

# THE VALLEY & EAST COAST VOICE

Volume 5 No. 18 Box 100 St. Marys Friday 18th January 1973

Price 5c.

## EDITORIAL

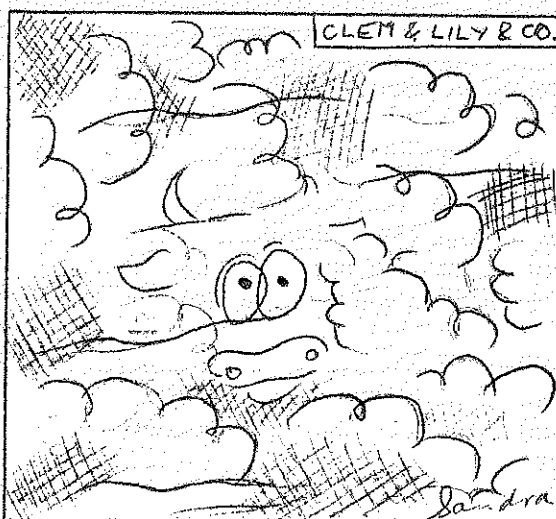
### ITS A RECORD YEAR FOR CAMPERS.

It certainly is! Wherever you go in the State there are tents, caravans, people sleeping under the stars (a bit wet in some places but quite safe on the East Coast) and the roadsides are adorned with a variety of hitch-hikers. Some carry their packs bravely and some use them as pillows until the good-hearted driver offers them better comfort.

Mainland holiday-makers wishing to bring their own cars over for such a holiday have found that even though their names were on the waiting list for months to have their cars shipped no vacancies were forthcoming and quite a number of families are using hired cars to tow their hired caravans. This must amount to a pretty expensive holiday for the average family. And yet from various sources it is heard that it is not uncommon for unbooked vehicles to be shipped over at a moment's notice. Surely the shipping company could devise a better service for the Tasmanian tourists; especially when our Government is trying to boost that industry.

The very fact that an increasing number of people on holiday are choosing to camp out will help in the promotion of the State as a holiday island, for where else in Australia will you find such ideal countryside for the outdoor life? White and golden beaches, backed by rich rainforests in the South. The beautiful and unique climate of the East Coast. The rugged West with its mining towns and mighty rivers, towering mountains and tumbling streams. Even the North West Coast has retained popularity with the Tourist, despite the pollution that poisons the sea around Burnie. The people of Burnie themselves are to be congratulated for the very successful Sports Fair held recently!

Back to the old gripe! Let's face it - if Tassie was tagged on there at the bottom of that other State it would be the most densely populated area in Continent, except for Sydney



"MEDICAL AUTHORITIES WARN  
THAT LIGHTING BUSH-FIRES  
IS A HEALTH HAZARD!"

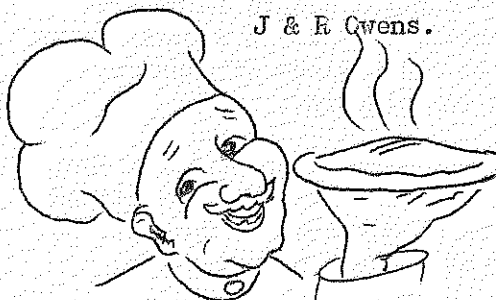
metropolitan perhaps.  
Or if some engineer ahead of his time were to build a bridge over the Strait it would be busier than that other Bridge!

These may be wild ravings, so it seems is the idea of improving shipping services over those two hundred miles of water.

No doubt when our Asian neighbours have acquired the Casino, they might then turn their interests to improving our shipping services!



ST. MARYS BAKERY  
J & R Owens.



Fresh Bread - Pies - Pasties  
Cakes - Smallgoods  
WHOLESALE AND RETAIL

Miss Piffle.

#### STORK NEWS

CONGRATULATIONS TO ALLAN AND ROBIN Jackson of St. Marys on the birth of their daughter, Rachael Elizabeth, born on January 7th at St. Marys District Hospital.

ALSO RECEIVING CONGRATULATIONS ARE Lally and Roxley King of Launceston on the birth of their son, Aaron Roxley Thornton, born at Q.V.H., Launceston on December 23.

MR & MRS GRATZER of Scamander are enjoying having their daughter home for a few weeks holiday. She has been working in N.S.W. and Queensland.

