

THE VALLEY & EAST COAST VOICE

VOLUME 5 NO. 25 St. Marys, Friday April 27th, 1973 Price 5 cents

EDITORIAL

Practical Co-operation

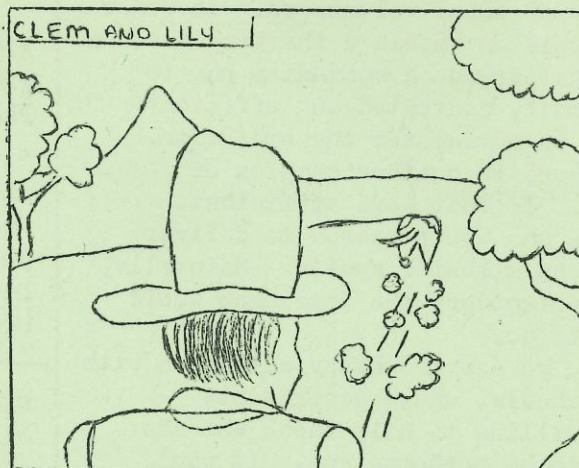
The 4th May is the second anniversary of the establishment of a Meals on Wheels service in the Fingal Valley. In fact the first meals were delivered in St. Marys, Cornwall and Fingal on 28th June, 1971 thus marking an achievement in co-operation. A combination, embracing both Commonwealth and State Governments and a group of local volunteers that brings a hot meal to the door of some sick, housebound and lonely members of the community on five days in the week. Meals on Wheels services operate in different ways in many overseas countries, but began in Australia only in the 1950's. "Great things come from humble beginnings", is often quoted. Meals on Wheels is no exception to this addage.

At the beginning groups of volunteers entered this field in a very small way and with unsophisticated equipment. However, the need became even more evident to these people their services simply had to expand, and they did. The idea spread, and voluntary groups began this service in different areas.

Governments at both State and Federal levels recognised the value of this service, and moved to give both financial and practical assistance to Meals on Wheels groups. The advent of this assistance saw a rapid growth in services. In this state alone, there are in the vicinity of twenty Meals on Wheels groups operating at the present time.

With the increase in numbers of these groups, the need arose for co-ordination among themselves. This resulted in the formation of the Meals on Wheels Association of Tasmania in March 1971, with the aim of helping more groups to establish and to assist existing groups with any problems and equipment. This Association also helps to disseminate information, and to achieve a central agency and voice.


The Government assistance is briefly this. Under the Delivered Meals Subsidy Act 1970, the Commonwealth Government pays a flat rate to the



"I ONLY SAID THAT THE PRICE OF BEEF HAD GONE UP."

Editorial Cont'd

group for each meal delivered plus five cents for fruit. The State Government through its Health Department, has co-ordinated and made meals available to groups at a flat and reasonable rate, which in turn has resulted in the small charge the groups have to ask for delivered meals. At present, thanks to Commonwealth and State participation the schemes appear to be self funding, there being a small profit to the Meals on Wheels groups for each meal served. This, thankfully, eliminates the need to raise money by appeals etc., to finance the operations. Quite properly, it is laid down that these monies can be applied only to the management and establishment of Meals on Wheels services. The results, and benefits to those who receive delivered meals are indeed very apparent. Cases of vastly improved health



ST. MARYS
BAKERY

J. & R. OWENS

FRUIT CAKES

WHOLESALE

SPONGE CAKES

SMALLGOODS

RETAIL

Editorial Cont'd

are recognised by all, and the regular contact with voluntary drivers relieves the loneliness for many housebound people. Governments and Health Departments recognise this too, as it helps to maintain people in their own homes rather than institutions.

At the beginning, mention was made of Meals on Wheels being a combined operation between the Federal and State Governments and groups of local volunteers. In order to make Meals on Wheels a thriving success on any local scene, a community has to elect a small, dedicated and efficient committee to administer the operation. The work here is neither complex or demanding. It must have sufficient volunteers who are prepared to deliver the meals on a roster system. Naturally, the more volunteers the less each would be asked to do.

Once again we see the happy situation with Meals on Wheels, where governments are very willing to help those who are prepared to help themselves. It would be a tragedy if this or any other community turned its back on this very real co-operation.

