

THE VALLEY & EAST COAST VOICE

Volume 7 No. 18 P.O. Box 100 St. Marys. Friday January 3rd 1975 Price 7c
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EDITORIAL

Out with the old, in with the new

That was the year that was, and what a year it was; so many changes, some good and some bad. We saw a forced election, spiraling inflation, increased unemployment, continued unrest in the middle east, escalating prices and the unavailability of many products. But there were good things, a steady and increasing tide away from overt materialism, a rising number of young people returning to the country, a strong movement toward Church unity and an increased tolerance and acceptance of other religions, increasing spiritual awareness amongst the young people and a continuing trend toward developing a community spirit.

So the time isn't all bad, in fact what sometimes seems disastrous can often end in success. The current economic situation may be the beginning of a new era, an era where materialism, with its by-products of pollution, militant unionism, overpopulation in cities, crime and other assorted catastrophes, may end, heralding a new age, an age of simplicity, harmony and love.

Is that so impossible? Nothing is ever impossible, the ancient sages tell us that we are now astrologically in the Aquarian age, after having passed through the Piscean age, an age of technological advancement. The Aquarian age they tell us is the age of Spiritual awareness and enlightenment and best of all a time of peace. Being an optimist at heart I much prefer to believe the ancients than those prophets of doom forecasting a shadowy end at any moment, in fact I'm sure the good Lord has not yet finished with us and there is much of His work yet for us to do.

It seems as though the world is in the same position as a sinking ship, we have to start throwing a lot of those things we can do without, overboard, rid ourselves of those encumbrances that will drag us down to the bottom

I believe many of us are already preparing for the siege so to speak, rather than try to earn more money we're learning to do without (much to the consternation of the businessmen).

1975 will be a good year, a rewarding year, a year of experiences and excitement. And what would be more exciting than having to learn to cope, learn to remain patient and calm in the midst of confusion, to take life as it comes, accepting all with love in our hearts. With love, and only with love will we win peace in our hearts and so bring peace to the world.

Have a good year, have a good life.

HAPPY
NEW
YEAR
EVERYONE

ST MARYS
BAKERY

(J & R OWENS)

BREAD CAKES

BUNS & PASTIES
PIES



WHOLESALE

AND

RETAIL

LETTERS TO THE EDITOR.

Dear sir,

We wish to thank Mrs. Mavis Clarke for her help, assistance, time and effort that was given by her to help make our three Community Concerts a success, good luck.

From those who worked with her.

RETURN THANKS

We wish to thank all our friends of the Fingal Valley and east coast for their farewells, gifts and many kindnesses.

We will always be grateful that we were able to live among you for the past three years and trust that good health and happiness will be yours always.

Our heartfelt thanks to all.

Graham and Mavis Clarke and family.

We the organisers of the Childrens Christmas Party wish to thank ALL the business people of St. Marys for their generous gifts, donations and help, in making the party a success, we also thank those who dressed up for the occasion. Thank you one and all not forgetting SANTA.

Grace Faulkner - Ron Summer.

NOTICE

Recipients of Meals on Wheels at St. Marys and Fingal are reminded that the cost per meal served has now increased to 30¢, as from January 1st 1975.

BP SERVICE STATION

B & J SPILSBURY
24 HOUR TOWING SERVICE

AGENTS FOR: VICTA MOWERS & CHAIN SAWS

PHONE ST. MARYS 63

SEE BRUCE FOR THE GOOD JUICE !!!

CLASSIFIEDS

WANTED TO BUY: One eadie-coaster bicycle back wheel. Apply Mr. Lance Pilgrim Cornwall.

Pocket Instamatic cameras from \$19.95
Instamatic 56x outfits \$13.00 at
ST. MARYS PHARMACY.

FOR SALE: 1 Pioneer 600 Chainsaw, motor recently overhauled, carburettor reconditioned. Goes well \$50.00 Apply
D. Floyd, The Flat.

REDLINE BUS SERVICE distributes this paper quickly and efficiently, why not let them work for you ???

