

THE VALLEY & EAST COAST VOICE

Volume 5 No. 9 Box 100, St. Marys. Friday September 8, 1972. Price 5 cents

EDITORIAL

Earlier this week in the Fingal Valley some people were concerned at the size and force of the bush fires over a wide area. From Rossarden to St. Marys the fires caused some alarm mainly because of their out-of-season nature. The general attitude appeared to be - "Oh, its not likely to do much harm at this time of the year....". Unfortunately, the winter has been an exceptionally dry one, and, together with the strong winds experienced over the past few days, the flames soon got out of hand.

Volunteers and Rural Fire Brigade members had two busy nights trying to control fires. One of their problems was that there were many fronts to be kept under observation. The wind, although strong, was continually changing direction and where fires had been controlled, the men would find that when they turned their backs the flames soon took hold again.

A dozen or more houses in the Valley became endangered and their inhabitants experienced a few anxious hours. One fire was kept under a close eye from St. Marys District Hospital kitchen window. There was a hard struggle to save one house which was directly in the path of a gully fire.

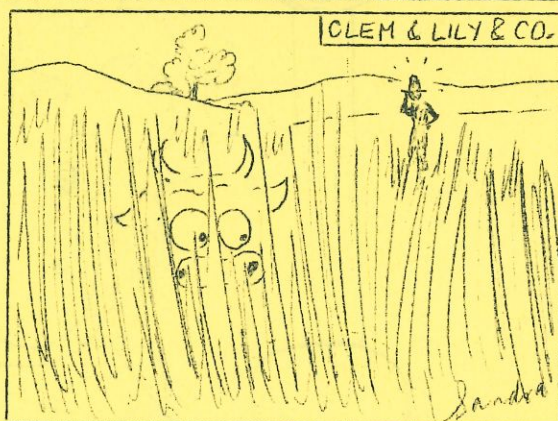
The men who went out fire fighting were selfless in their nights' work and deserve as much of a cheer as the Premiers got last Saturday.

We can take warning from the year of the 'Big Fires'. They experienced just such a winter prior to Black Tuesday and had a high fire incidence the previous September.

Attitudes are hard to shake off. People are easily lulled into indifference - especially if they are influenced by someone who is supposed to be "an authority".

There is an authority - the Rural Fire Brigade who can advise you and direct to where literature may be obtained and films about fire prevention.

This is when it is better to learn from others experience and not at first hand.



"I HEARD THERE WAS A PLAGUE OF TIGERS ROLLING AROUND!"

IMMUNISATION CAMPAIGN:

The Immunization Campaign will continue on the following dates:

September 21st - Fingal - 2 p.m.

September 28th - St. Marys - 2 p.m.

MEASLES VACCINE is now available from the Health Department for children 14 months to 3 years who have not had the measles.

Please ring St. Marys 2 or contact the Domiciliary Sister or Clinic Sister if you want your child vaccinated.

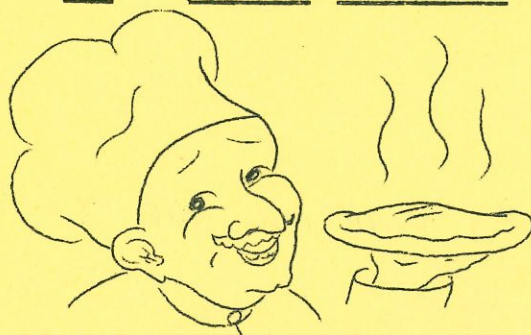
TRIPLE ANTIGEN and CDT COURSES will be continued.

TOUCHE

Warning Note on 'From the Pulpit' Envelope following the recent sad loss of our letter box;

Before anyone thinks of stealing this article, they are respectfully requested to read and take note of its content. (See this issue page 4).

ST. MARYS BAKERY



FRUIT CAKES

SPONGE CAKES

SMALLGOODS

WHOLESALE

RETAIL

Congratulations



Sandra

"I FINK I'LL AVE TO AVE MONDAY ORF, HIC!!"

Miss Piffle

MR AND MRS C. ROYLE of St Marys are at present staying at their holiday shack at Scamander, enjoying the sea air.

MR AND MRS BRIAN MALLINSON of Scamander are spending their holidays at Canberra. They are staying with Mrs Mallinson's parents.

ST. PAULS CHURCH AT St Helens was the scene of a large Confirmation Service on Sept. 3rd last. The bishop of Tasmania, the Right Rev Dr Davies, confirmed the 35 young people at St Helens in the evening, having been to Pyengana in the afternoon where 12 candidates were presented. They will receive their First Communion on Sunday next September 10th.