The spirit of Meals on Wheels can best be summed up by this story of an elderly and lonely man, living in a rooming house in Vancouver, Canada, who said, "Why do these people bother? I didn't know people cared any more."

TOUCHE

RIGHT MAN IN THE RIGHT PLACE - Recently one of our lady drivers had the misfortune of a broken accelerator cable while making her way home along the Midland Highway. After some delay she got a lift back to Perth for help, leaving her friend to mind the car. In no time a helpful stranger stopped to see if he could help and when he learned of the trouble he decided to stay in case he could save the necessity of having the car towed back to Perth. He was a piano tuner with a complete set of fine wire in various gauges and all the necessary tools for handling these. Sure enough the mechanic had to enlist his help and soon our driver was tuned up and on her way again.

WOULD THE PERSON WHO WAS SEEN
TAKING TRAPS FROM T. MITCHELL'S
PROPERTY ON EASTER SUNDAY AFTER-
NOON PLEASE RETURN OR LEGAL ACTION
MAY BE TAKEN. TRADE MARK - YELLOW
PAINT ON BOTTOM SPRING.

SIGNED L. FREEMAN.

SCAMANDER PROGRESS ASSOC.

Winner of raffle drawn on Saturday 21
April - Mrs. Mary Young St. Marys.
Ticket B 75 (Blue)

CLASSIFIEDS

"HONEY NOW READY" Sid Lohrey, Scamander.

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MINI COOPER S. Fitted with 1100 motor
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RETURN THANKS

Mrs. D. King of Scamander would like
to thank all the kind people who have
asked regarding her health after
having been rushed to Mersey Hospital
early hours Saturday morning with appendix.
She is feeling a lot better now. Thanking
everybody.

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AT ST. MARYS

IS JUST AS NEAR AS THE PHONE

ST. MARYS 37

miss piffle

MR. & MRS. JOHN BALDWIN spent Easter at Falmouth where they enjoyed the fishing.

MR. DAVID SCHIER spent Easter with his parents at Falmouth.

FRIENDS of Mrs. Jack Wright of Scamander are happy to see her home again after a stay in Hospital.

MR. ANDY WHITE reports that the Pyengana Axeman's Carnival was a great success in spite of the windy conditions.

MR. & MRS. J. KELLAWAY of Scamander had a happy visit to Canberra during Easter.

THE LIONS CLUB, St. Helens, supervised the weighing of tuna caught at the Game Fishing Championships and raised approximately \$50.00 from the sale of fish. This money will go to one of the Clubs projects which is now under way.

SHORTLY TO LEAVE THE FINGAL VALLEY is Miss Dorothy Simpson, known to many as Matron. She has been at the St. Marys District Hospital for nearly 10 years giving devoted service both within and outside the hospital environment. Miss Simpson has guided many young girls successfully through their auxiliary nurse training and was responsible for the establishment of the Domiciliary Nursing Service and also Mealson Wheels. She has stood in as Clinic Sister when the Valley was without one, and has given valuable assistance to those Clinic Sisters who have passed through St. Marys during her time. Girl Guiding has been one of Miss Simpson's keenest interests over the years and she has done a marvellous job.

The Three Elderly Citizens groups have been given her support over the years while she served on their steering committee.

The Progress Association too has had her full support as well as many other organisations in the Fingal Valley and the East Coast.

As an originator of this paper, we, the Staff of the Valley Voice, would like to wish her all the best for the future.

THE FINGAL VALLEY WILL MISS YOU MATRON

CAROL SPENCER (alias Pegasus) of St. Marys Hospital is at present convalescing after an operation in St. Lukes Hospital Launceston. Her many friends wish her a speedy recovery

WHATSON?

THE SCOUT GROUP, St. Helens are having their Annual Meeting on May 9th, 8 p.m. at the School Home Arts Block. All interested are welcome.

SCAMANDER GARDEN CLUB.....Exhibition of local Arts and Crafts Handicraft, crochet, painting, woodwork and any other crafts would be welcome. May 9th 2 p.m. at Surfside Motel. Contact I. Mallinson, P.O. Scamander or P. Richardson about any exhibits.