LOST Small wombat, Reward to finder family pet. Also kittens free to good homes. Mrs. Dolan Mitzy Ann Farm, Pass Road, St. Marys.

PREVENT SUNBURN with U.V. SUN STOP cream from ST. MARYS PHARMACY, it contains sunscreens, a water repellent emollients and moisturizers.

ALL DRESSMAKING expertly carried out. Prompt service, satisfaction guaranteed. GLAMOUR GOWNS, upstairs, Shaw's Arcade Launceston Ph 25170 Open Saturday Morning

KING'S BUS SERVICE, St. Marys, St. Helens, Winnaleah, Ditcheno, Swansea. Phone Winnaleah 218.

Take the pain out of SUNBURN with MEDI CREME from ST. MARYS PHARMACY.

FOR SALE one (neat and trim) X.S.S.W. blue cullotte uniform - never worn. Cost \$14 will sell for \$7.
P. Curry Phone St. Marys 102

Have your children's Portrait taken for as little as \$6. Framed for as little as \$9.50 see ALLAN JACKSON OR phone St. Marys 37 for a sitting.

See the range of fashion SUNGLASSES at ST. MARYS PHARMACY. Foster Grant, V.Y.I.'s and Sunoroid.

Due to many requests we will be opening an ANTIQUE shop in the Arts Centre Todd's Hall. Anyone wishing to have items sold through the shop please contact Peter Rubenach Todd's Hall, Phone St. Marys 201.

MISS PIFFLE

Mrs. Upton from Launceston sends New Year greetings to people of Mangana and Fingal district.

Mr. and Mrs. Sweeney of Mangana are spending a holiday in Hobart.

Mr. Eric Eberhardt of Mangana is holidaying in N.S.W.

Mr. and Mrs. Burt and family are spending their holidays in Bruny Island.

Mr. and Mrs. Ron Cox of Mangana are having a holiday at Coles Bay.

Mr. and Mrs. S. Smith of Melbourne are holidaying at Mangana with Mr. George Smith and Mr. C. Smith.

Mr. Jack Miller is spending a few days in Launceston with his mother Mrs. Miller.

Mr. Roy Mills and Mr. E. Johnson of Mangana are spending their holidays at Bruny Island.

Miss A. Tight and Mr. A. Kelly of Melbourne are visiting Mr. George Francis of Mangana.

Mr. and Mrs. J. Semmens of Fingal have had their daughters Mrs. Bean, Mrs. Miles and Mrs. White and their families staying with them, also two sons from the N. W. coast, a grand time was had catching up on the news.

Mr. and Mrs. K. Lohrey had most of their family staying over the Christmas break at Falmouth.

Miss Mary Dawson has returned to St. Marys for a holiday and is assisting in this edition of the Valley Voice.

Due to a re-shuffle of the staff of Tasmanian Christian Enterprises Inc, Graham and Mavis Clarke and children will now be living in Ulverstone.

Graham will now be manager for the North-west coast and will be based at The Organ Home, Devonport. The Clarks have secured a home in the environmentally pleasant town of Ulverstone, central to the area in which they will work.

Miss Lyn Mincherton and Mr. K. Dovey have recently returned from a holiday in Perth to settle in the farm on Elephant Pass.

Jenny and Charles Muggeridge and family are presently holidaying at Branzholm with Jenny's parents, the latest addition to the family has finally been named Daniel.

WHATSON?

The Canadian Hell Drivers will be at St. Helens Jan 5th Sunday 6.30 pm at the old Aerodrome. The Lions Club will be manning the gates. All moneys made will be shared by several organisations, and the Lions share will go to the Darwin relief Fund.

January 4th The Surf Angling Club of St. Helens will hold its annual George Bay contest from 8 am to 4 pm.

The St. Helens Athletics Sports Club will hold their annual Carnival on January 18th, they have been going strong for about 20 years.

A folksinging evening will be held in the Tea House, Todd's Hall on Friday 10th of January at 8.30 pm. Music will be provided by various local artists, light refreshments will be available.