DR AND MRS JOHN HUNTER of Hobart, and their family have been staying at St Helens Hotel for their holidays. While there, they took their friend Mrs Kingston of St. Helens, out to dinner.

MISS D.E. SIMPSON of St. Marys will be leaving tomorrow on a holiday with her friend Miss Y. Whittaker of Hobart. They will be touring Western Australia by road and by air.

MRS M. OLIVER of Mangana is home again after spending two weeks holiday with her daughters at Bellerive.

MRS GEOFF COX of Mangana is spending some time with her mother, Mrs Britton, in Launceston.

WELCOME TO Sister P. McIver from sunny Queensland, and to Sister Good from Penguin, who have come to work for a while at the St. Marys District Hospital.

SISTER JEAN MALTHOUSE and her friend Miss Lois Blackwell, spent the weekend with Sister D. Hulton who has returned to the valley. She will take up work at the Child Health Centres next month.

NURSES MARLENE PARKER and Karen Channing of the St. Vincents Hospital Launceston, spent a few days with Marlene's parents Mr and Mrs Parker of Mangana.

MICHELLE JOHNS is at present holidaying with her parents, Mr and Mrs A. Johns of "Almsdale", Upper Esk, before they leave to live at Devonport.

SHANE YATES of Longford is at present spending the school holidays with Mrs Pat Ward of Mangana.

LORRAINE SWEENEY of St. Thomas Moore in Launceston, is spending her school holidays with the Sweeneys at Mangana.

COMING EVENTS

The Parish Fair and Spring Show will be held in the Memorial Hall, St. Helens on September 9th, all exhibits to be in by 11 a.m. The Show will be opened by the new rector Rev. C.B. Thomas.

ST. HELENS: The first Communion for the new Communicants is next Sunday 10th September at 8 a.m. with a breakfast to follow in the Parish Hall.

ST. MARYS FOOTBALL CLUB

ANNUAL DINNER

The Ladies Committee cordially invites all Seniors and Reserves Players and wives to their Premiership Dinner at the Community Hall on Saturday, September 16th at 6 p.m.

ST. MARYS FOOTBALL CLUB

THIRDS DINNER

On Tuesday September 19th at 6.30 p.m. in the Institute.

ST. MARYS FOOTBALL CLUB

ANNUAL BALL

At the Community Hall on September 15th, 8 p.m. till 1 a.m.

ALL WELCOME!

A Methodist Church Street Stall will be held on Friday 15th September at St. Marys from 10 a.m.

REPATRIATION OFFICER will be visiting St. Marys on Wednesday 13th September at 6 p.m. in the Institute. Anyone wishing to see him please notify R.S.L. Secretary, Mr. M. Herring.

AN AMERICAN MORNING TEA

at the home of MRS. CLAUDE FREEMAN, BENHAM.

TUESDAY 12th SEPTEMBER AT 10 A.M.

Bring a gift, buy a gift.

MORNING TEAS: 30 cents

Buy a ticket in the Dinner Raffle - drawn on 12th September.

AVOCA PARISH FAIR

FRIDAY 22nd SEPTEMBER

AVOCA HALL

COMMENCING AT 7 P.M.

AUSTRALIAN RED CROSS BLOOD TRANSFUSION SERVICE

At the Institute Hall on 11th September at 7.30 p.m. to 9 p.m.

TUESDAY 12th, Cornwall Mother's Union meeting with the Diocesan President - Mrs. Robinson. Followed by Morning Tea. Ladies bring a plate.

THURSDAY 21st, St. Peters Vestry Meeting at Rectory. 7.30 p.m.

FROM THE PULPIT

Faith and Works

"What good is it for a man to say, 'I have faith if his actions do not prove it? Can that faith save him?'"

St. James

Two men were crossing a river in a rowing boat when an argument about faith and works arose; one man saying that good works were of little importance, and that faith was everything. The other, being an enlightened Christian, took both oars in his hands and said, "The oar in my right hand I call 'faith', the one in my left 'works'. I pull on the oar of faith alone. See! the boat goes round and round and makes no progress. I do the same with the oar of works, and with a precisely similar result, -- no advance. Watch! I pull both together and we go straight ahead and in a few minutes we shall be at our landing place".

So, faith without works, or works without faith, is not sufficient. If we have both, then the haven of eternal rest is sure to be reached.