MARION RILEY of St Helens is holidaying in Melbourne with her aunt and will spend some time with her grandparents later on.

SISTER KINGSTON will be visiting Adelaide next weekend to attend her nephews wedding. She is looking forward also to seeing her son Gerald who is working in Adelaide.

MR & MRS BRIAN MALLINSON and family had an enjoyable day last week visiting Mr and Mrs Frank Martin of Deloraine and their family. They had an enjoyable trip to the Liffey Falls and were delighted with the ferns and myrtle forest.

MRS SYD. LOHREY from Scamander is at present in St Marys District Hospital. Friends and family wish her a speedy recovery.

MR AND MRS KERRY MALLINSON and family are settling in at St Helens where he is to take up the position of Headmaster at St Helens Area School

SISTER YVONNE WHITTAKER was farewelled by all the southern Clinic Sisters at a party at Central Clinic in Hobart. She is shortly to take up a position as lecturer at the College of Nursing, Australia in Melbourne.

SISTER CAROLL SPENCER of St. Marys Hospital is at present in N.S.W. to attend the wedding of her cousin. She will be returning at the end of next week.

RESIDENTS OF MATHINNA can raise their hopes a little now that .3 miles of the Fingal - Mathinna road has been sealed!

#### COMING EVENTS

THE ANNUAL MEETING OF THE SCAMANDER PROGRESS ASSN. will be held on Thursday March 1st 8pm, Scamander Hotel. Nominations for the positions of President, Vice-President, Secretary, and Treasurer must be lodged with the Secretary on or before Monday February 26th. All nominations must have the signature of both nominee and nominator.

N. Hardman, (Hon. Sec.)

#### RED CROSS SOCIETY

The January Meeting of the St Marys Branch will be held in the Institute on Monday, January 22nd at 7.45pm. ALL INTERESTED ARE INVITED TO ATTEND

#### ST HELENS GARDEN CLUB

##### FLOWER SHOW - ARTS & CRAFTS EXHIBITION

St Helens Garden Club are holding an Arts & Crafts Exhibition with their Flower Show and local artists are invited to exhibit their crafts, weaving, painting, shellwork, etc.

WHAT ABOUT COMING ALONG ON FEBRUARY 10th to see what is going on?

R.A.N.F. Eastern Sub-branch Meeting at St Marys District Hospital Wednesday January 24th at 2pm.

ANTENATAL CLASSES - Any Mothers or Fathers To Be interested in these classes please contact Sister Hulton - St Marys 60

#### SEE

DES FAULKNER - ST MARYS

Phone 180

FOR ALL YOUR CARTAGE PROBLEMS

SUPPLIER OF FIRST GRADE SHELL GRIT

AGENT FOR CHAIN SAWS



# LETTERS TO THE EDITOR

Dear Editor,

How can we make Tasmanians "Aware of Their Heritage". More and more we see evidence of destruction - the large areas of burnt out countryside, dead animals on the roadside, culvert posts upside down, green stripes on the milestones, broken glass in the swimming areas, old buildings either smashed up or bulldozed down. Do we just have to sit around and wait to hear what our children have to say about the mess we have left for them - to straighten up? Which way will we be looking when we listen to them slating the "sick" destructionists of today? Sad Reader

Dear Sir,

I should like to congratulate the little town of Ross on the excellence of its Caravan and Camping Ground. My family and I recently stayed there overnight and were sorry not to be able to extend our stay - it was so pleasurable.

I shall never forget the sun-set reflected in the river and that marvellous old bridge silhouetted against the red sky. After this glory had subsided, we enjoyed the sight of the old Church on the hill, which is floodlit after dark. The amenities were excellent and the caretaker and his wife are most conscientious in the care of their customers.

Yours sincerely,  
Jack Fingleton.

## CLASSIFIED ADS.

ALL DRESSMAKING expertly carried out. Prompt service, satisfaction guaranteed. GLAMOUR GOWNS. Upstairs, SELW'S ARCADE, Launceston. Open Saturday Mornings  
PHONE 25170

KING'S BUS SERVICE, St Marys, St Helens, Winnaleah, Bicheno, Swansea  
PASSENGERS phone Winnaleah

REDLINE BUS SERVICE, ST MARYS  
They distribute THIS PAPER quickly and efficiently. Why not let them work for you?