AUSTRALIAN LABOUR PARTY MEETING
Thursday, May 17th 8 p.m.

Fingal Hotel

Guest Speaker:

The Premier, Hon. E.E. Reece M.H.A.

FINGAL VALLEY MEALS ON WHEELS ASSOCIATION
Annual Meeting Wednesday May 9th - 8 p.m.
Hospital Recreation Room Calling all those interested and all those willing to help.

ST. MARYS GIRL GUIDES AND BROWNIES
CHURCH PARADE TO BE HELD AT ST. MARYS
METHODIST CHURCH ON SUNDAY MAY 6TH 11 a.m.

METHODIST WOMENS' AUXILIARY for Overseas
Missions Birthday meeting, May 2nd at
2.30 p.m. in the church hall, St. Marys.
Speaker, competitions, stall, afternoon
tea. All ladies welcome.

A YOUTH CLUB in St. Marys will commence
on today week, Friday 4th May in the
Methodist Church hall at 7 p.m.
Children of school age are eligible to
attend and those of other churches are
welcome but should have parents'
consent.

CRAFT EVENING.....Arranged by
Progress Association Tuesday May 1st
Hospital Recreation Room 8 p.m.
BRING YOUR OWN MATERIALS FOR THE CRAFT
of your choice. For ideas or information
ring Mrs. Lean St. Marys 22 or Matron
Whitworth St. Marys 2.

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FROM THE PULPITChrist's Burial and Resurrection

A Persian fable says that the earth was created a great barren plain, without tree or plant. An angel was sent to scatter the choicest seeds on every spot. Satan, seeing the seeds on the ground, determined to destroy them. So he buried all the seeds in the soil, and summoned sun and rain to make them rot away. But while with malignant feeling of triumph he smiled on the ruin he had brought, the seeds, which had been buried away to rot germinated and sprang up, clothing all the earth with plants and flowers, and in beauty undreamed of before. And a voice from heaven said, "Thou fool, that which thou sowest is not quickened except it die."

The burial of Jesus was thought by His enemies to be the end; but in truth the grave was but the necessary way to His final and glorious victory in the resurrection.

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WHAT THE CHILDREN ARE SAYING!

A Scripture teacher was discussing the teaching of the Bible on marriage with his class. He had told the pupils a man should have but one wife.

"Now," he asked, "can you quote a text from the Bible to prove it?" A hand raised. "Well, what was it?" inquired the teacher. The pupil replied, "I don't know where it is, but the Bible says, 'Ye cannot serve two masters!'"

The other day a five year old miss from St. Marys was watching, with her parents, the departure of a jet belonging to that airline which is said to be "just a little more friendly". After a few moments of deep thought she exclaimed, "But the others are friendly too aren't they mum?"

(A few more comments like that might encourage Uncle Reg to consider 100% airfare reduction next Easter.)

ST MARYS BUTCHERY

TOBY SPILSBURY

"OUR MEAT IS ALWAYS GOOD"

CHURCH NOTICESMethodist Church:

29th April St. Marys 11 a.m. Pastor Clarke
St. Helens 7.30 pm " "

6th May St. Marys 11 a.m. Pastor Clarke
(Rev. J. Ward Bible Society)
St. Helens 7.30 p.m. Pastor Clarke

CATHOLIC CHURCH

29th April 8.30 a.m. St. Marys
9.45 a.m. Avoca
10.30 a.m. Fingal
6.30 p.m. St. Helens

6th May 8.30 a.m. St. Marys
9.45 a.m. Avoca
10.30 a.m. Mangana
6.30 p.m. St. Helens

MEALS ON WHEELS ROSTERSST. MARYS:

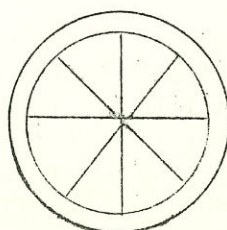
April	29	Mr. Max Britton
	30	Mr. Sam Gregson
May	1	Mr. J. Napier
	2	Mrs. D. Bullock
	3	Mrs. B. Crawford
	6	Mrs. Jean Schier
	7	Carol Faulkner
	8	Mr. P. Llewellyn
	9	Miss J. Lohrey
	10	Mrs. J. Bullock