ST. MARYS MEALS ON WHEELS ROSTER

Sunday 3	Lance Parker	Fin
Mon 4	James Napier	St.M
Tues 5	Mrs. Mary Viney	St.M
Wed 6	Mrs. Heather Mills	Fin
Thur 7	Mr. Theo Thomas	St.M
Sunday 10	J. Walche	Fin
Mon 11	Mrs. Alex McKenzie	Fin
Tues 12	Mr. T. Ransom	Fin
Wed 13	Mrs. Sylvia Saunders	Fin
Thur 14	Mrs. Audrey Wright	St.M
Sunday 17	Mrs. Y. Johnson	Fin
Mon 18	Mrs. Colleen Barnes	St.M
Tues 19	Mrs. H. Aulich	St.M
Wed 20	Mrs. Claude Parker	Fin
Thur 21	Mrs. J. Owens	St.M

CHURCH NOTICES

METHODIST:

September 10th:

St.Marys 11am Baptismal Service
St.Helens 7.30pm Pastor Clarke

September 17th:

St.Marys 11am Pastor Clarke
St.Helens 7.30pm Pastor Clarke

CATHOLIC:

September 10th:

8.30am St.Marys
9.45am Avoca
10.30am St.Helens
6.30pm Fingal

September 17th:

9.30am St.Helens
9.45am Avoca
2.30pm St.Marys
4pm Mathinna

His Grace the Archbishop of Hobart
Most Rev G.Young, will visit the Parish of St.Marys on Saturday and Sunday the 16th and 17th Sept. Confirmation will take place at St.Helens at 9.30am and at St.Marys at 2.30pm on Sunday. His Grace will also celebrate Mass and preach at Fingal at 7.00pm on Sat 16th.

CHURCH OF ENGLAND:

September 10th: (Trinity 15, Green)

8.30am Avoca Holy Communion
10am Cornwall Family Service
2.30pm Mathinna Holy Communion
7pm Fingal Evening Prayer

September 12th:

7 p.m. Storeys Creek H.C.

September 13th:

3.45 p.m. The Discoverers at the
Rossarden School

September 17th: (Trinity 16, Green/Red)

8 a.m. St. Marys H.C.
10 a.m. Avoca Family Service
7 p.m. Mangana H.C.

Holy Trinity Sunday School will resume
SUNDAY, SEPTEMBER 17TH, 1972.

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AT

ST. MARYS IS JUST AS

NEAR AS THE PHONE - ST.MARYS

Just Yarnin'

On Tuesday of this week the Post Office at Upper Scamander was closed after 48 years of unending service to the people of that area. The telephone exchange is now automatic, and all mail will be delivered to road-side mail boxes.

In the good old days the coach and horses would collect the mail from the main road turn off and bring it to the Post Office. The Post Office has always been cared for by the Mason's but there have been twenty changes in Post Boys in the 48 years of service. In those days there were three mail deliveries a week - Tuesday, Thursday and Saturday. On Saturday the mail was always on time as it was Football Day. If the mail was ever late the Boy might have to wait for hours in the rain.

For many years the pay was a meagre £4-6-8 per month until it was eventually raised to the grand sum of £6.

The Mason's have always been in the Post Office business and were even at Moorina Post Office when communication was all done by Morse Code.

No doubt they will find it quiet nowadays without the phone to answer or the mail to distribute. The residents of Upper Scamander have mixed feelings on the subject.

"We'll miss the old Post Office".

"It's strange having an automatic telephone in the main street".

THE SMITH MOTOR COY.

TERRY TARGETT - REP.



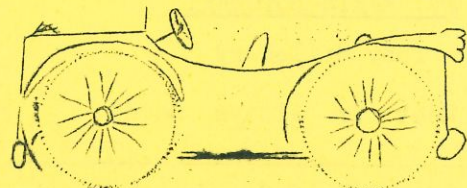
1971	Valiant Pacer	\$2995
1965	HD Holden Special	1295
1967	XR Falcon Utility	895
	ZA Fairlane	2575
1971	Monaro GTS	2850
1970	Morris Mini	1075

"CHEAPIES"

1958	MK 11 Zephyr	120
1961	VW 1300 Sedan	495
1959	FC Holden Wagon	195

ENQUIRIES AND INSPECTION BY PHONING

ST. MARYS 16



GOURMET COOKING FOR THE WEIGHT WATCHERS

To many people life would not be the same without entertaining, parties, exotic foods, and dining out. If you are one of these people do not be dismayed. Many delicious foods fit into the low calorie pattern e.g., Chicken, lobster, prawns, oysters, lean steaks, veal, cheeses, strawberries, mushrooms, asparagus, and watermelon. The high calorie ingredients such as sugar, fat, and flour must be reduced, but full use can be made of most flavour ingredients.