WISHING

Do you wish the world were better?
Let me tell you what to do;
Set a watch upon your actions,
keep them always straight and true;
Rid your mind of selfish motives;
let your thoughts be clean and high.
You can make a little Eden,
of the sphere you occupy.

Do you wish the world were wiser?
Well, suppose you make a start,
by accumulating wisdom,
in the scrapbook of your heart.
Do not waste one page on folly;
live to learn and learn to live.
If you want to give men knowledge,
You must get it, ere you give.

Do you wish the world were happy?
Then remember day by day,
Just to scatter seeds of kindness,
as you pass along the way;

For the pleasures of the many,
may be oft-times traced to one,
As the hand that plants the acorn,
shelters armies from the sun.

Ella Wheeler Wilcox.

LET'S LAUGH

They've buried a salesman named Phipps
He married on one of his trips
A widow named Block
Then died of the shock
when he found there were five little chips.

oooo0000oooo

FROM THE PULPIT

New Year - New Leaf

This poem, written by K. Wheeler, should be helpful as we have entered a new year.

He came to my desk with quivering lip—
The lesson was done.
"Dear teacher, I want a new leaf," he said,
"I have spoiled this one."
I took the old leaf, stained and blotted,
And gave him a new one all unspotted.
And into his sad eyes smiled,
"Do better now, my child."

I went to the Throne with quivering soul,
The old year was done.
"Dear Father, hast thou a new leaf for me?
I have spoiled this one."
He took the old leaf, stained and blotted,
And gave me a new one all unspotted,
And into my sad heart smiled,
"Do better now, my child."

There is a lesson here for us all. Our record last year was like a stained and blotted leaf. But with this new year God will give us a new leaf, if we ask Him.

PORTLAND		January
Monday	6	J. Barber
Tuesday	7	G.C. LeFevre
Wednesday	8	S. Breen
Thursday	9	D. Hutchison
Friday	10	G. Breadmore
Monday	13	Brownrigg/Blunt
Tuesday	14	T. Watson
Wednesday	15	L. Johnston
Thursday	16	E. Fysh
Friday	17	P.F.W.A.

ST. MARYS

Sunday	5	Neville Rist
Monday	6	Tom Hall
Tuesday	7	Jean Lohrey
Wednesday	8	Vicki Barr
Thursday	9	Keith Bullock
Sunday	12	Allan Jackson
Monday	13	Jean Freeman
Tuesday	14	Ian Coghlan
Wednesday	15	Jean Schier
Thursday	16	Marg Oliver

FINGAL

Sunday	5	Mr R. Saunders
Monday	6	Mrs Ruth Saunders
Tuesday	7	Mrs P. Rowlings
Wednesday	8	Mrs K.I. McKenzie
Thursday	9	Mr Ken Johnson
Sunday	12	Mr A. Oliver
Monday	13	Mrs A. McKenzie
Tuesday	14	Mrs H. Williams
Wednesday	15	Mrs C. Johns
Thursday	16	Mrs R. I. McKenzie

CHURCH NOTICES

ROMAN CATHOLIC PARISH OF ST. MARYS:

January 5th

St. Helens	8.00 am
St. Marys	9.30 am
Fingal	11.00 am
Bicheno	4.00 pm
St. Helens	6.30 pm (Sat, 4th)

January 12th

St. Helens	8.00 am
Fingal	9.30 am
St. Marys	11.00 am
St. Helens	6.30 pm (Sat, 11th)

ANGLICAN PARISH OF AVOCA/FINGAL/CULLENSWOOD:

January 5th

Fingal	8.00 am	H.C.
Cornwall	9.30 am	M.P.
Avoca	11.30 am	F.S. and
barbecue at "Royslea" swimming hole. Meet at property gate. Provide own lunch; if rain, still come.		

January 12th

Fingal	8.00 am	H.C.
St. Marys	10.00 am	F.S. & Baptism

METHODIST PARISH OF ST. MARYS-ST. HELENS:

January 5th

St. Marys	11.00 am	Mr. R. Denney
St. Helens	7.30 pm	Mr. R. Denney

January 12th

St. Marys	11.00 am	Mr. A. Faulkner
St. Helens	7.30 pm	Mr. A. Faulkner

ANGLICAN PARISH OF ST. HELENS:

January 5th

St. Helens	8.00 am	H.C.
Falmouth	9.15 am	H.C.
St. Helens	11.00 am	H.C.