CLASSIFIEDS cost 50 cents for approximately 25 words. It would be appreciated if advertisers accompanied application form with a 50 cent fee. IT PAYS TO ADVERTISE LOCALLY

FOR SALE: Sea-Frontage Block at Bicheno near Blow-Hole. For details apply Matron D. Simpson at District Hospital, St. Marys.

## FOR THE TOURISTS;

While in Tasmania we suggest you visit:-

- + Royal Tennis Court, Davey St., Hobart.
- + Salmon Ponds, Plenty.
- + The Horseless Carriage, Evandale.
- + Sadlers Court Gallery, Richmond.
- + Swansea Museum, Swansea.
- + Van Diemens Land Museum, Hobart.
- + "The Antipodean Voyage" at the Botanical Gardens, Hobart.
- + Cullenswood Church, St Marys.
- + St-Thomas Church, Avoca.
- + St Columbia Falls, Pyengana.

## THERE ARE VACANCIES

FOR ADVERTISERS IN THIS PAPER. IT MAY BE SMALL IN SIZE AND CIRCULATION BUT THOSE WHO READ IT DO SO DILIGENTLY FROM COVER TO COVER AND NEVER THROW IT OUT AFTERWARDS BUT KEEP ALL COPIES AS IT IS THE ONLY PAPER IN TASMANIA WHICH IS RUN AS A COMMUNITY EFFORT WHERE ANYONE CAN HAVE THEIR SAY.

PLEASE SUPPORT US.

FROM THE PULPIT

Obedience and Fellowship.

Tourists often tell that when they visit dangerous places where the services of a guide are required, they have a peculiar feeling unlike any other - not a feeling of companionship, fellowship, or friendship alone, but a combination of all three. This feeling, they say, is produced by their obedience to the guide's commands, and those who guide them through such places seem different to other men. Our Guide once said, "If you keep my commandments, you shall abide in my love", that is, in Him. Simple obedience, then, will produce in us a feeling of confidence in Jesus Christ that all the religious zeal and fervour in the world could not produce without obedience. Obedience is the key that unlocks the door into the dwelling of the indwelling Christ.

Getting Acquainted with God.

When Mark Twain was in Berlin, he received an invitation asking him to call upon the Kaiser. "That, Papa," exclaimed his little daughter, after contemplating the invitation for a moment in speechless awe, "if it keeps on this way there won't be anybody left for you to get acquainted with but God."

An amusing remark; but in saddest seriousness, how many there are who have a wide circle of acquaintances and yet have never come to know Him whom to know is life eternal.

From the "Autobiography of  
Mark Twain.

MEALS ON WHEELS contd.

ST. HELENS

Jan. 22 B. Campbell  
23 C. LeFevre  
24 Lions Club J. Press  
25 Pre School  
26 T. Williams  
29 P. Burns  
30 N. Brownrigg  
31 Reserve

ALLAN  
JACKSON

YOUR FAMILY CHEMIST  
AT ST. MARYS

IS JUST AS NEAR AS THE PHONE  
ST. MARYS . . . 37

CHURCH NOTICES

Methodist

21st January  
St. Marys II.00a.m.  
St. Helens 7.30p.m.

28th January  
St. Marys Mr. Ron. Sims II.00a.m.  
St. Helens Mr. Ron. Sims 7.30p.m.

Roman Catholic

21st January  
St. Marys 10.00a.m.  
St. Helens 8.00a.m.  
Bicheno 4.00p.m.

28th January  
St. Helens 8.00a.m.  
St. Marys 10.00a.m.  
Fingal 6.30p.m.

Church of England

21st January  
St. Marys Holy Communion 8.00a.m.  
Fingal Holy Communion 10.00a.m.  
Avoca Evening Prayer 7.00p.m.

28th January  
Fingal Evening Prayer 7.00p.m.  
(Mr. Kelvin Viney)

MEALS ON WHEELS  
FINGAL

Jan. 21 Mr. Lance Parker  
22 Mrs. Ruth Saunders  
23 Mrs. I. McKenzie  
24 Mrs. J. Burbury  
25 Mrs. C. Ransom  
28 Mr. Jack Miller  
29 Mrs. A. Legro  
30 Mrs. N. Miller  
31 Mr. Noel Sutton  
Feb. 1 Mrs. A. Woods.