Herbs and spices do not contain calories but think what a little imagination can do with basic foods and a spice rack.

A Few Tasty Recipes:

TROPICAL HAMBURGERS

1 lb lean buttock steak, minced.

3 oz onion, chopped finely.

$\frac{1}{2}$ cup soya sauce.

1 clove garlic, crushed.

$\frac{1}{2}$ teaspoon ground ginger.

4 fresh pineapple slices.

Combine steak and onion together in a ball.

Divide mixture into eight and shape into patties. Place in flat casserole dish.

Blend soya sauce, garlic and ginger, pour over hamburgers. Marinate 1-2 hours, turning in marinade occasionally. Place under heated grill and cook till tender, approximately 6-8 minutes each side. Serve on a fresh pineapple ring. Yields 4 serves. Serve with tossed salad, lettuce, tomato, cucumber, radishes and celery. Non dieters. Serve potatoes also if desired.

ICE-CREAM

1 dessertspoon gelatine.

2 tablespoons water.

2 teaspoons Sucaryl liquid.

1 large can (14 $\frac{1}{2}$ oz) evaporated milk, chilled.

Vanilla flavour-1 to 2 teaspoons vanilla essence.

Coffee flavour-1 dessertspoon instant coffee and 1 teaspoon vanilla essence.

Soak gelatine in water. Add sweetening and desired flavouring and dissolve over hot water. Cool. Whip milk till thick, fold in gelatine mixture. Place in refrigerator till firm. Yields 12 serves (2 trays).

STAN GRAHAM

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Phone 174

FINGAL TO MATHINNA ROAD

Residents' of Mathinna have expressed genuine concern of the effect that the Woodchip Industry will have on this road. I understand that from October there will consistently be three loaded and three unloaded tandem log-trucks and trailers traversing it each hour.

There are several areas where the road is quite narrow with numerous bends, also some narrow bridges.

I know that you have recently completed a road tour which included this road and you would be familiar with its condition. I therefore ask,

- 1. What is the intended works programme for its upgrading to a suitable standard?
- 2. Is it intended to widen and reconstruct the worst sections including the bridges? I am aware that some bridge work is in progress.
- 3. When is it planned to seal the Mathinna Road?

Mathinna is a relatively high rainfall area and the road is subject to mud and slush or dust. Its maintenance under heavy traffic will be difficult.

As it is a school bus route parents of children are very concerned that conditions must be improved as quickly as possible.

GEORGE A. SHAW, M.L.C.
Member for Macquarie.

MEALS ON WHEELS ROSTER			ST. HELENS
Monday	September	4	J. Barber
Tues	"	5	N. Brownrigg
Thurs	"	7	E. Treloggen
Friday	"	8	H.J. Tanner
Monday	"	11	M. Bailey
Tues	"	12	G. Cairns
Thur	"	14	D. Hutchinson
Friday	"	15	Fishermens Wives
Monday	"	18	Golf Ladies
Tues	"	19	G. MacMichael
Thurs	"	21	E. Fysh
Friday	"	22	J. James

GLAZEBROOKS PAINTS @@@@@@
SELLEYS PRODUCTS @@@@@@
METTERS PRODUCTS - PYNEBOARD PRODUCTS
WELDMESH GATES & FENCING
@@@@@@@@ G.B. & M.M. KING
@@@@@@ ST. MARYS 30

FINDING FOOD
Excerpt from A Bushman's Handbook

There has been a great deal of loose talk about "living off the land" in connection with bushcraft, but it is far better to describe it as "survival in an emergency". Unless one is good at it, the business can be very grim. However, if there are some reserve supplies of civilised food, they can be made to spin out by adding native foods to the menu, but this usually involves eating almost anything which swims or crawls, flies or walks. Yet some of the foods which sound the least attractive will be found to be quite good when sampled. Typical is that great standby of the aborigines, the witjuti grub - also known as witchetty, pelati, bardi, purdi, and jambun. Lots of people say that they would sooner starve than eat them, but that merely indicates a person who has never been really hungry. It is a matter of plain fact that there is nothing else to take the place of this grub as an emergency food. It is nourishing, tasty, fairly easy to secure if one knows how to find them and is found almost anywhere, from the windswept coastal sand dune to the odd patches of bush in central Australia, from the jarrah forests of Western Australia to the mallee country of South Australia and Victoria and from the wattle groves of the far west of New South Wales to the jungles of North Queensland and New Guinea. There is nothing unclean about these grubs. They are not scavengers; they eat only the wood inside tree trunks, limbs and roots. They could not be dirty if they tried to be. The flavour when eaten raw is something like walnut; when cooked they resemble sweet scrambled egg. To eat one raw, hold the head between the left finger and thumb, pinch the skin around the anus with the right hand and pull. This withdraws the entrails, which are nothing but a tube filled with partly digested wood. Then bite off the body behind the head. When cooking them it is best to toss them into hot ashes and gut them after they have been cooked. Their nutritive value is proved by the fact that to the aborigines they were the best food on which to wean their children.