January 12th

St. Helens	8.00 am	H.C.
St. Helens	11.00 am	M.P.
Pyengana	7.30 pm	H.C.

January 15th (Wednesday)

Priory	3.00 pm	H.C.
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HEALTH NOTES

YOU AND
THE LAW

The boating fatality at Bicheno this week reminds me quite vividly how little the average person bothers with water safety, and as a result there is a lot of heart break and sorrow when one of our loved ones are drowned.

Fishing, surfing, and just plain boating for the joy of it is one of our most pleasant pastimes, and should not be marred by carelessness.

Please wear your life jacket. (One of our drowning victims last year had his life jacket in the boot of his car, if he had just taken a few more minutes to put it on he may have been alive today.).

Don't overcrowd your boat, quite often you will see a boat which should carry no more than three with five or six persons in it, which I am sure you will agree is just foolhardy.

Use common sense, don't set out in a small boat when the weather conditions quite obviously are too rough for it. If you have a speed boat, or a boat capable of speed go steady you really don't need to drive it with the throttle wide open, you'll arrive at your fishing bed just the same, if you go slower, and possibly a lot safer, and if there is an old chap who says that you shouldn't go to a certain spot because of reefs, sand bars etc., please listen to him, he will most certainly know the area better than you, and could possibly be the means of saving your life.

Make sure that your boat is equipped with Life jackets, oars, grappling hook, rope, anchor, and a spare tin of petrol, so you are not stranded at sea with a dead motor, but PLEASE do not attempt to refill your petrol tank at sea, with the motor still going, one man did and as a result two lost their lives when the engine exploded, again just care and plain common sense is needed and you'll have a happy boating holiday and live to have many more. No-one wants to end up as a statistic.

H. F. Alomes.
INSPECTOR.

THE INVISIBLE INGREDIENT IS KNOWLEDGE
IN ALL MATTERS OF HEALTH AND BEAUTY,
IT PAYS TO ASK YOUR.....

GUILD FAMILY CARE CHEMIST

WITH THE ADDED BONUS THAT YOUR
COSMETIC PURCHASES THERE HELP LOCAL
EMPLOYMENT.

Are you INTERESTED in your health? Two hundred years ago bread was made from flour obtained by grinding wheat with millstones. Then came roller milling, which by rolling the grain instead of grinding it, made it much easier to sift out the outer covering (bran) and the embryo, the germ of life itself since these are larger particles, it was felt to be an "advance" because the new product was whiter and finer.

Unfortunately these particles contain roughage necessary for digestion plus the greater proportion of mineral salts and vitamins (irons, most of the B complex and vitamin E).

Modern science then came up with chemicals to bleach it whiter still, we now have "pure white" flour which is not an attribute to admire - it is in fact "dead white"!

The following figures from the British Ministry of Food may prove to you the truth behind the aforesaid:-

Percentages are of daily requirements.

	8oz white bread	8oz whole- wheat bread
Iron	13.33%	46.67%
Vitamin B	6.67%	60.00%
Riboflavin	4.44%	22.22%
Nicotinic Acid	13.33%	40.00%

Why then do we persist in using white flour? If parents have an acquired preference for white bread they should not inflict this upon their children.

"Brown" bread from some bakers is usually white flour with molasses added for colouring. Insist upon "whole wheat" flour or make your own bread, for your health's sake.

★ After receiving this article I went to visit Mr. Owens at the Bakery and saw the wholemeal flour ready for baking, Mr. Owens also uses Soy flour, cracked rye and malt flour in the wholemeal bread which is truly "wholemeal" and very delicious, and good for you too!

-Ed.

★ ★ ★ ★ ★ ★ ★

MUESLI

- 4 cups rolled oats.
- 1 cup chopped dried apricots.
- 1 cup chopped raisons or sultanas.
- 1 cup chopped nuts (not peanuts).
- 1 cup dried skim milk.
- 1 cup raw sugar.