FINGAL:

April	29	Mr. Lance Parker
	30	Mrs. Alex McKenzie
May	1	Mrs. A. Williams
	2	Mrs. Don Woods
	3	Mrs. Murray Johns
	6	Mr. Aub Oliver
	7	Mrs. N. Barnes
	8	Mrs. J. Brennan
	9	Mrs. Robert Woods
	10	Mrs. Sylvia Saunders

ST. HELENS:

April	30	N. Brownrigg
May	1	J. Barber
	2	Lions Club
	3	E. Treloggen
	4	S. Hume
	7	J. Barber
	8	G. Cairns
	9	Lions Club
	10	Red Cross
	11	P. Burns



HEALTH NOTESYOGHURT

What it is: It is a product made from milk by the action of acid producing bacteria.

These bacteria act on the milk sugar and produce lactic acid which sets the milk into a soft curd. They also act on the protein and the fat present and partially digest them.

Nutritive Value: The value of yoghurt lies in the quantities of milk nutrients it contains, e.g.

Commercially produced types:

- Yoghurt made from whole milk contains 3.2 per cent of milk fat.
- Reduced - fat yoghurt, contains between 1 and 1.5 per cent of milk fat.
- Non fat (skim milk) yoghurt contains not more than 0.2 per cent of milk fat.
- Fruit yoghurt - contains not less than 5 per cent of fruit or fruit juice.

Yoghurt, reduced fat yoghurt, non fat (skim milk) yoghurt and fruit yoghurt may contain added sugar. Some people have found the fruit yoghurt too sweet.

Home produced types:

- Made from milk and commercial yoghurt to start of the first batch.
- Made from evaporated milk, skim milk powder, boiled water and commercial yoghurt to start the first batch.

THERAPEUTIC VALUE OF YOGHURT:

The strain of bacteria used to prepare yoghurt depresses the growth of undesirable bacteria in the human intestine, and therefore, yoghurt has been used to successfully treat digestive and intestinal complaints. Treatment with penicillin and other antibiotics destroys the bacteria normally found in the human intestine and by doing so can cause unbalance among bacterial organisms present. Yoghurt will restore bacterial balance.

AT WHAT AGE IS IT SAFE TO INTRODUCE YOGHURT TO BABIES?

From the above it seems safe to introduce babies to yoghurt at the time they normally start on whole milk - 5 to 6 months.

However, it is important to realise that there are different types of milk used in the manufacture of yoghurt.

WELCOME

To Miss Lobyng Whitworth who has been appointed Matron at St. Marys District Hospital. Miss Whitworth was here two years ago as a tourist sister and has now returned to the Valley. A big welcome and we wish her all the best.

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HERE ARE SOME NEWSPAPER MISPRINTS TAKEN FROM A BOOK WRITTEN BY DENYS PARSONS.

That hunting and fishing are good in Colorado is shown by the fact that of 100,000 hunters out during the recent game season there were 80,000 killed. This is a record that cannot be equalled in the United States.

Colorado Paper

The last he saw of her was as she turned out of a sidestreet into the main road, tearing up the latter as she went.

Weekly Paper

The bride who was given away by her father wore a dress of pale bridegroom. She was attended by the hat, and carried a bouquet the gift of the pin taffeta silk and a large dark blue bridegroom's two little nieces.

Kentish Paper

When the baby is done drinking it must be unscrewed and laid in a cool place under a tap. If the baby does not thrive on fresh milk it should be boiled.

Womens Magazine

The increase in number and percentage of autopsies is a tribute to the energy and zeal of the hospital staff in general and to the geniality and personal charm of our chief resident doctor.

Annual Report of a Hospital

Mrs. _____ wishes to thank the nurse and doctor for their kind co-operation in the loss of her husband.

North Bucks Times

"If it is not worth while going on with the race it is not worth while going on with the race it is not worth while going on with the race." commented Dr. Saleeby.

Manchester Evening Chronicle

LOST. Friday night between Market Square and Dimsdale Avenue, Black and White Terrier. Name and address on collar of owner.