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ST. MARYS BUTCHERY
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THANKYOU

The CRUSE family would like to express their thanis to all who gave us "Send Off" evenings. We thank Mr. D. Casboul, Father Buckley, Mrs. Peters and Mrs. Aulich for their kind words and good wishes. We look forward to a visit at 2 Elphin Road.

Ev and Bill Cruse & children

MRS. ELSIE TARGETT would like to thank all kind friends and relations for gifts, flowers and cards, letters and numerous visits during her recent stay in St. Marys District Hospital. A special thanks to Dr. Marwood and the hospital staff.

MRS. SADIE HODGMAN would like to thank Dr. Marwood, Matron and Staff of the St. Marys District Hospital for their care and attention to her during her long stay in hospital. Also to thank her friends in Scamander for lovely get well cards and flowers.

I would like to express my heartfelt thanks to all my relatives and friends who sent cards and get well wishes during my stay in hospital. A special thanks to Dr. Marwood and the Staff of the St. Marys District Hospital.

PAULINE TARGETT

IT'S A BUSY TIME
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COMING EVENTS CONT'D.

St. Marys District Progress Association
meeting on Tuesday 12th at 8 p.m. at
St. Marys Hospital.

St. Marys Meals on Wheels meeting Wednesday
13th September at 8 p.m. at St. Marys
Hospital.

St. Marys Brownie Pack Meeting on Tuesday
12th September.

St. Marys Girl Guide 1st meeting of term 111
on Wednesday 13th. "Basket Ball with the
Rosellas".

STARPROBE

by Pegasus

Fortnight beginning September 8th, 1972

ARIES March 21st - April 20th

You may fail to realise how loyal a friend is, fail to estimate highly enough the character of this person and the intelligence which it includes. Judgement can be faulty, you may misinterpret the speech and actions of others. Best days Sept 9th, 15th and 18th.

TAURUS April 21st - May 20th

Say nothing and come to no conclusions when you don't have the facts. Your career area may be disturbed a little. A moody cycle; the cure is to get away from familiar faces. Best days 8th, 11th.

GEMINI May 21st - June 20th

Don't let the fact that someone attractive pays you a lot of attention, turn your head so much that you cause worry for one who truly loves you. Be thoughtful, considerate and dutiful. Best days 14th, 17th and 21st.

CANCER June 21 - July 22

The trust others show for you is encouraging and your lifemate will be a spur to your ambitions. During the second half of the month you pick up more speed and enthusiasm, become interested in trying to gain more income. Best days 13th, 17th & 20th.

LEO July 23 - August 22

Career news is good and you may be headed toward higher position and more affluence. Your charm comes out in full now your personality is very attractive to people of both sexes. Best days 12th & 18th.

VIRGO August 23 - September 22

Keep your life balanced and when away from work, don't think about it. You may become engaged about the middle of this month and find yourself going around in somewhat of a cloud. Best days 14th & 17th.

LIBRA September 23 - October 22

Work will take on new interests, planning for a home will be delightful and a wedding date may be set for next month. Enjoy it all and do the conventional things for a wedding. Best days 11th, 17th & 21st.

SCORPIO October 23 - November 22

If married treat your lifemate with respect and don't domineer or say anything disloyal. Look at all the best features of people and treat them with consideration. Best days 14th & 19th.

SAGITTARIUS November 23 - December 21

Your interest in young people may be heightened and you may take over an unusual type of class where you instruct them. Someone of influence may seem arrogant to you and you can find it difficult to believe ill of this person. Best days 12, 17th & 20th.

CAPRICORN December 22 - January 19

Avoid being smug, feeling that you have won a victory over someone else. Remember, he who laughs last, laughs longest. You'll rejoice over good views. Also share it with deserving pals. Best days 12th, 17th & 20th.

AQUARIUS January 20 - February 18

Do not show a selfish streak with money, but don't be a martyr type who sacrifices too many desires so that you may be generous to others. You can trap the malicious soul who is spreading rumours in your area. Best days 10th, 13th & 18th.

PISCES February 19 - March 20

An older friend may show much generous affection. Accept this and do not act as though you need nothing from this person. Be considerate of others near you. Best days 12th, 15th & 20th.

L

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