Mix well and store till needed.
Serve with milk.

The natural ingredients of Muesli provide a most nourishing and energising breakfast, to give you a good head start for your day.

HEY KIDS!

Follow the dots to find what is here, colour in, and answer the questions below:-



What is the creature in the drawing?

What is your name and address?

What is your age?

What grade are you in at school?

This competition is open to children under 12. There is no entry fee. A prize of \$4 will be awarded to the child whose entry is the neatest and most accurate in relation to age. The Staff of Valley Voice will be the judges and their decision will be final and no correspondence will be entered into. Entries close Wednesday 15th January, 1975. Post to COMPETITION CORNER, Valley Voice, P.O. Box 100, St. Marys.

NEW YEARS DAY TROTTERING CARNIVAL

ST. MARYS, 1975.

Doris Kiddle Memorial Hcp.

1640 Metres

Smart Action	R. Woods	1
Star Dixie	G. Bishop	2
Dell Nu	J. Leale	3

Bert Woods Memorial Hcp.

2000 metres

New Vance	D. McHenry	1
Derby Express	L. Rattray	2
Norm's Pride	I. Woods	3

St. Marys Trotting Cup

2400 metres

Cham's Girl	Bill Rattray	1
Moonlight Alley	R. Woods	2
Glamour Byrd	D. Peck	3

St. Marys Hotel Hcp.

Kyla	Bill Rattray	1
Fair Prince	K. Gillies	2
Dazzle Byrd	A. Nichols	3

J. J. Kennedy Hcp.

Derby Express	L. Rattray	1
Stormy Rio	L. Rainbow	2
Santa Byrd	D. Bishop	3

Result of raffle, St. Marys
Trotting Club, Drawn by Inspector
Alomes, January 1st 1975.

1st prize Electric Frypan,
Roxy Young St. Marys.

2nd Prize Electric jug,
D. French, c/- C. R. Davis St. Marys.

E. Bean, Sec.

RETURN THANKS.

On behalf of the Committee and members
of the St. Marys Trotting Club I wish
to thank all for their patronage at
our race meeting on January 1st also
supporting our raffle and thanks to
all those who worked and helped to
make it such a success.

Thank you.

Eric Bean Sec.

FOR ALL YOUR DUPLICATING

REQUIREMENTS DON'T HESITATE

CONTACT VALLEY VOICE PUBLICATIONS

P.O. BOX 100 ST. MARYS

SATISFACTION GUARANTEED

ST. MARYS TENNIS CLUB.

Tennis for 1974 was a great success. We
have 38 paid memberships single and family
groups, of all ages from school children
to grand parents. A real family sport.
The court is being well used. Social
games by the ladies is Thursday afternoons
from 1.30 pm to 3.30 pm and Saturday for
all, from 1.30 pm to 5.00 pm with
afternoon tea being served afterwards.

The members held a cent evening for
the Tennis Club Children's Christmas
party, which was a great success raising
\$80. Thanks to Mrs. Judy Aulich for
making her home available. The Christmas
party was wonderful with about 80
children taking part in all the games
and eats. There was plenty of food, ice
cream, cordials and balloons, each child
also received a gift from Santa. Special
thanks to Miss Madge Hayes, Mr. R. Summer
Mr. C. Johnson and Mrs. Pearl Davern and
all the Tennis Ladies for their effort
in organizing the afternoon. A great day.

A tennis Tournament was held also,
with 23 people participating. The mens
doubles was won by John Wassens and
Graham Clarke, with good tennis being
displayed. The womens was taken out
by Judy Aulich and Maureen Bushing.

It was decided at the Committee
meeting on December 20th to start a
Tennis competition roster from early
in February. Games can be played at any time
by mutual arrangement between members.
The draw will be made at a special
committee meeting and published in the
Valley Voice. Progress in the competition
will also be notified through the
Valley Voice.