ST. MARYS

Jan. 21 Mr. Bob Rochford  
22 Mrs. K. Lohrey  
23 Miss Jean Lohrey  
24 Mr. Geoff Gill  
25 Mrs. Jill Faulkner  
28 Mrs. Geoff Faulkner  
29 Mrs. Maisie Royle  
30 Mrs. Margaret Bullock  
31 Mrs. Jan Mawson

THE CARLYLE

ST. HELENS . . . . . PHONE 167

FULL FASHION RANGE HOLIDAY GEAR

CHILDREN AND ADULTS

Looking back to the time when you wanted to know HOW TO CLEAN A MARABOUT BOA.

Make a lather of Hudson's extract of soap and warm water; shake the marabout well about in the lather, but do not rub it or get it twisted. Continue the process until you think the boa is thoroughly cleansed, and do not let the fact that it shrinks to about one-eighth of its original proportions, and has altogether the appearance of the proverbial drowned rat, discourage you, for this is a way that marabouts have in the water. To dry. - Continue shaking in the open air, or before a fire until thoroughly dry; your boa will then look as good as when it was new; but it will not do so if you adopt the lazy unsatisfactory expedient of pegging it to the line to dry. This method has been found to act well both with the ordinary brown marabouts, and with the coloured ones.

#### A RECIPE FOR BLOOD MIXTURE:

Six pennyworth of native hops, 6 penny worth of red cloves, 6 pennyworth of dandelion, 6 pennyworth of Jamaica sarsaparilla, 3 pennyworth of gentain root, 3 pennyworth of liquorice root. Place the above ingredients in 7 pints of cold water, and stand for 1½ hours simmer gently for 3 hours, leaving the lid on; strain, then add 1½ pints of water, and boil again for 1 hour strain again; and add a small bottle of gin to make it keep.

#### HOUSEHOLD ECONOMIES:

Old felt hats will cut up into soles for wearing inside your shoes in winter.

A sheet of brown paper makes a warm counterpane.

Damp newspaper cleans looking-glass as well as chamois leather.

Tea-stains on china, if rubbed with a little damp salt, will quite disappear.

BP

Phone St. Marys 113

B. & J. SPILSBURY

24 hour TOWING & BREAKDOWN SERVICE

CARTAGE CONTRACTOR AND AGENT for:

CHAIN SAWS ..... VICTA MOWERS

#### FISHING NEWS

The Scamander Angling Club held a successful bream contest last Sunday. For once, fish were plentiful although many were small. Trophies were won by the following anglers:- Heaviest fish caught from the bank - Jack Kellaway 21b ½oz., second, Clem Turner 11b 15 oz., third Geof Gadsby. From a boat - Wes Stone, Mrs Frnach and Mrs. Reynolds. Ladies trophy - Mrs Turner and Junior Robert Mallinson.

Next contest will be held at Wrinklers Beach on Sunday 4th February starting at 1 p.m.

The newly formed St. Helens Game Fishing Club will hold its forst Rally Day on Sunday 28th January and members are keen to establish club records and possibly a few Tasmanian records this season. To date, no tuna have been boated despite many trips to sea.

This club is still seeking new members and enquiries may be made to President Neil Suter, Vice-President Bob Breen, or Secretary Bob Jackson.

© © © © © © © © © ©

#### DEFINITION:

A small town is one where everybody knows what everybody else is doing - and all buy the weekly newspaper to see how much the editor dares to print.

★ ★ ★ ★ ★

#### HOW TRUE!

It's a good ides to keep your words soft and sweet, because you never know when you may have to eat them.

★ ★ ★ ★ ★

#### MORAL

The lion sprang upon the bull and devoured him. After he had feasted, he felt so good that he roared and roared. The noise attracted hunters and they killed the lion. The moral of which is that when you are full of bull, keep your mouth shut.

★ ★ ★ ★ ★

ST. MARYS BUTCHERY

TOBY SPILSBURY

Phone 76

OUR MEAT IS ALWAYS GOOD

SOME FACTS ABOUT SEAWEED

Holiday time finds us enjoying walks along the seashore and who can resist beachcombing and coming back with a handful of seaweed and shells.

The most primitive of all plants are the Algae which live in water. These include the true seaweeds of salt and fresh water, pond scums, the little green patches that you see on moist tree trunks, fence posts and flower pots and a number of tiny plants you can only see with a microscope.