Advert. in Local Paper

In addition to the fine work done by the Irish regiments he assured them that many a warm Irish heart heat under a Scottish kilt.

Daily Paper

TASMANIAN YOUTH BRASS BAND

The few people who turned out for the concert of the Tasmanian Youth Brass Band enjoyed a delightful programme. The thirty members of the band have just returned from Adelaide where they took part in the Australian Band Contest. More people heard their helpful contribution to the Anzac Day Parade and thoroughly enjoyed the music of the march and the playing during and after the service. It is hoped the lack of support will not deter them from coming again.

SAY A FEW WORDS

When the Viennese composer, Oscar Strauss, first visited New York, a banquet was arranged in his honour. There he was presented with a silver goblet adorned with the signatures of his admirers.

Strauss looked at the beautiful goblet and said:

"Ladies and gentlemen, I arrived in this country only a few hours ago, and my English, I fear, is not very good yet. I have, however in these few hours learned two words which seem to me to be the most important in your language: one is 'swell' and the other is 'lousy'. So I thank you for this swell present, and will you please excuse this lousy speech.

AMBULANCE APPEAL ST MARYS

The President and members of the St Marys Branch Australian Red Cross Society, wish to thank all those who gave so generously to the Annual Ambulance Appeal, with special thanks to all our collectors whose efforts on our behalf made the appeal such a success. The totals to date are-

CORNWALL	\$ 67.14
FALMOUTH	\$ 48.40
FINGAL	\$175.04
MANGANA	\$ 40.00
MATHINNA	\$ 38.59
ST MARYS	\$522.78
SCAMANDER	\$ 62.00
SEYMOUR	\$ 33.00
	<u>\$986.95</u>

LIGHT

Light is a magic element. The great builders of the past used it masterfully to manipulate mood. The Egyptians cut the temple at Deir el Bahri from the rocks on the West bank of the Nile so the morning sun would stain it in an awesome, purplish-bloody red. The Byzantine architects covered their domes with glistening mosaics, so light would reflect dizzyingly and dazzlingly back and forth, obscuring form with mystery. The Gothic builders filtered light through coloured glass, to set it dappling and dancing on the grey stone. And the baroque masters, in their churches, focused the sun like a spotlight, to heighten the drama of their designs, and, in their palaces, let it in against a wall of mirrors, to flood the room with brilliance.

Aline Saarinen

valley voice
publications

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Football

Page 7

SWANS DEFEAT TIGERS Last Saturday St. Helens defeated St. Marys by 29 points in a game that was marred by windy conditions. Rod Krushka was outstanding for St. Helens and was easily best afield while Dell, Chapple, Blunt, Bailey were other players who were very prominent for the "Bay". For St. Marys good players were hard to find but Crawford, Rawnsley, Williams, Tapp, Targett and Salter tried hard all day and never gave up.

Swansea proved far too good for the "Blues" who had a lot of players out. Fingal have a long way to go to be a force this year.

Campbelltown defeated Avoca and it appears they are going to be hard to beat this year.

THIS SATURDAY the Association team travels to Launceston to play the N.T.F.A. Reserves and although the team doesn't appear to be as strong as last year, it should once again prove too strong for the reserves.

ON SATURDAY WEEK St. Marys play Campbelltown. Despite the Tigers losing last week with Newman, Yates, Williams and Birrell back in the side, it will fully extend the undefeated Campbelltown.

Fingal play St. Helens and this game could also be very close with St. Helens coming out winners by a small margin.

Avoca and Swansea play in the remaining game and Swansea should run out winners on present form.

CAMPBELLTOWN	8
SWANSEA	8
ST. HELENS	4
ST. MARYS	4
AVOCA	0
FINGAL	0

SCAMANDER GARDEN CLUB

The Scamander Garden Club held a very successful meeting at Mrs. Hodgman's home on Wednesday 11 April.

Three visitors from the St. Marys Garden Club were Mrs. Royle, Mrs. Jarvis and Mrs. Oliver. Mrs. Royle gave a demonstration of floral work which was enjoyed by the members.

The monthly competition was for an Easter Arrangement and was judged by Mrs. Royle. First prize went to Mrs. V. McGarity with Mrs. Lyall second and Mrs. Bennett third.