Committee members are:

President Mr. R. Legge
Treasurer Mrs P. Trevena
Mrs. Judy Aulich, Mrs. Pat Thomas,
Mr. Henry Trevena and Mrs Keith Cook

PRAYERS FOR GOLFERS.

"Our Father, in the midst of our joys
and pleasures, we pause for a moment
to remind ourselves that Thou art the
source of all true joy and good pleasure,
and we offer our sincere thanks to Thee
for such blessings.

"We in golf all have special need for
guidance, for we sometimes are tempted
to wonder whether the game that draws
us together is not in part a work of
the devil.

"We would be guided safely past all
such devil's works as bunkers and water
hazards and three-putt greens. Beyond
that, we would be guided in paths of
sportsmanship, and fair play, so that,
winning or losing we may honour Thee
in whose name we both play and pray."

STARPROBE

By Pegasus

Fortnight beginning January 3rd, 1975.

ARIES March 21 - April 20

Be tactful in speech and curb showing disapproval of views or actions of others. You will get farther with pleasant ways than turning on force or temper. Some mail and long distance calls can be of much interest. Best days 8th, 11th, 17th.

TAURUS April 21 - May 20

This is a good time to improve your home. Shop for bargains which you will find easily. You can give a really luxury glow to your home when you create a room for sheer relaxation. Best days 7th, 11th, 15th.

GEMINI May 21 - June 20

Major changes can take place now and your home may be moved. You may accept a job somewhere far away and be excited to get with it. You will advance due to determination to live up to ambition and use skills. Best days 5th, 12th, 18th.

CANCER June 21 - July 22

Be patient with the family and do not brood hopelessly over a lost love of a long standing. Your imagination could be at work in subversive ways, make you nostalgic for a past that really wasn't so good as you remember it. Best days 8th, 10th, 15th.

LEO July 23rd - August 22nd

Tension and emotion in your system may be on a journey this month. Visit relatives who are involved in your success. Do not let any argument or bitter quarrel develop when you are far from home. Try to act for your own practical advantage. Best days 9th, 14th 16th.

VIRGO August 23 - September 22

A person new to your environment will give quite a good response to your sympathy and helpfulness. Do not have any envy or fear about a new career situation in which you feel like the underdog. Your hospitality will be much appreciated, but you will enjoy your guests as well. Best days 9th, 12th, 16th.

LIBRA September 23 - October 22

Be serene, diplomatic and thoughtful of others. Have a good start for a situation that is problematic and speak your mind carefully. There is a chance of a damaging quarrel, but you can prevent it by your subtle wit. Best days 10th & 14th.

SCORPIO October 23 - November 22

You can fall into one of your more troublesome moods; make both yourself and those around you unhappy. There may be an opportunity to earn a little extra money. Repay social obligations which have been neglected. Best days 9th, 11th & 17th.

SAGITTARIUS November 23 - December 21

You may be bored with work you have undertaken for a worthy organisation. Stay along with it and do not break your word with any excuses. Be more conventional than usual in order to please older members of the family. Best days 11th, 13th & 15th.

CAPRICORN December 22 - January 19

This month is full of romance and it may be somewhat on forbidden lines. You can feel both guilty and delighted, perhaps hope that things will work out, although at present you have no basis for such hope. A minor budget problem will seem much greater than it really is. Best days 11th, 13th & 18th.

AQUARIUS January 20 - February 18

If you try you may see a pattern in your life of present days and this can stir your interest. You may wonder whether the pattern will continue or whether you must find a way to continue it yourself. Let time solve any such matters. Best days 10th, 16th and 17th.

PISCES February 19 - March 20

Disappointment about someone may come from a revelation that there is a lack of goodwill or a harsh view which makes you feel lacking in some way. You will find that you will have to change your life a little and get away from the person. Best days 9th, 14th & 17th.

THE CARLYLE

Dressing gowns assorted sizes -
from \$2.25

Shortie pyjamas for girls and boys
Motif shirts for girls and boys
from \$3.00

Phone St. Helens 76 1175.

ST MARYS BUTCHERY

WE DON'T KEEP THE BEST.....

WE SELL IT!!!!

Phone St. Marys 76