The Tiny Algae:

Among the most interesting of these are the diatoms. They have tiny, beautifully carved shells, made of two parts fitting together like a chocolate box and containing a very hard substance called silica.

Diatomare found in both salt and fresh water. When they die the shells fall to the bottom and build up beds of silica called diatomaceous earth. These beds may be as much as 3000ft deep.

Diatomaceous earth is used for filtering bacteria and other impurities from liquids and also for filtering paint. Living diatoms are also important food for many animals living in the water.

The Larger Algae:

The larger algae may reach considerable size but they have a very simple structure with no root, stem or leaves but a flat body called a thallus, sometimes attached by a holdfast. The algae take in food materials and air from the surrounding water over the whole surface of the thallus. The holdfast is only an anchor and does not take in food materials as true roots do.

Because they are surrounded by water the algae do not need supporting tissues such as the wood of trees.

The larger algae are divided into three groups according to the colour of the thallus. These are green, red and brown Algae and the colour of the thallus seems to determine the depth to which they can grow.

Green plants absorb light mainly from the red end of the spectrum, through the chlorophyll. Brown and red Algae contain in addition to chlorophyll a brown and red pigment which can absorb light rays other than those absorbed by the green colouring matter. The brown seaweeds can live further down than the greens and the reds further down than the browns. Most of the red seaweeds are divided into fernlike form in order to catch as much light as possible.

TOO MANY CALORIES SPOIL THE BABY

OBESITY, with all its dangers, is the major nutritional problem among adults in affluent countries. Moreover, the number of fatty cells in the body may be largely determined in early life, and certainly it is known that fat babies tend to become fat children ( and they fat adults in turn).

But babies are not born fat, they are made fat. A recent investigation in Sheffield has made this clear. The weights of 261 babies born in hospital there, were around the generally accepted norm at birth, but six weeks later there was a major shift towards being overweight, especially among the boys; and this was very much more apparent among the 240 artificially fed babies than among the 21 breast-fed babies.

The doctor concerned says that over-feeding of artificially fed babies is encouraged by almost everyone connected with them and their mothers, and by the popular notion of the bonny baby with its 'bloated cheeks and limbs' and 'protruberant belly'. Moreover, present day mothers have a low resistance to the crying infant, and tend to provide it with instant calorific gratification and the recent vogue for the early introduction of non-milk feeds and for the giving of solids almost from birth doesn't help matters.

He points out too, that advice to deal with a restless fractious child by giving it a starchy, sugary preparation is very ill judged. Such a child may, in fact, be suffering the effects of feeds that are much too concentrated, the results of the present slap-happy approach to the preparation of reconstituted feeds: It may really be an overstuffed infant with a great thirst! Yet another argument against early artificial feeding is provided in a recent letter. Children who received foods other than breast milk in the first month of life are three times as likely as children who were breast fed to show signs of allergy later in childhood. This is understandable, for an Artificially fed new born baby can drink his own weight of milk in a week and is thus lavishly exposed to milk protein - and so likely to become allergic to it. An allergy to one substance probably makes more likely the development of an allergy to others - house dust and pollens in this case.

Perhaps in view of all this, the point might more forcibly be made to all young pregnant women not members of Women's Lib that the female breast, even through a see-through, does rather look as though it was designed with a baby in mind.

INCENDIARISM.

It is a shame to see the Fingal Valley once again coughing under a fall of smoke! The recent fire at Major's Gully just behind Mangana is the fiercest so far. It started up on Tuesday around midday and, fortunately was spotted immediately from the look-out on Tower Hill. Nevertheless, by the time fire fighters got into action, the flames were so fierce that the men had to withdraw. We believe too that a forestry car was lost.

The most frightening thing about this latest blaze is that it was lit deliberately! No one has been arrested because nobody witnessed anyone in the area. These people are cunning enough not to be seen or to be well away when their incendiary sets the bush alight. Police and forestry officials find it hard to catch these criminals; this is understandable and also good reason for every decent person to report suspicious circumstances immediately.

At this moment residents of Mangana are in fear that the fire may travel over to Specimen Hill, which has not been burned off for a long time. If this happens, Mangana will be in grave danger. The fact that it was intentional gives one a very bitter taste in the mouth. Does this crime mean much to you?

Or would it mean more if loss of life was a result?

Don't wait for that tragedy - keep your eyes open and be ready to expose these criminals if you should chance to witness them!

