitness looked the main contributing factor, as many players could not finish the game out. Let's see the boys bounce back this week.

U/16's

A tough couple of weeks for the boys, against fancied opponents St.Pats Gold and St.Pats Green, the first match a low scoring affair with just a handful of goals on the board at half time and nothing in the game. In fact the sides looked to have nothing between them in the skill department up until the last term, when the boys, for the first time this season, seemed to drop their bundles. This let the opposition in for a comfortable 6 goal victory. The game against Green at St.Pats was a much improved effort, the boys fighting out a close match to go down by a couple of goals. Missed opportunities in the game costing us dearly and maybe the side had definite chances to win during the game. Bounce back Tigers!!

After every home game there will be a function, this week at the clubrooms with **Power Age Disco**.

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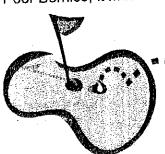
At Newman's Take Away Or At The Game On Saturday.

ST MARYS SPORTS CENTRE

by Kackhander

irst to pennant and both A and A Reserve are clear out leaders after six rounds. Overall depth of the sides is excellent which hopefully will result in both Flags this year in a few weeks time but there is still four more games to go so John Miles (Pennant Captain) will want everyone to keep concentrating on the job and hand. The sides play away at Freycinet and Scamander in the next fortnight and wins there should help to decide the final outcomes. Special mention to John Miles who is having a good year. Also to Chris Davem, Adam Fletcher, Sean Fletcher, Shan Wilmot, Tristan Clement, Scott Wilson and Brad Ennis who are undefeated with Dale Ridgers, Umesh Pratap, Barry LeFevre and Rod McGiveron only dropping one game each out of the two teams. Well done to all and let's hope the results keep coming.

Men's Club golf numbers are reasonable but a few more on Saturdays will be nice with many good events coming soon. The highlight of the past fortnight was the Spilsbury Trophy and congratulations to Garry "Speed" Maher for winning this top event this year with two nice rounds. Also a huge thanks to Toby, Rod, Keith and Steven "Spaz" Spilsbury for their contribution. It was great to see Spaz and Keith back on the second day. The Ladies are currently playing the club championships with good representation in all grades. Hopefully we will be able to report all the winners in the next Valley Voice. I believe they need the results to go their way in about three weeks to win the Associates East Coast Pennant but let's hope it does for them. Finally best wishes go to Don Targett who has been quite ill lately but is on the road to recovery and up and about again. Poor Bernice, it must be terrible that he's back to his "Carlton



Blues" forever best again. But I suppose you married him, so you put up with him. We have to. Hope to see you playing soon Don.

Anyway until next time, good hitting and rolling.

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Footy Roster

Seniors and Reserves

ROUND 6 - 22 May

Perth vs St Pats Tamar Cats vs OLFC St Marys vs Evandale Campbell Town vs Scotch

ROUND 7 - 29 May St Pats vs Tamar Cats Evandale vs Perth Scotch vs St Marys **OLFC** vs Campbell Town

Under 16's ROUND 6 - 22 May Perth vs St Pats Green St Pats Gold vs Grammar St Marys vs Evandale Campbell Town vs Scotch

ROUND 7 - May 29 Evandale vs Perth BYE St Pats Green, St Pats Gold, Scotch, Grammar, Campbell Town and St Marys



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