The next meeting will be the Third Annual Meeting and will be held on Wednesday 9th May at 2 p.m. at the Surfside Motel.

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ST. MARYS GARDEN CLUB

A most successful meeting was held this month. Guest speaker was Mr. Mc. Beth, and visitors from the Scamander Garden Club helped to make an interesting evening. A Garden Questionnaire conducted by Mr. Mc. Beth was narrowly won by Mrs. James Napier.

Visitors will be most welcome to the next meeting on May 16th when Mr. Alf. Faulkner will show a display of driftwood and other fancy pieces. Special Competition will be crystal - ised flowers.

Recipe for Sugared Flowers and Leaves

Violets and Snowdrops are easy to preserve with egg white and castor sugar. Make sure all the flowers and leaves are completely dry. Beat the egg white with a dessert spoon of cold water just until they are mixed and put in a saucer. Put the castor sugar into a lipped plate, such as a soup plate. Paint the surface of the flower with the egg white using a small paint brush, then dip into sugar and toss sugar over it. Gently tap off any excess sugar on the side of the plate. Lay the flowers on a tray and leave in a cool airy place to dry. Sugar the leaves in the same way. They will take 2 or 3 days to dry completely; after that they may be stored indefinitely in a box or tin.

STAR PROBE

By Pegasus

Fortnight beginning 27th April, 1973.

ARIES March 21 - April 20

When you are pleasant about it, you can get a loan from someone who formerly loved you, but do not try any high handed tactics or you will get nothing. Best days 30th and 4th and 9th.

TAURUS April 21 - May 20

You could develop bad digestive troubles if you mull over things too much and worry. Also keep your menu healthy, do not go in for any excess. Avoid showing disapproval of another or thinking about a change of job. Best days 27th, 30th and 4th.

GEMINI May 21 - June 20

You may talk about marriage now and it could look enticing but chances are it will not take place any time soon. If married beware that a neighbor who is mischievous does not ruin your marital harmony and trust. Best days 27th, 30th and 3rd.

CANCER June 21 - July 22

You may consider a major change, but this is not the time to make it. Just think about a residence you would desire and the locale you would like to dwell in. Some day such hopes can come true much to your surprise. Best days 27th, 30th, 2nd.

LEO July 23 - August 22

Try to get all former projects completed before you get into a new rush of work. If you eat meals regularly and get enough rest all will go well for these busy days; don't let social life get too prominent. Best days 28th, 2nd and 9th.

VIRGO August 23 - September 22

A long trip to a region new to you may be just the beginning of more important career matters. You may be groomed for top office and start in with some special practice at most vital matters. Keep in touch with home if you are far away and alone. Best days 28th, 4th.

LIBRA September 23 - October 22

You are not in a position to be able to stand up for yourself, unless your are married or have relatives nearby. You may find that someone will help you with a change that is needed and may be swept up in a whirl of preparation for the big chance. Keep calm all the while. Best days 29th, 1st and 7th.

SCORPIO October 23 - November 22

You are better off by yourself much of the time. Leisure evenings of short walks around the neighborhood can be refreshing. Buying clothes can be fun, you will find some of the most becoming items. Best days 29th, 1st and 7th.

SAGITTARIUS November 23 - December 21

If you borrow anything take very good care of it; you could have a difficult time finding an item to replace it exactly. If married, do not be critical or demanding with your lifemate. Best days 28th, 3rd and 9th.

CAPRICORN December 22 - January 19

If you want to make a major change late in the month, you are favoured for it.. It is especially good to change residence, have a new circle of acquaintances, enjoy refreshing novelty in your locale and even pursuits. Best days 28th, 1st and 9th.

AQUARIUS January 20 - February 18

This is a month of activities; you will be invited many places; entertained royally. You may take an important role in a very limited organization which exists to honor certain people. Best days 27th, 30th, 2nd and 7th.

PICES February 19 - March 20

Even if you do enjoy the press you get do not be influenced by the persuasion that accompanies it. Be affectionate with others, prompt in all appointments, courteous on telephone calls and in letter writing. Take the advice you get on saving and investing. Listen. Best days 27th, 29th 1st and 9th.

L

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