© © © © © © © © © ©

CALORIES BURNED PER HOUR AT WORK AND PLAY:

This list tells how many calories you burn per hour at various activities. With this information, plus a calorie chart, you can balance caloric intake against expenditure. Remember that one pound of body fat equals 3500 calories.

Bed-making	50
Brushing teeth or hair	100
Dishwashing	75
Dressing, undressing	50
Driving car	50
Dusting furniture	150
Gardening	250
Ironing	100
Mopping floors	200
Indoor bowling	250
Fishing	150
Golfing	250
Tennis, single	450
Tennis, double	350
Walking leisurely	200



DEAR

VALERIE

VOICE .

Dear Valerie Voice,

I am heartbroken. You told my wife when she wrote that you would meet me outside the V.V. on Christmas Eve and you didn't come. I was left waiting in the crowd for hours. My world has now collapsed around me. Please give an explanation of your rudeness.

Husband of "Worried Wife"

Dear Husband of W.W.

Sorry about that love. I came out of the Valley Voice and there were men everywhere. I took the first one I could lay my hands on. Say darling, wasn't that you! Sorry, better luck next time.

Love,

Val.

WEATHER

OR

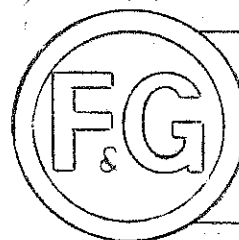
NOT —

— IT'S

HARVESTING

TIME! /

SEE



FARMERS  
AND  
GRAZERS

BRANCHES THROUGHOUT TASMANIA





# STAR PROBE



By. Pegasus

Fortnight beginning January 19th.

## ARIES March 21 - April 20

You can become avid for new clothes and may spend too much - weaken the budget all the way around. Try to halt this trend. A commendation will come to you for work well done; earn it by being efficient. 20 -24 -29.

## TAURUS April 21 - May 20

Your lifemate can be quite critical now, and you may have to keep going past your point of exhaustion to please the family. News from a distant place may make a big change in your plans. 19 -23 -28

## GEMINI May 21 - June 20

A temporary disturbance in romance can anger you and make you wonder if affection is ever sincere. Keep up your appearance and do not take too much time to worry about love. All will end up well 20 -24 -31

## CANCER June 21 - July 22

Write a letter to an old friend - this contact may help you get through an unpleasant cycle. Do a lot of work in the home, learn how to make something that attracts you. It is time for expansion of interests and thrills. 19 -24 -29

## LEO July 23 - August 22

Let older relatives speak their opinions and do not speak up too hostilely about your own. Do not be possessive about any small children in the family - be harmonious; you may be disappointed in a friends conduct. 21 -24 -31

## VIRGO August 23 - September 22

A meaningful conference can bring about new hope and you may look forward to more money in the next few months. Be sure to look in on someone who is ill - take some flowers. 20 -23 -29

## LIBRA September 23 - October 22

Be careful when you compete in the sports world and do not disturb anyone who is really too serious about games. Arrange a small gathering of friends or of fellow workers for an evening. Accept a social challenge. 19 -21 -29.

## SCORPIO October 23 - November 22

You are tempted to confide in someone. Be sure you have made a trustworthy choice. Before you announce a major decision to your family, be sure you have the facts right. Avoid all forms of gossip. 23 -28 -31.

## SAGITTARIUS November 23 - December 21

Show your ability to be industrious and get some desirable things done. A community program of importance may find you in the lead late this month and you can win honour. You take in rewards for past deeds for charity. 21 -26 -30.

## CAPRICORN December 22 - January 19

You may be told of some action a friend is contemplating and wish you could join in. Do not envy this experience - you will be getting enough of your own soon. Beware of an innocent appearing trap in which you could lose money. Avoid rushing in travel. 23 - 27 - 31.

## AQUARIUS January 20 - February 18

There is every evidence that time and life will both be favourable for you now and that happiness will come from each tomorrow, as things go just right. Be prepared for a delightful surprise - it's coming! 20 - 27 - 30.

## PISCES February 19 - March 20

Your quiet ways will become even more quiet as you work out destiny for yourself. A time of big change is here and will continue. Get away from it all! Take a trip or go on an excursion. 20 -25 -30.

SAY WHAT YOU THINK  
IN THE  
VALLEY VOICE  
ALL CONTRIBUTIONS WELCOME